



Aionkwatakari:teke

(A-YOU-GWA-DA-GA-RI-DE-GEH)

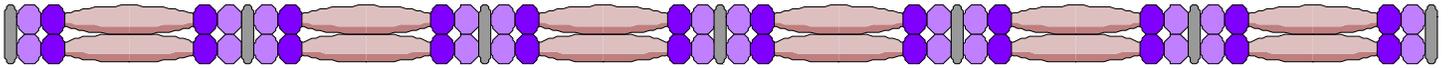
"For us to be healthy"

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Vol. 24, No. 3

Kahnawà:ke's Only Health and Wellness Newsletter

Ohiarí:ha/June 2019



TANNER PHILLIPS PROFILE INSIDE!



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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotii'a'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawà'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slanderous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor. Check out our Facebook page at [KSCS Kahnawà:ke](https://www.facebook.com/KSCSKahnawake).

Editor's Notebook



She:kon and welcome to the June/July issue of

Aionkwatakari:teke. As I write this, we are still experiencing a rather cool and wet spring. And, for the second year in as many years, my community, Kanehsatà:ke, has experienced flooding. In some ways, it's not as bad as the floods of 2017 but in others it's worse.

In 2017, the number of homes flooded was higher. But this time around, while there were fewer homes flooded...the water is receding at a much slower pace, meaning homeowners can't begin the process of cleanup and damage assessment. We once again called on, and received, help from our sister community of Kahnawà:ke. But one has to wonder; is this the new norm?

I remember flooding in some areas when I was growing up *but not to this degree*. Another problem is that homes have been built (and are still being built) on flood plains. This means that rivers, lakes and streams no longer have their natural avenues for runoff. So when we have a lot of snow and rain, where is it supposed to go?

Kahnawà:ke is lucky to have been spared the flooding but I think we all need to be aware of how our climate is changing and to take steps in our daily lives to lesson our impact on the environment. Maybe that means refusing plastic straws with your cold drink or not idling your car¹ when you're stopping at the bank or depanneur. But we also need to be demand more action from the governments (local, regional, national, and international) to take climate change science² seriously.

On that happy thought, let's all be conscious of the kind of world we are leaving to the children yet to come. Sken:nen.

Marie

1 In Canada, vehicle emissions account for nearly a quarter of greenhouse gas emissions (*Why You Shouldn't Idle Your Car Even If It's Frigid Outside*, Global News).

2 Greenhouse gasses are naturally occurring. They allow the sun's rays to pass through the atmosphere and warm the earth while preventing warmth from escaping into the atmosphere. The danger lies in the rapid increase in carbon dioxide and other greenhouse gases that intensify the natural greenhouse effect. Carbon dioxide is the leading contributor of greenhouse gasses through the burning of fossil fuels (*What Are Greenhouse Gasses? What You Can Do*, David Suzuki Foundation).

Cover photo left ro right:Brad Kouri, Ashlan Phillips, Wendy Walker Phillips, Tanner's aunt Jennifer Kane, Tanner Phillips, Lloyd Phillips. Photo by Tyson Phillips.



Tips for Having a Safe Grad

BY KARA DIABO, PREVENTION

IN 1992, *KAHNAWÀ:KE* Shakotiiá'takehnhas Community Services started a Safe Grad Awareness Campaign. The intention was to give information and tips to graduating students and their parents for graduation celebration parties.

Some of the dangers that students may face on graduation night or at a grad party are alcohol poisoning, drug overdose, date rape, sexually transmitted infections, and accidents as a result of impaired driving.

Knowing what to do in an emergency or when something goes wrong can make a difference in a life or death situation. We also discuss parents' roles and responsibilities in matters like hotel room rentals and creating a safe environment for all the guests during a house party.

Graduation is such an exciting time in young person's life. It is a rite of passage that youth look forward to from the moment they begin high school. A lot of time and energy goes into planning the big event, like buying the perfect dress, renting a tux, riding in a limo, going with dates and friends, buying flowers and food, and, of course, the taking of pictures.

With all of those details to plan, people sometimes forget to discuss ways to stay safe on the big night. Through our awareness campaign, we try to make sure this is a memorable event for your family and not a tragic one.

The Safe Grad Awareness Campaign offers these tips for those who plan to go to celebrate at a bar or house party:

- Stay with a group of friends that you know to decrease the chances of anything harmful occurring.
- Never drive or accept a ride home from a person who is under the influence of drugs/alcohol.
- Have a designated driver, call your parents, guardian, a family member or a taxi to pick you up if you do not have a ride home.
- Never accept any beverage from a stranger or someone you don't know well.
- Never leave your beverage unattended.
- Don't mix alcohol and drugs.
- Remember, you always have the right to say no to anything you don't want to do.
- Set curfews with your parents before you go out.
- Decide on check in times with your parents/guardian.
- Parents can plan a dry grad party and have fun celebrating.
- Provide your parents/guardian with hotel information if you've been given permission to stay there (phone number, address and room number).

On behalf of KSCS and the Safe Grad Committee, I would like to encourage all Kahnawakehró:non to help keep the graduates safe so they can have a fun, enjoyable and unforgettable evening while celebrating this milestone.

If you see anybody driving under the influence of drugs or alcohol please report it to the Kahnawà:ke Peacekeepers at 450-632-6505.

If you would like more information on the Safe Grad Campaign, contact Kara Diabo at 450-632-6880 ext. 30130 or by email at karad@kscskahnawake.ca.



Preventing the Sexual Exploitation of Pre-Teens

BY KAWENNENHÁ:WI MCCOMBER, PREVENTION

ON MAY 3, 2019 MEMBERS OF the KSCS Prevention team attended a training offered by the Missing Children's Network.

The Missing Children's Network was established in 1984 when a young boy by the name of Maurice Vien went missing. Since its creation, the Network has been involved in various initiatives to help bring awareness, education, and lessons of prevention on the topic of missing children.

The training that took place focused on the prevention of sexual exploitation of pre-teens; namely the SHINE program.

SHINE stands for Self-esteem, Healthy relationships, Independence, No-means-no, and Empowerment. The program focuses on building skills dealing with "assertiveness, independence, setting boundaries, sex gender stereotypes, and the importance of developing healthy and egalitarian relationships with others" (SHINE, Missing Children's Network).

SHINE is a bilingual province-wide program that was made possible through a major grant. Its ultimate goal is to reduce the numbers of children who become victims of sexual exploitation.

So what exactly are we talking about when we are discussing the sexual exploitation of pre-teens? SHINE discusses how such violations may begin with smaller micro-aggressions, and if left unchecked, could possibly lead into further more aggressive forms of

exploitation. Examples of those micro-aggressions can include:

- Using relationships/friendships to persuade a youth into trying things he/she is not comfortable with (both sexual and non-sexual)
- Using insecurities and/or lack of self-confidence to persuade a youth into trying things he/she is not comfortable with (both sexual and non-sexual)

These types of behaviors may start off subtle and be viewed as normal peer pressure, where it is common for friends and peers to have a lot of influence over a pre-teens decisions.

However, if the youth are not taught to be assertive and to build up their confidence to say no, it may pave the way to a future of compliance and coercion. It is important to empower the youth at a very young age and provide them with the skills to make the healthy choices and decisions over their own autonomy.

The program is addressed to youth between the ages of 10-13, and the issues that may come about in the pre-teen years in terms of self-image, self-esteem, and relationships with their peers.

SHINE works on building healthy personal and interpersonal skills with the youth as a means of preventing sexual exploitation. The program touches on healthy relationships, boundaries, and much more. By

teaching pre-teens these skills during this stage, it provides them with the ability to identify unhealthy behaviors, to set boundaries, and to reject any unhealthy interactions.

For any questions you can visit www.missingchildrensnetwork.ngo or contact Kawennenha:wi McComber the Satahtenikonrarak Prevention worker at 450-632-6880 ext 30165.

Source: "SHINE." *Missing Children's Network*.



Profile: Tanner Phillips

BY TYSON PHILLIPS, COMMUNICATIONS

IN TODAY'S SOCIETY, MORE AND more young people are identifying themselves as being two-spirited (gay) and/or transgender.

In past decades, gay and transgender people would never reveal their true selves as many would be shunned by their family and friends.

In the past few years' mainstream society has come to accept individuals who do not identify themselves as heterosexual. People have learned it is not a choice to be gay or transgender, it is the way the person was born.

Tanner Phillips, 28, grew up always feeling different. "It was not a bad thing, but I enjoyed playing boy games with my male cousins and classmates rather than playing with girls. I was a tomboy growing up," he explained.

In his late teens, Tanner became depressed. "My parents thought the depression was due to sexual abuse," he said. But that wasn't the case and he assured his parents he had never been sexually abused.

"I was dealing with the fact that I was a lesbian," he said. "With the help of a therapist, I came out to my family and friends when I was 18. I was so afraid of not being accepted but all of my family was fine with it."

When Tanner was 20, he went to Pittsburgh to become a paramedic. It was there where he met many gay people and transgender persons.

"I felt a real sense of belonging when I was there [in Pittsburgh] as many

others went through the same struggles as me. It was at this time when I started to dress in men's clothing and felt more male than female." he said.

Tanner married his wife when he was 24. He would wonder what his wife's reaction would be if he decided to become male. "I started doing research on transgender people and began thinking about changing my gender."

In 2018, Tanner fell into another depression. He was afraid to talk about the feelings he had about becoming a male. "I went to see a gender therapist," he explained. "To change from female to male was such a huge weight on me. The therapist helped me a lot and in February 2019, I told my family that I am transgender. All the fears I had went away as everyone accepted who I truly am as a person." Tanner was concerned on what his wife's reaction would be, as she originally married Amanda. "Along with my family, my wife did not have any issues."

Tanner questioned himself at first if this was the right decision but now he has no regrets. He is currently getting hormone therapy by getting testosterone shots and will have breast surgery in the future.

He works at the Kahnawà:ke Fire Brigade and all his co-workers support him. "I would like people to be comfortable with transgender persons. I am open to questions and even spoke at a two-spirit and transgender health

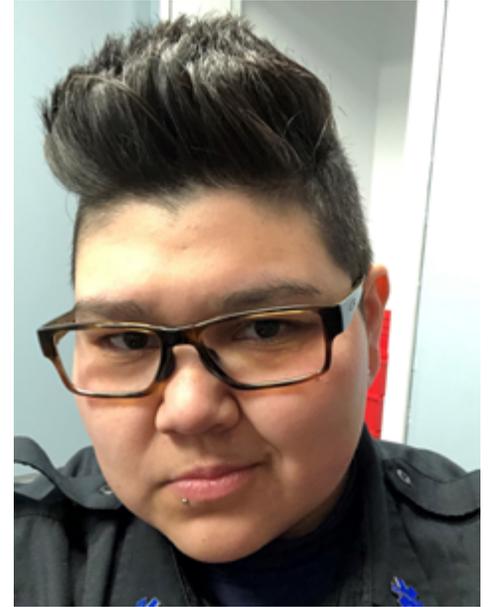


PHOTO COURTESY OF TANNER PHILLIPS.

conference this past March about my experience."

There is a common misconception some people have about gay and transgender persons; they think the person chose to be gay and/or transgender.

"I get angry when people say it is a lifestyle choice. It's not. This is the way we were born," Tanner said. "If anyone is questioning themselves about their sexuality and/or gender identity, such as being attracted to the same sex, feeling like you were born the wrong gender and want to change, you have every right to live your life the way you want to live it."

If you are questioning yourself and would like support, please reach out to KSCS and ask for the intake worker at 450-632-6880.



The Benefits of Summer Camp

BY JULIE DELISLE, PREVENTION

SUMMER IS FINALLY HERE! We welcome back the warm weather and longer days. Kids are out of school and looking for fun. Many parents depend on summer camp programs to occupy and educate their children during the summer months.

We are fortunate in Kahnawà:ke to have multiple camp options to suit an array of interests or needs. Our children can choose from specialized camps that focus on music, hockey, soccer, literacy, canoeing, science, outdoor skills and more.

There are many benefits of summer camps that some parents may not be aware of. In camp, children are building their social and leadership skills, as most camps work with a team point system. Failing or succeeding at new games/sports is actually building resiliency and confidence.

Making new relationships with children from different schools is a benefit to our summer day camps. Some camps are open to Kahnawákeró:non who go to school off-reserve, giving these children a chance to build new connections and learn new cultural teachings in the process.

Our children are also learning about responsibility and independence, especially during day trips and camping activities. Cultural and life skill lessons are being taught to participants throughout the summer.

As mentioned, there are specialized camps where our kids can build and practice a unique interest, such as a hockey camp or science camp. One element most summer camps have in common is physical activity. Whether its sports, swimming or walking, kids are sure to get in a lot of physical activity while having fun in a safe space.

An added benefit of having multiple camps in the community is that there are schedule options to suit every parent's needs. Some camps offer multiple sessions throughout the summer while others offer one session per child.

Some offer half days, while some offer overnight trips.

For Onkwanèn:ra we have found that offering longer sessions was limiting the number of children that we are able to offer our Prevention programming to. This year we have decided to try out a one session per child limit, in order to increase the number of opportunities for children to participate in our summer day camp and gain useful lessons.

I spoke to our after-school group at Onkwanèn:ra and was able to gain some useful insight into what our kids love about summer. Some children I interviewed had participated in up to four different summer camps in the past while other children had never been to a summer day camp.

One girl enthusiastically shared what she is most looking forward to, "Grandby Zoo! Because you can see

a lot of animals, and there's this part where you can see goats and three pigs, and a part with birds in the same room as you but they're not shielded!" Out of all the activities offered and camps to choose from, there is one favorite pastime that all our kids agreed on: "SWIMMING!"

It may be too late to sign up for summer camps by the time this issue hits the stands but parents can keep in mind all the benefits (and more probably not noted) and sign their kids up for next year's summer camps when the time comes.



Guide to Outdoor Concerts & Festivals

BY KARINA PETERSON, PREVENTION

IN THE SUMMER, THE ENTERTAINMENT SCENE BLOWS up with many different types of outdoor activities, concerts, and festivals. These activities occupy most of the summer weekends in Kahnawà:ke and the Montreal Area. Whether you are going to the *Echoes of a Proud Nation Pow Wow, Osheaga, or Heavy MTL*, here is a short guide to keeping safe, while having a great time.

Getting prepared

Wear GOOD shoes – You will be walking, standing, or on your feet for hours at a time. Avoid blisters, sore feet, and damages to toes by wearing a decent shoe that you don't mind getting dirty. If you are in a crowd, you will get stepped on! Mud and dust just goes along with the scene.

Pack LIGHT – A small school bag is my recommendation for outdoor concerts. If you are planning to join the crowds in a mosh pit or are hanging back, a schoolbag will save your shoulders from purses. It will also give you peace of mind knowing your things are zipped away somewhere safe. If you're buying merchandise on site, this can also serve as a safe place to hold your t-shirts and other things.

HYDRATION – You are typically not allowed to bring in outside beverages to outdoor concerts and/or festivals, so you will be spending money on beverages. Water goes for about \$5.00 a bottle, so be prepared by hydrating the day before so you aren't de-hydrated to begin with. A lot of festivals will have a water station on site that will allow you to refill your water bottles, but vendors may keep your bottle cap when you purchase your drink.

SUNBLOCK – Rain or shine, cloudy or not, many of the outdoor concerts/festivals do not have shade. You can get sunburned just by standing in line getting into the event. Keep a travel-sized bottle on you to re-apply throughout the day.

ELECTRONICS – If you are going to bring electronics with you, please note that professional grade equipment will need to be checked at the door unless you have a press pass. For other things, like phones or digital cameras, keep them safe from the weather and dust inside plastic sandwich bags.

MONEY – Most festivals and concerts will allow you to bring in snacks and some food, but be prepared to spend money on your meals throughout the day.

Crowd Safety

Keep your bag in front of you – Wear your school bag backwards. When you are in a crowd, your belongings will be safer in your view, and you are less likely to get pulled on or tugged on with your bag in the front.

Watch the crowd around you – They will alert you when there is something physical about to happen or a crowd surfer is coming. When the crowd surfers come, DUCK.

If someone falls, pick them up – People can collapse due to exhaustion and other reasons. Be sure to yell for security if you see this happening. If you are feeling exhaustion and tired, leave the crowd.

Concert and outdoor festival season is much anticipated and always a good time, rain or shine. If you are new to the scene, I hope these tips help! So, tie up that hair, double-knot your shoes, and dive into that crowd. Rock on!

Concert photo by Anthony Delanoix/Unsplash.

Lunch box tuna salad wrap

This simple recipe is great to pack in your lunch for school or work. Use canned tuna from your cupboard and get these wraps ready in no time.



30 mins or less



Kid-friendly



No-cook



PREP TIME
10 min



COOK TIME
0 min



SERVINGS
2

Ingredients

- 1 can light flaked tuna in water (120 g drained weight), drained
- 15 mL (1 tbsp) mayonnaise
- 5 mL (1 tsp) yellow mustard
- 5 mL (1 tsp) lemon juice
- 1 celery stalk, finely chopped
- 60 mL (¼ cup) green pepper, finely chopped
- 2.5 mL (½ tsp) black pepper
- 2 leaves romaine lettuce, washed and dried
- 2 whole grain tortillas

Directions

1. In a medium bowl, using a fork, combine tuna, mayonnaise, mustard and lemon.
2. Add celery, green pepper and black pepper to the tuna mixture and mix until well distributed.
3. Place 1 lettuce leaf on each tortilla.
4. Scoop half of the tuna mixture onto each wrap and roll up.

Tips

- ✓ Spice up your tuna salad by adding 2.5 mL (½ tsp) of **curry powder**.
- ✓ No wraps? No problem. Use **whole grain bread** to make a sandwich or serve with whole grain crackers.
- ✓ **Little chefs** can make this recipe for their lunch by helping to mix the ingredients and scooping the tuna salad into the wraps.
- ✓ Pack your lunch box with this tuna salad wrap, **plain lower fat yogurt** topped with berries, and a leafy green salad.
- ✓ **Canned tuna** is a great item to keep in your pantry. This protein food has a long shelf life and can be used in a variety of different recipes.



Health Canada Santé Canada

Canada

Apps for Mental Health

BY KARA DIABO, PREVENTION

IN 2015 ONKWATA'KARITÁHTSHERA CONDUCTED A REGIONAL HEALTH SURVEY IN KAHNAWÀ:KE, A MAJORITY OF OUR youth disclosed that they felt that their mental health was not as good as it should be. Many of our young people are turning to substances as a way to cope with these negative feelings. 22 per cent of youth between the ages of 12–17 report drinking heavily in the past year (13 per cent report drinking heavily at least once per month over the last year). Thirty per cent of youth between the ages of 12–17 report using cannabis in the past year (half are occasional users and the other half use daily or multiple times per day).

Our traditional beliefs are that our people should not use mind changers. There are many tools in our traditional ceremonies and way of life that promote positive mental health and wellness. Practicing gratitude by giving thanks is one of the main ways. There are a number of apps below that promote this along with mindfulness.

The first step towards healing is recognizing that there are problems in life and choosing to deal with them. Remember mental health and mental illness are not the same. If you feel like you have symptoms of mental illness, contact a professional for further assessment either through the intake worker at KSCS at 450-632-6888 or through your health professional.

Below are five apps to track moods, find positive things to do and help you get through tough times. These apps in no way replace professional help! If you need to talk to a counsellor, call:

- **KSCS intake worker** at 450-632-6880
- **Kids Help Phone** at 1-800-668-6868
- **First Nations and Inuit Hope for Wellness Help Line** at 1-855-242-3310

Five Mental Health Apps

Calm.com

Voted Apple's App of the year in 2017. It provides meditations, mindfulness tips and strategies. There are videos on movement and stretching as well as music to promote relaxation, focus, and sleep.

Booster Buddy

It's a free app to help teens and young adults improve their mental health. You get a personal motivator who guides you through your day and encourages healthy habits to achieve your daily goals. You can track your moods, learn to cope, and keep track of appointments.

Relax Melodies

This app is designed for people who are stressed and anxious. It has over 50 sounds that you can mix together to create a soothing song. It also has tips to help those with sleeping issues.

Pacifica

Pacifica is designed as a daily tool to help people address stress and anxiety at a slow pace. It focuses on tracking moods, relaxation and wellness and helps to break the cycle of anxiety.

PTSD Coach Canada

Many of our people suffer from Post-Traumatic Stress Disorder due to racism, loss of culture, and multi-generational trauma. The app provides tools for tracking symptoms, ways to help handle stress and provides links to where you can get more support.

Naloxone: Save a Life

What is naloxone?

Naloxone (pronounced na-LOX-own) is a fast-acting drug used to **temporarily reverse the effects of an opioid overdose**. Naloxone can restore breathing within **2 to 5 minutes**.

Why does naloxone work only temporarily?

Naloxone is active in the body for only **20 to 90 minutes**, but the effects of most opioids can last longer. This means that the **effects of naloxone are likely to wear off before the opioids are gone from the body**, which could cause breathing to stop again. Naloxone may need to be used again, depending on the amount, type or method of consumption of the opioids (e.g., oral, injection).

An **overdose is always an emergency**. Even if naloxone has been administered, **always call for help**.

TIP: If you or someone you know is using opioids, make sure to carry naloxone with you. It's available without a prescription and can be picked up at most pharmacies or local health authorities.

Is naloxone safe for everyone?

Yes, naloxone is **safe for all ages**. It works only if you have opioids in your system. It is safe to keep on-hand because it cannot be improperly used and does not create dependence.

How is naloxone helping to address Canada's opioid crisis?

Naloxone has been used to successfully reverse thousands of opioid overdoses across Canada. It is used by first-responders such as paramedics and firefighters. Take-home naloxone kits are also available to anyone who may be at risk of an overdose or who is likely to encounter one. Take-home naloxone kits are **available without a prescription** and can be picked up at **most pharmacies or local health authorities**.

In Canada, two types of take-home naloxone kits are available:



Naloxone Nasal Spray is sprayed directly into the nose where it is absorbed. It starts to take effect in 2 to 3 minutes.



Injectable Naloxone is injected into a muscle in your body: the upper arm, thigh or buttocks are best. It starts to take effect in 3 to 5 minutes.

Naloxone Saves Lives. Get a Kit.

- ✓ Naloxone temporarily reverses the effects of an opioid overdose to help restore breathing
- ✓ If you think someone is experiencing an opioid overdose, call 9-1-1 or your local emergency help line, then give naloxone by following the directions on the kit
- ✓ Take-home kits are available at most pharmacies or local health authorities; no prescription is needed
- ✓ Kits expire and should be replaced after 18 to 24 months

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

ISBN 978-0-660-28934-2

Get the facts at Canada.ca/Opioids



Government
of Canada

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Canada

Opioid Overdoses: What To Do

Opioids — like fentanyl, morphine, oxycodone, and hydromorphone — are medications that can help relieve pain. However, opioids are also available illegally. **Illegal opioids are any opioids that are made, shared or sold illegally.**

How can opioids cause an overdose?

Opioids **affect how your brain controls your breathing.** If you take more opioids than your body can handle, you will start to show signs and symptoms of an overdose, such as:



Slow, weak or no breathing



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or snoring sounds



Drowsiness or difficulty staying awake

Protect yourself from an overdose

If you use illegal opioids:

- **don't mix** them with alcohol, or other drugs
- **don't use alone** – stick with a friend
- **know the signs** of an opioid overdose
- carry a **naloxone** kit

If you witness an overdose, stay and help

Witnessing an overdose can be scary, as a person's breathing becomes weaker, shallower, or even stops completely. **Overdoses are a medical emergency.** Staying at the scene to help can save someone's life. **If you've taken drugs, or have some on you,** you are **protected from simple drug possession charges** by the **Good Samaritan Drug Overdose Act.** This law applies to the person who seeks help and anyone else at the scene when help arrives.



Overdoses can happen if you take:

- an opioid **not prescribed** for you
- **more** opioids **than prescribed** for you, such as a higher dose
- an opioid **with alcohol or other** drugs (e.g., anxiety medication, muscle relaxants, or sleeping pills)
- an **opioid that has been tampered with** (e.g., broken or crushed)
- **illegally** produced or obtained opioids

If you have stopped taking opioids for a while and start taking them again, you can be at risk of an overdose because your body is not used to the drug anymore.

If you suspect an opioid overdose, you should:

- ✓ **Call 9-1-1 (or your local emergency help line) and stay at the scene**
- ✓ **Give naloxone, if you have it**
- ✓ **Know that the Good Samaritan Drug Overdose Act protects you from simple drug possession charges**

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

ISBN 978-0-660-28938-0

Get the facts at Canada.ca/Opioids



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of Canada

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du Canada

Canada

The Back Page....

“One day I will be an ancestor, and I want my great grandchildren to know that I tried hard to fight so they can have clean drinking water.”

~ Autumn Peltier, 14-year-old Anishinaabe water protector

Suspect an OVERDOSE? Stay and

CALL 911

or your local emergency number

The Good Samaritan law can protect you from simple drug possession charges.

Together we can **#StopOverdoses**

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

Learn more at Canada.ca/Opioids



Government of Canada
Gouvernement du Canada

Canada

Ohiari:ha/June

Natl. Thyroid Month

Brain Tumour

Awareness Month

11 – 17 Canadian Men's Health Week

5 World Environment Day

15 World Elder Abuse Awareness Day

16 Father's Day

21 Natl. Aboriginal Day

26 Intl. Day Against Drug Abuse and Illicit Trafficking

26 Natl. Cancer Awareness Day

Ohiarikhó:wa/July

Violence Prevention Month in Kahnawà:ke

1 Canada Day (KSCS closed)

5 Natl. Injury Prevention Day

13 – 14 Kahnawà:ke Pow Wow

24 Intl. Self-Care Day

28 World Hepatitis Day

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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