



Aionkwatakari:teke

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

"For us to be healthy"

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Kenténha/October 2018



Profile

Cougar Kirby

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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'kehrónon. 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:

The Editor
Aionkwatakari:teke

P.O. Box 1440
 Kahnawà:ke, Quebec J0L 1B0
 Tel: 450-632-6880
 Fax: 450-632-5116
 Email: kscs@kscskahnawake.ca
 (Attention: newsletter editor)

Editor/Layout/Design, Marie David
 Executive Publisher, Derek Montour

Proofreading:
 Winnie Taylor
 Bea Taylor



www.kscs.ca

Contributors:

Marie David
 Taylor Goodleaf
 Erin Montour
 Jessica Oesterreich
 Caitlin O'Neill
 Tyson Phillips

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.

Editor's Notebook



Welcome to the October issue of Aionkwatakari:teke. What a summer we've had, eh? As I write this, the summer heat (and humidity) has continued into the third week of September. Amazing! And kinda scary. But we won't dwell on that. I think we all know who the culprit is *cough* climate change *cough*.

At the same time, you can already feel summer is over. The kids are back in school. Most people are back from their summer vacations. Everyone's gone back to their routines. The sun rises later and sets earlier. Sigh. I just find that it's too early to face such things such as Halloween decorations or GASP! Xmas decorations. It feels like the stores are always in a rush to market a holiday way before I'm ready for it. I can't be the only one who feels this way, right? Look, I LOVE Halloween. It's one of my favourite holidays. And kudos to you if you've already started (or finished!) your Xmas shopping. But it just feels like all the holidays are so marketed and it kinda takes the special-ness out of them. Not to mention the pressure it puts on us to do more, do better, have more and to just buy, buy, buy! It doesn't have to be that way. Did you know there is an International Buy Nothing Day? It's on November 23, typically the day after US Thanksgiving and concurrent with perhaps the biggest shopping day of the year, Black Friday (which, by the way, is a total marketing construct). The first Buy Nothing Day occurred in Victoria, BC in 1992 as a day "for society to examine the issue of over-consumption" and the idea spread internationally. So, if you're feeling a little stressed as we head into the upcoming holidays...take a deep breath and maybe decide to buy nothing. Make it. Swap it. Repurpose it. Take it easy on yourself. And remember, most of the stuff we and others buy eventually ends up either in recycling or in the garbage heap so you're doing the environment a HUGE favour too.

November is Spirit of Wellness Month here in Kahnawà:ke. Please check our website www.kscs.ca/calendar or our Facebook page for more information on a whole slew of health and wellness activities throughout the month.

Sken:nen,

Marie David

Cover photo by Tyson Phillips. Cover design by Marie David





Substance Abuse, Addiction, and Parenting

BY JESSICA OESTERREICH, PREVENTION

BEFORE TALKING ABOUT substance abuse and addiction, let's first talk about just two of features that children need in their environment in order to grow into healthy secure adults.

1. Children need to attach to someone.

In order to feel safe and loved, children instinctively look for someone in their lives who will provide them with protection and unconditional validation.

2. Children need to feel safe.

It takes more than a strong, dependable adult for children to feel safe. Children need an environment that is a reliable source of warmth, comfort, food, and safety.

When a child grows up securely attached to the adults in their lives and feels safe in their environment, their brains will develop with minimal exposure to stress hormones. Healthy brain development will allow a child to develop positive self-esteem, form healthy relationships, and perform well academically, among other things.

When the primary caregiver/parent is living with addiction or substance abuse it does not mean that they are not loving. It does not mean that they do not value their children or want what is best for their children.

However, we have to look at substance abuse and addiction for what they are; mental health conditions that may stop caregivers from consistently providing children with attachment and safety.

For many people who live with substance use disorder, the substance becomes a major preoccupation in their daily lives. They plan their day around opportunities to use, around ways to get their substance, and/or making money to pay for their substance. Despite having love for the children they care for, those children are not a priority.

Children of any age will detect that they are not a priority, preventing them from establishing and feeling a secure attachment to the adults in their lives. Additionally, when the caregiver is under the influence of the substance, the children in their lives will learn that adults behave in unpredictable ways and cannot be relied upon as sources of love, protection, or validation.

Caregivers living with substance use disorder may, at times, be unable to provide a safe, reliable environment for the children in their lives. When the substance become the priority in their lives, providing necessities like healthy food, clean clothes, or paying utility bills and rent may be overlooked creating an unpredictable environment for children.

When a child is unsure of the availability of food in their home or even if they will have a roof over their head,

this puts them under stress. Despite the caregivers best efforts at times, this unpredictability will result in their children's brains developing in regular floods of stress hormones.

Parenting is already difficult. Raising children to be strong and independent is not an easy job. If you feel like you need help coping with substance use, reach out for help. KSCS is one option. Call us at 450-632-6880 and ask to speak with an in-take worker.



Adult Children of Alcoholics

BY ERIN MONTOUR, SUPPORT

DID YOU GROW UP IN A family where your parents or grandparents were alcoholics? Do you ever find yourself reacting in unhealthy ways and wonder why? Perhaps you're the adult child of an alcoholic (ACOA). On the Adult Child of Alcoholics - World Service Organization (ACA-WSO) website, one can find a listing of common traits of an adult child of an alcoholic. It's called "*The Laundry List - 14 Traits of an Adult Child of an Alcoholic*." The following is what was identified but was adapted slightly for this article.

1. ACOAs become isolated and afraid of people and authority figures.
2. ACOAs become people pleasers and tend to lose their identities in the process.
3. ACOAs become scared by angry people and any personal criticism.
4. ACOAs either become alcoholics, marry them or both, or find another compulsive way to fulfill their abandonment needs.
5. ACOAs live their life from the stand point of victims and are attracted to people who share similar traits in both love and friendships.
6. ACOAs tend to have an overdeveloped sense of responsibility, and this makes it easier to be concerned with others rather than themselves.
7. ACOAs tend to feel guilty when they stand up for themselves.
8. ACOAs have a tendency to become addicted to excitement.
9. ACOAs tend to confuse love and pity and tend to *love* people they can *pity* and rescue.
10. ACOAs tend to deny their traumatic childhood feelings and have difficulty expressing their feelings, because it's too painful.
11. ACOAs tend to judge themselves harshly and tend to have a low sense of self-esteem.
12. ACOAs tend to have a dependent type of personality and fear abandonment. They will go to great lengths to remain in an unhealthy relationship so as not to experience feelings of abandonment, which stems from living with emotionally unavailable people who were not there for them.
13. Alcoholism is a disease that affects the family; ACOAs tend to become para-alcoholic which means they pick up characteristics of the disease even though they never drank a drop of alcohol.
14. Para-alcoholics are reactors rather actors.

The traits listed are not meant to diagnose but rather are meant to provide people with a possible reason — and insight into — why they behave and react the way they do and for how that behaviour could be a result of their upbringing in an alcoholic family system. Addiction can be difficult for a family to experience and go through, but traits and behaviors can be changed.

Resources are available to families in Kahnawà:ke who need support. Here at KSCS, we have an Addictions Response Team who can offer support to people who are experiencing an addiction, along with support for their families. KSCS also offers supportive counselling services to anyone who may need it during their time of difficulty.

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VLTs and Addiction

BY TYSON PHILLIPS, COMMUNICATIONS

JAIME SAMAYOA, THE KSCS clinical supervisor of Support Services' Addictions Response Team, has been working with Concordia University's Research Chair on Gambling to examine gambling addiction in Quebec. Before the research team was developed, the only documentation on gambling that was available were studies from British Columbia.

Jaime and the team have been researching Video Lottery Terminals (VLT). Studies have shown that VLT machines are highly addictive and — in all of gaming — bring in the most money.

"VLTs are said to be the crack cocaine of gambling. Another source called it electronic morphine," Jaime explained. "Not everyone who plays a VLT will become addicted. There are people who are able to play for fun and then stop. However, there are individuals who have become addicted."

Research has shown that the VLT machines are designed in such a way that they affect people's cognition (the way they think about the machines and the outcome of the game). The high definition visuals and sounds stimulate the brain and dopamine is released, which makes a person excited and happy.

The person is already stimulated from simply playing the game. If they win, they will keep playing to win more or to maintain that "feel good" experience. "This seemingly hypnotic effect," Jaime

said, "causes the brain to want more of it, which leads to addictive behaviour."

VLT machines are electronic devices designed to be a game of chance, not a game of skill. Jamie explained how it works. "In most cases, the VLT will take eight percent of your expected winnings. For example, if you put in \$100.00 and don't win on your first try, your money goes down to \$92.00. Then on your second try, the three graphics almost line up for a big win so the person thinks they were close to winning. They continue to play until they have lost their \$100.00."

Jaime said a person may even stop playing if they win a large sum of money, so no money is lost. "However, a person with problem gambling, will take the winnings and continue to play hoping to win more money or to continue to experience that exhilarating feeling. In most cases, they end up losing their winnings and the money they invested in playing," Jaime explained.

An addict who loses money will continue to keep playing the VLT hoping to win back their losses. This leads to financial difficulties and the person eventually has no more money to gamble. "This form of addiction is called pathological gambling," Jaime said. "It's characterized as the inability to control how much time and how much money a person would invest in gambling. Typically, a person starts to gamble in secrecy, borrowing money

from family and friends, and they develop a belief that the only way to get back their money is to continue gambling and hope to have a big win." In some cases, Jaime said that the person will go into illegal ventures to continue gambling and finance their debt.

When the person realizes they are an addict and they want to stop gambling, they may exhibit the same behaviours as someone who has a substance abuse problem. They will experience anxiety, irritability, and withdrawal symptoms when trying to reduce or quit gambling.

Research literature shows that disadvantaged groups of people were most at risk in becoming addicted to the VLT. However, it can happen to anyone.

If you feel that you have a problem with gambling, there is help available. You can call KSCS at 450-632-6880 and ask to speak to an intake worker.



National Coming Out Day

BY CAITLIN O'NEILL, SUPPORT

OCTOBER 11 IS NATIONAL Coming Out Day. For this day, we made a list of tips and resources for lesbian, gay, bisexual, transgender, and queer (LGBTQ) people, and their friends and families.

Tips for Friends and Family

Having supportive friends and family is important. But being supportive doesn't mean being perfect, it's okay to make mistakes sometimes or to not know something! Here are basic tips for being supportive when someone comes out to you:

- Tell them that you love them.
- If they ask you to use a different name or pronoun, do your best to do this and apologize if you slip up.
- Use the same words that they use to describe themselves.
- Take advantage of online and local resources to learn more about the LGBTQ community. mykidisgay.com is one great online resource!

Coming Out Tips for LGBTQ People

Coming out to friends and/or family is a big step. It can be an opportunity for you to get support from the people in your life, and to connect with other LGBTQ people. But

sometimes it can be stressful too; especially if you don't know how your loved ones are going to react.

- Come out to people on your own time! Don't feel pressured to come out before you're ready. Do it when you feel ready and you feel that it's safe for you to do so.
- It can be a good idea to start by coming out to someone that you know will be supportive. For example, a family member or friend who is LGBTQ or who is open about being an ally. This person can help you plan coming out to other family and friends.
- Going to LGBTQ groups and calling LGBTQ hotlines can be a good source of support. See the local resources below for some suggestions.
- For more tips on coming out, check out SextEd.Org. at <https://sexted.org/faq/coming-out-to-family/>

Local Resources

ASTT(E)Q ACTION SANTE TRAVESTI(E)S & TRANSSEXUEL(LE)S DU QUEBEC

A support and advocacy group for transgender people.

- Contact: 514-847-0067 or info@astteq.org
- www.astteq.org

INTERLIGNE

A hotline for LGBTQ people and their friends and families.

- Contact: 1-888-505-1010 or aide@interligne.co
- <http://interligne.co/en/>

PARENTS AND FRIENDS OF LESBIANS AND GAYS (PFLAG)

– Montreal

A bi-monthly support group for friends and family.

- Contact: 514-924-9071 or maria.arcobelli.sacco@gmail.com
- Website: <http://pflagcanada.ca/>

PROJECT 10

A youth group for LGBTQ people.

- Contact: 514-989-4585 or questions@p10.qc.ca
- www.p10.qc.ca

WEST ISLAND LGBTQ2+ CENTRE

This centre runs multiple groups including a youth group, an adult group, and a group for parents of LGBTQ people.

- Contact: 514-794-5428 or info@lgbtq2centre.com
- www.lgbtq2centre.com/

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Profile: Cougar Kirby

BY TYSON PHILLIPS, COMMUNICATIONS

LACROSSE HAS PLAYED AN important role in Jamie Cougar Shakaienkwarathon (*Disappearing Mist*) Kirby's life. The young athlete, who is known by his middle name Cougar, started playing the game at a young age. "Lacrosse is what brought my parents together. My father, Jamie Kirby, was playing at the Commonwealth Games in British Columbia when he met my mother, who is Coast Salish / Nuu-Chah-Nulth. My dad's from Kahnawà:ke," explained Cougar.

Cougar was just nine months old when Jamie gave him a small lacrosse stick. "My dad told me I played with the stick and knew to put the ball in the netting."

When Cougar was 13, his parents separated and he moved back to Kahnawà:ke with Jamie. "In high school, I was playing lacrosse at Kuper Academy and then Centennial Academy," he said. In 2013, the head coach of lacrosse at the IMG Academy in Florida called him to go play lacrosse at that school, which is a sports academy. He accepted and moved to Florida. "It was an amazing experience," he said.

Cougar received a lot of training while at IMG and he still uses what he learned to this day. He was a two-year letter-winner* and led the school to 16 victories.

"My grandparents on my mom's side were hesitant about me going away to school as my grandmother went to

residential school and my grandfather was forcefully taken away from his parents and put into a foster home," Cougar paused. "They eventually saw that going away to school wasn't something negative and [that] it was a good opportunity for me. We are moving forward in a positive direction as Canada now acknowledges their past mistakes on how they treated Indigenous people."

As he was finishing his high school at IMG, Cougar was contacted by the head coach of lacrosse from the University at Albany with yet another opportunity. His family encouraged him to continue with his education. "I also thought about my future," Cougar said. "When I have a family I want to be able to provide for them, and having a university degree will offer me more job opportunities." He was also happy that he was closer to Kahnawà:ke.

At UAlbany, Cougar majored in sociology with a minor in African studies. "Sociology is the study of human demographics and I find we don't have enough studies on our First Nation people. I hope to one day be able to do research in this field," he explained. "I wanted to take a minor in Indigenous studies but the University at Albany didn't offer it, so I chose African studies as the history of African people is similar to what our ancestors went through."

In September, Cougar transferred to McGill University in Montreal. "My fiancée, Mariah McComber, is

expecting and I wanted to be close to home. I will also be the first Mohawk to play on the McGill Redmen lacrosse team."

Cougar will continue to study sociology as a major and minor in Indigenous Studies. The head coach, Tim Murdock, told Cougar that school work comes first, lacrosse second. If he has to miss a game to study for an exam, Tim and the team will understand. "McGill has the First Peoples House which offers a lot of guidance to Indigenous students," Cougar said. "If I am having a difficult time with my studies I can go there and receive help."

When Cougar graduates from McGill in two years, he's thinking of either going for a master's degree in Indigenous studies or joining the work force. "This past summer I worked for the drama program at KSCS. I enjoy working with kids so coaching is an option," he said. "I don't have a concrete plan for what I will do after graduation. With my degree I can explore different options."

Cougar will be busy this year, not only with his studies, but also with becoming a father and wedding plans for next summer. KSCS wishes him the best of luck in his studies and whatever path he chooses to take.

* A high school or college student who has achieved a set level of success in his sport and has been awarded cloth letters.



World Kindness Day

BY TAYLOR GOODLEAF, SUPPORT

WORLD KINDNESS DAY IS ON NOVEMBER 13 AND WAS FIRST LAUNCHED IN 1998 BY THE WORLD KINDNESS Movement, an organization formed at a 1997 Tokyo conference of like-minded kindness organizations from around the world. There are currently over 28 nations involved in The World Kindness Movement which is not affiliated with any religion or political movement.

The mission of the World Kindness Movement and World Kindness Day is to create a kinder world by inspiring individuals and nations towards greater kindness. The goal of raising awareness for World Kindness Day is to bring positive change to schools, organizations and our society as a whole, one random act of kindness at a time. Kindness is not only contagious, but it is also teachable by example.

In order to bring awareness to our community and KSCS, we wanted to find out what some of our employees have done for others or had done for them in honour of kindness:

Never underestimate the impact that one single act of kindness can have on an individual.

Treat people as you would like to be treated, expect nothing in return and pay it forward!

"The nicest thing anyone ever did for me was to drive from Montreal to Welland to come and pay respects to my father and then drive back to Montreal the same night. It was incredibly touching and left me quite speechless. Just to know that people felt that strongly about coming to support me was an amazing feeling ... I guess it's hard to know how you touch someone because something you think might be quite insignificant can have such a huge impact on someone. I'll have to think more about it."

~ Rebecca D'Amico, team leader, support counselling

"When I was graduating from Concordia University in the community certificate program, my coworkers gave me a graduation card with money to financially help me spend it on me; hair, pedicure, etc. Being a single mother and financially struggling, it was a perfect surprise, something I did not expect, awesome coworkers and supervisors. Pay it forward, when someone is struggling; financially or needs something, I help out when I can. Being in the same situation in the past, I totally understand and appreciated the help."

~Valerie Lahache, youth protection case worker

Source: "About Us." *The World Kindness Movement*. Web.

EDITOR'S NOTE:

Below is a resource to find out more about the history of World Kindness Day that also includes quotes and lesson plans and a printable calendar with some great tips on how to introduce more kindness into your world and the world around you for example: send colouring books, crayons, and markers to a children's hospital, or donate old towels or blankets to an animal shelter. You can find more examples on their site at Random Acts of Kindness: <https://www.randomactsofkindness.org/>

OFFER TO HELP

SAY KIND THINGS

“The nicest thing I’ve done for someone else that goes in the top 10 category of nice things would be sending my sister-in-law a bouquet of chocolate covered fruits. They were delivered to her door and were an unexpected nice surprise. The nicest thing someone has done for me lately would be getting me a latte. That made my day.”

~Ashley Norton, foster care case aide

PAY IT FORWARD

“One of the nicest things anyone has ever done for me was buy me groceries when I didn’t even ask for them. I was a broke student and I had a friend who noticed and just randomly bought me a bunch of groceries, it was so thoughtful. This act inspired me to buy an elderly man groceries one time. He was ahead of me in line at the store and his card wasn’t working. As he was off to the side trying to get a hold of his bank, I paid for his groceries and left. His face was priceless.”

~Taylor Goodleaf, foster care case aide

SMILE

Coming Out cont/

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Online Resources

EVERYONE IS GAY

- Resources and advice for LGBTQ people.
- <http://everyoneisgay.com>

MY KID IS GAY

- Resources and advice for parents, family, and friends of LGBTQ people.
- <http://mykidisgay.com>

RAINBOW HEALTH ONTARIO, RESOURCES SECTION

- This site has lots of different English resources for LGBTQ people and friends and family.
- “Families in TRANSition: A Resource Guide for Parents of Trans Youth” is a good resource from this website.
- <https://www.rainbowhealthontario.ca/resources>

Data Privacy

BY MARIE DAVID, COMMUNICATIONS



Do you remember the headlines?

- *Facebook Users Will Soon Know If Their Data Was Shared With Cambridge Analytica* – CBC News
- *UK Watchdog Issues \$330k Fine for Yahoo's 2014 Data Breach* - TechCrunch
- *DNA Testing Service Exposed 92 Million Customers in Huge Data Breach* – Science Alert
- *BMO, CIBC's Simplii Probe Customer Data Breaches* – Globe and Mail

Those are just a few of the most recent headlines. There were pages and pages and pages of examples of data breaches from everything from social media, to email, to banking, to stores like Target to restaurants like Chilis to DNA sites.

It's truly frightening. Many of these instances didn't come to light for months, or even years (as in the case of Equifax and Yahoo!) putting user's information in potentially harmful hands.

Mark Zuckerberg, the CEO of Facebook, was called before the United States Congress as well as the British Parliament earlier this year to answer questions about the data harvesting in light of Cambridge Analytica's role and possible influence in the outcome of the Brexit vote and US elections.

The amount of information companies have on you is astounding. Often, you're asked for this information in order to access the service. They, in turn, are supposed to protect that information.

Many people don't bat an eye at handing over private information, especially when they're asked to agree to the Privacy Policy or Terms of Use Policy that are often in a language meant to confuse or discourage you from reading. It's all so much "blah blah blah" and who has the time to read these things anyway? You want the service, so you just click "agree".

In Europe in the wake of the Cambridge Analytica/Facebook scandal, the EU released its *General Data Protection Regulation (GDPR)*

policy, which was actually seven years in the making.

You may have noticed it too if you subscribe to emails or newsletters from companies or websites that originate in Europe. You might've received a plethora of emails asking you to read their updated terms of services and privacy policies and to re-subscribe if you wanted to continue to receive their services. Some North American sites took a proactive approach and went ahead and adjusted their privacy policies on their own.

The GDPR gives the EU more power to levy fines against companies that collect and store data if they're found in violation of the law. It also means that companies that rely on data collection will have to obtain that consent they receive will have to be "explicit and informed — and renewed if the use changes" (The Guardian, *What is GDPR and How Will it Affect You?*).

In Canada, the Office of the Privacy Commissioner of Canada "is an Agent

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of Parliament whose mission is to protect and promote privacy rights.” (Office of the Privacy Commissioner of Canada: About the OPC). The Office ensures compliance of the *Personal Information Protection and Electronic Document Act* (PIPEDA) and investigates complaints.

Quebec has its own law: *P-39.1: An Act Respecting the Personal Information in the Private Sector*. But technology is ever changing with new ways of using technology — and personal data collection — finding different ways to affect our everyday lives.

With the advent of artificial intelligence technology (AI) and the Internet of Things (the interconnection between the Internet and everyday household appliances and technologies), you'll soon be able to have your fridge determine if you're out of milk and place an order with the grocery store, which will then send the item using drones, which will be able to determine if you have a dog that might interfere with its delivery (a new take on the dog and mailman story).

How much of your privacy are you willing to give up? In a recent data breach, Amazon's Alexa was listening in the background of a dinner conversation (Alexa is always listening) and mistakenly sent an email to a person on the owner's address book. The owner didn't want the information shared and it was a clear breach of Alexa overstepping her bounds. Not to mention the awkwardness it

created when this occurred between a manager and an employee. Yikes! It's something to keep in mind as our lives continue to be entwined with technologies.

Additional Resources:

- Privacy and the Internet: EducaLoi <https://www.educaloi.qc.ca/en/youth/capsules/privacy-and-internet>
- Privacy: The Guardian. <https://www.theguardian.com/world/privacy>
- Online Privacy: Office of the Privacy Commissioner of Canada: <https://www.priv.gc.ca/en/privacy-topics/technology-and-privacy/online-privacy/>
- A Guide for Individuals: Protecting Your Privacy. *Office of the Privacy Commissioner of Canada*, https://www.priv.gc.ca/en/about-the-opc/publications/guide_ind/

Sources:

“About the OPC.” Office of the Privacy Commissioner of Canada, 14 Sept. 2016.

“P-39.1 - Act respecting the protection of personal information in the private sector.” LegisQuebec, Govt. of Quebec. 1 June 2018.

Hern, Alex. “What Is GDPR and How Will It Affect You?” *The Guardian*, 21 May 2018.

Graphic by Freepik.

Adult Children of Alcoholics cont/

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Other resources available:

Alcoholics Anonymous meetings at KSCS every Wednesday at 7:30 – 9:30. You can find other Alcoholic Anonymous meetings by consulting the website <http://www.aa.org>.

For families and friends who are living with a person suffering from addiction, Al-Anon is a place for people to meet and get support. To find an Al-Anon meeting please consult the website <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.

If you would like to receive support from KSCS, please call 450-632-6880 and ask for the intake worker.

Sources:

“Laundry List- 14 Traits of an Adult Child of an Alcoholic.” *Adult Children of Alcoholics and Dysfunctional Families*, 2018.

The Back Page....

“The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.”

~ Buddha

Mental Illness Awareness Week



Mental Illness Awareness Week

October 1-7, 2017

YEARS
25
ANNÉES



An initiative of  CANADIAN ALLIANCE ON MENTAL ILLNESS AND MENTAL HEALTH

Presented by  Bell Let's Talk



Join the conversation

#MIAW17  @CAMIMH_ACMMMSM  @CAMIMHACMMMSM

Thank you to the following organizations for their support of Mental Illness Awareness Week:



Kenténha/October

Mental Health Month

- 1 – 7 Mental Illness Awareness Week
- 1 World Day of Bullying Prevention
- 2 Intl. Day of Non-Violence
- 8 **Thanksgiving Day (KSCS closed)**
- 9 Fire Prevention Day
- 10 World Mental Health Day
- 11 Coming Out Day
- 31 Halloween

Kentenhkó:wa/November

Spirit of Wellness Month

- Lung Cancer Awareness Month
- Movember
- Fall Prevention Month
- 7 Stress Awareness Day
- 11 **Remembrance Day (KSCS closed)**
- 13 World Kindness Day
- 14 World Diabetes Day
- 20 Natl. Child Day
- 25 Intl. Day for the Elimination of Violence Against Women

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.

Aionkwatakari:teke

P.O. Box 1440
Kahnawà:ke, Quebec J0L 1B0
Tel: 450-632-6880
Fax: 450-632-5116
Email: kscs@kscskahnawake.ca