

# Millbrook Community **NEWSLETTER**

FEBRUARY 2018

Nova Scotia Community College 11th Mawio'mi

## *Important Dates*

- **February 11-18** - Millbrook Winter Carnival
- **February 26** - Millbrook 2018 Elections  
9am -8pm at the Millbrook Community Hall

 **MILLBROOK  
FIRST NATION**  
TELEPHONE: (902) 897-9199  
TOLL FREE: 1-(800)-693-3112  
**MILLBROOK BAND ADMINISTRATION**  
P.O. BOX 634  
TRURO, N.S. B2N 5E5

# Millbrook Band Office

## Mailing Address

Millbrook Band  
Administration  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday - Thursday  
9:00am-12pm 1pm-4:30pm  
Friday  
9:00am-12pm 1pm-4:00pm

## Phone Numbers

Band Office  
1 (902) 897-9199  
Toll Free  
1 (800) 693-3112

## Social Assistance

Social Assistance Cheques are tentatively scheduled for: **February 1, & 15, 2018**. Applications are available at the Reception desk at the Band Office.

## Chief and Council Meeting

The next Chief and Council meeting is scheduled for **postponed due to elections**.  
The deadline for submissions or requests to see Council is **postponed due to elections**.  
Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,  
Fax: (902) 893-4785 or e-mail: [jay.m@eastlink.ca](mailto:jay.m@eastlink.ca).

February's Chief and Council meeting is postponed due to elections.

## Millbrook Elections

February 26, 2018  
9am -8pm at the Millbrook Community Hall

## Chief and Council Meetings



## February 2018

🌟 **February 26** - Millbrook Elections



## Community Meeting Dates:

🌟 **Tuesday, April 17** (6-8pm)

Contact the Community Engagement Officer, Gerald Gloade by e-mail: [gerald.gloade@eastlink.ca](mailto:gerald.gloade@eastlink.ca) to make suggestions for future discussion topics. We would like to have Community Members feedback. The purpose is community engagement. Focusing on information sharing and addressing community concerns on a ongoing basis. We do our own consultation and need to regularly inform community members. We are developing our own consultation process.

# Community

The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office at (902) 897-9199 extension: 119, iMessage or e-mail: [mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca)

## Newsletter Deadline

**The Newsletter deadline is the 26th of each month.**

**February 26, 2018**

You can make a contribution to the Millbrook Community Newsletter by sending your information to:

[mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca),  
by Fax: (902) 895-0079, or by the website contact form (link)<http://millbrookfirstnation.net/contact-us/> or submit information to the Reception desk at the Band Office.

## Building Permits

Before constructing on your property contact Millbrook's Bylaw Officer to obtain a building permit.

## 'Mattie Hockey Gear Swap n Shop'

Anyone needing to borrow some Slightly used Hockey gear for the upcoming hockey season or just want to get out for a Sunday skate this year, feel free to toss me an email, text or phone call and we'll see what I can do for

ya. 😊

Mattie M

[Mattietara@eastlink.ca](mailto:Mattietara@eastlink.ca)

C 902 899 3640

# LEVELS — GAME — LOFT



Congratulations to our Call of Duty WWII Tournament Champions. Team 027, Jesse Paul-Martin (Left) and Ethan Phillips (2nd from the Right), both contestants from the Mi'kmaw First Nations of Millbrook, took home 1st place after making "one of the most hyped comebacks we have ever seen ! "

Levels Game Loft is Truro's premiere video gaming and E Sports center located at 128 Esplanade Street, who offer a variety of video gaming services such as console gaming, computer gaming, and virtual reality. Levels Game Loft also have 5 private rooms and 1 large party/events room. In addition to gaming they have retail and confectionery services for your convenience.

## First Penance and First Communion

Any children in Grades 2 and up that would like to receive their First Penance and First Communion this spring please contact Colin Bernard at 9028959468 to register. Classes will begin the third or fourth week of February.

## Polling Notice

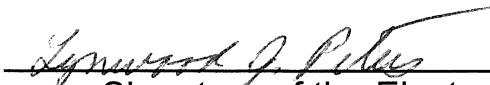
Notice is hereby given to the electors of the **Millbrook** First Nation that a poll will be held to elect a chief and (12) councillors.

On **Monday** the **26<sup>th</sup>** day of **February, 2018**, from nine **(9:00) AM** until eight **(8:00) PM** at the **Millbrook Community Centre**.

The votes will be counted at the close of the poll. The results will be declared immediately following the count.

Given under my hand at **Millbrook/Beaver Dam/Sheet Harbour/Cole Harbour**

**Tuesday** this **16<sup>th</sup>** day of **January, 2018**.

  
\_\_\_\_\_  
Signature of the Electoral Officer

If you have any questions, please call the Electoral Officer at.

**Lynwood J. Peters**

**PO BOX 1498**

**TRURO NS B2N 5V2**

**(P) 1-902-798-7195**

**Email [mfnelection2018@gmail.com](mailto:mfnelection2018@gmail.com)**



## Millbrook Early Education Centre News

### Important Dates in February

**Friday, February 2nd, 2018**  
Gymnastics

**Friday, February 9th, 2018**  
Gymnastics

**Wednesday, February 14th, 2018**  
Super Nova @ Centre  
Library Visit

**Friday, February 16th, 2018**  
Gymnastics

**Monday, February 19th, 2018**  
Family Day  
**Centre is closed**

**Tuesday, February 20th, 2018**  
Sunshine Bernard ADI

**Friday, February 23rd, 2018**  
Gymnastics

**If your child is unable to attend school,  
please contact us.**



### Contact Us

902-897-1249 / 902-897-0445

Ext. 101 Director (Nik)

Ext. 102 Preschool 4 (Sue/Destiney/Siobhan)

Ext. 103 Daycare (Leslie/Genny)

Ext. 104 Preschool 3 (Pam/Carrie)

Ext. 106 SLP (Christina)

Director's email: [meece@eastlink.ca](mailto:meece@eastlink.ca)

# TRES Newsletter February 2018



## HAPPY VALENTINE'S DAY!

### Late Arrivals

It is well known that regular school attendance has an impact on student achievement. School officially begins at 8:00am. 5 minutes of lateness every day adds up to just over 3 full days of instructional hours. One can quickly calculate the impact that half an hour to three quarters of an hour has on your child's schooling. To provide your child with a positive start to the day please plan your morning so your child arrives in their homeroom before 8:00am. After 8:00am, they are considered late.

Children who are late miss valuable instruction as well as disrupt the class when they arrive in the middle of instructional time. Students are expected to be inside the school, ready to learn, no later than 8:00am.

If your son/daughter is going to be late, please call Juliana at 902 890-0461 or the school at 902 896-5755.

### Dismissal

It is important for you to either send a note to your child's teacher in the morning or call the school if there will be a chance to their regular afternoon dismissal procedure.

### Outside Gym Classes

Gym classes will be held outside if weather permits. Children need proper winter clothing. Snow pants, warm boots, hats and mittens are a MUST. Children who cannot participate still must go with the class so please always send warm winter clothing.

## Important Dates

### February 1

No School - Assessment

### February 19

No School - Heritage Day

### March 12

March Break - March 12-16

## Happy February Birthday

Braelyn Brooks

Vienna Brooks

Brady Googoo

Easton Harvey

Ameliyah Martin

Emma Martin

Sarah Wright-Johnson!



## Happy Belated January Birthday

Kaiden Goade

Warren Julien

Lochlann Pictou!

## TRES Homework

Homework every night does include reading for 10, 15 or 20 minutes. If your child says they have no homework, ask them to please check again, there is homework every night.

## Guidance Program

We are excited that TRES will have a full time Guidance Program at Truro Elementary. Feel free to contact Mr. Thurston at 902-896-5755 or email [thurstoncd@ccrsb.ca](mailto:thurstoncd@ccrsb.ca) (be sure to include your child's name, classroom teacher).

## Tips to BOOST Language – Try a few with your children.

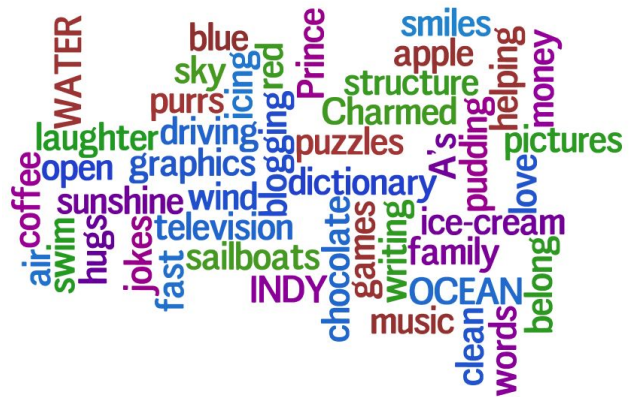
Go for a walk and talk about what you and your child see and hear.

During meal time, name and describe the food you and your child are eating. Talk about how it tastes, smells and sounds.

While your child is getting dressed, talk about what he/she is putting on and where it goes.

Listen to music and dance together. Use words to describe your movements, like jump, spin, hop, and shake, fast, slow.

Words,  
words, words



## Reminder

Please call the school if your child will be late or absent from school. The number at the school is 902-896-5755. Also, a reminder to parents that classes begin at 8:00 am. every day! Arrival after that time means that classes are being interrupted and activities are being delayed. Please respect the morning bell and make sure your child is present on time.

### School-age Children and Pre-Teens

School age children need 10 – 11 hours of sleep a night. Bedtime problems can start at this age for a variety of reasons. Homework, sports and after-school activities, computers, TV's, mobile devices and hectic family schedules can all contribute to children not getting the sleep their bodies need. Sleep deprived children can become hyper irritable and may have a hard time paying attention in school. It's still important to have a consistent bedtime, especially on school nights. Remember to leave enough "technology free time" before bed to allow your child to unwind before lights out. A good rule of thumb is switching off electronics at least an hour before bedtime and keeping TV's, computers and mobile devices out of children and pre-teen bedrooms.

### Respect is an important ingredient for school success

Having respect for teachers, classmates and yourself creates the positive academic environment all children need in order to be successful.



### Millbrook Staff at TRES

Jen Gloade 902-986-4224

Shelley Gloade 902-899-2415

Lisa Wilmot 902-986-5010

Juliana Paul 902-890-0461



# TJHS Newsletter February 2018

Next Attendance Incentive will be issued on Wednesday, March 7<sup>th</sup>.



## From the Desk of Amanda Dugas

What a busy month back! Everyone has settled back into our routines and are working hard!

Thank you to the grade 6 class for inviting me on their field trip to the 11th annual 2018 NSCC Truro Campus Mawiomi on January 24<sup>th</sup>.

Grade 7 Math students have the opportunity for extra help with Ms. Vogels on days 2, 4 & 6 on the schedule during the lunch hour for 20 minutes. Please take advantage of this excellent opportunity!

Grade 7 Mi'kmaq Students were cooking this month! They made 4 Cent Cake in class, and did such a great job - they ate it all, so there was none to take home!! If your student would like a recipe, it's available in the Learning Centre.

Parents and students, please check PowerSchool to check students' progress and stay on top of assignments. If you require login information, please let me know.

As always, if you need to contact me, I can be reached by phone at (902) 896-5550 ext. 2321 or by email at [dugasaa@ccrsb.ca](mailto:dugasaa@ccrsb.ca).

Amanda Dugas

## From the Desk of Mali Sylliboy

Grade 6 Update:

In general, our grade 6's have adjusted to the life of a panther at Truro Junior High School. I have seen students try new clubs and adventures that are offered at our school. I am so excited for those who are in the student council, volleyball, or simply just try out different clubs. I am always proud to see our kids celebrate their culture as well. Our grade 6's attended a recent Mawiomi at our

## Important Dates

### February 1

No School - Assessment

### February 19

No School – Heritage Day

### March 12

March Break – March 12 - 16



## Happy February Birthday

Jennifer Augustine

Eric Trenholm-Paul

Isaiah Wilmot!

## Happy Belated January Birthday

Aiden Gloade

Gwen Johnson

Brandon Stevens

Andrew Sylliboy!

local NSCC and were able to see their fellow grades six classmates dance dressed beautifully in their regalia. Thank you parents for encouraging our kids to participate the extra-curricular opportunities offered at TJHS.

**English Language Arts (ELA):** Due on every Thursday, is a reading record which a new sheet is assigned weekly. The students are expected to read at least 20 minutes a day and record it in their reading log.

**Math** – Learn, study and practice the multiplications, especially the ones you struggle with. Daily homework work sheets and Skills Bank worksheets

**From the Desk of Tom Wilson**

Happy Winter Carnival,

Hopefully some parents were able to attend the Parent Information Session held at CEC on Monday Jan.22nd dealing with this year's grade 9 student's grade 10 course selections for next year at CEC. Parents input in these important decisions are definitely welcomed and encouraged.

By the first week in February, grade 9 students should have had enough time (3 weeks) to pick the courses they are going to take next year in grade 10.

English and Math Teachers will have made their recommendations as to what level of difficulty of courses students should be taking in grade 10 in their subject area at CEC next year. These recommendations would have been shared with individual students and CEC Student Services.

I along with other TJHS Teachers and Student Services have been giving students information about the different courses they can take at CEC that would best fit their learning profile and would give them a good foundation on to which to build a career around a "few years down the road".

Every year I make a copy of the grade 9 Millbrook students Gr.10 CEC Course Selection sheets, review them with the students, then help them input their chosen courses into CEC's Registrars POWER SCHOOL program. Students will enter this data around the middle of February. It is imperative that the students are here on that day to input their choices into the computer if they are not here then they run the RISK of not getting some of the courses they may have picked.

By now parents should have seen a copy of their child's Grade 10 Course Selections.

If any parents have any questions about their son/daughter's Gr. 10 course selections, I encourage you to call me at 896-5550 or e-mail me at: wilson5@staff.ednet.ns.ca

If any grade 8 or 9 parent(s) have any questions or concerns about their child's academic achievement please know that I would be happy to discuss your child's performance. Please call me at 896-5550, if I'm not in the Millbrook Learning Centre then I'm in a please leave me a message on my answering machine stating your concern with a phone number and time you can be reached and I will call you back as soon as I can.

Thomas Wilson ☺

## CEC Newsletter February 2018

Lunch Allowances will be issued on Wednesday, February 7<sup>TH</sup>.

Attendance Incentives will be issued on Wednesday, March 7<sup>th</sup>.



Bryant Vance  
902-896-5700 (Main Office)  
Office Hours: 8:20 am - 3:20pm  
Homework Club: Tuesday, Wednesday,  
Thursday 3 PM – 4 PM

A New Start,

With the first semester complete many students have had success. With this new semester comes a shift not only in weather but the mindset of many students. Potential graduates that have not yet applied to University or College should apply by the end of this month.

*"The first step towards getting somewhere is to decide you're not going to stay where you are."* —John Pierpont "J.P."  
Morgan

### Post-Secondary Planning

As bursaries and scholarship are available in **NOW**. Help with post-secondary applications, scholarships and bursaries will be given afterschool hours during homework club. **Student should view CEC's Student Services website to fill out the forms for CEC Student Scholarship Form:** <http://cecstudentservices.ccrsb.ca/index.php/scholarships/cec-student-scholarships/>

### Important Dates

#### February 1

No School - Assessments

#### February 2

2<sup>nd</sup> Semester Begins

#### February 19

Heritage Day-No School

#### March 12

March Break Mar. 12 – 16

#### Happy December Birthday

Shayla Gloade

Dallas Julien

Tristen Julien

Aaron Sylliboy!



#### Happy Belated January Birthday

Sophie Bernard

Shilo Brooks

Presley Knockwood

Julianne Johnson

Killian Wilmot!

## Power School/Student Assessment Policy

Parents are asked to check PowerSchool (Parent Portal) to keep track of assignments and projects due dates as well as grades. Furthermore, more information on student expectations and policies are located in the **student handbook** on the CEC website (<http://www.cec.ccrsb.ca/2015%20Student%20Handbook.pdf>)

## IMPORTANT - ATTENDANCE REMINDER

Parents/Guardians are required to call the main office (902-896-5700) to excuse missed classes within 5 school days of the absence. A reason will be requested. This is especially important for students seeking an Attendance Exam Exemption at the end of the semester.

### Attendance Policy Notes:

Students that have 16 absences from Oct 3<sup>rd</sup>, in one course, may lose their credit according to the new Attendance policy issued from the CCRSB. Lates will be recorded and 4 late classes equal 1 absence in a course. Please see attendance policy for further inquiry: [www.ednet.ns.ca/student-attendance-and-engagement-policy](http://www.ednet.ns.ca/student-attendance-and-engagement-policy)

## Millbrook Students Participating in Sports

Basketball- Julianne Johnson and Frankie Sylliboy  
 Rugby- Blade Knockwood  
 Track and Field- Shayla Gloade  
 Wrestling- Jacob Smilde-Cope

## Musical-Joseph and the Amazing Technicoloured Dream

### Coat

Tristen Julien  
 Celeste Sylliboy

Bryant Vance  
 First Nations Education Support Teacher  
 902-896-5728 (Centre)  
[vancebw@ccrsb.ca](mailto:vancebw@ccrsb.ca)



# NSCC 11 Annual Mawio'mi



The Confederacy of Mainland Mi'kmaq

Bear River, Millbrook, Paqtnkek, Pictou Landing and Sipekne'katik

## Matrimonial Real Property Law

Resources are available at [www.cmmns.com](http://www.cmmns.com):

1. Mi'kmaq Matrimonial Real Property: A Guide for Bear River, Millbrook, Paqtnkek, Pictou Landing, and Sipekne'katik
2. Mi'kmaq Wills and Estates & Matrimonial Real Property
3. How to make an Exclusive Occupation Order for a Matrimonial Home
4. Emergency Protection Orders



A new video resource on MRP is now available on

YouTube: [https://youtu.be/2fneZGuMt\\_E](https://youtu.be/2fneZGuMt_E)





*Let's Get Moving...*

*Join us for some bowling fun!*

**February 7th & February 21st**

**Bible Hill Bowlacade**

**7pm-9pm**

*To register, please contact Sunshine Bernard*

*(902) 895-9468. Max 12 participants.*



## Pre-Employment for Entrepreneurs

**Where: Millbrook Community Hall**

**When: February 6, 7, & 8<sup>th</sup>**

**Time: 9am-4:00pm**

**Lunch: Will be provided**

Attend our session and receive a chance to win  
Grocery Store Gift Cards, Tim Hortons' Gift Cards,  
Gas Certificates and more!

*Incentives will be drawn for those who have  
completed successfully*

Morning and afternoon snacks/coffee will also be  
provided

**EVERYONE IS WELCOME!**



**Have an interest in Snow Shoeing?  
Please contact Sunshine Bernard  
at the Millbrook Health Centre  
(902) 895-9468.**

**Looking to see how many would  
love to try it!**





**Lunch n Learn**

# **Topic “Heart Health”**

**February 7th, 2018 (Wednesday)**

**Millbrook Senior Centre**

**11:30am–1:00pm**

**Please pre-register with Sunshine Bernard at 902-895-9468 to determine the number for Lunch.**



## Sacred Heart Church

Regular Sunday Mass Time is at 11:30 a.m.

For More information visit the Immaculate Conception website: [www.icc-truro.org](http://www.icc-truro.org).

## Prayer Group

Prayer Group meets every Monday at 7:00 pm. at the Senior's Centre in Millbrook. Agenda includes Rosary and Prayers, followed by tea, a light lunch and a social.

Come join us – everyone is welcome! The contact person for group is Jane Abram at (902) 893-7454.

## “Understanding the Bible”-Weekly Scripture Study for Adults

Please join us on Thursday evenings at 7:00 pm for an evening of fellowship as we learn together the Word and grow in grace and understanding. Tea and light refreshments to follow. Located at 74 Abenaki Road. Contact: Kelly Gloade at (902) 890-8307.

## Community Hall Bookings

To book the Community Hall please contact **Jay Martin at (902) 897-9199 Ext 110.**

Thank you to those who continue to keep the hall, clean, neat and tidy.

**Please try to book your event early, preferably a minimum of 2 weeks in advance.**

## Compost, Garbage & Recyclables

### **CLEAR GARBAGE BAGS ARE A MUST.**

That means only **one black garbage bag** (privacy bag) per week, **the rest must be in clear bags.** **Recycle items (containers and paper) must be in blue bags or clear bags.** **Cardboard boxes must be broken down!** If you do not have a compost bin please call Carla Moore at the Health Centre at 902 895-9468. There are some of the small kitchen containers available.

Garbage is picked up every week.

Compost bin dates are **Tuesday, February 13, & 27.**

**Blue Bags dates are Tuesday, February 6, 20 & March 6**

All items must be at curb side by 7:00 am.



## Used Battery Bin

If you have old batteries please do not throw them in the garbage, we have a battery recycle bin located in the Band Office and Health Centre. - WELA'LIN Natasha Bernard

## Millbrook Youth Centre

The Youth Centre is open **Friday & Saturday nights 6-11pm**

The Millbrook Youth Centre has part time staff to supervise the youth.

## RECC Membership

Millbrook has worked out a corporate rate with the Rath Eastlink Community Centre. Corporate Memberships apply to yearly membership only. The Civic Centre is not located on the reserve, Taxes are applied to the cost. The Band Member must purchase the Membership first then submit the receipts to Priscillia Martin. The Tobacco Store covers \$300 per activity(see regulations online at millbrookfirstnation.net).

# Community

## Sunday Night Hockey

**Sunday night hockey** at the Deuilles is at 6pm,  
**February 4, 11, 18, & 25.**



## Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. start at 8am-8:50am,  
**February 4, 11, 18, & 25.**

## Millbrook Fitness Centre

The Millbrook Fitness Centre is open **1pm-4pm** Monday to Friday.

It is open in the evenings from **6pm-10pm** Sunday to Thursday.

Exercising a few times a week is a great way to improve your overall health.



## Counselling:

Charles Casselman RSW a Clinical Therapist from the Truro office of Addiction Services. He is available at the Health Centre every Monday for one on one counselling before and after Addictions Treatment Programs. Follow-up Counselling after successful completion of a treatment program is highly recommended to deal with the challenges of RECOVERY. Counselling by this clinical therapist is also provided for family members of the addict/alcoholic and others affected by addictions. Please call the Health Centre at (902)-895-9468 for an appointment time to talk to Charles Casselman when he is in Millbrook. Or you may choose to see him at his Truro office. Call (902) 893-5900 for an appointment at the Truro office.

**While Charles Casselman, Addictions Counsellor, is on leave, we will have two Addictions Counsellors replacing him on Thursdays, starting January 4th, 2018. For appointments with either Janet Tomlinson or Michelle Sullivan, please contact Jane Johnson at the Health Centre.**

## Alanon

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips Street which is off Robie Street.

## Detox

**Its better if the client comes to my office and we call the detox to do a booking, the detox "always has to talk to the client first" before a bed is given to them, for the client to answer questions RE : health, and medical. I Can not do the booking for the client. If for some reason client can not make it to my office I ask if they could call them which most of the time it not the same day.**

# Health Centre

## Mailing Address

Millbrook Health  
Centre  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday - Thursday  
9:00am-12pm 1pm-4:30pm  
Friday  
9:00am-12pm 1pm-4:00pm

## Phone Numbers

Health Centre  
1 (902) 895-9468  
Toll Free  
1 (844) 895-9468

## Confidentiality

The health centre staff are professional individuals who want to provide the best services to community members. Please be assured that they maintain confidentiality about your personal information and your appointments.

## Addictions Counselling

**Charles Casselman**, RSW is a Clinical Therapist from the Truro office of Addictions Services who works out of our health centre one day a week. He is available for one-to-one counselling before and after you or a loved one attends an addictions treatment program. Follow up counselling after completing an addictions treatment program is recommended to help with the challenges of recovery. Charles also provides counselling to family members of an addict/alcoholic and to others affected by someone's addiction. Please call the health centre at (902) 895-9468 to book an appointment with Charles. You can also see him at his Truro office by calling (902) 893-5900.

While Charles Casselman, Addictions Counsellor, is on leave, we will have two Addictions Counsellors replacing him on Thursdays, starting January 4th, 2018. For appointments with either Janet Tomlinson or Michelle Sullivan, please contact Jane Johnson at the health centre.

## Mental Health Counselling

**Meaghan Fullerton**, M. Ed, CCC, RCT-C is our Mental Health Clinical Therapist. Her position is shared by Millbrook Health Center and Sipekne'katik Health Center. She is available for one-to-one counselling at the Millbrook health centre on Wednesdays and Fridays. Her counselling work has focused on culturally-safe mental health care for Mi'kmaq communities, and she has worked as a community-based therapist in both Pictou Landing and Paq'tnek in the past. Meaghan's areas of work include anxiety, depression, addictions, trauma, intergenerational and colonial trauma, ADHD and other learning exceptionalities, behavioural issues, family crisis, self-harm, recent life-changes, and grief. Please call the health centre at (902) 895-9468, or text 902-899-7843 to book an appointment with Meaghan.

**Robyn Hazard**, MSW, RSW is a Mik'maq Counsellor provided through Health Canada (NIHB) who provides Counselling for all Natives in Emotional Crisis and also provides counseling for Residential School Survivors and their descendants in need. Robyn has a personal and professional knowledge of the impact of colonialism within her family and her Mik'maq culture. Robyn comes to Millbrook every week, on Tuesdays and Wednesdays, and can be contacted throughout the week for those with a new crisis. Robyn will come to your home or the Millbrook Health Center for your appointments. Please call Alsusuti Aboriginal Crisis Counseling Services 1-844-694-1382 or text 1-902-212-2630 to make an appointment.



## Medical Drivers

**Donna Gloade**

Home: (902) 895-9540 Cell: (902) 986-8842

**Ella Paul**

Cell: (902) 956-2679

## National toll-free First Nations and Inuit Hope for Wellness Help Line

There is a National toll-free *First Nations and Inuit Hope for Wellness Help Line*. The Help Line, which started operation on October 1, provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310.

### Millbrook Free Spirit AA

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre. Everyone is Welcome

*\*responsible for your own transportation.*

### Eskasoni Help Line

For any youth who are having a problem such as bullying, peer pressure, or any problems and want to talk to someone there is a number to call; all calls are confidential. Eskasoni help line toll free 1-855-379-2099 or on Facebook Eskasoni Crisis Worker there will be someone there to chat to.

### NA meeting

NA meeting in Truro are every Sunday, Tuesday, & Thursday nights at St Andrew Church 55 King Street at 8pm. For more information call 1 800 205 8402 or [www.centralnovaarea.ca](http://www.centralnovaarea.ca)

*\*responsible for your own transportation.*

### Community Addictions Counsellor - Peter Gloade

The Community Addictions Counsellor has a list of AA and NA & Alanon meetings in the local area or call (902) 895- 5535 for more information on local groups. Also [www.area82aa.org](http://www.area82aa.org) has information.

If anyone has any suggestion regarding workshops or presentation what they would like to see regarding addictions. Please contact me at (902) 890-1671 or message me on facebook. I am open to all suggestions, Peter Gloade.

### Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is  
Jan. 4/18, 4 weeks
  - Eagles Nest Recovery house** Indianbrook  
Jan 8/18, 5 weeks Co-ed program.
  - Mikmaw Lodge** at Eskasoni, NS is  
Jan 8/18 4 weeks co-ed
  - Wolastoqewiyik** Tobique Jan. /18,  
5 weeks coed program Harm Reduction
  - Mawiomi Treatment Centre** Quebec  
Jan. 15/18
- Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.**
- Walgwan Centre in Quebec - long term program
  - Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
  - Choices in Halifax
- Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.**



# TA'N TELI - TUPKWIA'TIK



We are in the beginning stages of the **Ta'n Teli - Tupkwia'tik** (How We Heal) program and are looking for Elders, Healers and Knowledge Keepers.

If you are a Traditional Healer, or have applied knowledge in traditional teachings and want to help others, we'd like to work with you. We can help connect you with individuals looking for your help, or communities seeking your knowledge.

**Counselling skills (even without a Master's degree) are a bonus!**

**Contact the Mainland Mental Wellness Team for additional information.**

**Mainland Mental Wellness Team**  
Tammy Morris-Williams  
Cultural Support Advisor  
mentalwellness@cmmns.com  
(902) 956-3875



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**May 6th**

**Level**

**Madness**

**Bingo**

**\$1000**

**\$1100**

**\$1200 -**

**Regular**

**Games**

**\$700 -**

**Specials**

**\$10,000 -**

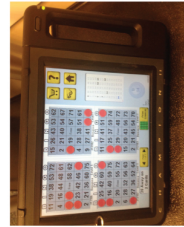
**Jackpot**

**Admission \$120**

**Handhelds \$50**

**FEBRUARY 2018**

Wednesday	Thursday	Friday	Saturday	Sunday
7	8	9	10	11
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Floating \$200.00 (regular games)	\$200.00 Regular Games
14	15	16	17	18
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Dauber Day	\$200.00 Regular Games
21	22	23	24	25
Express Books Valentines Draw	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	LEVEL BINGO \$150.00 Regular Games	\$200.00 Regular Games
28				
Express Books	Dual Dab Draws	LEVEL BINGO \$150/\$175/\$200 Regular Games	LEVEL BINGO \$150.00 Regular Games	\$200.00 Regular Games



**Electronic Handhelds Available**

**June 24th**

**Extra-**

**vaganza**

**Bingo**

**\$1000**

**\$1100**

**\$1200 -**

**Regular**

**Games**

**\$700 -**

**Specials**

**\$10,000 -**

**Jackpot**

**Admission \$120**

**Handhelds \$50**

**CMM Mental Wellness Team Update.** Our team is still very new, so you may not know we exist. Either way, keep reading for an update!

We've been going to Glooscap for the past month or so each week to discuss mental wellness topics in partnership with a basket weaving workshop. What's better for your mental health than getting out of the house, having good conversations, and learning a cultural tradition? Let us know if you would like something like this in your community.

We have also been delivering workshops on stress management and optimal aging, with lots more stuff coming up, including sessions about STRESS around the HOLIDAYS! The holidays are supposed to be fun and relaxing.... Right?? If you want some tips on coping before the fun/stressful holidays start, let us know!

We are also here to provide emotional support and help you access whatever services may be helpful for anything you are going through. Please get in touch if you need support by calling Arlene at (902)899-0345, by emailing [mentalwellness@cmmns.com](mailto:mentalwellness@cmmns.com) or find us on facebook under *Mainland Mental Wellness Team*.



Welo'Itijik Mimajinu'k  
Welo'Itiki Wutanl  
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Healthy People  
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### Millbrook Gym Schedule

<u>Sunday</u>	<ul style="list-style-type: none"> <li>• Archery 1pm-2:30pm</li> <li>• Kids free play 6-8pm</li> <li>• Men's pick up Basketball starts at 8pm</li> </ul>
<u>Monday</u>	<ul style="list-style-type: none"> <li>• Kids free play 6-8pm</li> <li>• Men's pick up Basketball starts at 8pm</li> </ul>
<u>Tuesday</u>	
<u>Wednesday</u>	<ul style="list-style-type: none"> <li>• Archery 6-7:30pm</li> <li>• Men's pick up Basketball starts at 7:30pm</li> </ul>
<u>Thursday</u>	<ul style="list-style-type: none"> <li>• Kids free play 6-8pm</li> </ul>



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Member, Advocis

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February 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Dr. M. Ferguson Addiction Counsellor Foot Clinic	2	3
4	5	6 Dr. Kelly  Blue Bags & Garbage	7 Dr. Kelly Meaghan Fullerton	8 Addiction Counsellor	9 Meaghan Fullerton	10
11	12 Dr. Vance	13  Compost & Garbage	14 Meaghan Fullerton Foot Clinic-PM	15 Addiction Counsellor Foot Clinic	16 Meaghan Fullerton	17
18	19 Closed Family Day	20 Dr. Kelly  Blue Bags & Garbage	21 Dr. Kelly Meaghan Fullerton Foot Clinic-PM	22 Addiction Counsellor Foot Clinic-AM	23 Meaghan Fullerton	24
25	26 Closed Election Day	27  Compost & Garbage	28 Meaghan Fullerton			