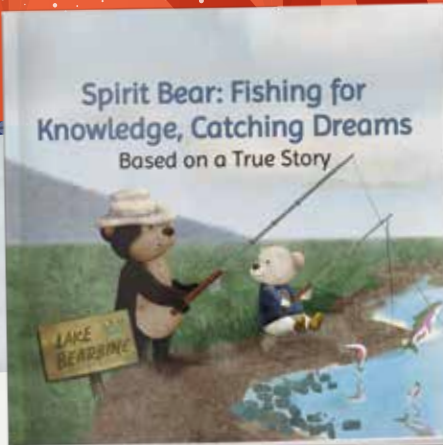




First Nations Child & Family Caring Society of Canada

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Winter 2018



Coming this December Spirit Bear's New Book!

Spirit Bear is thrilled to announce the release of his second children's book, *Fishing for Knowledge, Catching Dreams*. Follow along as Spirit Bear learns from his Elders, Uncle Huckleberry and Lak'insxw, about traditional knowledge and residential schools, before heading to Algonquin territory where children teach him about Shannen's Dream. Spirit Bear and his new friends won't stop until they've shared Shannen's message with the world ... and you can help too!

Written by Cindy Blackstock and beautifully illustrated by Michif artist Amanda Strong (spottedfawnproductions.com), Spirit Bear's new adventure will be available for \$15 at fitzhenry.ca in early December. Check the Caring Society website or follow us on social media for updates!

Dear Uncle Huckleberry,

Look up at the stars tonight. If you look closely, you'll see Shannen Koostachin lighting the way.

Shannen knew that school should be a time for dreams and that every child deserves to have a safe and comfy school, a proper education, and to feel proud of who they are. Every child is sacred.

Did you know that many First Nations schools get less money from the government than other schools? Shannen knew this was wrong. And so do I.

And like my mom, Mary the Bear, always says, when we see something wrong, we need to help make things right!

For questions about large orders or shipping, please contact Sonya Gilliss: 1-800-387-9776 Ext 250.

Have a Heart Day 2019

Have a Heart Day is an annual child and youth-led reconciliation event held on February 14 to call on the government to stop its racial discrimination against First Nations kids. Each year, thousands of Canadians stand in solidarity with First Nations children and youth for their right to a happy and healthy childhood. Have a Heart Day is your chance to get involved, and to promote love and fairness. You can participate by:

- ♥ attending the Have a Heart Day event Parliament Hill on February 14;
- ♥ holding an event in your community to show children that you care;
- ♥ sending a card or letter supporting Have a Heart Day to the Prime Minister and your Member of Parliament;
- ♥ using the hashtags **#HaveaHeartDay** and **#JourneyAyezUnCoeur** to help spread the word!

2019 Calendar and Guide to Reconciliation

Spirit Bear's Guide to Reconciliation is back again with a new year of fun and free reconciliation-based activities for individuals of all ages. Learn all about Spirit Bear and the exciting activities that you can participate in this year. To order a copy for \$15 plus shipping, contact info@fncaringsociety.com.





Kids Help Phone Staff Benefit from Touchstones of Hope

Guest Submission by Deanna Dunham

Young people, as they define themselves, can access Kids Help Phone's professional counselling, information, referrals and volunteer-led, text-based support from across Canada.

While many Indigenous young people recognize Kids Help Phone as a safe place for support, we know we must do more. This means we must ensure that as our services evolve, they continue to adapt to be relevant, equitable, and accessible to Indigenous young people. This has motivated us to develop an Indigenous Youth Action Plan.

Under the leadership of the Manager of Indigenous Initiatives, and with the collaboration of our internal, cross-departmental Indigenous Initiatives Committee, our Indigenous Initiatives are also led by an external, Indigenous Advisory Council. This Council is composed of Inuit, Métis and First Nations experts, half of whom are youth, who have demonstrated a strong commitment to the mental health and spiritual well-being of young Indigenous people.

Education is at the heart of Kids Help Phone's Indigenous Youth Action Plan, and the First Nations Child and Family Caring Society has been instrumental in this education. Our staff benefited from enlightening and thought-provoking training through Touchstones of Hope.

It helped us to understand how colonization has impacted Indigenous peoples and the intergenerational trauma it continues to cause. Touchstones of Hope also helped us appreciate the amazing diversity and resilience of Indigenous peoples. Through this specialized training, we were able to reflect on the equity of our services and consider ways we can ensure we are doing our very best to support Indigenous young people across Canada.



Awards and Scholarships



Jordan's Principle Scholarship

The Jordan's Principle Scholarship recognizes First Nations students studying children's health or children's disabilities at a Canadian university.

Peter Henderson Bryce Award

The PH Bryce Award is given out every two years on a rotating basis (alternating between the child/youth and adult categories). In 2019, the award will be given out to an adult for Excellence in Public Health Advocacy.

Spirit Bear Award

The Caring Society is proud to announce its first ever Spirit Bear Award! The award will be given out in May of 2019 to a group of youth who have demonstrated their commitment to reconciliation and the Truth and Reconciliation Commission's Calls to Action.

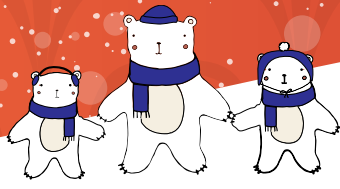
Check out fncaringsociety.com/awards-and-scholarships in January 2019 for more details about how to apply for these Awards and Scholarships!

Jordan's Principle PSA

The Caring Society proudly released its first video in American Sign Language! We worked with youth from the deaf community to provide information to others about Jordan's Principle. It is so important to reach as many people as possible so that all First Nations children get the services they need!

Do you have a sign for Jordan's Principle in your community? Share your video on Twitter (@CaringSociety), Instagram (@spiritbearandfriends) and/or Facebook (Spirit Bear) and tag or mention us!





A Special Paw-ty in Winnipeg

Spirit Bear and friends were honoured to join the children and staff of Niji Mahkwa School in Winnipeg, Manitoba, for a Teddy Bear Tea Party on October 18. Niji Mahkwa means “My Friend the Bear” in Anishinaabemowin making it a *paw*-sitively perfect place for a bear party!

One hundred elementary school students gathered in the gym at 9:30 a.m. for a special reading of Spirit Bear’s first children’s book, *Spirit Bear and Children Make History*. (See our cover story for news about Spirit Bear’s new book, available this December!).

Volunteers from West Region Child & Family Services arrived bright and early to decorate the gym with balloons and other surprises – including a new teddy bear friend for every child to keep! Students wore teddy bear hats, snacked on teddy bear cupcakes, and practiced their bear growls while special guests – Elders, Principal Debbie Gould, Stella Bone of West Region Child & Family Services, MLA Bernadette Smith, and Caring Society Board members – took turns reading aloud from Spirit Bear’s book. But the highlight of party? A surprise visit from Bearemy the Bear!

Would you like to organize a Teddy Bear Tea Party and Spirit Bear book reading in your school or community? Contact Robin McLeod at rmcleod@fncaringsociety.com for more information!

The Caring Society extends warm thanks to the Winnipeg School Division, West Region Child & Family Services, and Build-A-Bear Winnipeg for their support to this very special event.



Cindy Blackstock, Bearemy the Bear, friend and Spirit Bear at the Teddy Bear Tea Party.

10th Annual Gala – A Bear-y Good Time!

On October 18, 2018, staff from the Caring Society had a fun-filled day in Winnipeg with events scheduled around the Annual Fundraising Gala, planned and hosted by West Region Child & Family Services. The day started on an energetic note at a teddy bear tea party for 100 amazing students from Grades 3 to 6. The team (minus the children and teddy bears!) headed over to the Caring Society’s Annual General Meeting and education session. Jenna Wirth from Aboriginal Youth Opportunities was the host of “A Conversation with Cindy Blackstock and Spirit Bear.” Along with being educational, the event was inspiring and uplifting personal stories from both Cindy and Jenna.

Lastly, the highlight of the day – the fundraising gala – had delicious food and spectacular entertainment along with several competitive auctions, making it a huge success!

Thank you to the Board Members, Caring Society members and others who attended the events! Also, a heartfelt thank you to West Region Child & Family Services team for their

dedication and work in planning this important day. We will miss

all of you and look forward to seeing many of you as guests at the gala next year as Dakota

Ojibway Child & Family Services

take the lead.



First Peoples Child & Family Review

Publication of volume 13(1)

We are thrilled to announce the publication of volume 13(1) of the *First Peoples Child & Family Review*, which includes seven brilliant contributions from researchers and community experts. Readers will be excited to see that the authors in this issue represent a balance of youth and adult voices, honouring knowledge that is generated and shared throughout all of the life stages. Every issue of the *First Peoples Child & Family Review* is available online, free to the public to view and download. You can read volume 13(1) by visiting journals.sfu.ca/fpcfr/index.php/FPCFR/issue/view/28





First
Nations
Children's
Action
Research and
Education
Service

Research Grant to Study Caring Society's Campaigns



by Melissa Brittain

FNCARES is pleased to announce that we have been awarded a three-year Insight Grant from the Social Sciences and Humanities Research Council of Canada (SSHRC) to study the effects of the Caring Society's campaigns on students and teachers at the elementary level. The project – *Just because we're small doesn't mean we can't stand tall: Reconciliation education in the elementary classroom* – is led by Dr. Cindy Blackstock (McGill University), and will create new knowledge about the impacts of social justice-based reconciliation education

on elementary students and teachers. Based on findings, we will develop resources on best practices and share these, along with research results, with educators, researchers, and the wider public through accessible venues.

We are thankful to all the teachers who use Caring Society campaigns in their classrooms, and to our amazing team of research collaborators: Dr. Nicholas Ng-A-Fook, Dr. Susan Bennett, Charlene Bearhead, Sylvia Smith, Gail Stromquist, Janet Porter, Dr. Melisa Brittain, Dr. Teresa Libesman, Dr. Lynette Shultz, Lisa Howell, and Keri Cheechoo.

Announcing Spirit Bear Radio!

Spirit Bear is pleased to announce the launch of his very own *pawed-cast*. Coming in early 2019, Spirit Bear Radio will feature Caring Society staff and focus on matters of interest relating to equity for First Nations kids and their families. Keep an eye on our social channels for our launch date.



To you and your family,
the Caring Society wishes
peace, love & happiness
for the holidays and always!



First Nations Child & Family Caring Society of Canada

Membership Information

If you would like to join the First Nations Child & Family Caring Society as a Member under one of the following categories:

Individual Membership: \$75

Student Membership with ID or Elder: \$5

Small FNCFCS Agency Membership (1–50 employees): \$500

Large FNCFCS Agency Membership (50+ employees): \$1,000

Small Associate Membership (Organizations with 1–50 employees): \$500

Large Associate Membership (Organizations with 50+ employees): \$1,000

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