

COMMUNITY BULLETIN

SEPTEMBER 2022 | VOLUME 2

As we journey into the month of September, our focus shifts, and we begin to acknowledge the unimaginable tragedies of the residential school era. At this time, we want to remind people that you matter! Please reach out for support if support is needed. We ask for help not because we are weak, but because we want to remain strong.

The National day for Truth and Reconciliation is set to take place on September 30th each year. It is a time to recognize and understand the sad history that exists with residential schools, while equally commemorating

and highlighting the strength and resilience of Indigenous People from across Turtle Island.

Reconciliation requires the understanding and empathy to create a safe space where healing is possible.

Reconciliation is listening, learning, reflecting and offering support. Reconciliation is taking accountability and putting action behind words.

It is a time for sharing your stories of strength and resilience for the empowerment of our communities, as we continue to break generational cycles.

We continue to speak our beautiful languages, sing our songs and dance our dances. We continue to hold compassion and understanding for all natural life, and we continue to care for our children like no else could. Today we take our power back.

5 simple ways to practice self care:

- *Eat healthy and nutritious food*
- *Get enough sleep*
- *Socialize and spend time with loved ones*
- *Cleanse your space*
- *Participate in cultural activities*

THIS MONTH'S SUCCESS STORY

This past August, the ACFS Prevention team hosted a Youth Cultural Camp. The camp began the in first week of July and wrapped up in the last week of July. The camp participants enjoyed themselves and made new friends along the way.


Some highlights of the cultural camp include:

- *Venturing to the Droulers archeological site to explore Haudenosaunee history*

and revitalization. Participants were also able to experience paddling a Rabaska/war canoe.

- *Camp participants travelled to Alexandria Bay to ride the Uncle Sam's Boat Tours. During the tour, they were provided with history of the area and water teaching.*
- *Cultural arts and crafts projects.*
- *Beach trips for the participants.*

Our team would like to thank our participants for getting up extra early on your days off to join us for some learning and memory making. Until next year...



CULTURE

ACFS CONGRATULATES COLLEGE-BOUND STUDENTS

Making it to college is never an easy task. It takes a lot of hard work, commitment and dedication. However, making it to college while you also have barriers and odds stacked against you is even more challenging and impressive.

We'd like to commend our youth for their strength and resilience, their continued enthusiasm for education year after year, and also for overcoming the barriers and odds they've faced, choosing to never give up.

Congratulations all, and good luck on your future endeavors!

Onkiehtineh Onkwaksatah
"We Will Protect Our Children"



RESOURCE DEVELOPMENT

Resource Development is excited to acknowledge the fact that we continue to have 0 children in foster care homes. If protection is needed, the children are placed with family members.

September 18-24 is Foster Care Appreciation Week and ACFS would like to extend our greatest appreciation to all of our caregivers. You are valued and appreciated!

Niawenhkó:wa for your dedication to our children and our community.



UPCOMING AWARENESS DAYS

- **Suicide Prevention Day:**
September 10, 2022
- **Foster Care Appreciation Week:**
September 18-24, 2022
- **National Day for Truth & Reconciliation:**
September 30, 2022

*****PLEASE CHECK OUR FACEBOOK PAGE FOR MORE INFORMATION, EVENTS & UPDATES*****
