

# âcimowasinahikanis

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## AWAS'AK WIYASIWEWIN

### FAMILY DAY MONDAY FEBRUARY 16TH.

Family Day is about much more than just a day off; it's a beautiful chance to lean into wāhkōhtowin, which is the Cree word for how we are all connected to one another. In our culture family isn't just the people living in your house—it includes aunts, uncles, cousins, and Elders who all help raise the children.

Here are some ideas on how to spend the day. Get together with family and friends to share stories in Cree, prepare traditional meals, and spend time out on the land. It's a time to honor the bond between generations, making sure the wisdom of the Elders is passed down to the youth, so their culture stays strong and vibrant.

#### Core Pillars of Cree Family Significance

- **Wāhkōhtowin:** The Cree worldview of "relatedness," governing how individuals behave toward one another and the natural world with respect and reciprocity.
- **Intergenerational Bonding:** Family Day facilitates the "Awasisak" (children) learning from "Kihthiyak" (Elders) through shared activities like beadwork, hunting, or preparing traditional foods.
- **Community Resilience:** Strengthening the family unit is seen as a direct act of cultural reclamation and a way to bolster the collective strength of the community.



### NEWS, IDEAS, AND INSIGHTS

- Awasak Warriors
- Youth Mentorship
- YLL Calendar
- Prevention Calendar
- Youth spotlight
- Awasak Warriors U14 & 16
- PTFN Activities
- Loon Activities
- Lubicon Activities

Want to make a difference in someone's life? Become a care home today!



scan for more information



We're proud to share that we have three teams representing our communities at Native Provincials this year! Our athletes have been working hard all season, showing dedication, teamwork, and strong leadership on and off the ice. We can't wait to cheer them on as they represent us with pride in April!!

## Youth Mentorship

Our Youth Mentorship Program supports youth and young adults ages 12–32 by providing structured mentorship, life-skills development, and hands-on learning opportunities in a safe and supportive environment.

Participants are matched with Youth Navigators and take part in group workshops, recreational and land-based activities, and one to one mentorship with a focus on goal setting, healthy relationships, wellness, and employment readiness. Youth aged 12–17 can participate up to 6 hours per week, while youth aged 18+ may participate up to 12 hours per week, with additional opportunities for leadership, certifications, and community service.

*Give a warm welcome to our two youth mentees!!*



Hi! My name is Garott Alook from Peerless Trout First Nation. I do my best to help out whenever and wherever I can! I enjoy gaming, going out with friends and helping out anything tech related.

The reason I joined this program is to step out of my comfort zone and to help encourage any youth who'd wish to take on the mantle of being a leader in the future! It's been really fun so far seeing people come out and enjoy our activities we plan. I hope to become a great leader someday and the people I work with are making it so much easier.



Hi, my name is Kiley Orr and I am 23 years old. I enjoy making drawings of my favourite characters, playing Skyrim and helping out others. I am part of the Youth Leadership & Life Skills program, we hold events like arts and crafts, cooking classes and awareness events. The latest event I liked doing was when I held a Super Smash Bros Tournament. I hope to host more like it!

## Become an Awasak Wiyasiwewin care Provider

We are looking for loving and caring homes who can provide permanency for children.

- Who can apply to be a Caregiver/Provider?
- Persons at least 18 years old, of any gender, preferably from the Founding First Nations (Loon River, Lubicon Lake Band and Peerless-Trout First Nation), and can be married, common law, single, divorced or widowed.
- Persons physically, emotionally and financially stable and able to provide for the safety and well-being of a child/children.
- Persons prepared to take training and attend support groups, as well as work with a team of professionals, including KTC Child & Family staff.
- Persons whose family and friends support their interest in welcoming a foster child into their home.

For more information please talk to the Foster Care Worker.



SCAN FOR MORE INFORMATION ON BECOMING A CARE HOME

# February

## YOUTH LEADERSHIP & LIFE SKILLS

LUBICON LAKE BAND #453

LOON RIVER FIRST NATION

TROUT - PEERLESS TROUT FIRST NATION

PEERLESS - PEERLESS TROUT FIRST NATION

AWAS'AK WIYASIWEWIN

SUN	MON	TUE	WED	THU	FRI	SAT
		2 Womens 12+ Gym Night 6pm - 9pm Monopoly Tournament 5pm	3 Pipe Cleaner Bouquet Making 5pm - 8pm	4 Mens 14+ Gym Night 6pm - 9pm	5	6
8	9	10 Womens 12+ Health Night 6pm - 9pm	11 Elder's Basket Making 5pm - 7pm	12 Elders Valentines Basket Delivery 5pm - 7pm Loved at First Bite - Baked Potato Prep 5pm - 7pm	13	14 happy Valentine's Day
15	16 Family Day Skating 4pm Womens 12+ Gym Night 6pm - 9pm Family Board Game Night 5pm - 7pm	17	18	19 Mens 14+ Gym Night 6pm - 9pm After School drop in 4:30pm - 6pm	20	21
22	23 DIY - Pink Shirt Day 5pm - 7pm	24 Womens 12+ Health Night 6pm - 9pm	25 Resume Making 5pm - 7pm	26 Mens 12+ Game Night 6pm - 9pm Selfcare Workshop For Boys 5pm - 8pm	27	28

If no location is stated then programming is at awasak prevention building

YLL Team Members Contact

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## FEBRUARY - PREVENTION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Toilet Shelf Making 5pm - 9pm	3 Positive Parenting 5pm - 7pm Soup Day 12pm - 2pm	4 Soup Day 12pm - 2pm Valentines Party 5pm - 8pm	5 Soup Day 12pm - 2pm Valentines Basket Making 4:30pm - 6:30pm Grocery/Hamper Bingo 5pm - 8pm	6 Wellness Rally 1pm	7 Baby Quilt Making 10am - 5pm Family Skating 5pm - 7pm
8 Wellness Rally 1pm	9 Valentines Day Craft 4:30pm - 8pm Toilet Shelf Making 5pm - 9pm Valentines Day Couples 6pm - 9pm	10 Stay n Play 1pm - 3pm Positive Parenting 5pm - 7pm Anxiety & Depression 5pm - 7pm Toilet Shelf Making 5pm - 9pm Baking with Tammy 5:30pm - 8pm	11 Soup Day 12pm - 2pm Strawberry Making Valentines 5pm - 7pm Rock or Candle Workshop 5pm - 7pm Anxiety & Depression 5pm - 8pm Activity Kit Valentines Day	12 Elders Valentines Basket Delivery 5pm - 7pm Laundry Basket Making 5pm - 9pm Valentines Bath Bombs 6pm - 9pm	13	14
15	16 Little Learners Sensory 5pm - 7pm Positive Parenting 5pm - 7pm Wonderland Indoor Playground 5pm - 7pm Laundry Basket Making 5pm - 9pm	17 Apron Making 4pm - 8pm Family Scavenger Hunt 5pm - 8pm Laundry Basket Making 5pm - 9pm Wellness Activity Kit Aroma Therapy	18 Apron Making 4pm - 8pm Family Scavenger Hunt 5pm - 8pm Laundry Basket Making 5pm - 9pm Wellness Activity Kit	19 Apron Making 4pm - 8pm Youth Paint Night 5pm - 7pm	20	21 Stay n Play 1pm - 3pm World Water Park (WEM) 6pm - 9pm
22	23 Stay n Play 1pm - 3pm Stay n Play 1pm - 3pm Family Games Night 5pm - 8pm	24 Diamond Dot Workshop 5pm - 8pm Family Games Night 5pm - 8pm	25	26 Meal Prep 5:30pm - 7:30pm	27	28

> All participants will be entered into the \$300 monthly draw and also the main \$500 draw done every 6 months.

> Locations and times may change for unforeseen circumstances, but everyone will be notified through posters, social media, and other resources available if necessary. Thank you.

> Everyone is welcome to sign up. We are excited and look forward to seeing you.

**When not color-coded, all event(s) or workshop(s) are for Lubicon, Peerless, Trout and Loon River.**

color-coded Locations for workshops:

Red - mihkâw - Lubicon

Blue - sîpihkâw - Loon River

Yellow - osâwâw - Trout Lake

Green - askihtakwâw - Peerless Lake

Purple - ka âpihtimihkwak - Edmonton

Brown - kaskitêw-osâwâw - Peace River

Pink - kokenewapikoneyak - Slave Lake



## YOUTH SPOTLIGHT: TALON DAVIS



We are incredibly proud to celebrate Talon Davis from Lubicon Lake Nation on his early acceptance into the Engineering Program at the University of Alberta, beginning September 2026. An outstanding achievement while he is still in high school.

You may recognize Talon as one of our youth helpers at community events throughout the summer, where he's often serving you slushes and popcorn with a smile. His willingness to step up, help out, and represent his community speaks volumes about his character and work ethic.

Receiving early acceptance into a competitive engineering program reflects Talon's dedication, focus, and commitment to his future. His accomplishment is an inspiration to other youth in our communities who are working toward their own goals and dreams.

Talon, you carry your community with you as you take this next step. We look forward to seeing all that you will accomplish and the positive impact you will continue to make.

Congratulations on this well-earned milestone.  
We are so proud of you!

## AWAS'AK WARRIORS TAKE BRONZE IN HIGH PRAIRIE!

### U14



OUR VOLLEYBALL TEAM DELIVERED AN IMPRESSIVE PERFORMANCE AT THIS WEEKEND'S TOURNAMENT IN HIGH PRAIRIE HOSTED BY BIG LAKES VOLLEYBALL CLUB. BOTH TEAMS SHOWCASING SIGNIFICANT GROWTH AND DETERMINATION ON THE COURT. BOTH U14 & U16 SECURED THE BRONZE MEDALS BY MAINTAINING HIGH-ENERGY, FOCUSED PLAY THROUGH INTENSE RALLIES.

### U16



BOTH COACHES SUZETTE CARDINAL AND NIKITA AUGER ARE INCREDIBLY PROUD OF HOW WELL THE GIRLS PERFORMED, THEY CANNOT WAIT TO WATCH THESE GIRLS DEVELOP AND CONTINUE TO IMPROVE AS A TEAM.



The holiday season was truly something special this year for our Peerless and Trout members. Seeing everyone come together to share in the joy, the laughter, and even the quieter moments of reflection reminded us why these gatherings matter so much.

Our Awasak group was a whirlwind of energy! We had a blast teaming up with the PTFN Youth and Cultural program to host the Youth Christmas Gala—it was wonderful to see our young people shining and celebrating in style. The competitive spirit was also in full swing at our Family Volleyball Tournament, where the energy in the room was absolutely electric.

Of course, it wouldn't be a holiday gathering without a little friendly competition of a different kind!

- **Family & Grandparents Bingo:** These sessions were a massive hit, filled with focused silence followed by those iconic cheers of "BINGO!" that echoed through the hall.
- **Hands-on Traditions:** We spent cozy hours together crafting Tie Blankets and getting creative (and a little messy!) with gingerbread making.
- **Beyond the festivities, we held a Grief and Loss session.** We are so grateful to those who joined us for this; it was a powerful reminder that even in seasons of celebration, holding space for our hearts and supporting one another through loss is a vital part of being a community.

#### With Gratitude

None of this would be possible without the incredible dedication of our facilitators, volunteers, and staff. Your hard work behind the scenes creates the magic everyone else gets to enjoy. More than anything, we just loved the chance to mingle and reconnect with each of you.





We've had such a bright and busy stretch at our Loon River office lately! It's been a joy to see so many familiar faces filling our rooms with laughter, creativity, and conversation. We truly loved hosting every one of you who joined us for our recent sessions. Whether you were:

- Preserving Memories: Sharing stories while tucking photos into scrapbooks.
- Dreaming Big: Mapping out your goals and inspirations on your vision boards.
- Stitching Love: Pouring care into every thread of those handmade baby blankets.
- Simply Connecting: Enjoying the chaotic, beautiful energy of our Stay and Play morning.

These moments are the heartbeat of our office. Thank you for bringing your energy and your smiles into our space—we're already looking forward to the next time we gather!





## Lubicon Staff!



The Christmas break was a beautiful whirlwind of activity here at the Lubicon Office. We wanted to take a moment to look back on the special memories we made together.

It was a season of learning, sharing, and—most importantly—celebrating the strength of our community.

### Handmade with Love

Our Baby Blanket making session was a highlight. There is something so powerful about sitting together, needles in hand, crafting something soft and warm for the littlest members of our families. Each stitch was a labor of love, and the finished blankets are as beautiful as the intentions behind them.

### The Scent of Home

The office was filled with the incredible aroma of our Parent Baking lessons. From perfecting old favorites to trying out new recipes, it was wonderful to see parents come together to share kitchen secrets and prepare treats that surely made their holiday tables a little sweeter.

### A Time to Celebrate

We capped it all off with our Participant Christmas Party. It was the perfect way to wrap up the year—surrounded by good food, great company, and the kind of laughter that stays with you long after the decorations are packed away.





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SCAN THE QR CODE FOR A LIST OF PROGRAM STAFF AND  
THEIR CONTACT INFORMATION



OR VISIT OUR WEBSITE AT: [WWW.KTCCFS.COM](http://WWW.KTCCFS.COM)

**1-844-6AWASAK / 1-844-629-2725**

### Our Founding Nations



Lubicon Lake  
Band



Loon River First  
Nation



Peerless Trout  
First Nation