



OTTAWA ABORIGINAL COALITION

hosts the

ABORIGINAL COMMUNITY FORUM

Wednesday, September 26, 2018

Funded by:
Indigenous & Northern Affairs Canada



Greetings!

Kwey Kwey!

Wahchay!

Aaniin!

Ainngai!

Table of Contents

| | |
|---|---|
| Welcome: Ottawa Aboriginal Coalition | 2 |
| Welcome: Mayor Jim Watson, City of Ottawa | 4 |
| Welcome: Janice Burelle, General Manager, Community and Social Services | 5 |
| Ottawa Aboriginal Coalition (OAC) | 6 |
| Elders..... | 7 |
| Aboriginal Community Forum Agenda..... | 8 |

ABORIGINAL ORGANIZATIONS UPDATES:

| | |
|---|----|
| Gignal Non Profit Housing Corporation..... | 9 |
| Kagita Mikam Aboriginal Employment and Training..... | 11 |
| Koki Mino-Miikan Nosawadoon..... | 13 |
| Makonsag Aboriginal Head Start..... | 15 |
| Minwaashin Lodge – Indigenous Women’s Support Centre..... | 17 |
| Ottawa Inuit Children’s Centre | 20 |
| Tewegan Housing for Aboriginal Youth..... | 25 |
| Tungasuvvingat Inuit..... | 26 |
| Wabano Centre for Aboriginal Health..... | 31 |

ADDITIONAL UPDATES:

| | |
|---|----|
| Aboriginal Community Advisory Board (ACAB) Annual Report 2018 | 34 |
| Ottawa Indigenous Health Strategy..... | 36 |
| Ottawa Aboriginal Coalition (OAC) History Project: Our Urban Circle: Exploring Ottawa’s Indigenous Community | 38 |
| Ottawa Aboriginal Coalition (OAC) Housing and Homelessness Community Project..... | 40 |
| Honouring Our Community Members..... | 42 |
| Ottawa Aboriginal Coalition (OAC) Relationship Streams | 43 |
| Ottawa Aboriginal Coalition (OAC) Representatives..... | 44 |



September 26, 2018

Dear Elders, Community Members, Partners and Friends:

On behalf of the Ottawa Aboriginal Coalition (OAC), I am pleased to welcome you to this Aboriginal Community Forum. I hope that this evening will provide you the opportunity to socialize with past friends, create new friends, and connect with community partners, as we update you on what the OAC has been doing since we last met.

At our last Community Forum in February, 2018 we showcased the premiere of a documentary that the OAC produced, with funding provided by the Ontario Federation of Indigenous Friendship Centre, about four Indigenous community members who had experienced homelessness in Ottawa's urban centre. We learned of their challenges and struggle to obtain safe, affordable housing. We noted that there was a recognized, and very real need to provide culturally-based case management for our homeless Indigenous population.

We also provided insight into our continued, growing relationship with the City of Ottawa, our participation on the Aboriginal Community Advisory Board (ACAB), meeting with our recognized Elders to receive their views on TRC's Calls to Action, and our work with the Ontario Human Rights Commission, as well as the City for All Women initiative.

Tonight we will provide you with more exciting updates in several areas that we have been working on, and participating in, as a Coalition. Updates will be presented on ACAB, our Strategic Plan, our ongoing work with the City of Ottawa, and our numerous partnerships over the past few months. We will also touch on how we compare to other Urban Aboriginal Strategy sites across Canada.

I wish to extend my ongoing appreciation to the members of the OAC, the City of Ottawa, and all of our community partners as we continue to work toward the common goal of strengthening the Indigenous community that resides in this urban centre.

On behalf of the Ottawa Aboriginal Coalition members, we wish you all an enjoyable evening, as we continue to work together to build a brighter future for you, and those generations yet to come.

Respectfully,



Marc Wm. Maracle, Chair
Ottawa Aboriginal Coalition





Jim Watson
Mayor/Maire

Office of the Mayor
City of Ottawa

110 Laurier Avenue West
Ottawa, Ontario K1P 1J1
Tel.: 613-580-2496
Fax: 613-580-2509
E-mail: Jim.Watson@ottawa.ca

Bureau du Maire
Ville d'Ottawa

110, avenue Laurier Ouest
Ottawa (Ontario) K1P 1J1
Tél. : 613-580-2496
Télééc. : 613-580-2509
Courriel : Jim.Watson@ottawa.ca

Dear Ottawa Aboriginal Coalition,

On behalf of Ottawa City Council, it is my pleasure to extend a warm welcome to all attendees of the Ottawa Aboriginal Coalition's Aboriginal Community Forum and Dinner, taking place on September 26, 2018 at Ottawa City Hall.

In 2007, City Council approved the creation of the Aboriginal Working Committee (AWC), a partnership with the Ottawa Aboriginal Coalition (OAC), the Ottawa Police Service, the United Way and the Ottawa Carleton District School Board. Since its inception, the AWC has focused on building relationships with Aboriginal community agencies and residents, and enhancing service delivery for the Aboriginal community in Ottawa.

We know that the focus on relationship-building has been productive. AWC members are committed and agree that this relationship model is a best practice. This would not be the case, without the cooperation, mutual support and commitment of the OAC. Thank you for working with us to serve our wonderful community.

The City's relationship with Ottawa's Aboriginal community agencies and residents is very important to us, and our partnership is an example of what can be accomplished when we open up, learn about and listen to the community we serve.

This meaningful partnership will ensure that we continue to take steps towards reconciliation so that 2018 can be a year of healing, growth, and celebration for all citizens.

Allow me to convey my best wishes to the participants for a successful Community Forum.

Sincerely,

Jim Watson, Mayor/Maire

Mesdames et Messieurs les membres de l'Ottawa Aboriginal Coalition,

J'ai le plaisir de souhaiter la bienvenue, au nom du Conseil municipal d'Ottawa, à tous les participants au forum sur la communauté autochtone et au dîner de l'Ottawa Aboriginal Coalition, qui auront lieu le 26 septembre 2018 à l'hôtel de ville d'Ottawa.

En 2007, le Conseil municipal a approuvé la création du Comité d'étude sur les questions autochtones, qui réunit l'Ottawa Aboriginal Coalition (OAC), le Service de police d'Ottawa, Centraide et l'Ottawa Carleton District School Board. Depuis sa création, ce comité s'est efforcé d'établir des liens avec les organismes communautaires et les résidents autochtones et d'améliorer les services offerts à la communauté autochtone d'Ottawa.

Nous savons que les efforts consacrés à l'établissement de liens ont porté leurs fruits. D'ailleurs, les membres du Comité d'étude sur les questions autochtones s'entendent pour dire que la création de liens est un modèle à suivre. Il faut toutefois souligner que ce modèle ne connaîtrait pas une telle réussite sans la coopération, le soutien et l'engagement de l'OAC. Merci de nous aider à servir notre merveilleuse communauté.

Les relations de la Ville avec les organismes communautaires et les résidents autochtones d'Ottawa sont pour nous une priorité, et notre partenariat est un exemple de ce qui peut être accompli lorsque nous nous ouvrons à la communauté que nous servons, que nous nous y intéressons et que nous l'écoutons.

Ce partenariat significatif nous permettra de continuer à prendre des mesures en vue de la réconciliation afin que 2018 soit une année de guérison, de croissance et de célébration pour tous les citoyens.

Je souhaite à toutes et à tous un forum communautaire des plus réussis.

Veillez agréer, Mesdames et Messieurs, mes sincères salutations.



September 26, 2018

Dear community members and partners,

On behalf of the City of Ottawa management and staff, and as Co-chair of the Aboriginal Working Committee, I wish to extend a warm welcome to everyone attending the Aboriginal Community Forum. I would also like to acknowledge and thank the Algonquin People for hosting us on this unceded territory.

Over the past two years, the Community and Social Services department has been working together with the Ottawa Aboriginal Coalition (OAC), community partners and staff from across City departments to consider how we can demonstrate a commitment to reconciliation. We have listened to one another and reflected on the wisdom of elders and traditional teachers and the principles of reconciliation to identify actions that could form the City's response to Truth and Reconciliation Commissions' (TRC) Calls to Action.

I am proud to say that earlier this year, Ottawa City Council approved the City of Ottawa Reconciliation Action Plan. Council also made an official Statement of Commitment to Reconciliation. Several City departments are already implementing concrete actions towards reconciliation. We are on the right track, but we also know that this is only the beginning of our journey together.

With partners like the OAC, and with the contributions of First Nations, Metis and Inuit community members we take steps towards reconciliation. One way we do this is by encouraging our staff to think about their own personal commitment to reconciliation.

We encourage each other to, listen; be open to building relationships; seek to learn about the legacy of the residential schools and Indigenous histories; acknowledge the Territory; and be conscious to the needs of Indigenous communities.

We are so thankful to the First Nations, Métis and Inuit community partners who have patiently worked with us.

I look forward to continuing our shared journey towards reconciliation.

Janice Burelle

General Manager
Community and Social Services



OTTAWA ABORIGINAL COALITION (OAC)

The Ottawa Aboriginal Coalition (OAC) was formed in 2001 as a means of presenting a unified voice on behalf of the Aboriginal community. The Coalition is an alliance of Aboriginal delivery organizations that provide front-line programs and services to Aboriginal people living in the National Capital Region (NRC).

The current membership of the Ottawa Aboriginal Coalition includes Gignul Non-Profit Housing Corporation, Kagita Mikam, Koki Mino-miikan Nosawawadoon, Makonsag Head Start, Minwaashin Lodge, Tewegan Housing for Aboriginal Youth, Tungasuvvingat Inuit, Ottawa Inuit Children's Centre and the Wabano Centre for Aboriginal Health as well as a representative of the Ottawa Métis community.

The OAC advocates at the community, municipal, provincial and federal levels and seeks to educate and raise awareness on Aboriginal issues and the unique circumstances of Aboriginal people and their interests in Ottawa. Ultimately we seek to increase the positive and healthy choices available to Aboriginal community members and their families across a wide and diverse range of considerations, whether it is health or housing or education to employment and training or access to cultural activities.

VISION STATEMENT

To support a self-reliant , culturally engaged, healthy urban Aboriginal community in Ottawa.

MISSION STATEMENT

To provide a community based process for ongoing discussion through collaboration and coordinated, informed action on urban Aboriginal issues in the City of Ottawa.

GUIDING PRINCIPLES

- ▶ To utilize a holistic framework that acknowledges the physical, mental, emotional, and spiritual aspects of all stages of the life cycle.
- ▶ To respect and acknowledge Aboriginal cultural values and practices.
- ▶ To recognize the value of capacity building at all levels and amongst all participants.
- ▶ To ensure transparency and accountability in our consultation and engagement.
- ▶ To foster and maintain respectful relationships and partnerships.

¹Self-reliant refers to Aboriginal people accepting responsibility for their actions, identifying opportunities and addressing challenges.

Our Elders for the Evening...



Métis Elder Jo MacQuarrie



Inuit Elder Sally Webster



Grandmother Irene Lindsay



Ottawa Aboriginal Coalition
ABORIGINAL COMMUNITY FORUM

AGENDA

Wednesday, September 26, 2018

5:30 pm **Call to Order**
Joan Riggs, OAC Facilitator

Opening Song
Ogimaakwewak Singers

Opening Prayer
First Nations Grandmother, Irene Lindsay
Inuit Elder, Sally Webster
Métis Elder, Jo MacQuarrie

Feast

6:00 pm **Welcoming Remarks**
Marc Maracle, Chair, Ottawa Aboriginal Coalition
Mayor Jim Watson, City of Ottawa
Janice Burelle, General Manager, Community and Social Services, City of Ottawa

6:20 pm **OAC Update** – *What we are working on*
Marc Maracle and Joan Riggs

6:35 pm **OAC History Project**
Elena Abel, Community Developer, OAC and Adam Langlois

6:50 pm **Aboriginal Working Committee**
Marc Maracle, Chair, OAC
Clara Freire, Manager, Partner and Stakeholder Initiatives, Community and Social Services, City of Ottawa

7:00 pm **Street Renaming – Community Discussion**
Marc Maracle, Chair OAC
Clara Freire, Manager

7:25 pm **Honouring Ceremony**
Barbara MacKinnon
Irene Compton

7:45 pm **Entertainment**
Keith Danger Whiteduck

8:00 pm **Closing** - *Door Prizes*
Closing Song
Closing Prayer

Aboriginal Organizations Updates



Gignul Non Profit Housing Corporation

OVERVIEW:

Gignul Housing has 201 units under administration located in 73 buildings throughout the City of Ottawa. This is comprised of 162 rent-geared-to-income units and an 11-unit seniors building. Additionally, through Madawan Management & Development Inc., a parallel corporation to Gignul, we own and operate a 28-unit affordable housing project located in one building near the St. Laurent shopping mall in the east end of the City.

We are governed by a seven-member volunteer Aboriginal board of directors and have a staff of 11.

NEW STAFF MEMBERS:

We recently filled a Maintenance Assistant position with the departure of Gordon Surrier. We are pleased to welcome James Desmoulin to our maintenance team.

NEWS/HIGHLIGHTS/UPCOMING EVENTS:

Recently, Gignul has entered into a relationship with Carleton University to manage two small scale projects to be located in the backyards of 388 Carmen Street and 1043 Cummings Avenue. The projects are intended to create seating space for story-telling and general conversation. The projects were initiated through the Royal Architectural Institute of Canada through their Indigenous Task Force and the creation of a community partnership through the University and a community partner (Gignul Housing), which was identified through the Ottawa Aboriginal Coalition. The lead architect is Manuel Baez, an Associate Professor at the Azrieli School of Architecture and Urbanism at Carleton University. These projects have been completed and we are currently exploring funding opportunities to construct the seating designs for our Seniors Lodge on Carmen Street and our building at Cummings Avenue.

Gignul Housing continues to explore a number of development options and opportunities for the creation of new community housing. This includes seniors housing, a mixed development that would bring together seniors and single mothers as well as general development for the Indigenous community.

Gignul Housing has been actively involved at the municipal, provincial and federal levels to advance support for an urban and rural housing component of the proposed Indigenous Housing Strategy currently being developed by the federal government. The rent-geared-to-income (RGI) component of our housing portfolio (162 units) will expire between 2021 and 2028. This means that the current



subsidy that helps maintain affordability through lower rental amounts and covers the costs of utilities will expire. This will mean that rental costs will increase toward market rent. We are acutely aware that our tenants will not be able to afford these potential increases. We are advocating for all levels of government and in particular, the federal and provincial governments to address the issue of affordability, maintenance and new supply in an Indigenous Housing Strategy being developed at the federal and provincial levels. We will keep community members apprised as developments emerge regarding these strategies.

OUR ORGANIZATION, AS A MEMBER OF THE OTTAWA ABORIGINAL COALITION, IS WORKING WITH OTHER ORGANIZATIONS IN THE FOLLOWING AREAS:

EDUCATION: Fully support the OAC and efforts of the Aboriginal Education Committee as well as Education Report commissioned by Wabano.

HOUSING/HOMELESSNESS: Fully support the efforts of the Housing First agenda and the work of the Aboriginal Community Advisory Board (ACAB). We continue to fully support the HF agenda and the work of the ACAB. Additionally, we whole-heartedly support the OAC Housing and Homelessness Research Project and appreciate the contributions of those with lived experience who have participated in the project.

YOUTH: Fully support the efforts and priorities of the OAC regarding children and youth and representations to the OAC relationship streams with the City of Ottawa, the United Way of Ottawa and the school boards.

RELATIONSHIP WITH THE CITY OF OTTAWA: Fully support the relationship and outcomes of the Aboriginal Working Committee (AWC) and its alignment of efforts and priorities with the OAC. We are also in support of the evaluation of the AWC and its outcomes and an Aboriginal framework for results-based-accountability developed through the partnership with the City and the Aboriginal community through the OAC.





Kagita Mikam Aboriginal Employment and Training

OVERVIEW:

Kagita Mikam Aboriginal Employment and Training provides services to Aboriginal peoples within Ottawa and Gatineau. The employment office provide full employment counselling for individuals as well as access to computers, a job board and community events board. First visit will be a meeting with the Employment Development Officer to ensure a resume is up to date, and to determine career goals. Kagita Mikam provides funding to support community members with training and employment goals.

STAFF MEMBERS:

Carolyn McDonald, Community Developer, Carolyn@kagitamikam.ca
Lydia Belanger, Employment Development Officer, Lydia@kagitamikam.ca

NEWS/HIGHLIGHTS/UPCOMING EVENTS:

News – Kagita Mikam is one of the community organizations who have expressed interest in office space at the old Rideau High School on St Laurent Blvd. It is expected that space will become available by fall 2018. www.kagitamikam.ca will post an update when we have relocated. Our email addresses will remain the same if there are any questions about the move.

Upcoming Events – our Youth Pathways to Employment program will have an intake in Feb 2019. The program will offer youth age 15-30, out of school and not working, the opportunity for a 15 week paid work placement. Watch the Kagita Mikam Facebook page for the poster.

OUR ORGANIZATION, AS A MEMBER OF THE OTTAWA ABORIGINAL COALITION, IS WORKING WITH OTHER ORGANIZATIONS IN THE FOLLOWING AREAS:

EDUCATION: Committed to ensuring that pro-active measure are taken to improve the recruitment, training and employment of Aboriginal people.

HOUSING/HOMELESSNESS: Inform community of housing resources and referring clients to Aboriginal housing agencies.



YOUTH: Encourage youth to continue their high school education and move towards post-secondary training to enable them to secure sustainable full time employment. We encourage youth who are looking to complete their Gr 12 to contact the office as there are several options available to help youth achieve this goal.

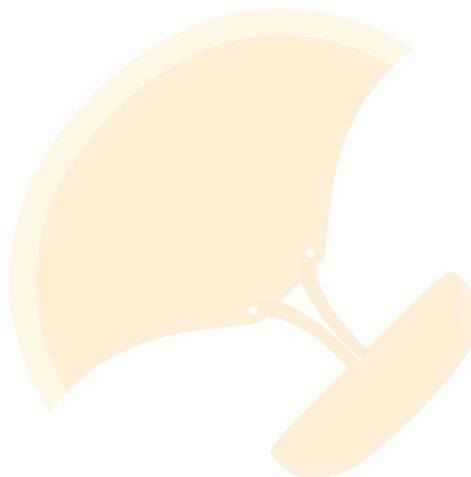
RELATIONSHIP WITH THE CITY OF OTTAWA AND COMMUNITY PARTNERS:
Collaborate and partner in various employment and training initiatives to assist the Aboriginal community in accessing community resources and to gain work and develop new employability skills.

KAGITA MIKAM'S CONTRIBUTION TO THE OTTAWA ABORIGINAL COALITION (OAC) AND THE UAS-OTTAWA STEERING COMMITTEE:

Information sharing, promotion of services offered by other OAC members, promotion of job opportunities and training offered by other OAC members, client referrals to other member agencies, positive and proactive community involvement.

AS AN ACTIVE MEMBER OF THE OTTAWA ABORIGINAL COALITION:

Kagita Mikam looks forward to a continued positive and progressive working relationship among OAC membership, community members and with the overall employment and training network across the city. Like Kagita Mikam on Facebook or follow us on Twitter for updates on employment and training opportunities.





Koki Mino-Miikan Nosawadoon

(Algonquin: "Following the Good Road Again")

OVERVIEW:

Koki Mino-Miikan Nosawadoon is an organization that is dedicated to providing programs and services for Aboriginal offenders and individuals at risk of being repeat offenders in the City of Ottawa and surrounding area. Our mandate is to help decrease the rate of incarceration and those entering the criminal justice system. It is well known that Aboriginals are overrepresented in the criminal justice system.

Koki Mino-Miikan Nosawadoon is Algonquin for "following the Good Road again." Many Aboriginal offenders have fallen, been led down, or strayed from the "Good Road." In most instances this is not the fault of the Aboriginal offender, but the circumstances in which they were exposed to. Most Aboriginal offenders are in a fragile and broken state in which they need help to get back on the good road again.

Koki Mino-Miikan Nosawadoon or "Mino-Miikan" for short, will offer programs and services that will provide assistance to Aboriginal offenders and individuals at risk of being repeat offenders as they move through the criminal justice system. These programs and services will be culturally appropriate and embedded in the principles of restorative justice and be made available at all stages of the criminal justice system including: Prevention, Pre-Charge, Post-Charge, and Reintegration.

NEWS/HIGHLIGHTS/UPCOMING EVENTS:

Mino-Miikan continues to operate unfunded. In the past year, Mino-Miikan has begun to develop partnerships with various stakeholders within the Criminal Justice system. It has made contact with neighbouring First Nation communities to begin developing partnerships with programs and services that cater to Aboriginal offenders.

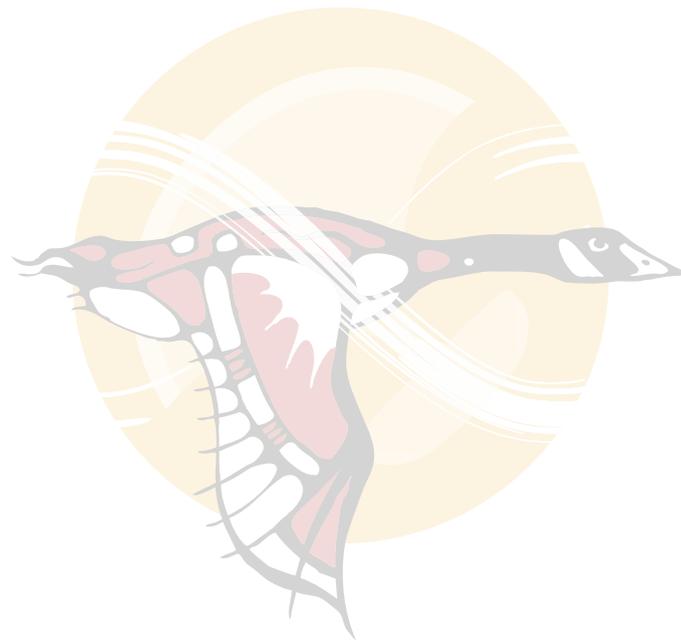
Mino-Miikan continues to build partnerships with the Ottawa Police Service (OPS) and the Ontario Court of Justice and Superior Court of Justice. The ED has met with and will continue to work with outreach team leaders of the OPS to engage in knowledge-sharing as well as to ensure best practices are employed where Aboriginal individuals are concerned.

The ED of Mino-Miikan is a member of various "justice" themed committee's providing a voice for Aboriginal offenders as well as the urban Aboriginal community in general. The ED is a representative of the Ottawa Aboriginal Coalition for COMPAC (Community and Police Action Committee) which is a OPS community engagement committee. The ED is also a member and community lead for the Service Initiative Community Advisory Group for Service Implementation representing again OAC by offering a voice for Aboriginal offenders as well as the urban Aboriginal community in general.

OUR ORGANIZATION, AS A MEMBER OF THE OTTAWA ABORIGINAL COALITION, IS WORKING WITH OTHER ORGANIZATIONS IN THE FOLLOWING AREAS:

Mino-Miikan's objective, as a member of the Ottawa Aboriginal Coalition, is to:

- Support Aboriginal agencies and urban Aboriginal community where Aboriginal offenders are involved
- Complement existing programming in the urban Aboriginal community made available to Aboriginal offenders
- Provide a voice for Aboriginal offenders and to include them in urban Aboriginal community discussions
- Developing structures and facilitating information exchange
- Developing and fostering partnerships with non-Aboriginal agencies working with Aboriginal offenders
- Gladue Advocacy and Training
- Training and Services (i.e. cultural sensitivity and understanding the principles of restorative justice) geared to Correctional Staff





Makonsag Aboriginal Head Start

OVERVIEW:

Makonsag Aboriginal Head Start provides Indigenous child care to Aboriginal children through a culturally relevant framework guided by the principles of the Aboriginal Head Start federal initiative.

Makonsag also forms part of the Ontario Aboriginal Head Start Association (OAHS), comprised of Aboriginal organizations throughout the province providing Aboriginal Head Start programming and Indigenous child care.

Makonsag is licensed by the Ministry of Education as a Child Care Centre and offers a culturally-enriched Early Learning and Care Centre for Aboriginal preschool children.

Programming centers around the six components of the Aboriginal Head Start initiative:

- Education:** Prepare Aboriginal children for entry into the school system.
- Culture & Language:** Promote the retention of Aboriginal cultures and languages for preschoolers and their families.
- Parent Involvement:** Include parents and caregivers in all aspects of the program.
- Social Support:** Provide advice, support and information to parents and caregivers.
- Health Promotion:** Provide and model healthy lifestyle choices for Aboriginal children.
- Nutrition:** Encourage healthy eating habits using a variety of nutritious foods, which also includes traditional food options.

STAFFING:

The Makonsag teaching team is comprised of Registered Early Childhood Educators (RECEs) who deliver programming through the unique integration of early childhood development and best practice activities. A cultural curriculum guides planning to ensure an environment where Aboriginal children socialize with peers in a play-based learning environment.

NEWS/HIGHLIGHTS/UPCOMING EVENTS:

Makonsag has a permanent and newly renovated home for the Aboriginal Head Start program! The new location is 297 Olmstead St and offers 24 preschool aged programming spots for Indigenous



children Makonsag plans to provide additional expanded services by offering up to 49 new Indigenous child care spaces. Work is well underway to secure a suitable location.

OUR ORGANIZATION, AS A MEMBER OF THE OTTAWA ABORIGINAL COALITION, IS WORKING WITH OTHER ORGANIZATIONS IN THE FOLLOWING AREAS:

Makonsag leads the Indigenous Early Years Circle (previously called the Aboriginal Best Start Circle), a collective of the Indigenous service delivery organizations providing culturally relevant programming for children and families.





Minwaashin Lodge – Indigenous Women’s Support Centre

OVERVIEW:

Minwaashin Lodge officially changed its name to Minwaashin Lodge-Indigenous Women’s Support Centre on September 21, 2017 at our Annual General Meeting.

Minwaashin Lodge provides a range of programs and services primarily for First Nations, Inuit and Métis women and children who are or have been impacted by violence and abuse, who are or may become homeless, and who may be suffering the effects of the Residential School system, or the intergenerational effects of the residential school system.

Primary programs include:

- A 21 bed shelter for First Nations, Inuit and Métis women and their children fleeing abusive life situations.
- Sacred Child Program (for 0-6 yrs) with Family education and support.
- Spirit Movers and Fire Keepers Program (for youth).
- Counselling Services for women, youth and children including crisis and family counseling, art therapy, play therapy, sexual abuse, addictions, anger management, relationship issues, and anxiety.
- Strong Women - “Mashkawizig Ikwewag” Support group for all women seeking traditional and life skills support.
- Culture and Reclamation Program (ceremonies, traditional teachings, Elders’ support - for all ages).
- “Children Who Witness” Therapist – Oshki Kizis shelter children ages 4 – 12 yrs who have witnessed domestic violence receive Sandtray and Play therapy.
- Employment Unit delivers 3 programs: 1) Employment Readiness preparation for adult women to obtain employment and/or go back to school 2) Courage To Soar for adult women to obtain Administrative Assistant Diploma, 3) Apatisiwin, to assist women with interventions to go back to school, obtain employment or start businesses.
- Advocacy, Family Support, Transitional Support, Housing First-Case Management Support and Housing First Youth Case Management, Day Outreach, Cultural Outreach, Sex Trade Outreach Mobile, and Court Accompaniment.

NEW STAFF MEMBERS:

Interim Contracts:

Krista Shackleford Lye - ASI Counselor (Addictions Services Initiative)

Faith Turner – Crisis Counselor

Jane Keeler – Women’s Counselor

Nicole Santos Dunn – Child/Art Therapist

NEWS/HIGHLIGHTS/UPCOMING EVENTS:

Minwaashin's Annual General Meeting was held on September 20, 2018. Our Board of Directors-Executive Committee is:

Velvet Migwans- President
Jo McCutcheon- Vice President
Pamela Wolfe-Roberge - Treasurer

- Minwaashin Lodge – Indigenous Women's Support Centre was not successful in securing funding for the Indigenous Women and Children Treatment Centre this year. This will continue to be at the forefront with Board and staff until we are successful. Leaders in the community continue to actively support the treatment centre. The demand for moms and children needing a supportive environment while receiving healing services is beyond just a priority.
- United Way extended funding for the "Children Who Witness" Program to June 30, 2019. Oshki Kizis shelter children ages 4 – 12 yrs who have witnessed domestic violence will continue to receive a very critical service. We are hopeful Minwaashin Lodge can continue offering this service past June 2019.
- Indigenous and Northern Affairs Canada (INAC)-Urban Programming for Indigenous Peoples has funded a part time Family Support Worker for Oshki Kizis shelter residents. This position eases the workload with Residential Support Workers and staff in the shelter.
- Minwaashin Lodge received funding from the Ministry of Community and Social Services-Indigenous Led Initiatives Fund to support Indigenous women and survivors who have lived experience of human trafficking. The program compliments the street team outreach mobile (STORM) who have been on the streets since 2008.
- Our shelter- Oshki Kizis Lodge has been under a much needed renovation and expansion this past year. Many thanks to the Ministry of Community and Social Services, for their financial support. This project will be completed by March 2019.
- On Sunday, December 16th 2018, Minwaashin Lodge will host our next Annual Children's Gathering at City hall. This space allows us the capacity to give all families with children 0-18 yrs a place to enjoy the magic of Christmas.

OUR ORGANIZATION, AS A MEMBER OF THE OTTAWA ABORIGINAL COALITION, IS WORKING WITH OTHER ORGANIZATIONS IN THE FOLLOWING AREAS:

EDUCATION:

Minwaashin has partnerships with three (3) French School Boards in the Ottawa region; (Conseil des écoles publiques de l'Est de l'Ontario; Conseil des écoles catholiques du Centre-Est and Conseil scolaire de district catholique de l'Est ontarien). This collaboration is necessary in order to offer counselling services to Indigenous students within these school boards and offer cultural training to teachers and staff members as required.

Partnerships:

Algonquin College; Ottawa Board of Education, Carleton, Ottawa and Laurentian University; Kagita Mikam; Herzing College; Everest College; St. Lawrence College; St. Nicholas Adult High School; Ontario Works; Congress of Aboriginal Peoples; Causeway; Job Connect; Ottawa Community Coalition for Literacy; Academy of Learning; Minwaashin Lodge's Employment Readiness Program;) – Employment Ontario Service Centre; Adirondack and Maxsys (Aboriginal employment services); Apatisiwin (training & cost sharing); and Accenture Inc. –Management & Consulting.

HOUSING/HOMELESSNESS:

- Member of the Alliance to End Homelessness Committee.
- Partnerships: Gignul Non-Profit Housing; Inuit Non-Profit Housing; Ottawa Housing; Wiigwamen; Salvation Army; OFIFC.

YOUTH:

- Partnerships: Odawa; Wabano, The Children's Aid Society of Ottawa, Gloucester High School, Youth services Bureau of Ottawa, Ottawa Carleton School Board, Ottawa School of Art Outreach Program, Caring and Sharing Exchange, United Way – Gifts in Kinds program, Métis Nation of Ontario, Canadian Association of Family Resource programs (FRP Canada and Northern Youth Abroad and Put Your Color-UWC youth college (Canada/Atlanta).

RELATIONSHIP WITH THE CITY OF OTTAWA:

- Member of the Aboriginal Community Advisory Board (ACAB)
- Member of the City - Community Advisory Board (CAB)
- Member of the Aboriginal Working Committee (AWC)
- Partnerships with City of Ottawa Public Health, Ottawa Public Library, Ottawa Food Bank.



Ottawa Inuit Children's Centre

OVERVIEW:

The Ottawa Inuit Children's Centre (OICC) is a multi-service Inuit organization that provides cultural, educational, recreational and social support services to children, youth and families of Ottawa's growing Inuit community. The center serves as an integrated hub of early years and youth services for Inuit families in Ottawa.

Mandate: To serve Inuit children and youth and their families.

Vision: Strong culture, strong families, strong community

Mission: In partnership with parents and the community the Ottawa Inuit Children's Centre fosters strong and proud Inuit children, youth and families.

OICC programs support Inuit children, youth and their families by delivering services that are preventive in nature and that promote the health and well-being of the whole family. We offer a continuum of services that follows children and their families from new born until they transition into adult hood.

- Tumiralaat Child Care Centre
- Sivummut Head Start
- JK-SK Kindergarten in partnership with the Ottawa Carleton District School Board (OCDSB)
- Ilagiinut Katiiviik Child and Family Programs
- Tasiuqatigiit Program
- Woman Services/Violence Prevention Program
- Inunnguiniq Parenting Program
- Family Well-Being Program
- Youth and Elders Program
- Tukimut Afterschool Program
- Akwe:go Program
- We Belong Program
- Wasanabin Program
- Bridging the Gap School Program
- Uqausivut Language Program
- Mental Health Systems Navigator
- Right to Play Program
- Youth Life Promotion
- Conferences/Seeing the Light Program
- Volunteer Engagement Program
- Katujjiqatiggit Mental Wellness Services Program
- Silatunig Inuit Youth Engagement Program

STAFF MEMBERS:

Several new staff members have joined our team including:

Rebecca Jones – moved into the position of Bridging the Gap Coordinator
Nopiming Inini Chip McHugh Interim BTG Student Support Coordinator:
Tanya Wabie, RECE, Head Start Preschool
Alyssa Leering, Resource Teacher
Collette Wright, OCDSB Kindergarten Teacher
Lyndsay Ball, OCDSB RECE Educator
Christine Awa, Head Start Cultural Educator
Pam Stellick, Clinical Supervisor
Shelly Watkin, Human Resource Manager
Natasha Aaluk, Administrative Assistant
Janice Matthewsie, Executive Assistant
Chelsey Goodwin, Seeing the Light and Special Events Interim Coordinator
Wendy Dehler, Family Support Worker
Hazel Ootoowak, Parenting Coordinator
Sarah Flynn, Pre and Post Natal Worker
Carmen Barrieau – moved into the position of Cultural Educator
Trish Beadle, Child and Family Coordinator
Julia Nauyuk, Program Assistant
Janice Oolayou, Intake Worker
Joy Akavak – moved into the position of Cultural Advisor
Heather Murray, System Navigator
Michayle Hay-Amarolik, FWB Program Assistant

NEWS/HIGHLIGHTS/UPCOMING EVENTS:

- In February over 400 community members joined us for our Inuit Day where everyone enjoyed traditional food in the tent, played games and took part in such activities as tattoo face painting, bannock-making and a scavenger hunt.
- Community members received free Inuktitut lessons at our weekly Saturday Uqausivut Language program The Uqausivut team designed and developed conversational Inuktitut Beginner Level 2 Podcasts designed to offer an introduction to Inuktitut. These can be found on OICC's Inuit Cultural Online resource site at <https://www.icor.ottawainuitchildrens.com>.
- OICC purchased a new building to house ist Early ON and other family focused programs
- The Centres of Excellence for the Early Years and Child Care are funded as part of Ontario's Action Plan under the Canada-Ontario Early Learning and Child Care Agreement. The Indigenous Centre of Excellence have a mandate to provide professional learning supports though the delivery of culturally relevant programming and high-quality Indigenous child care and early years programs to First Nations living on- and off-reserve, Métis, and Inuit communities and organizations in the province. OICC is a partner in both the Indigenous Centre of Excellence and the mainstream centre. Our role will be to ensure that all provincial providers under the Aboriginal Head Start Program have the essential tools and knowledge needed to serve Inuit children in a culturally appropriate manner., OICC will host one of the six Ontario Indigenous Community Educators who will be working in the regions.

- OICC launched its Tasiuqatigiit program which provides services for Inuit children, youth and families who are receiving care at CHEO, residing in foster homes for the medically fragile or residing in group homes in the Ottawa area.
- 500 Resource Kits designed to help Inuit women and girls in Ottawa access social services and other supports were distributed to agencies in Ottawa, and 17 training sessions were delivered to Ottawa agencies as part of OICC's Saannginivut: Strong Voices for Stronger Communities
- Attending the National emergency meeting on Child Welfare,
- Prepared a report on Promising Child Welfare Practices for Inuit Children, Youth and their Families
- Prepared a provincial report on FASD in collaboration with TI.
- OICC AGM will take place on September 26, 2018

OUR ORGANIZATION, AS A MEMBER OF THE OTTAWA ABORIGINAL COALITION, IS WORKING WITH OTHER ORGANIZATIONS IN THE FOLLOWING AREAS:

We see over 150 Inuit children and youth daily. On top of these children and youth we see another 100 plus in our other programs. We also work with the family of these children. We do not do this work alone and are happy to partner with many other agencies.

TUMIRALAAT CHILDCARE CENTRE /SIVUMMUT HEAD START /KINDERGARTEN

- The Early Years teams hosted both End of Year as well as Welcome to School BBQ's that brought families together in a celebration of their children. Over 100 community members attending each of these events.
- Well Child Checks provided by the Akausivik Inuit Family Health Team regular dental screening offered by Ottawa Public Health, the volunteers from Heritage College and the popular storytelling visits offered by the Ottawa Public Library are examples of some of the partnerships in place.
- Our Head Start children were invited to perform at many venues throughout the year.
- Our Head Start Assistant Supervisor and a staff were able to attend Regional Training with the Ontario Aboriginal Head Start Association in Fredericton, New Brunswick
- OICC offered a School's Cool program during the summer months, as a school preparedness program for our Head Start children.
- Iliooo

EDUCATION:

- Since the fall of 2017, our dedicated team of Bridging the Gap presenters has delivered 933 cultural presentations reaching approximately 23,630 students and teachers in the Ottawa and the surrounding area

CULTURAL FORUMS/SEEING THE LIGHT

- The Seeing the Light Program provides cultural education to frontline service providers in Ottawa and across the province. Over the past year, two Seeing the Light conferences were convened, along with in-house agency training, and cultural performances. To date, the initiative has delivered culturally relevant programming to over 6,300 people across the province. Agencies and partners include: the Ottawa Children's Aid Society, Ottawa School Boards, Museum of Nature, Children's Hospital of Eastern Ontario, Royal Canadian Mounted Police, the Toronto District School Board and several governmental agencies. The results are greater knowledge and awareness of Inuit culture, lifestyle, traditions and skills, and stronger relationships and new partnerships.

Sannginivut: Strong Voices for Stronger Communities

- This project is committed to improving access to and the efficacy of the systems and service available to Inuit women and children in Ottawa who are affected by violence. This is achieved by delivering Inuit-specific resources, the creation of culturally sensitive training modules that support Inuit women facing violence and by building the capacity of agencies to create a collaborative plan of support to better serve Inuit women and children. The Project was guided by an Advisory Committee comprised of representatives from Ottawa Police Services, Ottawa Coalition to End Violence Against Women, Ottawa Rape Crisis Centre, Victim Services Ottawa, Minwaashin Lodge, Tungavsuvingat Inuit, Children's Hospital of Eastern Ontario, Interval House, Elizabeth Frye Society, Tewegan Housing for Aboriginal Youth and Children's Aid Society of Ottawa.
- The research and consultations has led to the creation of four training modules and resources that address institutional barriers and provide guidance on how to end violence against Inuit women and children. These modules include information on Inuit history and culture, Inuit communication styles, the unique ways violence affects Inuit women and children and information about the importance of creating culturally safe spaces.

Family Well Being Program

- Highlights includes: on land family camps, mom and dad healing circles, Inunnguiniq Parenting Program, Drop-ins for Youth and Families, support group for adoptive and foster families, monthly cultural nights for families, sewing and beading activities, and a dad's breakfast group. Parents have also received one to one support as well as referrals for services.
- Katujjiqatiggit: Supporting Each Other Mental Wellness Program addresses a gap in the mental health services available for Inuit families and youth living in Ottawa. Support for mental wellness is provided by a variety of programs and supports that include individual counselling, crisis appointments, a trauma and addiction group for parents, and the Tree of Life program for youth. This support is available in Inuktitut and is tailored to the needs of Inuit.

HEALTH:

- We partner with Akausivik to provide Well Child Checks for our children each month. Nurses and nursing student volunteer's come to the Centre each month.
- We ensure that our children, youth and families have access to nutritious food during programming
- We ensure that all our programs have out door physical activities planned.
- We discuss the importance of physical, mental and spiritual well-being.

YOUTH:

- Each week, the Tukimut Afterschool Program provides a culturally safe space for over 50 children and youth to come together for various activities .. Cultural programming includes beading, sewing, eating country food, and Inuktitut language lessons. Healthy living and recreation is encouraged with visits from such special guests as yoga and Zumba instructors, dental hygienists and public health workers. Through this program youth can get help with their homework and their reading skills. This is made possible because of our volunteer partnership with high school students from Ashbury College. The program is further enriched by such partners as Let's Talk Science, the Ministry of Tourism, Culture and Sport, the Ottawa School of Art, the Right to Play, Ottawa Public Health, and the Ottawa-Carleton District School Board who together offer additional programming and support.
- Youth Life Promotion is offering daily cultural programming to youth between 8-18 years old that includes on-the-land field trips, guest speakers, and March break and summer camps.
- Through our Bridging the Gap and Silatuniq program we continue to offer one to one support for Inuit students.
- Our System Navigator is working with youth with mental health issues and their families to ensure that all service providers are supporting the health and well-being of the youth, and Aboriginal Integrated Plan of Care
- During the March Break we had an overnight camp and day camp and offered 7 weeks of summer day camp

RELATIONSHIP WITH THE CITY OF OTTAWA:

- The OICC sits at the Indigenous Early Years Circle where we are looking at the needs of the community in terms of childcare.
- We are actively engaged at the City of Ottawa Aboriginal Working Committee
- The Ottawa Public Health Department visits the youth during programming to talk about healthy choices and does dental care with the children in the Early Years Programs.
- The Tumiralaat Childcare Centre which is funded through the City of Ottawa continues to operate at full capacity with a waiting list.
- Our children and Youth access recreational programs through the City.
- Holly Vullings, our Early Years Manager sits in on the Education and Awareness working group for Infant and Early Childhood Mental Health, and is on an Early Childhood advisory committee with Algonquin College.
- We are actively engaged in a Child Care and Early Years System Planning Group where we provide advice and guidance on the planning, transformation, and management of a high quality, affordable, and integrated child care and early years system in Ottawa.



Tewegan Housing for Aboriginal Youth *A Safe Place To Call Home*

OVERVIEW:

- Tewegan Housing for Aboriginal Youth is a culturally rooted 12-bed transitional home for First Nations, Inuit and Métis young women, ages 16 to 29, that are homeless or at risk of becoming homeless. Since first opening in 2004, more than 600 young women have called Tewegan home.
- Our youth transitional housing program pairs cultural engagement and belonging with effective practical support to interrupt cycles of Indigenous youth homelessness.
- As such, our youth specific program offers both individual transitional planning and communal engagement with practical supports and wrap services from our outstanding referral partners.
- Upon program completion each participant leaves with relationships to formal and informal helpers to support with housing retention and stability and they receive a customized start-up kit of houseware and household items to assist them as they move into safe, affordable permanent housing.
- Past residents overwhelmingly report an increase in confidence, belonging and sense of purpose in their experience of Tewegan.
- Young women are also invited to return and attend workshops, connect with cultural practitioners and, if they choose, participate as peer supports and leaders with current residents.

HIGHLIGHTS & RECENT / UPCOMING EVENTS:

Tewegan provides a variety of services to our residents to help them achieve their goals and objectives, including fun activities and opportunities to expand their horizons in a positive and supportive manner.

What to expect at Tewegan Housing for Aboriginal Youth

- Safe and secure accommodations for up to 1 year
- Residential Support Worker onsite 24/7 to provide support
- Choice based and individual transitional goal planning;
- Coaching opportunities to practice time management, prioritizing, budget and life skill development;
- Effective referral to helpers specific to wellness (medical, legal, education, employment);
- Weekly workshops on a wide range of topics across life skills, health & wellness, youth engagement and culture themes.
- Weekly house meetings, including meal planning and communal living responsibilities such as cooking and house chores
- Quarterly land based gatherings.
- Bi-weekly cooking classes and kitchen skill development
- Supportive listening and individual crisis counselling referrals
- Tutoring, employment, and financial management assistance
- Use of recreational and sporting equipment
- Scheduled visits with Elders and cultural practitioners from the community
- Availability of traditional medicines and weekly Tewegan House "smudge"

Recent and Upcoming Events

- Vision Boards
- Hand drum Making
- Self-Defense
- Full Moon teachings
- Beading workshops
- Sweat Lodge Teachings
- Hiking at Gatineau Park
- Ottawa Haunted Walk
- Financial Literacy
- Dog Sledding
- Self-care / Self-love
- Meditation Techniques



If you know someone who is between 16 and 29 years old who is homeless (in a shelter, couch surfing, staying with friends, just left home, etc.) or at risk of becoming homeless (violence, relationship issues, eviction, etc.) please let them know about Tewegan Housing for Aboriginal Youth and our transitional program.



Tungasuvvingat Inuit

Tungasuvvingat Inuit

OVERVIEW:

Tungasuvvingat Inuit – “a place where Inuit are welcome”. We are a not-for-profit, registered charitable organization.

It is the mission of Tungasuvvingat Inuit (TI) to broadly provide Inuit-specific programs that contribute to the health and well-being of Inuit and to encourage and support similar programs for Inuit across the country.

TI is a registered, charitable, not-for-profit organization, offering more than 20 highly integrated, front-line services. The agency is the only Inuit-specific service organization of its kind in urban Canada offering support through the entire life cycle.

TI has 30 years of highly successful experience in crafting the design, development and delivery of a wide range of effective, client-centered services.

With about 30 per cent of Inuit now living outside of the north, TI is recognized as a leading advocate for urban Inuit and is prominent within the framework of national Inuit organizations. Our comprehensive agency is a respected leader and the primary model for Inuit-specific service delivery, working in both urban and non-urban settings. We partner with over 60 Inuit and non-Inuit organizations.

TI is called on to provide advice and support on Inuit topics to other agencies across the country; such as courts, hospitals, schools and social services agencies. We offer them information on Inuit culture and values, resources for Inuit-specific programming, an understanding of Inuit rights in the city and information on labour market engagement including financial assistance for Inuit post-secondary students and employment and training opportunities.

The majority of TI’s staff is Inuit. The organization serves a critical and invaluable role in the education, training and development of high-performing Inuit professionals.

TI prides itself on a rich history of community development. With limited Inuit specific resources available, several TI projects have evolved into standalone Inuit service providers, enriching the options for Inuit needs to be met and strengthening the community voice. Beyond Ottawa and across southern Canada, TI has been working with Inuit in many cities to help strengthen and develop local capacity to better meet the needs of Inuit.

Our agency has received mainstream recognition as a centre of excellence in several of our programs. TI is supported by more than a dozen public and private funders, including all levels of government. TI is the only established Inuit specific service organization of its kind in urban Canada and as a result it is called upon to provide advice and support to other agencies across the province and country. TI's mandate includes:

- To provide supportive counseling and crisis intervention;
- To provide referrals to health and social services;
- To provide employment and training assistance;
- To provide family, youth and child support programs;
- To provide recreational and cultural programs;
- To assist with adjustment to southern urban culture;
- To provide a place for community gatherings and cultural events;
- To provide cultural awareness and knowledge through programs and education;
- To partner with governments and agencies in the design and delivery of programming and services; and
- To liaise with national, regional and community Inuit organizations on behalf of Ontario Inuit.

Inuit Blanket Toss

Community members gather around the blanket and grabbing, pulling and holding tight to the blanket. The blanket and supporters will catch the individual in the air - no matter how high an individual is falling from, or how many times they are tossed.

Like the blanket toss TI's supports will "catch" anyone who is in need of our support. The integration of all our programs is the cornerstone of our community of services.



BOARD AND STAFF:

TI Board members have a wide variety of backgrounds and expertise and share a common interest in community services for Inuit living outside of Inuit Nunangat.

The Board normally meets 6-8 times per year and as needed for special projects or initiatives. The Board of Directors governs TI by setting the strategic direction of the organization. The Board oversees and works with the Executive Director in providing a working environment which ensures that Inuit cultural and historical values are reflected in all corporate decisions and undertakings.

As of January 2017, the TI team is comprised of 65-70 dedicated and talented staff, and have significant experience working with and on behalf of the Inuit community.

NEWS/HIGHLIGHTS/UPCOMING EVENTS:

Programs

T.I. recently received funding for two new programs:

Alluriarniq Program: Exiting Prostitution and Anti-Human Trafficking

ABOUT THE ALLURIARNIQ PROJECT:

Alluriarniq means “stepping forward”. Using a harm-reduction and strength-based model for programming, the goal of this project is to support Inuit (male and female ages 16 and up) who are engaged in prostitution, sex work and/or survivors of human trafficking with life enhancing programming and services. The project will provide outreach, counseling, group programming and cultural activities to support our target group in making informed decisions around sex work. It is not our goal to make community members engaged in prostitution exit this lifestyle, rather we hope to provide them with practical and transferable skills to have alternative options of accessing a sustainable income and harm reduction-based practices for health promotion. In addition to the project components, Alluriarniq team members will work in collaboration with internal TI departments, programs and initiatives to access other life enhancing resources.

FOR MORE INFORMATION PLEASE CONTACT THE MANAGER AT:

Manager, Alluriarniq Program
Exiting Prostitution and Anti-Human Trafficking
Tungasuvvingat Inuit
604 Laurier Avenue West
Ottawa, ON K1R 6L1
Phone: 613-232-4477
Fax: 613-232-8672
ep-mgr@tungasuvvingatinuit.ca

Inuit Court and Justice Services

Tungasuvvingat Inuit recently received funding from Ministry of Attorney General to start a Justice Services Programs. Currently we have a Manager of Inuit Court and Justice Services, Gladue Writer, Gladue Aftercare Case Worker, Restorative Justice Coordinator. We are working to address the lack of recognized Inuit specific Restorative Justice programming and diversion within Ottawa, Ontario. Through our depth of programming, and resources, Inuit youth and adults, within the community that have come in conflict with the law, will have the potential to be diverted from the Criminal Justice System both pre-and post charge. This being achieved through working with offender, victim and the community to heal and bring all parties involved together.

Manager, Inuit Court and Justice Services
Tungasuvvingat Inuit
604 Laurier Avenue West
Ottawa, ON K1R 6L1
Phone: 613-232-4477
Fax: 613-232-8672
Mgr-icjs@tungasuvvingatinuit.ca

News

Tungasuvvingat Inuit recently signed an MOU with the Ministry of Education on Nov. 27, 2017. The Inuit of Ontario, through Tungasuvvingat Inuit, signed a Memorandum of Understanding (MOU) with the Ministry of Education today. The President of the Board of Tungasuvvingat Inuit signed the MOU with the Minister of Education, the Honourable Mitzie Hunter. This MOU will formalize the working relationship that Tungasuvvingat Inuit and the Ministry of Education have been involved in together for many years. The MOU sets out how the Ministry of Education and Tungasuvvingat Inuit will collaborate to achieve shared goals consistent with the Ontario First Nations, Métis, and Inuit Education Policy Framework to ensure that Inuit students are supported and successful across the province in the K-12 system.

“This historic agreement on shared priorities will ensure that, moving forward, Inuit students will have the supports needed to help them succeed in the Ontario school system. The MOU will also address the gaps in knowledge about Inuit within the curriculum. Tungasuvvingat Inuit has been involved in the ministry’s curriculum refresh with new and relevant information for grades 4-10 in Social Studies and History across the province. The new curriculum will also ensure that all Ontario students will learn accurate information about Inuit in their studies.” **Jason LeBlanc, Executive Director of Tungasuvvingat Inuit.**

You can continue reading the press release and the MOU here on our website

<http://tungasuvvingatinuit.ca/wp-content/uploads/2017/11/News-Release-TI-ON-MOU-11-23-2017-IL-MH.pdf>

Events

- The 3rd Thursday of every month a community feast is held. Please call reception for location details throughout the year.
- Food bank services are held every Wednesday for Inuit community members that require extra help at 297 Savard Ave.

Recently Released Reports:

- Our Health Counts Urban Indigenous Health Database Project: Community Report Inuit Adults City of Ottawa, July 2017. Can be reviewed at: <http://tungasuvvingatinuit.ca/wp-content/uploads/2017/12/Our-Health-Counts-Urban-Indigenous-Health-Database-Project-Inuit-Adults-July-2017.pdf>
- Cancer Risk Factors and Screening Among Inuit in Ontario and Other Canadian Regions in partnership with Cancer Care Ontario and Tungasuvvingat Inuit Sept 2017. Report available at: <http://tungasuvvingatinuit.ca/wp-content/uploads/2017/09/Cancer-Risk-Factors-and-Screening.pdf>
- National Urban Inuit Community Dialogue: Supporting Local Champions, an Urban Inuit Strategy March 2016. <http://tungasuvvingatinuit.ca/wp-content/uploads/2017/06/National-Urban-Inuit-Community-Dialogue-EN.pdf>



OUR ORGANIZATION, AS A MEMBER OF THE OTTAWA ABORIGINAL COALITION (OAC), IS WORKING WITH OTHER ORGANIZATIONS IN THE FOLLOWING AREAS:

- Education for children and youth including cultural supports and information
- Sports and recreation for children and youth
- Housing support and Housing First initiatives
- Health promotion
- Trauma and addictions treatment, crisis intervention, mental health support and counselling
- Community gatherings and cultural events
- Employment and training services
- Family, youth and children support, including pre-post-natal, parenting, CAS support and access visits
- Culture awareness and knowledge demonstrations and training

TUNGASUVVINGAT INUIT'S CONTRIBUTION TO THE OTTAWA ABORIGINAL COALITION AND THE UAS-OTTAWA STEERING COMMITTEE:

- A contributing member of OAC





Wabano Centre for Aboriginal Health

OVERVIEW:

The Wabano Centre is a leader in community-based holistic care. Each year we serve more than 15,000 Indigenous clients through its health, cultural and social support services.

Mission

- Provide quality holistic, culturally-relevant health services to First Nations, Métis & Inuit in Ottawa
- Engage in clinical, social, economic and cultural initiatives that promote the health of Aboriginal people
- Promote community-building through education and advocacy
- Serve as a centre of excellence for urban Aboriginal health

Since our last OAC forum in February, Wabano hosted the following events:

- Now, Now, Now– Health Equity Symposium
- Musical performance by Vancouver Symphony Orchestra’s Kwagiulth and Stó:lo First Nations mezzo-soprano Marion Newman and Maestro Bramwell Tovey
- Igniting the Spirit Gala: The 13 Nokomis Moons

Coming up, please join us for:

- Wabano’s Fall Fun Fair (Friday, September 28)
- Picking up our Bundles with Lee Maracle (Monday, October 22)
- Wampum teachings & Indigenous feast with Brian Charles (Tuesday, October 30)

Please see the website for more details about these and other services, events and programs held at Wabano. Some of the above are paid events. Go to wabano.com and find out more.

INDIGENOUS CULTURAL SAFETY TRAINING

Wabano has developed a one day, face to face Indigenous Cultural Safety Training program for service providers in health and other sectors across the Champlain region. The training, called “Wabano-win – the Art of Seeing Clearly” takes participants on a professional learning journey to put reconciliation into practice. The training informs the participants about cultural contexts and the colonial narratives that shape relationships in Canada. We’ll also examine ways in which their own culture, education and history has shaped their practice and how they can be an agent for change in improving Indigenous health by creating safe spaces for Indigenous clients in their practice. For more information please go to: wabano.com/education/ics

SOCIAL ENTERPRISES

Wabano's Meeting and Event Centre offers groups and organizations an opportunity to conduct meetings, conferences and other special occasions in one of the most unique settings in Ottawa. From beautifully appointed board rooms and large open spaces to hold workshops, to the iconic Grand Gathering Space, the splendor of Wabano can be yours to enjoy year-round. We offer Indigenous-themed catering, and a number of add-on services including professional décor and cultural crafts.

Wabano engages with other organizations in some of the following areas:

Housing First: Wabano's Housing First and Outreach team continues to work closely with OAC member organizations and mainstream agencies to assist First Nations, Inuit and Métis clients find affordable, safe and permanent housing. Advocating for culturally-specific Indigenous resources and education, together with OAC member organizations and mainstream agencies, is a top priority for the Housing First team as we pursue our goal to locate appropriate and affordable housing opportunities for Indigenous people in Ottawa.

This past May, Wabano submitted a proposal to the Ontario Aboriginal Housing Services on behalf of the Aboriginal Community Advisory Board (ACAB) for additional client supports and Indigenous specific housing allowances. Through collaborative efforts with the OAC and the municipal government, we are pleased to announce the proposal was approved and as such will positively impact more than 300 families/individuals over the next two years, who are either at risk of becoming homeless, or are currently homeless.

THE CITY OF OTTAWA

Wabano has a close relationship with the City of Ottawa and participates in its Aboriginal Working Group. This Group works collectively to identify, prioritize and develop solutions to address emerging issues that impact Indigenous people in Ottawa, and to maximize the effectiveness of services delivered to the Indigenous community.

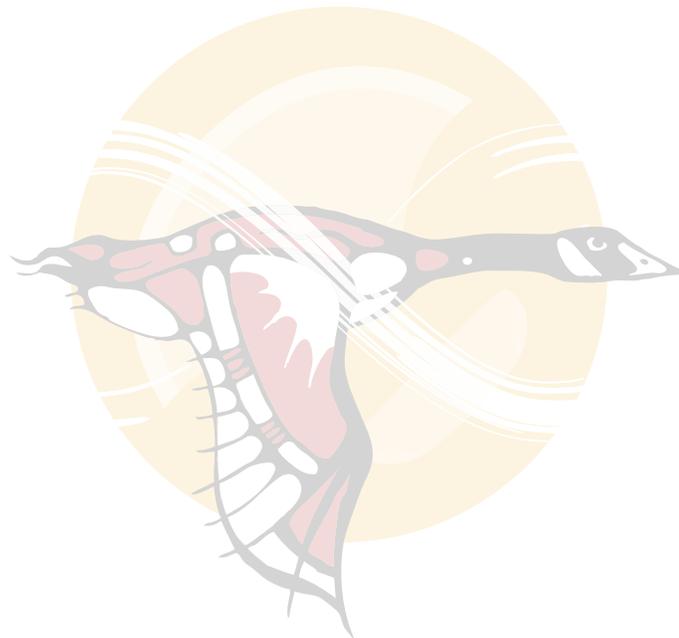
In February 2018, Wabano received funding from the Ministry of Education in collaboration with the City of Ottawa as part of Journey Together: Ontario's Commitment to Reconciliation with Indigenous Peoples. This program, which is rooted in traditional Indigenous teachings and culture is available to families with children ages 0 to 6 years of age. Its aim is to support all stages of life through drop in and weekly programs, parenting groups, outreach and 1:1 support. A family garden is being created and will include traditional plants and medicines. For more information or to register for a program, please call 613-748-0657 ext. 208.

OTTAWA PUBLIC HEALTH

Wabano, as part of the Ottawa Aboriginal Coalition and the Indigenous Health Strategy Committee works closely with Ottawa Public Health (OPH) to support health planning for Indigenous people in Ottawa. In addition, OPH updates the clinic on all public health issues such as flu vaccinations, measles outbreaks, etc. and provides flu vaccines, and participates in Culture Nights to discuss health related issues.

As part of a partnership with Ottawa Public Health, the Wabano Dental Clinic continues to improve the oral health of our Indigenous community. Since its inception in June of 2016 that the dental clinic has seen over 1,100 clients. The Wabano Dental Clinic offers free dental services to: Children and Youth who are First Nations, Métis and Inuit from 0-17 years old who are covered under the Non-Insured Health Benefits, Healthy Smiles Ontario or the Children's Aid Society and adults who are First Nations, Métis and Inuit who are covered for services under the Non-Insured Health Benefits, Ontario Works or ODSP. For more information or to see if you are eligible please call 613.580.9630.

To learn more about Wabano's programs, services and events, visit wabano.com



ABORIGINAL COMMUNITY ADVISORY BOARD (ACAB)

COMMUNITY FORUM – September 26, 2018

ABORIGINAL COMMUNITY ADVISORY BOARD (ACAB)

The Aboriginal Community Advisory Board (ACAB) is comprised of representatives from the following agencies with the exception of the Chairperson, who is a community member:

Minwaashin Lodge;
Tungasuvvingat Inuit;
Wabano Centre for Aboriginal Health;
Tewegan Housing for Aboriginal Youth; and
Gignul Housing.

ACAB is responsible for the development of the Aboriginal Community Plan for Ottawa, making annual updates to the Community Plan and submitting it to ESDC for approval. It also provides recommendations to OFIFC (Ontario Federation of Indigenous Friendship Centres) as the community entity, identifying supports necessary to address gaps in service delivery when funding opportunities arise.

ACAB Objectives are:

- To minimize duplication of services.
- To increase the visibility of the Aboriginal homelessness issues/concerns.
- Appropriately identify resources and programs to end homelessness.
- To continue to advocate on behalf of the Aboriginal community on issues affecting urban Aboriginal homelessness.

HOUSING FIRST

Housing First (HF) is a recovery-oriented approach to homelessness that involves moving people who experience homelessness into independent and permanent housing as quickly as possible, with no preconditions, and then providing them with additional services and supports as needed. The underlying principle of Housing First is that people are more successful in moving forward with their lives if they are first housed.

Housing First was implemented in Ottawa in April 2015 with a focus on housing individuals who are chronically or episodically homeless and living either in a shelter or sleeping rough. ACAB agencies currently delivering services under this model include: Wabano Centre for Aboriginal Health, Tungasuvvingat Inuit and Minwaashin Lodge. Despite some initial challenges with the implementation of this model, agencies have demonstrated success with housing and supporting some of the most vulnerable Aboriginal people in our community.

HIGHLIGHTS

In addition to Housing First services, the ACAB members actively work in the community to advocate for additional supports and services which aim to prevent and end homelessness for Aboriginal people in Ottawa. The following are some of those highlights.

In February, 2018, ACAB commissioned a position paper on barriers faced by Indigenous people accessing Housing Allowances in Ottawa. In March this position paper to the City of Ottawa, Housing Services Branch and, as a result, ACAB was informed that Indigenous people were no longer required to complete the SPDAT or be in a shelter 180 days to access housing allowances. City staff recommended that ACAB come up with their own process for matching clients to support services and housing allowances.

During this past Spring, the Aboriginal Community Advisory Board (ACAB) participated in the City of Ottawa's Point in Time (PiT) enumeration count of individuals who are homeless or hidden homeless. Minwaashin Lodge, Tungasuvvingat Inuit and Wabano held feasts and conducted enumeration surveys during outreach and meetings with individuals at their respective organizations. The final count results will be presented to City of Ottawa's Council and the rest of the community in October.

In July the Ottawa Aboriginal Coalition (OAC) secured funding to assist the ACAB in developing criteria for matching clients to housing support and allowances. To develop the criteria ACAB conducted two focus groups. The first focus group was comprised of frontline service providers responsible for delivering housing first supports to Indigenous people. This group compiled a criteria to identify individuals who were most vulnerable, and would require supports to obtain and maintain housing. This first group also identified a process which matched clients to Case Management staff supports. The second focus group was held with individuals with lived experience insight. This group reviewed the proposed criteria suggested and approved it. The ACAB and OAC are now proceeding to finalize the approved criteria document.

COMMUNITY EVENTS

On July 18, 2018 agencies delivering HF services held our 3rd Annual Community Feast with approximately 130 individuals experiencing homelessness in attendance. This annual event proves to be a wise practice when reaching out to engage with Aboriginal people who are experiencing homelessness. Given the success over the past 3 years we will continue to have our Annual Community Feasts as we move forward.

MOVING FORWARD

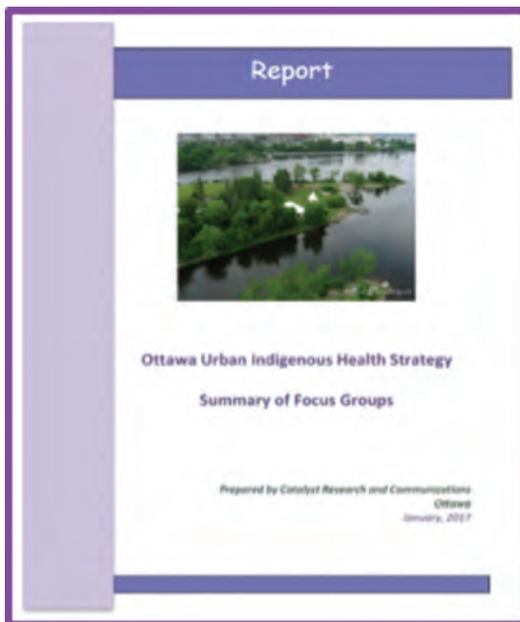
The Aboriginal Community Advisory Board will continue to work at building trusting relationships with all agencies in Ottawa in an effort to develop effective, cooperative partnerships that will serve to ensure that Aboriginal people experiencing homelessness are supported in their quest to obtain and maintain permanent housing.



OTTAWA INDIGENOUS HEALTH STRATEGY

(Update September 2018)

With the commitment and support of the Ottawa Aboriginal Coalition (OAC), Akausivik Inuit Family Health Team (AIFHT), Ottawa Public Health, Ottawa-based hospitals and other community-based health service agencies, activities have taken place over the past couple of years to assist the development of an Indigenous Health Strategy for Ottawa.



In 2016, a consultation with local First Nations, Inuit and Métis Elders, youth and 12 Indigenous and non-Indigenous health service organizations, identified community strengths, challenges and actions necessary to improve health and wellness for First Peoples in Ottawa. Improving cultural safety by addressing racism and discrimination within the health care system was recognized as a priority.

In response to this consultation, an alliance of Indigenous and non-Indigenous health partners was formed. Using 1-time funding secured from the Ministry of Health and Long-Term Care by Ottawa Public Health, several actions to improve Indigenous cultural safety have been initiated in 2018:

Catalyst Research and Communications conducted a survey of Indigenous and non-Indigenous organizations to determine the extent to which

Indigenous cultural safety training (ICST) is available and accessed by health service providers in Ottawa. Results showed a strong local commitment, a wide variety of learning opportunities, and the need for resources that specifically promote Indigenous-focused anti-racism.

The OAC worked with local Indigenous partners to coordinate several projects created to capture the unique and diverse health and wellness needs of First Nations, Inuit and Métis peoples in Ottawa. The projects included:

1. The Métis Nation of Ontario (MNO) committed to producing three (3) videos aimed at exploring the significant moments in Métis history and the specific impact of colonization on Métis people; the roots of violence against Métis women; and wise practices and culturally safe approaches when engaging with Métis peoples. These videos are being incorporated into a workshop intended to help health care providers apply these teachings in their clinical practice.

2. Wabano Centre for Aboriginal Health has created two (2) short videos that capture the negative stereotypes, racism and discrimination experienced by First Nations, Inuit and Métis community members in Ottawa, as well as the personal and professional story of Dr. Thomas Dignan, an Indigenous physician. These learning resources will be integrated into Wabano’s current cultural safety training modules.



3. An Ottawa Inuit Children’s Centre (OICC) – organized bus tour that took 33 mainstream health service providers, managers and Board of Health members, to several local First Nation, Inuit and Métis agencies. The evaluations from the event indicated that the tour was a big success – e.g., participants left with a much better understanding of the community, the available services and culturally-appropriate resources, referral process, and practices that promote cultural safety.

4. AIFHT and OICC co-produced an educational video for health care professionals aimed at improving health outcomes for Inuit in the Champlain region by highlighting the necessary qualities of culturally safe health care services and settings. The video will be available online this fall.

Later this year, the OAC will be hiring three Indigenous coordinators to oversee projects that will take a closer look at the experience of First Nations, Inuit and Métis community members of all ages, who access emergency services at local hospitals. Analysis of this experience will inform quality improvement plans for each of the participating hospitals, including practical recommendations to ensure culturally safe services for Indigenous peoples in Ottawa.





Ottawa Aboriginal Coalition: History Project

Our Urban Circle: Exploring Ottawa's Indigenous Community

A Four Part Video Series

The Ottawa Aboriginal Coalition is pleased to present 'Our Urban Circle', a four-part film series that explores Ottawa's vibrant and diverse First Nations, Inuit and Métis community. Interviews with a variety of local services, artists, traditional teachers and community leaders were filmed, alongside footage from various events and local landmarks. This film provides viewers with the opportunity to learn about the abundance of culturally based services available in Ottawa, and the how the urban Indigenous community has developed through the years. The videos are divided into the following themes:

Learn - Many Indigenous people move to Ottawa to explore post-secondary education which can be an overwhelming experience for many. Thankfully Indigenous student support centres offer a home away from home on campus.

Teach - Ottawa is home to a diverse Indigenous community, representing nations from coast to coast. Spending time with Elders, traditional teachers, and helpers is an essential way to reconnect with our culture and traditions.

Serve - Indigenous service organizations provide essential cultural support directly to the community members. This video introduces viewers to several local organizations and the wide range of services they provide.

Celebrate - Urban Indigenous artists and performers share their identity through a mixture of traditional and contemporary expressions. Community events offer the opportunity to celebrate and share Indigenous culture.





The videos are a perfect resource for Indigenous people relocating to our city, or those who are looking for ways to reconnect with the cultural community. Mainstream service providers will be able to easily provide informed referrals, and citizens of Ottawa can learn how to get involved with cultural education and reconciliation.

These videos only scratch the surface of all that Ottawa's urban Indigenous community offers, and so we hope to continue to build on these resources in the future.

The Ottawa Aboriginal Coalition wishes to acknowledge Trent University, and their administration of the Urban Aboriginal Knowledge Network's (UAKN) Partnership Grant. This grant offers the opportunity to address gaps in urban Aboriginal knowledge with a national partnership for research, scholarship and knowledge mobilization on matters of importance to urban Aboriginal peoples.

Information on the Urban Aboriginal Knowledge Network can be found at www.uakn.org





Ottawa Aboriginal Coalition (OAC) Housing and Homelessness Community Project

September 2018 Update

In 2017, the Ottawa Aboriginal Coalition began a community-driven video project to learn about the experiences of First Nations, Métis and Inuit individuals who have experienced homelessness, as well as the Housing First services that support them. At the February 2018 Community Gathering, we had the privilege of screening our film 'A Film of Our Own' which highlighted the stories of four Indigenous community members who had experienced homelessness.

In the weeks following that screening, the OAC, in partnership with the Aboriginal Community Advisory Board (on housing), advocated for specific needs of Indigenous people experiencing homelessness. As a result, a number of policy changes were made at the City of Ottawa, including housing allowance eligibility criteria and the use of the Service Prioritization Decision Assistance Tool (SPDAT). These policy changes will have a positive impact on reducing barriers Indigenous people face in accessing housing allowances and housing first support.

Supplementary interview footage for this video is currently in final editing stages, and will be ready soon. This video will be presented at the National Conference on Ending Homelessness in Hamilton in November 2018, alongside the research team from Ne-Chee Friendship Centre in Kenora.

Additionally, the OAC, took an active role in the City of Ottawa's 'Point in Time' Count, by facilitating training sessions on challenges in Indigenous self-identification, as well as the need for trauma informed cultural support. The OAC continues to support ACAB with community led research support, as well as advocating and raising awareness on urban Indigenous housing issues.

OAC gratefully acknowledges the support provided by the Ontario Federation of Indigenous Friendship Centres.



Thank you again to our community members who gave us the gift of their stories. Through their own words, our community members have courageously shared their experience with housing and homelessness in the city of Ottawa. Though they share similar difficult histories, each has shown immense strength and resiliency which has enabled them, with the support of our community organizations, to finally find a safe place to call home. Woven through their stories is a generous spirit, and desire to give hope to others. It was a sincere honour to hear their stories.

Honouring Our Community Members



Irene Compton

Irene Compton is First Nations Saulteaux from the Keeseekoose band in Saskatchewan. Irene is an original co-founder of Minwaashin Lodge - the Indigenous Women's Support Centre, which is celebrating 25 years of service. Irene is honoured today for her commitment in providing programs and services to First Nations, Inuit and Métis women and children in our community who are survivors of family violence and the residential school system, including those impacted by intergenerational effects. Her dedication and passion has helped strengthen generations of families in our community.

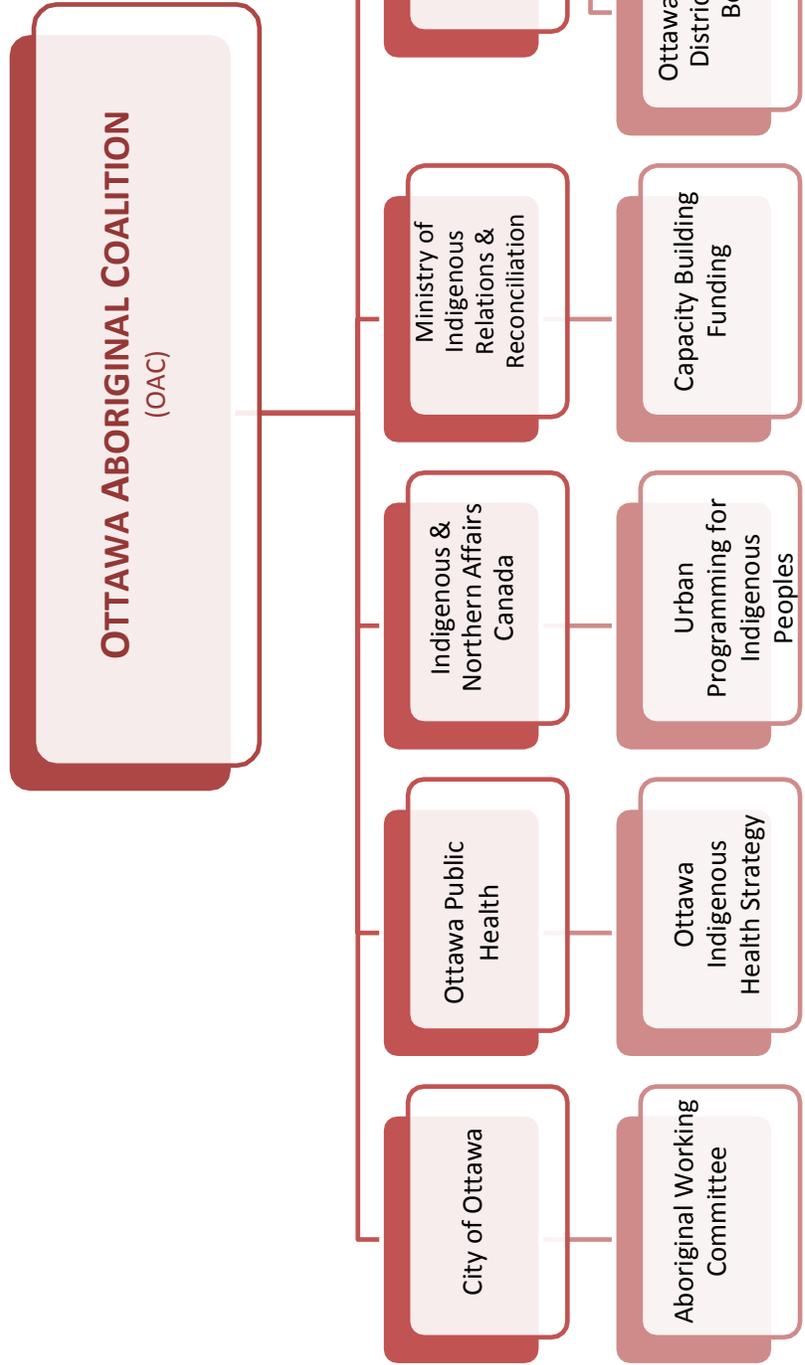


Barbara MacKinnon

Ms. MacKinnon has worked in the social and health fields for the last 40 years after earning her Masters of Social Work degree at the University of Ottawa. Today, she is honoured for her service as Executive Director for the Children's Aid Society of Ottawa since April 2003 where she will retire later this year. Barb has provided a great deal of leadership in showing that Indigenous organizations and non-Indigenous organizations, including child welfare, can work together toward common goals. She has committed to establishing new expectations in CAS Ottawa to the service approach to Indigenous families that is based on the needs of the Indigenous community. Her leadership will be missed.



OTTAWA ABORIGINAL COALITION RELATIONSHIP STREAMS





OTTAWA ABORIGINAL COALITION (OAC) REPRESENTATIVES

| Organization | Description |
|--|---|
| <p>Ottawa Aboriginal Coalition 396 MacLaren Street Ottawa, ON K2P 0M8 Telephone: 613-232-0016</p> | <p>The Ottawa Aboriginal Coalition (OAC) was formed in 2001 as a means of presenting a unified voice on behalf of the Aboriginal community. The OAC advocates at the community, municipal, provincial and federal levels and seeks to educate and raise awareness on Aboriginal issues and the unique circumstances of Aboriginal people and their interests in Ottawa.</p> |
| <p>Gignul Non-Profit Housing Corporation 396 MacLaren Street Ottawa, ON K2P 0M8 Telephone: 613-232-0016</p> | <p>Gignul Non-Profit Housing Corporation works in partnership with other Aboriginal organizations to focus on both short and long term housing solutions, including supportive shelters to affordable, independent living.</p> |
| <p>Kagita Mikam 456 McArthur Avenue, Box 5 Ottawa, ON K1K 4B5 Telephone: 613-565-8333</p> | <p>Kagita Mikam provides provide training and employment support services to Aboriginal clients, including resume writing, employment counselling, labour market information, referral to employment and training opportunities.</p> |
| <p>Koki Mino-Miikan Nosawadoon 1560 Dorion Avenue, Suite 5 Ottawa, ON K1G 0J6 Telephone: 613-406-4863</p> | <p>Koki Mino-Miikan Nosawadoon is an organization that is dedicated to providing programs and services for Aboriginal offenders and individuals at risk of being repeat offenders in the City of Ottawa and surrounding area. Their mandate is to help decrease the rate of incarceration and those entering the criminal justice system. It is well known that Aboriginals are overrepresented in the criminal justice system.</p> |
| <p>Makonsag Head Start 149 King George Street Ottawa, ON K1K 1V2 Telephone: 613-724-5844</p> | <p>Makonsag Aboriginal Head Start delivers a licensed preschool program that integrates early childhood education with traditional Aboriginal culture and practices.</p> |
| <p>Métis Nation of Ontario 500 Old St. Patrick Street, Unit 3 Ottawa, ON K1N 9G4 Telephone: 613-798-1488</p> | <p>Métis Nation of Ontario provides a range of employment training programs and supports for the educational success of all Métis across Ontario beginning in early childhood, continuing through K to 12 to post-secondary education and into adulthood.</p> |



| Organization | Description |
|---|--|
| <p>Minwaashin Lodge 1155 Lola Street Ottawa, ON K1K 4C1 Telephone: 613-741-5590</p> | <p>Minwaashin Lodge provides violence prevention and intervention services for Aboriginal women, youth, children and elders, including traditional healing, employment, counseling, shelter, youth and cultural programs, community development initiatives, and social support.</p> |
| <p>Ottawa Inuit Children’s Centre 230 McArthur Avenue Ottawa, ON K1L 6P5 Telephone: 613-744-3133</p> | <p>Ottawa Inuit Children’s Centre (OICC) provides cultural, educational, recreational and social support services to children, youth and families in Ottawa’s Inuit community. The OICC operates an Inuit Kindergarten program and does class room presentation on Inuit culture.</p> |
| <p>Tewegan Housing for Aboriginal Youth 65 Harvey Street Ottawa, ON K1S 0A8 Telephone: 613-233-0672</p> | <p>Tewegan Housing for Aboriginal Youth operates a 12-bed home for young First Nations, Inuit and Métis women between 16 -29 years who are homeless or at risk of becoming homeless.</p> |
| <p>Tungasuvvingat Inuit 604 Laurier Avenue West Ottawa, ON K1R 6L1 Telephone: 613-233-0572</p> | <p>Tungasuvvingat Inuit is an Inuit-specific, provincial service provider that provides social support, cultural activities, counselling and crisis intervention as a one-stop resource centre to meet the rapidly growing, complex and evolving needs of Inuit in Ontario.</p> |
| <p>Wabano Centre for Aboriginal Health 299 Montreal Road Ottawa, ON K1L 6B8 Telephone: 613-748-5999</p> | <p>Wabano Centre for Aboriginal Health provides a combination of traditional healing, primary health care, cultural programs, health promotion, community development initiatives, and social support services to more than 10,000 First Nations, Inuit and Métis people each year.</p> |

Thank you to all the organizations/agencies for their support in making this Aboriginal Community Forum a huge success:

City of Ottawa

Tracey Lynne Photography

Elm Printing

Extremeline Productions

Gignul Non-Profit Housing Corporation

Métis Nation of Ontario

Minwaashin Lodge - Indigenous Women's Support Centre

Ottawa Inuit Children's Centre

Ottawa Public Library

Tewegan Housing for Aboriginal Youth

The Children's Aid Society of Ottawa

Wabano Centre for Aboriginal Health

Wawatay Catering

Also a very special thanks to the Ogimaakwewak Singers and Keith Danger Whiteduck, our volunteers, our Aboriginal Community, and all our partners.

Chi-miigwetch! Nia:wen! Zujannamiik! Thank You!

Our Cultural Performers this Evening...



Ogimaakwewak Singers is a collective of femme singers and hand drummers that come from and carry songs and teachings from their various Indigenous nations. Ogimaa kwewak translates roughly into female leaders or as we like to say boss ladies. Ogimaa kwe is the name of one of our group members grandmothers, we continue to honour the lives and traditions of our relations of the past and hope that sharing our songs today will be carried by our relations of the future.



Keith Danger Whiteduck, is Algonquin from Kitigan Zibi. He is a graduate of Cambrian College in Sudbury, Ontario, with a Music Performance diploma and also has a B.A. in music from Queen's University in Kingston Ontario. He has performed in numerous festivals including The Fringe in Edinburgh, Scotland, and the Summer Solstice Festival in Ottawa and has also composed music for radio commercials. At age 16, Keith went to Cambrian College as a rock and/or roll guitarist and became inspired when he was introduced to Baroque, Classical, Romantic and 20th-century music. It was during his post-secondary studies where he was exposed and inspired by exotic new sounds and performance practice.



Notes

A series of horizontal dotted lines for taking notes, spanning the width of the page.



