

Liard First Nation Newsletter

August 2022

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Łánéyéh nésédzénét'in engáddenetān yéh!!

Hello, we are so happy to see you!

This Newsletter is a new initiative from the Health and Social Department to increase awareness within our community on what is going on, what we do, and what you can take part in. We invite you to stay updated through this newsletter, or/and through our social media accounts displayed at the top of this page. At the end of this newsletter, you will find a calendar that highlights events going on this month - We would love to see you there!



Photo Contest!

Stand a chance to win some new gadgets. The contest is open to all community members and there are 3 prizes to be won.

What?

1st prize: Samsung Galaxy Tab A7 Lite
2nd prize: JBL Flip 5 Bluetooth Speaker
3rd prize: Anker Portable Charger

How?

Take 10 good quality photos of:

- community members
- community events
- generic photos of surrounding landscape.



Submit your 10 photos to katherine.durocher@liardfirstnation.ca by August 26th 2022. Winners will be picked by a lucky draw.

Note: By submitting your photos you are giving us permission to use them for content creation, giving you credit as the source.

New Funding for a More Supported Community

At the Health and Social department we continuously seek out new opportunities and resources to support our community the best we can. We have pursued over 4 million dollars in additional funding, including securing financial support from the following programs:

- Shockproofing Communities, Addressing the Impact of Pandemic on Gender-Based Violence from the Canadian Women's Foundation
- Family Violence Prevention Program from CIRNAC
- Reaching Home: Supported Housing from YAPC



(Source: CNN)

Lunch & Learn – Join us!

HEALTHY FOOD
FOR LUNCH

WITH A PRESENTATION FROM
PUBLIC & MENTAL HEALTH
TWO MILE - JUL 26/28
AUG 2/4/9/11/23/25TH
UPPER LIARD - JUL 21 AUG
16/18/30TH SEPT 1ST

LFN members stop by
every Tuesday and
Thursdays

LUNCH STARTS AT
12 WITH
A PRESENTATION
FROM 1 TILL 2PM



Papal Visit:

We received funding from ISC, CYFN, and YTG to subsidise travel costs for LFN members to participate in the Papal Visit to Canada.

The Health & Social team delivered 60 applications for the papal visit to Elders in the community. We had 160 applicants and therefore had to prioritize survivors of residential schools. Thanks to our hardworking staff for making this happen, a total of 89 community members were able to attend the Papal Visit.

We continue to stress that the Health & Social Department are here for you. Please call or visit our office if you need support navigating any emotions or trauma following this event or anything it may have brought up.

Here are some other places to find support:

- National Indian Residential School Crisis Line (24/7)
Phone 1-866-925-4419
- Hope for Wellness Help Line (24/7)
Phone 1-855-242-331.

Get to know Katherine!

Name: Katherine Durocher

Role: Health & Social Director

Contact:

Katherine.durocher@liardfirstnation.ca

867-536-6767

This is a series of interviews we have started with the team at the Health & Social department so you can get to know us all!

"I would love to guide and support passionate community members who want to work and build a career in the Health & Social department."



What enticed you to work with the Health & Social department?

I had worked as a nurse at the hospital in the community for 22 years. When the job opportunity as Health and Social director came up last spring, I decided to apply. I am passionate about helping people, and I felt that I can do more for the community in this position than I could in the hospital.

What do you like most about the job?

I love being able to work with the people in the department. Everyone is very dedicated to the work, but we all laugh together and have a great time.

What are some things that you feel you have brought to the role that have benefitted the Health & Social Department?

When I first started this role, the scope of the job and the lack of readily available information was very overwhelming. I want the next person who comes to work here to know exactly how things work, so there is no question when someone walks through the door on how and where things need to be done. I have organized the department to streamline our processes, making it clear for the department where they report to, who to contact, and where to get funding from. It is vital for me that we have functional and efficient methods in place in order to help our community in the best way we can.

What do you hope to accomplish in the next year?

I want to open a mental health hub. Mental health and addiction are something that need to be addressed. This would also serve as transitional housing for homeless, and to create a safe place for people within the community. We already have the funding and a plan in place. Hopefully we can have it up and running by September.

We are also still recovering from the hard hit of Covid-19 on our community. The pandemic highlighted issues and systems we are missing in our community, as well as in the public healthcare. In response, we have begun a study to see how Covid-19 affected community members, from physical to mental health and what needs to be changed for the future. This study will help us to look at how we responded to the pandemic, and to provide feedback to the Yukon government on where we found a gap in their services. I think it's so important that we continue to learn and improve together as a community.

What do you hope to accomplish in the next five years?

I would love to guide and support passionate community members who want to work and build a career in the Health & Social department.

Beyond a passion for helping people and supporting our community, a position in the Health & Social department requires special education and skillsets. The ideal person would have a background in the health field, and be further educated in business administration or social work. This job is very interdisciplinary and requires well-rounded knowledge to provide healthcare to the community while keeping all aspects of the department running. If anyone is interested in entering our department, or if anyone is searching for a career path to support our community, please reach out to me and I'd be so excited to guide you in your next steps.

The Health and Social Department is so important to keep our community healthy and cared for. It is a lot of work, but it is so fulfilling!



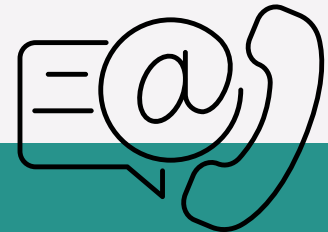


What is something that people don't know about you?

I can cook and bake anything, and I love to garden. I also LOVE spending time with my grandchildren and teaching them these skills.

I dream of my grandchildren and our next generations of youth growing up in our community, surrounded by support and having access to all sorts of social programs where they can thrive and discover their individual gifts and dreams.

Contact Us – We are here for you!



Health & Social Department Office – 867-536-5222
24/7 Health and Social Support – 867-536-4527



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Tracey Nolan – Wellness Team Lead
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AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Lunch & Learn Two Mile	3	4 Lunch & Learn Two Mile	5	6
7	8 Beaded Cap Workshop Upper Liard	9 Lunch & Learn Two Mile	10	11 Lunch & Learn Two Mile	12 	13
14	15 Pre Natal Nutrition 	16 Lunch & Learn Upper Liard	17	18 Lunch & Learn Upper Liard	19	20
21	22	23 Lunch & Learn Two Mile	24	25 Lunch & Learn Two Mile	26	27
28	29	30 Lunch & Learn Upper Liard	31			

This month:

Lunch & Learn: We welcome all LFN members to attend our Lunch & Learn events every Tuesday and Thursday from 12-2pm. We serve a healthy lunch at 12pm, followed by a presentation by public and mental health. Please check the calendar for whether the day's event will be at Two Mile Hall or at Upper Liard Learning Centre. Let us know ahead of time if you are unable to get to the location and one of our staff members will pick you up.

Beaded Cap Workshop: Join us for a beaded cap workshop from 6-9pm between 8-12th August at Upper Liard Training Centre. All are welcome!

Pre Natal Nutrition: All soon-to-be and new mothers are welcome to join us on the 15th of every month for a class in Pre Natal Nutrition to keep you and your little one healthy.

Taking Flight - Developing a Team of Community Responders through Six Certification Courses.

Health & Social Staff Members will be taking this course, but it is also open to all LFN community members. Please reach out to our office as soon as possible if you are interested in taking this course to help serve our community.

Trauma Recovery Certification Course:
Preliminary Dates, September 24-30th 2022 (7 days).



JOIN US!

FIRST NATIONS RESILIENCY

Being Together



SEPTEMBER 19TH, 20TH & 21ST 2022

**MAIN EVENTS HELD IN WATSON LAKE
VISITORS ARE INVITED TO CAMP AT TWO MILE LAKE**
(Please register if you want to camp)

Just North of Highway 37 Junction | Kaska Traditional Territory

GUEST SPEAKERS



Don Burnstick



Mike Scott



Maria Kliavkoff

MEALS

Nutrition & Lunch Provided

CAMPING

Enjoy Two Mile Lake Campground
First Come: Firewood Provided - Quiet Dry Camping Only

TRANSPORT

Shuttles: Watson Lake, Two Mile Hall, Upper Liard - Pick-up/Drop-Off

DAY EVENT
NO ALCOHOL AND DRUGS PLEASE

REGISTER TODAY!
events@liardfirstnation.ca

FREE EVENT for First Nations | Guests by Donation

Sógā sinlā & See you there!