

your **Dilico**

Providing Culturally Safe Health, Mental Health and Addictions and Child Welfare services



Weaving Generations

.....
Dilico's Youth Council and Elder's Committee gathered together for a day of sharing and learning more about 2SLGBTQIA+ and Post Treatment services. This special collaboration was celebrated with a new quilting project. The councils worked together with Dilico's Cultural Team to create and paint individual squares. Each square carries a meaningful story that was shared within the group. The squares will be sewn together to finish this new Weaving Generations Quilt.



CONTENTS

- 1 Taking Care of our Spirit**
- 2 Spring Feasting across the district**
- 3 Post Majority Support Funding**
- 4 Psychology health and safety**
- 5 Children's Mental Health Week**

Taking Care of our Spirit - A Mental Health Approach

The Adult Mental Health and Addictions team hosted Dilico's annual conference on March 6th & 7th. The conference was a huge success hosting 120 participants that included staff from Dilico and Robinson Superior affiliated First Nation Communities.

Sessions at this year's conference focused on creating inclusive, safe environments, wellness and healing through culture. This conference provided participants with knowledge, understanding and takeaway tools to better meet the challenges associated with addictions and mental health concerns in their communities.

Feedback from the conference was extremely positive.

Topics included:

- Therapeutic relationships
- Grief and Loss
- Healthy Work Emotional Culture
- Diversity and Inclusion
- Healing your Spirit



Spring Feasting takes place across the district

Spring Feasts took place at multiple Dilico Anishinabek Family Care locations. Invited staff, clients and members of the community joined us in a number of ceremonies right across the district. Dilico's spirit names Animkii Binesi (Thunderbird) and Migizi (Eagle) were honoured by all participants.



Dilico has two feast times each year, in the spring and fall where all site bundles and sacred items are brought together to be blessed. Traditional foods were offered and shared to say chi-miigwetch to the ancestors. The ceremonies were finished with giveaways and a shared meal.



Book your own appointment online



Dilico Health and Wellness is pleased to introduce Ocean, an online appointment booking system. The service is available to patients with a primary care provider.

1. Visit www.dilico.com
2. Select Health
3. Using the dropdown menu, navigate to Online Appointment booking
4. Choose the site where your provider is located
5. Follow the instructions on the screen

Please note you will need your Health Card number to use this service.

TOLL FREE 24/7
1-855-623-8511


Dilico
Anishinabek Family Care

WWW.DILICO.COM



Post Majority Support Funding

FOR YOUTH AGING OUT OF CARE OR YOUNG PERSONS FORMERLY IN CARE- AGES 18-25



SAFE & SECURE HOUSING

Potential funding available to assist with rent, rent subsidies, interim housing options, housing stability, housing-related skills training, household necessities, household utilities and home repairs.



EMPLOYMENT

Funding applications can be completed for professional development and skills training, career path planning, financial support for required training and certifications (ex. First Aid, Safe Food Handling), childcare, cultural considerations and resources for support.



EDUCATION

Assistance to navigate education systems and options, access to resources related to education and rights, specialized supports such as tutoring, technology required for educational purposes and education-related costs could potentially be reimbursed.



PHYSICAL, MENTAL HEALTH & WELL-BEING

Funding could be available for sexual and gender identity health supports, access to recreation and sports, counselling, healthy relationships, parenting services, nutrition training, self-care and access to holistic health services and treatment of choice.



FINANCIAL SECURITY

Needs-based financial support such as budgeting, credit, money management, equitable funding for basic needs, clothing, hygiene items, financial literacy programs, financial advisors, costs for acquiring ID, livable basic income options and support with associated living costs for stability.



RECONNECTION TO CULTURE & LANGUAGE

Building lifelong connection to community, developing support networks, reconnection to family, community and culture, land-based wellness, cultural programs, ceremonies, exploring funding for language and identity courses, workshops and resources.

CALL US TODAY FOR MORE INFORMATION!

Do you know a youth who has aged out of care between the ages of 18-25? Have you heard of Post Majority Support Services? Funds are available to help them achieve their goals today! Supports could include assistance with housing, food, employment and financial security, mental health, wellness, addiction supports, cultural supports and healthy relationships.

Direct Service costs that can be funded are identified through 4 main areas:

- Financial Support & Safe, Stable, Comfortable Housing
- Learning, Educational & Professional Development Opportunities
- Physical, Mental, & Social Wellbeing
- (Re)Connection with Land, Culture, Language & Community

PMSS provides wrap-around support that meets the distinct needs of First Nations youth and young adults by promoting and supporting holistic positive outcomes for them to thrive as they transition to adulthood.

Eligible youth are those who exercised a voluntary care provision to leave care prior to the age of majority, AND young adults who were in care on the day they reached age of majority, from age 18- up until their 26th Birthday. Eligibility is confirmed by the First Nation or service provider requesting PMSS funding.

Call us today for more information!

**TOLL FREE 24/7
1-855-623-8511**



WWW.DILICO.COM

Committed to psychological health & safety

We are pleased to share that we have been recognized by the Canadian Mental Health Association for our commitment to supporting workplace mental health. Staff and Management at Dilico Anishinabek Family Care have been engaged in a series of training sessions to learn effective strategies to address chronic workplace stress and promote psychological health and safety in the workplace. Ongoing training sessions are planned as we continue cultivating workplace mental health.



A PLACE WHERE YOUR CAREER HAS PURPOSE



Working with children is one of the most rewarding careers. Dilico employees make a lasting difference in not only a child, but a family's life.

Check out the latest opportunities at: www.dilico.com/employment

TOLL FREE 24/7
1-855-623-8511



WWW.DILICO.COM

Children's Mental Health Week a Huge Success!

.....

We are thrilled to share our recent celebrations for Children's Mental Health Week were a tremendous success. Across the district, we hosted a variety of fun and engaging events aimed at providing enjoyable experience for all attendees and raising awareness about many of our services. The events were incredibly well-attended, with numerous children and families participating in the various activities and games we had planned. The atmosphere was filled with excitement and joy as everyone engaged in the fun, creating a supportive and inclusive environment for discussing mental health.

In addition to the activities, we offered free food, snacks and prizes adding to the excitement. These incentives helped bring together a diverse crowd, allowing us to reach more families and spread the important message about children's mental health. We are grateful for the enthusiastic participation and the opportunity to connect with the community in such a positive way. Our heartfelt thanks go out to everyone who attended and our amazing staff that contributed to making Children's Mental Health Week an outstanding success!



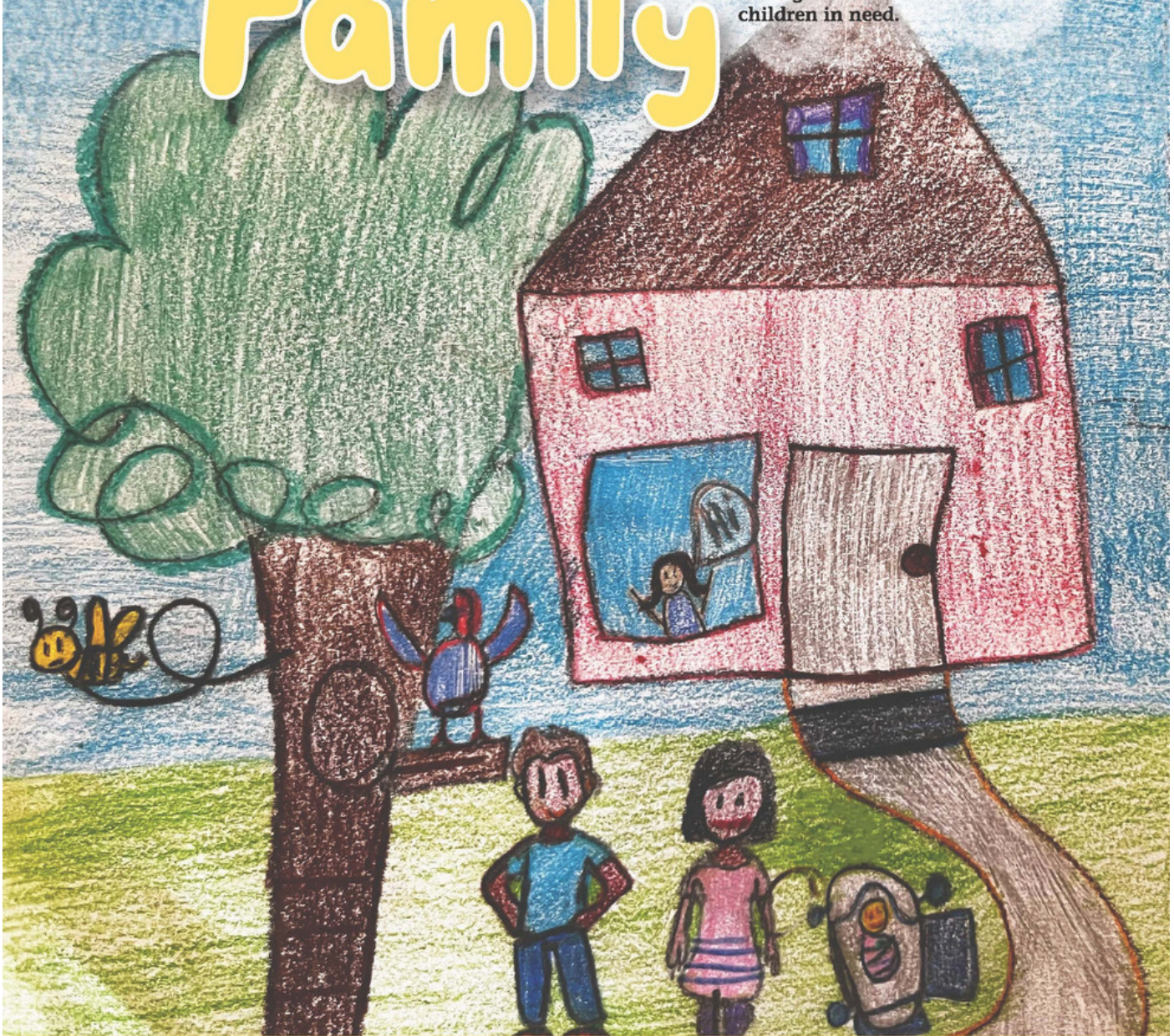
TOLL FREE 24/7
1-855-623-8511



WWW.DILICO.COM

Join *our* Family

Our families may not
look the same,
but they all share the
commitment of a
caring home for
children in need.



Dilico

Anishinabek Family Care
dilico.com/fostercare

Have a question about foster care or are you ready to apply?

Dilico- Main Office

200 Anemki Place
Fort William First Nation, ON P7J 1L6
Phone: (807) 623-8511
Toll Free: 1-855-623-8511

Dilico- District Offices

Whitesand District Office Phone: (807) 583-2013	Mobert District Office Phone: (807) 822-2521
Longlac District Office Phone: (807) 876-2267	Nipigon District Office Phone: (807) 887-2514

TOLL FREE 24/7
1-855-623-8511



Dilico

Anishinabek Family Care

WWW.DILICO.COM

Upcoming Events

Dilico Adult Residential Treatment Centre Intake

- July 3 - July 31, 2024
- August 12 - September 6, 2024
- September 16-October 11, 2024

Please note treatment dates may be subject to change. Contact the Treatment Centre to confirm upcoming dates.

Female Intake Worker: (807) 624-1819

Male Intake Worker: (807) 624-1810

End of School BBQ at Kookum's Place (78 I Limbrick Place)

Fun outdoor activities, BBQ and beverages will be provided.

Friday June 28th
2:30pm - 5:30pm

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Safe Waters Women's Group 1-4pm (Courtney)	6	7
10	11	12	13 Drop-in Sewing 1-4pm (Aungelle)	14
17	18	19	20 2-Spirit Sweat Lodge 6pm	21 Office Closed National Indigenous People's Day
24	25 Big Drum Singing 2-4pm	26 Scissor Case Making 9am-4pm (Courtney)	27 Community Sweat Lodge 6pm	28

See attached posters for more information about each program. Registration is required for programs marked with a red dot.

All programs are open to clients, families, and members of the community. Contact the Cultural Coordinators for more information.

Check us out on Facebook!
Bimaadiziwin Wiidookagewin Cultural Program
facebook.com/dilico.bimaadiziwin.wiidookagewin

Bimaadiziwin Wiidookagewin CULTURAL PROGRAM

WE ARE IN THE COMMUNITIES



3A Whitesand Dr
Whitesand First Nation

1-855-623-8511



118 Forestry Rd
Longlac

(807) 822-2521



#11-10th Street
Netmizaaggamig
Nishnaabeg

(807) 822-2521



112-4th Street
Nipigon

(807) 887-2514



200 Anemki Place
Fort William First Nation, ON

(807) 623-8511

TOLL FREE 24/7
1-855-623-8511



WWW.DILICO.COM