

HEALTH: AN UPDATE FOR THE MEMBERS OF BINGWI NEYAASHI ANISHINAABEK



NEWSLETTER
FALL 2016

HEALTH UPDATE

Two Day Women's Retreat

In March 2016, BNA put on a 2-day women's retreat which involved a guest speaker whose topics touched base on mental health issues, trauma, suicide prevention, grief and loss, cultural activities such as regalia making and self-care tips.



ASSIST Suicide First Aid

BNA held an informative 2-day workshop for its membership on March 12th and 16th, 2016. Members in attendance were certified in the Applied Suicide Intervention Skills Training (ASSIST). Members are now able to recognize persons at risk, offer help, and apply a model of suicide intervention.



BNA Problem Gambling Workshop

On March 18 BNA collaborated with members to produce a poster for distribution to create awareness on the consequences of gambling and prevention techniques and resources.



BNA Easter Food Hamper 2016

BNA's health department provided a wide variety of foods which included dried goods, canned goods, baby foods, diapers, toiletries and other necessities. Members were given a clothes hamper to fill up on items that retail at an expensive price but are deemed an essential.



BNA's Aboriginal Day 2016

On Saturday June 18th, BNA held its Aboriginal Day at Chippewa Park. Members enjoyed activities such as Bingo, a Silent Auction, and bouncy castles and races for the children. Barbeque-style luncheon, snacks and drinks were enjoyed by all.

