



Regalia for Grads

We would like to congratulate those Grade 12 students who will be graduating this year. Also, we would like to congratulate those Grade 7 students who will be graduating to Grade 8 and going to the high school next fall.

In partnership with LFN Justice, we would like to show our community support to the grads and would like to sew them their Kaska regalia for their graduation. We are asking the elders who have extensive experience in sewing dresses and vests to meet with us. If you have the patience and enjoy working with a team and the dedication to complete the sewing in time for the grad then we are interested in hearing from you.

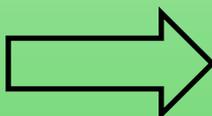


We will be sewing the regalia for the Grade 12 on the condition that they will be graduating this year. Should the student be unable to complete their assignments and not pass this year then their regalia will be kept at the school. This would also apply to the grade 7 students that will be graduating to Grade 8.

Those who are interested in sewing the regalia for our grads please attend the measurements to begin this awesome project, otherwise phone our office if you can't attend the measurements.

The measurements fore the grade 7 grads will be at 10am on March 2nd at Johnson Elementary and the measurements for the grade 12 graduates will be at:

- **When: March 2nd**
Where: WLSS
(Linda McDonald's
Classroom)
Time: 2pm





The ^{real} To Do List

- Laugh
- Sing
- Read under a tree
- Count your blessings
- Hope
- Hug your little ones
- Walk barefoot in the grass
- Give thanks
- Love
- Keep on loving
- Take deep breaths
- Jump in

Mommy OM
www.healthymom.com

Women's Advocate

We would like to welcome Crystal Stewart who was recently hired as the Women's Advocate serving the communities of Watson Lake, Ross River, Lower Post and Good Hope Lake. Crystal will provide support in the following ways:

- Helping young women and girls in navigating the Justice System and allied agencies and improving their access to relevant support and services.
- Engaging young women and girls in knowledge sharing activities on personal safety and assist them in making informed choices and in accessing supportive services and benefits.
- Offering supportive counseling to young women and girls experiencing violence or social justice issues.
- Linking young women and girls with the proper Government agencies and community services assisting them to safely and effectively obtain the proper services.
- Providing public education and training to enhance agency and community awareness and knowledge on the issue of violence against Aboriginal women and girls.
- Developing collaborative approaches to end violence against women with the community agencies and First Nations offices.

Conversations with the Women's Advocate

Liard Aboriginal Women's Society will be engaging in conversations with community agencies and First Nations front line service providers with Crystal, our Women's Advocate. We would like to invite anyone that is interested in participating in the conversation to join us on:

When: February 29th

Where: Upstairs Watson Lake Recreation Centre

Time: 9am to 3pm

Drum Making Workshop

In partnership with LFN Justice, we will be offering another drum-making workshop with Dennis Shorty. If you are interested in making a drum for yourself and singing a few songs than please join us.

When: March 8th, 9th and 10th

Where: 2 Mile Hall

Time: 10 am



Traditional Crafts

Are you interested in sewing craft products for your personal use or for your family members? We would like to invite you to join us if you are interested in learning to make moosehide slippers.

When: March 15th, 16th and 17th.

Where: 2 Mile Hall

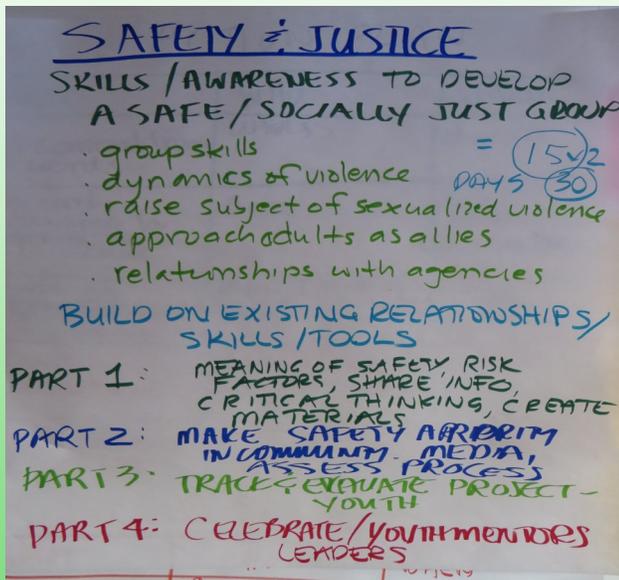
Time: 10 am – 3 pm



Youth for Safety

We are very pleased with the Youth for Safety Workshops in the school and feel so inspired being with such energetic creative youth. We have held our first workshop in January which looked at understanding dignity and what happens to people's dignity when they have been harmed and we also explored how we as humans find ways to protect each other's dignity.

Our next workshop which is closed to the youth and support people is scheduled for February 17th and 18th.



DIGNITY. It means a belief in oneself, that one is worthy of the best. It means that what I have to say is important, and I will say it when it's important for me to say it. **Dignity really means that I deserve the best treatment I can receive.** And that I have the responsibility to give the best treatment I can to other people.

— Maya Angelou

www.PositiveOutlooksBlog.com

Liard Aboriginal Women's Society wishes to extend our appreciation to the community agencies and front-line workers in our community.

Without you many of our great projects

would not be possible.

A special thank you to Liard First Nations Justice and Daylu Dena Justice for your great partnerships on many of the projects.



HELP THE HEDGEHOG FIND THE SUN!

