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December 6 Vigil

Virtual Vigil for MMIWG2S and draws

LAWS will be hosting a virtual vigil on December 6th 2020 to honour murdered and missing Indigenous women, girls, trans people, and two spirit people. Please light a candle and take time to honour and reflect on loved ones.

To encourage participation, LAWS will be doing a draw for prizes. You can enter by:

December 6th at Midnight will be cut-off posting of vigil candle.

Draw will be made on December 7th at noon on fb live on LAWS fb page.

- 1) Take a photo of your candle vigil and post to Instagram and tag @youthfordignity .
- 2) Take a photo of your candle vigil and post on Facebook and use the hashtag: #kaskalaws
- 3) If you don't have internet/social media but want to participate you can text your photo to: Katelyne Porter at 867-536-4788

The prizes will be: 4 bingo packages



Non-Insured Health Benefits and Indian Residential School counselling

Providing counselling and conversations. Leslie Knight continues to provide services to Kaska communities using phone, zoom, or facetime due to the COVID19 pandemic we are currently facing.

Please contact Leslie directly via phone at 867-334-6246 or email her at leslieknight6@gmail.com

Leslie hopes to continue with visiting Watson Lake, Lower Post and Good Hope Lake in the New Year subject to Covid19 restrictions.

LAWS AGM

We will be hosting our annual AGM using zoom this year due to the covid pandemic. If you would like to attend please call Charlene at 536-2097 to send you a zoom meeting link.

When: December 8th

Where: Online Zoom

Time: 1:30 pm

TAKING CARE OF EACH OTHER

COVID19 poses many challenges in how we connect and continue offering our services. As Dena, we live our lives socializing, gathering and connecting and with each other. With the pandemic and the need for social distancing our world has been turned upside down, limiting our ability to gather and prompting us to postpone some events during the self-isolation period this spring.

Taking COVID19 seriously means taking care of each other, following Yukon's COVID19 protocols, and reaching out for help when help is needed. The **Breaking the Silence** service is one of the ways we are helping each other.

Breaking the Silence: A Therapeutic Lifeline in a Time of Isolation: Funded by Indigenous and Northern Affairs COVID19 Relief Funds to the end of March 2021

The social distancing measures designed to protect us during the coronavirus pandemic also isolates us at a time of increasing stress. We cannot rely on each other for support as much as we do in normal times, and our access to face-to-face mental wellness support is limited.

In response, the Liard Aboriginal Women's Society is offering a temporary counselling-by-phone service for Kaska members living in Watson Lake, Ross River, Lower Post, Good Hope Lake. The service provides a remote response to the mental health needs of Kaska members that recognizes the need for trust and safety, while accounting for limited access to technology.

We are heartened to see this service being well utilized in our Kaska communities. The service has drawn a lot of interest resulting in a caseload of 40 Kaska members, who seeking regular appointments.

Who are the counsellors?

The service allows Kaska members to access the support of any one of three professional counselors by phone. The family therapist-- Shelly Bonnah, Cathy Richardson, and Allan Wade --are professionals in response-based practice with many years of experience working with First Nations, providing therapeutic and social justice support to the Kaska membership over the past two decades. They are known for their strict confidentiality, safe and caring practice, and are viewed with a high level of trust.

How do I access the service?

Step One: Call Charlene Magun at **867-536-2097** providing your name, the phone number where you can be reached, and the counsellor of your choice. You are not required to provide any information to the Society about your issues or needs. Your name and contact information are strictly confidential.

Step Two: The Liard Aboriginal Society will forward your contact information to the counsellor of your choice who will then call you as soon as possible to arrange a convenient appointment time for an over-the-phone counselling session. In this call, you will be asked to identify your issues or needs.

Step Three: The counsellor of your choice will contact you at the agreed appointment time for your session. Sessions are conducted in a trusted, safe, and confidential manner.

An aerial photograph of a person in a kayak on a body of water. The kayak is white with a red stripe down the center. The person is wearing a blue shirt and is using two yellow oars. The water is dark and has some ripples. The text "Accountability is about taking care of each other." is overlaid in white at the top of the image.

Accountability is about taking
care of each other.

TAKING CARE OF EACH OTHER CONTINUED...

What if my issues or needs are immediate?

If your issues or needs are immediate, you are advised to contact an appropriate resource from the following list:

Counselling:

Leslie Knight at **867-334-6246**.

Other support lines:

Crisis Service Canada at **1-833-456-4566**

Kaushee's Place at **867-668-5733**

Crisis Centre Chat at <https://crisiscentreachat.ca> for adults and <https://youthinbc.com> for youth.

Kids Help Phone Crisis Text Line for young people in crisis, which can be reached by **texting 686868** or phoning **1-800-668-6868**

Distance Energy Healing Sessions with Jose

Given the need for social distancing, we are finding safe, creative ways to help the community, and with that in mind we are pleased to offer the distance energy healing service of Jose Leon. Energy travels the web of life, and in our traditional ways of knowing, we recognize that we are energetically connected with everything on Mother Earth. This is what makes healing at a distance possible, and while this may be a new concept to some, rest assured that it is very safe, effective and powerful.

About Jose

Jose Leon is a wellness workshop facilitator and a certified master teacher of energy healing and Reiki. He is a graduate of the West Coast College of Massage Therapy (2000) and has maintained a successful practice for 20 years. Jose supports client healing, empowerment, and awareness by combining intuitive wisdom, practical solutions, and physical and emotional healing through energetic ceremonies. His expertise as a wellness educator, practitioner of energy healing and healthy lifestyle living has helped many clients restore their peace.

Jose's mission is:

- To help 'lift the veil' of client's false self-perceptions that continues their suffering, inflammation, or pain.
- To empower clients with energy healing, tools, power of choice and the self-awareness, that they can change and create the reality they want.
- To help clients to remember their divinity, beauty, and power.

If you are interested in booking a session please contact Charlene at 536-2097.



RECLAIMING DIGNITY

Reclaiming Dignity Project – Our Kaska Identity

We are pleased to announce that we are beginning a new project to commemorate the history and legacy of residential schools. Due to mandatory social distancing requirements related to the COVID-19 Pandemic, we were unable to offer this project on-the-land as we had originally planned.

The Purpose of the Project

As an alternative, we have developed a unique project designed to address the wounds of residential school and honor our inherent rights to identify as Kaska and to claim a sense of place and belonging as Kaska members.

The project has a series of interrelated activities beginning in November and running through to end of March 2021. The project aims to promote: (a) an authentic sense of belonging within the Kaska Nation; (b) a sense of pride in being Kaska; (c) the revival of neglected cultural practices; and (d) the assertive promotion of Kaska language, customs and accomplishments.

Program Activities

The project is open to Kaska members from 2 years of age to 40 years of age with a strong interest in participating in the series of project activities that include: the Sewing of Traditional Regalia; Offerings of Traditional Cultural Teachings on Name Giving and other Kaska Protocols; Vision Boarding; a Traditional Name Giving Celebration; and Public Education.

Sewing of Traditional Regalia: Participants will either use traditional regalia previously made or will be engaged in selecting and designing regalia, with sewing materials provided as required. Social distancing protocols will be observed throughout this and other activities with support provided through regular ZOOM sessions. ***We regret that we will not be able to offer any payment for sewing regalia and ask participants to follow COVID19 protocol by using family bubble for sewing regalia.***

Offerings of Traditional Cultural Teachings on Name Giving and other Kaska Protocols: Cultural teachings will be provided by Elders via ZOOM in parallel with the sewing of traditional regalia. Teachings are intended to foster an awareness of what it means to be Kaska, to live according to traditional protocols, and to provide important background on the process of naming as a form of traditional recognition, self-awareness, and belonging.

Vision Boarding: Vision boarding is also provided to participants via ZOOM sessions in parallel with the sewing of traditional regalia and is intended to foster the framing and affirmation of individual life paths, life path choices and commitment. Vision boarding is viewed as making a valued contribution to positive self-awareness and inspiration – building background in anticipation of traditional naming.

Public Education: The community gathering in March, 2021 will engage participants, Elders and those providing logistical and knowledge support for the project in speaking to the process, benefits, and transferability of the project's concepts to the larger community. The event is proposed to be documented for distribution beyond the community via publication on the Liard Aboriginal Women's website and newsletter, and potentially streamed on social media or televised.

Note: The two final activities (above) are scheduled to take place in March of 2021 as a community gathering. If COVID-19 Pandemic restrictions remain elevated, the traditional name giving will be offered on small group or individual basis, with public education being limited to media presentations to the community and beyond, in the absence of a community gathering.

For more information on this project and to express your interest in participating, please contact by CLOSING DATE FOR SUBMISSIONS on December 7th, 2020.