

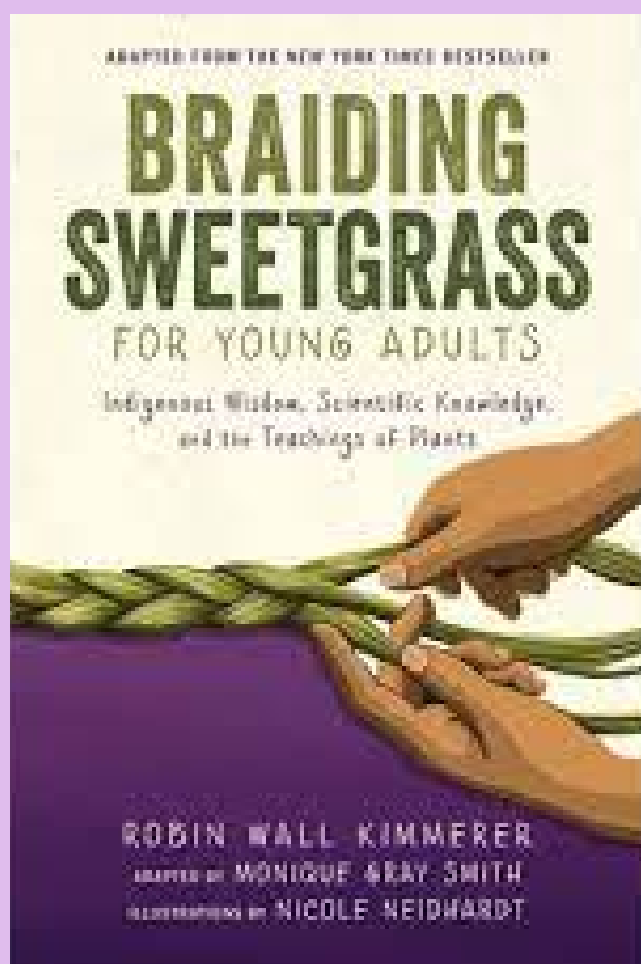
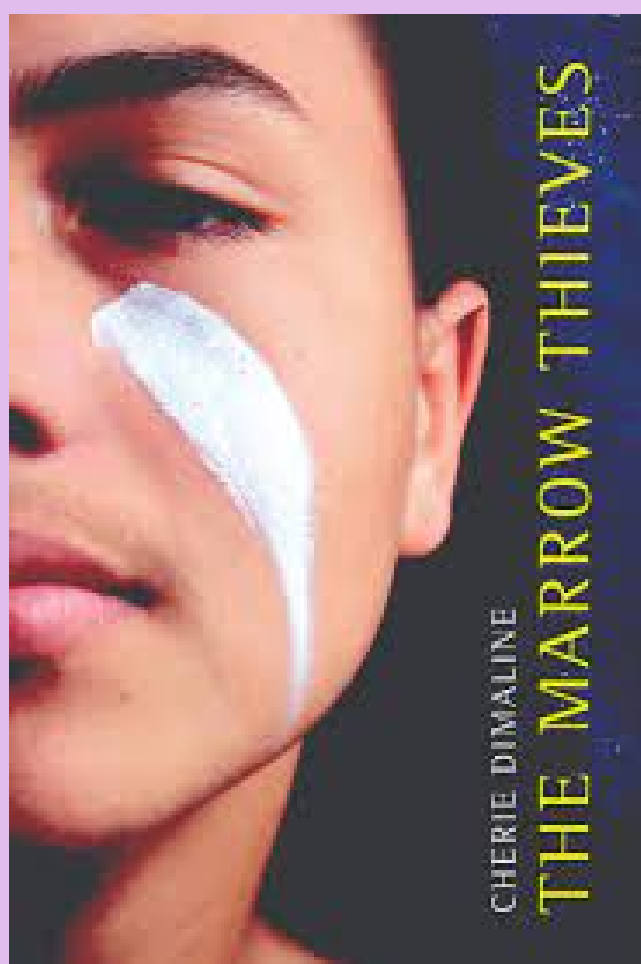
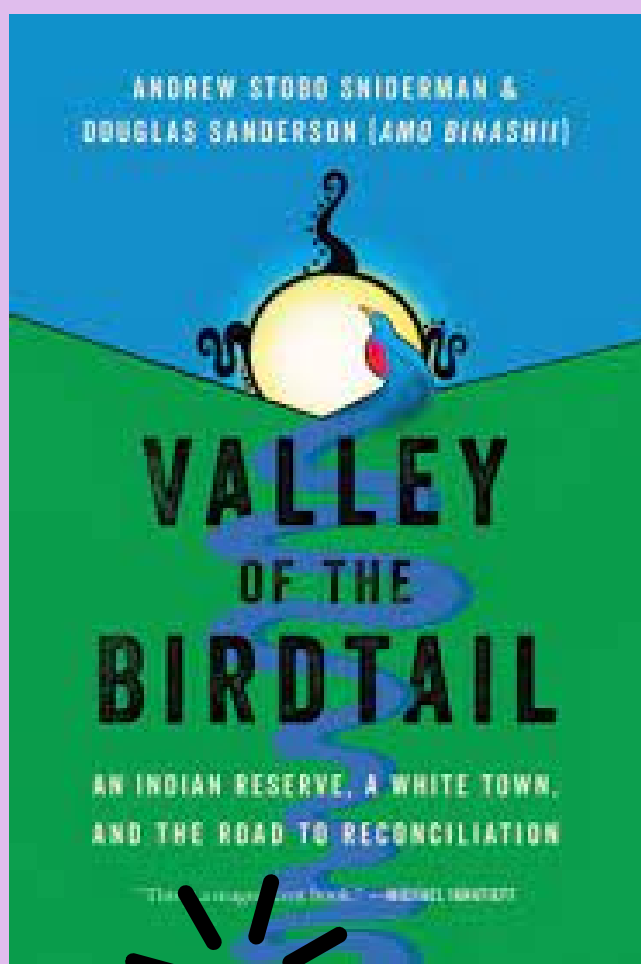
# February 2023



Piitaiki'soom - Eagle Moon

Sawómmitsiki'somm - Deceiving Moon

## Must Reads!



## Around Town



Hali Heavy Shield – Postcards from the Rez

Exhibition Opening January 28, 7pm – 9pm Hali Heavy Shield – Postcards from the Rez Nato'yi'kina'soyi Holy Light that Shines Bright/ Hali Heavy Shield is a multidisciplinary artist and educator from the Blood Tribe (Kainai) of southern Alberta. Hali's work is influenced by experiences in her home community, including Blackfoot stories, significant sites, family, [...]

SERIES: Gallery Exhibition

DATE: January 28, 2023 - March 25, 2023

LOCATION: Casa - Saokitapi Gallery



Click to watch the authors discuss the book: "Valley of the Birdtail: An Indian Reserve, A white town, and the road to reconciliation"

### WHAT IS ALL MY RELATIONS?

- All My Relations is a couple/co-parent family prevention program, which can also be thought of as a family preservation program.
- All My Relations stems from The Supporting Father Involvement, Couples Group Curriculum which was developed by Kyle & Marsha Pruett, & Rachel Ebling, based on curricula by Carolyn Pape Cowan & Philip A. Cowan.
- The Supporting Father Involvement Program started in California & has been adapted into Alberta since 2011. Funding was provided to offer this exceptional program into the Blackfoot Communities since 2016.
- Every year that the groups continued, more & more success stories started to emerge from past participants & the need for this program has been voiced by our Elders.

### All My Relations Indigenous Youth Cooking Program

This is a great opportunity for youth to cook many different recipes, including traditional recipes, learn from Elders, discover how nutrition is important for the mind, body, heart, and spirit and learn new skills in the kitchen.

7 sessions: Every Thursday from February 16 - March 30, 2023  
4:15pm-6:15pm

Each session provides:

- A recipe and all ingredients (plus extra to take home to your family)
- Information on nutrition
- Information on kitchen and food safety

Cooking classes create connections and help bring a sense of well-being to everyone!

For more information or to register please contact Janine Jackson 403 320 4232 ext 215 or janine.jackson@famcentre.ca

Family Centre  
Suite 225, 200-4 Ave.S.  
Lethbridge, AB T1J 4C9  
403-320-4232  
Website: www.famcentre.ca

Facebook: @lethbridgefamilycentre  
Instagram: @familycentreyql  
LinkedIn: @Family Centre Society of Southern Alberta  
Helpseeker: Family Centre

February 1 - April 12 from 5-8 @ Family Centre



# Save the date

Feb. 7 - Town Hall Meeting: 6:30 @ Victoria Park High School

Feb. 14 - Women's memorial march from 12-1 @ City Hall

Feb. 14 - Mar. 18: Women's memorial art walk @ Coabanks trail - start at Helen Schuler

Feb. 15: Pink shirt day

Feb. 20 - Feb. 24: Reading Week

Feb. 25-26: International Peace Powwow

## FY...

## Highlights

Niitsitapiisiinnii Club @ WMS - practicing Blackfoot numbers with the bone game!

**U OF L  
Has no  
ROOM FOR  
Hate.**



On February 1, 2023, the University of Lethbridge is hosting known Residential School denialist & Black Lives Matter denialist Frances Widdowson, who was fired from Mount Royal University in 2022 for her "hateful actions against the BIPOC community".

Widdowson's presence on campus is in clear violation of student safety & her use of facilities is paid for by students without student consent.

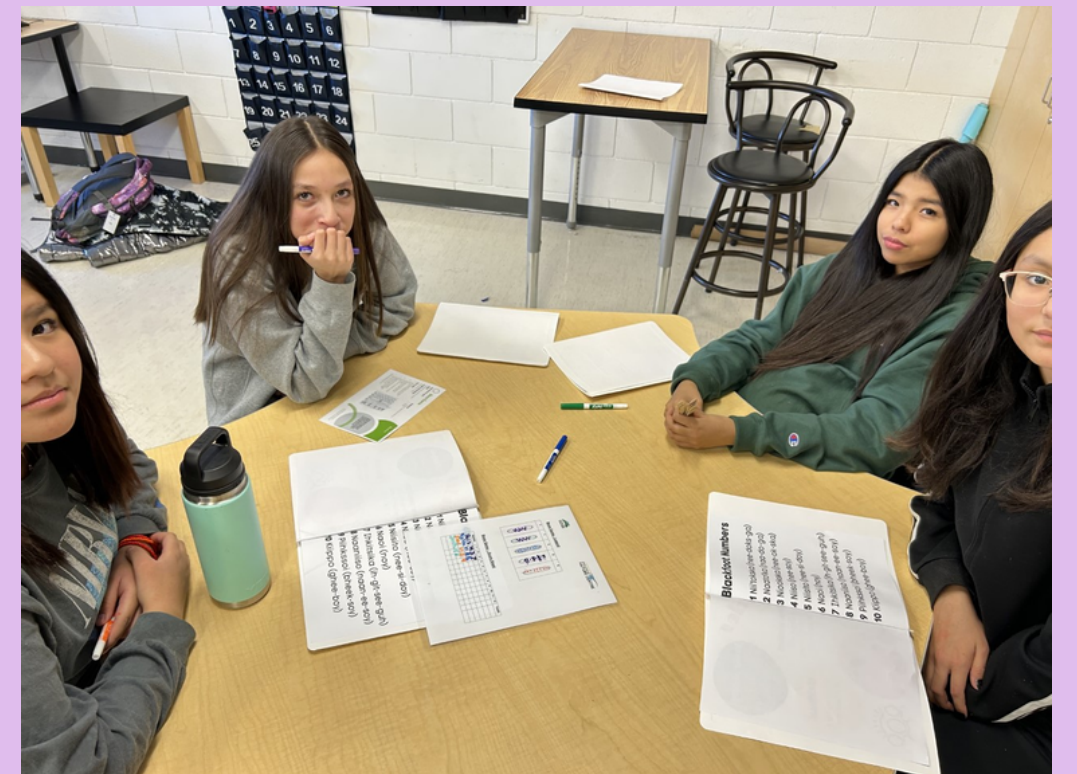
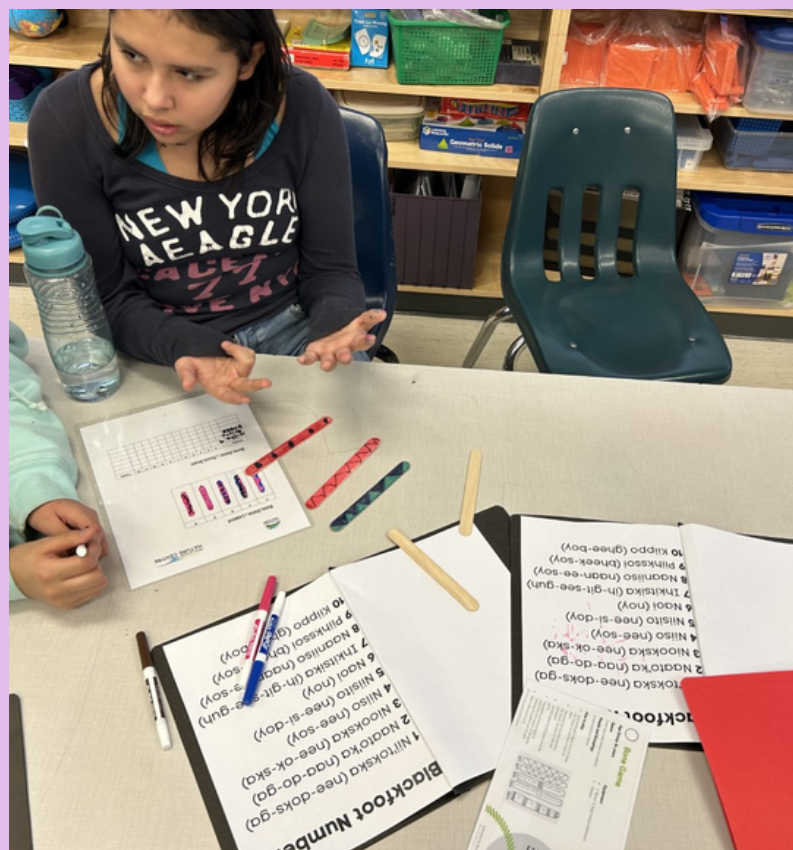
Join us in peaceful protest as we object the university's decision to give Widdowson a platform to speak.

**WHERE/WHEN:**  
February 1, 2023  
4:00 pm  
Anderson Hall  
Wear Orange & Bring Signs

**READ ABOUT WIDDOWSON  
HERE:**



@uofl\_studentactionassembly



Showcasing the Blackfoot winter count and Indigenous books at family literacy night @ LCS

