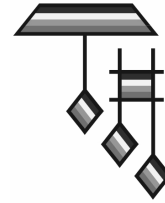


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March 2010

∞ *Healing Voices Newsletter* ∞

"Change always comes bearing gifts"

Price Pritchett

~ March Message ~



First of all, we'd like to thank everyone who made the community screening of Muffins for Granny – a documentary on Canada's Residential Schools – such a success! Staff and volunteers pulled together to host an outstanding event, during which we showed the film, and welcomed Janice Acoose, Doreen Pooyak, and Gordon Tootosis to talk about their own experiences and the effects of Residential Schools on individuals, families, and communities. Around 300 people braved a bitter January night to join us at the Roxy Theatre for this screening; many stayed to enjoy the muffins at intermission and to add their own insights in the discussion that followed.

Tamara's House has purchased public performance rights for Muffins for Granny for a period of two years, and would like to see the information it contains widely circulated. If you know of an organization that might be interested in co-sponsoring a screening, please have them get in touch with us.

We will be holding a Round Dance on March 25 to thank all the elders, staff, and women who contributed to the success of our Harmony Song Program (funded by the Aboriginal Healing Foundation since 2002) – please check our website for details.

We'd also like to draw your attention to the ending of Aboriginal Healing Foundation funding which will affect not only our Harmony Song program, but over a hundred innovative programs across the country. The Aboriginal Healing Foundation is aimed at encouraging and supporting Aboriginal people in building and reinforcing sustainable healing processes that address the legacy of physical and sexual abuse in the Residential School system, including the intergenerational impacts. **A petition asking for continued funding can be found at <http://nikiashton.ndp.ca/ahf>** or sign at the front desk when you drop in.

If you haven't checked out our website lately, have a look! Virginia has been doing an incredible job updating and adding new information and links. Comments and feedback are welcome – www.tamarashouse.sk.ca

Check through the newsletter for program changes and make a resolution to join us for coffee soon!

Round dance – We apologize for any confusion caused by the date change. Due to staffing shortages we have needed to put back the Round Dance. Harmony Song and Tamara's House Round Dance is now scheduled for March 25th, 6:00 – 12:00 p.m. at the White Buffalo Youth Lodge. Details will be posted on the website, at the house and around the community. We are celebrating the 8 years Harmony Song Program has been

at Tamara's House and honoring all women that have accessed services here. *We invite everyone to attend.* For further information please contact Drop-In staff.

Journey Towards Healing – The Anglican Diocese of Saskatoon Aboriginal Outreach Network Group in conjunction with the Harmony Song Project of Tamara's House are presenting a documentary film exploring Canada's Residential School- "**Muffins For Granny**" PG

On Sunday April 18th at 7 p.m. you are invited to gather at The Refinery on Dufferin and 12th St. to learn more about the history of Canada's, particularly Saskatchewan's Residential Schools and be an ambassador of healing and reconciliation.



To access the residence – please contact Intake staff. A time is set up for you to learn more about the program and the process for accessing the residence. Length of stay will be determined together and is between 2 days and 2 weeks. An appointment will be made to discuss your unique healing needs and to explore any safety issues. When this assessment is complete, an arrival date is set.

Intake staff are available Monday through Thursday.

Thinking about going back to school?

Tamara's Bursary will be offered in the coming year for female Aboriginal CSA survivors who wish to continue their education in university, trades, technical, GED, or skill training. Amounts available range from \$1000 for GED and skills training to \$2500 for university. Applications must be received by April 20, 2010.



Selection of recipients will be made by a committee, and awards will be based on the applicants' passion for education, and their financial need. Complete information and application forms are available on the Tamara's House website at www.tamarashouse.sk.ca. Check out the About Tamara's House page and you'll find the link along the left side. Since the bursary application is to be submitted by email, a computer is available for your use at Tamara's House, and staff can be available to assist you during drop-in hours.

Please phone to make certain a staff member can be available when you wish to work on your application.

SOS – is our bi-weekly lunch program. Twice a month we serve a warm, delicious, and nutritious meal over the lunch hour. Our dates for March are the 4th and 18th. Thursday March 4th we will be serving a vegetarian soup and on the 18th a vegetarian lasagna. We will see you there!

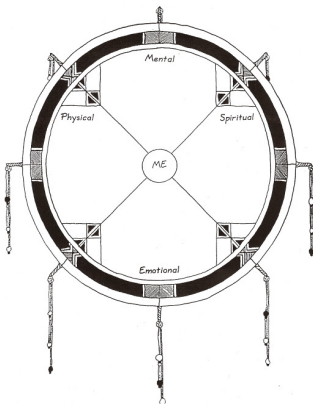
Aftercare Program – Tamara's House is excited to announce a pilot project for Aftercare. Our goals are to assist women as they transition from the Residence by offering additional support – whether it's weekly check-ins, support in connecting with other community resources, or working with someone to formulate goals.

Yoga for Every "Body" - "The word *yoga* comes from the Sanskrit *yuj*, which means to yoke or bind, and is often translated as 'union.' In order to have union there must be at least two things coming together to become one, so yoga is another way of saying relationship. Nothing exists on its own and yoga reminds us of this through the physical practice of asana. The word *hatha* means willful or forceful. Hatha yoga refers to a set of physically engaging exercises designed to align your skin, muscles, and bones. The asanas, or poses, are a system for reorganizing your physical architecture so that the drainpipe of your body becomes unclogged. This process opens the channels for your

breath and energy to flow freely and for your neurological patterns to get remapped, soothed, and strengthened. When this kind of balance occurs, your body begins to feel even all over. This equanimity of sensation is a support and container for relaxed awareness in the mind and heart." ~ Cyndi Lee

We would like to attract more women to yoga by changing the time to 1:00pm - 2:00pm and having candles burning throughout the yoga session. Everyone is welcome to come!

The Survivor/Staff Meeting will be held Monday March 8th at 12:00 p.m. During the meetings we discuss what programming we'd like to see happen, events within the house and any other ideas or concerns. We are currently experiencing a few changes throughout the house. During the meeting lets do a check in and discuss the impacts of change.



Full Moon Ceremony - will be held **Monday March 1st** at The White Buffalo Youth Lodge. Full Moon Ceremonies are women's teachings. Ceremonies begin at 7pm. Child care is available on site. A light lunch is provided after the ceremony. *Please wear a skirt to honor your womanhood.*

Healing Circle Ceremony - Our funding for the Harmony Song Project is coming to an end at the end of March. We would like to celebrate and honor the healing that has come from all the ceremonies in the past 8 years. **Our last Healing Circle Ceremony will be held Wednesday March 17th.**

The doors open at 6 pm and the ceremony begins at 7pm. A light lunch is provided. Please wear a skirt to honor your womanhood.

Bus tickets will be available. Childcare monies are available, however they are limited. **If you require childcare please call at least one day in advance.**

Lush Cosmetics - has chosen Tamara's House for the month of March! Each month the staff at Lush Cosmetics chooses a local agency to support. They collect items through out the month that will be donated to Tamara's House. Lush believes in making effective products from fresh organic fruit and vegetables, the finest essential oils and safe synthetics. They create their own hand made products and fragrances.

You can support Tamara's House during the month of March when you shop at Lush Cosmetics.

Tamara's Lovin' Closet and The Drop In Center are open four afternoons a week - Monday, Wednesday, Thursday and Friday from 12pm till 4pm. We receive new donations weekly and often have an abundance of clothing to look through. Please help us keep the TLC tidy by putting clothes back on the hangers.

This Newsletter needs you!! If you would like to share your favorite poem, story, or picture and/or make a comment, we would love to hear from you! Please contact Kelly in the Drop In center or by email at kelly@tamarashouse.sk.ca

