

Healthy Living Community Update



Love My Community Challenge

The Healthy Living Team launched a Love My Community Challenge to all schools within Southern Health–Santé Sud for Mental Health Week in May.

Love My Community Day was created by a group of students at Roseau Valley School in Southern Manitoba to spread kindness, create joy, and build relationships with community of all ages. The goal was to think of small things that we can do that help ourselves and others take care of our mental well-being! Our team wanted to spread the movement throughout the region and encourage all schools/classrooms to complete a project.

19 schools/classrooms entered the contest and did such wonderful things to connect with their communities! Entries ranged from intergenerational connections, kindness rocks spread throughout the community, community clean up events, Cultural showcase, inspirational sidewalk chalk messages, planned daycare activities, “Amazing Race”, along with many more.

We want to thank all the schools for their efforts to improve our mental well-being! These projects definitely have a ripple effect and bring joy throughout the community!!



National Indigenous History Month



June is National Indigenous History Month in Canada. Indigenous People in Canada, including First Nation, Inuit and Métis People, have a rich and diverse history and culture. See below for learning opportunities in and around Manitoba.

Manitoba is home to the National Centre for Truth and Reconciliation (NCTR). The NCTR is a place of learning and dialogue where the truths of the residential school experience will be honoured and kept safe for future generations. Survivors, their families, educators, researchers, and the public can examine the residential school system more deeply with the goal of fostering reconciliation and healing.



National Indigenous Peoples Day is celebrated on June 21st – here are some ways to be involved:



Join a Circle – Circles for Reconciliation is a grassroots, community initiative that seeks to promote reconciliation between Indigenous and non-Indigenous people in Canada. The program is structured and guided by equal partnership between Indigenous and non-Indigenous People. Circles are open to anyone and free to join, and each Circle meets 10 times. For more information – [CLICK HERE >](#)

Watch APTN – APTN is the first national Indigenous broadcaster in the world and has been serving Indigenous and non-Indigenous audiences in Canada for over two decades. The mission of APTN is *'To share our Peoples' journey, celebrate our cultures, inspire our children and honour the wisdom of our Elders'*. For more information – [CLICK HERE >](#)

Take a virtual tour – You can visit the Winnipeg Art Gallery–Qaumajuq from the comfort of your home by taking a virtual tour. Learn more about how WAG–Qaumajuq is taking steps to decolonize and how they are working to promote and preserve Indigenous Languages. For more information – [CLICK HERE >](#)



Circles for Reconciliation Inc

NATIONAL INDIGENOUS PEOPLES DAY

FREE COMMUNITY BBQ

FRIDAY, JUNE 21st, 2024

11:00 AM - 2:45 PM

SERGEANT TOMMY PRINCE PLACE

90 SINCLAIR ST, N. END WINNIPEG

Experience a Sharing Circle

Entertainment TBA

Children's Activities

Clown

Exhibition Information Tables

Artisan Market

Door Prizes

Interested in booking an Information table

Email: linda@circlesforreconciliation.ca

Artisan Market tables

Email: janelle@circlesforreconciliation.ca

Volunteer Opportunities

Email: ganiyat@circlesforreconciliation.ca



1-866-794-2017

www.circlesforreconciliation.ca

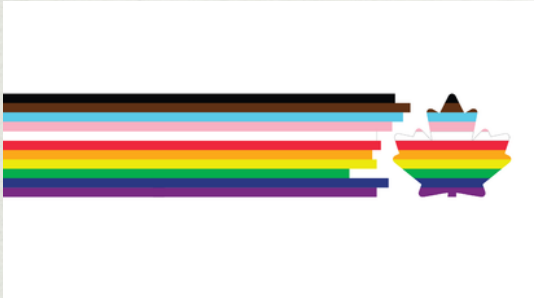


Pride Season!

June to September is Pride Season in Canada, a time to celebrate 2SLGBTQI+ people (that is, people who are Two-Spirit, lesbian, gay, bisexual, transgender, queer, or intersex, or who use other terms related to sexual or gender diversity) and honour the contributions that they have made and continue to make.

This month we are celebrating Pride and the 2SLGBTQIA+ community.

The members of this community are our colleagues, patients and members of the community we serve.



There are Pride Events going on all over Manitoba in May, June and September!
Click the Pride Winnipeg icon for more details about events happening in your community!



Pride Week Winnipeg May 24–June 2

Pride Winnipeg is excited to release their 2024 theme — “Transcend Together”.

“Transcend Together” embodies the collective strength and unity within the queer community. It emphasizes the empowerment and resilience of trans individuals, advocating for the protection of trans rights and the celebration of their unique identities.

This theme embraces inclusivity, highlighting the diverse spectrum of identities within the queer community and fostering solidarity among all members. It draws inspiration from the resilience of the community throughout history, emphasizing that together, we transcend barriers and stand strong in support of one another.

