



Pathways Aboriginal Centre

OSKAYAK News

October 2011

Youth Corner



Together we are Strong

Together we are Strong is a claymation film created by past RALLY 2010-2011 Project participants, Darren, Justin & James. The short film was made during a workshop with REELYOUTH and tells the story of the traditional sweat ceremony through the lenses of Darren, Justin & James.

Together we are Strong was featured during the REELYOUTH International Film Festival 2011 and was voted best local film and audience favorite.

To view the film go to www.rysa.bc.ca. To find out how to get involved with this year's RALLY project send Parker an e-mail at parker.mcrae@rysa.bc.ca

Or

By calling Parker at 604-271-7600 ext.101

Healthy Family Healthy Children

Families are invited to join the staff and guest speakers at Pathways on the last Wednesday of every month to come and enjoy a healthy meal, share favorite recipes and have some fun!

When: October 26th 2011 from 5pm-7pm

Where: Pathways Aboriginal Centre
To RSVP or to find out more information give us a call at 604-271-7600 ex.102

Or

By e-mailing jelica.shaw@rysa.bc.ca

Contact Us

Pathways Aboriginal Centre - Richmond Youth Service Agency
100-7900 Alderbridge Way
Richmond, BC V6X2A5
Phone: 604.271.7600

Hours of Operation:

Mondays, Tuesdays & Wednesdays 9:30am-4:30pm

Thursdays & Fridays 12pm - 7pm

Saturdays 10am-5pm

Check out www.rysa.bc.ca for a special events and activities

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RALLY PROJECT

for ages 14 -24

The RALLY Project is now Recruiting!

WHAT and WHERE: RALLY is a 7 month long project that will run on Wednesday and Saturday afternoons until March 31st 2012 and will cover a wide range of topics and themes that all serve to promote self confidence, cultural awareness and support career and life skill development.

We have space for 20 Aboriginal Youth ages 14-24. Registration is on going.

RALLY Project activities include

- Career counselling and exploration workshops
- Leadership and team building retreat
- 9 week health and fitness challenge
- Parent coaching sessions
- Cultural and traditional teachings workshops
- Opportunity to attend the Gathering our Voices Conference
- Career and volunteer placement opportunities
- Family celebrations

COST: All transportation and fees are covered through the RALLY Project

INTERESTED: You can register online at www.rysa.bc.ca, by contacting Parker at 604-271-7600 ext.101

Or

By e-mailing parker.mcrae@rysa.bc.ca



Bring a Friend Night

October 28th from 4-7pm Bring a friend, carve a pumpkin and enter to win the raffle for a new IPOD!

The raffle will take place at 6pm!! And the winner will get to take home a new IPOD!!

HALLOWEEN PARTY!!!

October 29th from 1pm-5pm at Pathways Aboriginal Centre

There will be games, prizes and food!! -everyone takes home a goody bag!!!

For more information call Jelica or Parker at 604-271-7600

Or

By e-mailing parker.mcrae@rysa.bc.ca



The Circle

Excerpt from *First Nation 101: Tons of stuff you need to know about First Nations people* written by Lynda Gray

Everyone has a Place in the Circle

According to Lynda Gray traditional First Nation communities were inclusive in nature, not exclusive. Everyone had a place in the community despite their gender, mental, or physical ability, sexual orientation, or age. Women, Elders, Two-spirit, children and youth were all important and integral parts of a healthy vibrant First Nations community. Gray notes that while some people were born into certain roles such as hereditary Chief, each person's unique circumstances were tapped into for the best interest of the community. These roles, writes Gray, could be influenced by their age, gender, physical or mental ability, and their unique gifts in areas such as art, hunting, spirituality, storytelling or leadership. Each person's tasks and gifts were complimentary to everyone else's and contributed to the ongoing development and maintenance of the community.

"As children we are encouraged to discover and master the special gifts planted inside us by the creator and through our ancestors. These gifts are intentional and important to offer, as adults in the Tribal Circle."

Ramona Peters, Mashpee Wampanoag



Art Therapy

Dreams and Aspirations: Goal Setting through Art

Materials

Paper
Paint and brushes or
Felt pens or
Pastels

Exercise

This exercise allows one to consider their dreams and aspirations allowing the person to foster and turn them into reality.

If you are alone quietly take a few moments to consider your dreams and aspirations. If you are working in a group begin with a discussion of what each person aspires or dreams to be.

Then take a brush or pen and put it to the paper depicting your dream. Have fun, do not worry if the image does not look perfect that is not important. What is important is to put the aspirations and dreams down onto paper to share them with the universe, for groups it is fun to talk about each painting together, further exploring their meanings.

Written by Jelica Shaw D.V.A.T.I.



School Support

Richmond Youth Service Agency (RYSA) in partnership with the Richmond School District and Vancouver Coastal Health has a Aboriginal Child, Youth and Family Worker who is currently taking referrals for the 2011-2012 school year. The service works with the school district, counselors, community agencies, other service providers and RYSA to ensure that Aboriginal children, youth and families are supported to receive or access resources and assistance they require to promote health and wellness, success at school and at home with respect and consideration of their diverse traditions, and culture.

Service include:

- One to one support in school or out of school
- Assistance with accessing services and supports in the community to meet individual/family needs
- Goal setting and mentoring
- Skill building activities
- Cultural activities
- Assistance with school issues or challenges
- Regular family nights

For more information, to place a referral, or to self refer please email

jelica.shaw@rysa.bc.ca

Or

By calling Jelica at 604-271-7600 ext.102

Resources

CHIMO Crisis Line: 604-279-7070 or www.chimocrisis.com

Kids Help Phone: 1-800-668-6868

VACFASS-Vancouver Aboriginal Children and Family Services Society: 604-872-6723

The Healthy Aboriginal: is a non-profit website promoting of health, literacy and wellness: www.thehealthyaboriginal.net

AYC Events

Pathways is Closed October 8th 2011 for Thanksgiving

TUESDAY

October 25th Family Night 6pm-8pm all ages

WEDNESDAY'S RALLY for ages 14-24

October 5th, 12th, 19th & 26th RALLY Activities from 4-6pm

THURSDAY's Pathways is open from 2pm-7pm

October 6th, 13th & 20th

Youth Council Meeting 4pm-5pm for ages 10-24

October 6th Watermania 5pm-7pm for ages 10-24

October 13th Drumming with Rob 6pm-7pm for all ages

October 20th Dream Catcher Workshop 5pm-7pm for ages 10-24

October 27th Pumpkin Patch 4pm-7pm for ages 10-24

FRIDAY'S Pathways is open from 2pm-7pm

October 7th Movie Night 4pm-7pm ages 10-24

October 14th Bowling 4pm-7pm ages 10-24

October 21st Movie Night 4pm-7pm ages 10-24

October 28th Pumpkin Carving Contest & Bring a Friend Night
Enter to Win an IPOD ages 10-24

SATURDAY'S Pathways is open from 10am-5pm all ages

October 15th Traditional Painting on Canvas 12pm-4pm

October 22nd Halloween Decorations and Costume Making
12pm-4pm

October 29th Halloween Party and Costume Contest 1pm-5pm
all ages!

**For a detailed calendar of events please check out
www.rysa.bc.ca.**

Thank You

To everyone that
has supported us

Agencies & Organizations:



REELYOUTH
Terra Nova Sharing Farm
Richmond School District
Rob Underdown
OSKAYAK Youth Committee



School District #38
Richmond



