

Indigenous **TRANSITIONS**



Lakehead
UNIVERSITY

Indigenous Student
Services Centre

Welcome to
**Lakehead
University**





Land Acknowledgement

Lakehead University respectfully acknowledges its campuses are located on the traditional lands of Indigenous Peoples.

Lakehead Thunder Bay is located on the traditional lands of the Fort William First Nation, Signatory to the Robinson Superior Treaty of 1850. Lakehead Orillia is located on the traditional territory of the Anishinaabeg.

The Anishinaabeg include the Ojibwe, Odawa, and Pottawatomi nations, collectively known as the Three Fires Confederacy.

Lakehead University acknowledges the history that many nations hold in the areas around our campuses, and is committed to a relationship with First Nations, Métis, and Inuit Peoples based on the principles of mutual trust, respect, reciprocity, and collaboration in the spirit of reconciliation.

Welcome to Indigenous Initiatives at Lakehead University!

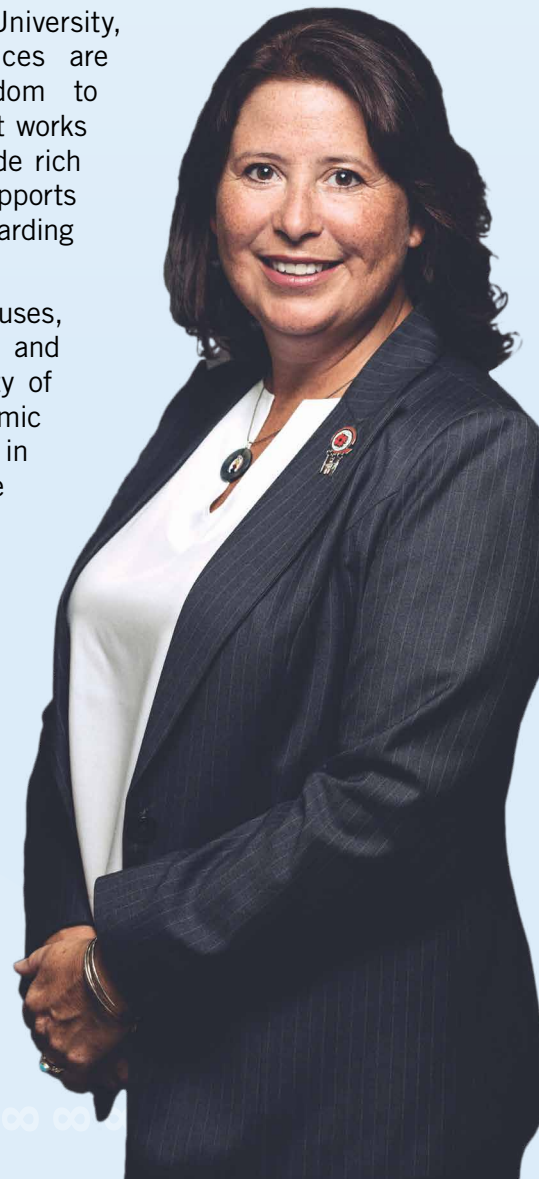
Congratulations on making this important choice in your educational journey! At Lakehead University, we work to ensure that your experiences are exceptional, with the intellectual freedom to pursue the unconventional. Our department works with community, staff, and faculty to provide rich cultural experiences and educational supports from application through to decisions regarding next steps after graduation.

At both the Orillia and Thunder Bay campuses, we provide cultural, academic, individual, and transitional support. We host a wide variety of events and activities throughout the academic year. Our staff are ready to support you in your academic pursuits to ensure you have a positive experience during your time at Lakehead University.

Please stop by our offices on your visit to campus or when you arrive as a new student to introduce yourself and see what we have to offer, as you make the choice to become part of the Lakehead family!

Denise Baxter

Vice Provost Indigenous Initiatives
Proud member of Marten Falls First Nation



The friendly staff of Indigenous Initiatives (II) and Indigenous Student Services Centre (ISSC) are ready to help you adjust to the Lakehead University community and ensure you have access to all available resources.



Denise Baxter
Vice-Provost of
Indigenous Initiatives



Stacey Pawluk
Administrative and
Programs Officer,
Indigenous Initiatives



Anna Chief
Indigenous Outreach
and Recruitment
Coordinator, Indigenous
Initiatives



Lisa Primavesi
Indigenous Access
Programs Coordinator,
Indigenous Initiatives



Fionna Farquhar
Indigenous Transition
Year Program
Coordinator



Yolanda Twance
Coordinator,
Indigenous Student
Services Centre



Sheryl O'Reilly
Student Counsellor,
Indigenous Student
Services Centre



Sheila Pelletier-Demerah
Administrative
Assistant, Indigenous
Student Services Centre



Lisa Harris
Nijiji Indigenous
Mentorship Program
Coordinator,
Indigenous Initiatives



Manaajii'iwewin (Respect) — Buffalo
"To honor all creation is to have Respect"

Cultural Services

At Lakehead, we are proud to offer a culturally supportive environment to all Indigenous students including Status, Non-Status, Inuit, and Metis. Our aim is to help Indigenous students to achieve success in their academic goals through a variety of support services. As well, we offer a continual welcome to all students, staff, and faculty who wish to learn more about Indigenous culture, traditions and teachings. Services include, cultural, individual, academic and transitional support.

The Gakina Nindinawemaaganag Lounge

The Thunder Bay campus has an Indigenous Student Lounge, which is a hub for student activities throughout the year, and a home away from home where students gather as community.

The lounge offers an open and comfortable environment where students can access a study area, kitchenette, and computer station. In addition, we have a cultural room for individual or group sessions with our Elders-in-Residence Program.

Location and hours

Location: UC 1007

Lounge Hours: Monday to Sunday
8:30 am - 4:30 pm

If you require additional hours in the lounge outside of the regular scheduled times, please visit the Indigenous Student Services Centre (ISSC) office (UC 1007) or e-mail a request to adm.issc@lakeheadu.ca.

**If the Lounge is closed during the weekday or weekend, please see or call LU Security at (807) 343-8569 and they will open the lounge for you. Make sure you have your student identification available.





Transition Services

Transition Services

Accessing adequate funding, whether through your First Nation, OSAP, or other bursaries and scholarships will be critical to your academic success. Attending university when you are from a remote community, returning home for holidays, and family emergencies can be extremely costly. The cost of tuition over four years, required course books, monthly rent, furniture and other living necessities can make the idea of attending university extremely daunting.

Services on-campus include both Indigenous specific supports and those generally available to every student such as: admissions support, financial aid, locating affordable housing, student unions, campus food banks, counselling, coffee bars, tutors and mentoring, and accessible childcare. Be sure to contact the Indigenous Student Services Centre for assistance.

Community – inside and out

Services in the community include the many supports offered on campus through Student Central, Student Success Centre, Student Accessibility Services and student unions, or there are organizations and activities students can take advantage of for professional and personal reasons off campus. City services include: local festivals, art galleries, concerts, transitional homes, clothing assistance and other charitable organizations.

Cultural Events

Participation is one way individuals can establish their personal identity. Whether you grew up in an environment where your family practiced traditional beliefs, or you're just starting to learn more about Indigenous culture, Lakehead has the people and activities to help you. Students have access to Elders in Residence and culturally relevant discussion forums on current events, hands-on arts based workshops, and access to spiritual practices that respect your own teachings and honour the path you choose to walk.



Zoongide'e (Courage) — Bear
"Face adversity with integrity"



Annual LUNSA pow-wow



Cultural Participation

Giving tobacco to an Elder & making tobacco ties

When asking an Elder for teachings, to share their knowledge with you, or other ceremonial practices, it is customary to bring tobacco as an offering. If students need tobacco to make a tobacco tie to offer an Elder, they are welcome to get some from the Indigenous Students Services Centre. A tobacco tie is small piece of cloth tied with string or ribbon. You place the tobacco in the center and begin folding the corners of the cloth. While you make the tie, you can take the time to pray and positively reflect on the request you are going to be making of the Elder and think positive thoughts.

Childcare, Housing and Funding

Being able to access affordable housing and childcare is often a challenge, especially if you are coming from a remote community and are not familiar with the city. Lakehead University has a childcare facility right on campus – the Nanabijou Childcare Centre opened in early 2015. To apply for Childcare in the City of Thunder Bay please make an account at <https://thunderbay.onehsn.com/home/applyforchildcare>

District of Thunder Bay Social Services Administration Board

This is the hub to access needs like housing, childcare, financial assistance and a job bank. On this site you can view many of the available housing units, along with access to important forms, on the right hand side of the page of that website. <http://www.tbdssab.ca/>

Why I Came to LAKEHEAD



"I not only have been able to access academic, mental health, and cultural supports through ISSC, but have found a community of students and staff (many of whom have become close friends) who's encouragement and support have been most integral to my success."

Clifford A. Mushquash, Masters of Public Health





Welcome to Thunder Bay!

We are pleased to welcome you to the City of Thunder Bay and sincerely hope you will find your time here a comfortable and positive experience. Lakehead University has been educating people from all over Canada for over fifty years, and we are proud to offer you an inclusive and accessible education that will prepare you for employment in a broad range of disciplines. At Lakehead we have outstanding professors, courses, and training facilities, along with recreational and arts activities both on campus and at our local educational partners to bring you the best learning experience possible.

When you're coming to Thunder Bay, finding a safe and affordable place to live is a big priority. Many students struggle with finding suitable, affordable housing especially when they have young families and need more space to live and grow in. There are resources you can access to make the move easier, and the Indigenous Student Counsellor at Lakehead is happy to help if you need assistance.

Housing in Thunder Bay remains a challenge because of cost and availability

Subsidized housing is available in Thunder Bay, but many have long wait lists. By taking action now and being placed on several wait lists, you will have a better chance at securing housing when you get to Thunder Bay and before your classes begin.

Lakehead University Residence

Staying in residence allows you to be close to your classes at all times. Situated right on campus, the first year dorm rooms provide an easy way to meet new people and become fully immersed in the university experience and community. Full meal plans are bundled with the cost of residence. For more information, see: <https://www.lakeheadu.ca/current-students/residence>



Nibwaakaawin (Wisdom) — Beaver
“Cherish knowledge”





Lakehead University Off-campus Housing

When filling out forms, checking the right information boxes (☒) will allow you to find what you are looking for, such as whether or not utilities are included in the cost of rent. Living options include apartments, houses, rooms in houses and even townhouses with different levels depending on your family needs. You may also choose to room with other students.

The 'Rental Listings' link on the left-hand side of the page is one place you can view all the rentals. <http://offcampus.lakeheadu.ca/roch/index.php>

Sites like Kijiji are convenient when looking for a place to rent, but it is important to be cautious, and never pay money before you have a signed contract in hand. Another way to learn about rentals specific to students is by looking

at the bulletin boards on the walls around campus, a couple of months before your academic program begins. Many landlords will post their rentals with information and pictures for students to see over the summer, or throughout the academic year.

Urban Indigenous Housing Program

Subsidized housing is available to seniors and families with a wait list of 6 months to a year, so you have to get on this list at least one year prior to attending Lakehead University. For any inquiries, you can call 807-343-9401 or go to <http://www.nptbdc.org/article/welcome-meegwetch-1.asp>





We're Here For YOU!



The tipis at the sweat lodge site during Fall Harvest

One of the best things about attending a smaller university like Lakehead is the level of interaction with other students and faculty. Transitioning to university can be an intimidating experience, but when you visit the Office of Indigenous Initiatives and the Indigenous Student Services Centre, you will meet Indigenous staff totally committed to your success.

Indigenous Student Services Centre

ISSC is Lakehead University's main hub for First Nation, Inuit and Metis (FNMI) and non-status students. Throughout the academic year you will find fun events and activities happening in the student lounge. Monthly potlucks, holiday parties, study groups and engaging discussions on just about everything are a common occurrence. Cultural services include Elders-in-Residence to provide you with cultural and spiritual support, smudging, monthly sweat lodges, and weekly bannock,. There is an abundance of food, prizes, and fun events for students throughout the academic year; all free for you to enjoy.

Why I Came to LAKEHEAD

"Whether it be emotional support or connecting me with financial aid and other helpful academic or cultural resources, ISSC has been instrumental in the success of my educational journey."



**Etanda Arden, Honours Bachelor of Arts/
Indigenous Learning**



Making friends

Take the opportunity to meet new people! Lakehead offers a host of student-led clubs you can explore to find like-minded people from a variety of backgrounds and interests, and if you can't find a club you like, you can always start a new one! The Lakehead Native Student's Association provides a great opportunity for students to become involved in various student led programs and services. For more information contact LUNSA at lunsa@lakeheadu.ca. Don't hesitate to strike up a conversation with fellow students in the lounge, especially at our many feasts and potlucks. Our lounge is your home away from home. We want you to feel at home during your stay here at Lakehead, and what better way than with a hot meal?

Regional Multicultural Youth Centre

The RMYC is located at 511 Victoria Avenue East and provides a safe space for many of Thunder Bay's youth to relax, meet new people and work as advocates for fellow youth. Check them out at <http://my.tbaytel.net/manwoyc/about/rmyc.html>

Indigenous Friendship Centre

The Thunder Bay Indigenous Friendship Centre hosts a variety of support services and programs for Indigenous people in the community, ranging from healing and wellness events to hand-drumming circles, financial support and family support programs. There are also programs for children and youth available to nurture Indigenous spirituality and culture. <http://www.tbifc.ca/>

Gwayakowaadiziwin (Honesty) — Sabe
"Face situations and be brave"





Staying Active

Looking for something to do in the great outdoors? Thunder Bay has a variety of activities both on and off-campus ranging from art openings, to family movie nights, music in the park, and conversations at the local libraries with interesting speakers. There are also great places to walk or run along numerous recreation trails.

Your Lakehead University student ID card grants you access to both the CJ Sanders Fieldhouse and what is known as The Hangar, where you will find exercise equipment and a pool, giving you the opportunity to stay active throughout the school year no matter how often it snows. The Hangar offers an indoor running track, as well as weight and cardio areas, while the Fieldhouse is fully equipped with a weight room, cardio room, Olympic swimming pool and a sauna in both the men's and women's change rooms.

<http://thunderwolves.ca>



Dibaadendizowin (Humility) — Wolf
“Know yourself, and do good to others”

Recreation & Family Fun

Our Kids Count

OKC provides Community Kitchens to teach cooking skills and offers a young parents program, life skills workshops, and free short-term counselling. Visit <http://www.ourkidscount.ca/> or call 807-623-0292.

Evergreen, A United Neighbourhood

Located in Minnesota Park, Evergreen has set up the initiative to bring community-building to an all-time high in the Simpson-Ogden neighbourhood of Thunder Bay. Community cook-outs, winter skating, movie nights, neighbourhood walks and other fun activities are part of the regular weekly schedule at Evergreen. You can find their Facebook page under Evergreen a United Neighbourhood.

<http://evergreenaunitedneighbourhood.org/> or call 807-626-0090

Community Arts and Heritage Education Project (CAHEP)

CAHEP provides community, arts-based education through a variety of venues in Thunder Bay, including City Hall Sounds, Summer in the Park and many more. There are tons of engaging and creative activities for children, youth and adults alike! Their website is <http://cahep.ca/>





For the Creative

Port Arthur's Landing has a splash pad for kids in the summer and a skating rink in the winter; both free of cost. This is where you will also find events such as Live on the Waterfront. The Youth Festival, Canada Day celebrations, and many more events all take place at this wonderful park. For calendar events you can check out the City of Thunder Bay's Community Events Calendar or check out The Walleye, which is a free local publication.

City of Thunder Bay - http://www.thunderbay.ca/Living/recreation_and_parks/Events.htm

The Walleye - <http://www.thewalleye.ca/>

Thunder Bay is also home to a lively arts scene that welcomes new artisans and crafters. The Thunder Bay Art Gallery is renowned for its unparalleled collection of Woodland Art and frequently hosts exciting art openings. There is also the Definitely Superior Art Gallery, which hosts many interactive community events such as Urban Infill, where empty downtown Port Arthur businesses are transformed into galleries, or the Derelict Fashion Show, which is centered on the creation of wearable art.

The Baggage Arts Building and Gallery 33 are also located in the Waterfront District and offer a look into this city's gorgeous local art scene.

Neechee Studio is a free program led by Indigenous youth. They provide various workshops once per month during the school year.

Baggage Arts Building - http://www.thunderbay.ca/Living/culture_and_heritage/Baggage_Building_Arts_Centre.htm

Thunder Bay Art Gallery - <http://www.theag.ca/>

Definitely Superior - <http://www.definitelysuperior.com/>

Neechee Studio - neecheestudio@gmail.com

Gallery 33 - <http://gallery33.ca/>

Ahnisnabae Art Gallery - <http://www.ahnisnabae-art.com/>



Getting the Support You Deserve

Mentoring

We have many student mentors available to work with you, ensuring you know how to navigate campus and where to access support. Our mentors are upper-year students who are there to answer questions you may have in your first and second year of school. They can help with understanding how to write an essay, establishing strong study skills and building a professional work ethic. These young people are skilled at being an outstanding students and they can share how they got there over a coffee or a walk around campus. By choosing to work with a mentor, you will be creating a new relationship with someone who has been through the same learning curve as you are now, and is eager to give you advice and mutual support.



Lakehead University Nijii Indigenous Mentorship

Lakehead University Nijii Indigenous Mentorship matches experienced university students (at the undergrad, graduate and post-graduate levels) with Indigenous high school students from across the Thunder Bay region to create a positive connection meant to inspire and assist the student in learning about

Science, Engineering, Business, English and Natural Resource Management. Besides providing educational support to high school students the program also gives students an opportunity to learn about post-secondary education and spend time on campus in labs and lecture halls. Volunteer university mentors join in school classrooms to do motivational challenges and fun experiments with high school students. For more information please contact Lisa Harris at nijii@lakeheadu.ca or call 343-8010 ext 8528.

Counselling and Transition

Once you arrive and begin classes you may find yourself feeling stressed from the pressures of a new environment, new housing challenges, financial changes, or even the newness of attending classes and learning new things. If you find yourself dealing with anxiety, depression, substance abuse issues or any other physical or mental health issues, come and see us immediately. We will talk with you and if necessary, help you make an appointment with the Indigenous Student Counsellor and Transitions Advisor on campus, with our resident Elder, or with a student mentor if making a new friend will be enough. Student Health and Wellness also offers medical services, such as prescribing birth control, physical examinations and referrals.

Mental Health

Mental health challenges may be intensified during transition into post-secondary school. First-year of postsecondary is full of emotional challenges that span far beyond academics – for all students. (Centre for Innovation in Campus Mental Health Nov. 3, 2015)

Please visit the Indigenous Student Services Centre at <https://www.lakeheadu.ca/indigenous/indigenous-services-tb> to access services to help you have a smooth transition. Individual and Group Mental Health Support Services are also available at the ISSC. Counselling at the ISSC is a free, client-centred non-judgmental service. Licensed/registered, professionally trained Social Worker provides one-to-one counselling to Indigenous students.

For more information please check out our website <https://www.lakeheadu.ca/indigenous/indigenous-services-tb/individual-services>

Additional Mental Health Resources and Support:

Talk4Healing Our toll-free telephone line is open for calls now at: 1 855 554 HEAL

Hope for Wellness If you're experiencing emotional distress and want to talk, call the First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310 or the online chat at

GOOD2TALK post-secondary crisis line- 1-866-925-5454

Togetherall 24/7, free anonymous, on-line support for your mental health.

Bounceback or call 1-866-345-0224 A free program to help you tackle Depressions and Anxiety.

Wellness Together Canada free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals.

“Talk-in” Counselling Clinics or call (807) 700-0090. Thunder Bay's free walk-in counselling clinic. Currently being offering Monday through Friday via phone or video.

Student Assistance Plan Wellness Program (provided by LUSU extended benefits)

Thunder Bay Crisis Response Services 24/7 telephone services to both youth and adults who are experiencing a mental health crisis. Thunder Bay: 807-346-8282 District /Toll-Free: 1-888-269-3100 Kenora Rainy River District: 1-866-888-8988

Addictions Counselling free services including alcohol and drug assessment, treatment planning and referral through **Thunder Bay Counselling Centre**, 807-684-1880

Thunder Bay Sexual Abuse/Sexual Assault Counselling Crisis Centre provides immediate crisis intervention, counselling, advice and education. (CRISIS LINE 807-344-4502)

Dilico Anishinabek Family Care Mental Health Resources and Walk-n Clinic call 1-807-624-5818. Crisis Line 1-888-269-3100

hopeforwellness.ca. It's toll-free and open 24 hours a day, 7 days a week.

For local organizations that offer counselling services, please do not hesitate to contact the Indigenous Student Counsellor.

Zaagi'idiwin (Love) — Eagle
“To know peace is to know Love”





Student Counsellor and Transition Advisor

Hello! My name is Sheryl O'Reilly and I am the Indigenous Student Counsellor/Transition Advisor with the Indigenous Student Services Centre at Lakehead University. I hold

an Honours Bachelor of Indigenous Social Work degree and I am Registered with the Ontario College of Social Workers and Social Service Workers.

I believe that everyone has gifts that may be realized, discovered and built upon with support. I work from a strength-based, person and community centered approach. I look holistically at the self, striving for balance in all aspects (emotional, physical, intellectual and spiritual).

There are several other events and work-shops that I organize throughout the year that are geared towards not only the academic success of Indigenous students but also personnel growth and safety. Some workshops include; self-care, stress management, vision boards, and many more.

I am honoured to have the opportunity to provide counselling and transition supports for Indigenous students throughout the academic year. I am located in UC 1007 AA and can be reached at 343-8010 Ext 8072.

For other local organizations that offer counselling services, please do not hesitate to contact the Indigenous Student Counsellor.

Staying Safe

You will find emergency phones located on all of the walking paths around campus.

Some other ways to exercise safety and awareness;

- Travel in groups of two or more
- If wearing headphones, keep the volume low, or never wear headphones when walking alone anywhere in the city, but especially along isolated pathways
- Be mindful of your surroundings at all times
- Avoid taking shortcuts you are not familiar with no matter where you live in the city
- Download Lakehead University's mobile safety APP





The organizers of Maadaadizi (starts a journey in Ojibwe) organize a fun and exciting joint post-secondary Indigenous Student Orientation.

Maadaadizi

The Indigenous Student Services Centre at Lakehead University, in conjunction with Confederation College, Oshki Pimache-O-Win; the Wenjack Education Institute, Seven Generations Education Institute, Matawa Post-Secondary Education, Northern Nishnawbe Education Council, and Eabametoong First Nation plan and organize an annual Indigenous student orientation. The event, called Maadaadizi means “starts a journey” in the Ojibwe language. This joint post-secondary Indigenous Student Orientation is held at Marina Park, usually during the first week of September. It’s a special day set aside to welcome post-secondary Indigenous students and their families to their respective institutions and to the City of Thunder Bay. The event features prominent Indigenous speakers and musicians, information booths by various organizations, children’s activities, prizes and



refreshments. The event is free and everyone is welcome to attend. It’s a great opportunity to meet fellow post-secondary students and to make connections with post-secondary education staff and faculty.



Gitigaan at sweatlodge site.



Food Insecurity

The LUSU Food Resource Centre (FRC)

The aim of the Centre is to break down stigma that surrounds accessing emergency food resources on campus by creating a welcoming environment for students.

The Food Resource Centre includes three subdivisions: The Pantry, The Kitchen, and The Garden.

To access the FRC and to learn more about their services please email frc@lusu.ca or phone: 807-343-8010 ext 8850, location: UC 2014 B.

Thunder Bay Food Bank

129 Miles St. E., 626-9231

Gives food to those in need. Limit once a month, must bring ID with current address. Open Tuesday and Friday 9:00 am - 11:00 am, (except the first Tuesday and Friday of every month).

People's Potato

Free lunch on Thursdays for students at Lakehead University, just bring a plate and some cutlery.



Debwewin (Truth) — Turtle
"Remember the teachings and live them every day"



Racism

Racism is something that can be blatant or covert, it can manifest in words or actions from slurs to stereotyping. If you or someone you know is dealing with racism, you can access supports from ISSC and Lakehead University's Office of Human Rights. By practicing positive self-care and accessing your support network of peers and the staff of Lakehead, you can help to challenge and overcome racism.

For more information on confronting racism, visit http://www.thunderbay.ca/City_Government/News_and_Strategic_Initiatives/Indigenous_Relations/Walk_A_Mile_Film_Project/Be_Aware.htm

Legal Services

If you are planning on taking a case to the Human Rights Tribunal, you can get access to free legal counselling through the Human Rights Legal Support Centre. If you have faced discrimination based on your age, social status, race, religion, family status or more, you can contact the Human Rights Legal Support Centre to see if you have a Human Rights violation case. Toll Free: 1-866-625-5179 or visit <http://www.hrlsc.on.ca/en/welcome>

Kinna-aweya Legal Services offers no cost legal advice and assistance to low-income residents who meet financial eligibility. They focus on housing claims, such as eviction and Tenant's Rights, and have branch offices that deal with a wider variety of cases. (807) 344-2478 or visit <http://www.kalc.ca/>

Nishnawbe-Aski Legal Services provides a variety of legal services, assistance and advice for NAN members. (807) 622-1413 or visit <http://www.nanlegal.on.ca/>

The Office of **Human Rights and Equity** aims to realize the rights of all students, faculty, staff and visitors of Lakehead University through human rights protection, promotion and implementation.

Resources: Human Rights Intake Form
Office Location: LI 5012
Phone: 807-346-7765
Email: humanrights@lakeheadu.ca





Office of Indigenous Initiatives

Phone: (807) 343-8010 Ext 7219

Fax: (807) 343-8679

Email: admin.ii@lakeheadu.ca

Indigenous Student Services Centre

Phone: (807) 343-8010 Ext 8085

Fax: (807) 346-7757

Email: adm.issc@lakeheadu.ca

Facebook: Lakehead University Indigenous Student Services Centre



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Indigenous Student
Services Centre