



## National Child and Youth Care Conference – Bursary Opportunity for CYCWAM Members

'The Child and Youth Care Association of Alberta (CYCAA) is pleased to be hosting the National Child and Youth Care Conference, October 5-7, 2022, in Canmore, Alberta, Canada, situated in the magnificent Rocky Mountains west of Calgary, on the ancestral lands of the Blackfoot Confederation. The conference signifies our hope to come together once again as a collective for connection, inspiration, and learning. It will also be the 50th Anniversary celebration for CYCAA!'

It is with great anticipation and excitement along with my colleague Chelsea Champagne that I am making plans to attend the "Reaching for a Better Tomorrow" conference. It will be a wonderful opportunity to reconnect with our friends and CYC colleagues from across Canada and other parts of the world.

One of the key opportunities being offered to CYCWAM members (Full and student members) is the chance to apply for a \$500 bursary to reduce the cost of attending the conference. Please stay tuned to Instagram posts and the CYCWAM website regarding the application process.

Lastly, CYCWAM would like to congratulate Alex Scott the 2022 recipient of the RRCP CYCWAM Scholarship.

Kristyna Fagerstrom Castro, President



### Reflection: Alex Scott 2SLGBTQ + CYCP



My name is Alex Scott and my pronouns are they/them. I am fresh in the field and a recent graduate of the Child and Youth Care Diploma program through Red River College Polytechnic. Today I am sharing a short reflection on the experience of being a CYCP as well as a member of the 2SLGBTQ+ community.

Some days, as is true for all of us, require just a little more self-care, and a little more self-reflection. I reflect on a hard battle I had in my head when working with a family that did not agree with discussing 2SLGBTQ+ identities with the youth I was supporting. I knew I had learned about this kind of thing in school, but I did not know how I would feel. I politely told them I understood, and that night spoke with my support system about how it made me feel. Honestly, it hurt. I had to think about how I could manage and if I could compromise my own values and judgment to continue to support this family, and how I could process and move through my feelings and be professional. This can be experienced in diverse ways even from coworker to coworker in the workplace as well such as diminishing someone's gender identity, and even asking gender specifics in terms of partner "boyfriend/girlfriend/husband/wife."

One of the things I love about this field is that we are a group of learners and always strive to come from a place of compassion, empathy, and best practice. In terms of inclusivity and meeting the needs of the community, this field is working hard to achieve wonderful things. In my experience, the teams I have worked with have been nothing short of lovely. In closing, I wrote this reflection to share an experience from my perspective and to share with you all one example to show why self-awareness, self-care, and empathy are invaluable in this field. Always remember, you never know what someone is going through.

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## National Indigenous Peoples Day ~ Taylor Cheater-Mitchell

For me this day represents all the time that has passed that the Indigenous people and their culture were not recognized. As a Metis person I personally connect with this, as my family experienced a loss of identity and family and culture. As I think about all the good and bad things that have happened in the past this day represents a new beginning for Indigenous people and the culture as a whole. National Indigenous Peoples Day can be a time of love, healing, teaching, being a voice for truth, emotional justice, discovering and forgiveness. It can mean a lot of different things to many different people such as helping them understand who they are, who they want to be, and where they come from. I think it is a chance for everyone, whether you are Indigenous or not, to go out and talk with people and learn something new, recognize what it must feel like for people and get a new perspective on someone else's experience. I feel a sense of pride as I reconnect with my Metis culture and talk to people from different communities or people that have walked different paths in life, and I very much appreciate hearing them tell their stories. As a CYC practicum student at Neecheewam I have the privilege to talk with Grant and Anna every day and learn new things about the Indigenous Culture. Even though I'm sometimes nervous that I will say or do something wrong during a gathering or ceremony, they are always very supportive as I learn new things about my own culture.



Personally, and in my work with youth, the holistic approach to healing is a very meaningful and one of the most important things to indigenous people. The holistic approach represents four different areas: mental, physical, spiritual, and emotional. Indigenous people believe that this connects us with each other. If one part isn't being represented it can affect the other areas of our health. I want everyone to learn about the holistic approach and I want people to go and talk about the holistic approach, listen to the stories, and people that will share how they incorporate it or what it means to them. I am very happy that I get to listen to Cory, and hear his teachings, he is very patient and takes time to share his knowledge. My hope is that as you learn about holistic healing, you too do one thing for each part of yourself – to build a sense of wholeness. Some ideas or suggestions I have: for the mental part- you could meditate, speak words of affirmation to yourself or others, connect with nature – maybe do something you wouldn't do such as take your shoes off and walk on the grass. Physically you could drink water, take few deep breaths, focus on yourself, have a nutritious meal, and interact with people. Spiritually you could connect with your culture, learn more about the culture of other people, connect with core values and what that looks like to you, you could pray or connect with a higher power. Emotionally you could talk to someone, listen to a person's story, connect with yourself, think about how this day makes you feel or what it would be like being in another person shoes, listen to song that makes you feel a certain way and connect with your emotions. These are just some ideas that you...I... could try to incorporate not only for National Indigenous Peoples Day, but into your life...my life...every day.

Respectfully Taylor Cheater-Mitchell, Practicum Student, Neecheewam

*Many agencies in Winnipeg and Manitoba have demonstrated their commitment to the professional development of their staff by sending CYCPs, Program managers, Family Support Workers, Therapists, and other members of their team, to our provincial conferences. We look forward to your participation at our conferences and workshops in the future.*

**We respectfully recognize that the places we work are located on original lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.**



Jessie Home



Neecheewam

