

Kikinaw: Our Home

Exciting news towards equity and excellence

Welcome to the Kikinaw Newsletter (pronounced kee-kee-now). In this newsletter we share reflections from Indigenous cultural activities around SSCY Centre, let you know about upcoming events, and share quality and equity initiatives. In each edition we share reflections on teachings from our Elders and Knowledge Keepers in the previous season as well as resources that may be helpful in your work and personal lives.

We would love your input on content for the newsletter. If you have ideas to share or a reflection or photos to submit, please get in touch: kikinaw@rccinc.ca.

Learning with Wisdom Keeper Mary Wilson

Each month, Wisdom Keeper Mary Wilson leads a webinar for SSCY staff and clients.

They occur on the second Thursday of every month,

from 12 PM - 1 PM. [Click here](#) to join the webinar or email rcantalejo@rccinc.ca to receive a calendar invitation.

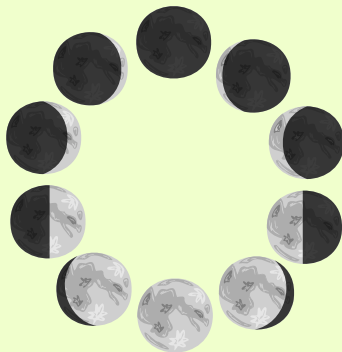


We offer smudge ceremonies in front of SSCY Centre (1155 Notre Dame Ave.) on Monday to Thursday at 12 PM & Friday at 8:45 AM.

Daily
Smudging
at SSCY

Contact rcantalejo@rccinc.ca
for the calendar invite.

Full Moon Ceremony



Full moon ceremonies are a monthly time of strength when women and two spirit individuals gather outdoors to celebrate the feminine energy of grandmother moon in ceremony. If you are interested in learning more please connect with Wisdom Keeper Mary at mwilson@rccinc.ca.

Upcoming full moons

March 3: Worm Blood Moon
April 2: Pink Moon
May 1: Flower Moon
May 31: Blue Moon

THE GIFT OF WORK

"I walk the spiritual pathway by honouring work as a sacred act of reciprocity, guided by nature and aligned with ancestral law."

From the Place of Ancestral Law

Ancestral law is not written. It is remembered.

It is the understanding that work is not just labour, but contribution, reciprocity, and ceremony in motion.

Your ancestors did not separate work from pathway; to them, work was how you carried your lineage forward, kept the world in balance, and honoured the life you were given.

Nature as the Guide Beyond Ego

Nature teaches without speaking. It shows cycles instead of deadlines, growth instead of achievement, reciprocity instead of extraction, and purpose instead of performance. When you say nature is the guide who reaches beyond ego, you are naming a shift from 'What do I have to do?' to 'What am I in relationship with?'

Nature does not work for validation; it works because it is part of the whole.

Honouring the Gift of Work

There is a difference between doing work and honouring work. Honouring work means recognizing the task as a gift, seeing the people involved as kin, understanding the responsibility as sacred, and letting the work shape you rather than diminish you.

You turn tasks into meaning, routines into care, and responsibilities into teachings.

You already live this law; you are naming it more consciously now.

Walking the Spiritual Pathway Through Work

Your spiritual pathway is not separate from your daily life. It's braided into the ceremonies you plan, the people you support, the staff you guide, the reflections you write, the boundaries you hold, and the compassion you offer. Your work is not a distraction from your spiritual path; it is the path.

'Your work is not what you do. Your work is who you become through doing it. Honour it, and it will honour you.'

I am filled with gratitude to have the opportunity to work with others. Not everyone has the same Privilege or opportunity.

So, as I understand these teachings. I say thank you for my life and the ability to serve.

Grandmother Mary Wilson (mwilson@rccinc.ca)

Winter Reflections



WINTER SOLSTICE

On Friday December 19th, 2025, we honoured the winter solstice with stories and songs.



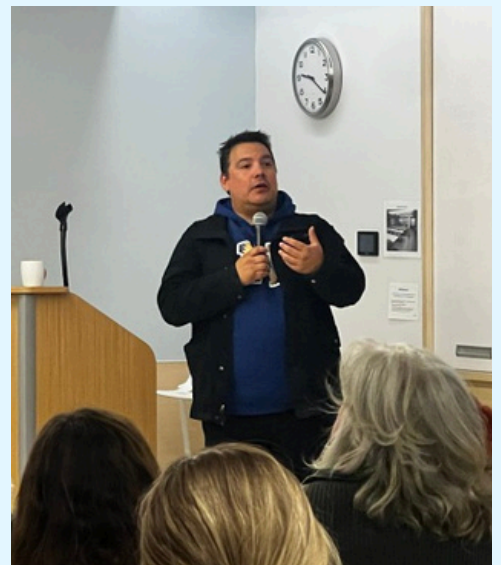
DR. NIIGAN SINCLAIR

PRESENTATION AT SSCY CENTRE

On Wednesday, January 7th, we were honoured to hear and speak with Dr. Niigaan Sinclair. One participant reflected:

“In a time when everything feels chaotic, Dr. Niigaan Sinclair’s speech arrived exactly when it was needed. His reminder that “we are exactly where we need to be” resonated deeply with me. Reflecting on his comments about the millions of decisions that bring us to each present moment made me think about my own role, as a mother, healthcare worker, daughter, and friend, and the choices I make that will shape the experiences of future generations. His words were both inspiring and grounding, offering a sense of ease and reassurance at a moment when I truly needed it.”

- Nicole Leclair



Upcoming Important Dates

March 20: Two-Spirit Celebration and Awareness Day – celebrates the diverse identities within Indigenous cultures and raises awareness of Two-Spirit peoples. It is a day of recognition for the unique roles that Two-Spirit individuals play in Indigenous communities.

March 20: Spring Equinox – marks a time of balance and renewal in many Indigenous traditions. It represents the changing of seasons and is often seen as a moment for reflection, growth, and spiritual connection to the earth.

March 22: World Water Day – emphasizes the vital importance of water to all life and raises awareness about the threats to clean water sources. Indigenous peoples' deep connection to water is celebrated and recognized on this day.

March 31: National Indigenous Language Day – highlights the need to preserve and revitalize Indigenous languages, which are crucial for cultural survival. This day honours the efforts of communities working to keep their languages alive.

April 11-20: Toonik Tyme – an Inuit festival celebrating the return of spring with cultural events, storytelling, and traditional practices. It is a time for communities to come together and honour their Inuit heritage.

April 22: Mother Earth Day – dedicated to honouring the planet and recognizing the deep spiritual and cultural connection that Indigenous peoples have with the land. It is a reminder to care for and protect the Earth for future generations.

May 5: Red Dress Day – raises awareness about the issue of missing and murdered Indigenous women, girls, and Two-Spirit peoples. The display of red dresses symbolizes the loss and the call for justice and healing.

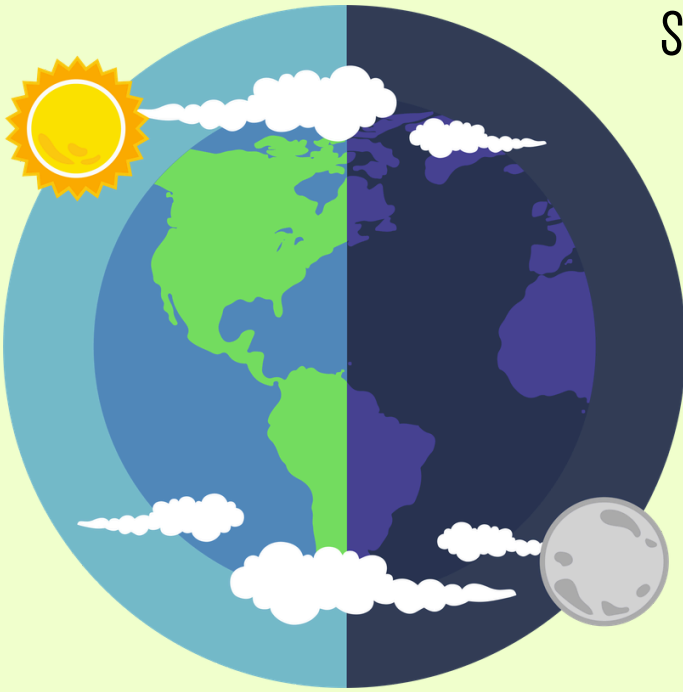
May 10: Bear Witness Day – honours Jordan River Anderson and encourages people to "Bear Witness" to ensure full implementation of Jordan's Principle. Despite several non-compliance orders from 2016 to 2017, Canada's progress has been slow in ensuring that First Nations children receive the services they need, when they need them.

May 15: Moose Hide Campaign Day – focuses on ending violence against Indigenous women and children. The campaign involves wearing moose hide as a symbol of commitment to standing up against violence and supporting survivors.

Compiled by **Grandmother Mary Wilson** (mwilson@rccinc.ca)

Springtime

Upcoming Events



SPRING EQUINOX & ELDERBEARY DAY CELEBRATION

Please join us for a celebration of the Spring Equinox and Elderbeary Day!

Thursday March 19, 2026 at 10AM

Weather permitting, our hope is to hold this gathering outdoors in the enclosed area by the daycare near Reflection Garden. The gathering will include teachings and songs from Wisdom Keeper Mary, as well as a planting activity for the daycare children, honouring the season of renewal and growth.

Alternate location will be in the SSCY Atrium.

WEBINAR SCREENING

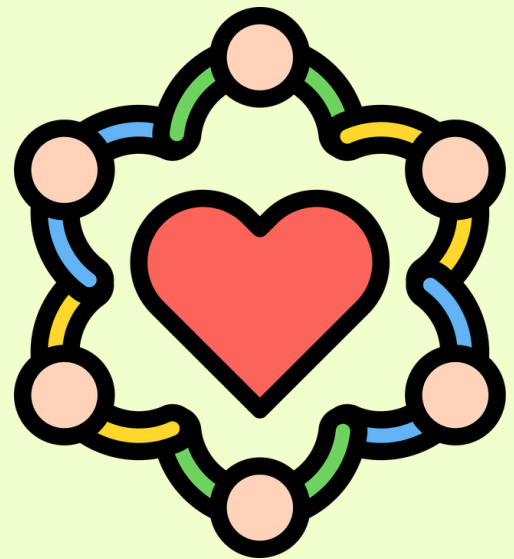
Wednesday April 8th, 12:00 - 1:30pm

SSCY Centre & online

Indigenous Perspectives on Building Inclusive Autism Practices with Grant Bruno

Designed for professionals and service providers working with the autistic population, this webinar is for anyone committed to creating a more inclusive community of practice to support autistic Canadians and their families.

For more information, please contact Kally-Anna at kclinton@rccinc.ca.



Volunteer Opportunity

Would you like to be involved in planning or facilitating events here at SSCY? The Indigenous Events Planning Committee (Wolf Pack) is always looking for volunteers!

Contact Rowelie at rcantalejo@rccinc.ca to find out what you can do to help.



Did you know that we have an Indigenous Interest Resource Library inside the SSCY Family Resource Centre?

This collection is open to everyone. Drop by our space off the main lobby, behind the tipi.



The Kikinaw Newsletter is put together by a small group from the Jordan's Principle / Truth and Reconciliation Advisory Committee. If you are interested in contributing to this publication, please email us at kikinaw@rccinc.ca.

Our Summer newsletter deadline is May 1st!

We always welcome feedback, so please contact us with any questions or concerns.



RCC Jordan's Principle
Facebook Group



For caregivers, Jordan's Principle staff, healthcare workers, daycare staff, etc.

Check out shared resources, tips, information AND MORE!

Scan the QR code
OR search "RCC Jordan's Principle"



Jordan's Principle / Truth and Reconciliation Advisory Committee

The purpose of the Jordan's Principle / Truth and Reconciliation Advisory Committee is to ensure that Rehabilitation Centre for Children (RCC) is providing culturally safe and culturally appropriate services with and for Indigenous clients and families and is facilitating the ongoing movement towards First Nations-led health services. The Committee was formed in 2018 and since then has spearheaded many initiatives across the SSCY Centre and beyond, including education, outreach and special events.

Committee Members:

Grandmother Helen Robinson-Settee (chair), Wisdom Keeper Mary Wilson, Josh Ahmo, Pam Becker, Barb Borton, Krista Buchanan, Rowelie Cantalejo, Jeanette Edwards, Chris Froese, Elizabeth Hammond, Justine Hutton, Nicole Leclair, Diana Renaud, Melanie Sheldon & Cheryl Susinski.