



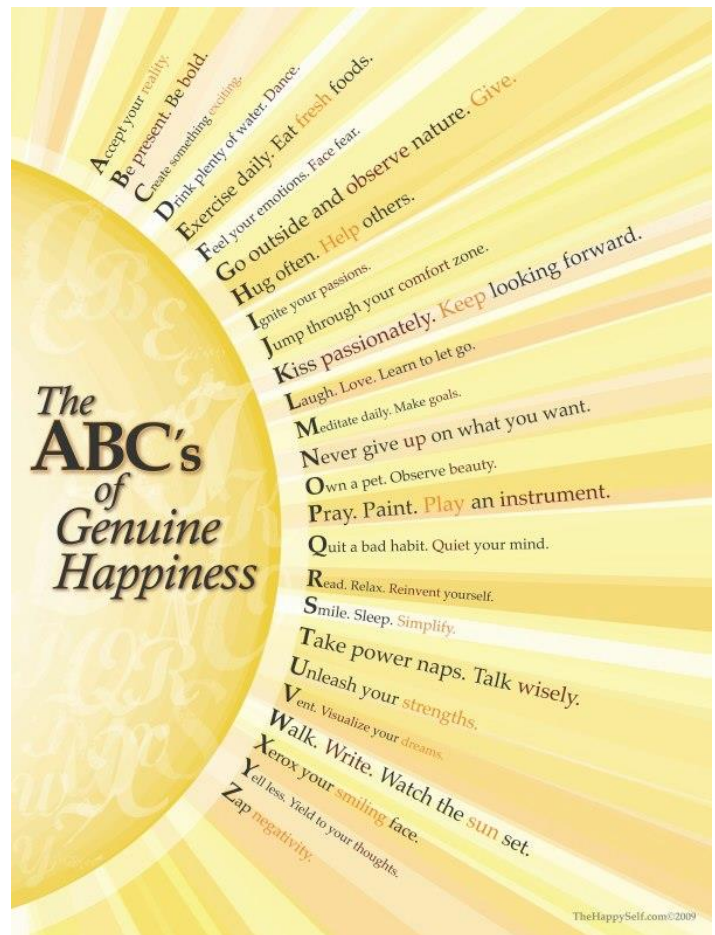
SUMMER 2013 Newsletter

‘P’ is for Picnic!

Come *picnic with us!* at Banfield Park (get off the #14 bus @ the Vic West Community Centre.)
Picnic feast, nice people! (& bus tickets).

July 19th and
August 23rd from
10am-noon!

More info: kim@ypsn.ca



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This summer we are available...

...by appointment...

250.384.0552

Fall office hours...

Starting in September we'll have **office hours** (for the 1st time ever!) Come on down **9am-12pm Monday- Friday!** (and we'll still be available by appointment in the afternoons.)

...& Fall 2013 programs

- Our super~popular **Monday Drop-in** will resume on September 16th 2013.
- The next session of our **Future Planning Program** is September 20th-December 20th 2013. Find out more on our website & at the **info session** on Sept. 13th 10am-noon.
- The next **Parenting Toolbox** will be Wednesday evenings from 5pm-7pm September 18th- October 23rd.
- **The Parent Tot Wellness Spot** fall session will be on Wednesdays September 25th-November 27th from 11am-12:30pm at the Vic West Community Centre.
- **Baby Massage** Dates TBA. For babes 0-6 months. Contact Jacquelin at familysupport@ypsn.ca for information.

PLAN YOUR FUTURE TODAY!

Start having your future today! Interested? Ask about our Future Planning program.



The Goodlife Victoria Marathon

For the 1st time, runners (& aspiring runners) can raise \$ for Young Parents Support Network by joining our marathon team the 'Awesome **Possums**' & running the 8k, ½ marathon or full marathon on October 13, 2013.

Our Executive Director, Margo, I running the ½ marathon & leading our team.

Why **Possums**? Just look at this mama!



Follow Margo's blog as she prepares to run the ½ marathon for YPSN!

<http://drumsbehindher.wordpress.com/>

...I was jogging down the Galloping Goose this morning – *for those of you who know me, stop laughing and keep reading* – and I had to give myself a talking to.

I'm going on my fourth week of training, and this was supposed to be an easy run. It's the shortest one of the week, and it was supposed to be easy. The truth is though, that running is never easy (not for me, anyway) – as someone who started smoking at 12 years old, and well... running is hard. Sometimes it is less hard, or I'm less annoyed by it, or I get into looking at what's around me or thinking something through. Sometimes I feel proud and strong, and excited by my progress. Sometimes, my partner is ahead of me and I just want to beat him. Often, I'm motivated by the purpose of raising funds and awareness for [Young Parents Support Network](#) and how this pudgy

pathetic sweat-fest that I'm completing is **NOTHING** in comparison to the efforts put in by parents every day...

This morning though, none of that worked. It just sucked. It was brutal. I was about 10 minutes (running) from where I was meant to end and I just kept thinking "Screw it. I'm done; it doesn't matter."

The internal dialogue that ensued was violent and several of my most glaring character flaws and larger life-mistakes

were brought up. I reminded myself of what a flake I can be and how I can completely lack discipline. I was really mean.

This took some time, and when I realized where I was, I saw I only had half a mile to go. I thought about what a joke it was, when I first thought of doing the half [marathon](#), and about all the support and confidence I received from parents and staff and volunteers at YPSN – they knew it would be hard and a lot of work, but they knew that I could and **would** do it. I thought about that for 5 more minutes, and got to where I was supposed to finish.

There is no joyful victorious ending to this story; I will run again on Thursday, and it'll continue to be hard. The point is not even that I ran the whole way without stopping. The point is that I had that talk with me, and that I am building discipline into my new vision for myself. I would never have done this without the motivation to raise funds for YPSN. I needed to borrow discipline from the devotion I feel to a very worthy organization, from the community garden... and now, I'm growing my own personal discipline. I think that is part

of [the magic of YPSN](#): as a community, it can help keep things safe and growing for its members, even on days when it feels impossible. The members of the YPSN community actively nourish mutual respect, a feeling of belonging, recognizing people's diverse and brilliant strengths, reflecting how valuable folks are... ~Margo d'Archangelo

Family Naturopath Clinic bookings

The new booking number for
the Family Naturopathic
Clinic is 250.580.3621

Our super students!

*Young Parents Support Network is a sought-after practicum placement for students who want to develop **emancipatory practice skills** in work with children, youth & families who live with complex risk. This spring & summer, we have been extremely fortunate to have two fabulous students: Michelle & Hannah. Thank you for your presence!*

Hey Everybody! My name is Hannah (pronounced "Haw-nah"), and I'm a 3rd year Social Work student from UVIC. I have a background working with children and youth, and I've been so happy to get to meet some of you and your wonderful wee ones! If you're in the office come and say "Hi", I'm eager to get to know more awesome people in the YPSN community!



A big appreciation to Michelle, who was a member of our team from January-June this year. We can only hope Michelle learned as much from being at YPSN as we did from having her with us for 6 months. She has assured us



that she will still be around our community, so this is not a good-bye!

Michelle's an awesome mom. Here's one of her tips for summertime: *"when it's hot out kids love popsicles, but hey I don't want my kid loaded up on sugars and dyes etc. What can I do to help keep my kids hydrated this summer and cool and fun? One thing that worked for me is water popsicles. Sometimes the dollar*

stores will have a set of 6 to make your own or you can take some popsicle sticks and put them in ice cube trays filled with water and pop 'em in the freezer. A few hours later 'poof' ~ice cold popsicles. Warning: kids may fight over who gets the best or biggest one."

The 7 Sacred Teachings

~By Michelle McDormand

The traditional concepts of respect and sharing that form the foundation of the Aboriginal way of life are built around the seven natural laws, or sacred teachings. Each teaching honours one of the basic virtues intrinsic to a full and healthy life. Each law is embodied by an animal to underscore the point that all actions and decisions made by humans are manifest on a physical plain. The animal world taught humans how to live close to the earth, and the connection that has been established between the animal world and that of people has instilled a respect for all life in those who follow the traditional Aboriginal way.

LOVE - EAGLE

To feel true love is to know the Creator. Therefore, it is expected that one's first love is to be the Great Spirit. He is considered the father of all children, and the giver of human life. Love given to the Great Spirit is expressed through love of oneself, and it is understood that if one cannot love oneself, it is impossible to love anyone else.

The Eagle was chosen by the Great Spirit to represent this law, as the Eagle can reach the highest out of all the creatures in bringing pure vision to the seeker. Though the purveyor of the greatest and most powerful medicine, love can also be the most elusive of the teachings, as it depends upon a world that acknowledges the importance of spirituality.

RESPECT – BUFFALO

The Buffalo, through giving its life and sharing every part of its being, showed the deep respect it had for the people. No animal was more important to the existence of Indigenous families than this animal, and its gift provided shelter, clothing and utensils for daily living. Native people believed themselves to be true caretakers of the great herds, and developed a sustainable relationship with the Buffalo resulting in a relationship that was a true expression of respect.

COURAGE – BEAR

The Bear provides many lessons in the way it lives, but courage is the most important teaching it offers. Though gentle by nature, the ferociousness of a mother Bear when one of her cubs is approached is the true definition of courage. To have the mental and moral strength to overcome fears that prevent us from living our true spirit as human beings is a great challenge that must be met with the same vigour and intensity as a mother Bear protecting her cub. Living of the heart and living of the spirit is difficult, but the Bear's example shows us how to face any danger to achieve these goals.

HONESTY – SABLE

Long ago, there was a giant called Kitch- Sabe. Kitch- Sabe walked among the people to remind them to be honest to the laws of the creator and honest to each other. The highest honour that could be bestowed upon an individual was the saying "There walks an honest person. They can be trusted." To be truly honest was to keep the promises one made to the Creator, to others and to oneself. The Elders would say, "Never try to be someone else; live true to your spirit, be honest to yourself and accept who you are the way the Creator made you."

WISDOM – BEAVER

The building of a community is entirely dependent on gifts given to each member by the creator and how these gifts are used. The Beaver's example of using his sharp teeth for cutting trees and branches to build his dams and lodges expresses this teaching. If he did not use his teeth, the teeth would continue to grow until they became useless, ultimately making it impossible for him to sustain himself. The same can be said for human beings. One's spirit will grow weak if it is not fulfilling its use. When used properly however, these gifts contribute to the development of a peaceful and healthy community.



HUMILITY – WOLF

Recognizing and acknowledging that there is a higher power other than humans and it's known as the Creator is to be deemed truly humble. To express deference or submission to the Creator through the acceptance that all beings are equal is to capture the spirit of humility. The expression of this humility is manifested through the consideration of others before ourselves. In this way, the Wolf became the teacher of this lesson. She bows her head in the presence of others out of deference, and once hunted, will not take of the food until it can be shared with the pack. Her lack of arrogance and respect for her community is a hard lesson, but integral in the Aboriginal way.

TRUTH – TURTLE

To know truth is to know and understand all of the original laws as given by the Creator- and to remain faithful to them. It is said that in the beginning, when the Creator made humans and gave them the seven sacred laws, the Grandmother Turtle was present to ensure that the laws would never be lost or forgotten. On the back of a Turtle is the 13 moons, each representing the truth of one cycle of the Earth's rotations around the sun; the 28 markings on her back represent the cycle of the moon and of a woman's body. The shell of the Turtle represents the bodies' real events, as created by the Higher Power, and serves as a reminder of the Creator's will and teachings.

Our Funders

Gratitude & appreciation to our funding partners. You make our work possible!

- Public Health Agency of Canada
- United Way of Greater Victoria
- Children's Health Foundation of Vancouver Island
- Province of British Columbia through the BC Gaming Commission
- Telus Community Foundation
- Vancouver Foundation
- Victoria Foundation
- Vancity
- Coast Capital Savings
- Bell Canada



AT YOUNG PARENTS SUPPORT NETWORK WE MEET YOU ...

WHEREVER YOU ARE

THAT MEANS - WE ACCEPT YOU HOW YOU ARE, WHERE YOU ARE, HOWEVER THAT IS.

