

TSUUT'INA NATION  
CHILD & FAMILY SERVICES



# NEWSLETTER



ISSUE 3 VOL. 1  
FEBRUARY 2025

## WHATS NEW?

VALENTINES DAY

HONOURING A LEGACY

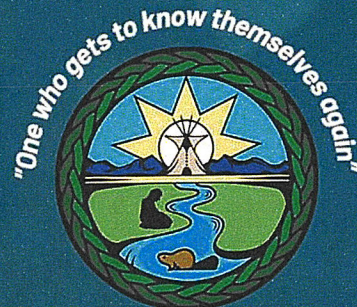
GUTSIYIKA DIYASH  
INSPIRE SPOTLIGHT

## Upcoming EVENTS

### MITSI DIGOYI CH'AT'AGHA

BALD EAGLE MONTH - FEBRUARY

FOLLOW US 



IDÁNÁGUTS'ISHOTI



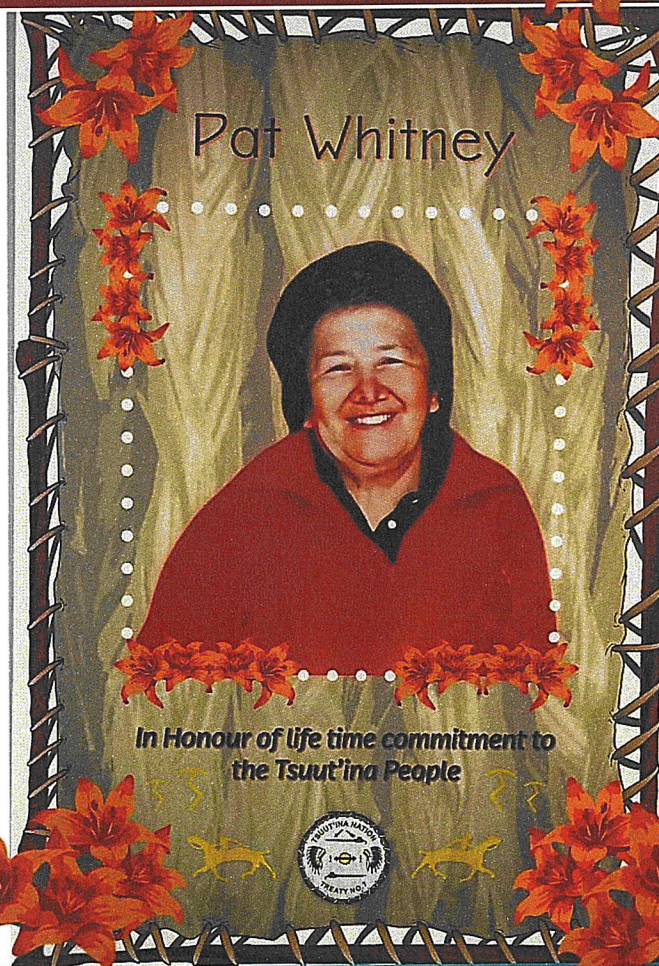


This Boardroom is dedicated to  
**Pat Whitney**  
For her dedication and compassion  
for the beloved children and families of  
**Tsuut'ina Nation Child and Family Services Society**  
Isgak'a K'anano-na Nanitin-na  
She was an inspiration to all who knew her.

## HONOURING A LEGACY

### Pat Whitney Boardroom

Honoring a Legacy: The Pat Whitney Boardroom  
The Pat Whitney Boardroom was named in honor of the late Gladys "Pat" Whitney, a woman who dedicated her life to serving the Tsuut'ina community. Pat was a pillar of strength, love, and unwavering commitment, always providing a safe space for families and children. She went above and beyond to keep children safe and families together, ensuring that those in need felt supported and expressed her caring nature.

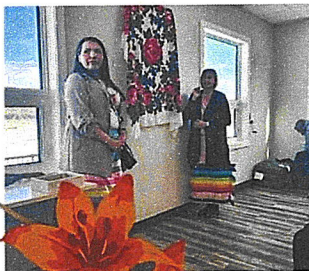
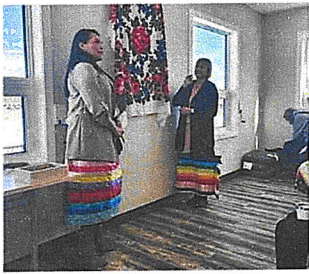


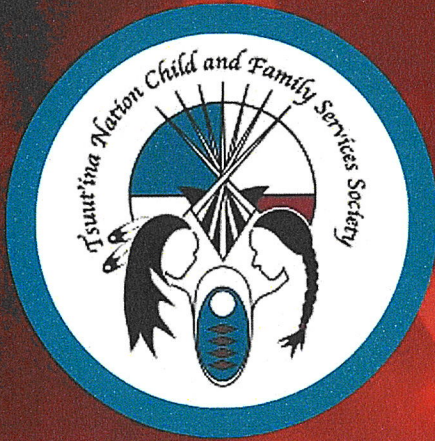


## HONOURING A LEGACY

### Pat Whitney Boardroom

To many, Pat was more than a community leader—she was an aunty, mother, and grandmother. She embodied kindness, always speaking positively about others and radiating love for everyone, especially children. Her deep affection for her grandchildren and the youth of Tsuut'ina was evident in everything she did. In recognition of her lifelong dedication, the CFS Board has named this boardroom in her honor, ensuring that her legacy of care and compassion continues to inspire our work. Her contributions to Tsuut'ina Child and Family Services will always be cherished, and her spirit will remain a guiding force within our office.

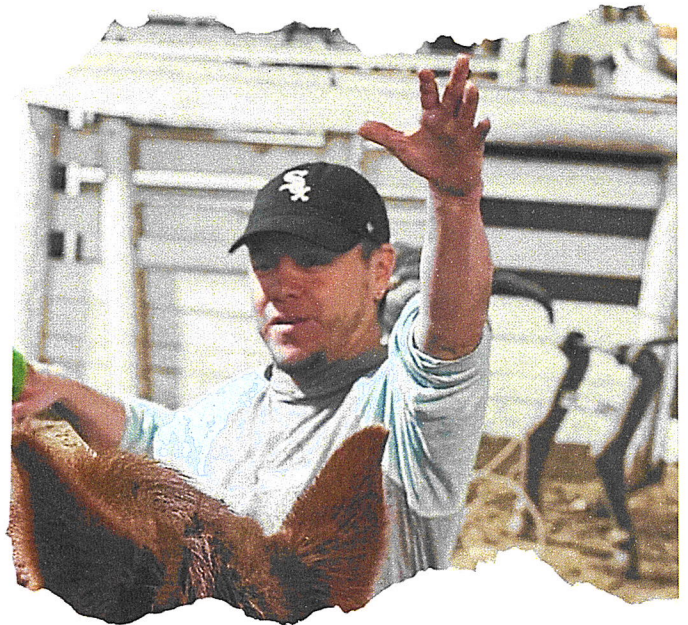




# GUTSIYIKA DIYASH INSPIRE SPOTLIGHT

## Spotlight Recipient

Gutsiyika Diyash means inspire in the Tsuut'ina Language. The Gutsiyika Diyash - Inspire Spotlight is a new series of monthly highlights of exceptional people that show strength, determination, uplifting and other areas of inspiration throughout their lives. The Tsuut'ina Nation Child and Family Services will be selecting community members to spot light in their new monthly newsletter. This February issue, our first recipient is Tsuut'ina Nation member Kirby Onespot. Check out Kirby's inspiring story of resilience and determination. We like to acknowledge Kirby for his dedication and hardwork. The Tsuut'ina Nation Child and Family Services congratulates Kirby on this honour for being selected as the Gutsiyika Diyash - Inspire Spotlight for the month of February of 2025.



**Kirby Onespot**

I've known Kirby Onespot for about five years, dating back to my time working with Healthy Living. When we first met, he was looking for help with starting his recovery journey and seeking support to overcome his struggles with substance use. Initially, he was hesitant and a bit reluctant, but deep down, he was determined to make a change. Once Kirby made the decision to help himself, he committed fully and began his healing journey. His determination became his greatest strength. All he needed was someone to encourage and guide him along the way. I'm incredibly proud of Kirby and deeply inspired by his journey. His resilience and commitment to personal growth stand as a testament to the power of perseverance and self-belief.

"Quentin Pipestem"



# GUTSIYIKA DIYASH INSPIRE SPOTLIGHT



ISGAK'A K'ANANO-NA  
NANITIN-NA



## KIRBY ONESPOT'S STORY

Living with intergenerational trauma for 40 years was my normal. Almost 30 years of substance abuse had me stuck in a vicious cycle. But today, I'm proud to say I'm celebrating nearly 5 years of sobriety and 3 years without alcohol. My journey hasn't been easy. Years of substance abuse numbed my emotions, leaving me lost and uncertain. But in the past 4 years, I've discovered the importance of self-love. I've learned that loving myself is essential to loving others. Before seeking help, I was angry and hurt, blaming others for my situation. But when Child and Family Services intervened, I realized I needed to take responsibility for my life.

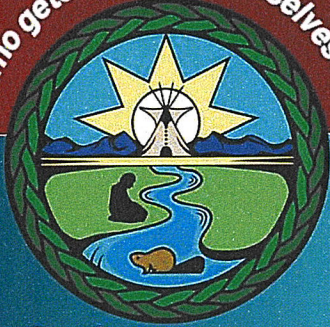


I'm now grateful for their support and guidance. Working with Child and Family Services over the past 11 months has been transformative. My faith and higher power have given me the strength and courage to become a capable and loving single parent to my 5 children. I'm proud of the person I'm becoming, and I'm thankful for the lessons learned along the way. My story is one of hope and resilience, and I hope it inspires others to seek help and start their own journey toward healing and transformation.

Siyisgaas, Thank you for the Inspire Spotlight to share my story.



"One who gets to know themselves again"



**IDANAGUTS'ISHOTI**

**IDANAGUTS'ISHOTI**  
**"ONE WHO GETS TO KNOW THEMSELVES AGAIN"**



## OVERVIEW

Operating under the Child and Family Services section, the newly established Idanaguts'ishoti "One who gets to know themselves again" Community Support Services is pleased to offer two new programs.

The Post Majority Support Services Program supports young adults who are Tsuut'ina Nation members aging out of Child and Family Care, between the ages of 18-25 years old.

The Prevention Program aims to Enhance Family & Community support for those facing challenges, aiming to prevent the need for placement in care.



FOLLOW US ON  
**SOCIAL MEDIA!**



@idanagutsishotiprogram

## CONTACT US:



403.281.0121



240 Old Agency Road  
TsuuT'ina Nation, AB



[WWW.IDANAGUTSISHOTIPROGRAM.CA](http://WWW.IDANAGUTSISHOTIPROGRAM.CA)

# “THE OPPOSITE OF ADDICTION IS CONNECTION”

DR. GABOR MATE



“ONE WHO GETS TO KNOW THEMSELVES AGAIN”



## IDÁNÁGUTS'ISHOTI

## IDANAGUTSISHOTI PROGRAM IS EXTENDING SERVICES TO INCLUDE OUTREACH SUPPORT:

Our holistic outreach team is here to support our community by providing culturally-informed, compassionate services that promote healing, connection, and resilience.

### Our Services

- Connection to Recovery Mentors
- Family Reunification Support
- Emotional and Practical Support after-hours
- Supporting vulnerable Community members experiencing homelessness in the city
- Wrap-Around Services

**“We believe in the strength of our community and together we can create inter-generational healing.”**

**If you or someone you know needs support, we're here to help. Reach out to us today and let's start the journey together.**

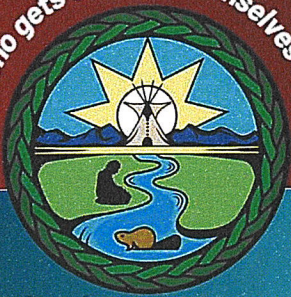
**OUTREACH SUPPORT LINE**



**403-807-9204**

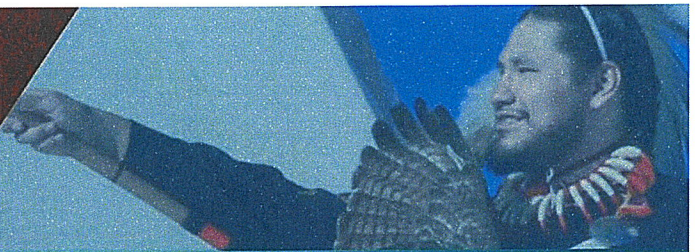
*Follow*  
**on Facebook!**

"One who gets to know themselves again."



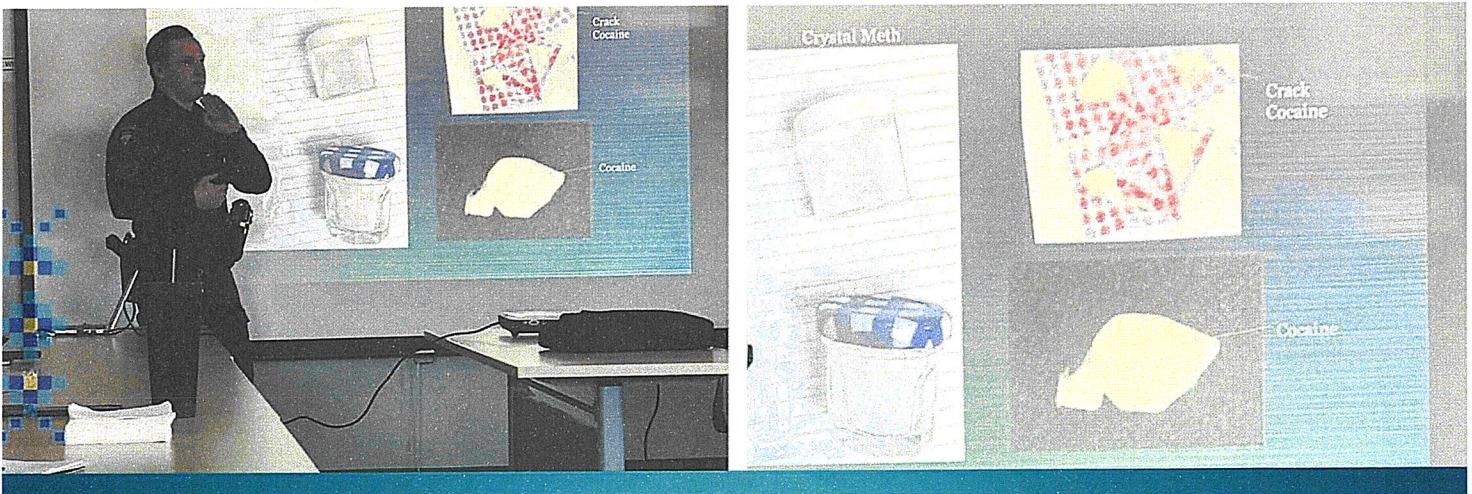
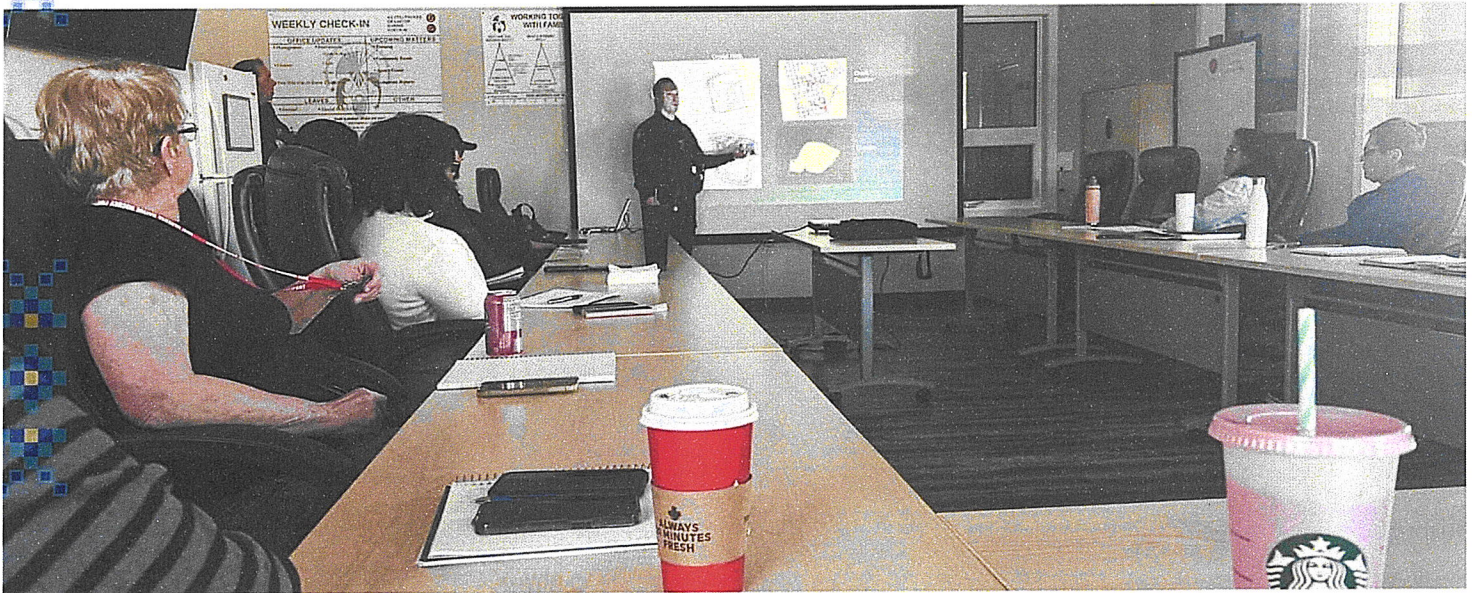
**IDANAGUTS'ISHOTI**

# POST MAJORITY SUPPORT SERVICES



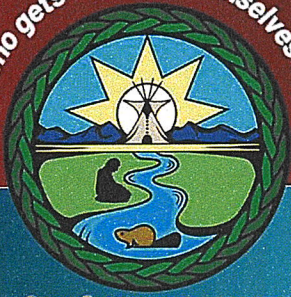
## PMSS

The purpose of the post majority meetings is to empower the post majority participants by providing a safe space to discuss planning and development of different activities, workshops and strategies and to increase participation and improve the program. We share current information and allow the post majority participants to engage with their peers and the post majority staff.





"One who gets to know themselves again."



**IDANAGUTS'ISHOTI**

# PREVENTION EVENTS



## FAMILY SUPPORT

Family Support offers a variety of holistic programs for community members in Tsuut'ina Nation.

The Anger Awareness program( every Tuesday evening starting February 11, 2025, from 5:00 to 8:00pm.) is to empower participants in managing emotions and fostering healthy relationships within the family unit. Road to Healthy Relationships( February 15, 16, 22, 23, 2025 from 10:00am to 4:00pm) is a comprehensive workshop series designed for women to navigate and cultivate healthy relationships, promoting personal growth and emotional well-being.

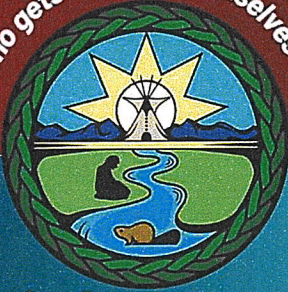


Empowerment Program 12 Week program (Monday to Thursday, 9:30am to 3:00pm) a Structured program running throughout the week aimed at empowering individuals with skills, resources, and support to enhance personal growth, confidence, and self-sufficiency.

Self-Care Art Night(February 24/25 6:00-8:30PM )is an evening dedicated to self-care through creative expression, providing participants with a relaxing and rejuvenating experience using art as a medium to self-expression and reflection.



"One who gets to know themselves again"



IDANÁGUTS'ISHOTI

# PREVENTION EVENTS

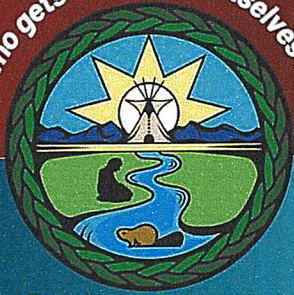


## SELF EMPOWERMENT PROGRAM ACTIVITIES

The Self Empowerment program aims to expand personal growth of Tsuut'ina Nation community members over the age of 18 years old. The program began in early January of 2025, the Self - Empowerment program falls under the Idanagutsishoti program. The program has been offering a variety of different activities ranging from crafting, art therapy, language, fitness, talking circles, and personal growth facilitated by the wonderful Sandie and Kirby. Recently, participants had the opportunity to take in some horse therapy hosted by the Henry Dodginghorse Memorial Agriplex. Sending gratitude and thank you to the staff at HDMA for this unique experience. Shout out to Marvin, Julie, Wright, Shane, Mason, and Addy for their knowledge and experience.

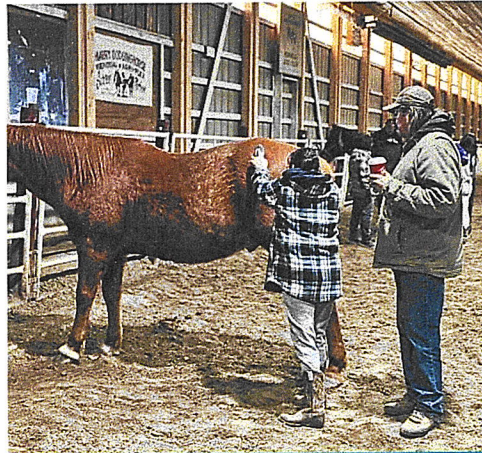
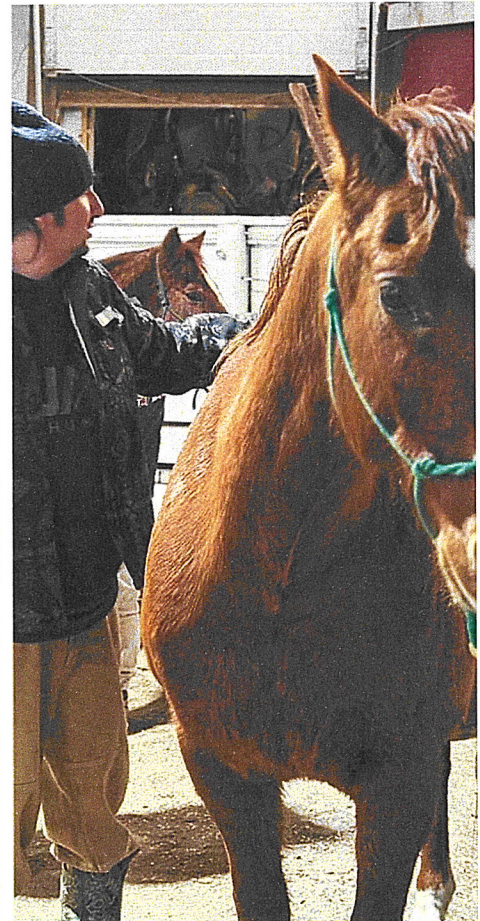
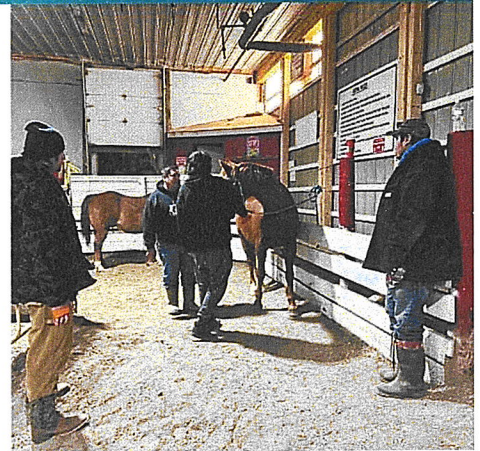
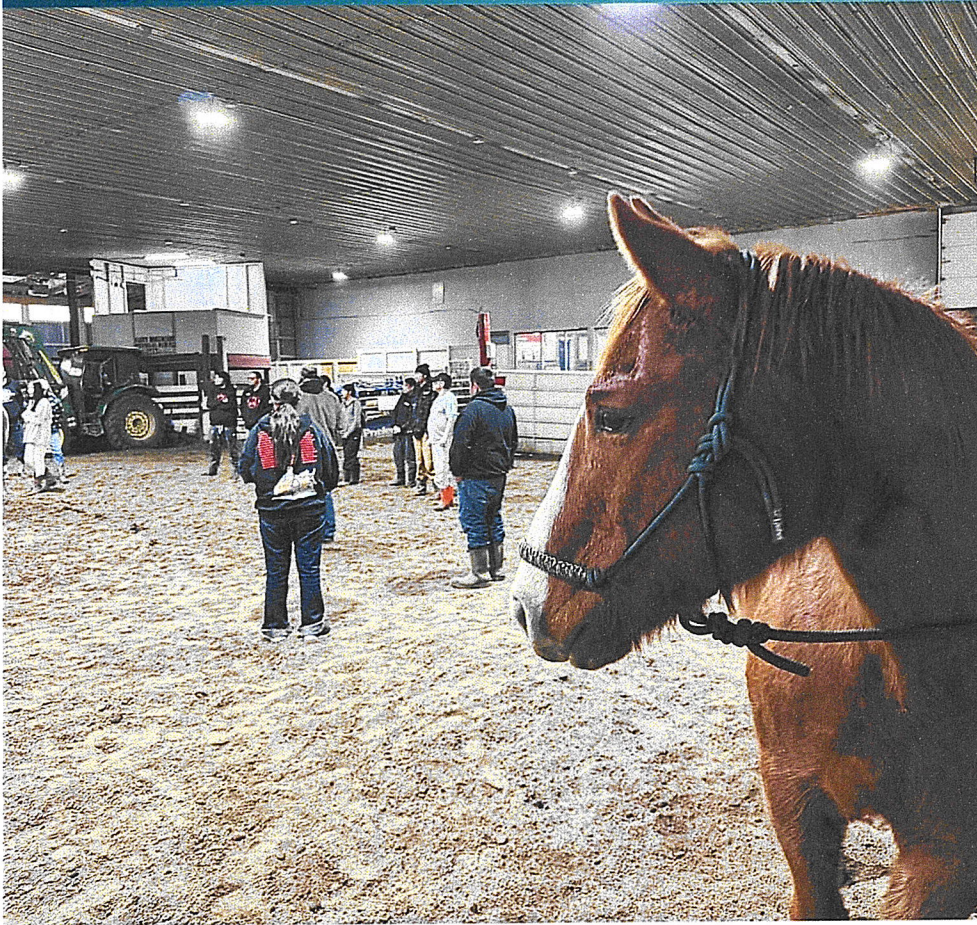


"One who gets to know themselves again"

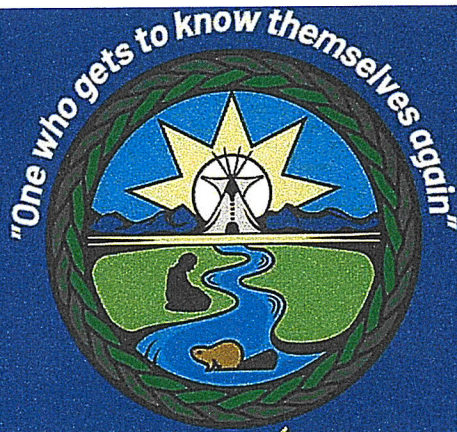


**IDÁNÁGUTS'ISHOTI**

# EQUINE THERAPY



Lunch  
Provided



*Idanaguts'ishoti*

# Self Empowerment Program

Open to all community members 18+

9:30am-3pm Monday- Thursday

Start Date: January 13, 2025

Activities Include: Crafting, Art Therapy, Language, Fitness,  
Talking Circles, and Personal Growth

**Transportation provided**

Registration:

[idanagutsishotiprogram@gmail.com](mailto:idanagutsishotiprogram@gmail.com)

or call: 403-437-3921



# "KEEP TRYING"

*Iika'kimaat  
Aichik'tâgâm  
Gumisitay  
Âhkamêyimok*

MARCH  
15TH, 2025  
2PM - 8PM

CENTRAL UNITED CHURCH, 1317 AVE SW  
(IN THE UPSTAIRS GYM)

# SINGING OUR COMMUNITY HOME ROUND DANCE

ALL ARE WELCOME. ALL BELONG  
HERE. NO ONE WILL BE TURNED  
AWAY.



PIPE CEREMONY  
FEAST  
DANCE CONTEST  
(WITH PRIZES!)  
GIVEAWAY

POSTER DESIGN (MADE ON A HOODIE) BY AN  
ANONYMOUS COMMUNITY MEMBER

Early Intervention Program and Idanagutsishoti Program invite you to:

# SEWING CLASSES FOR GIVEAWAY ROUND DANCE

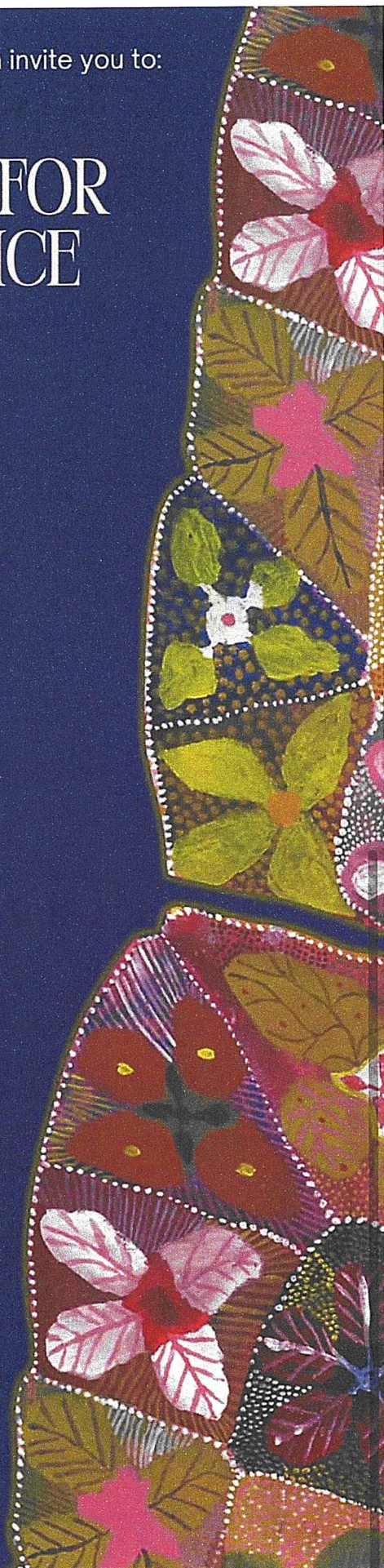
Idanagutishoti and EIP are collaborating to sew ribbon skirts/ shirts for our relatives facing hardships in the urban area.

Donated Ribbon  
Skirts/Shirts wanted

Ribbon skirts and shirts will be given away at the rounddance on March 15 at the Central United Church

**BULLHEAD HALL  
FEB 20 AND 27  
5-8PM**

Dinner included  
contact 403-370-8260



# The Road to Healthy Relationships

Join us as we explore how to build stronger, more meaningful connections—with ourselves and others.

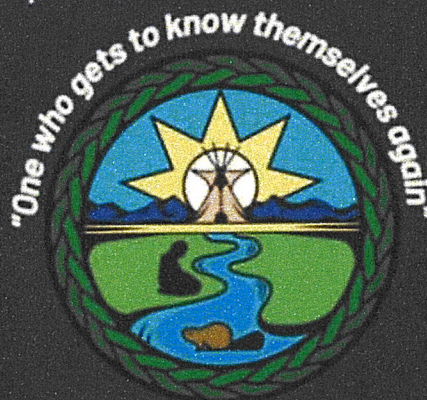


- Men's Group
- Healthy Relationships
- Self-Worth
- Forgiveness

CFS Building

Dates: March 8, 9, 15, and 16

10:00 - 4:00



*I danaguts'ishoti*

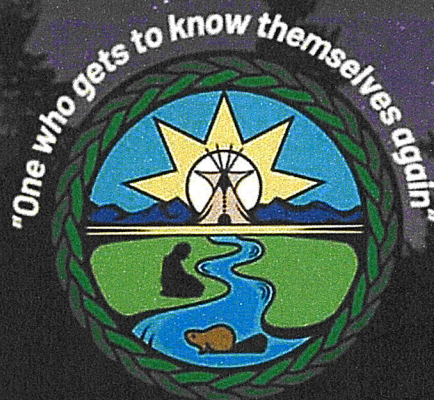
# The Road to Healthy Relationships

Join us for a transformative experience on building healthier connections with yourself and others.



- Women's Group
- Healthy Relationships
- Self-Worth
- Forgiveness

CFS Building  
Dates: February 15, 16,  
22, and 23  
10:00 - 4:00



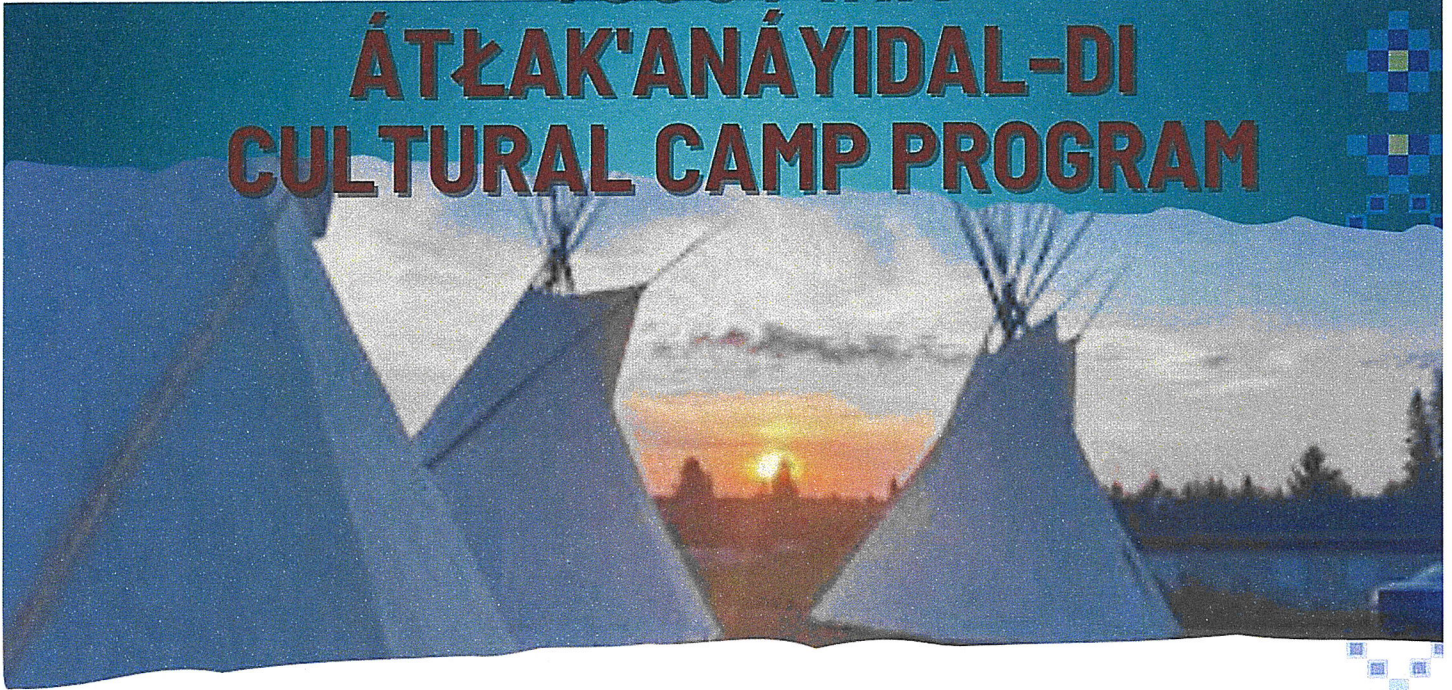
*I danagut's ishoti*



# TSÚUT'INÀ

## ÁTLAK'ANÁYIDAL-DI

### CULTURAL CAMP PROGRAM



#### Message

Dear Community Members,

We are excited to share some updates about our cultural programs at CFS!

This year, we kicked things off with a New Year's Eve Round Dance, which was a great success. It was truly heartwarming to see so many people come together to welcome the new year in a spirit of joy, connection, and tradition.

Looking ahead, we are pleased to announce that we will be hosting the Tsuut'ina Men's Group every second Thursday, starting February 6th. These gatherings will take place at Tsuut'ina átlak'anáyidal-di Camp, providing a space for men in the community to connect, share, and support one another through cultural teachings and traditions.

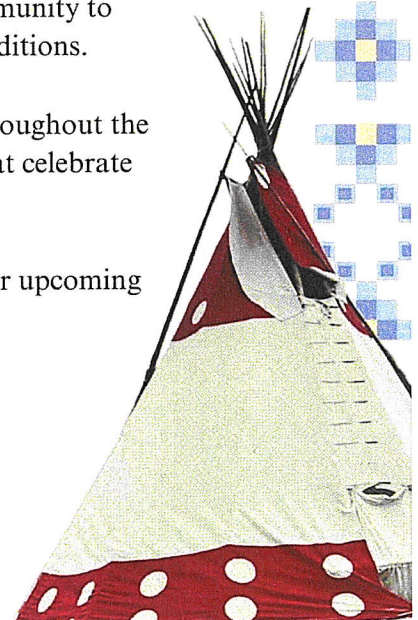
Additionally, we are excited to offer a wide variety of cultural programs throughout the year. Stay tuned for more details as we continue to plan engaging events that celebrate and strengthen our cultural identity.

Thank you for your continued support we look forward to seeing you at our upcoming programs!

CFS Cultural Team



ISGAK'A K'ANANO-NA  
NANITIN-NA



# VALENTINES DAY COLOURING CONTEST



## ONE WINNER WILL BE CHOSEN AND RECEIVE A GIFT CARD!

### RULES:

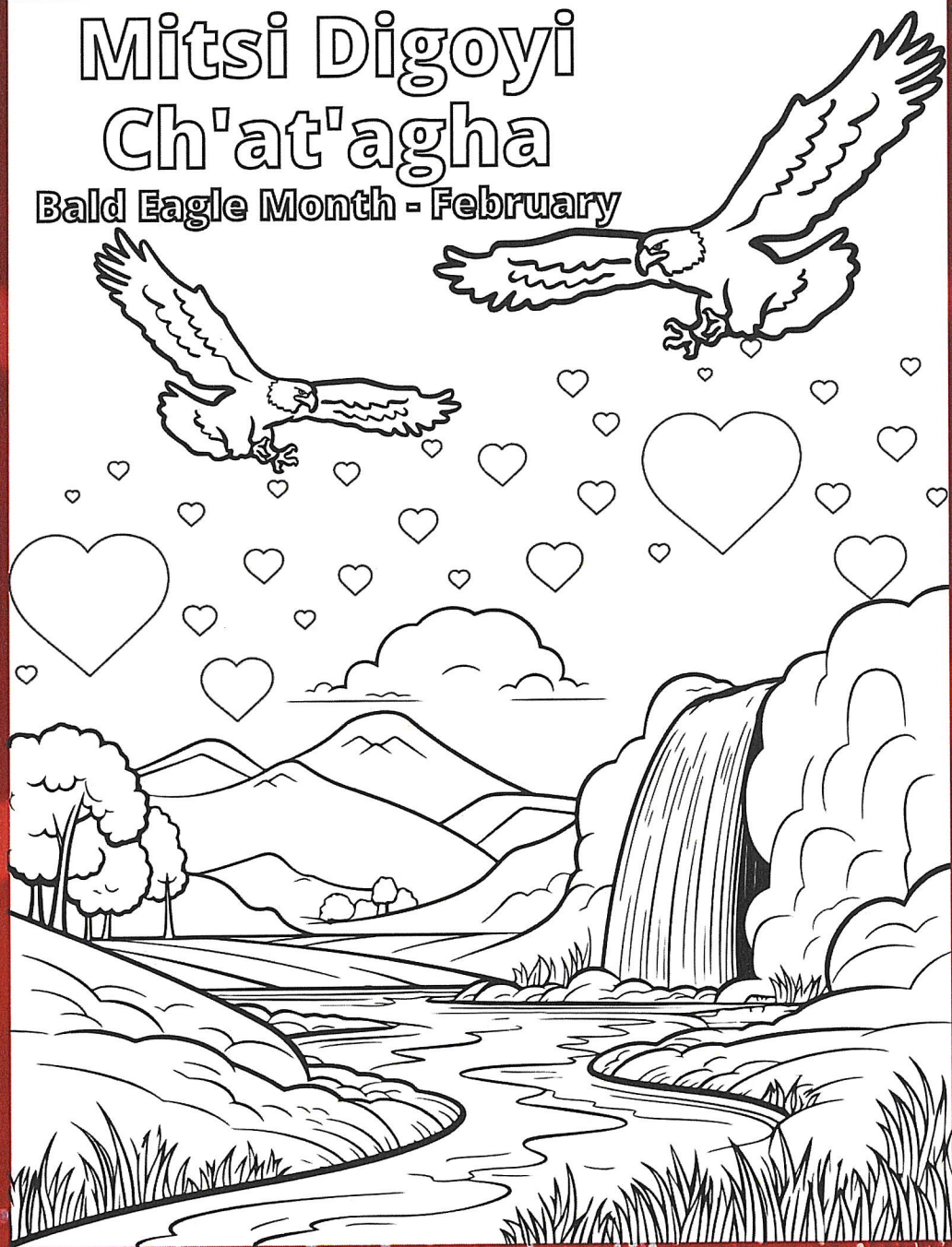
- COLOUR
- TAKE PHOTO
- EMAIL US YOUR COLOURING!
- DEADLINE FEBRUARY 20TH!

PLEASE INCLUDE  
NAME AND  
CONTACT  
NUMBER. PLEASE  
EMAIL:

[Laurie.Fenner@DFNA.Alberta.ca](mailto:Laurie.Fenner@DFNA.Alberta.ca)

## Mitsi Digoyi Ch'at'agha

Bald Eagle Month - February



# TSUUT'INA NATION CHILD & FAMILY SERVICES SOCIETY

Isgak'a K'anano-na Nanitin-na

## STAFF DIRECTORY

	Name	Ext	Title	Desk PH #	Email	Work Cell #	Supervisor	
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	Rae Dawn Whitney	108	Community Support Supervisor	403-258-4531	<a href="mailto:Raedawn.whitney@dfna.alberta.ca">Raedawn.whitney@dfna.alberta.ca</a>	403-370-8260	Rhonda	
	Tammy Crowchild		Prevention Supervisor		<a href="mailto:Tammy.crowchild@dfna.alberta.ca">Tammy.crowchild@dfna.alberta.ca</a>	403-305-9790	Rhonda	
	KHOA BUI	110	Admin. Supervisor	403-258-4533	<a href="mailto:Khoa.bui@dfna.alberta.ca">Khoa.bui@dfna.alberta.ca</a>	403-771-1335	Rhonda	
<b>ADMIN</b>	Laurie Fenner	115	Executive Assistant	403-258-4538	<a href="mailto:Laurie.fenner@dfna.alberta.ca">Laurie.fenner@dfna.alberta.ca</a>	587-228-0466	Rhonda	
	Shelley Littlelight	116	Jr. Accountant	403-258-4539	<a href="mailto:Shelley.littlelight@dfna.alberta.ca">Shelley.littlelight@dfna.alberta.ca</a>		Khoa	
	Mavis Runner	118	AP Clerk	403-258-4541	<a href="mailto:Mavis.runner@dfna.alberta.ca">Mavis.runner@dfna.alberta.ca</a>	403-369-3438	Khoa	
	Michel Baptiste	105	AP Clerk	403-258-4528	<a href="mailto:Michel.baptiste@dfna.alberta.ca">Michel.baptiste@dfna.alberta.ca</a>		Khoa	
			100	Admin Support	403-281-0121		403-988-2812	Khoa
	Betty Big Plume	117	I/Records Management File Clerk	403-258-4540	<a href="mailto:Betty.bigplume@dfna.alberta.ca">Betty.bigplume@dfna.alberta.ca</a>		Rhonda	
	Garvin Otter		Maintenance				Khoa	
<b>INTERVENTION</b>	Connie Big Plume		Community Engagement		<a href="mailto:Connie.bigplume@tsuutina.com">Connie.bigplume@tsuutina.com</a>	403-807-7029	Rhonda	
	Jayne Paul	106	Foster / Kinship Generalist	403-258-4534	<a href="mailto:jayne.paul@dfna.alberta.ca">jayne.paul@dfna.alberta.ca</a>	403-988-0756	Rhonda	
	Everett Rabbitt	104	Intake/Investigations		<a href="mailto:Everett.rabbitt@dfna.alberta.ca">Everett.rabbitt@dfna.alberta.ca</a>	403-803-0232	Tyra	
	Darrell Strongman	109	Generalist	403-258-4539	<a href="mailto:Darrell.strongman@dfna.alberta.ca">Darrell.strongman@dfna.alberta.ca</a>	403-875-2337	Tyra	
	Tiffany Primeau	113	A/Team Lead	403-258-4536	<a href="mailto:Tiffany.primeau@dfna.alberta.ca">Tiffany.primeau@dfna.alberta.ca</a>	403-370-6293	Tyra	
	Victorine Nubed	103	Generalist	403-258-4525	<a href="mailto:Victorine.nubed@dfna.alberta.ca">Victorine.nubed@dfna.alberta.ca</a>	403-875-1798	Tyra	
	Nicole Sutherland	121	Generalist		<a href="mailto:Nicole.sutherland@dfna.alberta.ca">Nicole.sutherland@dfna.alberta.ca</a>	403-875-1782	Tyra	
	June Crowchild		Case Aide		<a href="mailto:June.crowchild@dfna.alberta.ca">June.crowchild@dfna.alberta.ca</a>	403-702-2968	Tiffany	
	Carla Damiani		Case Aide		<a href="mailto:Carla.damianiduarte@dfna.alberta.ca">Carla.damianiduarte@dfna.alberta.ca</a>	403-807-7161	Tiffany	
<b>PREVENTION</b>	Alycia Two Bears		In Home Support Worker		<a href="mailto:Alycia.twobears@dfna.alberta.ca">Alycia.twobears@dfna.alberta.ca</a>	403-807-5870	Tammy	
	Jack Crook		Youth Worker			403-988-1102	Tammy	
	Latesha Big Plume		Youth Worker		<a href="mailto:Latesha.bigplume@dfna.alberta.ca">Latesha.bigplume@dfna.alberta.ca</a>	403-669-4532	Tammy	
	Tanya Eagletail		Youth Worker		<a href="mailto:Tanya.eagletail@dfna.alberta.ca">Tanya.eagletail@dfna.alberta.ca</a>	403-437-3921	Tammy	
	Quentin Pipestem	120	Cultural Coordinator	403-258-4543	<a href="mailto:Quentin.pipestem@dfna.alberta.ca">Quentin.pipestem@dfna.alberta.ca</a>	403-370-8328	Rhonda	
	Evan Crowchild		Cultural Worker			403-988-5259	Rhonda	
<b>POST MAJORITY</b>	Dale Dodginghorse		Transition Worker		<a href="mailto:Dale.dodginghorse@dfna.alberta.ca">Dale.dodginghorse@dfna.alberta.ca</a>	403-990-0694	Rae Dawn	
	Trina Crowchild		PMSS Outreach Worker			403-807-8265	Rae Dawn	
	Kathleen Big Plume		PMSS Outreach Worker		<a href="mailto:Kathleen.bigplume@dfna.alberta.ca">Kathleen.bigplume@dfna.alberta.ca</a>	587-434-6112	Rae Dawn	
	AJ Starlight		PMSS Outreach Worker		<a href="mailto:Theodore.starlight@dfna.alberta.ca">Theodore.starlight@dfna.alberta.ca</a>	403-369-3442	Rae Dawn	
	Cheyalla Whitney		PMSS Outreach Worker		<a href="mailto:Cheyalla.whitney@dfna.alberta.ca">Cheyalla.whitney@dfna.alberta.ca</a>	587-434-5345	Rae Dawn	
	Yvonne Blackwater	111	TAP/SFP	403-258-4534	<a href="mailto:Yvonne.blackwater@dfna.alberta.ca">Yvonne.blackwater@dfna.alberta.ca</a>	403-988-0756	Rae Dawn	

TSUUT'INA NATION CHILD & FAMILY SERVICES SOCIETY

Isgak'a K'anano-na Nanitin-na

BOX 73055 WOODBINE CALGARY ALBERTA T2W-6E4

240 OLD AGENCY ROAD TSUUT'INA NATION

MAIN: 403-281-0121 FAX: 403-251-0368

SSRT EMERGENCY AFTER HOURS 403-297-2995



ISGAK'A K'ANANO-NA  
NANITIN-NA

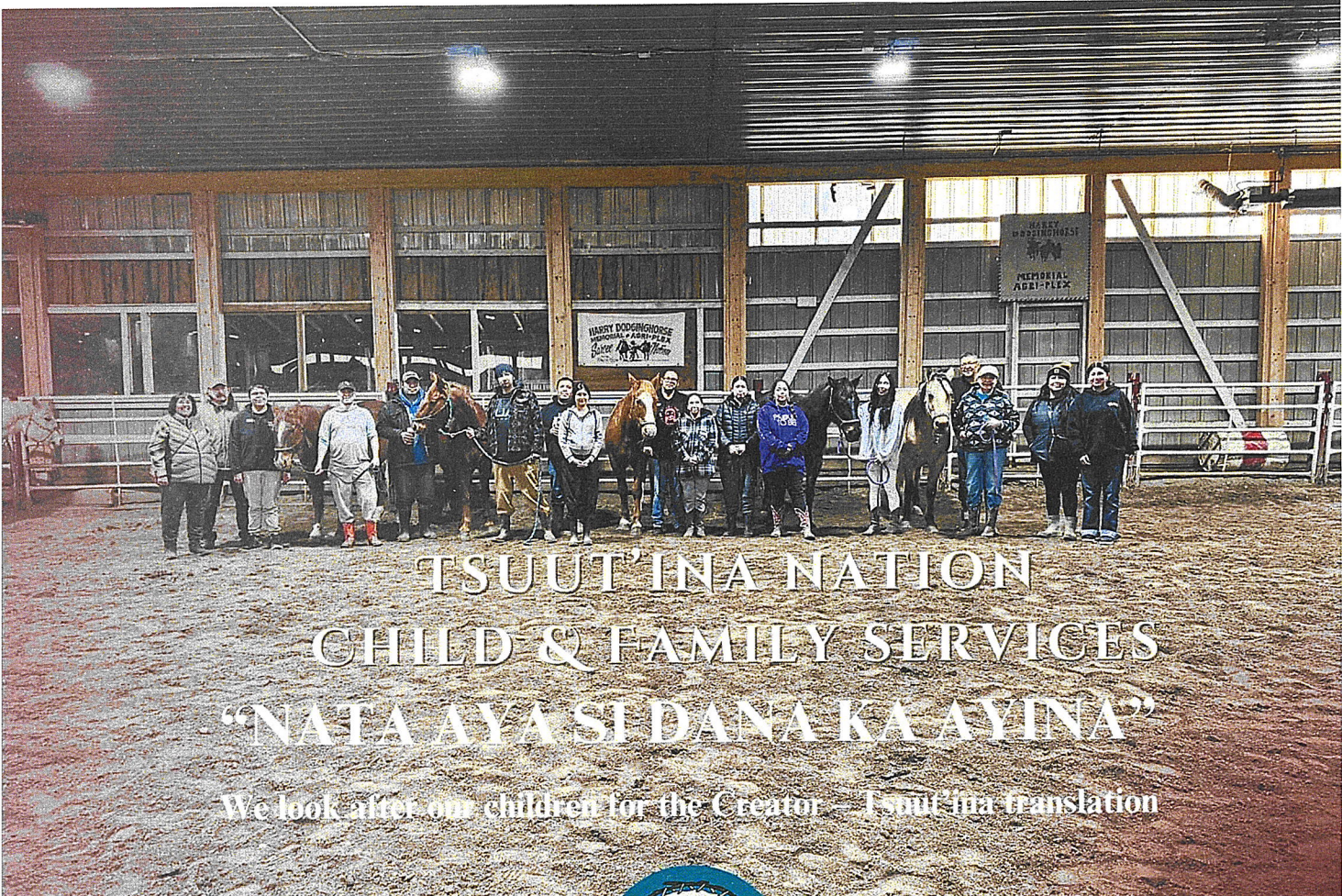
Tsuut'ina Administration (403) 281-4455

Financial Controller: Manny Soriano – [manny.soriano@tsuutina.com](mailto:manny.soriano@tsuutina.com)

Legal: Terry Braun – [tbraun@tsuutina.com](mailto:tbraun@tsuutina.com)

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TSUUT'INA NATION  
CHILD & FAMILY SERVICES  
"NATA AYA SI DANA KA AYINA"

We look after our children for the Creator - Tsuut'ina translation



# Siyisgaas -Thank you!

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