

CUMFI WELLNESS NEWSLETTER



Upcoming Events

- March 10th –
Aboriginal Relations
Consultant from the
Saskatoon Police
Service Presentation
- March 16th –
Gym/Sports day at
COSMO Civic Center
- March 3rd, 10th, 17th,
24th and 31st free
Lunch days for clients.

A brief description of who we are

The CUMFI Wellness Center provides mentoring services for older youth and adults with FASD and other cognitive disabilities. Mentoring is defined as providing support according to the unique needs and goals of each individual built on a relationship of trust. Mentoring may include assistance with housing, accessing income security and health care, budgeting and shopping, dealing with justice issues and all other aspects of daily living. Equally important is assistance to build

on strengths and interests to become involved in recreation, obtain and maintain appropriate employment, develop pro-social relationships and build self-esteem. One-on-one supports are individualized according to their unique strengths, needs and interests. The CUMFI Wellness Center strives to address the needs of our clients with a holistic and culturally relevant approach to an improved quality of life.

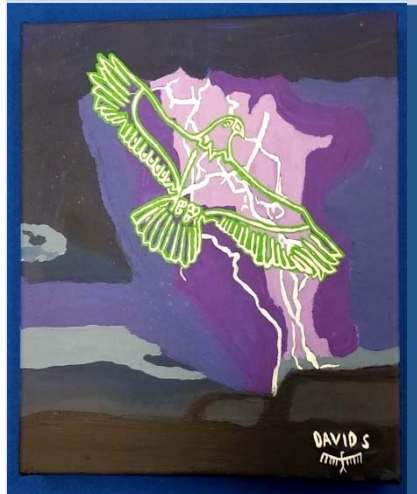


Clients and Their Successes

The CUMFI Wellness Center currently has 68 clients, half of which attend the drop in center program regularly and the other half of the clients our mentors work with out in the community. We just recently had one client finish a Steel Stud and Drywall program which has opened the door for more employment opportunities. Six of our clients have just recently found housing and have been enjoying their new found homes. Another client has passed his learners license exam and is saving up for a vehicle in anticipation for his driver's exam in nine months. Two

clients will be returning to school within the month to finish their grade 12. Another client is currently attending the addictions counselling program at SIIT and has received their acceptance letter for the second year. Two of our clients are happily engaged and are set to be wed in holy matrimony later this year. We have also had one client that has secured and maintained full-time employment with minimum support and has even received a promotion and numerous recognitions.

"Think of us as a flashlight, they point us in the direction their interested in going and we light the way."



One of the many paintings done by a CWC Client for the 10x10 Contest that we participate in yearly.



Skating downtown at the outside rink.

Activities

The resource room is a great place for our clients to drop in between the hours of 8:30 – 4:00 o'clock. Clients participate in crafts, board games, movies, video games and multiple programming activities which are hosted by the staff. We have a set number of clients participating in Lumosity training taking place a few times a week which is designed to exercise the brain. We have a partnership with the aboriginal programs and cultural coordinator which allows our clients to participate in smudges and pipe ceremonies a few times a week, along with sweats when the opportunity presents itself. We have just recently carried out a resume making and job interview skills workshop which the clients really enjoyed. A fitness presentation was given by one of the mentors, and a nutritional eating presentation is

being worked on to compliment it. The wellness center has also acquired their very own drum after carrying out the necessary protocols involved thanks to elder John Sugar. We have drum singing that takes place a few times a month at the Friendship center. In the past few months we have taken clients for multiple outings which include bowling, skating, working out and sports days at the civic centers. Our Thursday lunch program is running smoothly and we have recently had our highest attendance for lunch so far at 27 clients!



A special message from our staff

Thank you for taking the time out of your very busy day to let us share a piece of our program with you. We look forward to the upcoming months and the opportunities they will bring for more memories, more successes and more friendships.

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A game of dodgeball at the Cosmo civic center to promote physical activity and healthy living.