

# Kesa Pa Wew - MARCH EVENTS

For more information, please contact Irene Benson  
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**Saturday,  
March 1**

## **Workshop: Anger Management & Addictions**

10:00 a.m.-3:00 p.m., Odawa Native Friendship Centre, 12 Stirling Avenue

An in-depth workshop dealing with addictions and how to reduce the harm of using substances when angry. Elder on-site. Lunch provided. To register contact Vinny Kicknosway, 613-722-3811, ext 236.

**Tuesday,  
March 4**

## **VAW Series #8 Topic: Impacts of Violence on Youth**

6:00 p.m.-7:00 p.m., Minwaashin Lodge, 424 Catherine Street

Facilitators Janelle Comtois and Ida Meekis.

## **VAW Series #9 Topic: Impacts of Violence on Women**

7:00 p.m.-8:00 p.m., Minwaashin Lodge, 424 Catherine Street

Facilitators Diane Wolfe and Donna Chief.

## **VAW Series #9 Topic: Impacts of Violence on Women**

7:00 p.m.-8:00 p.m., Minwaashin Lodge, 424 Catherine Street

Facilitator Elaine Kicknosway, Sacred Child Coordinator.

**Saturday,  
March 29**

## **Workshop: Coping Mechanisms – Anger Management Techniques**

10:00 a.m.-3:00 p.m., Odawa Native Friendship Centre, 12 Stirling Avenue

Facilitator Stephanie Howard. A workshop for men. Manage anger and develop coping skills. Register with Vinny Kicknosway, 613-722-3811, ext. 236.