

# *21 Things You May Not Know About The Indian Act*

BOB JOSEPH

Based on a viral article, *21 Things You May Not Know About the Indian Act* is the essential guide to understanding the legal document and its repercussion on generations of Indigenous Peoples, written by a leading cultural sensitivity trainer. Since its creation in 1876, the Indian Act has shaped, controlled, and constrained the lives and opportunities of Indigenous Peoples, and is at the root of many enduring stereotypes. Bob Joseph's book comes at a key time in the reconciliation process, when awareness from both Indigenous and non-Indigenous communities is at a crescendo. Joseph explains how Indigenous Peoples can step out from under the Indian Act and return to self-government, self-determination, and self-reliance--and why doing so would result in a better country for every Canadian. He dissects the complex issues around truth and reconciliation, and clearly demonstrates why learning about the Indian Act's cruel, enduring legacy is essential for the country to move toward true reconciliation.

# 21

## THINGS

**YOU MAY NOT KNOW**

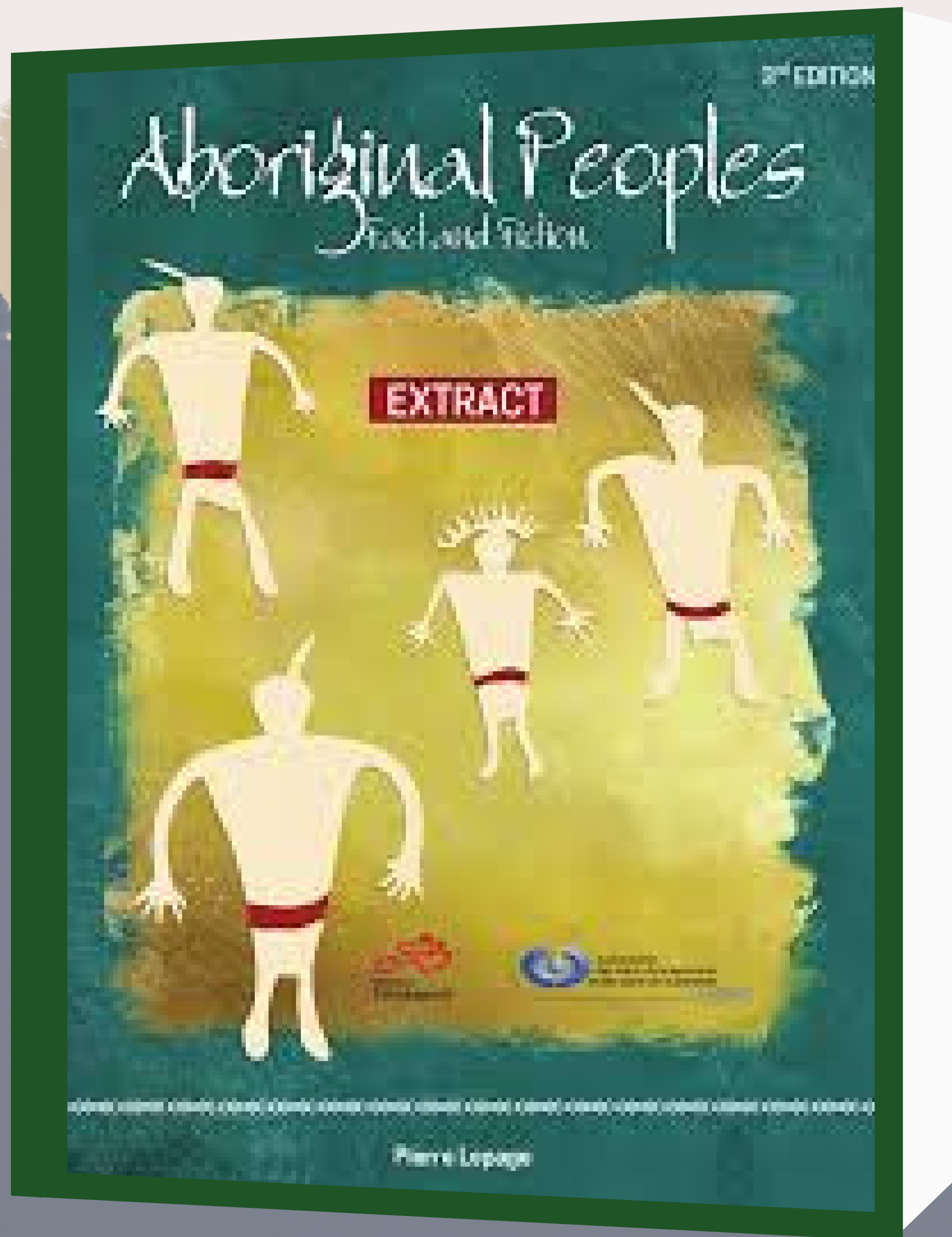
ABOUT

**THE INDIAN ACT**

Helping Canadians Make Reconciliation  
with Indigenous Peoples a Reality

**BOB JOSEPH**





# *Aboriginal Peoples Fact and Fiction*

PIERRE LEPAGE

We are about to venture into the little-known territory of relations with Aboriginal peoples, from the French Regime (and the period of the British Conquest that followed it) of long ago to our own times? This long span of events is essential to any understanding of contemporary relations between Quebecers and Aboriginal peoples, yet it has been characterized in our schoolbooks by a mysterious phenomenon: the virtual disappearance of the Aboriginal peoples from the historical landscape!



# Addiction

## An information guide

Marilyn Hearn, PhD, RSW  
Tina Godden, MOW, RSW  
Joanna Sheffield, MOW, RSW  
Colleen Kelly, MOW, RSW



# *Addiction: An Information Guide*

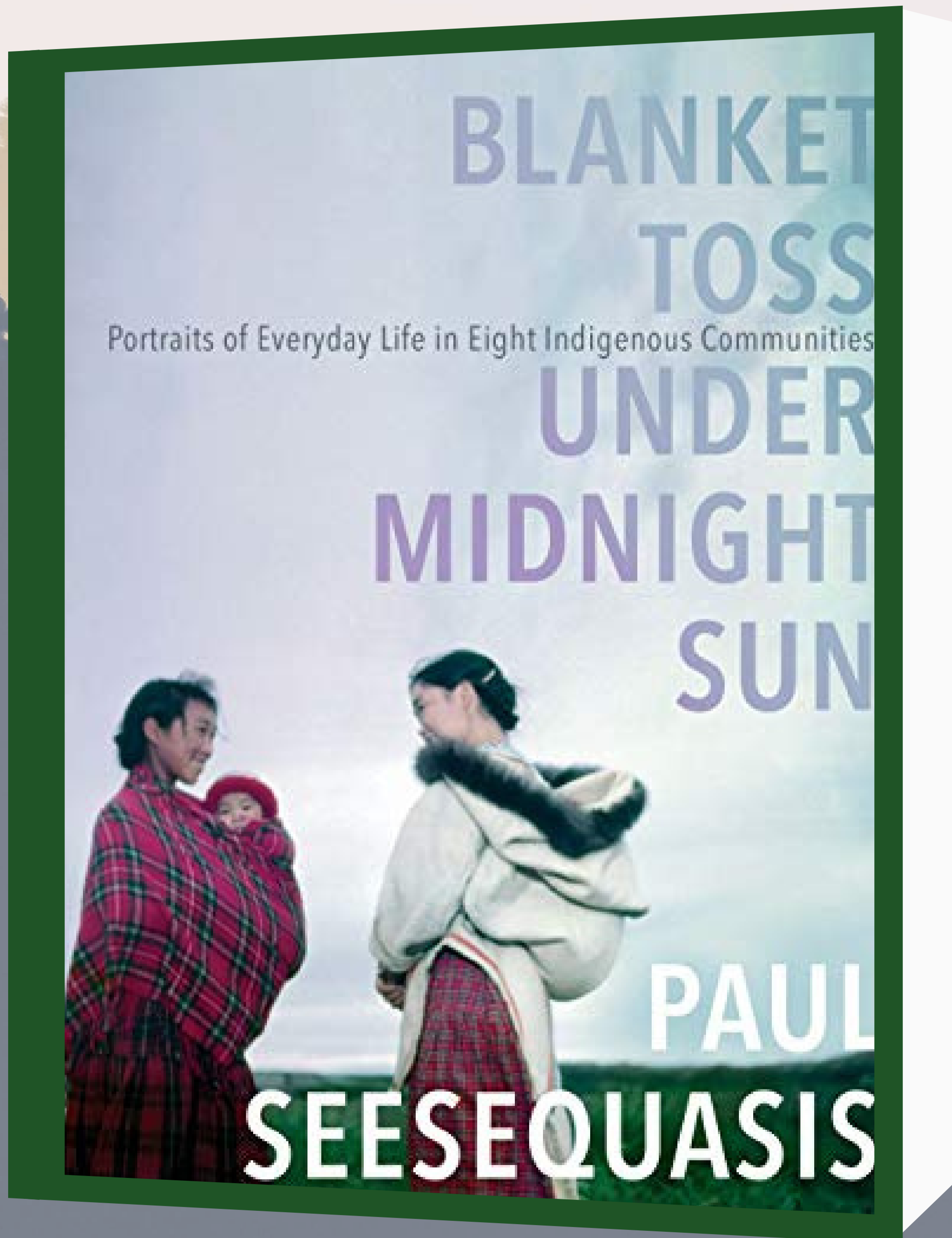
CENTRE FOR ADDICTION AND  
MENTAL HEALTH

This guide was written for people who are having problems related to alcohol or other drug use, their families, and anyone else wanting to gain a basic understanding of addiction, its treatment and management. The guide does not replace treatment from a physician or addiction treatment professional, but it could be used as a basis for questions and discussion.

Addiction can be hard to talk about. For starters, people often don't agree on what addiction is. The term is used to describe anything from a desire to have or do something that gives pleasure, to a medical issue, to an uncontrollable compulsion. When health and social service workers talk about "addiction" to alcohol and other drugs, as we will in this booklet, they also tend to use the terms "substance use problems" and "substance dependence." We too will use these terms.

This guide is divided into seven chapters. Chapters 1 and 2 are written for anyone with an interest in the topic of addiction. Chapters 3, 4 and 5 are more clearly directed to people with substance use problems, and chapters 6 and 7 are written for their families. You can read the guide from cover to cover, or you may prefer to skip to particular sections of interest to you.





# Blanket toss under

# midnight sun

PAUL SEESEQUASIS

Blanket Toss Under Midnight Sun: Portraits of Everyday Life in Eight Indigenous Communities. A revelatory portrait of eight Indigenous communities from across North America, shown through never-before-published archival photographs—a gorgeous extension of Paul Seesequasis's popular social media project.



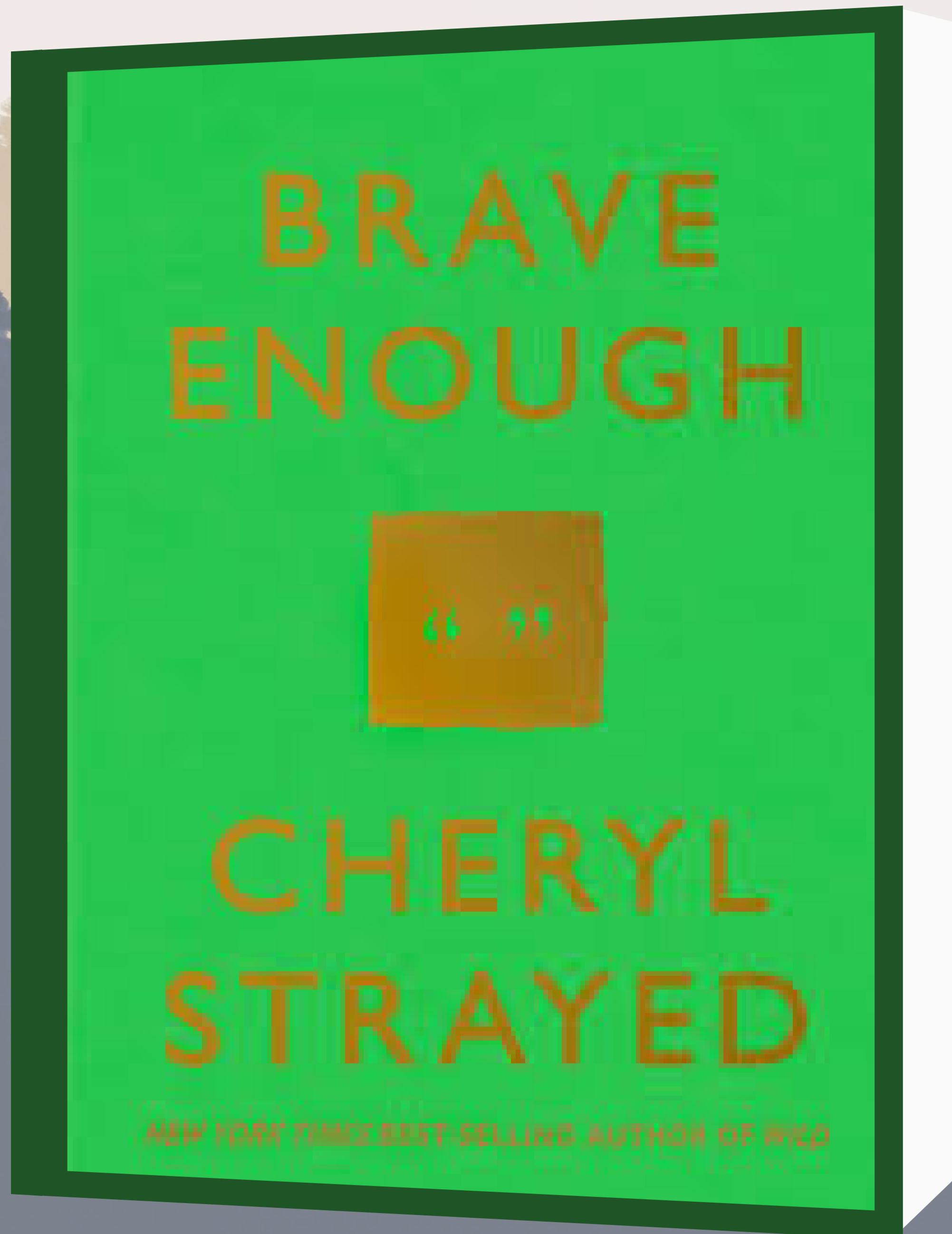


# bowwow powwow

Brenda J. Child

Windy Girl is blessed with a vivid imagination. From Uncle she gathers stories of long-ago traditions, about dances and sharing and gratitude. Windy can tell such stories herself—about her dog, Itchy Boy, and the way he dances to request a treat and how he wriggles with joy in response to, well, just about everything.





# *Brave Enough*

CHERYL STRAYED

From the bestselling author of *Wild*, a collection of quotes--drawn from the wide range of her writings--that capture her wisdom, courage, and outspoken humor, presented in a gift-sized package that's as irresistible to give as it is to receive. In

her three previous books--her critically acclaimed debut novel, *Torch*, her groundbreaking memoir, *Wild*, and her dazzlingly insightful "Dear Sugar" advice columns, *Tiny Beautiful Things*--Cheryl Strayed has shared with an ardently devoted audience the many twists and trials of her remarkable life, offering much-needed truths, as well as laughter, to millions of readers. Her honesty, spirit, and ample supply of tough love have enabled many of us, even in the darkest hours, to somehow put one foot in front of the other--and be brave enough. Whether humorous or wise (and often both at once) Strayed's words are anthems that remind us that we may inevitably make mistakes, but we can also do better, both

for ourselves and for others. Such as:

Be brave enough to break your own heart.

You can't ride to the fair unless you get on the pony.

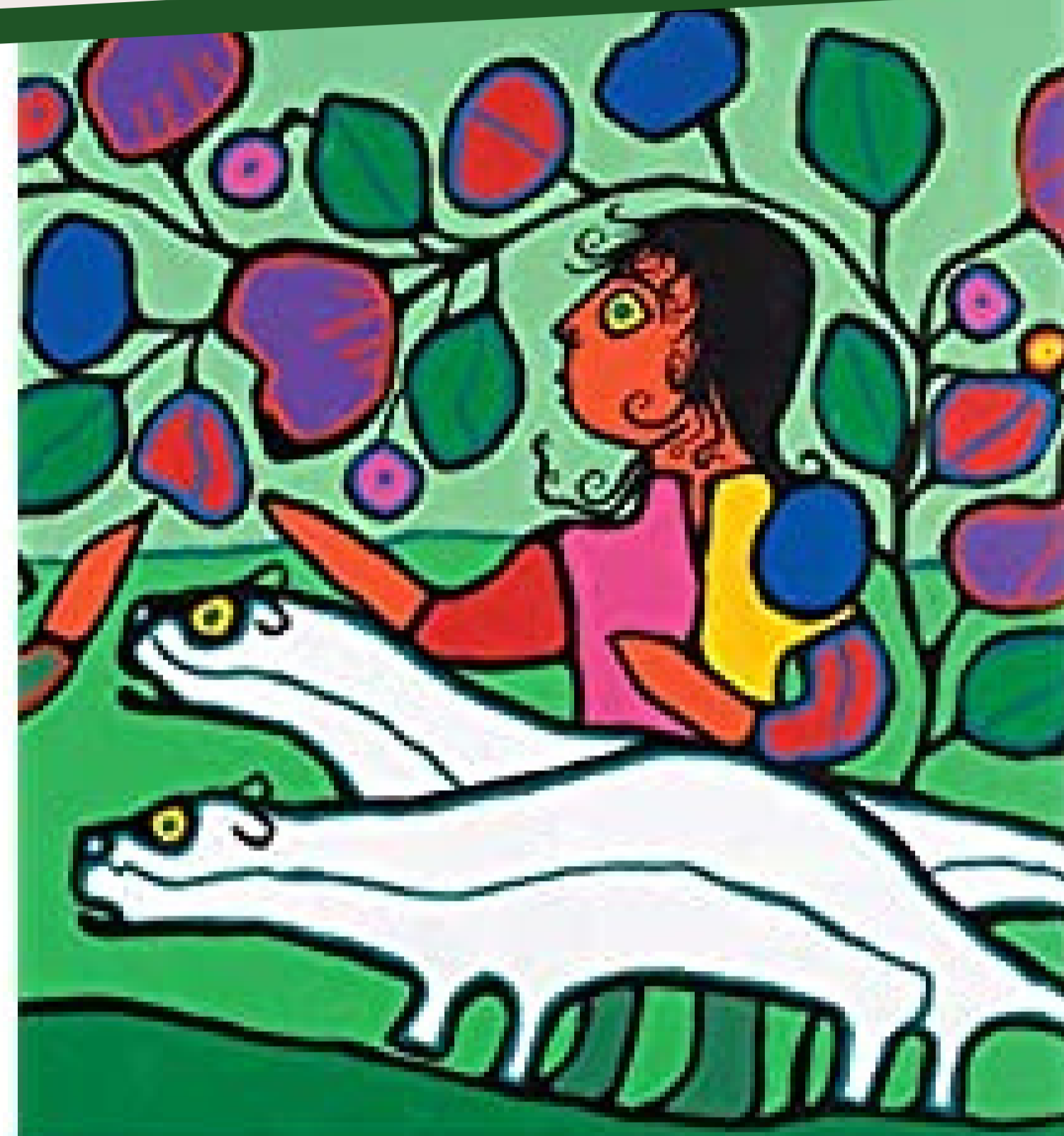
Keep walking. Acceptance is a small, quiet room.

Romantic love is not a competitive sport

.Forward is the direction of real life.

*Brave Enough* gathers more than 100 of these "mini-instruction manuals for the soul," urging us toward the incredible capacity for love, compassion, forgiveness, and endurance that is within us all.





## CENTERING ANISHINAABEG STUDIES

*Understanding the World through Stories*

Edited by Jill Doerfler, Niigaanensidam James Sinclair  
and Beth Kucetonepinesuk Stark

# centering anishinaabeg studies

Doerfler, Sinclair, Stark

For the Anishinaabeg people, who span a vast geographic region from the Great Lakes to the Plains and beyond, stories are vessels of knowledge. They are bagijiganan, offerings of the possibilities within Anishinaabeg life. Existing along a broad narrative spectrum, from aadizookaanag (traditional or sacred narratives) to dibaajimowinan (histories and news)—as well as everything in between—storytelling is one of the central practices and methods of individual and community existence. Stories create and understand, survive and endure, revitalize and persist. They honor the past, recognize the present, and provide visions of the future. In remembering, (re)making, and (re)writing stories, Anishinaabeg storytellers have forged a well-traveled path of agency, resistance, and resurgence. Respecting this tradition, this groundbreaking anthology features twenty-four contributors who utilize creative and critical approaches to propose that this people's stories carry dynamic answers to questions posed within Anishinaabeg communities, nations, and the world at large



# Choosing to Change



A Client-Centred Approach to Alcohol  
and Medication Use by Older Adults

**ARF** Addiction Research Foundation  
Fondation de la recherche  
sur la toxicomanie

Centre for Addiction and Mental Health

## choosing to change

### Addiction research foundation

Choosing to Change is a practical handbook for staff of health and social service agencies, people working in addiction treatment programs, and anyone who comes into contact with older adults who have problems with their use of alcohol and/or psychoactive medications. The book uses brief case histories to illustrate the distinct nature of alcohol and medication use among people in this age group. It includes a monitoring form that can help people keep track of their drinking, and answers questions such as:

- Why are different treatment options needed for older adults?
- How can the signs of problems with alcohol or medication use be distinguished from the signs of aging or age-related illnesses?
- How does alcohol interact with commonly prescribed medications?
- Which strategies work best to overcome an older person's resistance to change



# Cognitive-behavioural therapy

## An information guide

Neil A. Rector, PhD, CPsych

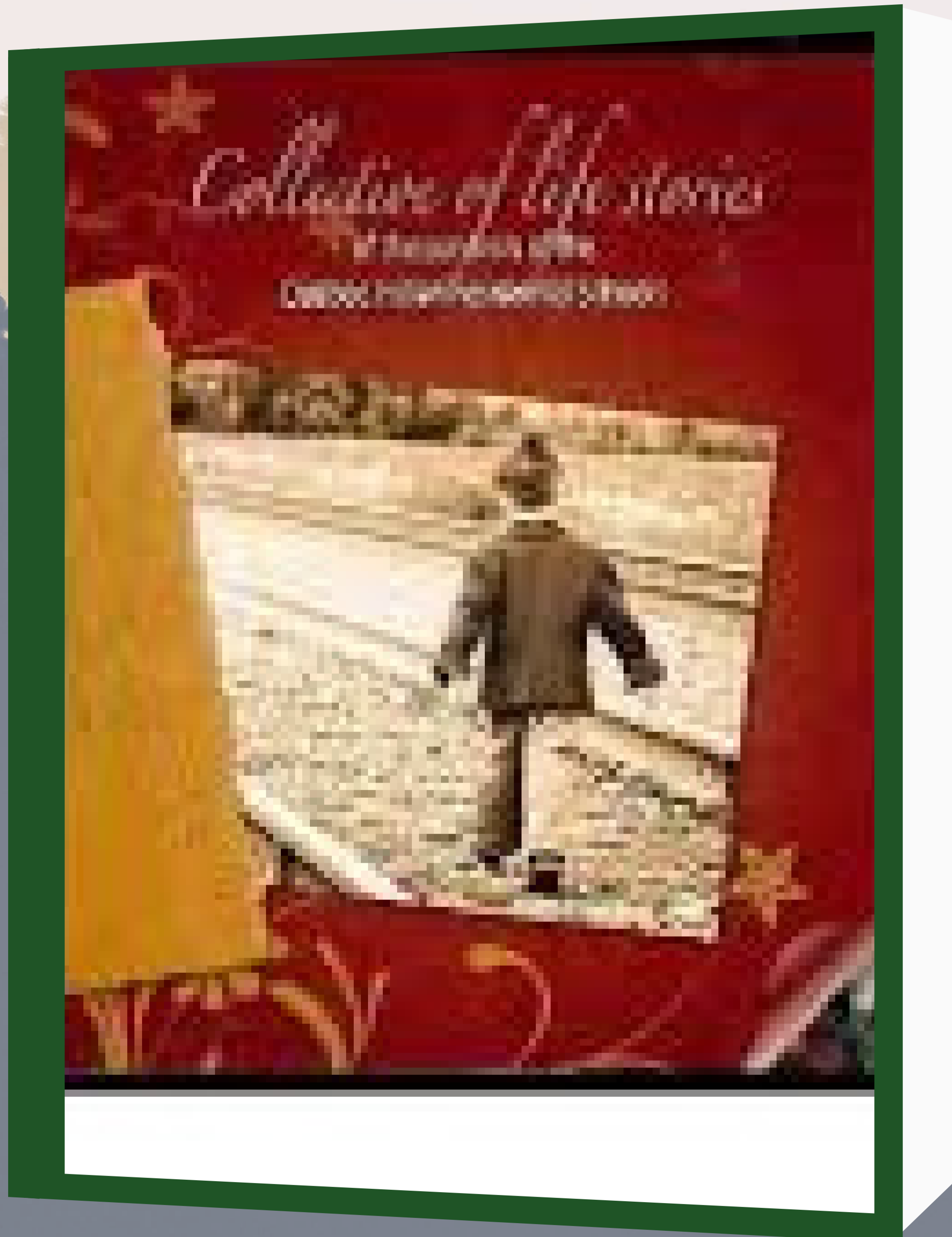


# Cognitive-behavioral therapy information guide

Neil .A, Rector, PhD

Cognitive-Behavioural Therapy (CBT) is widely recommended as a first-line treatment for a wide variety of emotional problems, including depression and anxiety. CBT works on the basic assumption that the way people think can contribute to their emotional problems. In CBT, people learn to identify, question and change patterns of thinking that contribute to emotional distress—to see thoughts as ideas rather than as facts, and to “stand back” from their thoughts and consider situations from different points of view. People also learn to change behaviours related to negative moods. CBT is a short-term, practical and goal-oriented therapy that teaches people to become their own therapists.





# Collection of life stories of the survivors of the Quebec Indian Residential Schools

FNQLHSSC

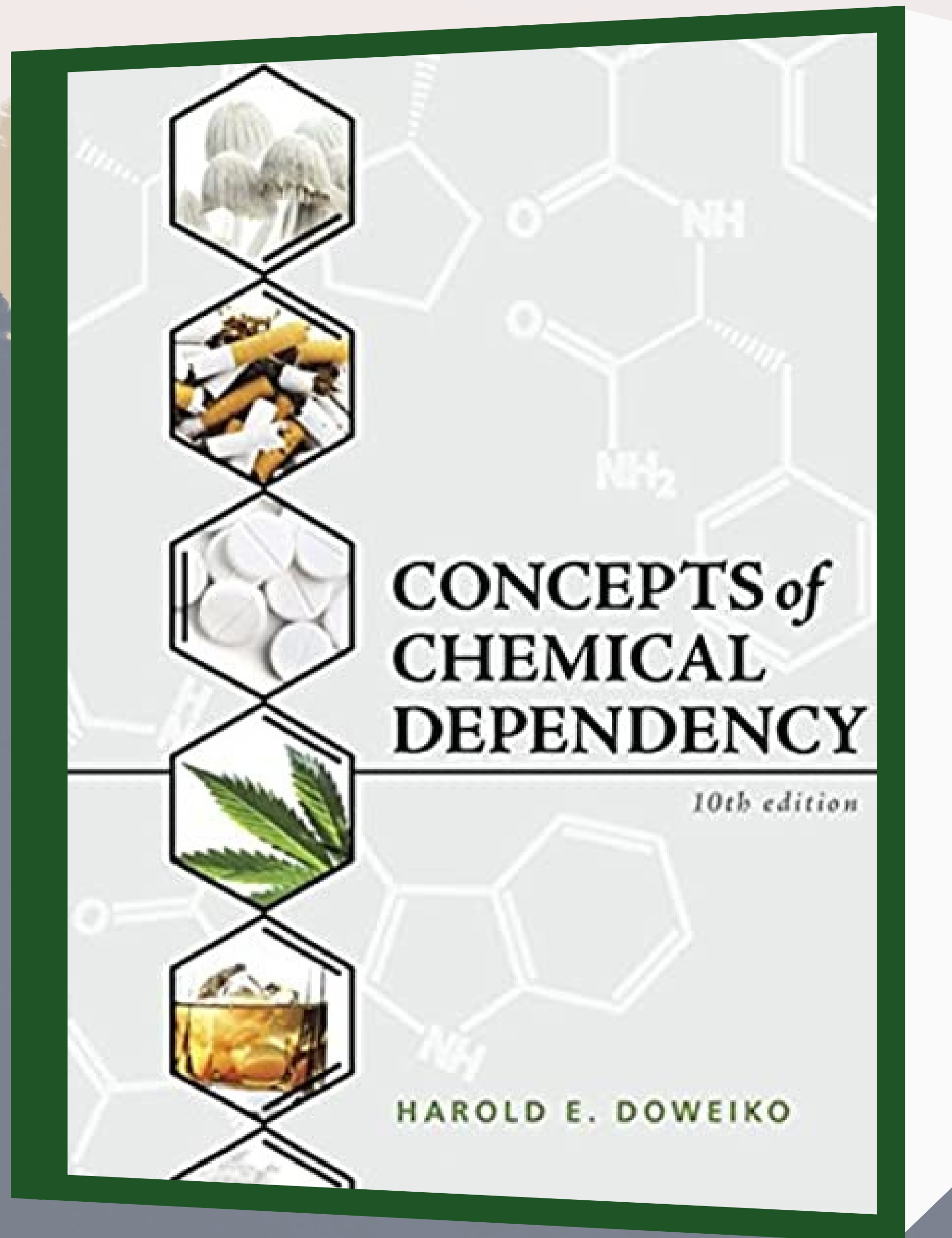
Get a real insight on residential schools and the brave  
survivors.



# Concepts of chemical dependency

Harold. E Doweiko

CONCEPTS OF CHEMICAL DEPENDENCY, Ninth Edition, provides comprehensive coverage and the latest information on a full spectrum of substance use disorders and the compounds commonly abused. Topics include the abuse of and addiction to alcohol; how the active agent in marijuana, THC, affects neural growth and development; the emerging body of evidence suggesting a relationship between marijuana abuse and psychotic disorders; the emerging body of evidence suggesting that marijuana is not as benign as it was thought to be a few years ago; and the abuse of cough syrups. Adding to the book's usefulness and relevance, Doweiko also covers topics not usually discussed in other substance abuse texts, including abuse of anabolic steroids, inhalants, infectious diseases associated with substance abuse, how the "war on drugs" has actually contributed to the problem of substance abuse/addiction in this country, and the "medical marijuana" debate. This edition includes new information on synthetic marijuana, mephredone, and dextromethorphan, among other substances; updates reflecting the new DSM-5; and a new chapter on the Biopsychosocial Model of Addiction. Students report that they appreciate the author's balanced approach, which allows them to form their own opinions, in contrast to some books that "preach" that "drugs are bad for you."





# Concurrent substance use and mental health disorders An information guide

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Washington, DC 20002-4242

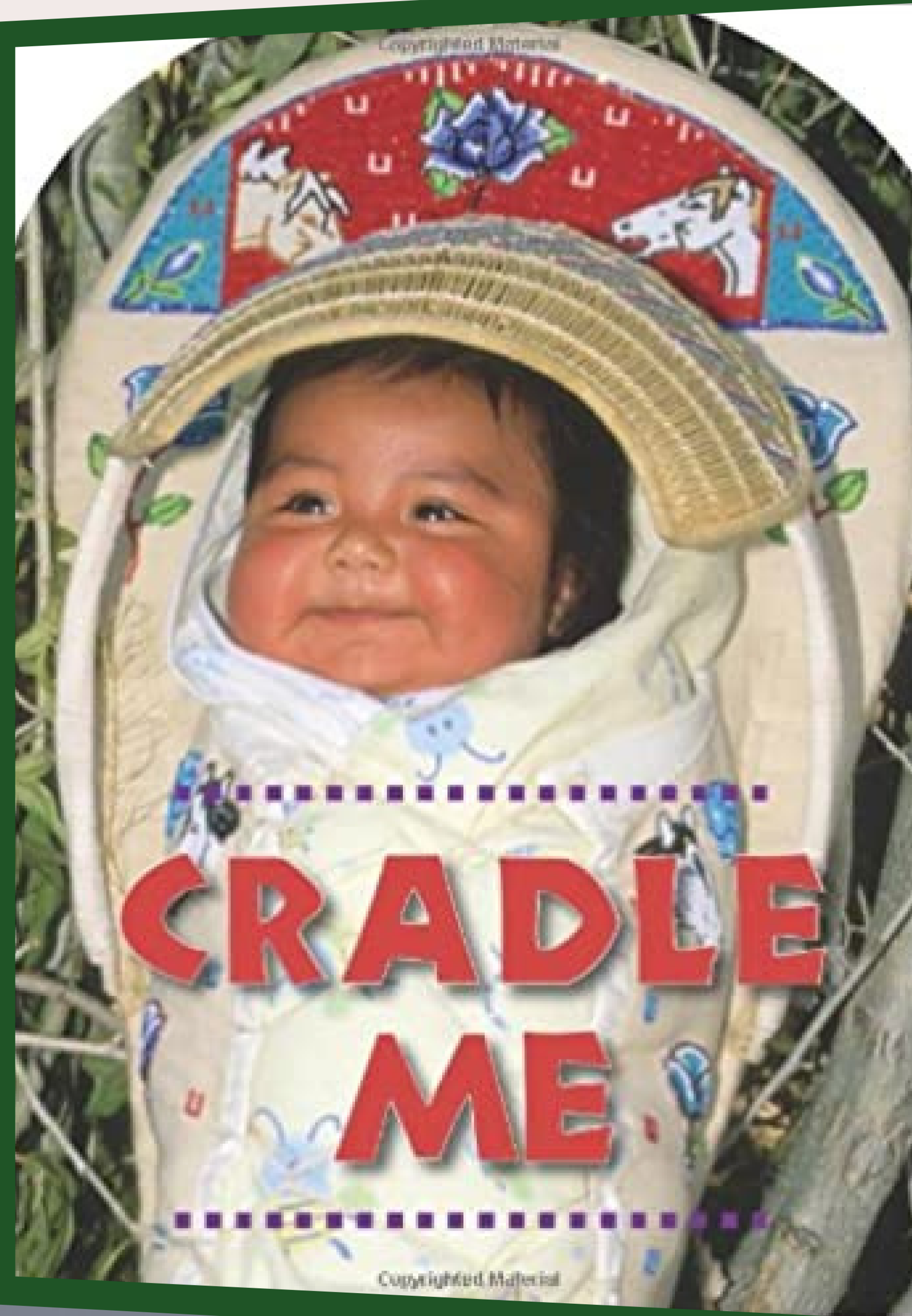
camh

## *Concurrent Substance Use and Mental Health Disorders*

CAMH

This guide is for people with concurrent disorders and for their families. It is also for anyone who wants basic information about concurrent disorders, their treatment and their management. This guide should not replace treatment from a health professional. The term “concurrent disorders” covers many combinations of problems. This guide talks about issues that are common to most concurrent disorders. Other guides in the series offer more details about specific mental health problems



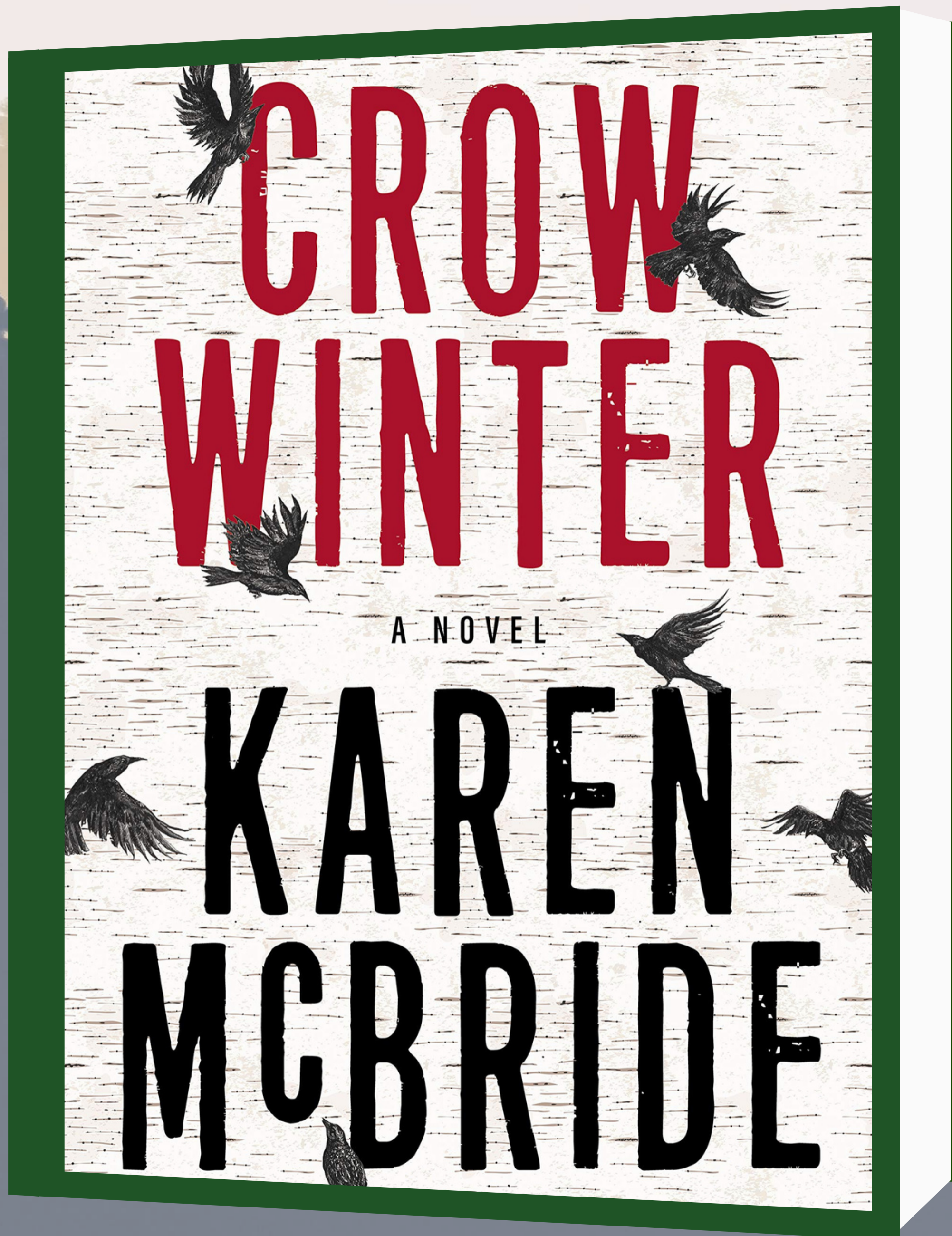


# Cradle me

Joanne Roberts

The rich Native American tradition of carrying babies safely, comfortably and close to their mothers in cradle boards endures to this day. Cradle Me celebrates Native American families and shows how they carry their babies and, with a fill-in-the-line feature, enables readers to translate the words to write their own language.



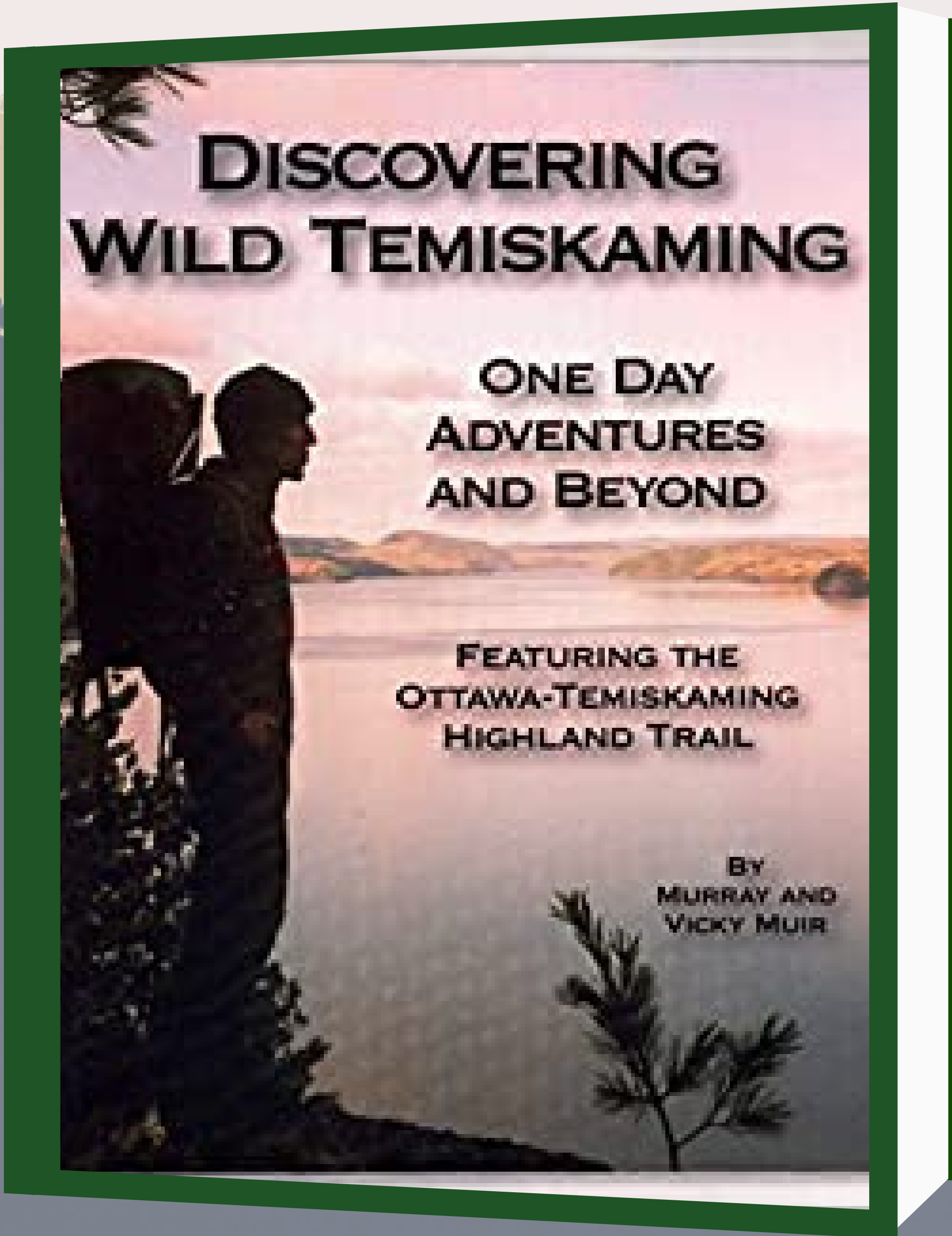


# Crow Winter

Karen McBride

Nanabush. A name that has a certain weight on the tongue—a taste. Like lit sage in a windowless room or aluminum foil on a metal filling. Trickster. Storyteller. Shape-shifter. An ancient troublemaker with the power to do great things, only he doesn't want to put in the work. Since coming home to Spirit Bear Point First Nation, Hazel Ellis has been dreaming of an old crow. He tells her he's here to help her, save her. From what, exactly? Sure, her dad's been dead for almost two years and she hasn't quite reconciled that grief, but is that worth the time of an Algonquin demigod? Soon Hazel learns that there's more at play than just her own sadness and doubt. The quarry that's been lying unsullied for over a century on her father's property is stirring the old magic that crosses the boundaries between this world and the next. With the aid of Nanabush, Hazel must unravel a web of deceit that, if left untouched, could destroy her family and her home on both sides of the Medicine Wheel.





**DISCOVERING  
WILD TEMISKAMING**

**ONE DAY  
ADVENTURES  
AND BEYOND**

**FEATURING THE  
OTTAWA-TEMISKAMING  
HIGHLAND TRAIL**

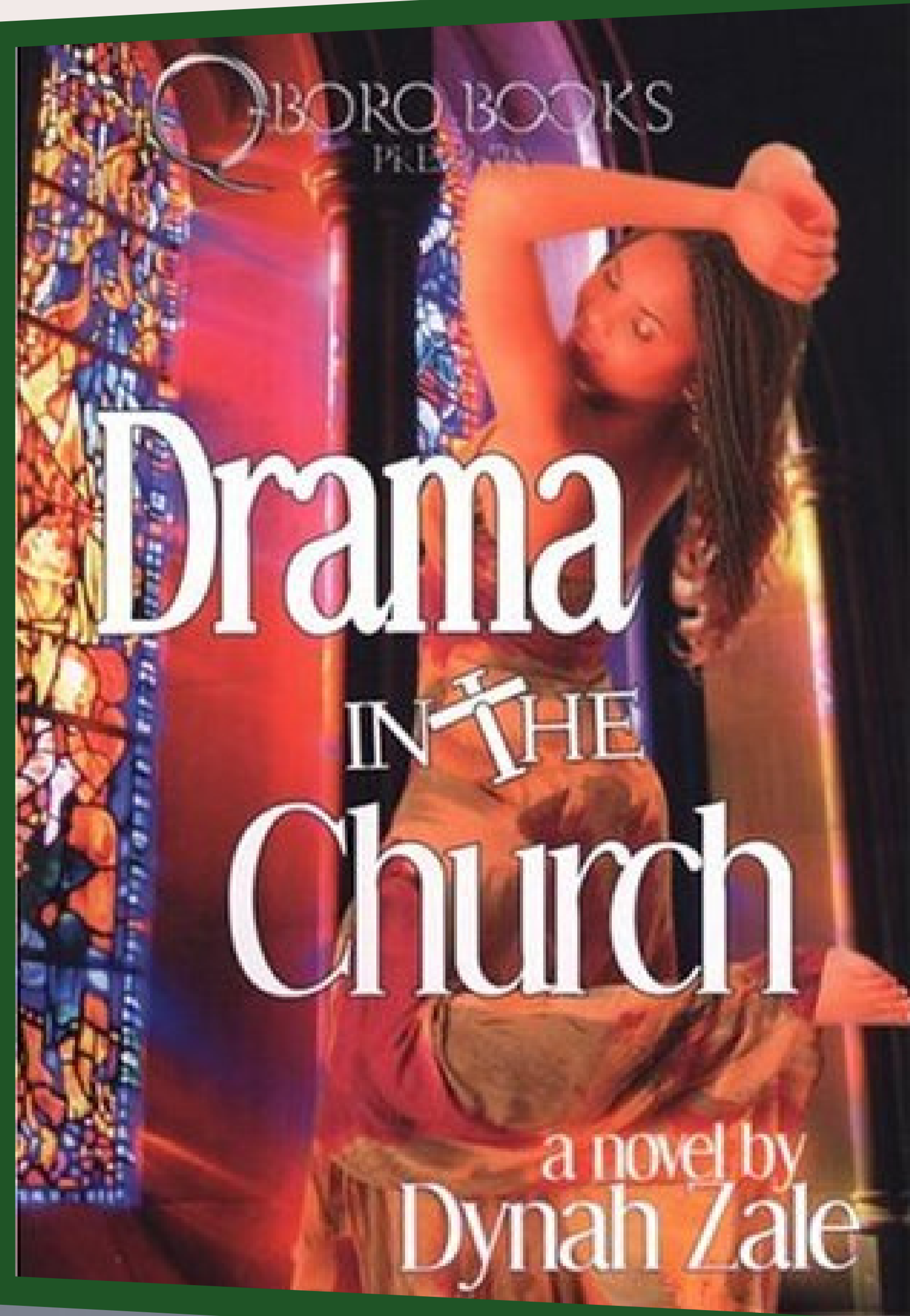
**BY  
MURRAY AND  
VICKY MUIR**

*Discovering Wild  
Temiskaming: One day  
Adventures And Beyond*

MURRAY MUIR & VICKY MUIR

A great guide to over 50 adventures on and around Lake Temiskaming including the new Ottawa-Temiskaming Highland Trail. A must read for those visiting "Wild Temiskaming".





# Drama in the church

Dynah Zale

Share in the journey of love, lust, self-doubt, and Drama in the Church. Drama ensues when the chaos of the world enters the doors of First Nazareth A.M.E. Church. ... Val and Julian's love for one another has grown so strong over the years that the time has come for them to take the next step.



# Dual Diagnosis An information guide

Tara Linnell, PhD, C. Psych  
Lindsay Weiss, PhD, C. Psych

camh  
CENTRE FOR ADDICTION AND MENTAL HEALTH

## *Dual-Diagnosis*

GRIST

This guide was developed for the families of people with developmental disabilities. It provides basic information about dual diagnosis and explains what we know about services and supports and how to best access them. It also suggests ways to take care of yourself while being a caregiver.



t, Run, and Live Health



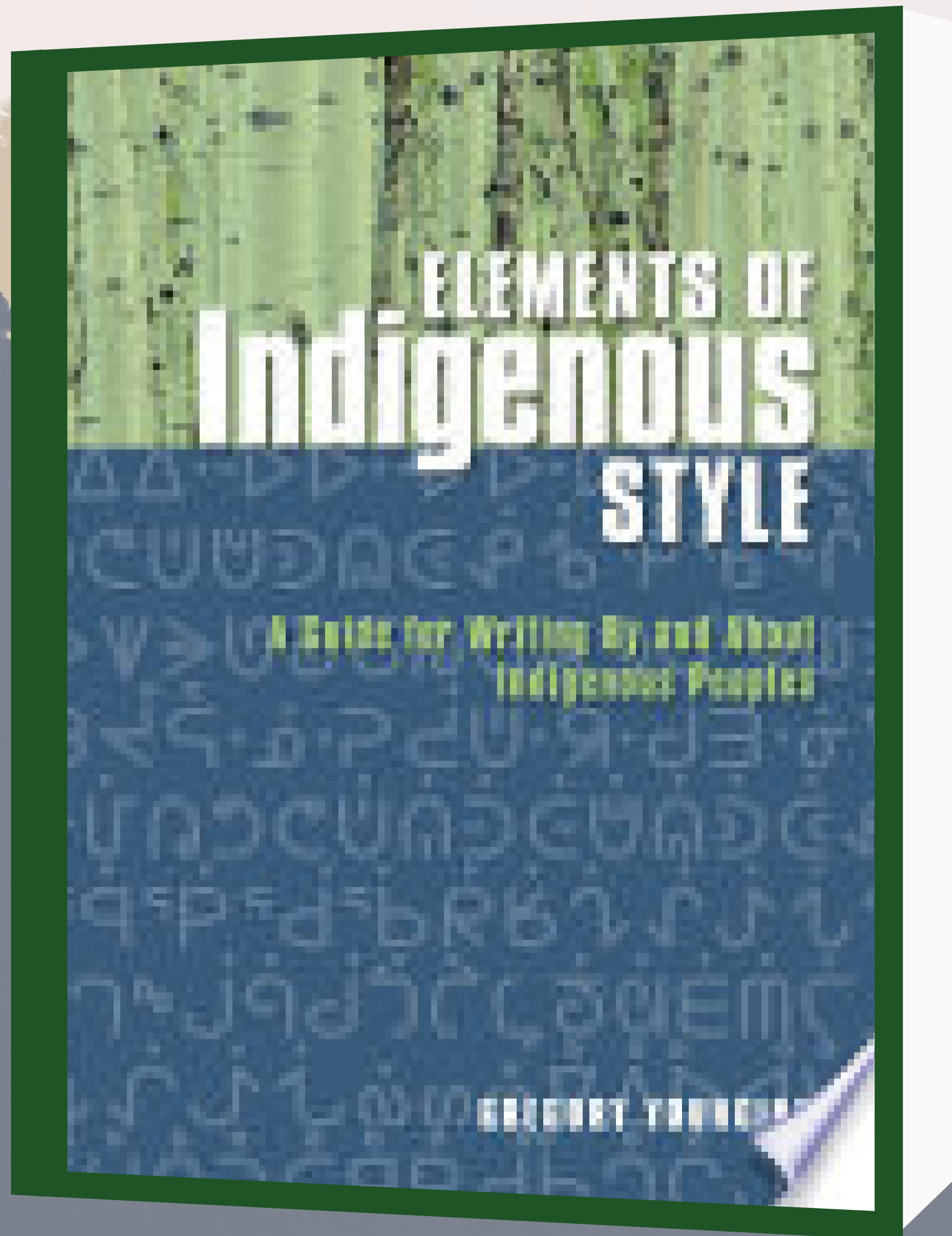
en Olson / Illustrations by Marie-Micheline H

# Eat run and live healthy

Karen W. Olson

Nurse Ellen visits Annie Calf Robe' classroom. Nurse Ellen's use of pictures and fun activities helps the children learn about the importance of healthy foods.





# *Elements of Indigenous Style*

GREGORY YOUNGING

Elements of Indigenous Style offers Indigenous writers and editors—and everyone creating works about Indigenous Peoples—the first published guide to common questions and issues of style and process. Everyone working in words or other media needs to read this important new reference, and to keep it nearby while they're working. This guide features:

Twenty-two succinct style principles.-

Advice on culturally appropriate publishing practices, including how to collaborate with Indigenous Peoples, when and how to seek the advice of Elders, and how to respect Indigenous Oral Traditions and Traditional Knowledge.

Terminology to use and to avoid.

Advice on specific editing issues, such as biased language, capitalization, and quoting from historical sources and archives.

Case studies of projects that illustrate best practices.





RICHARD  
WAGAMESE  
EMBERS

*One Ojibway's Meditations*

*Embers*  
*One Ojibway's*  
*Meditations*

RICHARD WAGAMESE

In this carefully curated selection of everyday reflections, Richard Wagamese finds lessons in both the mundane and sublime as he muses on the universe, drawing inspiration from working in the bush—sawing and cutting and stacking wood for winter as well as the smudge ceremony to bring him closer to the Creator. *Embers* is perhaps Richard Wagamese's most personal volume to date. Honest, evocative and articulate, he explores the various manifestations of grief, joy, recovery, beauty, gratitude, physicality and spirituality—concepts many find hard to express. But for Wagamese, spirituality is multifaceted. Within these pages, readers will find hard-won and concrete wisdom on how to feel the joy in the everyday things.

Wagamese does not seek to be a teacher or guru, but these observations made along his own journey to become, as he says, "a spiritual bad-ass," make inspiring reading.





Fall

Takwakin

Automne

# Fall Takwakin-Automne

Jill Ladouceur

In southern Témiscamingue, the community of Kebaowek wishes to promote the Algonquin language to its members, especially children. Jill Ladouceur created a project of six books written in three languages: English, French and Algonquin. The children and elders of the community participated in the realization of this project. The stories are imagined by children and illustrated by Indigenous artists. Each book contains a disc on which you can hear a story, told by a child from the community of Kebaowek, in Algonquin. Originally composed in English, they were translated into French and Algonquin by Suzanne Mapitchie. She also helped the children pronounce each word in the story correctly. The project was funded by Canadian Heritage. The books, published in 1200 copies, have been so successful that a new six-book series is currently in production.





**Families**

**Pecik otena**

**La Famille**

# Families-Pecik otena-la famille

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EXCELLENCE  
MATRIMONIAL REAL PROPERTY

Family Homes on Reserves  
and Matrimonial Interests or  
Rights Act

# Family home on reserves and matrimonial interests on right act

The centre excellence for matrimonial  
real property

The Family Homes on-reserves and Matrimonial Interests or Rights Act (the Act) was created to fill the gap. ... The act provides a mechanism for First Nations to create their own laws about matrimonial real property, and provides a set of provisional federal laws to be used until a First Nation establishes its own law



#1 NATIONAL BESTSELLER

MY STORY OF BEING MÉTIS, HOMELESS,  
AND FINDING MY WAY



# FROM THE ASHES

JESSE THISTLE

"You'll be drawn into the life journey of someone who's struggled so deep yet has risen up to share with us what it means to be human. A deeply moving read."

CLARA HUGHES, Olympian and author of *Open Heart, Open Mind*

# From the Ashes

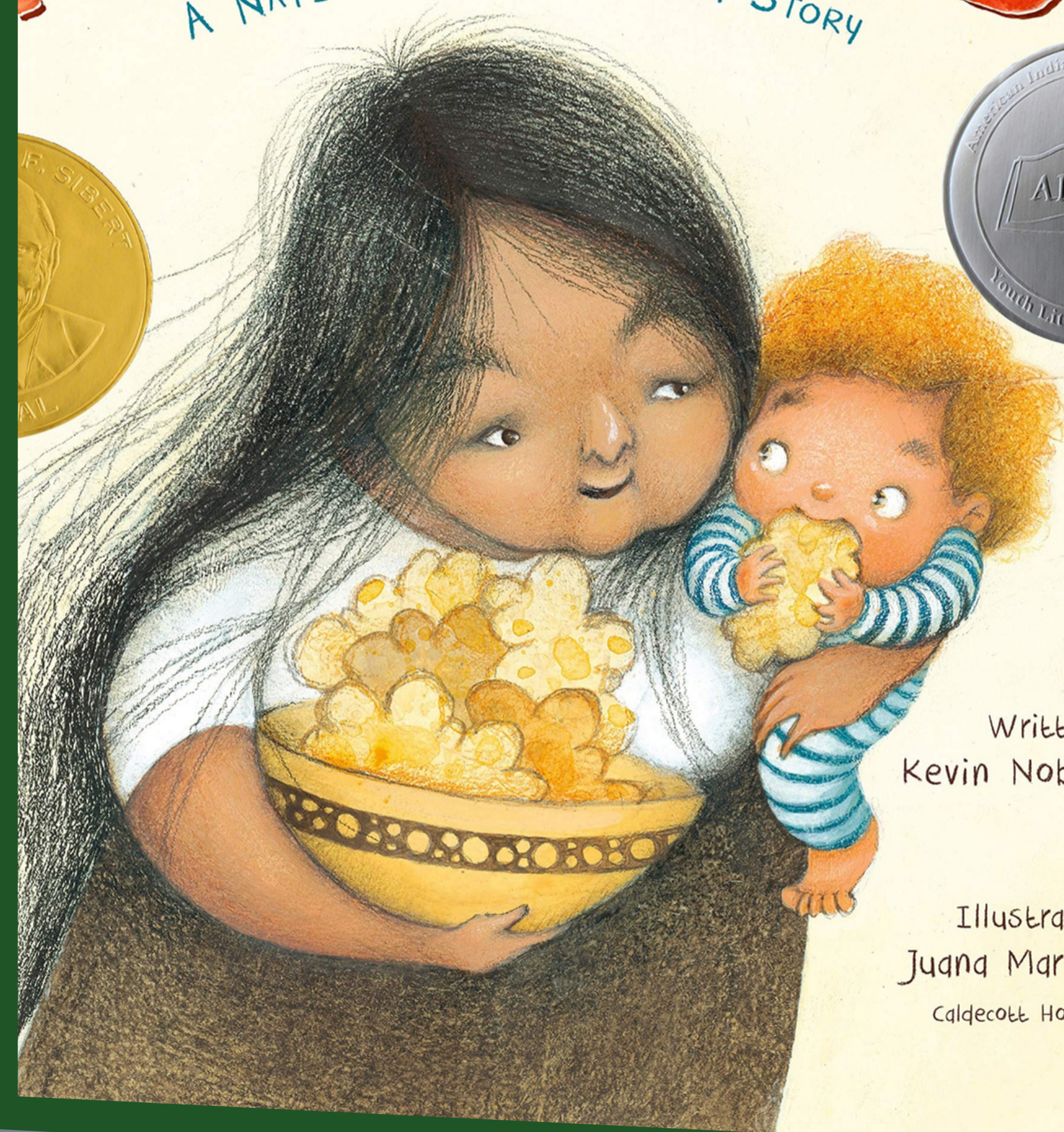
JESSE THISTLE

From the Ashes is a remarkable memoir about hope and resilience, and a revelatory look into the life of a Métis-Cree man who refused to give up. Abandoned by his parents as a toddler, Jesse Thistle briefly found himself in the foster-care system with his two brothers, cut off from all they had known.



# FRY BREAD

A NATIVE AMERICAN FAMILY STORY



## Fry Bread

Kevin noble Maillard

Told in lively and powerful verse by debut author Kevin Noble Maillard, Fry Bread is an evocative depiction of a modern Native American family, vibrantly illustrated by Pura Belpre Award winner and Caldecott Honoree Juana Martinez-Neal.



THE ANISHINAUBAEMOWIN SERIES

The Gift of the Stars  
Anangoog Meegwiaewinan



By Basil Johnston

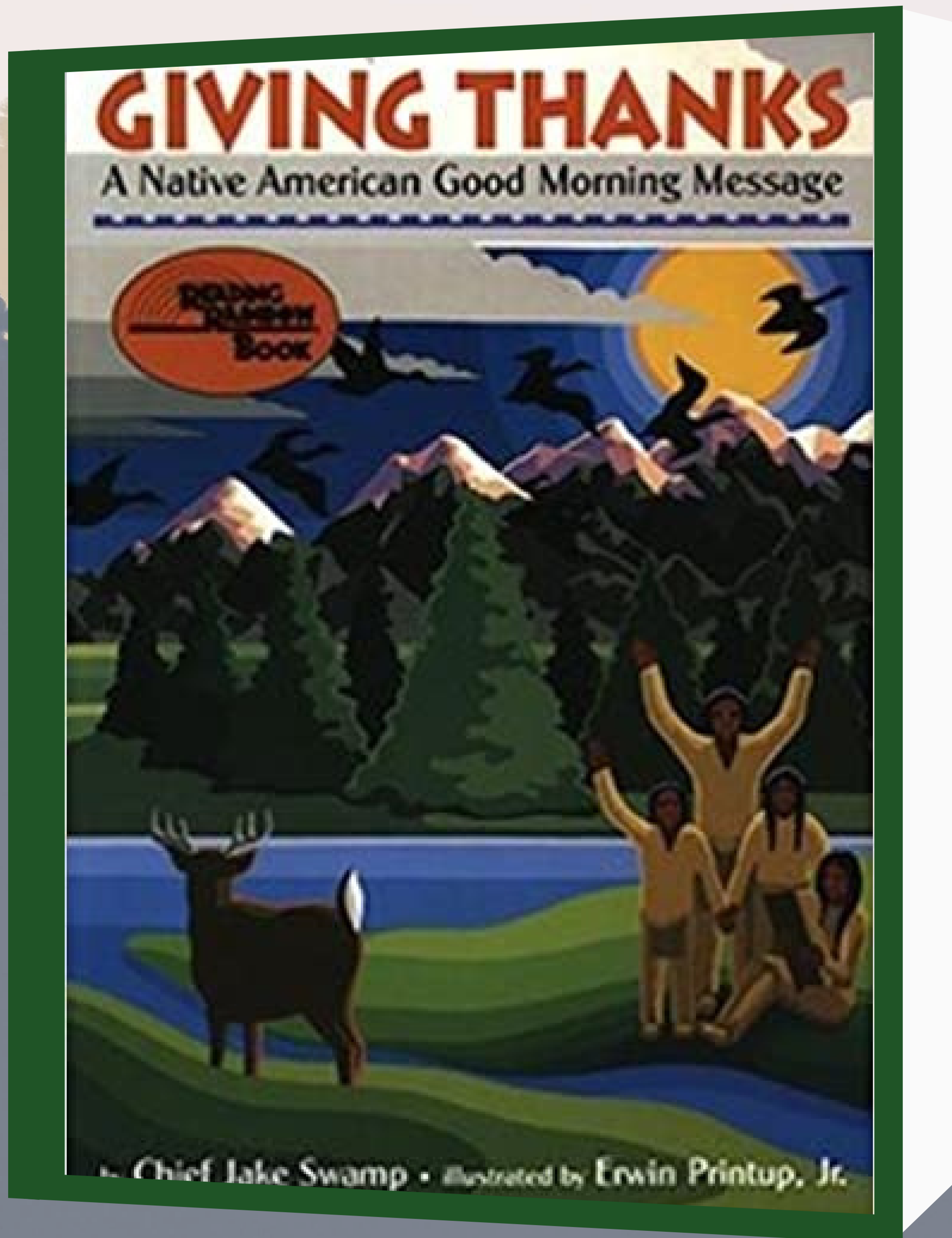
Commissioned by Zagamohi Wapeyoanbaan Anishinoobebigewin

# The Gift of the stars anangoog meegwiaewinan

Basil Johnston

Before books there was land. It taught our ancestors what they needed to know in order to survive it challenged our ancestors to use what they have learned to edify their spirits, souls, hearts, and mind what they learned was a revelation





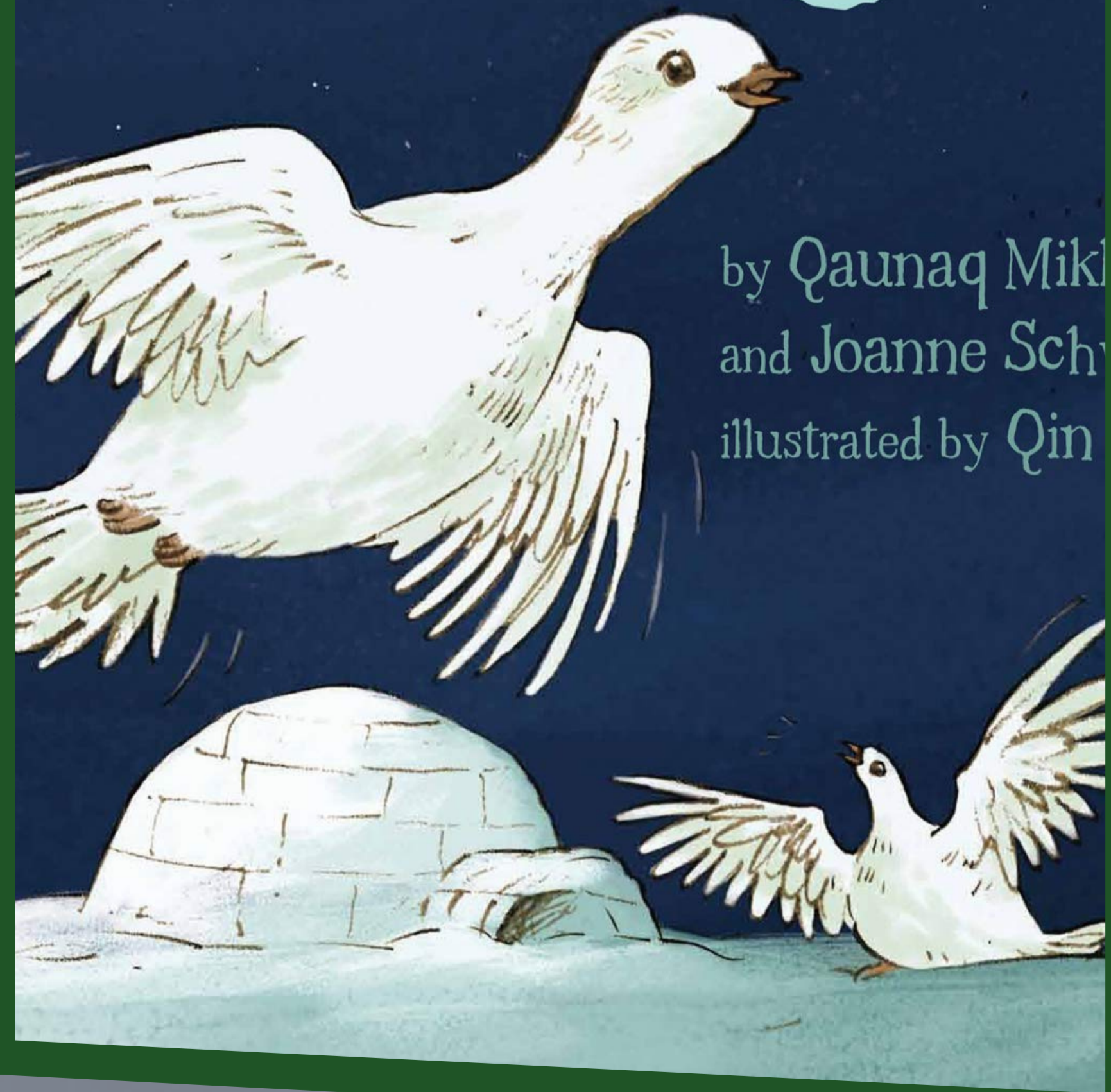
# Giving thanks a Native American good morning message

Chief Jake Swap

Giving Thanks is a special children's version of the Thanksgiving Address, a message of gratitude that originated with the Native people of upstate New York and Canada and that is still spoken at ceremonial gatherings held by the Iroquois, or Six Nations. Full color.



# Grandmother Ptarmigan



## Grandmother's Ptarmigan

Quanaq Mikkigak & Joanne Schwatz

It's bedtime for baby ptarmigan, but he will not go to sleep. So his grandmother decides to tell him a bedtime story that he will never forget. With delightful illustrations by Qin Leng, this nursery rhyme inspired rendition of a traditional Inuit origin tale is perfect for the youngest of children.



# Growing Up Resilient:

Ways to build resilience  
in children and youth



Tatyana Barankin  
Nazilla Khanlou

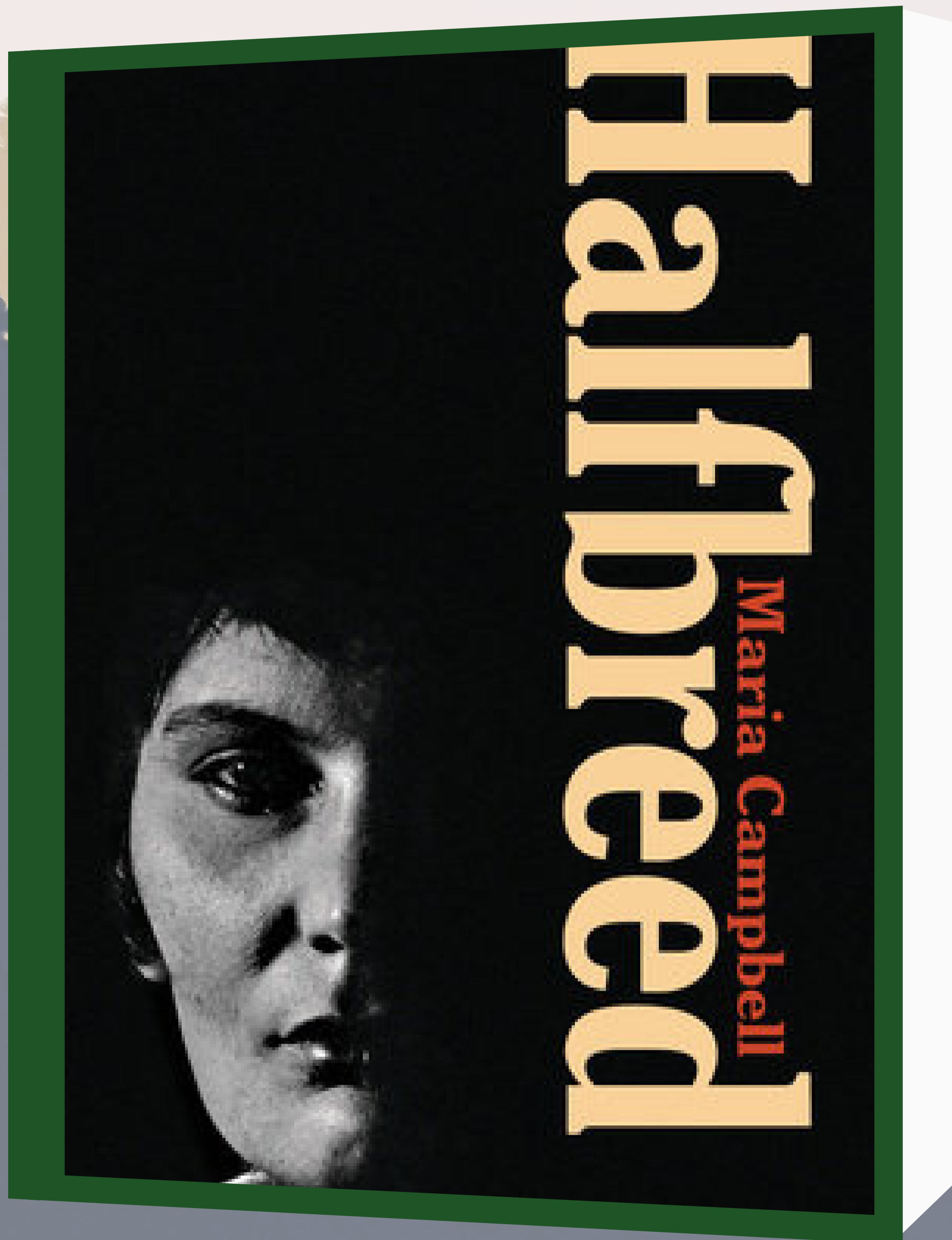
 camh  
Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

# growing up resilient

Tatyana barankin nazilla  
Khanlou

Growing Up Resilient explains what health care providers mean when they talk about resilience. It explores what risk and protective factors can affect resilience in young people. And it gives tips on how to build resilience in children and youth.



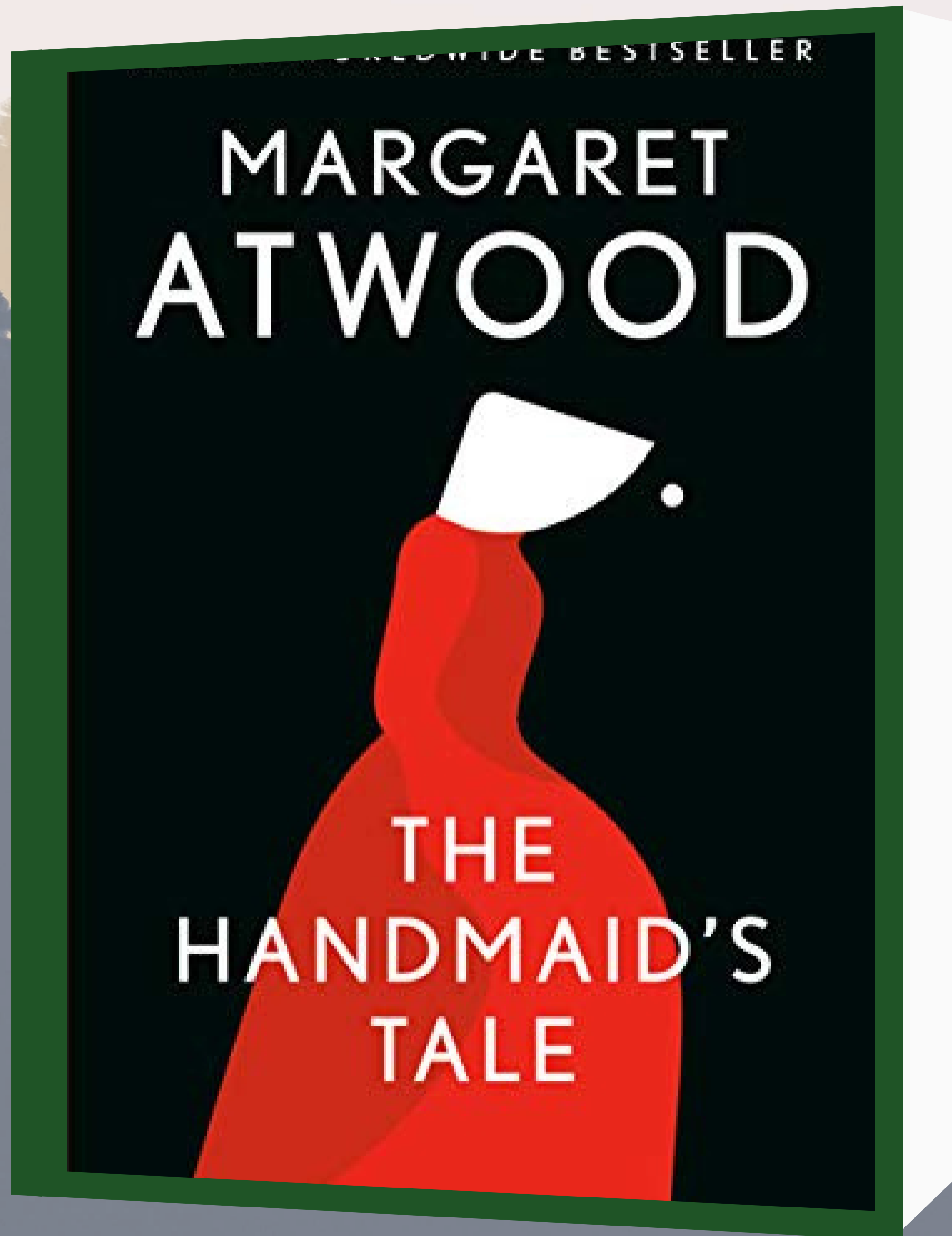


# *Halfbreed*

MARIA CAMPBELL

An unflinchingly honest memoir of her experience as a Métis woman in Canada, Maria Campbell's *Halfbreed* depicts the realities that she endured and, above all, overcame. Maria was born in Northern Saskatchewan, her father the grandson of a Scottish businessman and Métis woman--a niece of Gabriel Dumont whose family fought alongside Riel and Dumont in the 1885 Rebellion; her mother the daughter of a Cree woman and French-American man. This extraordinary account, originally published in 1973, bravely explores the poverty, oppression, alcoholism, addiction, and tragedy Maria endured throughout her childhood and into her early adult life, underscored by living in the margins of a country pervaded by hatred, discrimination, and mistrust. Laced with spare moments of love and joy, this is a memoir of family ties and finding an identity in a heritage that is neither wholly Indigenous or Anglo; of strength and resilience; of indomitable spirit. This edition of *Halfbreed* includes a new introduction written by Indigenous (Métis) scholar Dr. Kim Anderson detailing the extraordinary work that Maria has been doing since its original publication 46 years ago, and an afterword by the author looking at what has changed, and also what has not, for Indigenous people in Canada today. Restored are the recently discovered missing pages from the original text of this groundbreaking and significant work.





## *The Handmaid's Tale*

MARGARET ATWOOD

In this multi-award-winning, bestselling novel, Margaret Atwood has created a stunning Orwellian vision of the near future. This is the story of Offred, one of the unfortunate “Handmaids” under the new social order who have only one purpose: to breed. In Gilead, where women are prohibited from holding jobs, reading, and forming friendships, Offred’s persistent memories of life in the “time before” and her will to survive are acts of rebellion. Provocative, startling, prophetic, and with Margaret Atwood’s devastating irony, wit, and acute perceptive powers in full force, *The Handmaid’s Tale* is at once a mordant satire and a dire warning.





**Hello Spring**

**Kwe Sikwan**

**Bonjour le Printemps**

# Hello spring-Kwe sikwan-Bonjour le printemps

Jill Ladouceur

In southern Témiscamingue, the community of Kebaowek wishes to promote the Algonquin language to its members, especially children. Jill Ladouceur created a project of six books written in three languages: English, French and Algonquin. The children and elders of the community participated in the realization of this project. The stories are imagined by children and illustrated by Indigenous artists. Each book contains a disc on which you can hear a story, told by a child from the community of Kebaowek, in Algonquin. Originally composed in English, they were translated into French and Algonquin by Suzanne Mapitchie. She also helped the children pronounce each word in the story correctly. The project was funded by Canadian Heritage. The books, published in 1200 copies, have been so successful that a new six-book series is currently in production.



àni Nògèè Wegòò Degè

How the Fox Got His C



The Virginia Bookshelf  
by James Mitchell  
Illustrations by Bruce M. Smith & Mary Williams

# How the fox got his crossed legs

Virginia Football

Fox is howling, crying, for he lost his leg to Bear, all the people wanted to help Fox, but didn't know what to do. Raven is called upon to help retrieve his leg.

Will Raven succeed in the quest for Fox's leg?





# I AM WOMAN

A NATIVE PERSPECTIVE ON  
SOCIOLOGY AND FEMINISM

LEE MARACLE

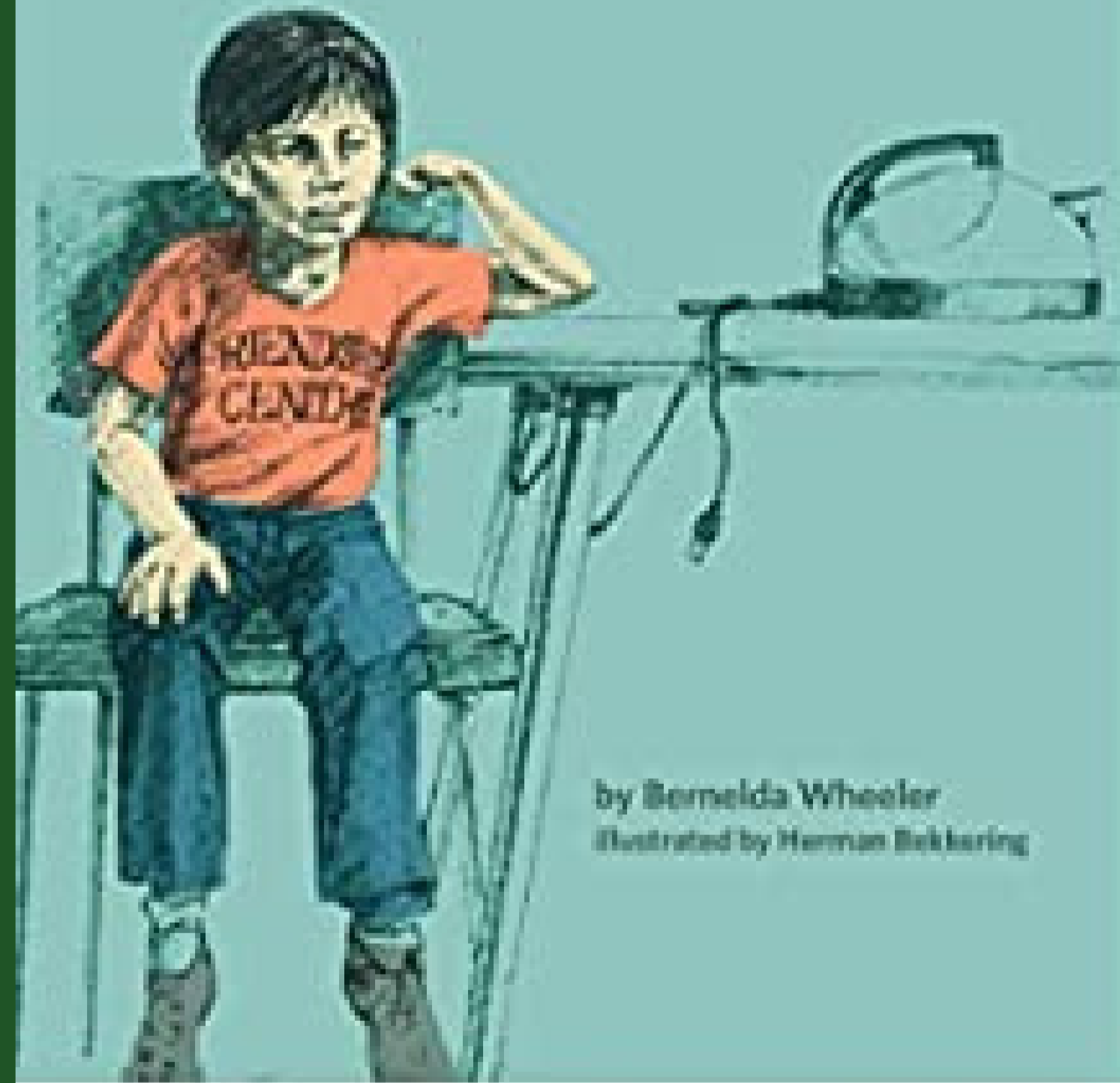
## *I am Woman*

LEE MARACLE

I Am Woman represents my personal struggle with womanhood, culture, traditional spiritual beliefs and political sovereignty, written during a time when that struggle was not over. My original intention was to empower Native women to take to heart their own personal struggle for Native feminist being. The changes made in this second edition of the text do not alter my original intention. It remains my attempt to present a Native woman's sociological perspective on the impacts of colonialism on us, as women, and on my self personally.



# I Can't Have Bannock but the Beaver Has a Dam



by Brenelda Wheeler  
Illustrated by Herman Bekkering

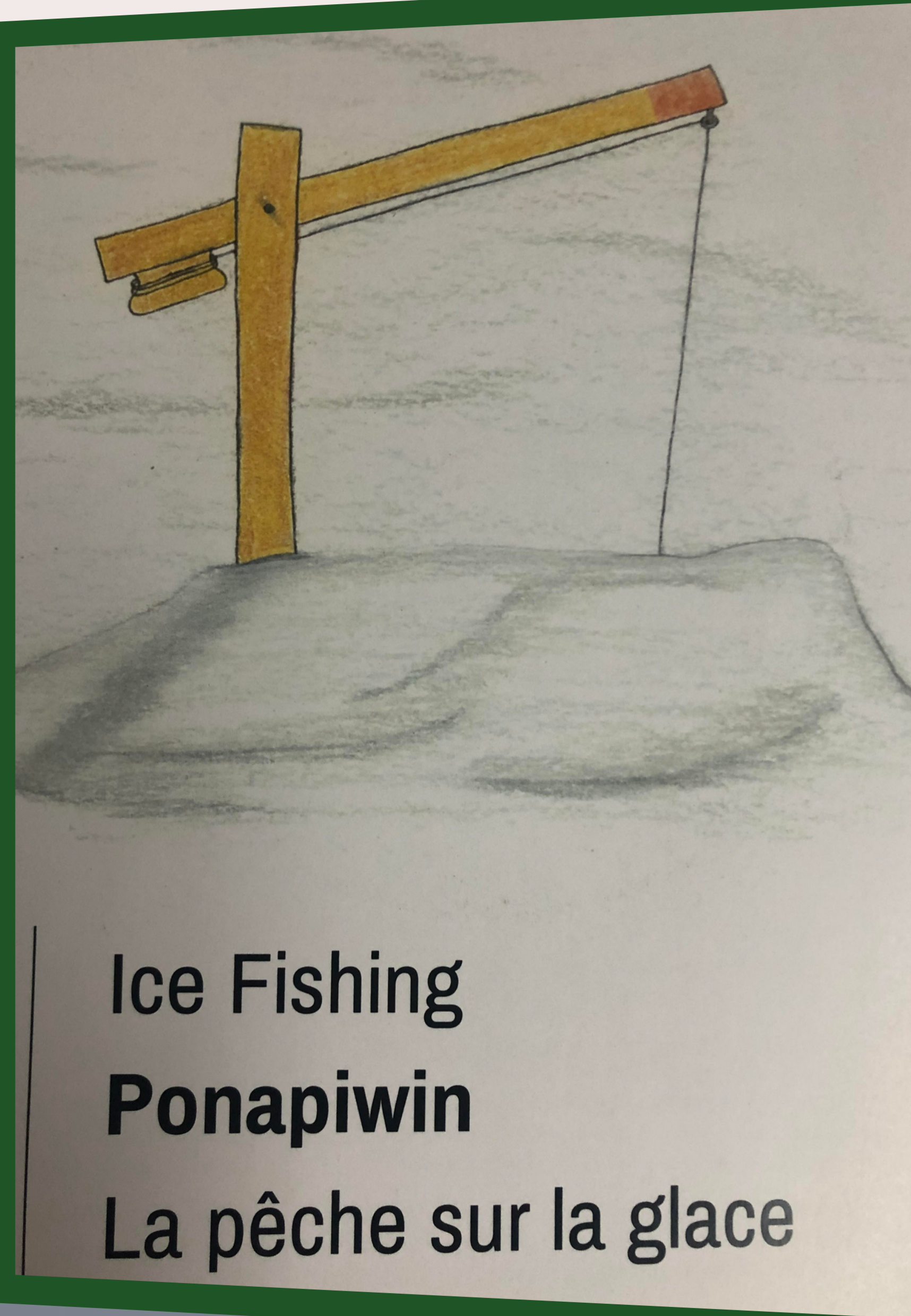


## I cant have bannock but the beaver has a dam

Brenelda Wheeler

A boy patiently listens to his mother's reasons for not making bannock?all the result of a beaver's need to make a dam. Includes a bannock recipe!





**Ice Fishing**

**Ponapiwin**

**La pêche sur la glace**

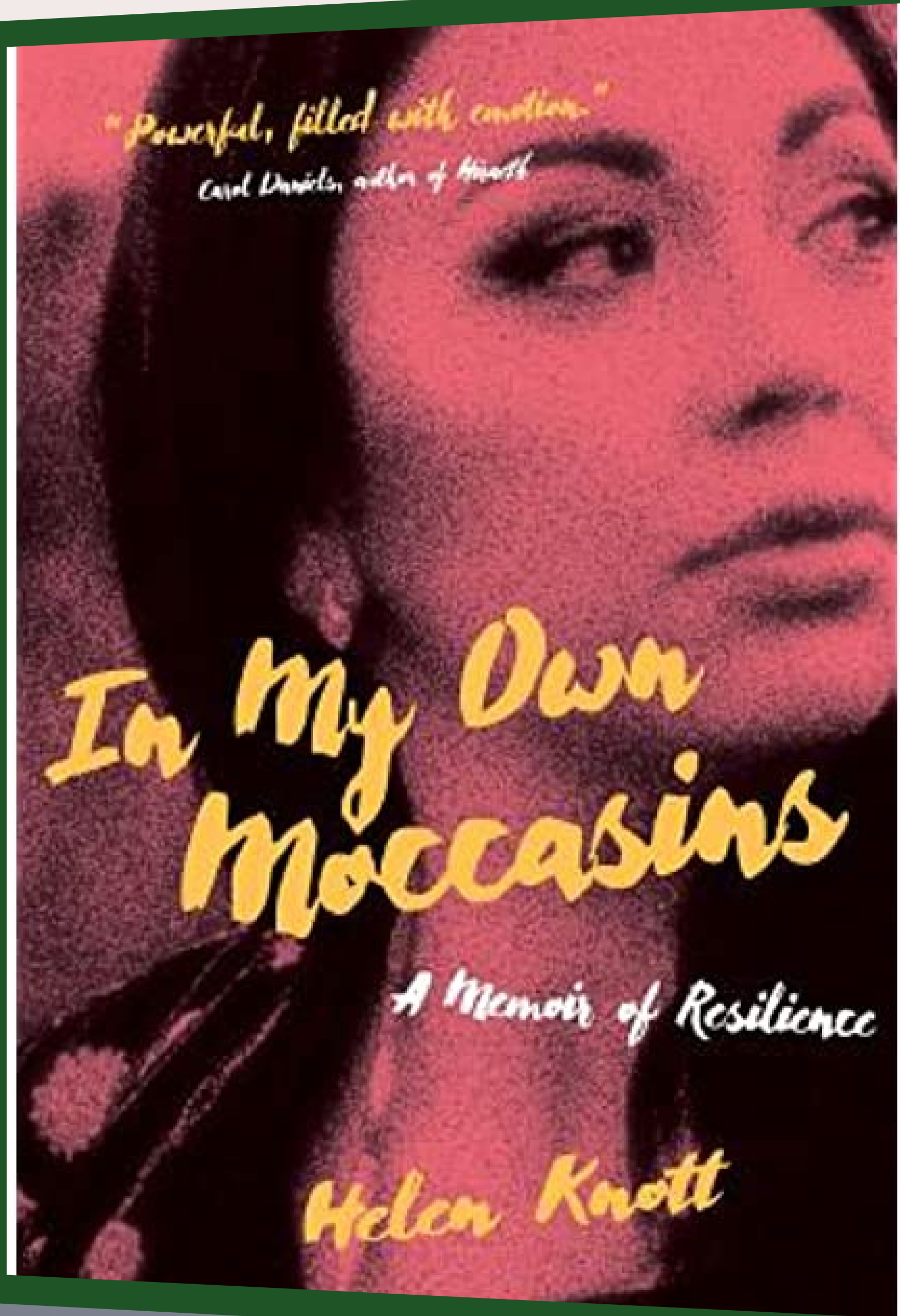
# Ice fishing- Ponapiwin-La pêche

## sur la glace

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# *In My Own Moccasins: A Memoir of Resilience*

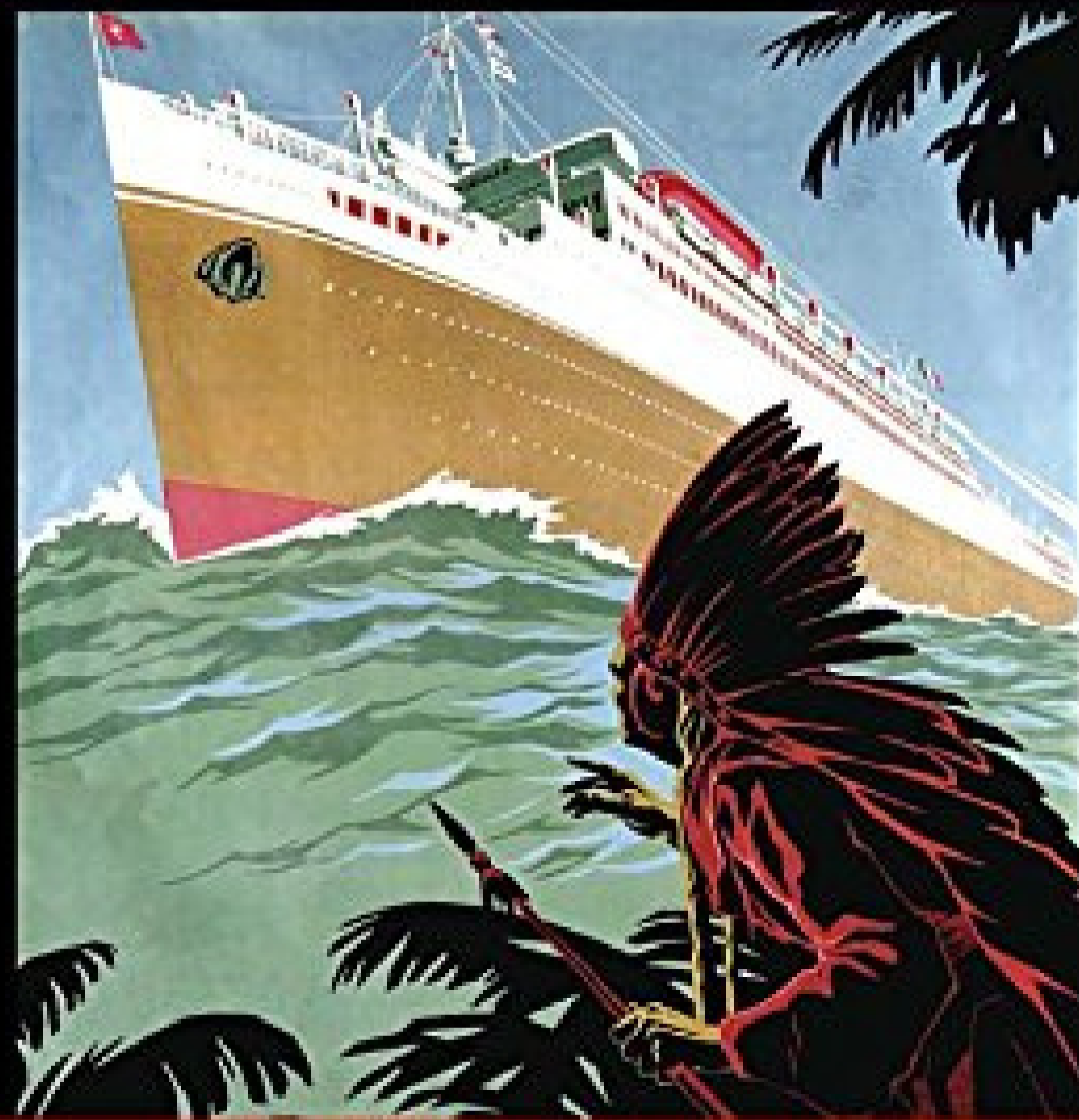
HELEN KNOTT

Helen Knott, a highly accomplished Indigenous woman, seems to have it all. But in her memoir, she offers a different perspective. *In My Own Moccasins* is an unflinching account of addiction, intergenerational trauma, and the wounds brought on by sexual violence. It is also the story of sisterhood, the power of ceremony, the love of family, and the possibility of redemption. With gripping moments of withdrawal, times of spiritual awareness, and historical insights going back to the signing of Treaty 8 by her great-great grandfather, Chief Bigfoot, her journey exposes the legacy of colonialism, while reclaiming her spirit



# INCONVENIENT INDIAN

A CURIOUS ACCOUNT OF NATIVE PEOPLE IN NORTH AMERICA



NATIONAL BESTSELLER

**THOMAS KING**

"Thomas King is beyond being a great writer and storyteller . . . he is a great poet." —The Globe and Mail

## The inconvenient

## Indian

THOMAS KING

Neither a traditional nor all-encompassing history of First Nations people in North America, *The Inconvenient Indian* is a personal meditation on what it means to be "Indian." Thomas King explores the relationship between Natives and non-Natives since the fifteenth century and examines the way that popular culture has effected and evolved



# IT'S EASY BEING GREEN



A HANDBOOK for EARTH-FRIENDLY LIVING

Crissy Trask

## *It's Easy Being Green*

CRISSY TRASK

Surveys find that over 80 percent of Americans agree with the goals of the environmental movement. Sadly, most Americans admit to doing little more than basic recycling when it comes to acting on that disposition. What is the reason for this great divide between environmental sentiment in this country and individual actions? Author and environmental consultant Crissy Trask seeks to answer this question-and solve the disparity-with a new book that makes it easy to be an environmentalist, no matter how busy or hectic your lifestyle. This is a day to day guide with simple, practical suggestions that anyone can put into action, like: Install rain gutters and rain barrels to collect rainwater from your roof to use in the garden. Shift appliance use to off-peak hours. Some utility companies offer off-peak rates, so you'll save money! How to make effective household cleaners instead of relying on toxic commercial products. Submerge a plastic bottle in your toilet tank to save one quart of water per flush and thousands of gallons a year. This is what the busy person needs to start making changes today. Get informative, comprehensive and practical information for adopting greener buying habits and identifying earth-friendly products; shopping for green products online; participating in online activism; and learning from tips for cultivating a sustainable environment.





# Its A Mitig!

Bridget George

It's a Mitig! guides young readers through the forest while introducing them to Ojibwe words for nature. From sunup to sundown, encounter an amik playing with sticks and swimming in the river, a prickly gaag hiding in the bushes and a big, bark-covered mitig. Featuring vibrant and playful artwork, an illustrated Ojibwe-to-English glossary and a simple introduction to the double-vowel pronunciation system, plus accompanying online recordings, It's a Mitig! is one of the first books of its kind. It was created for young children and their families with the heartfelt desire to spark a lifelong interest in learning language.



# Living Safe, Playing Safe



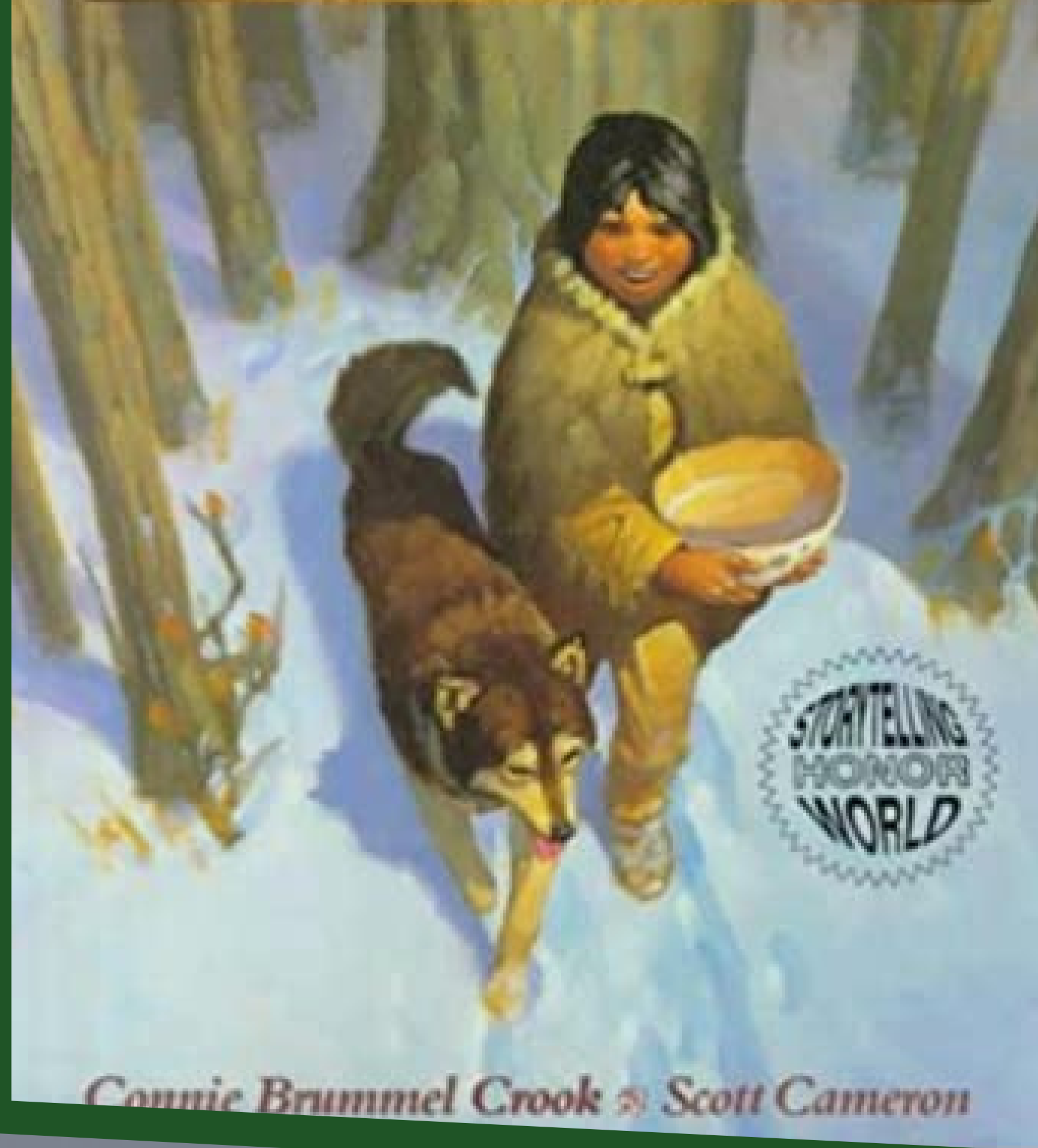
# *Living Safe, Playing Safe*

KAREN OLSEN

Tony, Rainey, Jennifer, and Mavis love playing and, with the help of their parents, after a few mishaps they learn important safety lessons at school, in the kitchen and in the playground. Written for children of all backgrounds, with colorful illustrations, this story shares the important message of playing and living safely.



# Maple Moon



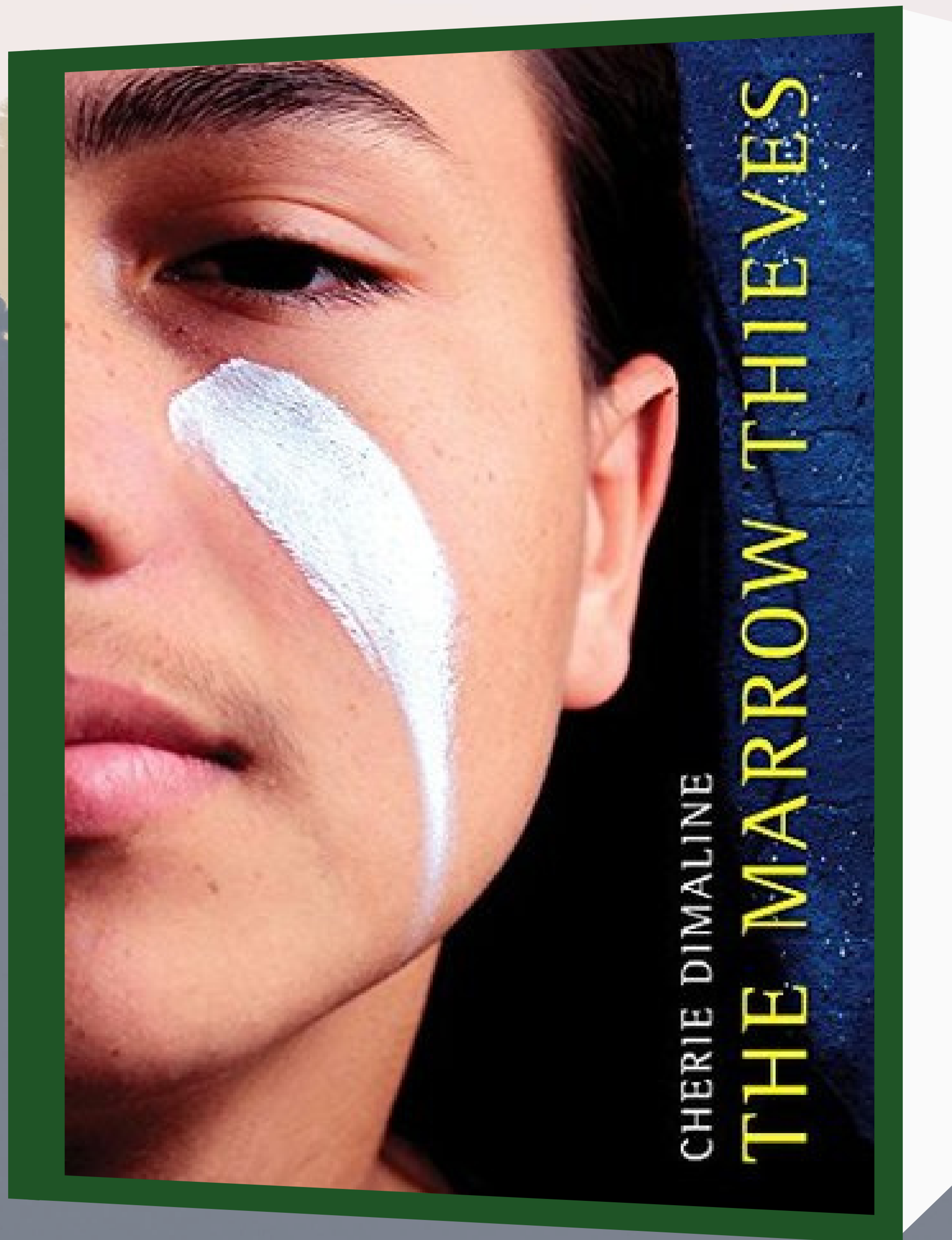
Connie Brummel Crook & Scott Cameron

## Maple Moon

Connie Brummel Crook, Scott Cameron

To create this enchanting fictional account of how maple syrup might have been first discovered. Connie Brummel Crook borrows elements from some of the many prevailing traditional folk tales. In finding this new source of nourishment, her young protagonist, a native boy named Rides the Wind, is able to help his people through a harsh winter. His pride also boosts his confidence in spite of a physical disability, and he is able to rise above the cruel taunts of other children.





# *The Marrow Thieves*

CHERIE DIMALINE

The story is set in a dystopian future in which most people have lost the ability to dream, with catastrophic psychological results. Indigenous people, who can still dream, are hunted for their marrow to create a serum to treat others. Frenchie, the protagonist, tries his best to avoid the Recruiters who are capturing Indigenous people to extract their bone marrow. Along the way north to safety, he falls in with a group led by an older man, Miigwans.





# May we have enough to share

Richard Van Camp

Award-winning author Richard Van Camp wrote this book to express his gratitude for all that surrounds him and his family. The strength of their connections, the nature that provides for them, the love that is endless. Complemented by photos from photographers who celebrate their own gratefulness on the collective blog Tea & Bannock, the simple verse in *May We Have Enough to Share* is the perfect way to start or end your little one's days in gratitude.



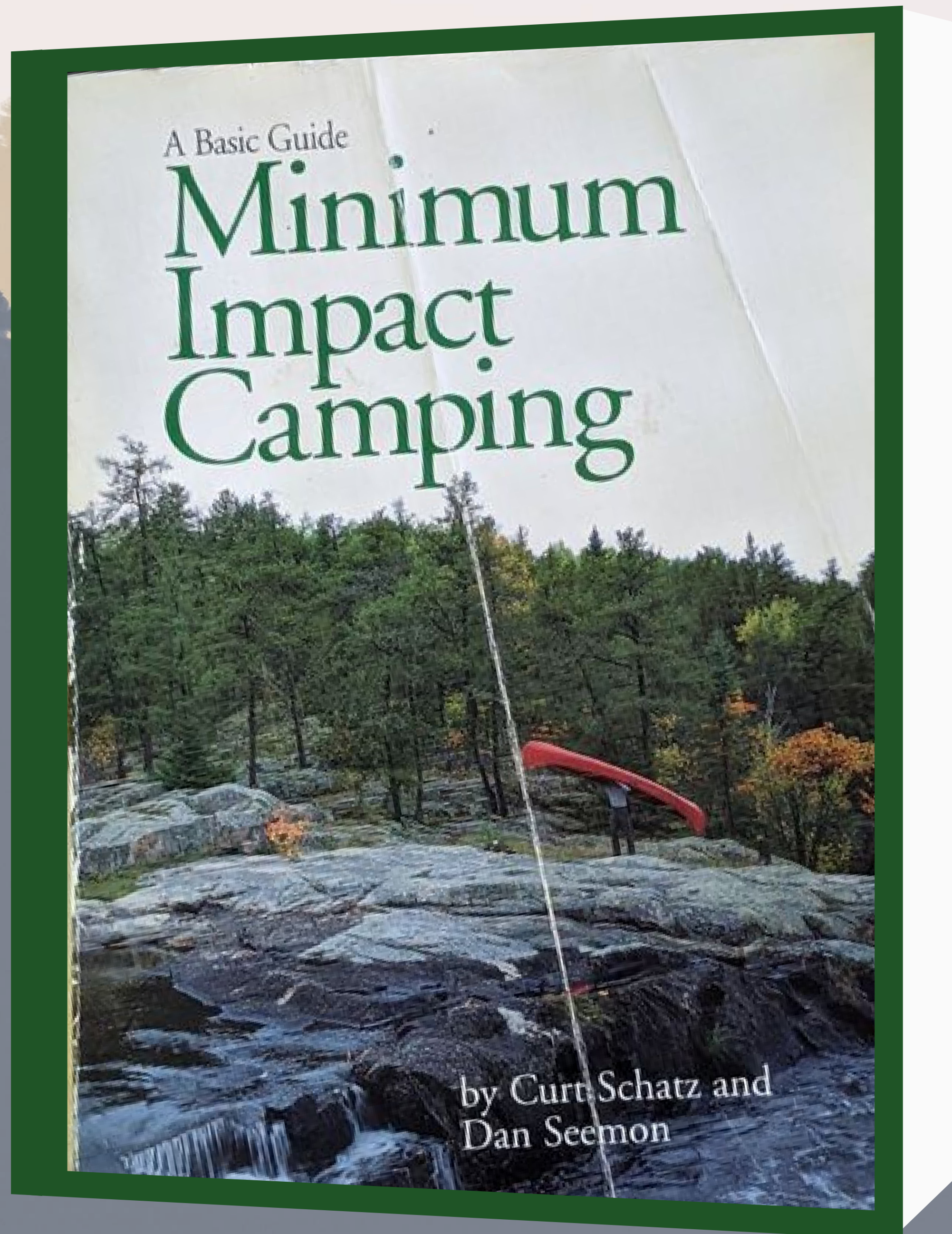


# *Mia Mayhem is a Superhero!*

KARA WEST

Mia Macaroney is a regular eight-year-old girl who finds out that she's A SUPERHERO! Her life literally goes from totally ordinary to totally super when she's invited to attend the afterschool Program for In-Training Superheroes a.k.a. THE PITS! And the crazy thing is, in a weird meant-to-be sort of way, all of this news somehow feels super right. Because all her life, Mia thought she was just super klutz...but it turns out, she's just SUPER! So now, it's up to Mia to balance her regular everyday life and maintain her secret identity as she learns how to be the world's newest superhero!





# *Minimum Impact Camping*

CURT SCHATZ & DAN SEEMON

This book covers all the details of earth-friendly camping. It's designed for beginners but experienced campers will appreciate the detail. Learn about safety, food, choosing bags, canoes, stoves and packs as well as minimum-impact techniques such as digging a sump hole, choosing a site, whether to have a fire and cleaning up. Also included are planning and equipment checklists, sample menus, recipes, and knot-tying.



MOON  
*of the*  
CRUSTED

SNOW

*A Novel*

WAUBGESHIG RICE

*Narrated by* BILLY MERASTY

# *Moon of the Crusted Snow*

WAUBGESHIG RICE

A daring post-apocalyptic novel from a powerful rising literary voice. With winter looming, a small northern Anishinaabe community goes dark. Cut off, people become passive and confused. Panic builds as the food supply dwindles. While the band council and a pocket of community members struggle to maintain order, an unexpected visitor arrives, escaping the crumbling society to the south. Soon after, others follow. The community leadership loses its grip on power as the visitors manipulate the tired and hungry to take control of the reserve. Tensions rise and, as the months pass, so does the death toll due to sickness and despair. Frustrated by the building chaos, a group of young friends and their families turn to the land and Anishinaabe tradition in hopes of helping their community thrive again. Guided through the chaos by an unlikely leader named Evan Whitesky, they endeavor to restore order while grappling with a grave decision. Blending action and allegory, *Moon of the Crusted Snow* upends our expectations. Out of catastrophe comes resilience. And as one society collapses, another is reborn.



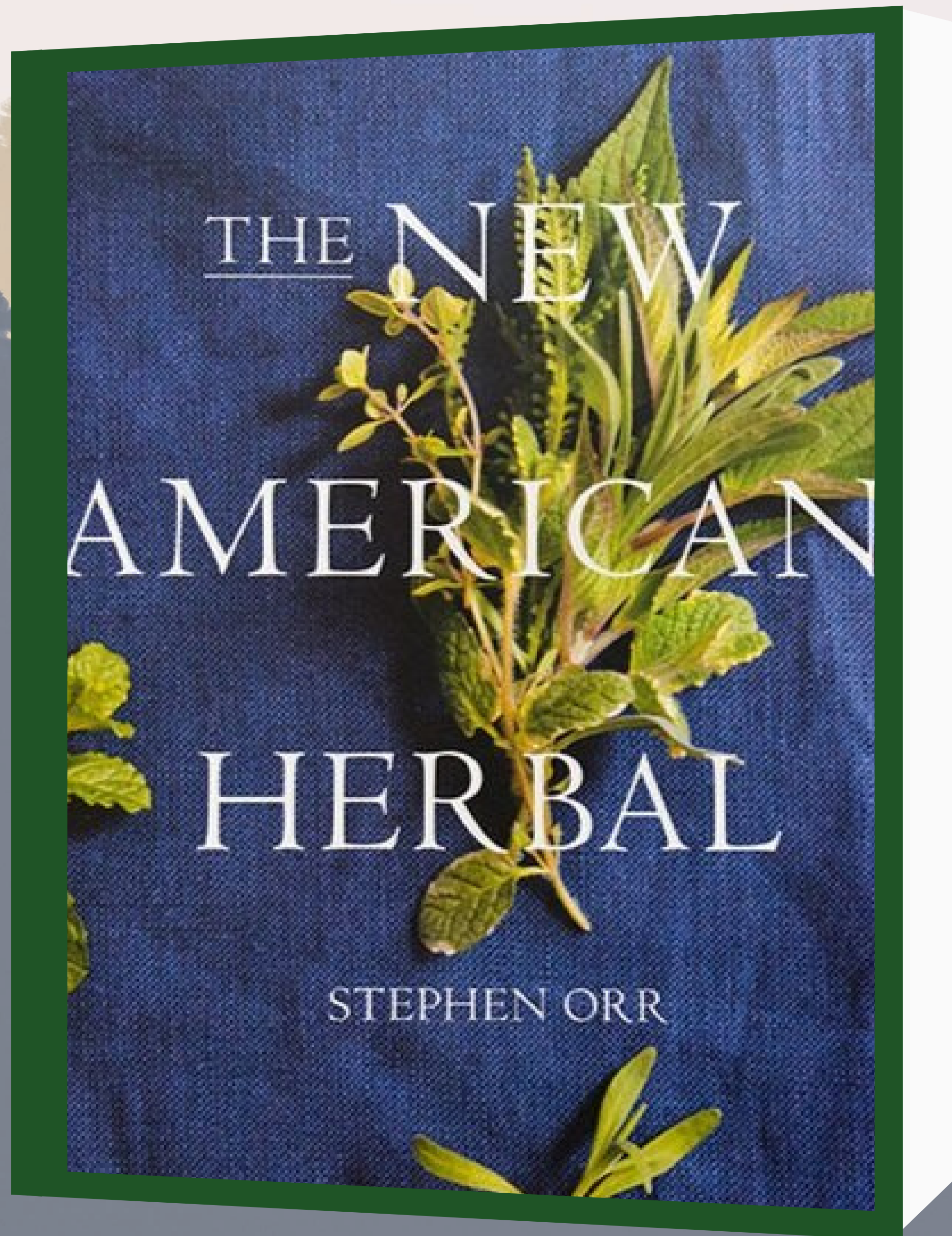


# *My Conversations with Canadians*

LEE MARACLE

My Conversations with Canadians is an anthology of personal essays by Lee Maracle. The theme of this anthology is a collection of personal essays about conversations that Lee Maracle had throughout her life as a Canadian, a First Nations leader, a woman, mother, and grandmother.





# *The New American Herbal*

STEPHEN ORR

With more than 900 entries, each accompanied by brand new photography and helpful growing advice, *The New American Herbal* takes the study of herbs to an exciting new level. Orr covers the entire spectrum of herbaceous plants, from culinary to ornamental to aromatic and medicinal, presenting them in an easy to use A to Z format packed with recipes, DIY projects, and stunning examples of garden design highlighting herbal plantings. Learn about the herbs you've always wanted to grow (chervil, chamomile, and lovage), exotic herbs (such as Artemisia, the bitter herb used in Absinthe, or the anti-inflammatory Meadowsweet), and ornamental varieties (Monkshood and Perilla). For cooks there is indispensable guidance on planting and maintaining a bountiful kitchen garden and crafters will delight in dozens of exciting new uses for fresh, dried, and distilled herbs. Here, too, are 40 delicious recipes such as Ragu Bolognese with Fennel and Lemon Semolina Cake with Lavender, as well easy steps for projects such as a hanging herb garden and instructions on how to plant, dry, and preserve your garden's bounty. Meticulously researched and exhaustive in its scope, *The New American Herbal* is an irresistible invitation to explore the versatility of herbs in all their beauty and variety.





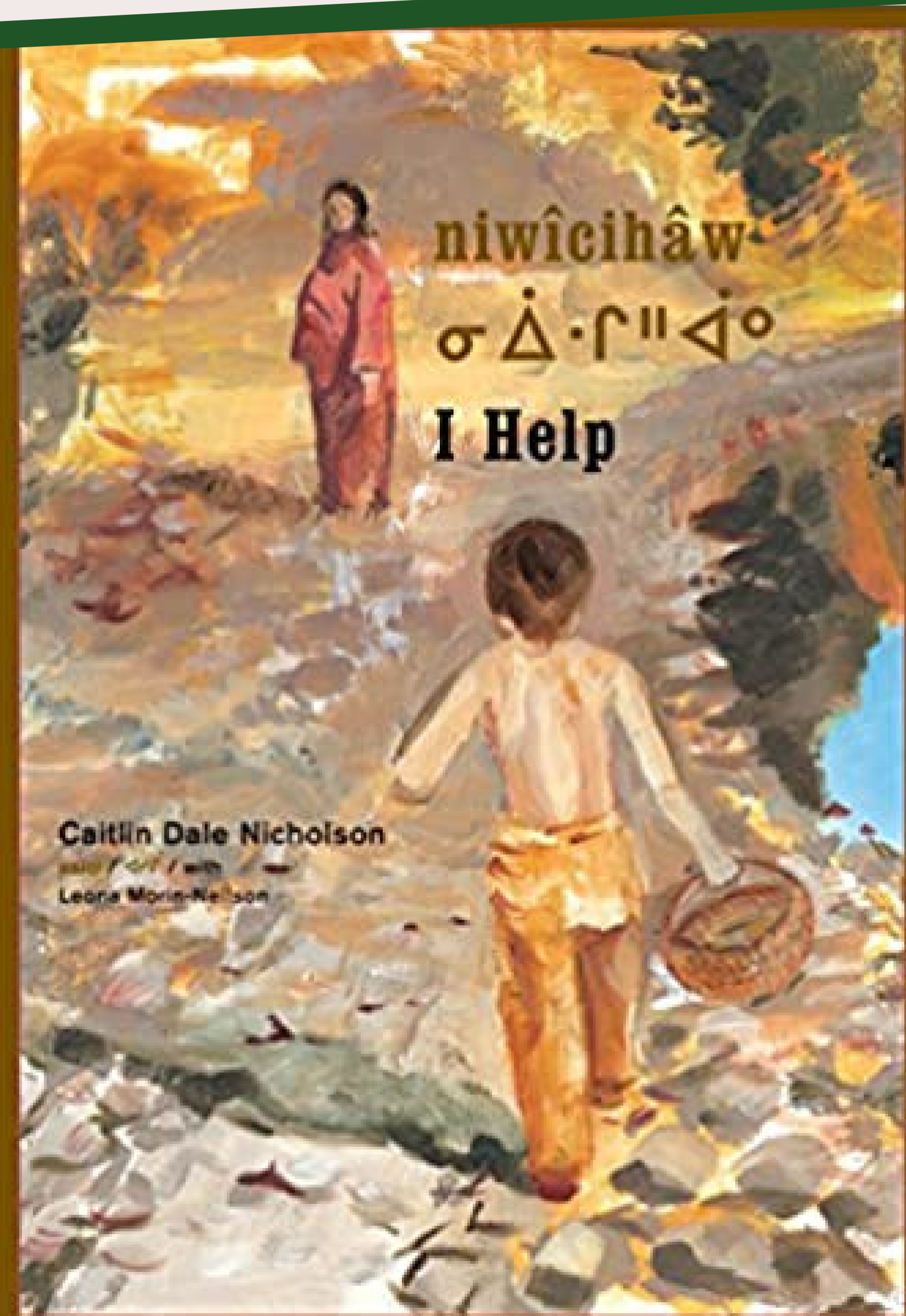
# **Nibi is water Nibi aawon**

## **Nibiish**

Joanne Roberts

A first conversation about the importance of Nibi, which means water in Anishinaabemowin (Ojibwe), and our role to thank, respect, love, and protect it. Babies and toddlers can follow Nibi as it rains and snows, splashes or rows, drips and sips. Written from an Anishinaabe water protector's perspective, the book is in dual language: English and Anishinaabemowin.





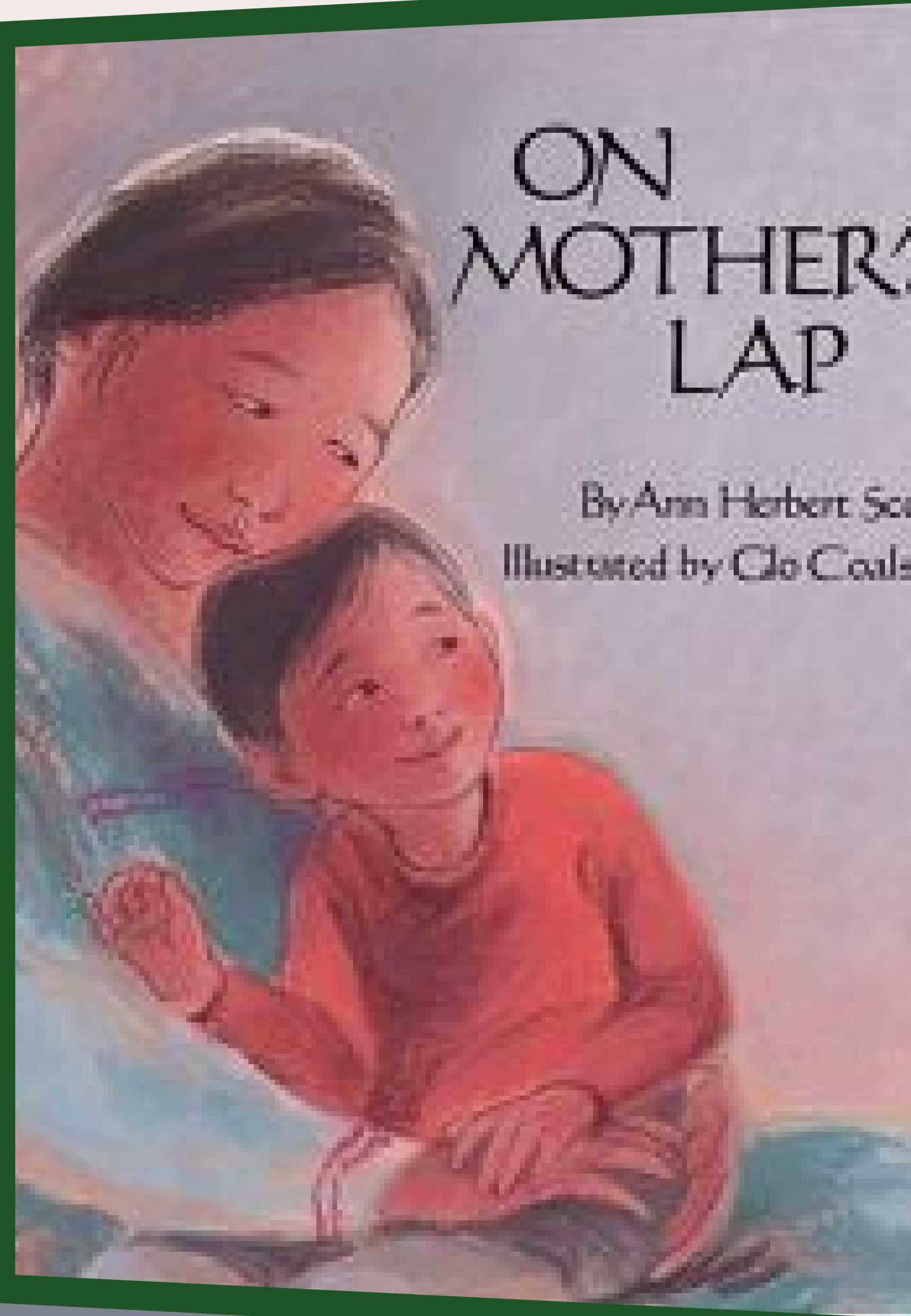
# Niwcihiaw I help

Caitlin dale Nicholson

This simple story in Cree and English explores a young child's relationship to his grandmother, or nôkhom, as they go for a walk in the woods to pick rosehips. The young boy follows his grandmother, walking, listening, picking, praying and eating, just as she does. In doing so, he absorbs the rich cultural traditions and values of his Cree heritage. Caitlin Dale Nicholson's acrylic-on-canvas illustrations portray the close relationship between the boy and his grandmother and the natural beauty of the bush. Her text has been translated into Cree by Leona Morin-Neilson, who was also the inspiration for niwîcihâw / σΔ·Γ" data-bbox="439 341 990 937"/>

Formerly titled Niwechihaw / I Help, this revised paperback edition features upda





# On mothers's Lap

Ann Herbert scott

A little Inuit boy discovers there's room for himself and his baby sister on their mother's lap





RICHARD  
WAGAMESE  
ONE DRUM

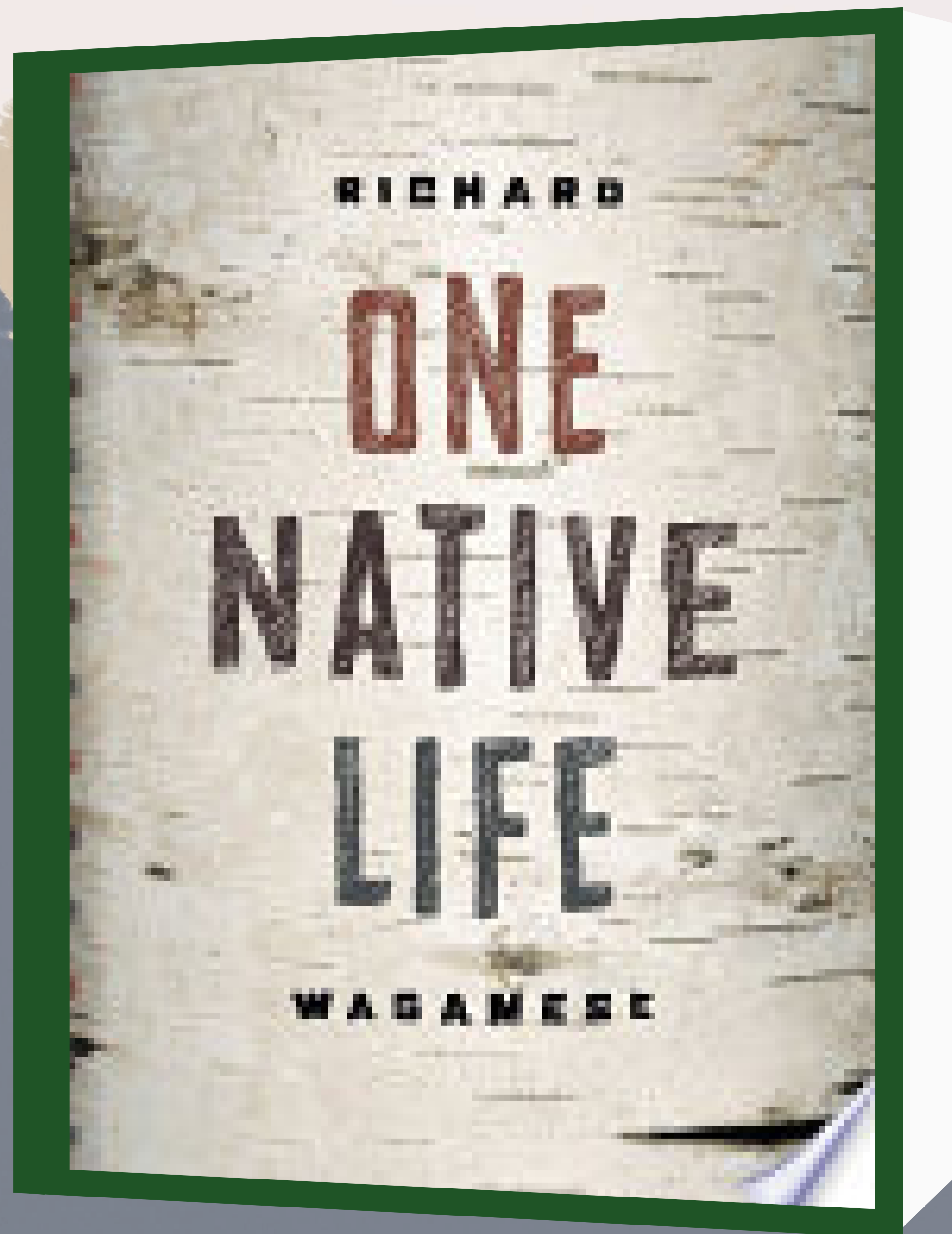
Translated and Co-edited by a J. J. Moore

# *One Drum*

RICHARD WAGAMESE

In *One Drum*, Wagamese wrote, “I am not a shaman. Nor am I an elder, a pipe carrier, or a celebrated traditionalist. I am merely one who has trudged the same path many of this human family has—the path of the seeker, called forward by a yearning I have not always understood.” *One Drum* draws from the foundational teachings of Ojibway tradition, the Grandfather Teachings. Focusing specifically on the lessons of humility, respect and courage, the volume contains simple ceremonies that anyone anywhere can do, alone or in a group, to foster harmony and connection. Wagamese believed that there is a shaman in each of us, and we are all teachers and in the world of the spirit there is no right way or wrong way. Writing of neglect, abuse and loss of identity, Wagamese recalled living on the street, going to jail, drinking too much, feeling rootless and afraid, and then the feeling of hope he gained from connecting with the spiritual ways of his people. He expressed the belief that ceremony has the power to unify and to heal for people of all backgrounds. “When that happens,” he wrote, “we truly become one song and one drum beating together in a common purpose—and we are on the path to being healed.”





# *One Native Life*

RICHARD WAGAMESE

One Native Life is a look back down the road Richard Wagamese has traveled — from childhood abuse to adult alcoholism — in reclaiming his identity. It's about what he has learned as a human being, a man, and an Ojibway in his 52 years on Earth. Whether he's writing about playing baseball, running away with the circus, making bannock, or attending a sacred bundle ceremony, these are stories told in a healing spirit. Through them, Wagamese shows readers how to appreciate life for the journey it is.



JEANNIE MARSHALL

OUTSIDE

THE

BOX

Why Children Need  
**REAL FOOD**  
Not Food Products

## *Outside the Box*

JEANNIE MARSHALL

When Canadian journalist Jeannie Marshall moved to Rome with her husband, she delighted in Italy's famous culinary traditions. But when Marshall gave birth to a son, she began to see how that food culture was eroding, especially within young families. Like their North American counterparts, Italian children were eating sugary cereal in the morning and packaged, processed, salt- and fat-laden snacks later in the day. Busy

Italian parents were rejecting local markets for supermercati, and introducing their toddlers to fast food restaurants only too happy to imprint their branding on the youngest of customers. So Marshall set on a quest to discover why something that we can only call "kid food" is proliferating around the world. How did we develop our seemingly insatiable desire for packaged foods that are virtually devoid of nutrition?

How can even a mighty food culture like Italy's change in just a generation? And why, when we should and often do know better, do we persist in filling our children's lunch boxes, and young bodies, with ingredients that can scarcely even be considered food?





**Our Culture**  
**Kipimatisiwinan**  
**Notre culture**

# **Our culture - Kipimatisiwinan -**

## **Notre Culture**

Jill Ladouceur

In southern Témiscamingue, the community of Kebaowek wishes to promote the Algonquin language to its members, especially children. Jill Ladouceur created a project of six books written in three languages: English, French and Algonquin. The children and elders of the community participated in the realization of this project. The stories are imagined by children and illustrated by Indigenous artists. Each book contains a disc on which you can hear a story, told by a child from the community of Kebaowek, in Algonquin. Originally composed in English, they were translated into French and Algonquin by Suzanne Mapitchie. She also helped the children pronounce each word in the story correctly. The project was funded by Canadian Heritage. The books, published in 1200 copies, have been so successful that a new six-book series is currently in production.





# *Phyllis's Orange Shirt*

PHYLLIS WEBSTAD

When Phyllis was a little girl she was so excited to go to residential school for the first time. her granny bought her a shiny orange shirt that she loved and wore to school her first day. when she arrived at the school, this shirt was taken away from her and never returned.

this is both Phyllis Webstad's true story and the story behind orange shirt day



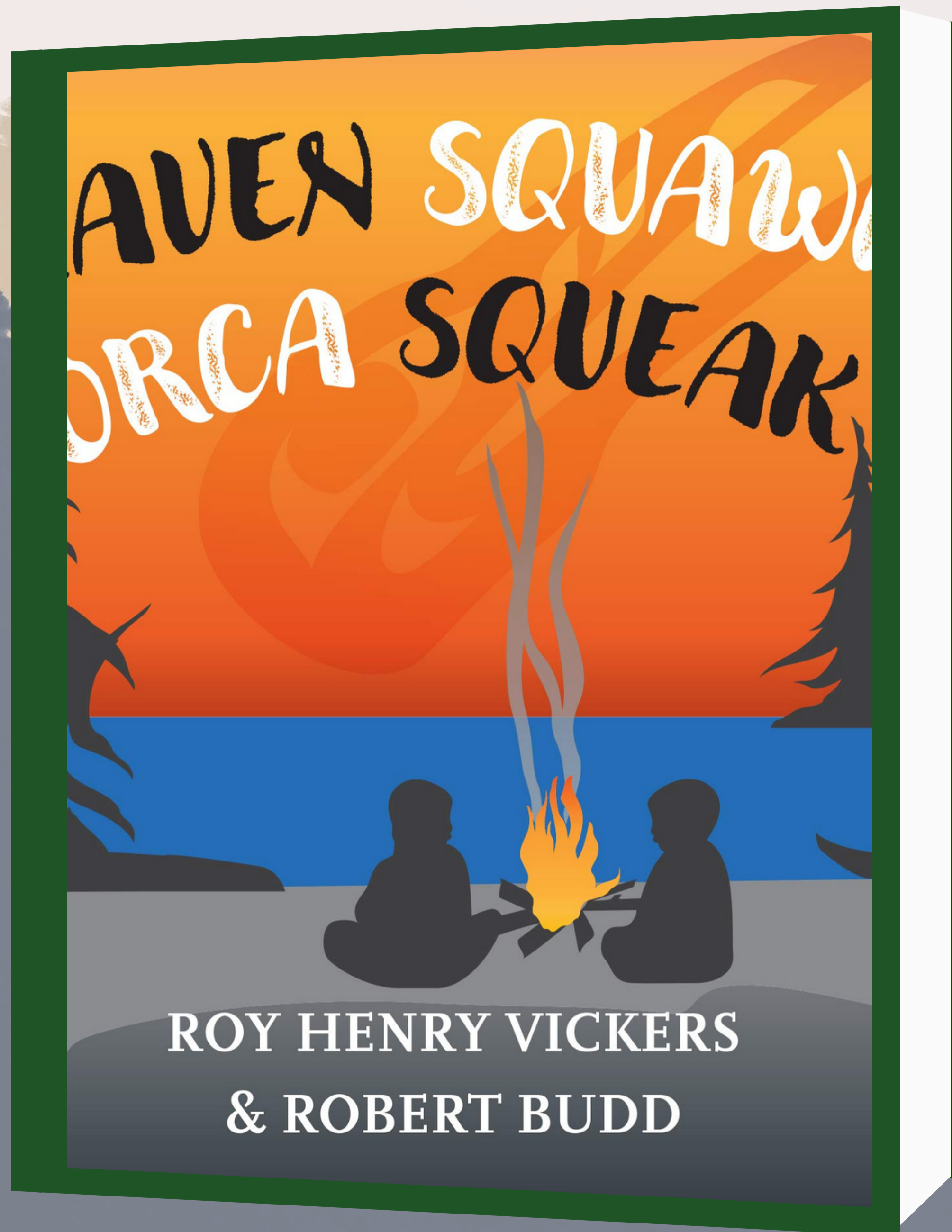


# Portrait of the Criminilazation of the FN in QC

FNQLHSSC

The report is the first of its kind in Quebec: it examines how criminalization affects First Nations people living in communities as well as their contact with the legal system in 2016. The recommendations included in the report propose potential solutions for addressing the shortcomings of the justice system and overcriminalization. In recent years, the overcriminalization of Indigenous people (overreliance on the justice system as a first recourse) has been denounced time and time again by First Nations and Inuit organizations.





# Raven Squawk Orca Squeak

Roy Henry Vickers & Robert Budd

With bright and bold illustrations by celebrated Indigenous artist Roy Henry Vickers, this sturdy board book introduces iconic sounds of the West Coast and supports the language development of babies and toddlers. From the crackle of a beach campfire to the swoosh of canoe paddles, the rustle and creak of cedars in the wind, the roar of sea lions and the crashing waves of the Pacific Ocean, the rhythmic text, vibrant illustrations and glossy tactile finish of Raven Squawk, Orca Squeak will delight the very youngest readers



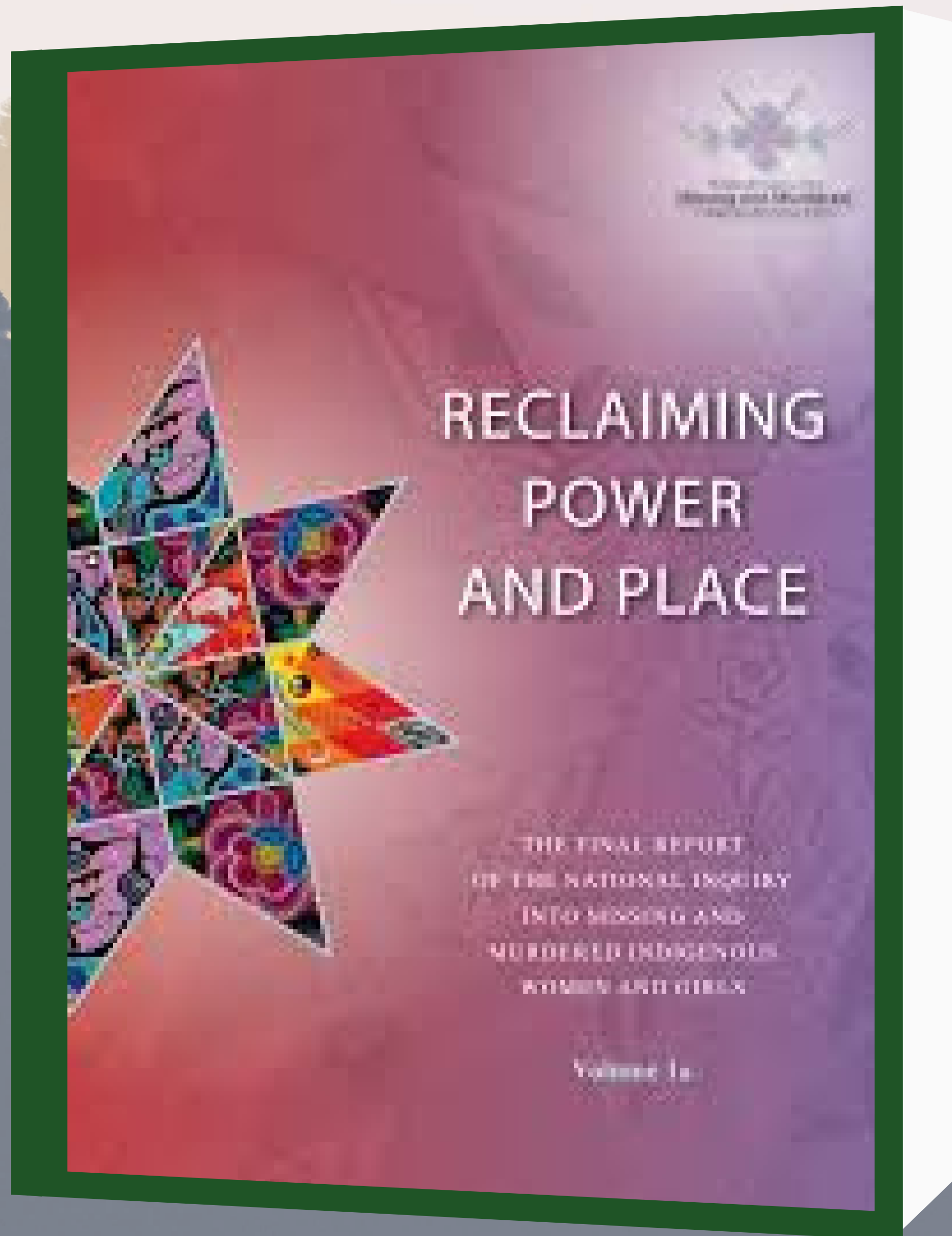
# *Read Listen Tell Indigenous Stories from Turtle Island*

SOPHIE MCCALL, DEANNA REDER, DAVID  
GAERTNER, GABRIELLE L'HIRONDELLE  
HILL

Read, Listen, Tell brings together an extraordinary range of Indigenous stories from across Turtle Island (North America). From short fiction to as-told-to narratives, from illustrated stories to personal essays, these stories celebrate the strength of heritage and the liveliness of innovation. Ranging in tone from humorous to defiant to triumphant, the stories explore core concepts in Indigenous literary expression, such as the relations between land, language, and community, the variety of narrative forms, and the continuities between oral and written forms of expression. Rich in insight and bold in execution, the stories proclaim the diversity, vitality, and depth of Indigenous writing. Building on two decades of scholarly work to centre Indigenous knowledges and perspectives, the book transforms literary method while respecting and honouring Indigenous histories and peoples of these lands. It includes stories by acclaimed writers like Thomas King, Sherman Alexie, Paula Gunn Allen, and Eden Robinson, a new generation of emergent writers, and writers and storytellers who have often been excluded from the canon, such as French- and Spanish-language Indigenous authors, Indigenous authors from Mexico, Chicana/o authors, Indigenous-language authors, works in translation, and “lost” or underappreciated texts. In a place and time when Indigenous people often have to contend with representations that marginalize or devalue their intellectual and cultural heritage, this collection is a testament to Indigenous resilience and creativity. It shows that the ways in which we read, listen, and tell play key roles in how we establish relationships with one another, and how we might share knowledges across cultures, languages, and social spaces.







# Reclaiming power and place

## volume 1a

national inquiry into missing and murdered indigenous women and girls

The National Inquiry's Final Report reveals that persistent and deliberate human and Indigenous rights violations and abuses are the root cause behind Canada's staggering rates of violence against Indigenous women, girls and 2SLGBTQQIA people. The two volume report calls for transformative legal and social changes to resolve the crisis that has devastated Indigenous communities across the country.





# RECLAIMING POWER AND PLACE

Volume 2

A SUPPLEMENTARY  
REPORT

OF THE NATIONAL INQUIRY INTO  
MISSING AND MURDERED  
INDIGENOUS WOMEN AND GIRLS

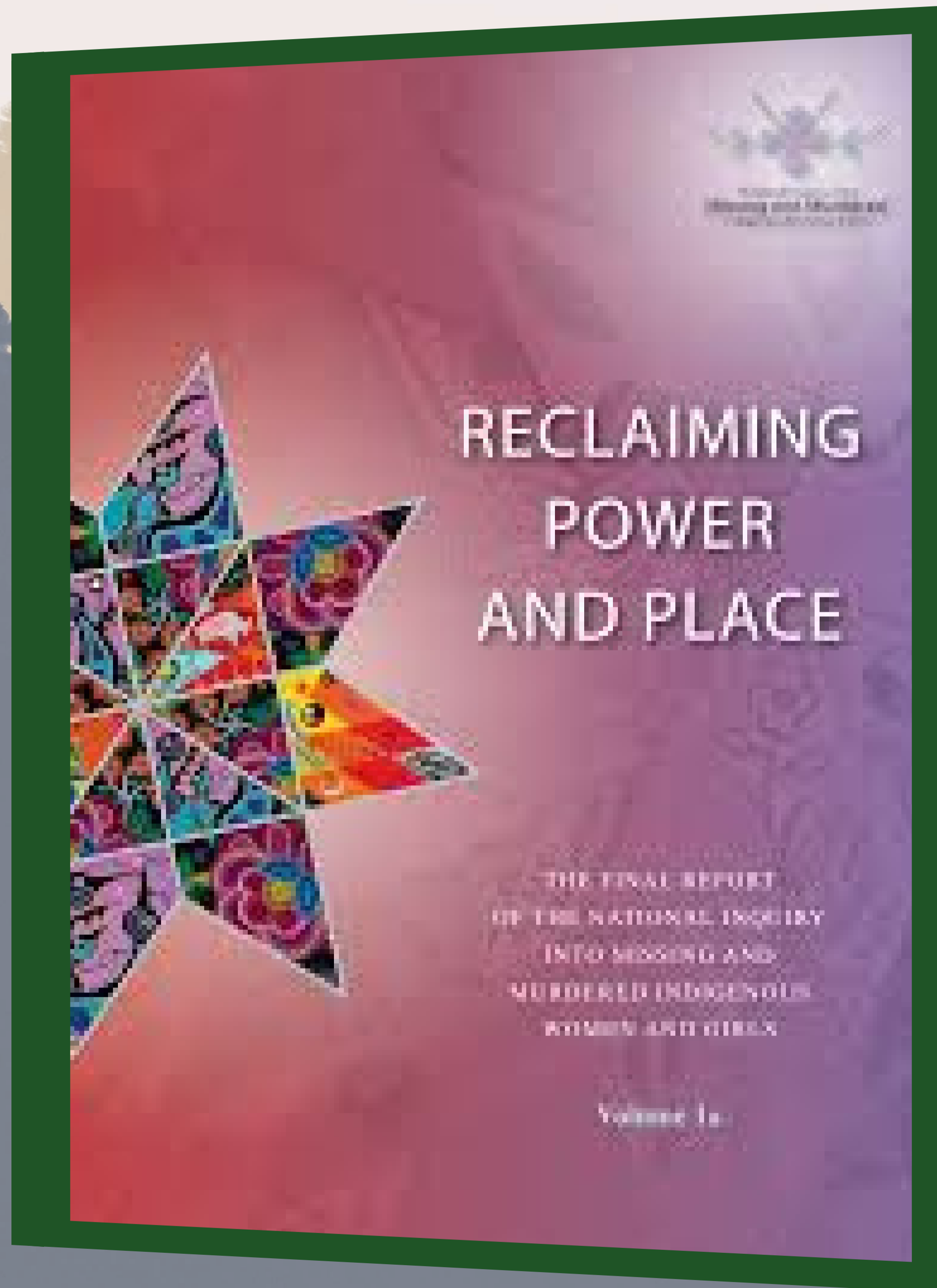
KEPEK – QUEBEC

# Reclaiming power and place volume 2

national inquiry into missing and murdered  
indigenous women and girls

The staggeringly high rates of murder and violent acts against Indigenous women has long been one of the darkest marks on Canada's history. The National Inquiry into Missing and Murdered Indigenous Women and Girls was formed to investigate this violence and to offer hope and a clear path to resolution. Their final report, based on two years of research, offers 231 calls for action to curb and prevent violence against Indigenous women, girls, and 2SLGBTQQIA people. The report demands governments, health care providers, the criminal justice system, police services and all Canadians act in resolving this crisis that continues to devastate Canada's Indigenous communities. Kobo Originals presents this report in its entirety without modification. This is the third of three installments.





# Reclaiming power and place

## volume 1b

### national inquiry into missing and murdered indigenous women and girls

The two volume report calls for transformative legal and social changes to resolve the crisis that has devastated Indigenous communities across the country. The Final Report is comprised of the truths of more than 2,380 family members, survivors of violence, experts and Knowledge Keepers shared over two years of cross-country public hearings and evidence gathering. It delivers 231 individual Calls for Justice directed at governments, institutions, social service providers, industries and all Canadians. As documented in the Final Report, testimony from family members and survivors of violence spoke about a surrounding context marked by multigenerational and intergenerational trauma and marginalization in the form of poverty, insecure housing or homelessness and barriers to education, employment, health care and cultural support. Experts and Knowledge Keepers spoke to specific colonial and patriarchal policies that displaced women from their traditional roles in communities and governance and diminished their status in society, leaving them vulnerable to violence.



The #1 New York Times Bestseller

# SIMPLE ABUNDANCE



A DAYBOOK  
of  
COMFORT  
AND JOY

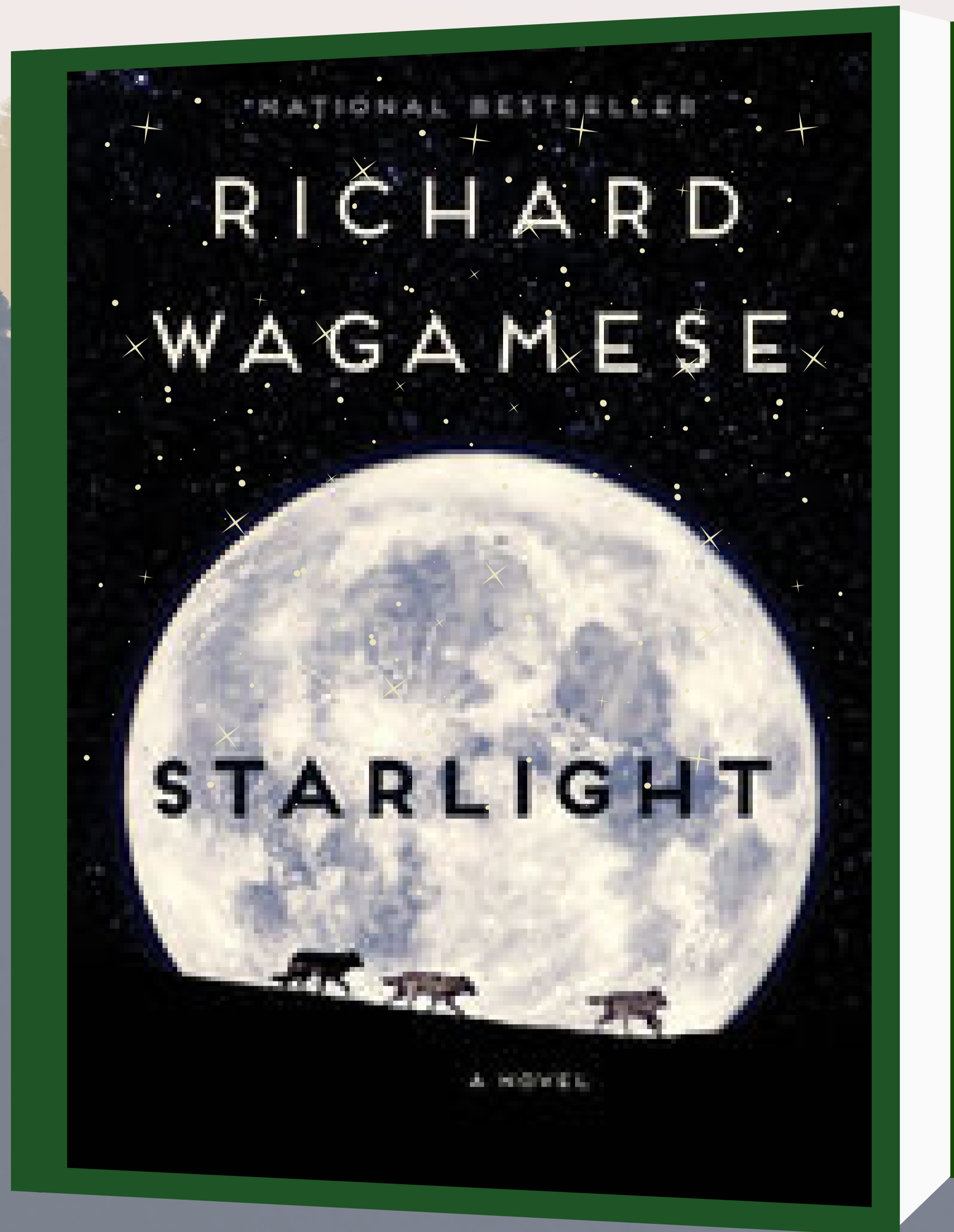
Sarah Ban Breathnach

# *Simple Abundance*

SARAH BAN BREATHNACH

Simple Abundance is a book of evocative essays - one for every day of the year - for women who wish to live by their own lights. A woman's spirituality is often separated from her lifestyle. Simple Abundance shows you how your daily life can be an expression of your authentic self ... as you choose the tastiest vegetables from your garden, search for treasures at flea markets, establish a sacred space in your home for meditation, and follow the rhythm of the seasons and the year. Every day, your own true path will lead you to a happier, more fulfilling, and contented way of life. Embrace its gentle lessons, savor its sublime common sense, and dare to live its passionate truth. The authentic self is the Soul made visible.





# Starlight

RICHARD WAGAMESE

Starlight : an unfinished novel / Richard Wagamese. The final novel from Richard Wagamese, the beloved author of Indian Horse and Medicine Walk, centres on an abused woman on the run who finds refuge and then redemption on a farm run by an Indigenous man with wounds of his own.



JEANNETTE ARMSTRONG



# *Slash*

JEANNETTE ARMSTRONG

Jeannette Armstrong's novel *Slash* presents the fictional biography of a Native man, describing his personal development from childhood to fatherhood. In the process, it depicts the discourses employed by the education system, Christianity, and organizations such as AIM during the 1960s and 1970s.



EDEN ROBINSON

*Author of the bestselling Monkey Beach*

# SON OF A TRICKSTER

*The Story of a Boy and His Dog*

—Michael Ondaatje

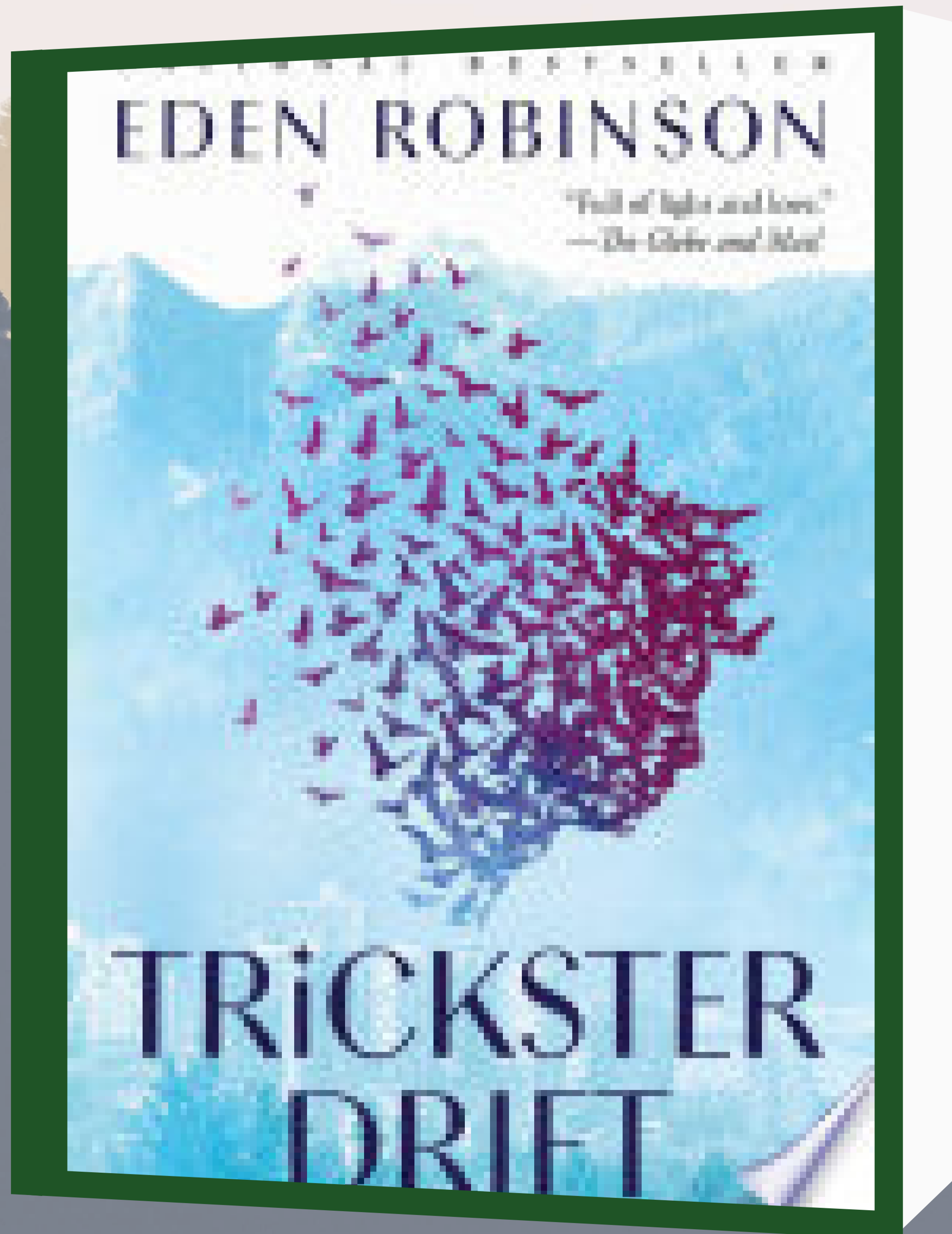


## *Son of a Trickster*

EDEN ROBINSON

Everyone knows a guy like Jared: the burnout kid in high school who sells weed cookies and has a scary mom who's often wasted and wielding some kind of weapon. Jared does smoke and drink too much, and he does make the best cookies in town, and his mom is a mess, but he's also a kid who has an immense capacity for compassion and an impulse to watch over people more than twice his age, and he can't rely on anyone for consistent love and support, except for his flatulent pit bull, Baby Killer (he calls her Baby)--and now she's dead. Jared can't count on his mom to stay sober and stick around to take care of him. He can't rely on his dad to pay the bills and support his new wife and step-daughter. Jared is only sixteen but feels like he is the one who must stabilize his family's life, even look out for his elderly neighbours. But he struggles to keep everything afloat...and sometimes he blacks out. And he puzzles over why his maternal grandmother has never liked him, why she says he's the son of a trickster, that he isn't human. Mind you, ravens speak to him--even when he's not stoned. You think you know Jared, but you don't.





# *Trickster Drift*

EDEN ROBINSON

In an effort to keep all forms of magic at bay, Jared, 17, has quit drugs and drinking. But his troubles are not over: now he's being stalked by David, his mom's ex--a preppy, khaki-wearing psycho with a proclivity for rib-breaking. And his mother, Maggie, a living, breathing badass as well as a witch, can't protect him like she used to because he's moved away from Kitimat to Vancouver for school. Even though he's got a year of sobriety under his belt (no thanks to his enabling, ever-partying mom), Jared also struggles with the temptation of drinking. And he's got to get his grades up, find a job that doesn't involve weed cookies, and somehow live peacefully with his Aunt Mave, who has been estranged from the family ever since she tried to "rescue" him as a baby from his mother. An indigenous activist and writer, Mave smothers him with pet names and hugs, but she is blind to the real dangers that lurk around them--the spirits and supernatural activity that fill her apartment. As the son of a Trickster, Jared is a magnet for magic, whether he hates it or not--he sees ghosts, he sees the monster moving underneath his Aunt Georgina's skin, he sees the creature that comes out of his bedroom wall and creepily wants to suck his toes. He also still hears the Trickster in his head, and other voices too. When the David situation becomes a crisis, Jared can't ignore his true nature any longer.



# THE CANADIAN GARDEN PRIMER

An  
Organic  
Approach



PRINTED  
IN CANADA

MARK CULLEN

## The Canadian garden primer Mark Cullen

Gardening is greener than ever as more Canadians want to go--and grow--organic. In *The Canadian Garden Primer*, his 18th book, garden guru Mark Cullen draws on his extensive personal experience to offer an easy-to-understand, comprehensive guide to designing and creating organic gardens of every size and kind, including suburban back yards, city plots, northern gardens and vegetable patches. He outlines how to guarantee gardening success in detailed chapters about soil-building, watering, mulching and other techniques. And he tells you what plants--especially native plants--work where, and how to grow them properly. Chock full of information and anecdotes, and illustrated with more than 400 full-colour photographs, *The Canadian Garden Primer* is an indispensable book for organic gardeners of every stripe from coast to coast of our great country. Whether you are a neophyte or an expert, you'll find a helping hand and plenty of down-to-earth advice from one of Canada's favourite gardeners.

As Mark is fond of saying, "Keep your knees dirty!"





**The Big Pow Wow**  
**Kitci Pow Wow**  
**Le Grand Pow Wow**

# The big Powwow-Kitci powwow-Le

## grand powwow

Jill Ladouceur

In southern Témiscamingue, the community of Kebaowek wishes to promote the Algonquin language to its members, especially children. Jill Ladouceur created a project of six books written in three languages: English, French and Algonquin. The children and elders of the community participated in the realization of this project. The stories are imagined by children and illustrated by Indigenous artists. Each book contains a disc on which you can hear a story, told by a child from the community of Kebaowek, in Algonquin. Originally composed in English, they were translated into French and Algonquin by Suzanne Mapitchie. She also helped the children pronounce each word in the story correctly. The project was funded by Canadian Heritage. The books, published in 1200 copies, have been so successful that a new six-book series is currently in production.





 The Truth that   
*Wampum Tells*



*My Debwewin on the Algonquin Land Claims Process*

 Lynn Gehl 

# The truth that wampum tells

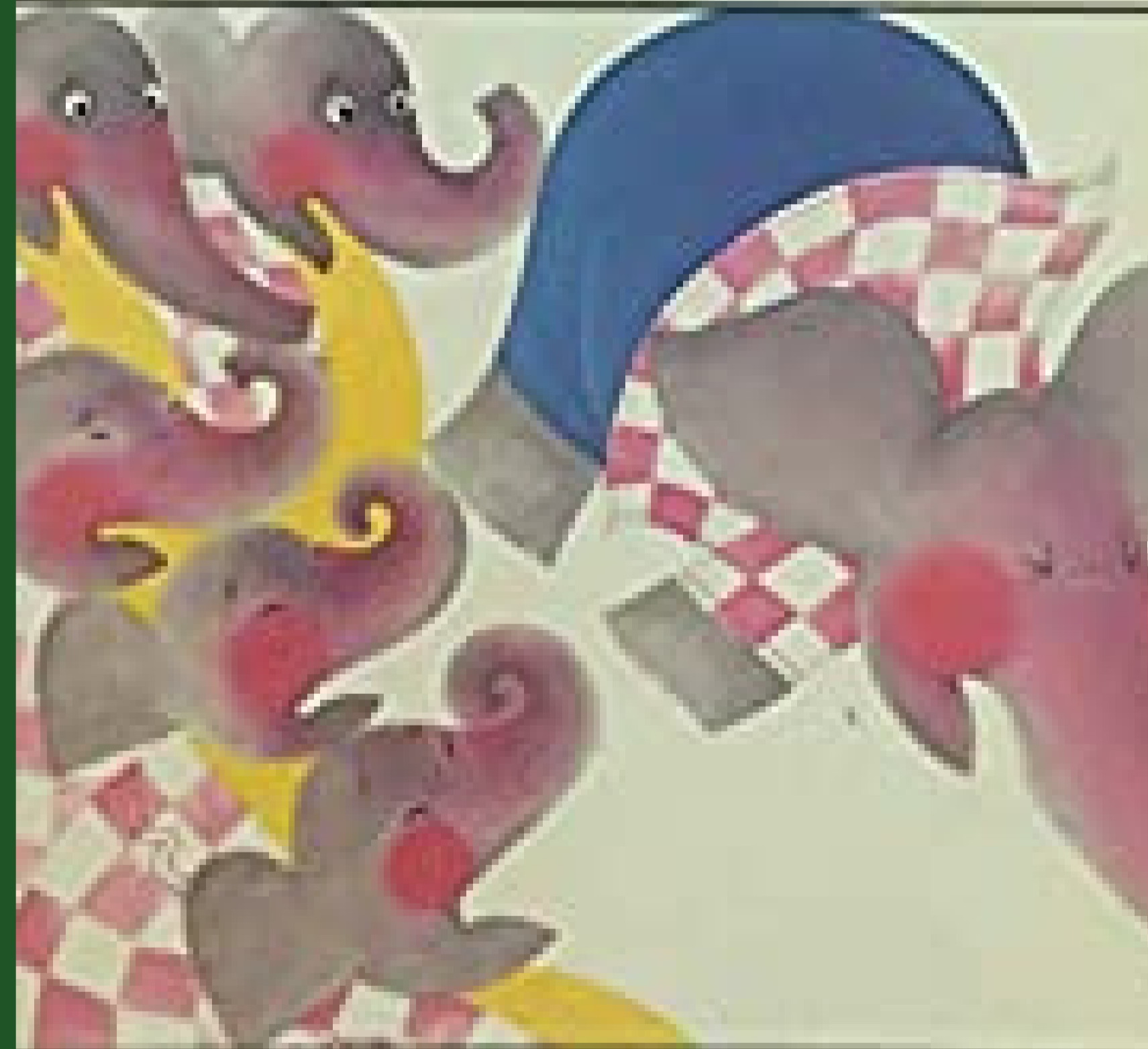
LYNN GEHL

Incorporating an analysis of traditional symbolic literacy known as wampum diplomacy, Lynn Gehl argues that despite Canada's constitutional beginnings, first codified in the 1763 Royal Proclamation and ratified during the 1764 Treaty at Niagara, Canada continues to deny the Algonquin Anishinaabeg their right to land



Douglas l'éléphant

Un rhume d'éléphant



Mark Thurman

# Un rhume d'elephant

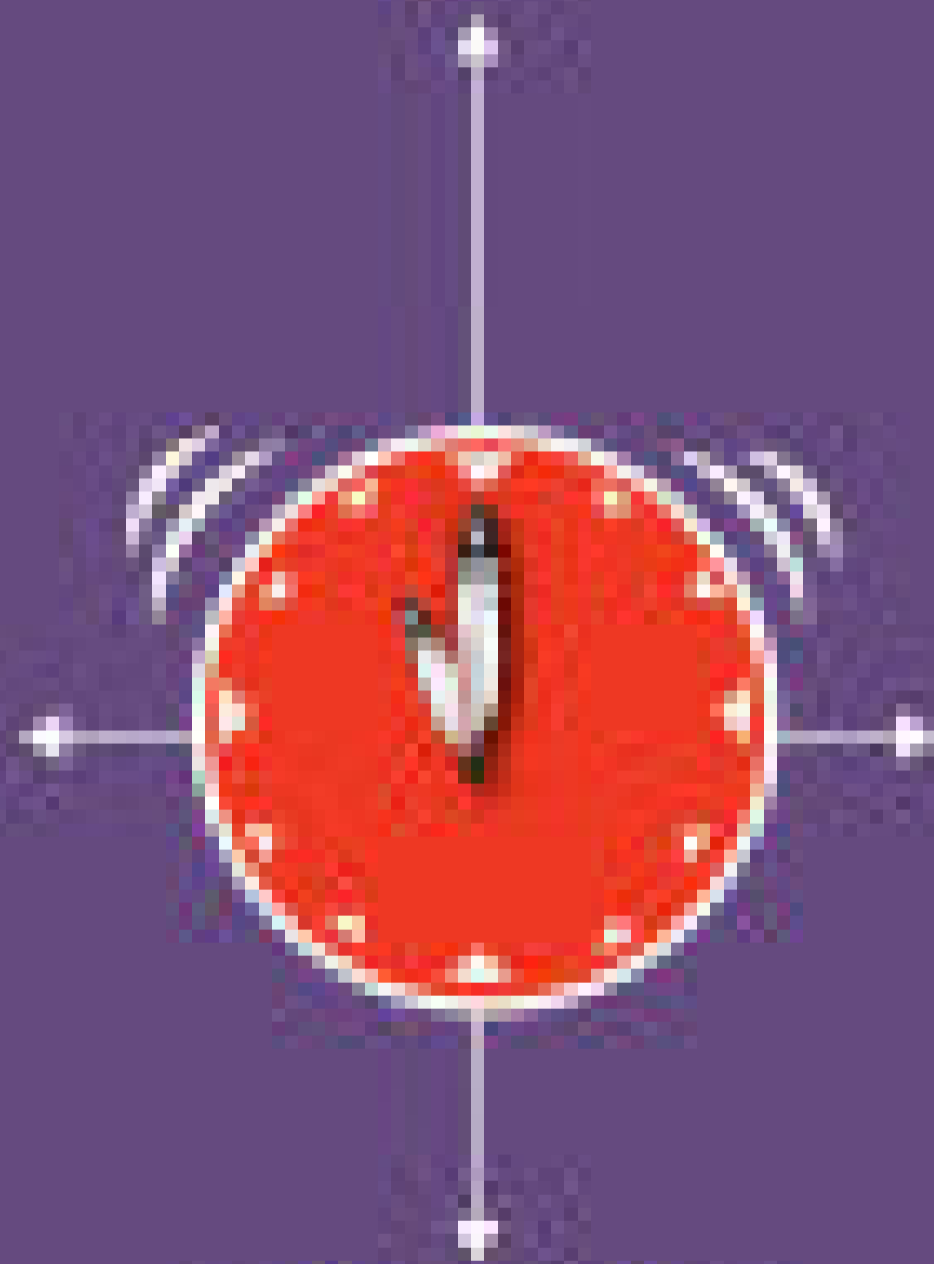
Mark Thurman

Douglas l'elephant est aux prises un rhume tenace t-il a  
bout



# UNSETTLING CANADA

A NATIONAL WAKE-UP CALL



ARTHUR MANUEL

GRAND CHIEF RONALD M. DERRICKSON

FOREWORD BY NAOMI KLEIN

# *Unsettling Canada: A National Wake-Up Call*

ARTHUR MANUEL, GRAND CHIEF

RONALD M. DERRICKSON

Unsettling Canada is built on a unique collaboration between two First Nations leaders, Arthur Manuel and Grand Chief Ron Derrickson. Both men have served as chiefs of their bands in the B.C. interior and both have gone on to establish important national and international reputations. But the differences between them are in many ways even more interesting. Arthur Manuel is one of the most forceful advocates for Aboriginal title and rights in Canada and comes from the activist wing of the movement. Grand Chief Ron Derrickson is one of the most successful Indigenous businessmen in the country. Together the Secwepemc activist intellectual and the Syilx (Okanagan) businessman bring a fresh perspective and new ideas to Canada's most glaring piece of unfinished business: the place of Indigenous peoples within the country's political and economic space. The story is told through Arthur's voice but he traces both of their individual struggles against the colonialist and often racist structures that have been erected to keep Indigenous peoples in their place in Canada. In the final chapters and in the Grand Chief's afterword, they not only set out a plan for a new sustainable indigenous economy, but lay out a roadmap for getting there.



# *Wake Up and Smell the Planet*

GRIST

Sustainability is the new "bling," and Grist knows how to wear it. Not a guide about guilt, but about making little choices throughout the day that improve the planet. Grist is the hottest online magazine covering sustainability and popular culture. Like Grist, this is a quirky, humorous, entertaining, and sometimes irreverent read. We all have our morning routines, whether it's making coffee, walking the dog, feeding the kids, a shower and a shave, the office commute, or some combination thereof.

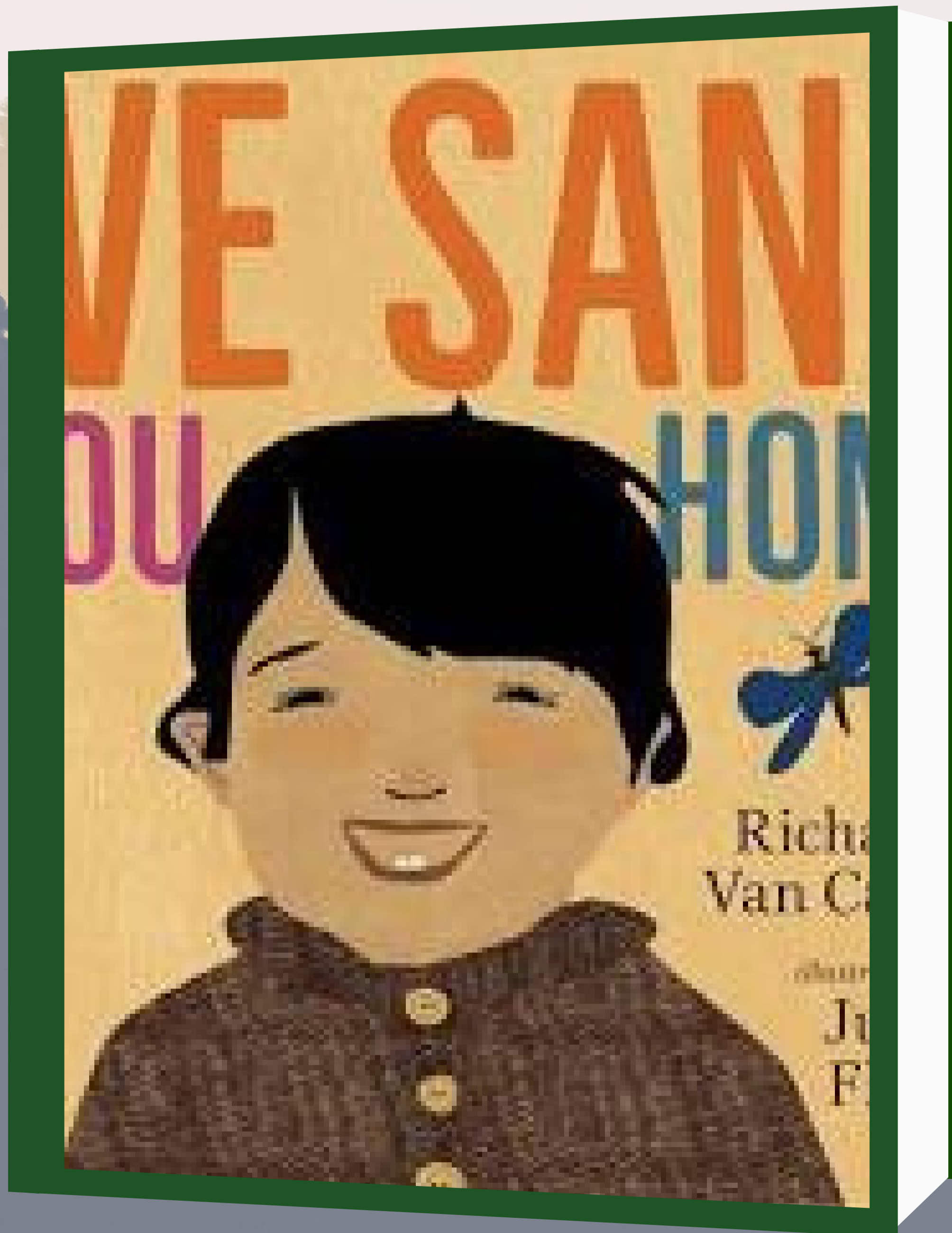
And at each of these morning moments—in fact, at any given time throughout the day—we're making choices. What to eat, what to wear, how to dispose of dog poop or diapers, how to travel from point A to point B, where to have a post-work cocktail, and on, and on—this compact and resourceful handbook takes a look at how to simplify and "green" our daily choices, from the moment we get up in the morning, until we finally lay our heads down at night. Grist magazine's news about green issues and sustainable living is far from predictable. A self-proclaimed "beacon in the smog," it provides some of the most refreshing and knowledgeable voices on how to live wisely and promote a healthy world. Consider this guide an off-line beacon, bringing Grist's edgy authority, impeccable research, and planetary cheerleading to a broader audience.

WAKE UP AND  
SMELL THE PLANET

The Non-Pompous, Non-Preachy  
Grist Guide to Greening Your Day

EDITED BY BRANGIEN DAVIS WITH KATHARINE WROTH





# We sang you home

Richard van Camp

In this sweet and lyrical board book from the creators of the bestselling *Little You*, gentle rhyming text captures the wonder new parents feel as they welcome baby into the world. A celebration of the bond between parent and child, this is the perfect song to share with your little ones.

Internationally renowned storyteller and bestselling author Richard Van Camp teams up with award-winning illustrator Julie Flett for a second time to create a stunning board book for babies and toddlers.



What Parents Need to Know  
about

# Teen Risk Taking

Strategies for Reducing  
Problems Related to Alcohol,  
Other Drugs, Gambling and  
Internet Use

David A. Wolfe  
Debbie Chiodo  
Bruce Ballon  
Gloria Chaim  
Joanna L. Henderson



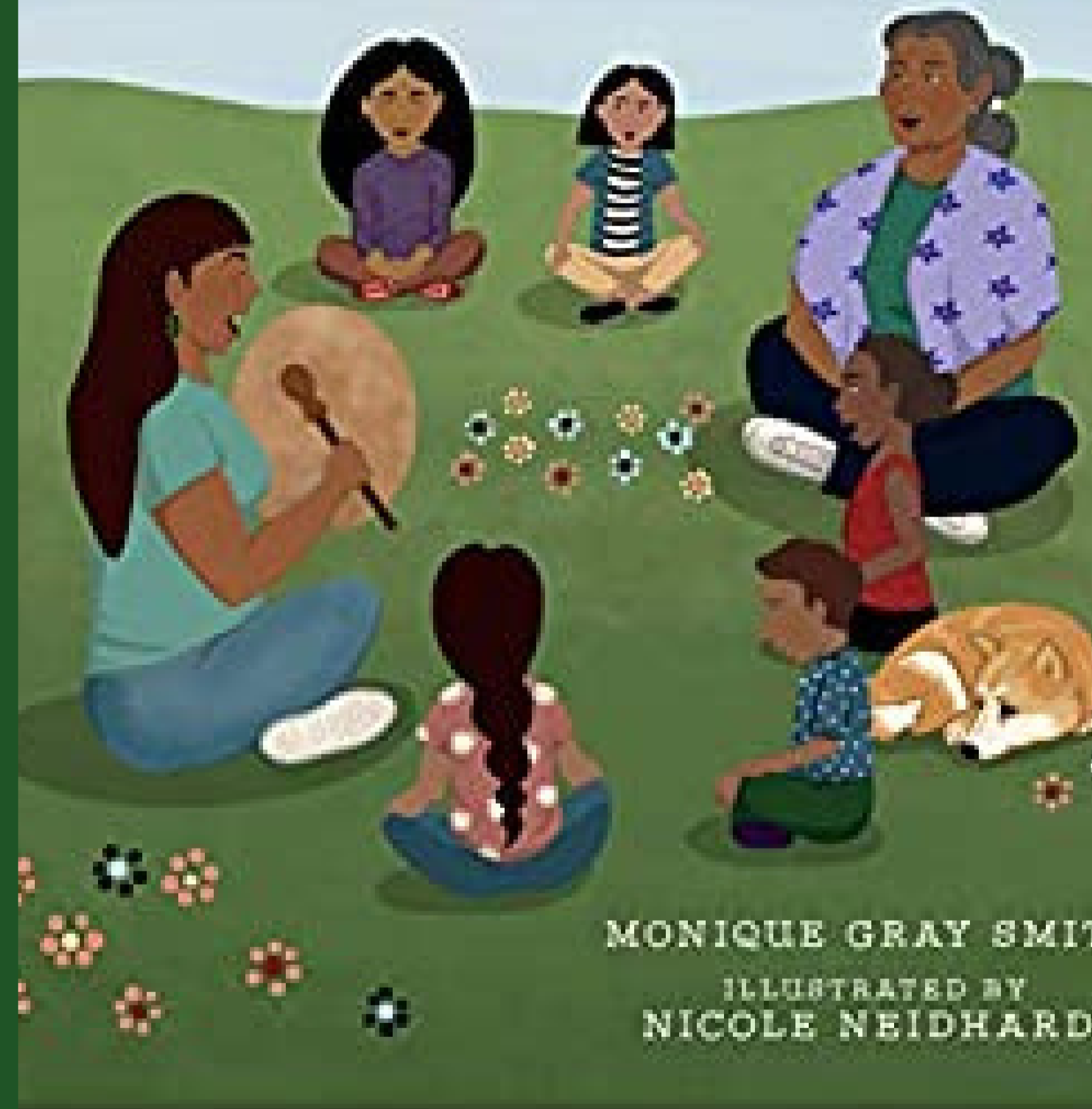
# *What Parents Need to Know About Teen Risk Taking*

CAMH

Your teen looks to you for help and guidance in working out problems and in making decisions, including those related to smoking, drinking, using other drugs, gambling and becoming sexually active. Be a good listener, and give clear messages about the dangers associated with risky behaviours. This guide was created to support and inform parents of young teens who may be showing signs of taking risks.



# When We Are Kind



## When we are kind

Monique Gray Smith

When We Are Kind celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. Celebrated author Monique Gray Smith has written many books on the topics of resilience and reconciliation and communicates an important message through carefully chosen words for readers of all ages. Beautifully illustrated by artist Nicole Neidhardt, this book encourages children to be kind to others and to themselves.



# Wild Berries

Julie Flett



# Wild berries

Julie Flett

Spend the day picking wild blueberries with Clarence and his grandmother. Meet ant, spider, and fox in a beautiful woodland landscape, the ancestral home of author and illustrator Julie Flett. This book is written in both English and Cree, in particular the n-dialect, also known as Swampy Cree from the Cumberland House area. Wild Berries is also available in the n-dialect Cree, from the Cross Lake, Norway House area, published by Simply Read Books.