



## WIGWAMEN KIDS' HOPE & STRENGTH ART CONTEST WINNERS!

See winning contest entries on pages 3 & 4!

## COURSERA.COM ONLINE COURSES STARTING MID TO LATE OCT 2020

## BUILDING ROOTS PROGRAM INFO

### FOOD BAGS, FUN AND MORE!

Find more information on page 2.

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Moss Park Market @ 260 Queen St. E.  
See page 2 for Building Roots program info.

## CONGRATULATIONS!

Derek Henderson  
Pauline Ginn  
Dawn Dockery  
Andrew Gurza  
Lynn Martin  
Dave Oguorie  
Andrew Rapan



Shannan Pine  
Rahila Hadi

All tenants who pay rent in full & on time are entered for a chance to win a \$50.00 prize!

## OTHER WIGWAMEN SPECIAL INITIATIVES

- ◆ GIFT BASKETS FOR NEW BABIES
- ◆ CHILDREN'S BOOK CLUB
- ◆ WIGWAMEN SCHOLARSHIPS

For more information, please contact Amber Seager at [aseager@wigwamen.com](mailto:aseager@wigwamen.com) or 1-888-248-2104 x223.



## BACK TO SCHOOL



Kids going back to school? Got time on your hands to consider furthering your own education? Coursera is one among many sites offering high-quality online courses on a wide range of topics, all free of charge! Go ahead and have a look at the following courses or go online to search for other courses covering your specific areas of interest.

### Learning How to Learn

**4 Online Modules | Approx. 15 hours to finish**  
Offered by McMaster University and University of California San Diego, this course gives you easy access to invaluable learning techniques used by experts across various disciplines.

Starting October 12, 2020—check out <https://www.coursera.org/learn/learning-how-to-learn> for more details and other course start dates.

### Coursera.com The Science of Well Being

**10 Online Modules | Approx. 19 hours to complete**  
Offered by Yale University, this course shares insights on misconceptions about happiness and features of the mind that lead us to think the way we do. These concepts prepare participants to engage in challenges to boost happiness and build more productive habits.

Starting October 19, 2020—check out <https://www.coursera.org/learn/the-science-of-well-being> for more details and other course start dates.

### Mindshift

**4 Online Modules | Approx. 10 hours to complete**  
Offered by McMaster University, this course provides practical insights from science about how to learn and change effectively, building on what you already know to take your life’s learning in fantastic new directions.

Starting October 26, 2020—check out <https://www.coursera.org/learn/mindshift> for more details and other course start dates.

# LEARNING OPPORTUNITIES

## Building Roots Programming! Moss Park Market & Summer Programs

Building Roots’ Moss Park Market (260 Queen St. E) is open every Saturday from 11am-4pm for contactless pick-up of pay-what-you-can fruit and vegetable bags! They are running the market using a take-out model to ensure the safety of their team and customers.

Moss Park Market is featuring a socially distanced “Fun Zone” kids activity area, and a toy and book give away from 12-3pm! You may follow @buildingrootsTO on Facebook to keep up to date with upcoming Fall Programming!

### Ashbridge Estate Urban Farm

Building Roots’ pay-what-you-can food bags contain freshly grown food from a whole community of local growers (Carrot Green Food, Friends of Allan Gardens, and Ryerson Urban Farm), in addition to organically grown food from their own Urban Farm at Ashbridge Estate (1444 Queen St. E).

You’re welcome to visit Ojibiikaan Indigenous Cultural Network’s Three Sisters garden and see everything else the community has planted there!

#### Looking to connect or volunteer?

Please email Hannah at [Hannah@buildingroots.ca](mailto:Hannah@buildingroots.ca) to stay tuned in to their programs this summer and beyond!



# WIGWAMEN KIDS ART CONTEST WINNERS 8 YEARS AND UNDER

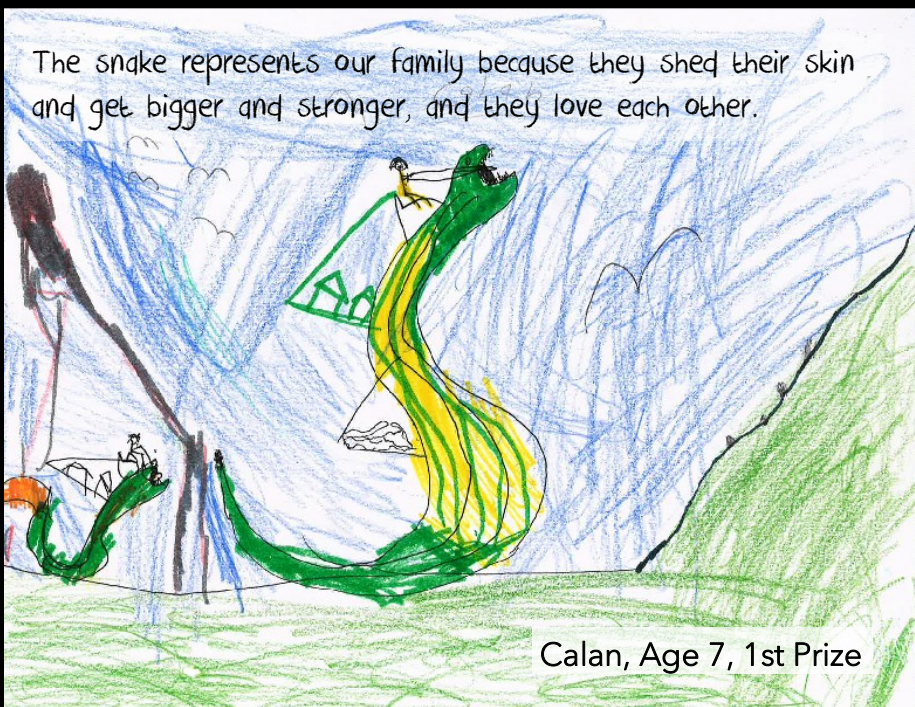
Congratulations to all of our contest winners and thank you to all who participated in our Kids' Hope and Strength Art Contest!

We were impressed, moved & encouraged as we admired your work and tried (with difficulty!) to select only three winners from each age category.

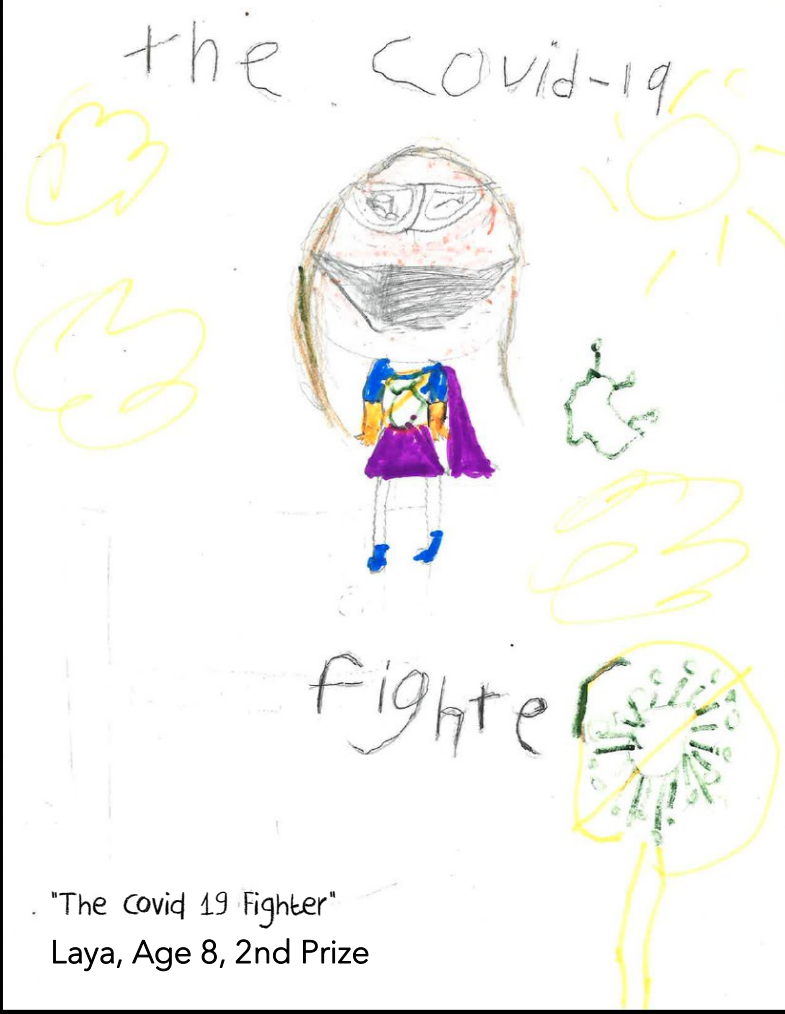
The following contestants from both age categories also deserve honorable mention.

- |             |            |
|-------------|------------|
| Marissa, 7  | Aisaya, 11 |
| Jahniah, 8  | Aisic, 9   |
| Cameron, 5  | Levias, 10 |
| Damien, 3   | Nevaeh, 9  |
| Eva, 4      | Kyna, 10   |
| Giizis, 5   | Celine, 12 |
| Amyiah, 8   |            |
| Scarlett, 7 |            |

*\*Names are listed in no particular order.*



Calan, Age 7, 1st Prize



"The Covid 19 Fighter"  
Laya, Age 8, 2nd Prize



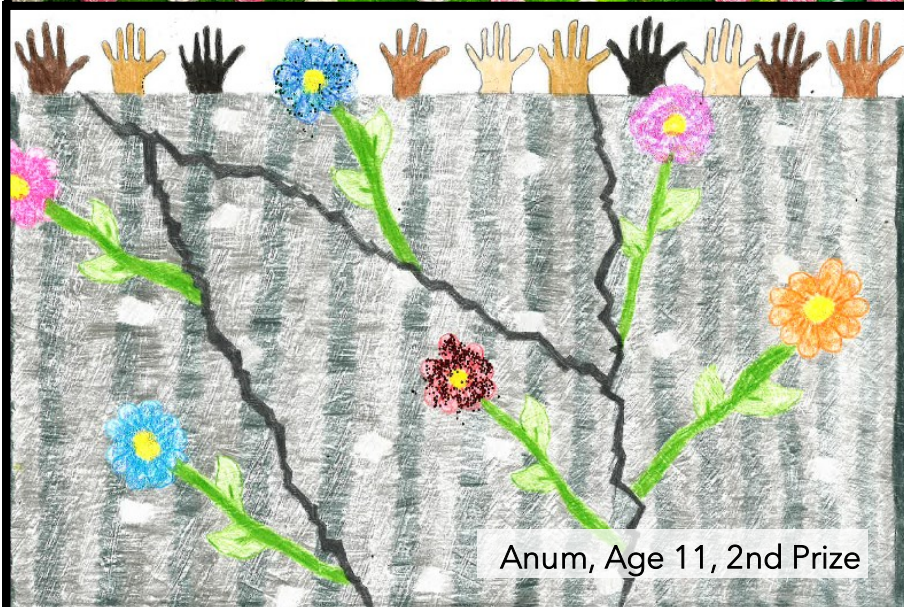
Elijah, Age 8, 3rd Prize

**CONTEST WINNERS FOR OUR 9 TO 13 AGE CATEGORY ARE FEATURED ON PAGE 4!**



Amariyha, Age 10, 1st Prize

# WIGWAMEN KIDS ART CONTEST WINNERS 9 YEARS AND OVER



Anum, Age 11, 2nd Prize



Aiyanna, Age 13, 3rd Prize

THE KEY TO HAVING HOPE IS TO BELIEVE IN IT

Special thanks to parents of our Kids Art Contest participants for giving consent for their children's artwork to be published in this newsletter (page 3 and page 4). To all our wonderful contestants — thank you for all the thought, creativity, time and energy you have put into each contest submission!



**WIGWAMEN** Incorporated provides safe and affordable housing to hundreds of Indigenous and non-Indigenous families, singles, and seniors throughout Toronto and Ottawa.

## WIGWAMEN HOUSING

- The Terrace (103 units for Indigenous seniors) 14 Spadina Road, Toronto, ON, M5R 3M4
- 20 Sewells Road (92 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1B 3G5
- 228 Galloway Road (60 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1E 5G6
- Pam Am (145 units for Indigenous/ non-Indigenous individuals & families) 75 Cooperage Street, Toronto, ON, M5A 0J5
- Scattered Housing (for Indigenous families) 214 homes located throughout the GTA
- Place Perrault (41 units for Indigenous/ non-Indigenous individuals & families) 205 Eric Czapnik Way, Ottawa, K1E0A5
- 55 Thora Avenue (20 units for Indigenous individuals & families) Scarborough, ON, M1L 2P7
- 3738 St. Clair Avenue East (22 units for Indigenous individuals & families) Scarborough, ON, M1M 1T7
- 525 Markham Road, Scarborough, ON M1H 3H7

## TO APPLY FOR WIGWAMEN HOUSING

Families & individuals of Indigenous descent should fill out Wigwamen applications that are available:

**By mail:** call 416-481-4451 to request; or

**Online:** at [www.wigwamen.com](http://www.wigwamen.com)



You must submit proof of legal status in Canada and a copy of either your Status Card or an Affidavit of Indigenous Descent for Housing Purposes with your application. Affidavits can be obtained from Aboriginal Legal Services of Toronto.

**Non-Indigenous Families & Individuals should fill out an application that is available:**

**By mail:** call 416-981-6111 (Toronto) or 613-702-5358 (Ottawa) to request a form



**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca) (Toronto) or [www.placeperrault.ca](http://www.placeperrault.ca) (Ottawa)

You must submit proof of legal status in Canada and your income with your application.



## Wigwamen Head Office

23 Lesmill Road, Suite 106,  
Toronto, Ontario, M3B 3P6

Tel: 416-481-4451 | Fax: 416-481-5002

Email: [info@wigwamen.com](mailto:info@wigwamen.com)

From York Mills Station take the 122 bus, which stops directly in front of the building; or the 95 bus (not the express), which stops at Upjohn, just 200 metres south of Head Office. Alternately, from Pape Station, take the 25 Bus, get off at York Mills and transfer to a westbound bus, or walk west for about 5 minutes.

## Wigwamen Maintenance ✂

If you have a maintenance issue, please contact your building manager. If you do not have a building manager on site, please call the Head Office at 416-481-4451.

**Online Maintenance Request Form:**  
[www.wigwamen.com/housing/maintenance-request-form/](http://www.wigwamen.com/housing/maintenance-request-form/)

**In the event of an after-hours emergency (e.g. a flood or heating failure), please call 416-481-4451 (Toronto) or 613-805-9604 (Ottawa).**

This newsletter issue was compiled by Aliza Tan.

## MEEGWETCH!

Special thanks to the following for their assistance in offering suggestions, forwarding content, reviewing drafts and giving feedback during the process of compiling this issue of Wigwam to Wigwam:

**Angus Palmer, Amber Seager, Jasmine Persaud, and Hannah Backman from Building Roots.**

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