

Zine & **HEARD**

Amplifying Voices of Youth From Care

**MARCH 2024
ISSUE #14**



We respectfully acknowledge that we reside on Treaty 6 Territory;
traditional lands of many First Nations & Metis people & we are
committed to learning the true history of Canada & the
true meaning of truth & reconciliation.

WHO

Youth in care speaking out & making a difference.

WHAT

A zine to amplify our voices & raise awareness.

WHEN

We publish around the 15th of every month.

WHERE

We are based in Edmonton but are for youth from care everywhere.

WHY

Because we can. Our voices have been silent for too long.



THE
STRONGEST
HEARTS
HAVE
THE MOST
SCARS



QUOTE: Jeff Woods ARTWORK: Chasm Frazier

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Michael Redhead Champagne

What's Inside

Brandi Morin

Dakotah

LOCAL 124 Skate Shop

@1ostxswole

Punkindigenous

The Reel Deadly Film Festival

Y2K - You 2 Know Project

Youth in Care Chronicles





**Imagine
moving 19 times,
having 41 different care givers,
attending 13 different schools,
meeting 6 new caseworkers,
7 new youth workers,
and 3 new therapists.**

All before your 14th birthday.

CHANGE YOUR LITTER, BOYS

The problem with only publishing once a month is that some news is no longer in the news by the time we go to print again. But there are the events that definitely stay fresh in your mind. There are the people who make the news who should not be forgotten so fast. Take the case of the sad clowns who call themselves the Danger Cats. Three good ol' Berta boys who thought it was funny to make a t-shirt that mocked the victims of serial killer, Robert Pickton. Look it up. If there was ever a case of WTF - this is it.

When they felt the swift and sure backlash to their disgraceful dash-for-the-cash merch, they started backpedalling like drunk unicyclists on a high wire. First they tried to say that they were just trying to raise awareness because they don't want anyone to forget about Pickton. WTF. Nobody can or will ever forget him. Raising awareness? That might be the funniest thing these guys have ever said. The Danger Cats don't care about the women who were murdered. They never did. If they did they would have never made the t-shirt. "50 Flavours of Hookery Smoked Bacon?" They didn't think that shit up on a MMIWG memorial walk.

When that didn't work and their shows started getting cancelled, they very predictably tried to pull the old victim card but nobody bought that either. Across Canada, the vast majority of respondents to the t-shirt and the cancelations saw the Danger Cats for exactly who and what they are and had very clear messages: *This is not and never will be funny. Admit you were wrong. Apologize. Man up. Wise up. Grow up. You are not victims here.*

In an email I sent them, I suggested they call all their grandmothers, mothers, daughters, wives, sisters, aunts, nieces and all their female friends, coworkers and acquaintances and do a poll. Ask them what would be funnier - a t-shirt that mocks the victims of Gary Ridgeway or Ted Bundy or keep it all Canadian and make some money mocking the victims of Paul Bernardo and Karla Holmoka.



I am hoping by the time this issue of the zine rolls off the press they will have stopped doubling down on their "We did nothing wrong!" stance, given their ignorance and cowardice some serious thought, apologized and are thinking about doing better. Time to change the litter in your man cave, Danger Cats, because right now, it really stinks.

Penny Frazier, Editor

Less than .3%

of all Canadians have spent time
in the child welfare system.

but over 65%

of all unhoused Canadians,
over 65% of all Indigenous inmates,
over 35% of all non-Indigenous inmates,
and over 50% of all sex trafficked youth
have spent time in the child welfare system.

Read that again.

Less than .3%

of all Canadians have spent time
in the child welfare system.

but over 65%

of all unhoused Canadians,
over 65% of all Indigenous inmates,
over 35% of all non-Indigenous inmates,
and over 50% of all sex trafficked youth
have spent time in the child welfare system.

RAISE THE AGE. LOWER THE STATS.

PUNKINDIGENOUS



**** TRIGGER WARNING****
MENTIONS OF CFS, SH, AB*SE,
ADDICTIONS

This might be a bit long and I wasn't too sure if I was going to share my story. Not going to go into full details as it's overwhelming and far too dark to share. Hopefully this will help others share theirs and know that at the end of what seems to be a tunnel is the light within themselves.

ARTIST. ACTIVIST. ALIVE.

So imagine being 6 years old getting ready for the park on a hot summer day. Just imagine opening the door with excitement not knowing what stands beyond the door steps. As soon as I opened the door there were two people with clipboards and a couple of police with them.

Now just imagine having to be taken away from what you knew was home and being physically ripped away from your mom's arms. Not only was it just me that was taken away from what I knew was safety and home. I cried the whole way through after being on the road for what seemed to be hours. Finally they stopped and brought my siblings and me to the office.

They said to me that we all were going to nice new homes, never would have thought from there on, my life would change drastically. I was only six years old when they apprehended all of us kids after the passing of my chapon (my great grandmother) and my youngest brother being born. The social workers told me that the people would take care of us (me and my little brothers) and that "they were nice people". The whole time they kept talking in the same office I could just hear my little brother scream next door over as they cut his hair and said that he had nits and was "dirty".

**Hopefully this will help others share theirs and know that
at the end of what seems to be a tunnel is the
light within themselves.**

**... I always felt sad and felt like I wasn't wanted and that's how I felt only being at the age of six; replaceable and like trash.
No kid should ever feel the way I did.**

After that it was my turn, they buzzed my hair off and threw what clothes I had left and said I needed new ones that were more suitable. I cried after looking in the mirror asking myself "who is this"? I was bullied from there on and always had the questions if I was a boy or a girl I never personally could grasp onto those concepts as my mom accepted me to who I was growing up. Just imagine having your identity being ripped and stripped away from you or having what was important to you taken away, that is how I felt when they had buzzed off all my hair. In indigenous culture our hair is our strength from our ancestors and is what brings us close to creator. It has a big significance with our mind, body and spirit.

Anyways they separated me and the oldest from the youngest ones and were brought to separate homes. Walking through those doors definitely wasn't like going through those doors to Disneyland not that I would know but was quite the opposite. Little did I know it was the doors straight to "hell". The first few weeks I kept asking questions like "where is my mom".. "when can I see my mom" "where did they take my other baby brothers" and the reply was always the same "I don't know" .. later on we were moved constantly and I was always known to be "that new kid" and was constantly bullied where ever I went due to being in "rich yt" neighborhoods and only being the few visible indigenous kids around. The label "foster kid" followed and haunted me for life. Whenever I was moved I always had to pack my stuff with garbage bags and away I went onto the next place. I think so far I only went to one group home, went to kids cottage a few times and after went to 6 different respite homes til I landed at the last one for almost six years. I never asked where I was going or how long but I always felt sad and felt like I wasn't wanted and that's how I felt only being at the age of six, replaceable and like trash. No kid should ever feel the way I did.

**My
Every Child Matters
design 2022**



Years on end when I was in junior high the social workers would eventually tell us (me and my brother) that our mom was "incapable" of taking care of us because of "her drinking and being a prostitute" etc etc. I knew better than that I knew that my mom was battling with breast cancer and some days she couldn't get out of bed because of how much the chemo treatment hurts she tried her best to provide for us no matter what. After that, the story of both of our parents kept being switched up from time to time to "your parents were drunk Indians" to "they didn't want you" ...

Like don't get me wrong - there were some good places I stayed at and wanted to stay there but unfortunately being in respite they constantly had to move you until a foster family or group home had room and space. By the time I hit my teens I already had felt out of place and ended up at the worst house and stayed until it got shut down. I didn't get to grow up with my culture except for what was taught in the schools, I missed out on years of being taught my language, my culture, the traditions and dancing. Each time I saw someone dance or they tried to speak Cree to me I cried so hard feeling at loss. At the time I couldn't talk to anyone about the alienation and separation and the anger I felt. One of the many reasons why I had a hard time making friends was because of what I was taught and told. I wasn't allowed out much, allowed to make friends or even be myself at all. Most of my life I struggled with finding my identity and being ok with who I was. So when I hit my teens I thought I'd act out in rage, got into detention half the time by not doing my homework and unfortunately because of being accused of drinking and doing drugs at the time. I thought personally like ok well "f*ck you I'll do just that then "f*ck this, f*ck the system. I'm old enough I know it all". That took a turn by the time I hit 17 . I got released from CFS was put on "SAFAA" (assistance money being still in the system til I turned 23)



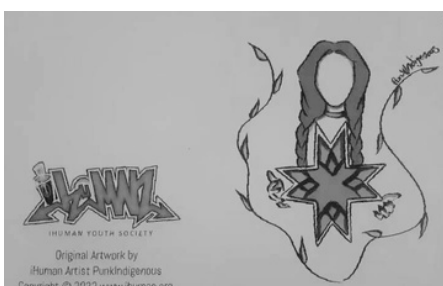
Standing in front of my art project on
101A Avenue 96 Okisikow (Angel) Road, Edmonton

I didn't like to admit it til a little later but I was on and off from the age of 12 to 16 when I turned to drugs and alcohol to find that warm hug I needed during those dark times I had and went through by myself. At times I tried so hard to not be here, I tried to numb that pain I carried and half of the relationships I had with people were abusive and manipulative. Unfortunately, that's all I ever knew and thought that was normal. I ended up on the streets from time to time. When life decided to come at me when I was 17, I was faced with a tough decision with my life. From there I decided to leave that life behind and better myself and graduate and work.

Although I had been 6 years clean from hard drugs, I still was having to battle with alcoholism til the end of 2023. I'm now 2 months sober and unfortunately along the way I've lost a lot of people due to suicide, drugs and alcohol. But thankfully through culture I've managed to find myself and do better. Unfortunately though when I hit 22 I got caught between the cross fires of the "ageing" out process before it was official in 2021-2022 and still struggle with finding stability in my life. I'm still couch surfing to this very day.

Still that being said, I still have this firm belief that the system has failed my siblings and myself and that my family deserves justice for what they put us all through. Not only me but all those who been through the system themselves. When I started to come out about who I was and where I've come from I've heard similar stories to mine and from there on I knew I wasn't alone. Through art, being culturally connected and speaking out I've managed to find myself to find my voice and take back what was stolen.

I'm 25 now - no longer a youth but a former youth from the system. I work a full time job on the frontlines, I speak up for those who need help finding their voice and on the side I do artwork as a form of expression and an outlet to healing my inner child. I still have a long ways to go and learn from life itself but I am happy to still be here. I'm Punkindigenous and this is my story.



Through art, being culturally connected and speaking out, I've managed to find myself, to find my voice and to take back what was stolen.

Follow on IG @punk_indigenous

“A Voice for Those Overlooked and Silenced”

BRANDI MORIN

Journalist and writer Brandi Morin has won the 2024 Freedom to Read Award. Presented by the Writers' Union of Canada, the annual award recognizes work that is passionately supportive of the freedom to read. Morin is a writer of Cree, Iroquois and French origin from Treaty 6 territories in Alberta. Her work has won multiple awards and has been featured in National Geographic, Rolling Stone, Al Jazeera English, The Guardian, CBC and The New York Times. Morin was recently announced as one of the readers for the CBC Non-Fiction Prize.



2024 FREEDOM TO READ AWARD RECIPIENT

[Follow @bmorinstories](#)

This work can be a storm...a desert...and you push through and you fight and then you are vilified, you're attacked, but those whose voices have been overlooked have also been vilified, ignored, attacked and for me this is such beautiful confirmation that I am on the right path and no matter what comes my way, I am doing this work as a voice for those overlooked and silenced. I am beyond grateful for this incredible honour and I am so grateful to be a warrior and a story teller and I will keep on.

Hiy Hiy to the Writers Union of Canada and to the people who nominated me for this award. It is a badge of honour. Thank you.



*Many youth from care go on to rise up and
make the world a better place in many ways.
Much respect & many thanks to all who do.*

Editor's Note

So stoked & grateful to have Michael Redhead Champagne in the zine this month. I have been following him for a long time as he continues to be such a positive force in the world. An inspiration to not only youth from care, but to all of us.

Michael Redhead Champagne is working towards a revolution that dismantles harmful systems and builds up new ones based on justice, equity and love. A community leader from Winnipeg's North End with family roots in Shamattawa First Nation, Michael is host, helper, published author, on-screen personality and sought after public speaker. Michael happily shares his words, wisdom and welcoming energy across Canada and around the world.

Michael believes Indigenous knowledge will save the world and this can be seen in his commitment to Ininew concepts such as wahkotowin, mino bimaadisiwin & more. He is actively working on reclaiming his Ininew language and in 2023 started a language nest at the St John's Public Library. Whether it's eliminating poverty, ending homelessness or increasing supports for children, youth and families, he is relentless in his pursuit of a more compassionate world. He organizes the annual North End Grad Walk, the North End Historical Society and is a board member for Fearless R2W & the Manitoba Health Coalition.

You can find him speaking out about poverty, politics and reconciliation on social media, podcasts, video projects and in the news. Featured on multiple TEDx Talks, APTN's Michif Country & First Contact, Michael is also developing a number of storytelling and multi media projects. He loves family friendly jokes, Tetris, Stevie Wonder music and celebrating the successes of others.

Michael's book, *WE NEED EVERYONE*, was released January 2024.

michaelredheadchampagne.com

An interview with MICHAEL REDHEAD CHAMPAGNE Speaker. Author. Community Champion. North End. Winnipeg, Manitoba. Treaty 5.

Can you tell us a bit about growing up in care?

My mom was in Indian Residential Schools and then all of her children ended up being impacted by the child welfare system. For me that meant I was placed with the Champagnes after I was born, went home to my mom for a bit but ultimately ended up back with the Champagnes. They were emergency foster placements at the time and I was one of the last kids they ever fostered because they ended up adopting me and one other kid. The Champagnes showed me we can make family out of the people we care for and who care for us even if we are not related.

You are a very busy person.

What does a month in the life of Michael Champagne Redhead look like?

A month in MRC's world is random! I am a public speaker so there is a lot of talking - in schools, conferences and other places folks will have me. In that way I am always in a different environment almost every professional day! When I am not speaking, I am a community helper and do a number of things like organize Ininew (Swampy Cree)

language nests, an annual North End Graduation Walk or participate in other peoples projects and celebrations. Every day is different!



**What do you love most
about Winnipeg?
I love the North End
and how real the
neighbourhood is.**

You do a lot to raise awareness and improve the lives of marginalized youth. When did you know you wanted to become an advocate?

I knew I wanted to become an advocate as young as 10 years old. I realized there were too many patterns and coincidences going on and too many adults not doing what they could that I knew if change was gonna happen for me, it might have to come from me. I learned that I could help motivate adults and systems - but also my friends and peers - to take action and we could put our collective efforts together to sometimes make a massive positive change.

What was your favorite book as a child and why?

My favourite book as a child was probably the BFG by Roald Dahl because it is about kids in care (sort of) and the BFG doesn't fit in with the other giants because he chooses to use his gifts in a different way. Also 1 Fish 2 Fish Red Fish Blue Fish because it had a good flow and rhythm.

What do you like to read, now?

I read a lot of government, academic and policy based things, like the news now, so not the funnest. LOL. I tend to listen to podcasts more than read though so I can be doing something else at the same time as reading (multi-tasking!). I am currently trying to read Jurassic Park but I might need to find an audio book to listen to instead!



I learned that I could help motivate adults and systems - but also my friends and peers - to take action and we could put our collective efforts together to sometimes make a massive positive change.

What inspired you to write We Need Everyone?

I saw the gifts of kids and people in my neighbourhood but it felt like the world didn't. This led to my loved ones sometimes questioning whether or not they had a special gift or something valuable to contribute to the world. To me, it is not a question and we need everyone! The book is an extension of that message and is both an instruction manual and a celebration at the same time.

Tell us a little bit about the illustrator of We Need Everyone - Tiff Bartel.

Tiff is an extremely talented illustrator. She was pregnant while she was drawing much of the book and I feel like you can feel the maternal love in every single page. I also find it impressive that she is able to capture my energy and expressions so accurately within the book. She also included my cat, Sushi, and everyone really loves to see my real life cat in the book!

What was the journey to find a publisher like?

It was all about relationships. Niigaan Sinclair referred me to the publishers years and years ago and it started with me going to meet them and having a visit. From there, time passed, ideas were exchanged, a process was ironed out, a manuscript was written, a manuscript was thrown away, a video of me talking was recorded, a manuscript was made from that, and that became the book! Shout out to HighWater Press for walking with me on the journey!



I saw the gifts of kids and people in my neighbourhood but it felt like the world didn't. This led to my loved ones sometimes questioning whether or not they had a special gift or something valuable to contribute to the world. To me, it is not a question and we need everyone! The book is an extension of that message and is both an instruction manual and a celebration at the same time.

Did you always love having curly hair?

Nope, lol. When I was younger I always cut it short so I didn't have to manage it. I had no idea until my 30's that I had these luscious locks lol but it is a lot of fun (and a lot of work to maintain!)

**Taco Tuesday or Wing
Wednesday?**

Taco Tuesday 100%!!!!

**Is it true that Winnipeg is
the Slurpee Capital of the
World?**

It is true. We might even sell more slurpees in the winter than the summer...

**What do you love most
about Winnipeg?**

I love the North End and how real the neighbourhood is.

How 'bout them Jets?

How 'bout Project 11? It is the Winnipeg Jets youth foundation and supports students and teachers around mental health awareness and coping skills! All in honour of Rick Rypien, #11.



projecteleven.ca

What do you love to do in your spare time?

I like to visit with friends and family and explore local coffee shops and local businesses! And Tetris. I love to play Tetris!

WE NEED EVERYONE

is available at Chapters - in store and online.

FOLLOW MICHAEL

@northendmc

on all social media platforms

michaelredheadchampagne.com

book@michaelredheadchampagne.com



What message would you like to leave with youth from care?

***Wahkotowin* is a word in Ininew and it means the law of kinship. The law tells us we are all related not only as human beings but we are also related to the animals, the land and the stars. And because we are related we must take care of one another as we would take care of our family or as we would want our family to take care of us. Even if you have no connection to your biological family, you can be family with the people and the world around you. Let's be good relatives.**

DAKOTAH'S STORY



Hi. My name is Destiny Delaney. I prefer to use DaKotah as my name. I'm 19 yrs old, a teen mom to a 15-month-old baby boy named Tayittiuym-Lee. I got pregnant with him in 2022 at age 17 while I was still on the streets. Covid was still around.

I was always a mommy's girl. My mom has been a single mom my whole life. My dad barely was ever around, so my mom played the role as mom and dad. I do still see and talk to him but with having six other siblings he chooses to see them more than me.

At age 16, I was back-and-forth within my mom's place at the time because I chose not to listen. I had an anger problem and behavioural problems.

I left my mom's place in June 2021 when I found out my auntie passed. It struck my heart very deeply because I didn't know what to do. I saw her twice within the time that she was at the hospice. I do miss her a lot because she was my ride or die - the person who I would always talk to and spill my secrets out to. If something was wrong she would be my number one person to talk to.

On July 12th of 2021 at 10:30 PM, I found out about the YESS shelter in Edmonton and was able to get some help. It's a youth shelter that serves 15 to 21 year old youth. I wish someone could've helped me more to understand homelessness. Some things I struggled with were my addiction, Limited access to healthcare, problems getting enough food, trouble staying safe, violence, stress, unsanitary living conditions, justice-system involvement, sudden serious illness, death of a partner or parent, disabilities. My mental health went from 1-10 extremely fast once I went to the streets. I wish I could've found out the resources that were out in YEG for myself, especially the shelters and how I could've had some income supports a lot faster.



I started doing activism in 2021 in July with the Pride Corner, then moved onto trans rallies to Indigenous rallies to Black Lives Matter rallies to any type of rally that ever happened here in Edmonton. I also started attending MMIWG2S Rallies in 2022 and have been going ever since.

I started being a volunteer about 2018 - 2019 when I was a counsellor in training at Jamie Platts YMCA. Then I moved on to work volunteering with Bear Clan whenever I saw them and with Water Warriors on Thursday nights. I had to end that volunteer activity in 2022 when I became pregnant. What I loved about being a volunteer is that I was able to be myself and being able to be around people who are like me when I was 16 and 17. I was dealing with a lot but when I was able to be away from the shelter it was quite the best. I was able to be around people who were going through the same situation as me and being able to help out with harm reduction. It was quite an amazing experience like I wish I could be out in the Water Warriors game because I loved being called the Water Warriors sibling.

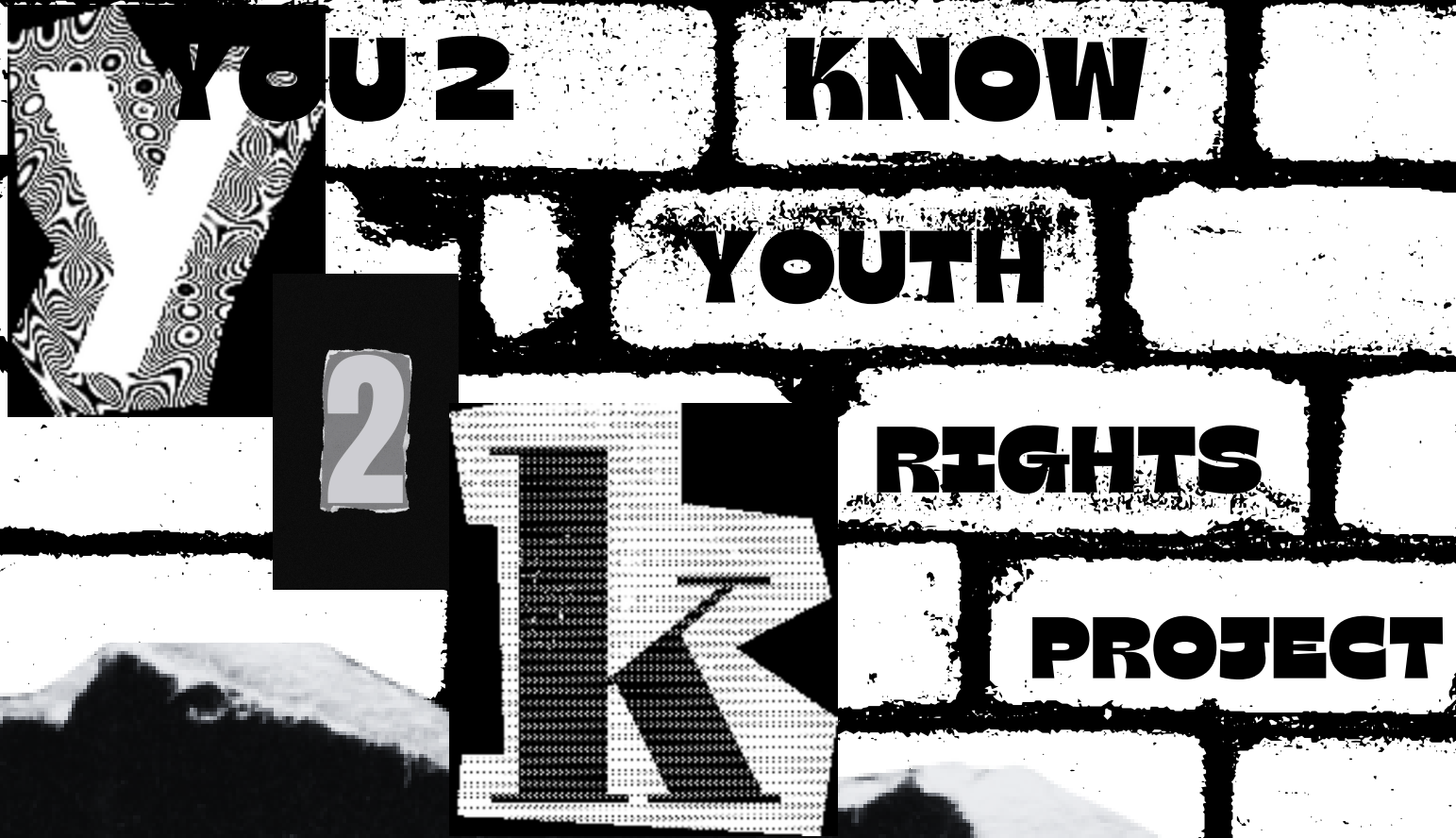


When I graduate from Inner City High School I would like to get into paramedics or a world where I can be able to help out youth. If I'm able to help kids who are dealing with homelessness and everything it will give me a good opportunity to spread my story around.

YOUR TRUTH

**If you have a story or some art you
would like to share please contact us
at editor@zineandheard.ca
or message us on Instagram
[@zine_and_heard](https://www.instagram.com/zine_and_heard)**

MATTERS TO US



YOU 2 KNOW YOUTH IN CARE RIGHTS PROJECT

The Y2K team is passionate about getting
all of the RIGHTS OF YOUTH IN CARE

**OFF PAMPHLETS &
ON 2 PLATFORMS!**


We are looking for people
from care 2 help us

**CREATE CONTENT 4
TIKTOK IG FB**

Message us [@you.2.know](https://www.instagram.com/you.2.know)

@you.2.know

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MEET SHAY & SEAN - THE CREATIVE TEAM BEHIND THE Y2K PROJECT

Shay

is a former youth in care and mother of one currently working towards her BSW at MacEwan. She is a published author and public speaker. Shay doesn't know how to swim but she always manages to keep her head above water.

Sean

has been a Registered Social Worker at iHuman Youth Society for over 13 years - supporting youth involved with the Child Welfare and Criminal Justice systems. Sean has been an active street dancer for over 20 years and is always on the move.

SUPPORT LOCAL. SUPPORT GOOD.



@1ostxswole

Until the end of March, our friends at Local 124 Skate Shop are featuring the work of @1ostxswole who is also a favourite tattoo artist @urge2tattoo. Get down to Local 124 and see much more than we can feature here. Support local. Support good.



We just wanted to take this space to give a personal shout out to Local 124 who have been supporting Zine & HEARD since January 2023 - day one. It really is all about community.



HOUSE OF WHEELS

RAMP UP FOR CAMP!

HOUSE OF WHEELS CAMP

**OFFERING MORE CAMPS IN 2024
THAN EVER BEFORE!**

**GET EARLY BIRD
PRICING NOW**

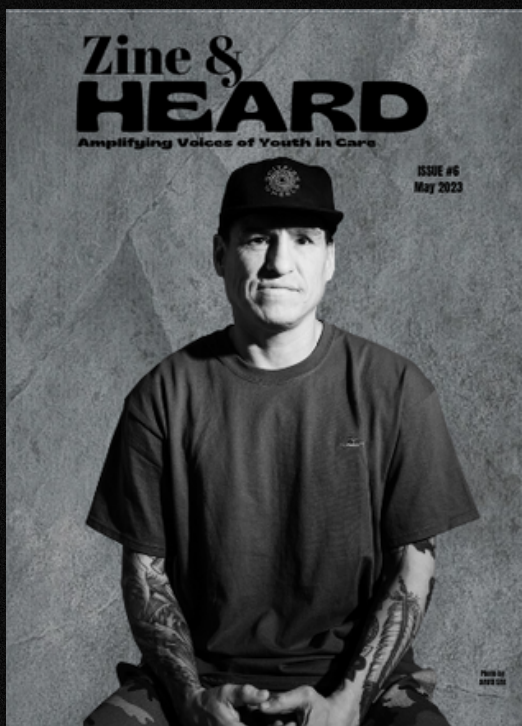


UNTIL APRIL 1ST



**Spring Break Camps
around the corner
ages 7-17
Single day camps!
Great coaching!
Great atmosphere!
Don't miss out!**

**CHECK OUT ALL
THE CAMPS & SPECIAL EVENTS
AT
HOUSE OF WHEELS
8832 48 Ave NW Edmonton
3442-118 Ave SW
Calgary
houseofwheels.ca**



**MUCH LOVE TO ALL FOR
MAKING OUR 2023
SKATE ZINE SO GREAT!
2024 ISSUE IS ON!**

**We need your skate stories, skate photos,
skate art, skate events, skate news by May 1st.
Please contact editor@zineandheard.ca
or get in touch via text at 780-221-6124.
Thank you.**

FOSTER YOUTH BEHIND BARS

The data is overwhelming for those who've experienced foster care and their relationship to becoming incarcerated. 90% of youth with 5 or more placements will enter the justice system.

The Foster Care-To-Prison Pipeline: A road to incarceration
Criminallawpractitioner.org

Let that sink in for a moment.

Almost 100%.

Why is this so?

Why is the correlation so high?

How do we make a difference?

I believe it starts with awareness.

Being a former foster youth, I had no idea the statistics were so high. I may have been one of the fortunate few who moved over 5 times that didn't become incarcerated.



Mikey Doucet

One of the reasons I started the mission to give back as a former foster youth was to make a difference with even one post ... one reel to make a difference. I do my best to stay positive in my messages but at times I feel fortunate that I'm not a statistic and maybe this one post will allow others to see a different perspective and also make a difference for those who have experienced foster care.

Follow Mikey Doucet [@mikeydoucet](https://www.instagram.com/mikeydoucet)



"We need programs for people that are incarcerated to deal with trauma and to actually show people how to live. There's no push to change. You just go to jail, get out and you're expected to be different."

Vee Duncan 1987 - 2023

PUNK SHOW & FUNDRAISER FOR ZINE & HEARD

IT'S ON DAWG

**WE KNOW
IT'S GONNA
BE ALL AGES.**

**WE KNOW
IT'S GONNA
BE GREAT.**

**STILL DON'T KNOW
ANYTHING ELSE
BUT WANTED TO
RUN THIS AD
ANYWAY.
STAY TUNED.**

"WE ARE SMALL BUT WE ARE MIGHTY"



INDIGITAL MEDIA
PRESENTS

THE REEL DEADLY FILM FESTIVAL



AUGUST 24 & 25 2024

7:00 PM

10 FILMS OVER 2 DAYS!

MEET THE DIRECTORS!

FREE SWAG TO THE FIRST
20 PEOPLE TO ARRIVE!

SPECIAL GUEST
GEORGINA LIGHTNING!

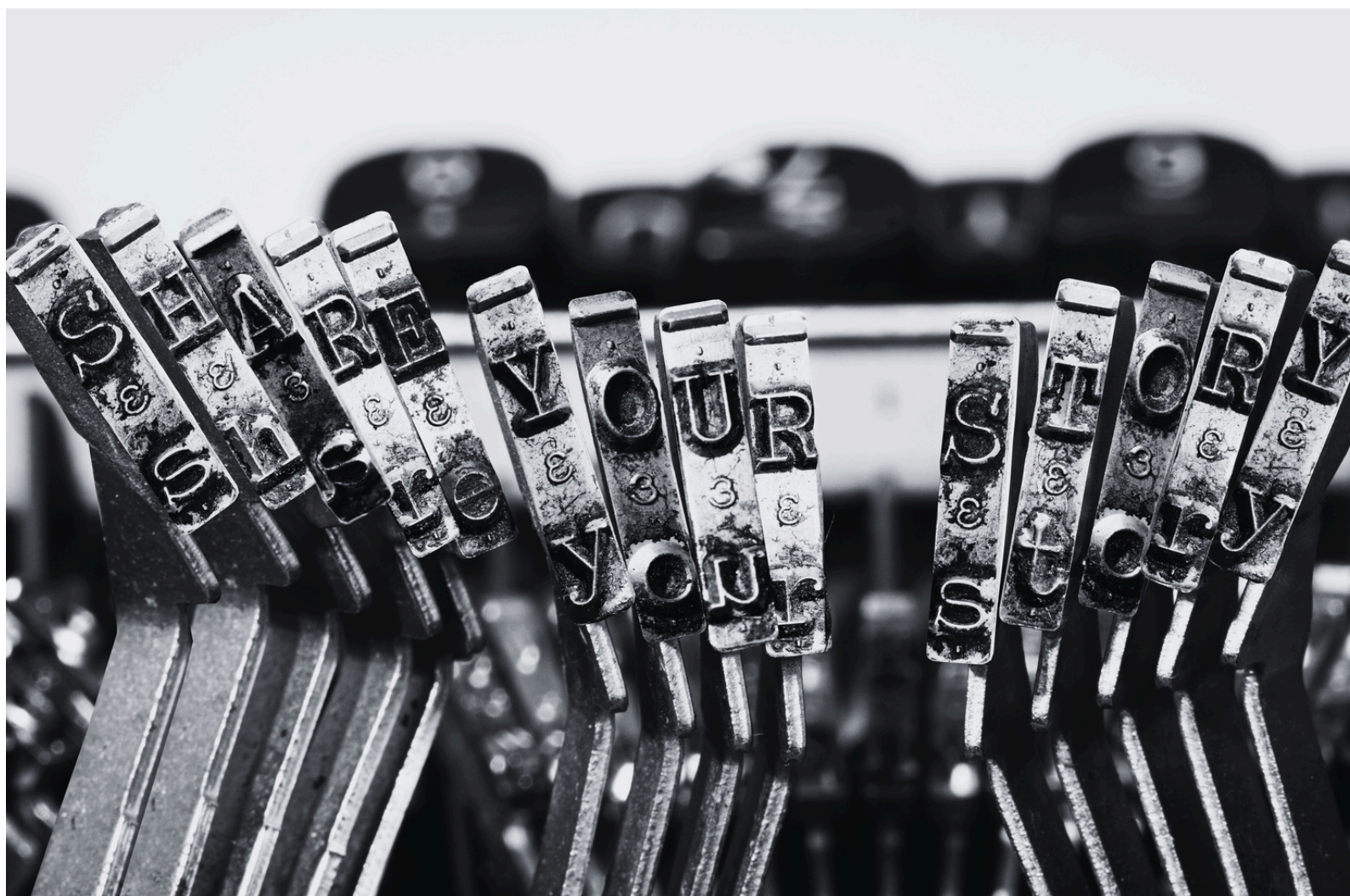
VOTING FOR VIEWER'S
CHOICE

For more information on the REEL DEADLY FILM FESTIVAL
visit indigitalmedia.ca or follow [@indigitalmediayeg](https://www.instagram.com/indigitalmediayeg)

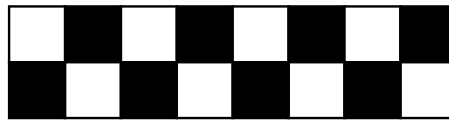


ZINES ZINES ZINES ZINES!

THAT'S WHAT WE SAY TOO!
Thanks again to MacEwan Library, the
U of A Library & EPL Stanley Milner
branch for subscribing
to Zine & HEARD.



**THERE IS NO MAX AGE LIMIT ON YOUTH FROM THE CHILD WELFARE SYSTEM
WHO CAN SUBMIT THEIR STORY OR ARTWORK OR MUSIC TO OUR ZINE.
EVERYONE IS WELCOME TO SPEAK THEIR TRUTH, SHARE THEIR WISDOM
AND SPREAD THE LOVE. THANK YOU.**



DIAL 9-8-8 SUICIDE CRISIS LINE 24/7

INDIAN RESIDENTIAL SCHOOLS CRISIS LINE

24- HOUR 1-866-925-4419

YOUTH EMERGENCY SHELTER (Y.E.S.S.)

780-468-7070 24/7 24 HOURS

ACCESS 24/7 - 24 HOUR

Crisis and Intake Services - 780-424-2424

KIDS HELP PHONE - 24 HOUR

Call 1-800-668-6868 Facebook Messenger

Text CONNECT to 686868

NACIS CRISIS LINE - 24 HOUR

780-422-2001

NATIONAL SUICIDE PREVENTION SERVICES

1-888-456-4566 24 HOUR

CMHA DISTRESS LINE - 24 HOUR

780-482-4357 (HELP)

KICKSTAND CONNECT

mykickstand.ca/online-care#resources

OFFICE OF THE YOUTH & CHILD ADVOCATE

**If you have questions about your rights as a young person,
need legal help, or need to speak out, we're here for you.**

Talk to Us: Toll-free: (800) 661-3446

Monday - Friday 8:15 AM - 4:30 PM

NORTHERN ALBERTA Call: (780) 422-6056

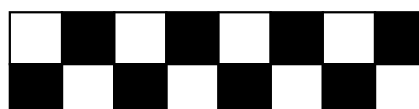
SOUTHERN ALBERTA Call: (403) 297-8435

ACCESS OPEN MINDS

**ACCESS Open Minds Edmonton is a walk-in service for individuals
16-25 years old. Young people and their families can walk-in during
open clinic hours and will be seen on a first come first serve basis.**

MONDAY – FRIDAY 12:00-5:00PM 780-887-9781

NEED TO CONNECT? DIAL 211 24 HOURS





Many thanks to the Friends of Zine & HEARD

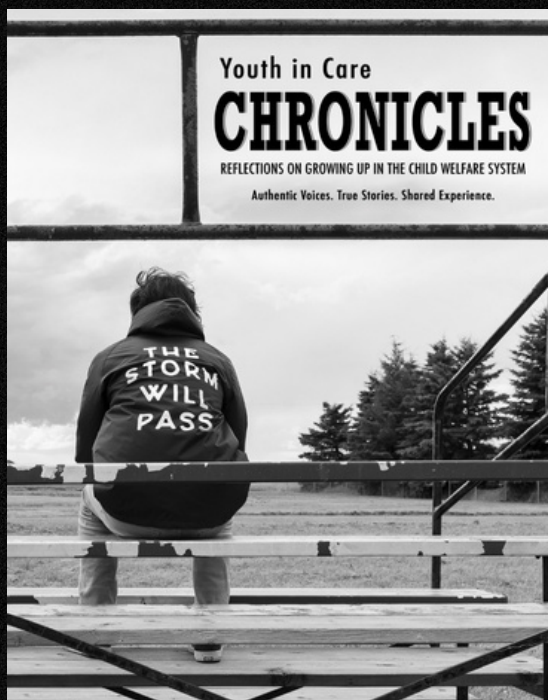
OFFICE OF THE CHILD & YOUTH ADVOCATE
CHIMO YOUTH RETREAT CENTRE
NANDA & COMPANY AMANDA QUILL
ANNE STEVENSON - WARD O-DAY'MIN COUNCILLOR
CAITLIN VERRIN MAGIC HOUR CREATIVE
DAVE HOUSEMAN JOE BUFFALO NIK KOZUB
BERNADETTE IAHTAIL & CREATING HOPE SOCIETY
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CHEYANNE CARLSON-WHITE LYLE BELL MARLEY-JAY
LOCAL 124 SKATEBOARDS & LONGBOARDS JOEL PIPPUS
DIANA BATTEN, MLA. BUD FRASIER & THE ELECTRIC RAZORS
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18 former youth in care from
Alberta tell their stories in
YOUTH IN CARE CHRONICLES:
Reflections on Growing Up in
the Child Welfare System

Available at
Amazon
&
Audreys

All proceeds go to fund
projects for youth in care.

Amber Barlow



You are not forgotten

Amber Valarie Barlow

DOB/Age:22

Height:5'8"

Weight:154 lbs

EPS File #:17-152121

On October 9, 2017, Amber Barlow was last seen in the area of 107 Street and 152 Avenue, Edmonton. Early the following morning, Amber made a post on social media, which she constantly used to communicate with family and friends. Her social media account had no further activity after this time. It is unknown when she left her residence, what she was last wearing or how she may have left. She has a heart tattoo on her upper right arm. Amber did not have access to a vehicle and would typically use public transit to get around.

If you have any information about Amber, please contact the Edmonton Police Service at 780-423-4567 or Edmonton Crime Stoppers at 1-800-222-8477 or submit your tip online. Please reference the EPS file number when possible.

*We hope that Amber is found safe and reunited
with her family & friends soon.*

*You
are
not
forgotten.*

**A very high percentage of
missing & murdered
Indigenous women & girls
& Two-Spirit persons
spent time in the
child welfare system.**

Dear Alberta Government,

We hope this finds you well.

Many of us are not.

Yours truly,
Youth from Care

P.S.

For real.

We truly are yours.

