

# Zine & HEARD

Amplifying Voices of Youth From Care

## ISSUE #22

NOVEMBER/DECEMBER 2024

**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.**

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**WHO**

Youth from 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.



QUOTE: Jeff Woods     ARTWORK: Chasm Frazier

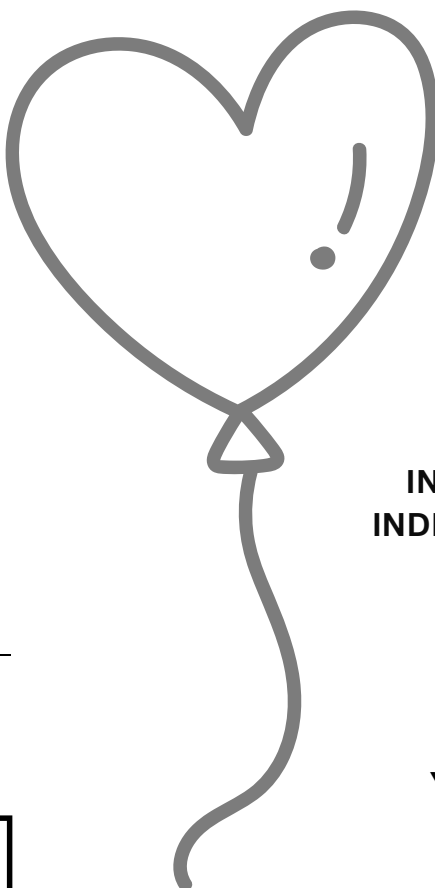
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**EDITOR**

PENNY FRAZIER

**COVER**

CELEBRATING  
2 YEARS  
OF ZINE & HEARD

**WHO'S INSIDE**

AMBROSE CARDINAL  
BLUE JEAN JACKET DAY  
CREATING HOPE SOCIETY  
HIGHER KNOWLEDGE  
INDIGENOUS BOYS MATTER TOO  
INDIGENOUS YOUTH RISING GRANTS  
NORTHSIDE SMILEZ  
OKIMAW AWARDS  
VEE DUNCAN  
WATER WARRIORS  
YOU ARE NOT FORGOTTEN  
YOUTH IN CARE CHRONICLES

**MANY THANKS FOR ALL  
YOUR LOVE & SUPPORT**

Hard copies available at  
124 Skate Shop  
Audreys Books  
Magpie Books  
Metro Cinema



In Loving Memory of  
**NORTHSIDE SMILEZ**  
1989 - 2024



**“I pray for my sins  
to be forgiven  
In this troubling life  
we’ve been given  
I hope to wake with  
a different state”**

**Excerpt from Words are Spells  
by Northside Smilez**

We are grateful we were able to share Nothside Smilez’ story in the August zine this year. What struck me the most about him was that his struggle was very real. His grief was so deep, his sorrow so profound and his soul was so tortured. It was only through listening to his music and reading his lyrics that

I could ever hope to understand even one ounce of the weight he carried. He truly had a gift for writing. As he said in his story, he thought he always had it in him and I believe that. I think he was born to share his art and those who listened are richer because of it. He had a lot of wisdom. He spoke a lot of truth. He loved his children fiercely. Smilez and I shared a few tears and had some good laughs and I would have liked to come to know him better. I know he was really happy he shared his story because he hoped it would help others. That was his biggest reason for contributing to the zine. I was very sorry to hear of his passing and we wish to extend our deepest sympathies to his mom, his children, his nephew @callmeconz999 and all his other family and friends. He will be missed by many and will be remembered always as someone who cared.

**Rest easy, Smilez.**

# Effing trailblazers

As this is the last zine of the year I thought I'd list a few thoughts on 2024. Top of mind is receiving recognition for our contribution to Truth & Reconciliation from Creating Hope Society in September of this year. It was such an honour. And here are a few others thoughts from a long list of thoughts I don't have room to print.

Youth from care are among the bravest people I know.  
Youth from care are among the most empathetic people I know.  
Youth from care are among the most artistic people I know.  
(And they are funny AF.)

Hey Marlaina... chem trails are not real.  
Almost 500 homeless Edmontonians aged 16 - 24 are.  
CBC News · Posted: Oct 31, 2024

Zine & HEARD has been around for two years now thus the anniversary cover on this issue. Hoping to be around for another year so we can continue to be a voice for many more talented artists, beautiful hearts, and effing trailblazers. Please subscribe if you can. It really helps us. But you can always pick it up for free from our bros at Local 124 Skate Shop and you can find them at Audreys, Magpie Books and the lovely Metro Cinema.



On a personal note..... I need to write a best seller so I can leave behind something for my kids other than fond memories, the clay polar bears they made in Grade 2 and a cookie tin full of pennies... and old buttons.

Wishing you all the love, hope, support, understanding and opportunity you need for 2025 and beyond.  
Don't let the man get you down. There's way more good people than bad out there and you're one of them.

With love, Penny Frazier, Editor

## Edmonton homelessness numbers surge toward 5,000.....

Nearly 2,000 more people than a year ago in Homeward Trust's count.

Taylor Lambert · CBC News · Posted: Oct 31, 2024

Please get a hold of us to share your stories, poetry, art, music, life, hope. Deadline for the January issue is December 31st.

[editor@zineandheard.ca](mailto:editor@zineandheard.ca) or [@zine\\_and\\_heard](https://www.instagram.com/zine_and_heard)

Thank you.



# NATIONAL CHILDREN'S DAY

**NOVEMBER 22, 2024**  
**BOYLE STREET PLAZA, 9538 103A AVE**

CONCESSION - FACE PAINTER - MAGICIAN - PHOTO BOOTH - CRAFTS - COLORING STATIONS - GIVEAWAYS AND MORE!



## ROUND DANCE AGENDA

2PM - PIPE CEREMONY  
4PM - CHILDREN'S ACTIVITIES  
5PM - SUPPER  
5:30PM - MAGICIAN SHOW  
7PM - ROUND DANCE



FIRST 10 DRUMMERS PAID  
GIVEAWAY IS FOR CHILDREN & YOUTH ONLY.  
CONTACT: CYNTHIA MARTEL (587) 936-0149

[WWW.CREATINGHOPE SOCIETY.CA](http://WWW.CREATINGHOPE SOCIETY.CA)

# IBMT

## INDIGENOUS BOYS MATTER TOO

**An interview with Program Coordinator, Ambrose Cardinal**

**by Kennedy Higginbotham**



**Ambrose Cardinal**

Back in January of 2023, Creating Hope Society launched a new initiative specifically designed for Indigenous boys aged 14 - 18 and hired Ambrose Cardinal to run it. Two years later, the program is going and growing strong.

Many thanks to Ambrose for taking the time to share the story of this truly impactful program with us.

Long live IBMT.

**Can you explain briefly for people who are going to be reading like what the program is and who it's for?**

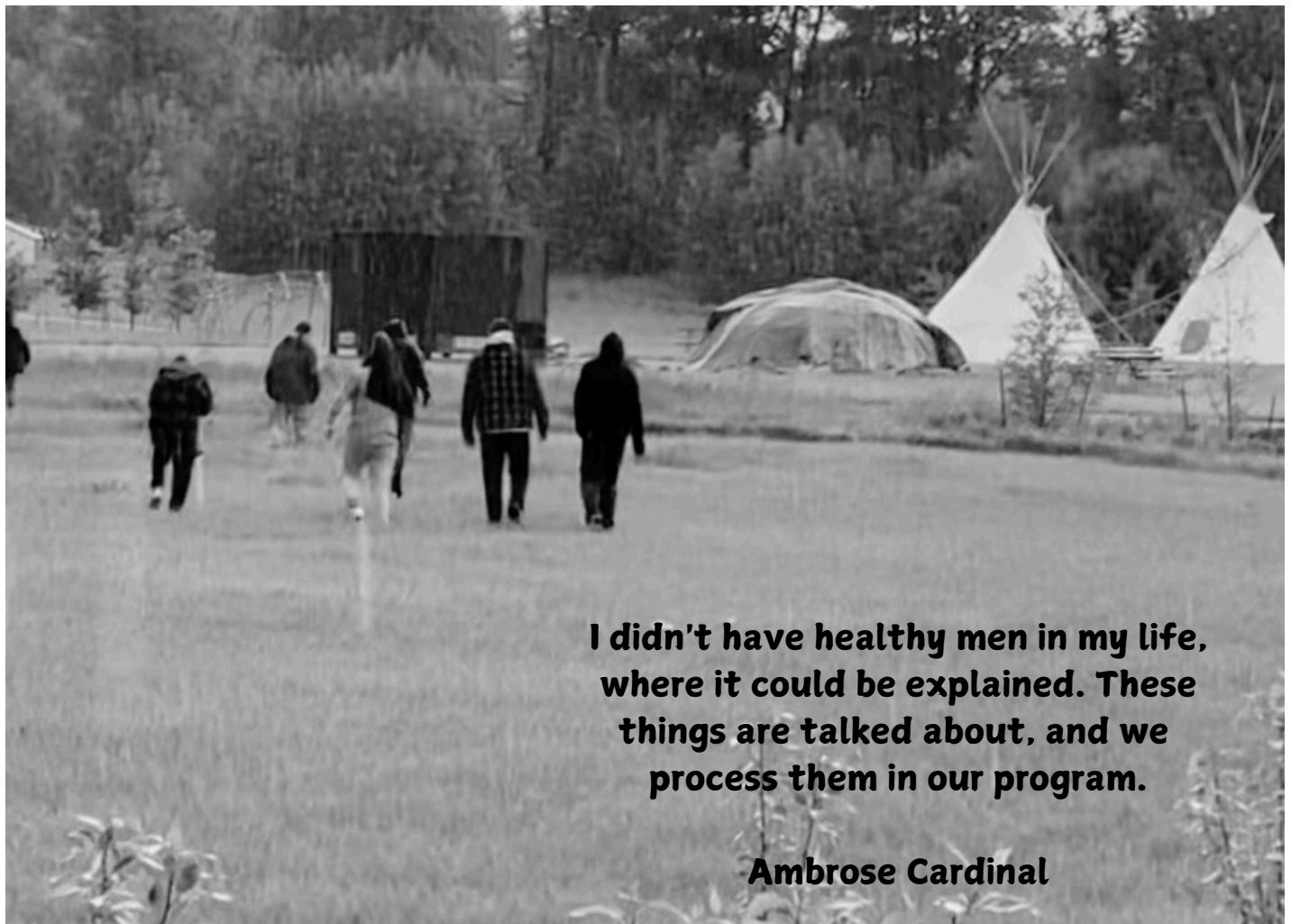
It's for youth who identify with masculinity. Indigenous youth from the ages of 14 to 18 who are wanting to actively understand and to form their identity as young Indigenous men. The name “Indigenous Boys Matter Too” is political in a sense, as it is a call to action for our community members to support young Indigenous men, but for us to also take care of the collective community as well.

Our “methodological approach” stems from lived experience and ceremony; from myself and Asa’s understanding of being an oskâpêwis – a ceremony helper. Through this process, we are decolonizing masculinity by dissecting the ways in which Western notions of masculinity have harmed us and how it is actively harming other community members.



## Why is this program so important?

I just think about my own life and pretty much everything that I do with these boys stems from my own life. It stems from places and moments in my life where I really struggled or I screwed up, or I did something wrong and I didn't know what accountability looked like and I didn't know who to talk to. I didn't have healthy men in my life, where it could be explained. These things are talked about, and we process them in our program. Therapy for me at that time was not an option, you know, and that's an excuse oftentimes for men. Us not going to therapy blah blah... However, you know there's certain things that are legitimate. Access is huge. the reason why this program is important is because we need a space to express these trials in our life. We need to be there for each other and show kinship through building each other up outside of the scope of toxic masculinity and competition. It's important because it reduces the chances of another one of our men being institutionalized and for another one of our children losing a father. We break cycles of colonial violence and harms through our own tribulations, trials and successes.



**I didn't have healthy men in my life,  
where it could be explained. These  
things are talked about, and we  
process them in our program.**

**Ambrose Cardinal**

## **What do you think people need to know about being an Indigenous man, or the relationship between masculinity and Indigeneity?**

It goes two ways. As Indigenous men, we need to understand the colonial history and the ongoing legacy of colonialism. We need to understand how versions of Indigenous masculinity have been created and have always been policed. We need to understand the systemic loss of our role as men; we were/are warriors, we were/are protectors, we were/are Hunters. We understood and understand ourselves by being connected on the land and by serving our families and communities. Colonialism has done a number on us as men, as we do not understand the importance of learning to be in community and growing into fatherhood. This was done and continues to be done by colonization and institutionalization.

If we begin to understand that legacy, we see that hurt and where that hurt stems from and we're able to begin the process of stepping outside of our comfort zone, or step outside these Western notions of masculinity and to disrupt those notions of masculinity and get uncomfortable. That is how we move forward and we move into our roles as Indigenous men. We will move into the world of an *oskâpêwis*. We move into the roles as a fire keeper, and as community leaders. We elevate ourselves in a way that our women and Two-Spirited people are protected and taken care in our community. Through this process we uplift them through healing and connecting to ourselves in healthy way.

There is always going to be things that are tied to our identities as men within the western sense. Because we are still colonized – we are in this colonized system. However, it is more so understanding and breaking free out of certain things. Some of the things that we need to actively break free of is sexualizing women or femmes. Sexualizing ourselves and our children. Then also just like being comfortable with expressing more than just anger, you know? And being comfortable with understanding where anger comes from and how limiting and dangerous violence and abuse is.

**We need to understand how versions of Indigenous masculinity have been created and have always been policed. We need to understand the systemic loss of our role as men; we were/are warriors, we were/are protectors, we were/are hunters. We understood and understand ourselves by being connected on the land and by serving our families and communities.**

The only way in which we get it back is from starting with our youth.



## What does ceremony mean to this program?

It is the foundation of everything we try to do. It is the foundation for trying to create opportunities for healing and understanding. When developing the program, we were thinking about what we needed to achieve in this program and what we wanted to get out of it. Oftentimes I would reflect on my own life and I would see the ways in which my own masculinity was developed and moulded through witnessing a lot of violence and pain, for me ceremony was the place where I needed to reflect on the positive, the negative, and the ways in which it shaped me as a man.

The importance of ceremony is critical. When we're in ceremony and when we begin to understand our culture, we have all these tools for creating positivity and balance into our lives. We literally just have all these tools at our disposal for grounding ourselves and to balance out our own nervous systems... It's pretty advanced. It revolves around letting go of our anxiety's and the things we were going through and dealing with it through prayer and physically grounding ourselves and then spiritually connecting to our creator (Kisemanito).

The entirety of our program is a community effort where we are creating space and places for these urban Indigenous youth to have that opportunity to connect with ceremony. Because for the longest time is you only go to ceremony if you are in a ceremony family or if you are on reserve. Therefore, for us as an urban Indigenous people, we have to literally uproot ourselves constantly... go out on the Land or go somewhere where it is accessible. So what we do is try to bring those little cultural snippets, or try to bring Elders in for a brief time for them to share as much as they can to disrupt the western chaos that smothers us.



**Creating Hope Ramblers -  
Enoch Traditional Powwow  
April.13, 2024**



**I also see growth through laughter and connection, by these young men creating a space where they can express themselves in a good way, and to look at certain aspects of their lives and detach and then grow from it.**

**How have you seen the youth grow in the program?**

Everyone is treated equally, but youth are at different levels on their healing journeys. You can see it as soon as you walk into the room. I see the ways in which they have grown and glowed up. You see them working with elders and asking them questions and giving them protocol. You see them asking like “Hey, can I come help with this?”, and setting up opportunities for themselves to learn and seek knowledge. That is when you know that things are pretty decent, and that things are actually clicking for them. I see these youth in the community; they are still pursuing their culture outside of our structured program. I see them learning and being respectful to themselves, but then also to everyone there. I see them stepping up and speaking out if they see something wrong in their life, or if they see people in the group kind of “acting up”. There's a way to go about it and it's all based on mentorship and being a good role model and kin. Bringing in the right people to teach and to be able to be opening up to share, but then also for myself to be a good role model and to just try my best to exemplify that. I also see growth through laughter and connection, by these young men creating a space where they can express themselves in a good way, and to look at certain aspects of their lives and detach and then grow from it.



## What needs to improve in other helping programs when it comes to working with Indigenous youth?

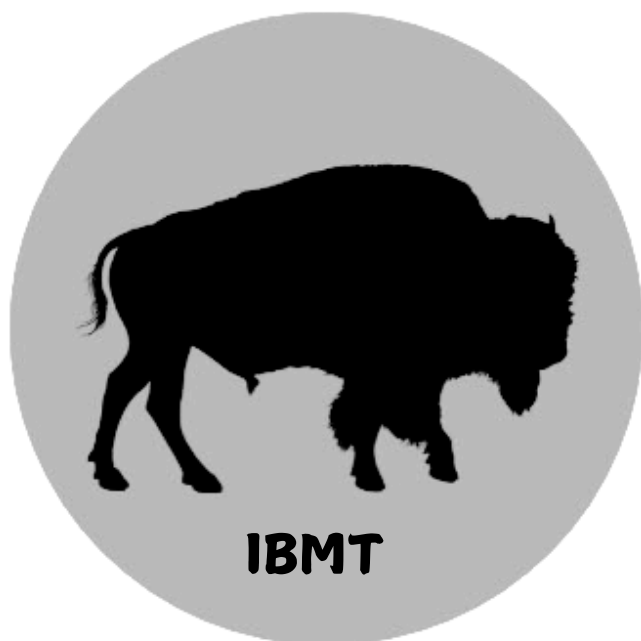
I think a question we should all be collectively asking is how does ceremony and culture actually affect the work we do? Are we using it as a tool for punishment and a tool for behaviour correction? Alternatively, are we using it as a tool to create opportunities of connection and communal responsibilities?

In many places, I have witnessed so many case workers, or group home worker or parents come up to me and they'll say, "Hey, so-and-so... they're being bad. Teach them how to be a fire keeper". That strategy could work sometimes, however, we have to look at where that behaviour of punishment, shame and guilt stems from, and are we actually creating healthy oskapewis and men when we do that? The way in which I have been learning to go about it is to teach them about the role through positivity, that they have a role to play in helping people and helping ourselves, families and the whole community. That's what we're going to focus on, right? Instead of just being like, you have to be here because you have to learn how to work because it's your responsibility to work and you're not working, you're not a man. Nothing really deadly and good just exists in this bland binary. By doing the work, we are working on ourselves, and by working on ourselves we are working towards being those good community members, being those deadly uncles and fathers. We are actively shaping our communities by helping these young men be whole people.



AN INDIGENOUS HOME FOR EVERY  
INDIGENOUS CHILD IN CARE

For more information on  
the IBMT Program please  
visit [creatinghope.ca](http://creatinghope.ca)  
or contact Ambrose at  
[ibmt1@creatinghopesociety.ca](mailto:ibmt1@creatinghopesociety.ca)





“HK” aka “Higher Knowledge”, is a Hip Hop artist, youth worker, and grassroots community organizer hailing from East Vancouver. Ancestrally, he has Indigenous roots in Kuskatan (Western El Salvador) in Central America, and to Collasayu (Chile) in South America. He also has ancestral ties to Spain and Romania. HK uses his rhymes as a form of catharsis and storytelling. He weaves his experiences with foster care, gangs, street entrenchment, recovery, and post-traumatic growth into the themes of his music. This is all with the purpose of creating relatability, insight, and inspiration for others who are trapped in similar darkness.

This is so they may know that they too can  
make it back to the light.

**Spotify: [HK Higher Knowledge](#)**  
**YouTube: [@higherknowledgemusic](#)**  
**Instagram: [@higherknowledgemusic](#)**  
**Facebook: [HK - Higher Knowledge](#)**

**HIGHER KNOWLEDGE**

There has been so much death around me in the last 5 to 10 years. I personally know over 100 people who have died. It's staggering. It's literally been the result of almost 100 overdoses, maybe 13 or 14 murders, and 14 or 15 suicides. Many of them were my best friends and people I was very close to growing up or I knew since I was a little kid. Now, as someone who works in the community, there's just so many young people I am connected to that are passing away. It's getting younger and younger - like little kids. It's insane. The song I wrote, *Lil Homie That I Once Knew*, is about a little 14-year-old who used to come out to my youth program. He was recruited and murdered at the age of 14. It's heartbreaking.

**The greatest medicine that I have found for all of that death and loss has been spending time with little ones.....They remind us of our purpose and why we gotta keep pushing.**

The greatest medicine that I have found for all of that death and loss has been spending time with little ones. I'm very blessed to have so many beautiful little nieces and nephews in my life because I don't know how I could endure all of this trauma and grief and loss without them. They remind us of our purpose and why we gotta keep pushing. That's why I gotta keep doing this work because you know, these little ones are depending on us, so it doesn't matter if it feels like the world is falling apart and everyone's dying, these babies are just starting to bloom. We gotta protect them and be there for them. They just have this unconditional love and this light that is very, very powerful. They have these indomitable spirits and they're always there whether you're having a good day, a bad day or anything, they're always there to just jump all over you, talk to you, and you could be going through the most hardcore stuff - it could just be complete chaos around you and they will somehow find humor and happiness and fun in the simplest of things. They are so in the moment in their environment. They're so present in their world of creativity and fun and learning. It's literally a superpower we are witnessing when we are with them. We're trying to help them see our world but really in a lot of ways it is us that need the help and they help us to see. They help us remember that we all had that sense of wonder at one point in our lives.

~ HK ~



# Lil Homie That I Once Knew

This a story about a lil homie  
Mobbing but he still lonely  
Just talking put the chills on me  
Another victim of these streets  
I wish it was untrue  
I wish I could undo  
Evil that the gun do  
lil homie that I once knew

Chorus: (MASSIAH)

Where did I go wrong... where did I go wrong?  
Did I make a wrong turn, I don't wanna get burned,  
I just wanna go home, I just wanna go home,  
I don't wanna be strong, I was trying to be grown,  
I was trying to belong, how'd I end up alone?  
Now my mama cant save me cuz I'm stuck on road  
and my daddy cant save me cuz my body got holes.  
When it's all said and done is the status really quo?  
Just a innocent boy till the city got a hold.

Workers treat him like he mental, he never meant to,  
some big homies saw potential, flash some cash pass  
a bag of some fentanyl, mixed with benzos, flip it tenfold.  
Dodging cops N the ops giving info,  
better life no more strife was the end goal,  
the end of life's how it end tho,  
left him smoked like some endo

He chilling with the brodies. So wild and they sipping on that codeine  
All out. Demon emojis. Got clout.  
Never had no peace, running from his own things.  
Running with the whole team.  
So proud But they plotting now he don't speak.  
So foul. Careful who's your OG's.  
No doubt they can be phonies.  
Stand on your own feet.  
I had to learn how to stand true.  
That's how I understand you.  
I wish you had the chance too.  
Now its something you can't do.

Bang bang, shots are fatal.  
Bang bang, now you lay still.  
Bang bang, you an angel.  
Never made it to grade 12.

**Chorus: (MASSIAH)**

Where did I go wrong... where did I go wrong?  
Did I make a wrong turn, I don't wanna get burned,  
I just wanna go home, I just wanna go home,  
I don't wanna be strong, I was trying to be grown,  
I was trying to belong, how'd I end up alone?  
Now my mama cant save me cuz I'm stuck on road and  
my daddy cant save me cuz my body got holes.  
When its all said and done is the status really quo?  
Just a innocent boy till the city got a hold.

This a story about a big homie.  
A straight killer and he never sorry.  
Just talking put the chills on me.  
Another product of these cold streets.  
I wish I could undo what made you numb to.  
Evil that the hood do. Art of war like Sun Tzu  
Big homie gon ride tonight,  
scheme and lie tonight,  
somebody gon die tonight..  
Hate poisoned his heart like cyanide.  
Gun drawn, brother gone as he lights the sky  
A big homie once young too.  
He forgot he once knew.  
A lost little bro with no love.  
The little homie he once was.

**Chorus: (MASSIAH)**

Where did I go wrong... where did I go wrong?  
Did I make a wrong turn, I don't wanna get burned,  
I just wanna go home, I just wanna go home,  
I don't wanna be strong, I was trying to be grown,  
I was trying to belong, how'd I end up alone?  
Now my mama cant save me cuz I'm stuck on road and  
my daddy cant save me cuz my body got holes.  
When its all said and done is the status really quo?  
Just a innocent boy till the city got a hold.



Spotify: HK Higher Knowledge  
YouTube: @higherknowledgemusic  
Instagram: @higherknowledgemusic  
Facebook: HK - Higher Knowledge  
**SEE LINKS ON TITLE PAGE**

Gilman Cardinal (2022)

7 Teachings Award

Courage

Andy Alook (2022)

7 Teachings Award

Humility

Stirling John (2022)

7 Teachings Award

Honesty



# OKIMAW

A W A R D S

**NOVEMBER 16TH, 2024**

CITY HALL, EDMONTON, AB 10AM - 3PM

**JOIN US AS WE CELEBRATE AND HONOR INDIGENOUS MEN  
THAT ARE LEADING CHANGE WITHIN OUR COMMUNITIES**

Edmonton

**OKIMAW.ORG**





### The 2024 Category Award Recipients

Dennis Paul - Human Rights & Advocacy  
Paul Courtoreille - Service and Public Safety  
Justice Twin - Youth Leadership  
Reggie Gladue - Knowledge Seeker  
Mark McKennitt - Cultural Revitalization  
Rodney McLeod - Jimmy Herman Creative Arts  
Trent Agecoutay - Shane Yellowbird Music Award  
Harlee Courtepatte - Business Award  
Richard Jenkins - Health and Medicine  
Manny Meneen - Father Figure  
Tyson Martell - Mike Gladue Wounded Warrior Award  
Alex Janvier - Lifetime Journey

### The 2024 - 7 Teachings Award Recipients

Gordon Gladue - LOVE  
Michael Jody Fraser - COURAGE  
Mike Young - HUMILITY  
JR Saddleback - HONESTY  
Ryan Davis - RESPECT  
Lynn Jonasson - WISDOM  
Tony Tootosis - TRUTH



**@waterwarriors.yeg**

Tarps and tents are no longer allowed. Every morning, people must pack up their makeshift shelters and move along, with no fires permitted. Many face fines if they are seen trying to stay warm. One simple solution can help: tin cans with tealights or small candles make a safer, portable heat source.

We need your tin cans! Please save any clean tin cans—soup cans, vegetable cans, any size you have. If you work in a restaurant, consider setting aside coffee or ketchup cans for us. Simply remove the labels, give them a quick wash, and reach out for drop-off details. Your help can make all the difference in keeping folks safe and warm this winter. Thank you for your support!

**We Matter**   
November 1 at 1:01 PM · 

Are you an Indigenous Youth between the ages of 13 & 30? Do you have ideas for activities, events, or projects for Indigenous youth within your community?

We are excited to announce that the Indigenous Youth Rise Grant opens on November 11th 🎉  
APPLY to the #IndigenousYouthRise Grant for up to \$2,000 for your project, event, or activity.

Applications will open on our website on November 11th and will close on November 25th, 2024 🗓️

For project ideas, application guidelines, and more information, use the following link 📄  
<https://wemattercampaign.org/grants/supportfund>

# INDIGENOUS YOUTH RISE GRANT APPLICATIONS

November 11 - 25, 2024

INDIGENOUS YOUTH AGED 13-30  
CAN APPLY FOR UP TO

## \$2,000

WE MATTER

*Opening soon*





**"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**

# **BLUE JEAN JACKET DAY**

## **JUNE 6, 2024**

**A day to create awareness on the important issue of missing & murdered & exploited Indigenous men & boys.**

**YOU CAN READ ALL OF OUR ZINES ONLINE.**

**YOU CAN ALSO SUBSCRIBE AND HAVE IT**

**MAILED TO YOU EVERY MONTH.**

**[zineandheard.ca/zines](http://zineandheard.ca/zines)**

**Thanks very much for all your support.**



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INVINCIBLE  
EDMONTON

RIVER CITY RADIO PRESENTS:

# RAP FOR THE 'STACHE



MOVEMBER FUNDRAISER  
@FOUNDRY ON WHYTE

**NOVEMBER 17TH**

10426 82 AVENUE NW  
UPSTAIRS, EDMONTON, AB

~ SPECIAL GUEST ~

ESCO 4TK, LITTLE MAN,  
DOTTE FR, INDYCYSIVE,  
780 MASOCHIST, VETTI,  
I.R, JAW ANTHONY, LILKJ27

**DOORS OPEN @ 7PM**

MUST  
CONTAIN  
VALID I.D.

**18+**


TICKETS AVAILABLE  
FOR \$30 ON EVENTBRITE  
(\$10 DONATED FOR EVERY TICKET SOLD)



@RIVERCITYRADIO




WWW.RIVERCITYRADIO.CA




*Honouring The Circle of*  
**WELLBRIETY**

**"WALKING THE RED ROAD ONE MOMENT AT A TIME"**  
**MEETING INFO**



Monday Evenings  
 6 to 8 pm  
 Creating Hope Society  
 10871 96 St NW  
 (Use North Side Door)



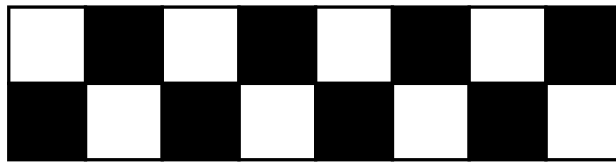
**PLEASE NOTE, CIRCLES WILL NOT BE HELD ON HOLIDAYS.**

|   |  |
|---|--|
| <p><b>CREATING HOPE SOCIETY</b><br/>         is pleased to host a NEW<br/>         Red Road to Wellbriety<br/>         sharing circles with meeting<br/>         every Monday evening</p> | <p><b>CALL</b><br/>         Gerry (587) 596-9814<br/>         Michelle (780) 716-9423</p> <p><b>MORE CONTACT INFO:</b><br/> <a href="mailto:yep@creatinghopesociety.ca">yep@creatinghopesociety.ca</a><br/> <a href="mailto:ctd@creatinghopesociety.ca">ctd@creatinghopesociety.ca</a></p> |
|---|--|

**WWW.CREATINGHOPESOCIETY.CA**

**"Wellbriety is based on the 12 steps of recovery and it is held the Nehiyaw Native way by honoring the directions the colors the animals the plants and Mother Earth. We honor the ceremonies the medicines and all living things to keep us sober. Wellbriety is walking the red road and healing with the smudge lit, eating food together and creating a healthy forest with brothers and sisters, with family. We have fire starters to start the sharing circle then move onto the 12 step meetings to diminish the core issues that block one from freedom. It's a beautiful way to unite and heal together."**

**[creatinghopesociety.ca](http://creatinghopesociety.ca)**



**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](https://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

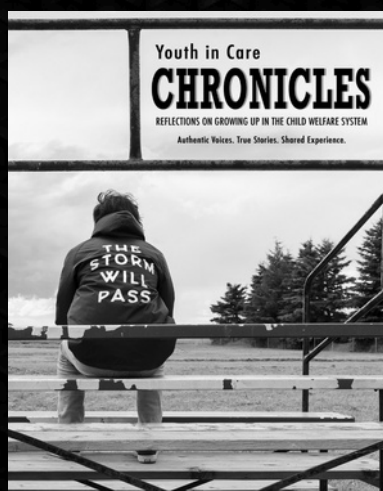
NANDA & COMPANY AMANDA QUILL  
ANNE STEVENSON - WARD O-DAY'MIN COUNCILLOR  
CAITLIN VERRIN MAGIC HOUR CREATIVE  
DAVE HOUSEMAN JOE BUFFALO NIK KOZUB  
BERNADETTE IAHTAIL & CREATING HOPE SOCIETY  
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& thank you so much. We appreciate it.



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.

Please read:

## Seven years after her disappearance, family of Caitlin Potts reignites calls for justice

INDIGINEWS By [Aaron Hemens](#), [Local Journalism Initiative Reporter](#) • [Features](#), [Okanagan](#) • July 20, 2023

### *Caitlin Potts*



Caitlin Potts is a First Nations mother from Alberta who went missing in BC in 2016. She was 27 years old at the time of her disappearance and has not been heard from since February 22, 2016. Her last known location was either Enderby or Kelowna. Caitlin is approximately 5 feet 3 inches tall, 150 pounds with brown eyes and long black hair with blonde streaks.

Anyone with information is asked to contact the Vernon RCMP at 250-545-7171 or anonymously via Crime Stoppers at 1-888-222-8477.

### *You are not forgotten*



DOB/Age:29

Height:6'2" Weight:265 lbs

EPS File #:20-021840

Casey is an Indigenous male with longer brown hair and has Brown eyes. He has a scar on his right shoulder, right collarbone, and has multiple scars on his right forearm. Casey has a Tattoo of a cross on his left cheek and a Psalms 23 tattoo on left chest. He was last seen leaving his home in Edmonton, Alberta on January 28, 2020. He was travelling on foot and wrapped in a blanket. If you have any information about this individual, 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.

### *Casey Badger*

WE HOPE THAT CAITLIN & CASEY ARE FOUND SAFE AND  
REUNITED WITH FRIENDS AND FAMILY SOON.  
~ZINE & HEARD~





*You  
are  
not  
forgotten.*

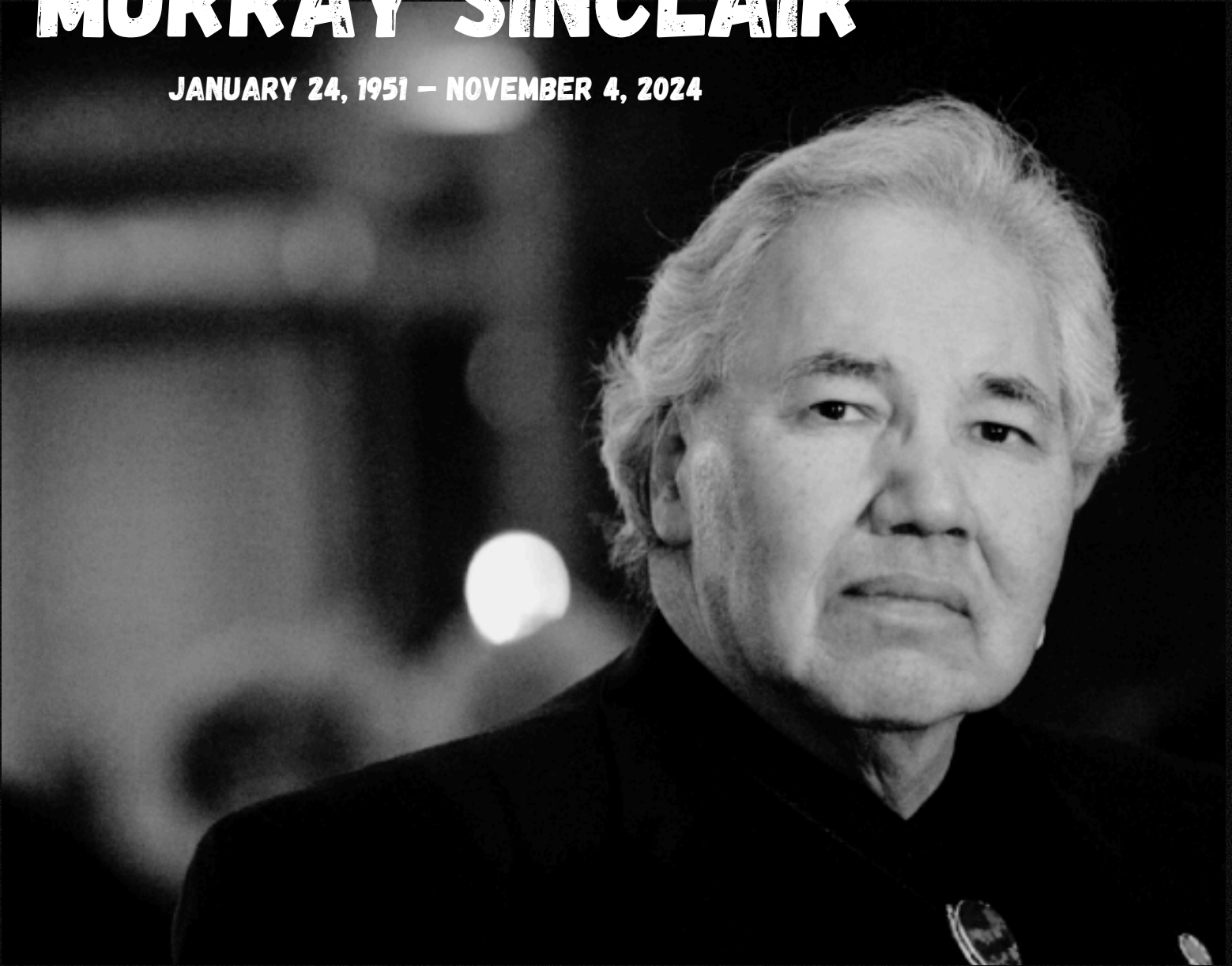
**A very high percentage of missing & murdered Indigenous women & girls, men & boys & Two-Spirit persons spent time in the child welfare system.**



A Giant of Our Time

# MURRAY SINCLAIR

JANUARY 24, 1951 – NOVEMBER 4, 2024



**“Education got us into this mess  
and education will get us out.”**



Dear Alberta Government,

We hope this finds you  
making nice plans for  
the holidays.

Many of us are not.

Truly yours,  
Youth from Care

**RAISE THE AGE.  
LOWER THE STATS.**