
UPCOMING COURSES & TRAININGS



Onaabani-giizis– March 2022

DI Office

43500 Migizi Drive

Onamia, MN 56359

320-532-7407

DII Office

201 W Hwy 210 Su. 100

McGregor, MN 55760

218-768-5330

DIII Office

45749 Grace Lake Road

Sandstone, MN 55072

320-384-6240

URBAN Office

1404 E Franklin Avenue

Minneapolis, MN 55404

612-746-4800

TO STAY UP TO DATE ON EVENTS, BE SURE TO FOLLOW US ON FACEBOOK!

About Our Trainings...

Aanjbimaadizing works to produce and offer quality trainings that improve our client's lives. With that:

- Some of the courses are marked "Aanjbimaadizing Clients only" or "Ge-niigaanizijig only". We encourage you to call or stop by your local Aanjbimaadizing office to apply. If requesting services, please register at least two weeks in advance.
- We open trainings to others in the community when able; these are marked "Aanjbimaadizing participants have first priority." If others are interested in attending, they can be placed on a waiting list and will be notified (typically 7-10 days prior to the event) if there are openings.
- We also work to promote trainings that meet our high standards and are held by outside sources that are open to the public. We often assist our clients with the registration cost and transportation needs. If you are interested in one of these courses, but are not eligible to become a client, you are welcome to contact the facilitator or sponsoring organization to register.
- If a course has passed that you are interested in, please call 320-532-4706 and let us know that you would like to attend the next time it is offered.
- Training orientation is required for clients beginning WEX or taking in-person Aanjbimaadizing trainings.
- If a current Aanjbimaadizing client, with the course added to your training plan by your case manager, you may be eligible for assistance to cover supplies, transportation or lodging.

Guidelines for Attending Aanjbimaadizing Trainings

1. Be on time for the start of the training each day.
2. Be on time and in the right location for transportation to and from the event site, if needed.
3. Return from breaks on time, or ahead of time. Don't be late.
4. Treat trainers, staff and other participants with respect by listening, keeping side conversations to a minimum. Please and thank you go a long way. Use manners.
5. Actively participate in the training by answering questions, participating in the conversation as appropriate and showing respect for others.
6. Remember you are representing the Mille Lacs Band of Ojibwe and Aanjbimaadizing program.
7. No drinking of alcoholic beverages.
8. Smoking and Vaping only in designated areas.
9. No illegal drug use.
10. No foul language; be respectful.
11. Damages to hotel and training facilities will not be tolerated. If you damage it, you will be responsible for paying for it.
12. Have fun!

Failure to follow these basic rules may result in loss of incentives (no money) and future training session opportunities.

Completion Incentives

To be eligible for completion incentives, you:

- Must be a current Aanjbimaadizing client with the course added to your training plan by your case manager.
- Must attend all classes and complete this course in its entirety.
- Must complete the course satisfactorily and follow Guidelines for Attending Aanjbimaadizing Trainings.
- Turn in certificate to your case manager to receive incentive.
- If you leave or are removed from a training due to behavior or failure to follow client responsibilities, you will forfeit your incentive.
- If you obtain employment using your certificate within one year of the course completion, you are eligible to receive a \$500 Bonus Incentive. (Must turn in employment verification to prove employment.)
- Incentives could take up to 3 weeks to process.

Our Mission: To assist our fellow Anishinaabe with education, training, work experiences, cultural participation, and support services to be prosperous and change their life.

Onaabani-giizis– 2022

March Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28	1 Endazhi- maawanji'idiing Adult Basic Education	2 Mind-Body Practice Building Native Communities – Group 2	3	4 Training Orientation Physical Activity and Mindfulness	5
6	7 Da-nandaanokiing Weaving Resilience/ ACEs	8 Endazhi- maawanji'idiing Adult Basic Education Narcan Training Women's Global Recovery Roundtable QPR	9 Building Native Communities – Group 2 Creating Caring Communities Remembering Resilience PodCast	10 Closed 11a-1p Aanji staff meeting Motherhood and Fatherhood is Sacred – Group 3 Starts	11 D1-First Aid & CPR/AED Training Orientation	12
13	14 Da-nandaanokiing	15 Endazhi- maawanji'idiing Adult Basic Education	16 Mind-Body Practice Building Native Communities- Group 2 make up day	17 Motherhood and Fatherhood is Sacred – Group 3 Our Own Voice	18 Training Orientation Noon Close – Treaty Rights Day	19
20	21 Resilience Conversation - tentatively	22 Endazhi- maawanji'idiing Adult Basic Education Narcan Training	23 Building Native Communities - Group 3 Starts Today Remembering Resilience PodCast	24 Motherhood and Fatherhood is Sacred – Group 3 QPR	25 Training Orientation	26
27	28 Da-nandaanokiing	29 Endazhi- maawanji'idiing Creating Caring Communities	30 Mind-Body Practice Building Native Communities - Group 3	31 Motherhood and Fatherhood is Sacred – Group 3		

See course descriptions for more information or contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email)

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Iskigamizige-giizis– 2022

April Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Training Orientation	2
3	4 Da-nandaanokiing Weaving Resilience/ ACEs D1-Parenting Piece By Peice	5 Endazhi- maawanji'idiing Adult Basic Education	6 Building Native Communities - Group 3 Remembering Resilience PodCast D1-Parenting Piece By Peice	7 Motherhood and Fatherhood is Sacred – Group 3	8 Urban- First Aid & CPR/AED Training Orientation	9
		D3-PTCC Auto Tech				
10	11 Da-nandaanokiing Narcen Training D1-Parenting Piece By Peice	12 Endazhi- maawanji'idiing Adult Basic Education QPR	13 Mind-Body Practice Building Native Communities - Group 3 D1-Parenting Piece By Peice	14 Closed 11a-1p Aanji staff meeting Motherhood and Fatherhood is Sacred – Group 3	15 Training Orientation	16
		D3-PTCC Auto Tech				
17	18 Resilience Conversation D1-Parenting Piece By Peice	19 Endazhi- maawanji'idiing Adult Basic Education	20 Building Native Communities - Group 3 Remembering Resilience PodCast D1-Parenting Piece By Peice	21 Motherhood and Fatherhood is Sacred – Group 3 QPR	22 Training Orientation	23 NAFC Personal Trainer
		D3-PTCC Auto Tech				
24 NAFC Personal Trainer	25 Da-nandaanokiing D1-Parenting Piece By Peice NAFC Personal Trainer	26 Closed – Art Gahbow day Narcen Training NAFC Personal Trainer	27 Building Native Communities - Group 3 D1-Parenting Piece By Peice	28 Motherhood and Fatherhood is Sacred – Group 3	29 Training Orientation	30
			D3-PTCC Auto Tech			

See course descriptions for more information or contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email)

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Zaagibagaa-giizis– 2022


May Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Da-nandaanokiing	3 Endazhi-maawanji’idiing Adult Basic Education	4 Building Native Communities - Group 3 make up day Remembering Resilience PodCast	5 Motherhood and Fatherhood is Sacred – Group 3	6 Training Orientation	7
8	9 Da-nandaanokiing Weaving Resilience/ ACEs	10 Endazhi-maawanji’idiing Adult Basic Education QPR	11 Mind-Body Practice Building Native Communities – Group 4	12 Closed 11a-1p Aanji staff meeting	13 D3-First Aid & CPR/AED Training Orientation	14
				Motherhood and Fatherhood is Sacred – Group 3		
		D2-PTCC CNA				
15	16 Da-nandaanokiing	17 Endazhi-maawanji’idiing Adult Basic Education	18 Building Native Communities – Group 4	19 Motherhood and Fatherhood is Sacred – Group 3	20 Training Orientation	21
		Online Recovery Coach Training				
22	23 Da-nandaanokiing Resilience Conversation	24 Endazhi-maawanji’idiing Adult Basic Education	25 Mind-Body Practice Building Native Communities – Group 4	26 Motherhood and Fatherhood is Sacred – Group 3	27 Training Orientation	28
					D2-PTCC CNA	
29	30 Closed – Memorial Day	31 Endazhi-maawanji’idiing	1	2	3	4

See course descriptions for more information or contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email)

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Orientation



Training Orientation & COVID-19 Safety Training

Our Training Orientation & COVID-19 Safety Training introduces clients to Aanjibimaadizing, it's services, training expectations, and training guidelines for WEX and other in person training opportunities, as well as updating everyone with the latest MLBO COVID-19 Safety Guidelines to help keep our communities safe.

Must attend one session to participate in WEX or in person trainings.

**Every Friday
11:00 a.m. to 12:00 p.m.**

Course:	Training Orientation
Facilitator(s):	Aanjibimaadizing Instructors
Description:	<i>This one-hour online course is based on the seven Grandfather teachings and helps prepare you for upcoming training experiences. Helping to prepare you for success it covers training expectations, answers frequently asked questions, and covers the latest COVID-19 safety protocols to keep you and your families safe. Only need to attend one session.</i>
Date/Time:	Held every Friday 11:00 a.m. – 12:00 p.m.
Location:	Online
Cost:	There is no cost for this event.
Registration:	Contact your case manager to register. Must attend one session to participate in WEX or in person trainings.
Completion Incentive:	\$25. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

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Academics

Aanjibimaadizing provides adults with educational opportunities, guidance, and support to acquire and improve the skills that are necessary for employment and being productive family and community members.



Adult Basic Education

Basic Skills
Adult Diploma
Credit Recovery
GED & more!

Course:	Adult Basic Education (ABE)
Facilitator(s):	Aanjibimaadizing Instructors/ABE Volunteers
Description:	Adult Basic Education students work on improving basic skills that help prepare them for future education, training or employment opportunities. Through this program we are able to offer assistance in the following areas: Adult Diploma, Basic Skills Enhancement, Family Literacy, GED, Credit Recovery and Workplace Literacy.
Date/Time:	ABE help is available from all of our Aanjibimaadizing classroom instructors from 8-5 daily. Online 4:00pm to 5:00pm Tuesdays throughout the year.
Location:	All districts and online.
Cost:	There is no cost for this training. Must be a current Aanjibimaadizing client.
Registration:	Contact your case manager to register.
Completion Incentive:	Varies with individual needs. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

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Course:	GED Academy – Online GED STUDY Course
Facilitator(s):	Aanjibimaadizing Instructors
Description:	<i>GED Academy is an online study course that learns what your strengths and weaknesses are and develops a study plan that suits each individual. This resource is a great tool to help learners develop their skills. Courses covered include reading and writing to communicate, mathematics, problem solving, critical thinking, and information processing.</i>
Date/Time:	This course is available from all of our Aanjibimaadizing classroom instructors from 8:00am to 5:00pm daily.
Location:	All districts and online.
Cost:	There is no cost for this training. Must be a current Aanjibimaadizing client.
Registration:	Contact your case manager to register.
Completion	Varies with individual needs. Must be current Aanjibimaadizing client who has completed the course and
Incentive:	has the course added to their training plan. See page 2 for more details.



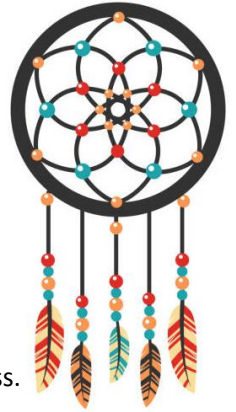
Course:	Tutoring
Facilitator(s):	Aanjibimaadizing Tutors
Description:	<i>Our tutors work with K-12 students to provide comprehensive support in and out of the classroom that cater to the needs and goals of the students.</i>
Date/Time:	Varies with individual needs.
Location:	This course is available in D1, D2 and D2a, and D3.
Cost:	There is no cost for this training. Must be a current Ge-nigaanizijig client.
Registration:	Contact your Youth Mentor to register.

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Career Readiness

Building skills and competencies is essential to achieve self-sustenance. We recognize that training for individuals must align with the needs of business and industry. Our trainings are designed to help people develop the skills they need to enter the workforce. There are several ways we support these needs:

Course:	Da-nandaanokiing (Job Readiness)
Facilitator(s):	Deb Campbell
Description:	<i>This fun course is intended to develop basic skills needed for working life. It includes training in professionalism, communication, goal setting, job searching, networking, resume and portfolio development, along with interview skills and more!</i>
Date/Time:	2:00pm to 4:00pm Mondays throughout the year.
Location:	Online.
Cost:	There is no cost for this training. Must be a current Aanjibimaadizing client.
Pre-requisite:	Participants must meet with an instructor and complete orientation prior to attending class.
Registration:	Contact your case manager to register.
Completion Incentive:	\$25 each session. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.



Course:	Interest and Skills Inventories
Facilitator(s):	Aanjibimaadizing Instructors
Description:	<i>Considering a career change? Just starting out in the work world? Knowing your interests can help you find the right career path. Wondering what skills areas you are strongest in? Need to know more about how past experience could prepare you for future work? Our inventories can show you what occupations match your skills and interests!</i>
Date/Time:	This course is available from all of our Aanjibimaadizing classroom instructors from 8:00am to 5:00pm daily.
Location:	All districts and online.
Cost:	There is no cost for this training. Must be a current Aanjibimaadizing client.
Registration:	Contact your case manager to register.
Completion Incentive:	Varies with individual needs. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

Course:	Driver's License Exam Practice and Reinstatement Assistance
Facilitator(s):	Aanjibimaadizing Instructors
Description:	<i>Getting a new permit/license or working on reinstating your driver's license? We can help you navigate the process, learn what to expect, and help you with the things you need so you can get behind the wheel faster.</i>
Date/Time:	This course is available from all of our Aanjibimaadizing classroom instructors from 8:00am to 5:00pm daily.
Location:	All districts and online.
Cost:	There is no cost for this training. Must be a current Aanjibimaadizing client.
Registration:	Contact your case manager to register.
Completion Incentive:	Varies with individual needs. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

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Job skills

A key piece of finding a job is making sure you have the necessary skills and knowledge. We offer different training courses in a variety of areas to help you become the best possible candidate for your next career. In addition to making the programs more accessible to our community members, we work with our partners to make sure the design of their programs work with our community members lives.

Course:	Endazhi-maawanjí'idiing (Business/Entrepreneurship Group)
Facilitator(s):	Karen Pagnac
Description:	<i>A lot of us dream about starting a business. This group was started to help you fulfill your business ownership goals and achieve greater success. This group is for those that would like to learn more about entrepreneurship; those that have an idea, but aren't sure how to get started; and those that have established a business and are looking for ideas to improve it.</i>
Date/Time:	Held every Tuesday 10:00am – 11:00am, or as needed
Location:	Online
Cost:	There is no cost for this training. Must be a current Aanjibimaadizing client.
Registration:	Contact your case manager to register.
Completion Incentive:	\$25 each session. Welcome and encouraged to attend multiple sessions. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.



Together, we can save a life

Course:	First Aid/CPR/AED/Narcan
Facilitator(s):	Monte Fronk
Description:	<i>Great skills to have! This course trains participants to provide first aid, CPR, and use an Automated External Defibrillator in a safe, timely, and effective manner. This class is designed for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. Upon completion of all course requirements, participants receive a card which is valid for 2 years.</i>
Date/Time:	Pick one session, certification is valid for 2 years: D1 Friday, March 11 – D1 Aanjibimaadizing Office, Onamia Urban Friday, April 8 - All Nations Church, Minneapolis D3 Friday, May 13 – Meshakwad, Hinckley D2 Friday June 10 – D2 Aanji Office, McGregor 9:00am to 5:00pm
Cost:	The cost is \$20 per full day course or \$10 per morning or afternoon session. No cost for Aanjibimaadizing clients. There is a maximum of 10 people per session. Aanjibimaadizing participants will have first priority. Lunch provided by Aanjibimaadizing.
Registration:	Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.
Completion Incentive:	\$50. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

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Course:	Opioid Education & Narcan Training Class
Facilitator(s):	Randy Anderson – Bold North Recovery
Description:	<p><i>Sheriff David Hutchinson and the Hennepin County Sheriff's Office offers online and in-person classes about the dangers of opioids, signs of addiction, treatment options, the proper administration of Naloxone, and more.</i></p> <p><i>These sessions will include training on how to properly administer Naloxone, also known by the brand name Narcan®, a prescription medicine that reverses an opioid overdose. Funding for the classes has been provided through grants from the Minnesota Department of Health. All sessions will be taught by licensed alcohol and drug counselor Randy Anderson, founder of Bold North Recovery and Consulting.</i></p>
Date/Time:	<p>Pick one of 4 sessions:</p> <p>Tuesday March 8th at 5:00pm CST</p> <p>Tuesday March 22nd at 5:00pm CST</p> <p>Monday April 11 at 5:00pm CST</p> <p>Tuesday April 26 at 5:00pm CST</p>
Location:	Online
Cost:	There is no cost for this training. This class is free and is open to all.
Registration:	<p>This class is offered through the Hennepin County Sheriff's Office. Click here to register:</p> <p>https://boldnorthrecoveryandconsulting.us20.list-manage.com/track/click?u=b8d2fedb7b1aeea91a5643103&id=a00c5bae70&e=53e25fab5b</p>
Completion Incentive:	\$25. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

Course:	May 2022 Online Recovery Coach Academy with Ethics
Facilitator(s):	Randy Anderson – Bold North Recovery
Description:	<p><i>The CCAR Recovery Coach Academy® is a 6-day intensive training academy focusing on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. This training also includes the ethical considerations for recovery coaches which addresses many areas including: defining the coaching service role and functions, coaching standards, issues of vulnerability, ethical decision making, performance enhancement and legal issues. This course will help Recovery Coaches maintain good boundaries when serving others.</i></p> <p><i>Requirements to become certified in Minnesota include 46 hours of training, passing score on IC&RC Peer Recovery Exam and must live or work in Minnesota at least 51% of the time. First-time certification is an additional \$150. (includes processing fee, exam, and one year of certification)</i></p>
Date/Time:	<p>May 16th - May 21st, 2022. Participants must attend all 6 days to meet the educational requirements for certification.</p> <p>8am to 5pm</p>
Location:	Online
Cost:	\$650.00 which includes a \$150.00 non-refundable deposit. Aanjibimaadizing can help with costs if you are a current client and prerequisites are met.
Registration:	Contact your case manager to register, or click HERE if registering outside of Aanji. Registration deadline Friday April 15, 2022 at 5pm. This academy does have a capacity limit and is filled on a first come, first serve basis.
Completion Incentive:	\$300. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

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International Women's Day
Tuesday March 8th 2022



Women's Global Recovery Roundtable



**Pre-register today for this FREE virtual event highlighting
 women's recovery at www.brightstoryshine.com**

1st Women's Global Recovery Roundtable Virtual Event

The event will take place on International Women's Day – Tuesday, March 8th from 1pm - 4pm CST. The Global Women's Recovery Roundtable is the first convening of women in recovery and organizations across the globe that celebrate and support women's recovery from addiction, mental health and trauma.

The goals for the event are to:

- (1) Bring awareness to issues specific to women's addiction and mental health recovery
- (2) Highlight organizations supporting women's recovery
- (3) Provide opportunity for discussion on women's recovery topics
- (4) Set a collaborative agenda for increasing women's recovery support globally

Register for NO COST virtual event:

https://www.brightstoryshine.com/women-s-global-recovery-event?mc_cid=70a84c83cb&mc_eid=53e25fab5b

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Financial



Building Native Communities

FINANCIAL SKILLS FOR FAMILIES

- Building a Healthy Economy
- Developing a Spending Plan
- Working with Checking and Savings Accounts
- Understanding Credit and Your Credit Report
- Using Credit
- Being a Smart Consumer

Course:

Building Native Communities

Facilitator(s):

Jen Gabrio

Description:

A Native community is more than the sum of its parts. It embodies the mystique of community, the circle of inclusion. Within each member it generates powerful feelings of cultural solidarity. That precious spirit cannot survive without the underpinnings of economic development. But the development must be for everyone— not for just a few. That is the Native understanding...

This financial skills curriculum is for Native communities. Its purpose is to enable community members to realize their traditional values by learning financial skills that will help each person make informed financial decisions for themselves, their family, and their community.

Date/Time:

12:00pm to 2:00pm Wednesdays, for 6 weeks – March 23,30; and April 6,13,20,27.

Location:

Online

Cost:

There is no cost for this training. Must be a current Aanjibimaadizing client.

Registration:

Contact Jen at 218-251-5726 (call or text) or Jennifer.gabrio@millelacsband.com (email) to register.

Completion

\$150. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

Incentive:

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Wellness

Weaving Resilience...

Course:

Weaving the Understanding of ACEs, Historical Trauma and Resilience for Healing in Indigenous Communities (Weaving Resilience)

Facilitator(s):

Susan Beaulieu, UMN Extension

Description:

Exploring and understanding how historical trauma and Adverse Childhood Experiences (ACEs) impact us as Indigenous people individually and collectively is important for helping us recognize why healing and building our resilience is important for changing cycles for future generations. This session will look at the science behind trauma, neurodevelopment and the stress response system, as well as how the mind, body and spirit are connected and impact one another. Practices and tools for resetting the nervous system, building our resilience, and shifting from survival into thriving will be woven throughout the presentation.

Date/Time:

10:00 am to 12:00pm **Monday, March 7th**

Location:

Online via Zoom

Cost:

There is no cost for this event. **All are welcome!**

Registration:

Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Completion

\$25 each session. Welcome and encouraged to attend multiple sessions. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan to qualify for this incentive. See page 2 for more details.

Incentive:



Course:

Mind-Body Practice

Facilitator(s):

Susan Beaulieu, UMN Extension

Description:

Join us each month for Mind-Body Practice! This course uses techniques that strengthen the connection between the emotional, mental, and physical aspects of ourselves. It uses practices that help you develop skills that can be strengthened over time. They induce the relaxation response, which counteracts stress and the 'fight or flight' response throughout the body. In essence, the relaxation response turns off the stress response. The more you use them to respond calmly to stressful situations, the easier it is for your body and mind to remain in a calm and focused state.

Date/Time:

2:00 pm to 2:30pm **Wednesday, March 2 and 16**

This event will occur every other week

Location:

Online via Zoom

Cost:

There is no cost for this event. **All are welcome to attend. Each session goes over new techniques.**

Registration:

Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Completion

\$25 each session. Welcome and encouraged to attend multiple sessions. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan to qualify for this incentive. See page 2 for more details.

Incentive:

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REMEMBERING RESILIENCE

PODCAST CONVERSATIONS



Please join us for conversation gatherings about the Remembering Resilience Podcast.

To listen to our podcast please visit our website with the QR code below. We ask that you listen to each episode in advance of the conversation. Season 2 will be out soon!

FEB 9TH	1:00-2:30	EPISODE 1-6
FEB 23RD	1:00-2:00	EPISODE 7
MAR 9TH	1:00-2:00	EPISODE 8
MAR 23RD	1:00-2:00	EPISODE 9
APR 6TH	4:30-5:30	EPISODE 10
APR 20TH	4:30-5:30	EPISODE 11
MAY 4TH	4:30-5:30	EPISODE 12



JOIN US!



To register, scan the QR code by opening the camera on your smart phone and pointing it at the QR code above, or go to <https://rememberingresilience.home.blog/podcast/>.

Season One is also available to listen to and highly recommended.

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These classes are offered through NAMI MN. All are welcome to take them. To register for these classes please go to <https://namimn.org/education-and-public-awareness/classes/https-namimn-org-education-and-public-awareness-classes-all-scheduled-classes/>.



Creating Caring Communities

Learn about mental illnesses, the impact of negative attitudes and five things each of us can do to make Minnesota a better place for people who experience a mental illness. This one-hour class is for any community or organization interested in learning about mental illnesses and helping to change attitudes towards mental illnesses.

Wednesday, March 9, 12:00-1:00 PM

Monday, March 28, 2:00-3:00 PM

National Self-injury Awareness Day: A Presentation by Professor Kathryn Cullen

March 1st is National Self-Injury Awareness Day and in recognition of this day Kathryn Cullen, MD will be presenting her research on self-injury. Kathryn is a tenured Associate Professor in the Department of Psychiatry and Behavioral Sciences, and the Director of the Child and Adolescent Psychiatry Division at the University of Minnesota. Part of Dr. Cullen's research examines the neurodevelopmental underpinnings of self-injury in adolescents in young adults, and investigates interventions aimed at promoting healthy trajectories in these youth. She will be speaking about her research on self-injury as well as her proposed interventions around it. A certificate of attendance is available for this class and will be sent after you fill out the evaluation.

Tuesday, March 1, 11:00-12:00 PM

Our Own Voice

Understand the journey of people with mental illness in recovery. In Our Own Voice (IOOV) is a unique public education program in which trained speakers share compelling personal stories about living with a mental illness and achieving recovery, demonstrating that there is hope for recovery for people with mental illnesses. The presentation includes personal stories and video clips, as well as offering an opportunity to ask questions. The IOOV program has touched many lives and is effective in reducing the misperceptions surrounding mental illnesses. This class is open to the public.

Thursday, March 17, 12:00-1:00 PM

Physical Activity and Mindfulness

Learn how physical activity can benefit your mental health as well as tips and tricks that can help you incorporate mindfulness into your home workout.

Friday, March 4, 4:00-5:00 PM

Question, Persuade, Refer (QPR)

Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This 1.5 hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention. A certificate of attendance is available for this class and will be sent after you fill out the evaluation.

Tuesday, March 8, 1:00-2:30 PM

Thursday, March 24, 3:00-4:30 PM

Tuesday, April 12, 1:00-2:30 PM

Thursday, April 21, 3:00-4:30 PM

Tuesday, May 10, 1:00-2:30 PM

Tuesday, June 14, 1:00-2:30 PM

Our Mission: To assist our fellow Anishinaabe with education, training, work experiences, cultural participation, and support services to be prosperous and change their life.

Parenting



Course:	Fatherhood and Motherhood is Sacred
Facilitator(s):	Donita Odden
Description:	This curriculum offers participants the opportunity to gain a deeper understanding of the importance of responsible parenting as reflected in Native American values and beliefs. There is an immediate need to get back to strengthening families and keeping families together. Session Outcomes: <ul style="list-style-type: none"> • Help fathers and mothers reunite with families • Increase families' ability to face life's challenges • Enhance parental involvement • Build personal character and integrity
Date/Time:	Choose a group that meets at a time best for you and your family: 1:00pm – 3:00pm Group 3 will be held every Thursday for 12 weeks – March 10,17,24,31; April 7,14,21,28; and May 5,12,19,26.
Location:	Online
Cost:	There is no cost for this training. Must be a current Aanjibimaadizing client. You will need workbook before class starts. We will make arrangements to get it to you.
Registration:	Contact your case manager to register or Becky at 320-362-4716 (call or text) or becky.clitso-
Completion	garcia@millelacsband.com (email) to register.
Incentive:	\$300. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan to qualify for this incentive. To apply, go to https://aanji.org/

Course:	Parenting Piece By Piece
Facilitator(s):	PTCC
Description:	<i>Parenting Piece-by-Piece is a parenting skills class consisting of 8 ninety-minute education sessions. The overall goal is to promote positive parenting practices. The course covers: Recognizing personal and parenting strengths, Celebrating life with their children, Observe and understand their children and their development, Manage stress in themselves and in their children, Listen and attend to their children's feelings and ideas, Model appropriate desired behavior for children and use other positive behavior-management techniques, Learn problem-solving skills and teach them to their children, Establish and maintain reasonable limits, Find, use, and create community resources when needed to benefit their children and the community of children, and Recognize the benefits of building relationships with family, neighborhood, and community groups.</i>
Date/Time:	4:00 pm to 5:30pm; Mondays and Wednesdays; 8 sessions - April 4,6,11,13,18,20,25,27, 2022
Location:	D1- Aanjibimaadizing Office, 43500 Migizi Drive, Onamia, MN 56359
Cost:	There is no cost for this event. Must be an Aanjibimaadizing client.
Registration:	Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.
Completion	\$200. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan to qualify for this incentive. To apply, go to https://aanji.org/
Incentive:	

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Pine Technical & Community College

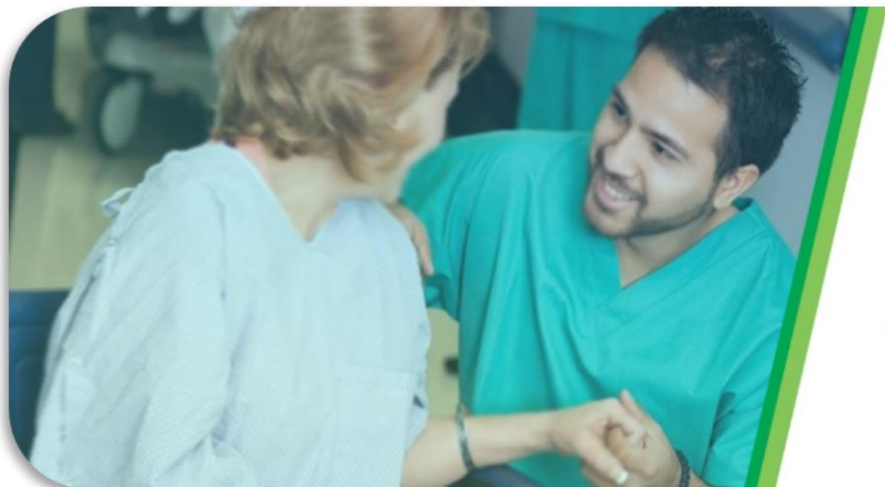
Aanjibimaadizing is excited to offer these
Career and Professional Development Courses
in partnership with Pine Technical & Community College.

Class sizes are limited. Sign up today!

Participants must apply with Aanjibimaadizing and register at least 2 weeks in advance.

All class dates, times and locations are subject to change do to COVID-19.

To register for classes or for more information,
contact your case manager or
Becky at 320-362-4716 (call or text) or
becky.clitso-garcia@millelacsband.com (email)



Course:	CNA
Facilitator(s):	PTCC
Description:	<i>PTCC's 80-hour Nursing Assistant Certificate Course will prepare students with the knowledge and clinical skills to work in a variety of setting including nursing homes, hospitals, adult day care centers and assisted living facilities. This training provides the information and skills needed to become a Nursing Assistant on the Minnesota State Registry. Nursing Assistant Certification is an excellent way to have a stand-alone career or launch into a nursing career.</i>
Date/Time:	10:00 am to 4:00pm; Monday-Thursday; 15 days - May 9-12, 16-19, 23-26, 31; June 1 and 2, 2022 Light breakfast and lunch provided by Aanjibimaadizing.
Location:	D1 - Aanjibimaadizing Office, 43500 Migizi Drive, Onamia, MN 56359
Cost:	There is no cost for this event. Must be an Aanjibimaadizing client.
Registration:	Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.
Supplies:	Scrubs; closed-toe, easy to clean nursing shoes; and watch with a second hand. Ask your case manager if you are eligible for \$250 help with the cost of these items.
Completion Incentive:	\$750. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan to qualify for this incentive. See page 2 for more details.

Course:	Automotive Technician 3-credit Certificate
Facilitator(s):	PTCC
Description:	<i>This program includes instruction in brake systems, electrical systems, engine performance, engine repair, suspension and steering, automatic and manual transmissions and drive trains, alternative fuels and heating and air conditioning systems. All students will receive a set of tools upon completion of this class. The class will allow for entry level employment at a mechanic garage or car dealership.</i>
Date/Time:	9:00 am to 2:00pm; Tuesday-Friday; 15 days - April 5-8, 12-15, 19-22, and 27-29, 2022 Light breakfast and lunch provided by Aanjibimaadizing.
Location:	D3 – Meshakwad Community Center (Community Room), 38043 Hinckley Rd, Hinckley, MN 55037 and PTCC Auto Lab - 900 4th St SE, Pine City, MN 55063
Cost:	There is no cost for this event. Must be an Aanjibimaadizing client.
Registration:	Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.
Supplies:	Steel-toed shoes and mechanics gloves for work in PTCC Auto Lab. Safety glasses and tools provided. Ask your case manager if you are eligible for \$150 help with the cost of these items.

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Completion
Incentive:

\$750. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan to qualify for this incentive. See page 2 for more details. Plus, all students will receive a set of tools upon successful completion of this class!

Coming Soon! PTCC ServSafe Certification



ServSafe is a national certification program through the National Restaurant Association Education Foundation. ServSafe Food Manager for Minnesota requires an 8-hour class and successful passage of an exam. In this class, the student will take the course and take the exam at the end of the course with a ServSafe certified instructor and certified proctor. Upon completion, participants receive a ServSafe certificate of passage and are "ServSafe certified" for five years. For more information, contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email)

Maanishtaanishens

a lamb

To listen to how Maanishtaanishens is pronounced, visit the Ojibwe People's Dictionary:

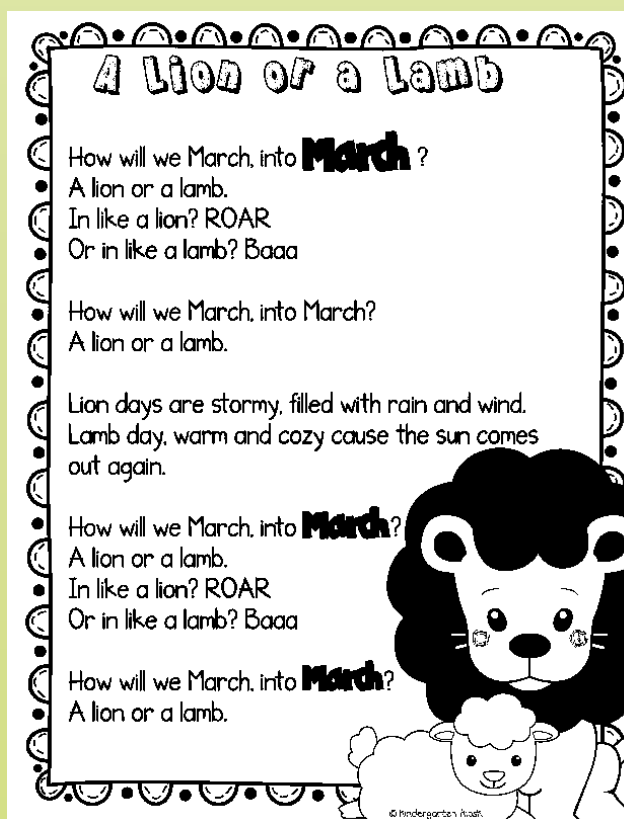
<https://ojibwe.lib.umn.edu/main-entry/maanishtaanishens-na>

Mishibizhii

a lion, a panther (mountain lion)

To listen to how Mishibizhii is pronounced, visit the Ojibwe People's Dictionary:

<https://ojibwe.lib.umn.edu/main-entry/mishibizhii-na>






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May 23rd - 26th, Hinckley, MN

PERSONAL TRAINER CERTIFICATION

Cost - \$995.00

Expanded to 4 Days of Education with Updated Information!

[Download Registration, Agenda & Travel Here!](https://www.nativeamericanfitnesscouncil.com/trainings.html)

Sponsored by the Mille Lacs Band of Ojibwe!

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TRAINING NATIVE TRAINERS!

<https://www.nativeamericanfitnesscouncil.com/trainings.html>

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PANDEMIC EMERGENCY ASSISTANCE FUNDS



PEAF is non-recurring short-term benefits. It may be received no more than four times and must be for different emergency situations.

Eligibility Requirements:

- Aanjibimaadizing client (must meet 477 eligibility requirements)
- Be a family with children living in the home
- Do not have to be TANF eligible
- Expenses must be related to the pandemic or lowered family income

Expenses may include but are not limited to the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> - Back to school expenses (Early Head Start to college) <ul style="list-style-type: none"> • Proof of custody • School verification • \$300 for every child age 10 and under • \$400 for every child over the age of 10 • Receipts must be turned in to your case manager within 30 days- failure to submit will result in suspension for 90 days. | <ul style="list-style-type: none"> - Other Expenses <ul style="list-style-type: none"> • Rent • Mortgage • Utilities |
|--|---|

Requests for specific bills/expenses will be vendor paid by check. A W-9 from the vendor will be required.
Checks take up to 10 days after all documentation is received.

Contact a case manager with questions or to apply:

- Candace Benjamin, Director of Case Management- Office (320)532-7574 Cell (320)362-0014
- Kaari Weyaus, Case Manager- Office (320)532-7544 Cell (218)316-2437
- Winona Crazythunder, Case Manager- Office (218)768-5337 Cell (320)364-3049
- Renee Allen, Case Manager- Office (320)384-6240 Cell (320)591-0559
- Dawn Paro, Case Manager- Office (612)746-4811 Cell (612)368-9417
- Winona Spaulding, Case Manager- Office (612)746-4824 Cell (612)360-7219
- Rosa Sam, Case Manager- Cell (320)364-3187
- Julie Peterson, Case Manager- Office (320)532-7559 Cell (320)290-8729

To Apply: <https://mlbo-laserfiche.millelacsband.com/Forms/PEAF>

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Homeowners Assistance Fund (HAF)

Link to Apply:	There is a link at www.aanji.org , or go directly to mlbo-laserfiche.millelacsband.com/Forms/HAF .
How to Apply?	Please fully read this document. If you have further questions, please call (320) 292-1942 and your call will be answered within 48 hours. Miigwech.
What is HAF?	The Homeowners Assistance Fund is federal funding that can provide full or partial payment assistance to eligible homeowners unable to make full delinquent mortgage payments and provide funds to resolve delinquent payments for utility services, excluding phone and internet, due to a continuing financial hardship associated with the Coronavirus pandemic.
Who is Eligible?	An "eligible household" is defined as a Tribal Member, Descendant, or any Federal-recognized tribal home owner household in which at least one or more individuals meet the following criteria: <ul style="list-style-type: none"> • Homeowner is at least one installment payment in arrears on one or more of the following: utilities, such as electric, gas, home energy, and water. • Assistance sufficient to resolve the delinquency is not available from other utility assistance programs and, without HAF assistance, the homeowner is likely to lose services. • Do not need to be an Aanjibimaadizing client. MLBO members can live anywhere in the nation. Descendants of MLB, other federally recognized tribal members and MLBO employees living in Minnesota. • Must be at or below 100% of the Federal Median Income.
What Expenses Qualify?	<ul style="list-style-type: none"> • Homeowner's monthly mortgage/loan payments for the applicant's primary residence for those eligible. • Delinquent utility amounts for qualifying Homeowners. • Must cover arrears. All arrears can be covered back to 1/1/2020. The provided assistance must bring the homeowner's account current. • Covers water, garbage, propane, electric, and sewer. • Utilities cannot be paid in advance. Can pay current balance in addition to arrears if it is included on the bill. • Cell phone, TV, Cable, and internet bills are not allowed. • FUNDS WILL BE PAID DIRECTLY TO THE VENDOR OR COMPANY.
Applicants Must Provide:	<ul style="list-style-type: none"> • Personal identification number from a state-issued ID, driver's license, passport, ITIN, Tribal ID or other form of ID. • Statement of current inability to resume mortgage payments due to unemployment, underemployment or other continuing hardship. • Total amount of each type of assistance (mortgage payment, mortgage arrears, utilities, home energy costs, utility arrears) needed. • Number of months of mortgage payments and number of months of utility cost with documentation of amounts owed. • Gross household income of all adults and number of individuals in the household for the past 2 months, or a tax return for 2020. Each participant will be required to provide income information as well as sign an attestation stating that the income provided is the only income for that individual. • Copy of default invoice. (overdue bill, foreclosure notice, etc.) • W-9. (Mortgage Lender and/or Utility Provider) • Additional information may be requested.
Questions?	Contact Tammy Moreland at 320-292-1942 or tammy.moreland@millelacsband.com . Due to call volume, there may be times where we are not able to immediately answer or return calls. Our goal is to get back to everyone within 48 hours.

This funding is for homeowners only. Rental Assistance may be available through other sources.

To Apply: <https://mlbo-laserfiche.millelacsband.com/Forms/HAF>

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COVID Emergency Rental Assistance (CERA HUD)



HOW TO APPLY

Please fully read this document. If you have further questions please call (320) 292-1942 and your call will be answered within 48 hours. Miigwech

Eligible Expenses

Rent payments
Rental arrears from 3/13/2020
Utilities related to rental property
Utility costs arrears related to rental property
FUNDS WILL BE PAID DIRECTLY TO THE VENDOR OR COMPANY

<https://mlbo-laserfiche.millelacsband.com/Forms/CERAHUD>

Do I Qualify?

1. Are you a Mille Lacs Band Member?
2. Do you owe or are you behind in your rent or rental utility payments from 3/13/2020?
3. Are your outstanding related expense(s) due to unemployment, illness, or another issue as a result of the COVID-19 pandemic?

An "eligible household" is defined as a Mille Lacs Band of Ojibwe Tribal Member household in which at least one or more individuals meet the following criteria:

- Qualifies for unemployment or has experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to the COVID-19 pandemic;
- Demonstrates a risk of experiencing homelessness or housing instability; and
- Has a household income at or below 80 percent of the federal median income. Household income is determined as either the household's total income for calendar year, or the household's two months of proof of income at the time of application. For household incomes determined using the latter method, income eligibility must be redetermined every three (3) months.

1. Applicants must provide:

- a. Personal identification number from a state-issued ID, driver's license, passport, ITIN, Tribal ID or other form of ID
- b. Current rental lease – includes address of rental unit, or have a completed landlord verification form.
- c. Name, address, SSN number, tax ID number, or DUNS for landlord or rental agency.
- d. Total amount of each type of assistance (rent, rental arrears, utilities, home energy costs, utility arrears) needed.
- e. Number of months of rental payments and number of months of utility cost with documentation of amounts owed.
- f. Gross household income of all adults and number of individuals in the household for the past 2 months, or a tax return for 2020.
- g. Gender, race, and ethnicity for the primary applicant requesting assistance.

Mortgage payments and home owner utility Payments are NOT eligible.

To Apply: <https://mlbo-laserfiche.millelacsband.com/Forms/CERAHUD>

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About Aanjibimaadizing

Aanjibimaadizing helps to empower participants with an acquired purpose or occupation that will contribute to the well-being of their community and family. Through this, we are able to offer services to a large percentage of our community and work closely with other organizations to help all ages embrace their culture and overcome barriers to sustainability.

Eligibility

- Eligible households must reside within one of our federally approved service areas, which include the counties of Aitkin, Anoka, Benton, Crow Wing, Hennepin, Mille Lacs, Morrison, Pine and Ramsey.
- An eligible household must include at least one adult who is an enrolled member of the Mille Lacs Band of Ojibwe; or if residing within the Reservation Service Area, a first generation descendent of the Mille Lacs Band of Ojibwe; or an enrolled member of a federally recognized tribe; or if residing within the Urban Service Area, an enrolled member of the Minnesota Chippewa Tribe.
- Financial eligibility is based on the household income with specific types of income excluded.
- Veterans and their families, including survivor families, are given preference within any of these eligibility groups.
- Some programs have their own special eligibility standards. There may be additional eligibility standards for various services.

How to Apply

Aanjibimaadizing has offices in the Urban area, District I, District II, and District III. Clients can also call, email, or find an application online at <https://aanji.org/>.

You can also apply for TANF, SNAP and cash programs at <https://mnbenefits.mn.gov/>

MNbenefits

A safe and easy way to apply for public assistance benefits

Apply any time in less than 20 minutes

- Food assistance (SNAP)
- Cash programs
- Emergency cash assistance
- Housing support
- Child care assistance


Get started today at

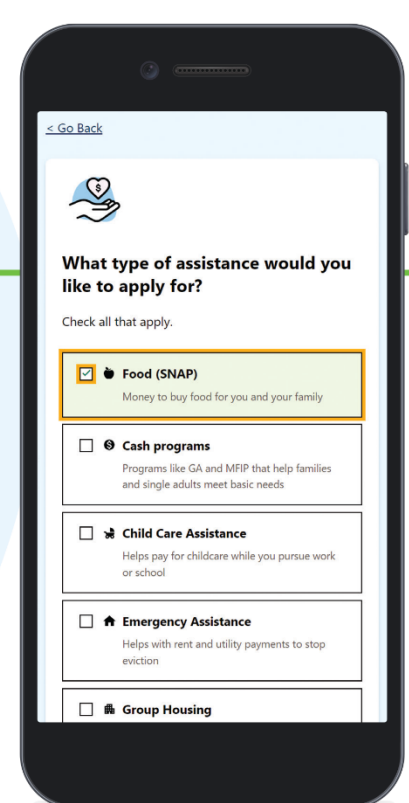
mnbenefits.mn.gov




For more information, contact

Aanjibimaadizing

320-532-7407





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Some of the Services Aanjibimaadizing Offers:

Ojibwe Culture & Language

It is the purpose of Aanjibimaadizing to prepare the members of the MLBO community to contribute to the Mille Lacs Band. While a primary part of this contribution is in the form of employment that helps enrolled members thrive financially, it is of equal importance that MLBO membership reflects the unique history and culture of its people to support their quality of life holistically.

Adult Basic Education (ABE)

Aanjibimaadizing has entered into an agreement with Milaca Community Education to provide oversight for staff to become volunteer Adult Basic Education (ABE) tutors. Adult Basic Education will assist clients in increasing their reading and math skills.

Career Training and Development

Aanjibimaadizing regularly provides basic work and family related trainings and tutoring. These include such issues as, GED Preparation, Driver's License Exams, Budgeting, Parenting, Food Handling, Communications, Conflict Management, and CPR/First Aid.

Adult Work Experience (WEX) Program

The Work Experience (WEX) Program is a 720-hour on-the-job work experience training program structured to promote self-sufficiency through the development of appropriate work habits and job skills.

Facilitated Services

Aanjibimaadizing offers facilitated services to help connect clients to other support services within the community. Case Managers may refer clients to Facilitators to assist them in meeting their goals to obtain and retain employment. Often these services support client needs that are social, health, and mental health related. Facilitated services offers a more targeted support for employment, training and self-sufficiency.

Temporary Assistance to Needy Families (TANF)

Tribal TANF Cash Assistance makes monthly cash payments to families with minor children based on family size and composition. These benefits require participating adults to agree and to follow a case plan designed to move them away from assistance and to self-reliance. Cash Assistance has a 60-month lifetime limit.

Adult Support Services

Adult Support Service payments are single payments to vendors to assist participants in overcoming specific, immediate and essential family stabilization or employment related barriers. The expenses must be directly related to education or employment.

Adult Partial Subsidy Program

Participants who demonstrate that they are work ready and who are hired into career oriented, long-term, stable employment may arrange to have the first 720 hours of their new employment subsidized. These subsidies are paid to the employer, not the employee. A special contract with the employer is required that specifies the terms of agreement for the employer and Aanjibimaadizing.

Community Services to Elders

Aanjibimaadizing has Community Service Crews in all reservation districts that provide lawn mowing, yard maintenance, limited outdoor home maintenance and walkway snow removal for all Elders living in one of the Reservation Districts. These crews support work readiness skills for clients.

Child Care Services

Childcare assistance is available for families who are employed or enrolled in educational programs who meet income requirements.

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Youth Support Services

Eligible youth ages kindergarten through twenty (20) who live in households that are below 200% of the Federal Poverty Guideline and who are enrolled in school may receive supportive services for items that help them further their education or employability.

Ge-niigaanizijig – Youth & Teen Activities

Ge-Niigaanizijig works to develop skills in the 4 pillars of youth programming Ojibwe Culture, Community, Career, and Education. Regularly scheduled activities inspire and motivate our youth to embrace a traditions-based lifestyle free of chemicals, anti-social behavior, and dependency. Youth Mentors provide programming in all Districts except Urban. These activities are offered to all eligible reservation service area youth ages kindergarten through twenty (20).

Youth Career and Work Exploration Program

Eligible youth, ages sixteen (16) through twenty (20) and whose family's income is below 200% of the Federal Poverty Guideline, may participate in the Youth Career and Work Exploration Program. Youth are given an incentive for actual hours worked. To be eligible you must be in school, making satisfactory attendance and grades. The type of work and the number of hours worked per week depend on the needs of the worksite supervisor.

Zakab Biinjina Temporary Housing

The Mille Lacs Band of Ojibwe Aanjibimaadizing Zakab Biinjina ("Zakab") Program was designed to provide services to assist clients in becoming self-sufficient, obtain a job, retain a job, and/or get education with the goal of reaching sustainable self-sufficiency. This is supportive -but temporary- housing meant to bridge the gap from homelessness to permanent housing by offering structure, supervision, support, life skills, education, and training.

The Mille Lacs Band of Ojibwe has partnered with Rosetta Stone to create a language learning platform for our Ojibwe Language to empower our community, to maintain our identity, and to help us be successful.

Free to Mille Lacs Band members and descendants of the Mille Lacs Band of Ojibwe, the Ojibwe language is a gift to enrich your life.

Effective January 11, 2022, Mille Lacs Band of Ojibwe members and descendants of the Mille Lacs Band of Ojibwe will have free access to the Mille Lacs Band of Ojibwe Rosetta Stone. Others should check back March 1, 2022 for access.

To register, scan the QR code with your phone's camera or go to:

<https://mlbo-laserfiche.millelacsband.com/Forms/Rosetta>

A welcome email from Rosetta Stone will arrive in 1 to 2 business days with information to set up your account.

Please note: This registration link needs to be accessed from a device that is NOT connected to the internet on an MLBO network. (After registration is finalized, the Rosetta Stone Fluency Builder App can be accessed within the network via computer or smartphone.)



If you have questions, or would like to learn more about this project visit **<https://www.culture.aanji.org/ojibwe-rosetta-stone/>** or call Aanjibimaadizing at 320-532-7407.

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