



2 SPIRITS

145 Front St E
Toronto, ON
M5A 1E3
416-944-9300



2-Spirited People of
the 1st Nations

Email
assistant@2spirits.org for
more information

**WANT TO WIN A
\$1000 GIFT CARD?**

**GO TO
LINKTR.EE/2SPIRITS
TO ENTER**

**1 IN 25
CHANCES
OF WINNING!**

WE ARE CURRENTLY PUTTING TOGETHER
OUR STRATEGIC PLAN AND WANT TO KNOW
WHAT YOU THINK OUR ORGANIZATION
SHOULD LOOK LIKE IN THE FUTURE.

HAVE YOU USED OUR SERVICES? HAVE YOU
ATTENDED OUR PROGRAMS? WE WANT TO KNOW
WHAT YOU THINK! WHAT WAS YOUR FAVOURITE?
WHAT DID YOU LIKE MOST? WHAT DID YOU NOT
ENJOY? WHAT SERVICES/PROGRAMS WOULD YOU
LIKE TO SEE?



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Every Child Matters.



Our team, just like much of our community has spent the past month and this month mourning the loss of all the children found across Canada. We know and have known of these atrocities within our community for years, but that does not make this news any easier. We also know that this isn't the last of unmarked mass graves to be found within this country.

These tragedies live within all of us, passed down through generation. But just like trauma can be passed down through generation, so can healing.

2-Spirits wants to continue to walk alongside our community and sit within a circle to support one another. We will be purchasing 215 pairs of shoes for children and youth of 2-Spirit community members.

Every child matters.

Indian Residential School Survivors Society Crisis Line is open 24 hours a day 7 days a week:
1-800-721-0066

2-Spirited People of the 1st Nations has counselling and Elder supports available upon request, please email support@2spirits.org to schedule.



Supports

DID YOU KNOW 2-SPIRITED PEOPLE OF THE 1ST NATIONS OFFERS MANY SUPPORTS AND ONLINE PROGRAMS TO HELP YOU STAY BUSY AND HELP YOU WITH THE DIFFICULTIES FACED THROUGH COVID

- FOOD SUPPORT
- PHONE/INTERNET SUPPORT
- DEVICE SUPPORT
- ELDER SUPPORT
- COUNSELLING
- TUTORING
- POSITIVE LIVING PROGRAM
- HYGIENE PRODUCTS
- TRADITIONAL MEDICINES
- ONLINE PROGRAMS EVERY WEEK



NOTE: DUE TO A HIGH DEMAND OF HAMPER REQUESTS, WE HAVE MADE SOME CHANGES TO OUR FOOD HAMPER DELIVERY PROGRAM. A PERSON CAN RECEIVE A FOOD DELIVERY EVERY OTHER WEEK. MEDICINES AND HYGIENE PRODUCT REQUESTS WILL BE DELIVERED JUNE 2ND AND 9TH.

FOR MORE INFORMATION EMAIL
SUPPORT@2SPIRITS.ORG



Benefits of Growing Indoor plants - Part 2

Eases dry skin and respiratory ailments due to dry air

Indoor plants improve air quality in other ways as well.

Plants release water vapor into the air, which increases humidity. This can help improve respiratory and skin health by offsetting the effects of heating systems. An incredible benefit to those with respiratory issues, headaches and allergies!

May boost productivity

Multiple studies have shown that plants in the workplace increase both productivity and creativity. Having greenery in the workplace can also change your outlook on work!

May sharpen your attention span

In a small study involving 23 participants, researchers put students in a classroom with either a fake plant, real plant, photo of a plant, or no plant at all. Brain scans of the participants showed that students who studied with real live plants in the room, were more attentive and better able to concentrate, than the students in the other groups.

So it seems that owning 1 or many indoor plants can be very beneficial to not only Your physical health, but to your mental health as well. With today's stresses and everything going on in the world, we could all use a boost to our mental and physical health.

Did you know 2 Spirited People of the 1st Nations, has an online horticulture program called Izhigin, This program focuses on the benefits of growing indoor plants and how to care for them
For more information email covidsupport@2spirits.org .

We look forward to growing with you all this summer!





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Trivia Time

True or False - The only non-mammal species that can recognize themselves in a mirror are magpies.

A: True! (These birds are considered one of the smartest animals in the world)



True or False - Japan is facing a Ninja shortage.
A: True! (Sadly, the Tradition has been slowly dying)



How are Baked Beans made?

A: They are stewed



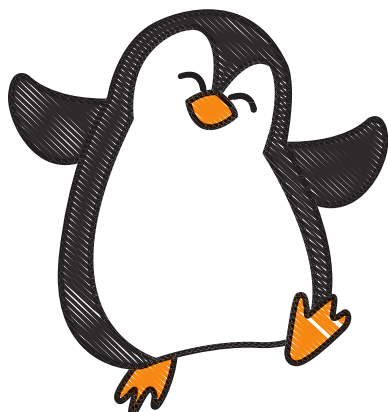
What is a duel between three people called?

A: A Truel



What is the opposite of an Albino Animal?

A: Melanistic Animal



True or False - The largest penguin ever recorded was over 6 feet tall, and weighed over 250 pounds.

A: True! (Although now extinct, known as the Mega Penguin)



COOKING WITH ROBIN

Chicken Fried Rice

DON'T FORGET TO SEND YOUR
PICTURES TO
SUPPORT@2SPIRITS.ORG

WHAT YOU WILL NEED

- 4 cups of cooked rice
- 2 chicken breast cut in to small chunks
- 2 tablespoons oil
- 1 and half cups of frozen peas
- 3 eggs scrambled
- 4 tablespoons of soy sauce



STEPS TO FOLLOW

1. Season your chicken with salt and pepper.
2. Brown your chicken and remove once chicken is cooked.
3. In the same pan you cooked your chicken in add frozen peas.
4. Optional: Add garlic and green onions and cook for about two minutes
5. Push vegetables to one side of the pan add the eggs to the other side and scramble when done add the chicken and rice mix everything together for about two minutes.
6. Add soya sauce and cook for an another two minutes
7. Enjoy!

Do you have a recipe you would like to share with the community? Send it to support@2spirits.org and it could be featured in our next newsletter



Chii-Miigwetch: Happy Soul

On behalf of 2 Spirited People of the 1st Nations, as well as the community members we serve, we would like to express our gratitude for your generous donation of crystals in these past couple months. The gift of healing is priceless, and when these types of gifts are selflessly shared with the community, as you have, its effects are far reaching and incredibly impactful.

Because of your thoughtfulness, we are able to extend our budget and provide more for our community members. The program (and crystals) was so well received by the community that we plan on incorporating them into another workshop in the near future.

Chi Miigwetch, translated from Ojibwe, means a big thank you. However it also carries a deeper sacred meaning; one in which our spiritual beings recognize, honor, and respect actions rooted in love.

Chi Miigwetch for your generous contributions,



2-Spirit Newsletter Winners

Winner of our help our E.D.
get to the office maze is:
Amanda J-P

Winner of our spot the
difference is : Sioux L





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YOU'RE
INVITED

Join us on
September
21, 2021
for our
Virtual
AGM



CHILD, YOUTH AND FAMILY COUNSELLING

Did you know 2-Spirited People of the 1st
Nations offers free counselling?
email therapist@2spirits.org to book
an appointment today