



## RAISE AWARENESS WALK 2019 JAN.14.'19

My vision for the walk is to raise awareness of the prescription drugs, alcohol abuse & suicides in our communities. We need a Treatment Centre where clients can come together to talk and share about their healing journey. I encourage young people from each community to join me in my walk health transformation.

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In our Northern Communities, we need to start working together, share thoughts in our plan to help our people. We need to use our elders for healing, teaching & guidance. Creator gave us the land to use for healing, hunting & fishing to heal our people.

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If you would like to sponsor or make a donation for the walk, Contact Kingfisher Lake First Nation Band at 807.532.2067 or my cell 807.212.2043

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- Shibogama
- Matawa FN, Councils
- Independent Communities
- Nishinawbe Aski-Nation
- Windigo First Nation, Council



Kingfisher Lake  
First Nation

### Plan for this years walk is to start the first one

1<sup>st</sup> walk: Kingfisher lake,  
Wawakapewin FN,  
Kasabonika FN

160 kms – one way walk

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2<sup>nd</sup> walk: Kingfisher Lake,  
Wunnumin Lake, Summer  
Beaver & Webequie FN.

visit: Neskantaga &  
Forthope

320 km's - one way walk

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3<sup>rd</sup> walk: Pickle Lake,  
Weagamow FN, Muskrat  
Dam, Sachigo Lake,

370 km's walk

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4<sup>th</sup> walk: Journey Home  
Muskrat Dam, Bearskin  
Lake, KI, Wapakeka FN,  
Kingfisher Lake

360 km

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This healing journey is  
going to be awesome!

Help me Raise Awareness  
for our youth and people,  
our leadership and elder's