

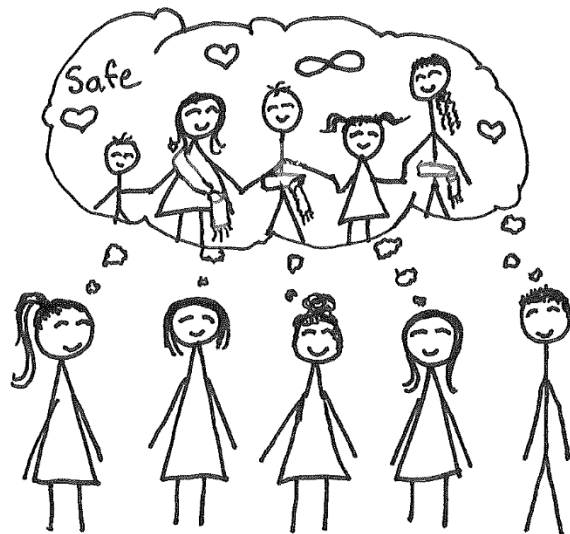


Métis Artwork by Christi Belcourt

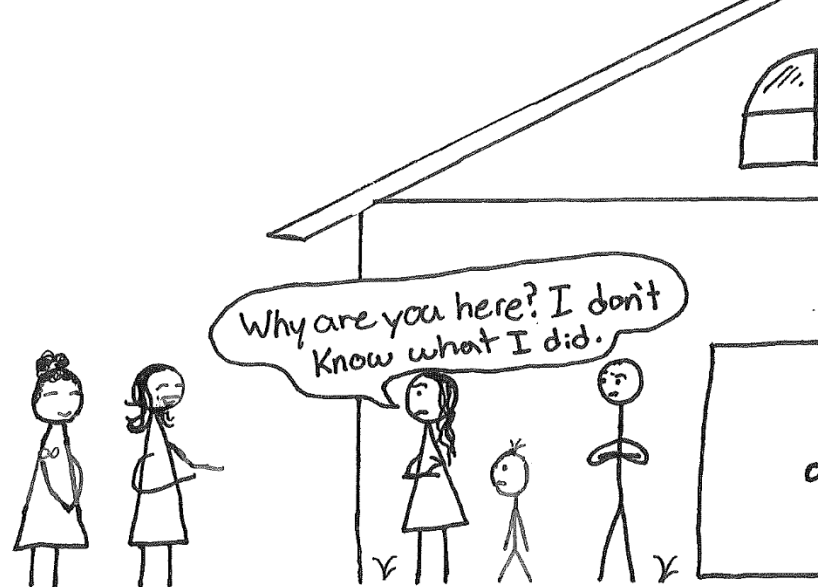
This is a story about the purpose of Words & Pics, and
how it explains why LMO helpers are in your life

April 2026

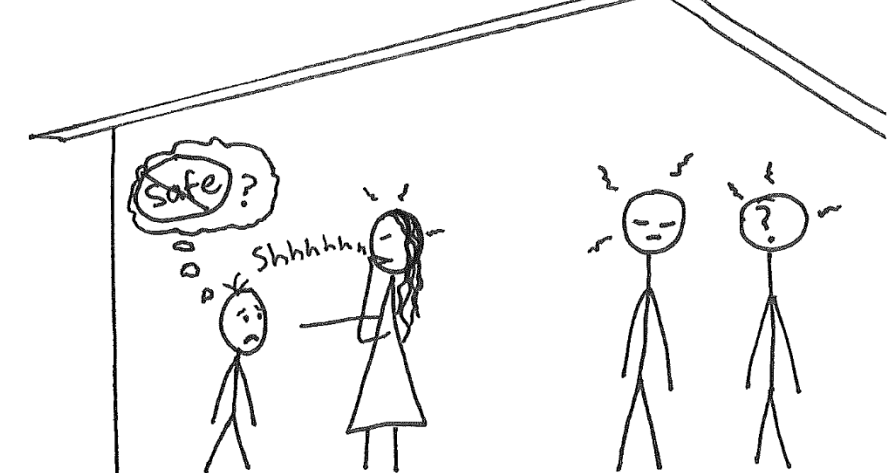




LMO Helpers are people who work at Lii Michif Otipemisiwak. Their job is to make sure Metis kids are safe, happy, and loved.



LMO is worried that sometimes families don't understand why social workers are involved. LMO also knows that sometimes families don't always want to work with LMO helpers.



Sometimes when families don't want to work with LMO helpers and support people (that we call la paraantii -in michif language), the problems stay in the home and are not talked about.

This sometimes makes kids feel scared or sad. They may also feel like they need to keep secrets or make up stories.



Metis people have always needed and used support to help them raise their children and keep them safe and well. They have also used Elders to help them. LMO helpers know having la paraantii involved makes sure Moms and Dads have extra support.



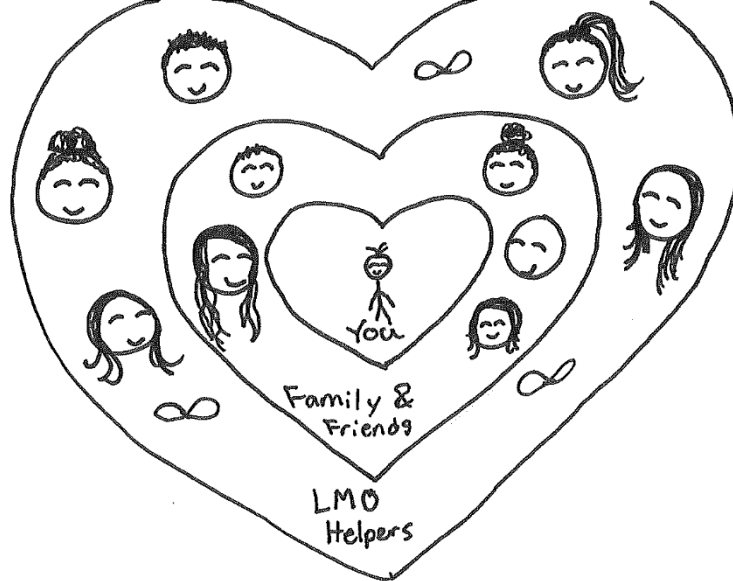
LMO has learned that social workers haven't always done a good job of involving kids and being clear with families and we want to do better.

Words and pictures is a process that helps us explain the hard things as well as the good things that have happened in the family so everyone including la paraantii know how to be the best help moving forward for the famii



LMO understands that families know their stories best.

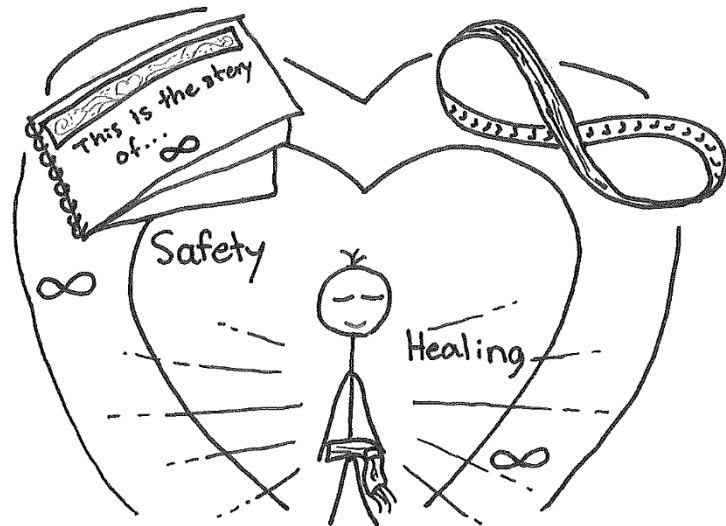
Words and Pictures is a good way for parents to work with LMO Helpers to write a clear story to read to the kids. This helps everyone understand who's worried, what they're worried about, and what were doing to sort out the worries.



Words and Pictures is also a good way for kids to understand who their La Paraantii are, and how La Paraantii will help them to grow up to be strong Metis youth and adults in the future, knowing who they are and where they came from.



When everyone understands the worries, we can share the problems and figure out ways to work together and create safety plans where parents and kids feel supported, safe, and grounded in their Metis culture.



This is why we do Words and Pictures. Otherwise, kids might make up stories of what happened and might even blame themselves. We want all Metis children/youth to know what the adults are doing is never their fault and it is important for everyone to know the truth so that we can learn how to keep kids safe and move our families towards healing.