MIGAANIIN

Client and Community Newsletter

July 11, 2024



Niigaaniin Hours

Mon-Thurs 8:30-4:30 - Fridays 8:30-12:30

Please submit income statements by July 16th

Direct Deposit will occur July 31, 2024

OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE

RENEWAL YEARLY

CALL Darrell Jacques

705 356 1621 Ext 2235

ODSP FN WORKER

STACEY ARMSTRONG

<u>Sarmstrong@niigaaniin.com</u>

(705) 356 1621 - EXT 2352 FAX 705-356 0728 LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

"QUOTE OF THE WEEK"

"If you believe it'll work out, you'll see opportunities. If you don't believe it'll work out you'll see

obstacles"

" Wayne Dyer"

Niigaaniin computer lab open come in to apply for jobs, birth certificate, El, update

resume!



Position: Front Line Worker

Salary: \$25.32 hourly
Hours of Work: As needed
Circulation Level: Level I

Accountability: Women's Shelter Manager

<u>Employment Status</u>: Casual Relief <u>Preferences</u>: MFN Band Members

The Casual Front Line Worker will:

Prepares and complete daily reports in database; provides advocacy and support to clients and their children in crisis
situations both one-on-one and over the telephone; maintains strict confidentiality and adhere to Personnel policies and
procedures

- Be supportive and aid those termed as "walk-in" in a manner that is consistent to those who are admitted into the
 Mississauga Women's Shelter; responds to crisis telephone calls and provide support, information, and intervention
 according to the request and type of call/caller; assist with meal planning and preparation; conducts general cleaning such
 as dusting, cleaning windows/ floors and other areas
- Assist clients to set goals, fill in applications for housing, birth certificates, S.I.N, and budgeting etc.; provides education and
 awareness to women on domestic violence; ensures safety of clients, staff and visitors to the shelter at all times; facilitates
 and maintain a collaborative and safe work environment; provides in-house orientation to new clients and oversee
 communal living requirements; creates safety plans with clients and families; ensures windows and doors are locked at all
 times; completes regular resident status and safety checks
- Contacts appropriate authorities such as the Ontario Provincial Police or child welfare agency when required; provides
 referrals, support documents and support for discharge; conducts intake and discharge process with clients and their
 children in crisis
- Maintains level of job requirements by attending training, workshops, seminars, certified programs, and team meetings
- Demonstrates sensitivity to and knowledge of the impacts of woman abuse on women and children; remains to be empathic, non-judgmental, respectful and encourage independent decision making to clientele served; will problem solve in a positive manner

The Casual Front Line Worker will possess the following educational qualifications, skills, experiences, and attributes:

- Minimum of Grade 12 secondary diploma or equivalent. Post-Secondary Diploma in the Social Services or Health preferred
- Experience working with aboriginal people, organizations, and communities; must provide an acceptable Criminal Record Check and Vulnerable Sector Check from the Canadian Police Information Centre (CPIC)
- Class "G" Ontario Driver's License in good standing and be able to travel
- Standard First Aid and CPR/AED; Mental Health 1St Aid (an asset); Life Skills Coach Certification (an asset)
- Must be able to work flexible hours, on-call, and shift work, including weekends, evenings, and holidays
- Excellent verbal and written communication; ability to work in a team environment; ability to effectively analyze situations
 quickly and apply sound judgement; possess strong conflict resolution and problem-solving skills with the ability to handle
 stressful situations
- Ability to observe and assess clients, enforce safety regulations and emergency procedures, and apply appropriate behaviour management techniques; maintain confidentiality; be respectful and empathetic; ability to take charge and motivate others; be always professional

TO APPLY: Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. We rely on the information you provide to us in your application during screening. **Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview**. Please note that all interviews will be **in person**. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation

P.O. Box 1299 Blind River, Ontario POR1BO Attention: Human Resources Department

Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

Deadline: Until position is filled

Thank you to all applicants; however, only those selected for an interview will be contacted.

WALKING IN BALANCE

A socially and culturally healthy community where individuals have the opportunity to prosper and to achieve their full potential spiritually, emotionally, mentally, and physically through generous and unselfish support for one another, while pursuing balance and harmony within, with each other, and with Mother Earth.



Position: Back-Up Receptionist

(Admin & Health Dept)

Salary: \$23.42 hourly

Hours of Work: As needed Circulation Level: Level I

Accountability: Finance Director

Employment Status: Casual

Preferences: MFN Band Members

The Back-Up Receptionist will:

- Receive all incoming telephone calls and visits in person and direct all inquiries and persons appropriately and with courtesy.
- To receive and record all incoming and outgoing mail, open and distribute it to the appropriate staff, affix appropriate postage and ensure proper handling, photocopying of mail as needed.
- Be aware of and as required and requested to provide information about all staff employees' whereabouts.
- As needed and requested, order appropriate storage, distribution, and use of office supplies (i.e., pens, writing pads, staplers/staples, 3-hole punch) stationery and standard agency forms.
- Maintain booking schedule for Council Chambers using Outlook monitoring, community hall rental, van and bus rental, cultural center.
- Perform secretarial and clerical duties of photocopying, faxing, typing, and telephoning.
- Make travel arrangements and maintain travel itineraries for all staff, when required.
- Responsible for drafting letters and any other correspondence related to office administration.
- Ensure confidentiality and safekeeping of all the organization's records, forms, and documents.
- Assist Housing and Property Manager with receipt of rent monies when required.
- Update employee telephone and email listing for all staff and Chief and Council.
- Receive money, prepare invoices, and log payments for photocopying/ facsimile transmissions for public and forward to Finance Clerk and place in safe.
- Responsible for and maintaining Visitor Logbook; Employee Sign In / Out Daily logbook.
- Conduct themselves in a professionally appropriate manner; and any other duties are required.

The Back-Up Receptionist will possess the following qualifications, skills, experiences, and attributes:

- Certificate and/or diploma in secretarial and office services with minimum of two (2) year related experience.
- Experience working with aboriginal people, organizations, and communities.
- Must provide a clear Criminal Records Check.
- Knowledge of Mississauga First Nation programs and services; understanding of Aboriginal culture and traditions.
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code as it applies to the worker.
- Good interpersonal skills; good public relations; good communication/ organizational skills.
- Excellent time management skills; excellent computer skills with MS Office including Excel, Word, Access.
- Ability to work independently and within a team environment; and ability to pay attention to detail and ensure accuracy with work.

TO APPLY: Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be in person. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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Saturday 1pm & 7pm | Sunday 12pm

MASTER OF CEREMONIES Stephanie Pangowish & Darren McGregor

HOST DRUM Charging Horse CO-HOST DRUM **Under the Pines**

INVITED DRUMS Migiziinhsag (MFN Boys Drum Group) Nimkii Aankwam

> **HEAD DANCERS** Hannah Morningstar Naakwam Shawanda

HEAD YOUTH DANCERS Niizh Wemigwans Leland Bellefeville

HEAD JR DANCERS Aubreigh Fox Niigaani Niganobe

HEAD VETERAN Wayne Pitawanakwat

ARENA DIRECTOR **Robert Stoneypoint**

HEAD ELDERS Leona Whetung & Wes Whetung

COMMUNITY FEAST I SATURDAY A 5PM

No drugs, alcohol, or pets

Honorariums for first 5 registered drums

EVERYONE WELCOME!

More info to follow!

Old Style Jingle Special Sponsored by Head Female, Hannah Morningstar

Men's Woodland Special Sponsored by Head Male, Naakwam Shawanda

Youth Girls Jingle 12 and under Sponsored by Head Youth, Niizh Wemigwans \$200 Winner Take All

Womens 18+ Fancy Shawl Sponsored by Sarah McGregor & Family 1st \$800 2nd \$600 3rd \$400 Giveaway for all dancers

Women's 18+ Combined Special Sponsored by Chief and Council 1st \$800 2nd \$400 3rd \$300

Men's 18+ Combined Special Sponsored by Chief and Council 1st \$800 2nd \$400 3rd \$300

Youth 13-18 Combined Special Sponsored by MFN Youth Coordinator 1st \$350 2nd \$250 3rd \$150

Children 7-12 Combined Special Sponsored by MFN Child-Youth Worker 1st \$150 2nd \$100 3rd \$75 + Giveaway for Dancers

LOCATION Max's Road off Highway 557 (Scan QR code)

Food or Craft Vendor Applications or General Inquires, contact Sarahdaybutch@mississaugi.com



ATTENTION!

SEEKING DONATIONS FOR THE MFN POW WOW GIVEAWAY

UNOPENED & UNUSED GIFTS, GIFTCARDS ACCEPTED

Drop off at MFN Child and Youth Building or pick up can be arranged

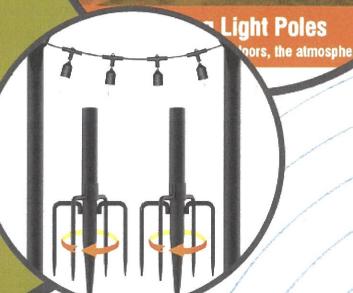
> Contact: Sarah McGregor sarahdayb37@gmail.com 705-227-8117



DONATION CALL OUT



The MFN Pow Wow Committee is seeking these poles to be donated



AMAZON
AILBTON 2 Pack
10FT String Light Poles

THIS DONATION WILL BE GREATLY APPRECIATED. WE WILL ACKNOWLEDGE YOUR CONTRIBUTION PUBLICLY ON OUR WEBSITE, SOCIAL MEDIA PLATFORMS, AND ANY OTHER PROMOTIONAL MATERIALS

Scan QR for website



FOR FURTHER QUESTIONS CONTACT

Sarah Daybutch | sarahdaybutch@mississaugi.com | 705 227 8117



DONATION CALL OUT

The MFN Pow Wow Committee is seeking these lights to be donated



Scan QR for website



AMAZON Minetom 100ft Outdoor String Lights

THIS DONATION WILL BE GREATLY APPRECIATED. WE WILL ACKNOWLEDGE YOUR CONTRIBUTION PUBLICLY ON OUR WEBSITE, SOCIAL MEDIA PLATFORMS, AND ANY OTHER PROMOTIONAL MATERIALS

FOR FURTHER QUESTIONS CONTACT

Sarah Daybutch | sarahdaybutch@mississaugi.com | 705 227 8117

Community Safety



Chi-Naakinagewin

Chi-Naakinagewin would like to remind the community if you see any strange activities or people, please contact 1-800-222-8477.

Web link:

https://ontariocrimestoppers.ca/submit-atip/submit-a-tip

Let's keep our community safe!



COMMUNITY ENGAGEMENT ZOOM

CHI-NAAKINAGEWIN PRESENTS

Join us for informative presentations regarding the Comprehensive Community Plan for Mississauga First Nation. This is to gain ideas for updates to the 2024 - 2034 Community Plan.

Date: July 23rd, 2024

Time: 6:00 - 9:00 PM

Location: Zoom

Link:

https://us06web.zoom.us/j/86835369778



For further information, contact:
Cheyenne Corbiere - wiindamaagewin@mississaugi.com
705-261-1104

MISSISSAUGI RETAIL CANANBIS CORPORTATION AGM

JULY 17, 2024

AT 6PM

Chief and Council

Chambers

Questions regarding meeting can be sent to:

tammyking@mississaugi.com





THE MEMBERSHIP
OFFICE WILL BE
CLOSED
JULY 15 TO 26, 2024
THERE WILL BE NO MEMBERSHIP

IF YOU REQUIRE MEMBERSHIP SERVICES
PLEASE CALL OR EMAIL TO MAKE AN
APPOINTMENT.

SERVICES DURING THIS TIME

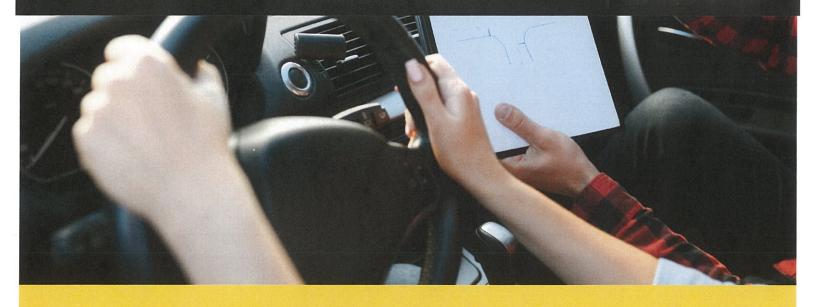
CONTACT INFO: 705 356 1621 EXT 2239 OR STACYB@MISSISSAUGI.COM

MIIGWECH! HAVE A SAFE AND HAPPY SUMMER



DRIVING IN THE COMMUNITY





SLOW DOWN



WHEN YOU SEE THE
CHILDCARE TEACHERS
AND CHLDREN OUT FOR A
WALK WITH THE
STROLLERS, PLEASE SLOW
DOWN TO PASS



Miigwetch



MONEY MANAGEMENT WORKSHOP FOR MISSISSAUGA FIRST NATION MEMBERS

LEARN HOW TO:

- HOW TO MANAGE YOUR RHT SETTLEMENT
- BUDGET
- REBUILD YOUR CREDIT
- CHECK YOUR CREDIT SCORE
- INVEST

SERVICES

- BUY A CAR
- GET A MORTGAGE
- RENOVATE YOUR HOME

ONE-ON-ONE PERSONAL FINANCE SESSIONS ALSO AVAILABLE WITH SCOTT FLAMAND OF FLAMAND MANAGEMENT

TUESDAY, JULY 16TH Mississauga Band Office

One-On-One - 9 am to 4 pm

(Book an individual appointment)

Money Management Workshop

6 pm to 8 pm -All Welcome





Zoom Meeting Link:

https://us06web.zoom.us/j/82263972850?pwd=bC4bR8wiJf

hgmcXJAkF6aKNIPO1UqL.1

Meeting ID: 822 6397 2850

Passcode: 019715

OR Scan QR code to join meeting



CONTACT: MONICA MCGREGOR TO BOOK A PERSONAL APPOINTMENT AT (705) 356-1621 OR EMAIL AT MONICA@MISSISSAUGI.COM



June 12/24

To All Community Members

Please be advised that Client Care Coordinator position under Maamwesying has not been filled as of yet, during this transition.

To book any appointments to see any of the Visiting Services Health Professionals, please call the **Health Centre**, @ 705 356 1621 # 2224 and a staff member will return your call when coverage is available.

We apologize for any inconvenience this may cause, and ask that your patience in this matter continue during this transition.

Thank you

Maamwesying

Northshore Community Health Services Inc.

705 356 1621 Ext # 2224

MISSISSAUGA FIRST NATION



MEMO

To: Mississauga First Nation Health Director, Health Services Manager, and Community Health

Nurse; Maamwesying North Shore Community Health Services Inc. (MNSCHS) Comprehensive Primary Health Care Team; MNSCHS Director of Home and Community Support Services;

MNSCHS Director of Mental Wellness & Minobimaadizing

From: Jennifer McKenzie, MNSCHS Director of Comprehensive Primary Health Care

Cc: Carol Eshkakogan, MNSCHS Chief Executive Officer

Date: June 28, 2024

RE: Change in Service Delivery Approach, Judy Gillingham, Maamwesying Nurse Practitioner

Please be advised that Judy Gillingham, Maamwesying North Shore Community Health Services Inc. (MNSHCS) Nurse Practitioner for Mississauga First Nation (MFN) will be switching to providing virtual only primary care services as of August 19th, 2024. Judy will continue to provide full-time services, however appointments will be hosted by video or phone from the MFN Health Centre. The MFN Community Health Nurse, Krysta Sawyer, will assist with these appointments to ensure that in-person care needs are addressed. MFN community members can continue to call the health centre at 705-356-1621 ext. 2224 to book their appointments with Judy. MNSCHS will be posting for a full-time MFN Nurse Practitioner to ensure that in-person care is available to community members. Once a full time Nurse Practitioner is hired, clients in Judy's care will be transitioned over to the new provider to allow for in-person care to resume.

In addition to the above change, MNSCHS is excited to announce that Jennifer Osborne will be staring in the role of MFN Client Care Coordinator on July 15th, 2024. Jennifer comes to MNSCHS with excellent experience and will help to facilitate appointment booking and responding to community member's primary care needs.

If you have any questions or concerns, please do not hesitate to reach out to me by phone at 705-971-6555 or by email at jennifer.mckenzie@nmninoeyaa.ca.

Chi-Miigwetch for your support, patience, and understanding during this period of transition,

Jennifer McKenzie Director of Comprehensive Primary Health Care Maamwesying North Shore Community Health Services Inc.



TIPS FOR TICK SAFETY

HOW TO REMOVE TICK







GRAB TICK



AND CAREFULLY



SANITIZE BITE AREA

How to remove a tick

Removing attached ticks as soon as possible reduces the chance of infection. Infected blacklegged ticks need to be attached for at least 24 hours in order to transmit the bacteria that causes Lyme disease.

If you find an attached tick, follow these instructions to remove it:

- 1. Use clean, fine-point tweezers to grasp the head as close to the skin as possible and slowly pull straight out.
 - Try not to twist or squeeze the tick. Ticks firmly attach their mouthparts into the skin requiring slow but firm traction to remove them.
- 2. If the mouthparts break off and remain in the skin, remove them with the tweezers. If you're unable to remove them easily, leave them alone and let the skin heal.
- 3. Wash the bite area with soap and water or an alcohol-based sanitizer.

Do not try to remove the tick by:

- burning it
- smothering it with:
 - nail polish
 - essential oils
 - petroleum jelly
 - o nail polish remover

This can cause the tick to release its stomach contents, which can be infected, into the bite area. This can increase your chance of infection.

Watch for symptoms for 30 Days

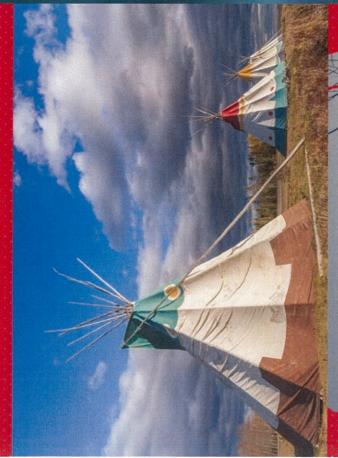
Call your healthcare provider if you get any of the following:

Rash

- Headache
- Fever

- Muscle Pain
- Fatigue
- · Joint Swelling and pain

For more information: https://www.canada.ca/en/public-health/services/diseases/lymedisease/removing-submitting-ticks-testing.html



SACRED FIRE FRIDA

With ROGER DAYBUTCH

- July 5, 2024
- 9:30 AM 12:00 PM · July 26, 2024
- @ TEEPEE behind band office

For more information, please email rhondapeltier@mississaugicom ALL STAFF WELCOME

or telephone (705)356-1621, Ext. 2230

MEEGWETCH on BEHALF

COMMUNITY WELLNESS PROGRAM



LINDA VINCENT REIKI THERAPY WITH

6 SPOTS available per day at the for
Tuesday, July 23, 2024 Wednesday, July 24, 2024 Cultural Building.

TIME SLOTS:

12:30 PM-1:30 PM

1:30 PM-2:30 PM

2:30 PM-3:30 PM

3:30 PM-4:30 PM

4:30 PM-5:30PM

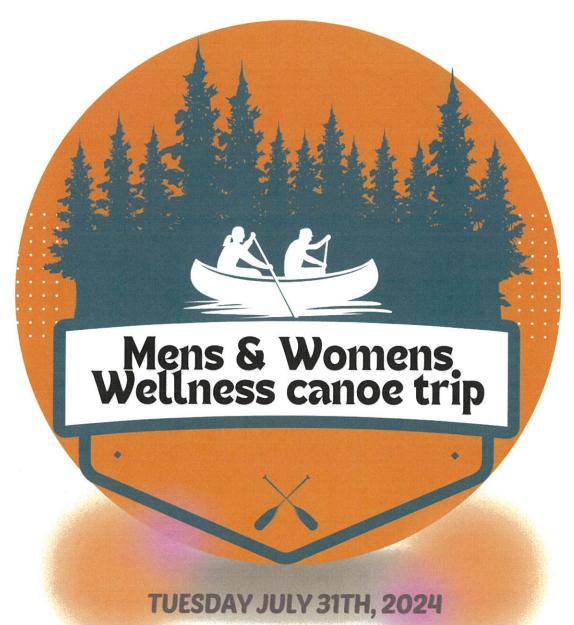
5:30 PM-6:30 PM

Or telephone (705)356-1621 Ext: 2230 For an appointment, please email rhondapeltieramississaugi.com

COMMUNITY WELLNESS PROGRAM MEEGWETCH on BEHALF



MAAMWESYING



MEET AT THE BAND OFFICE PARKING LOT FOR 9:00AM.
WE WILL CANOE DOWN THE RIVER AND ARRIVE AT PIER 17 FOR
REFRESHING LUNCH

WEATHER PERMITTING. CANOE GEAR SUPPLIED. PLEASE DRESS
WEATHER APPROPRIATELY

TO REGISTER PLEASE CONTACT: JADE DAYBUTCH AT 705-356-

1621 EXT: 2357

OR EMAIL AT CSSWORKER@MISSISSAUGI.COM





GITIGAN 101

Discover the joys of gardening, learn about caring for a garden, learning when to plant, learn about companion plants, frost dates.

Monday July 15, 22, 29 at 10:00a.m.

Meet at the CYB at 9:50am

Contact Jennifer Child and Youth Worker

Cell 705-356-3455

cyworker@mississaugi.com

REMINDER
FOR ANY YOUTH
THAT IS NOT IN DAY













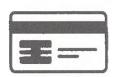
NUTRITIONAL SUPPLEMENT CARD FOR FAMILIES WITH CHILDREN 0-6 YRS AND PRENATAL

*listed is the pick up date, <u>please email the Family Resource</u>

Coordinator by the 7 of this month to ensure a card is purchased

for that month

Pick up dates:



July 17 2024

Reminder - receipts are needed before next card

from 9:00 AM to 3:00 PM including lunch hour

* As a requirement of the program, receipts will need to be submitted before the next card pick up.

Please remember it is your responsibility to pick up on date unless other arrangements have been made.

Please note, you can not accumulate cards

Thank you

If you have any questions or concerns please email Christine Owl Family Resource Coordinator

email: christine@mississaugi.com



6 Weeks of Summer Healthy Snacks







JULY 2024

July 22nd , 29th 2024 50\$ gift card

Submit 2 photos weekly

AUG 2024

Aug 5th, 12th 20204 50\$ gift card

Submit 2 photos weekly

AUGUST 2024

August 19th, 31st 2024

50\$ gift card

Submit 2 photos weekly

What to Expect

- Information package will be provided with gift cards
- Gift cards and Healthy and nutritional recipes, pick up CYB or Band office. Also home delivery for any youth
- ✓ Get creative with a variety of fresh and tasty choices
- Transportation to and from the grocery store provided
- Make your snacks at home with the help of an adult and submit your photo to either Jennifer or Cheri by email

Registration required to participate

More Information contact

Cheri Boyer <u>HealthEducator@mississaugi.com</u> and Jennifer cyworker@mississaugi.com







RUMMING

POW WOW GROUNDS

(1)

JUNE - 28 JULY - 12, 26 AUGUST - 2, 9, 16, 23, 30

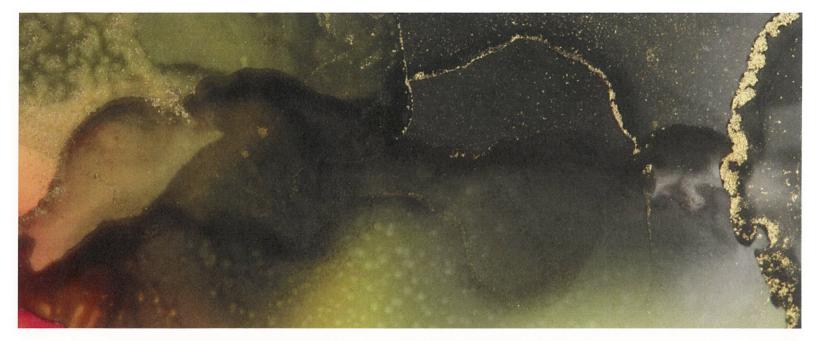
Join us for hand drumming

9

pow wow grounds

10:00 AM-12:00 PM Bring you drums and shakers!

danaboyeremississaugi.com



BEING

OUTDOORS

U JULY - 9, 16, 23 AUGUST -6, 13, 20

Variety of activities, such as:

9

Meet at Education Building

9:30 - 11:30 AM

Gardening, medicine picking, walks, and ceremonies

danaboyeremississaugi.com



CREATIVE

NATIVE

ULY - 11, 18, 25

Come out to the Education building and create

♥ Education Building Painting, dreamcatchers, medicine pouch making, card making and a variety of other seasonal activities

1:00 - 4:00 PM

danaboyeremississaugi.com





Spring is here and the bears are awake. While the weather is starting to get nicer, please take the time to do a thorough spring cleanup of your living space and yard. You will want to remove all sources of natural and non-natural food attractants from your yard.

Managing bear issues takes the efforts of the community to succeed. Let us have a successful Spring and Summer 2024.

Natural Sources

- Berries
- Fruit trees
- Flowers/clovers/weeds

Bears are highly intelligent. They easily learn where food sources can be found and use their keen sense of smell to seek them out. Bears will travel more than 100 kilometers to a known food source like a berry patch or a stand of beech trees and they will return year after year. Bears are always looking for new food sources, including your garbage or the contents of your cooler. Once they determine that food can be found at your house or campsite, they will revisit again and again.

Non-Natural Sources

- Barbeque grease and drippings
- Bird Feeders
- Garbage
- Pet food

You may not even know you are doing it. You could be attracting bears onto your property and into your community. Garbage is the main reason why bears are drawn into communities. Bird and pet food, greasy barbecues and ripe or decaying fruit, berries and vegetables are other invitations to bears to forage for food in your yard.



Aani,

My name is Maryanne Stevens, I am thrilled to be the newest member of the Child and Family Services team as the new Child and Youth Advocate. I live north of Thessalon on a small farm with my husband and 2 children, we are also very proud AC parents. I enjoy spending time with my family traveling, fishing, boating, and camping. I am a recent graduate with distinction from Sault College Social Service

Worker with Indigenous Specialization and am excited to put my education to work in helping the community.

I look forward to meeting with the families in the community and working hard for our children.

Miigwech,

Maryanne

Letis go forvalk!

Once a week Walking Program for Child and Youth 7-12yrs. Start at the CYB every Tuesday at 11am for the month of July. Challenge 5000 steps Pedometer incl. Special Prize SMART WATCH! Must attend 4 out 5 Tuesdays in July to win!

EVERY TUESDAY IN JULY **2, 9, 16, 23, 30**

DROP-IN

Child and Youth Worker

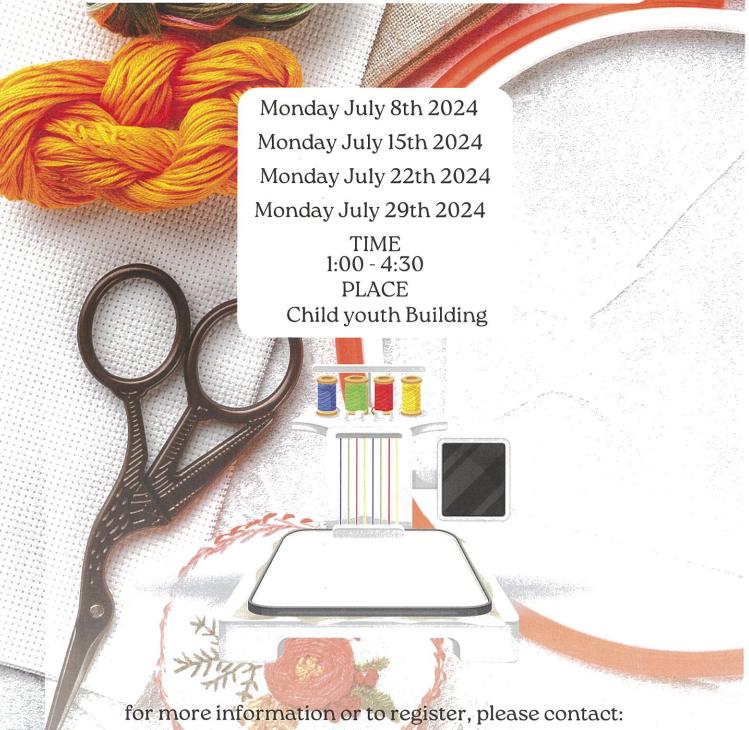
Jennifer cyworker@mississaugi.com







Youth Programming 13-18



for more information or to register, please contact: youthcoordinator@mississaugi.com 705-918-7261



HIKING TRAILS

Cup&Sauser July 9th 2024 Wiky lookout July 16th 2024

Lake superior pictographs July 23th 2024



for more information or to register, please contact: youthcoordinator@mississaugi.com 705-918-7261

YOUTH PROGRAMMING 13-18



MLET: CHILD YOUTH BUILDING

TIME: 10:00AM-4:30

6 SPOTS

for more information or to register, please contact: youthcoordinator@mississaugi.com 705-918-7261

PHOTO CONITEST

SUMMER 2024

THEME: CULTURAL EXPERIENCES, FAMILY FUN AND FRIENDS



- No registration required
- Email me a minimum of 3 photos
- Be creative, show your art and your style through photography.
- use your phone or camera
- Starts July 1st
- Submit your photos by August 19th
- Prizes for first, second, third place winners!!!
- Judging will done by 3 members of community

Jennifer cyworker@mississaugi.com



LUNCH MENU



MONDAY

Chair yoga

actices that modify yoga poses so ney can be done while seated in a chair. These modifications make Chair yoga is a general term for yoga accessible1 to all levels of fitness.

noon start.

WEDNESDAY

Med to high intensity indoor cycling workout followed by

roller class to provide recovery for muscles.

noon start.

Cycling & roller

TUESDAY

Circuit

conditioning that involves endurance performed in a circuit, similar to high intensity interval training. It targets training, resistance training, high-Circuit training is a form of body intensity aerobics, and exercises strength building and muscular endurance.

noon start.



E: communityhealthactivator@mississaugi.com

7: 356.1621 ext.2216

Let us know by email or acebook or call

Yoga



Noon start.

E:communityhealthactivator@mississaugi.com T: 1.705.356.1621 ext 2216 Registration is needed!

THURSDAY

smoothie bar

will be offered after each noon class. open 12-1 pm





We now have a talking circle addictions support group. Come sit, talk and give your support Let's help raise each other up.

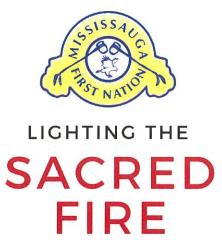
Tuesdays from 7-8PM

Inside the Culture building
Snack and refeshments will be
available.

Contact skycada@mississaugi.com for more info.







WE WILL BE LIGHTING THE SACRED FIRE FOR MFN COMMUNITY.

COME PRAY, STAY, TALK OR JUST ENJOY THE FIRE.

THURSDAYS
OUTSIDE THE
CULTURE BUILDING
- 96 PARK ROAD

9:00 AM TO 3:00 PM

MORE INFORMATION

SKY CADA - 705-261-1370 SKYCADA@MISSISSAUGI.COM



YOUTH DRUM SCHEDULE

- PRACTICES ARE OPEN TO ALL, EVERYTHING THURSDAY UNTIL POW-WOW INTERESTED -NO REGISTRATION NEEDED
- FIND SONGS PLAYLIST ON YOUTUBE
 SEARCH: @MRBELL1513 OR SCAN >>>



JUN 06 20 13 27

PRACTICES

5:30 - 6:30 @ CB

19 FEAST & PREP

5:30 - 6:30 @ PW GROUNDS

20 MFN POW-WOW
INVITED YOUTH DRUM



<<< SCAN TO ADD TO YOUR CALENDAR

FOR MORE INFORMATION EMAIL SKYCADA@MISSISSAUGI.COM

NOTICE

WE ARE SORRY TO ANNOUNCE THAT THE AL-ANON AND TALKING CIRCLE ADDICTIONS SUPPORT GROUP WILL BE CANCELLED UNTIL FURTHER NOTICE

MEETINGS AVAILABLE:
WEDNESDAY 7:30-8:30
IMMANUEL BAPTIST CHURCH
5 WHITE DR, BLIND RIVER, ON POR 1B0,
CANADA

FOR MORE MEETINGS WITHIN OUR AREA
YOU CAN CHECK:
HTTPS://AREA84AA.ORG/AA/MEETINGS/

IF YOU PREFER ONLINE MEETINGS YOU CAN GO TO: HTTPS://AA-INTERGROUP.ORG/MEETINGS/

July 2024



				I I STANDARDA I II SE IMPIONI	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY SATURDAY SI	SUNDAY
Canada Day!	NP Clinic ORT MHC PT OT	3 NP Clinic DNE RD (Virtual)	4 MD clinic AM. CCC COHI PT Afternoon	MD clinic AM. MHC CCC AM	
8 Trad. Prac NP Clinic	9 NP Clinic ORT MHC PT OT	10 NP Clinic DNE RD	MD clinic AM. CCC PT Afternoon	MHC	
NP clinic CCC	16 NP clinic ORT MHC CCC PT OT	NP clinic DNE RD CCC	18 CCC AM PT Afternoon	MHC CCC am	
NP clinic (Richard afternoon in person covering) CCC Footcare	23 NP clinic (Richard covering) ORT MHC CCC PT OT	24 NP clinic (Richard covering) Monthly DM Clinic DM/RD CCC	25 CCC PT Afternoon	NP clinic (Richard covering in person) MHC CCC AM	
29 NP clinic (Richard afternoon in person covering) CCC	30 NP clinic (Richard covering) ORT MHC CCC PT OT	31 NP clinic (Richard covering) DNE RD CCC			
Physician- MD Nurse Practitioner- NP Diabetes Nurse Educator- DNE Registered Dietician- RD Children's Oral Health Initiative- COHI Mental Health Counsellor- MHC Traditional Practitioner- Trad Prac	¥	Client Care Coordinator - CCC		Appointments with Physicians, NPs, Trad. Practitioner, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224 Please contact Maamwesying's Head Office: 1-705-844-2021 if you are looking for information on how to book an appointment with another service provider listed here.	alth 021 if

Opiate Replacement Therapy (Mino)- ORT

MFN Food Security Program

Date:	Pick up only	# children	# adults	_ # elders
Names of all household Members:				
Address:				
Phone Number:				
		efore 4:30 Wedn		
*Please note that if items are not in your be purchase from distributor. Also, make sure you and your family.				

Cereals (1 only):	Meats (2 only-one of each)
Cold Cereal Cooking Oats Cream of Wheat	Hamburger Chicken
Breads (1 only):	Canned Meats (1 only):
White Bread Brown Bread Flour	Tuna Salmon
Pasta & Rice (1 only):	Dairy Products (2 only):
Penne Rice Macaroni	Powdered Milk Canned Milk Eggs
	Margarine
Soups (3 only):	School Aged Children Only (2 Choices):
Chicken Noodle Tomato	Pudding Wagon Wheels
	Cookies
Hygiene Products:	Children & Elders Only (2 Choices):
Toilet Paper Hand Sanitizer	Mr. Noodles Chicken Mr. Noodles Beef
	Mr. Noodles Vegetable
Other Products (3 only):	Other Products (3 only):
White Sugar Brown Sugar	Kidney Beans Tomato Paste
Peanut Butter Ketchup	Diced Tomatoes Spaghetti Sauce
Crackers Tea	Canned Navy Beans Canned Chick Peas
Mustard Decaf Coffee	Red Lentils Frozen Vegetables
Instant Coffee Salt	Green Lentils Canned Black Beans
instant conee Sait	

Please bring in, or call (705)261-0673 for pick-up of any containers with lids, or boxes you may have.

Thank you Servised for May 2024