NIIGAANIIN

Client and Community Newsletter
October 3, 2025



Niigaaniin Hours

SUMMER HOURS CONTINUING

Mon-Thurs 8:30-4:30

Fridays 8:30-12:30

First Aid, CPR, & AED Training

October 21-22, 2025

9:00am-4:00pm

Call 705-356-1621 ext 2351 to reserve your spot

OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE RENEWAL YEARLY

> CALL Darrell Jacques 705 356 1621 Ext 2235

Attention OW Clients if you would like your income statement/rent receipt emailed, please email Samantha Boyer

Niigaaniinreception@mississaugi.com

INFORMATION

OW CLIENTS

Income Statements Due

October 16, 2025

Clients that did not attend the info session on September 29, need to come in on October 16 for the <u>MANDATORY</u> make up session.

Niigaaniin Case Worker

Stacey Pilon

705-356-1621 ext 2215

ncworker@mississaugi.com

"QUOTE OF THE WEEK"

"You never fail until you stop trying"

~Albe r t Ei ns tei n~

Mississanga First Nations				
	LOCAL AREA - JOB OPPORTUNITIES			
Position	Employer/Location	Closing date		
Various Positions Available	Garden River FN	until filled		
Various Positions Available	Serpant River FN	unitl filled		
Various Positions Available	Sagamok FN	until filled		
Various positions	NOG/various communities	until filled		
Various positions	Mamaweswen	until filled		
Various positions	Algoma Manor/Thessalon	until filled		
Various positions	MFN – check website	until filled		
Various poistions	NSHN/Blind River	10/06/25		
G2 Gas Fitter	Drew's Plumbing and Heating	10/07/25		
Water Hub Admin Assist	Mamaweswen	10/10/25		
PT Receptionist Casual Relief	Mamaweswen	10/10/25		
Team Members	Tim Horton's/Blind River	12/5/25		

Other Websites for job postings: Indeed; Linkedin; Google jobs; Job-Bank.gc.ca; employment solutions

Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe

If you are on OW or El or not working or need training ISETP's can offer you the following:
Apprenticeships; Employment Supports/Startup; wage subsidies; Mobility/relocation assistance;
Skills enhancement/Direct Course Purchase; Youth Work Experience; Student Employment; Career and Educational development: Self Employment Assistance *

When applying for any position/job the process involved is: Where do you apply; in person; mail; fax; email or phone. Before applying, <u>please read and follow all the instructions</u> that is required from the employer, or you may be screened out and not get that interview.

If you need help or assistance, you can call Rob our employment Counsellor at 705-356-1621 ext.2237 but please do not wait for the last minute. <u>Call and make an appointment</u>.





Recreational Vehicle Safety & Awareness Workshop Hosted by: Health & Chi-Naakinagewin

Location: Council Chambers

N Time: 5:30 PM − 7:30 PM

- Q Topics Covered:
 - F-Bikes
- Side-by-Sides
 - 🛻 ATVs
 - L Scooters
- Snowmachines

Pizza & Refreshments Provided
Youth and Parents Encouraged to Attend
Door Prize Giveaway



The Mississauga First Nation Chief and Council has enacted an emergency law governing the use of off-road vehicles and snowmobiles on First Nation lands. September 25, 2025 the law has been posted in the First Nations Gazette.

Key provisions include:

Nestrictions

- No travel between 11:00 p.m. 6:00 a.m. on Village Road Walking Path, Village Rd, East/West St, Park Rd, Sawmill Rd, Eli St, Ella Dr, and Bonekeosh St.
- Prohibited at all times on private property (without consent), daycare grounds, water treatment plant, powwow grounds, parks, playgrounds, beaches, cemeteries, and sports facilities.

Permitted Use

- Allowed on public roads within the urban area, except restricted streets.
- Crossing restricted streets must be done safely and directly.

🚺 Safety & Speed

- Towed devices must use a rigid hitch and remain visible.
- Speed limit: 20 km/h within urban areas.

Margary Offences & Penalties

- Non-compliance or false information may result in:
- 1st offence: \$100 or 20 hrs community service
- 2nd offence: \$300 or 30 hrs3rd offence: \$500 or 40 hrs

For full details, please visit https://www.mississaugi.com/laws-and-policies.

Let's keep our community safe and respectful for all.

Contact: 705-356-1621

Wilma - wilmabissiallon@mississaugi.com ext. 2233

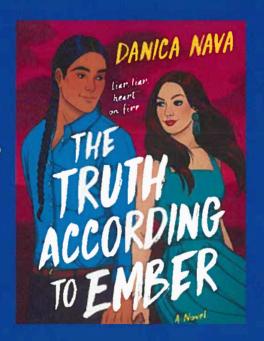
Amanda - amandasayers@mississaugi.com ext. 2213

MISSISSAUGA FIRST NATION EDUCATION DEPARTMENT PRESENTS

JOIN OUR LITERACY BOOK CLUB

UPGRADE THE POWER OF READING AND IGNITING IMAGINATIONS

COME REGISTER FOR OUR
PROGRAM AND PICK UP
PROGRAM AND PICK NEW
YOUR BOOK FOR THE NEW
YOUR BOOK FOR THE NEW
YOUR SEASON
ONDAY OCTOBER 6TH TH 2025
MONDAY OCTOBER 6.00PM - 9:00PM



Enjiikendaasang Literacy Book Club is a perfect gateway for someone who enjoys endless adventures through written words and wants to improve their literacy skills.

COME TO OUR OFFICE AND REGISTER

148 VILLAGE RD - EDUCATION BUILDING 705-356-1621 EXT 2247 **FREE REGISTRATION!**

Beaded Poppy Pins for Remembrance Day



Join us for a beading workshop where you'll learn the art of beading while creating your own poppy pin for Remembrance Day!

All Material Provided October 28, 30, 2025 9am - 12pm November 4,6,10, 2025 1pm - 3pm



For more information contact: Enjikendaasang Learning Centre @ 705-356-1621 Ext 2247



ANISHINAABEMOWIN



JOIN THE ULTIMATE

EVENING OF FUN AND EXCITEMENT!

THURSDAY OCTOBER 16TH | STARTS AT 6 PM





BATTLE SHIP / SCRABBLE

YAHTZEE / GO FISH



SNACKS & REFRESHMENTS

FOR MORE INFO, CONTACT ENJIKENDAASANG LEARNING CENTRE

© 705-356-1621 EXT 2247

148 VILLAGE RD EDUCATION BUILDING



SPRINKLE SOME FUN INTO YOUR WEEK-CAKE DECORATING CLASS NOW ENROLLING! OCTOBER 18, 2025 10:00AM - 4:00PM (lunch provided) October 19, 2025 10:00AM -12:00pm

Contact Enjiikendaasang Literacy Centre:



705-356-1621 ext 2247







Are you tired of feeling overwhelmed?

★Struggling to cope with everyday stress?

Our workbook group is here to support you!
Using the "Stop the Chaos" workbook, we'll explore practical strategies to:



How to Get

Control of

by Beating

Alcohol & Drugs

- **★**Manage stress and anxiety
 - **★**Improve relationships
 - **≉**Increase self-care
- ★Enhance overall well-being

Join us for a safe, supportive, and non-judgmental space to share, learn, and grow.

For more Information Contact:

ENJIKENDAASANG LEARNING CENTRE @ 705-356-1621 ext 2247

SACRED FIRE WITH BRIAN NOOTCHTAI OCTOBER 2025

- Thursday, October 9, 2025
- Thursday, October 23, 2025

From 8:30 A.M. - 3:00 P.M>

TEACHING LODGE BY THE

CULTURAL BUILDING.

FOR FURTHER INFORMATION CALL (705)356-1621, EXT. 2230

FIRE KEEPER Workshops



Learn about being a Fire Keeper + Teachings + Protocols from various Knowledge Keepers

TUES OCT 7

BRIAN PELTIERWiikwemkoong

TUES OCT 14

MFN LANDS DEPARTMENT

TUES OCT 21

ALEX BISSON Wiikwemkoong

TUES OCT 28

DARREN MCGREGOR Sagamok

MFN Cultural Building Teaching Lodge Starting at 5:00pm, Dinner Included

Attend all 4 workshops to receive Gift + Sweater

Open to everyone! Children 12 an under must be accompanied by an adult







MONDAY, OCTOBER 6TH, 2025

11:00AM - 1:00PM

START AT BAND OFFICE!

Let's welcome the season together! As the leaves turn and the air grows crisp, join friends and neighbours for a lighthearted Poker Walk to kick off our Fall Gathering. Collect cards along the way, share some laughs, and see who ends up with the best hand.

PRIZES FOR THE TOP HANDS & PLENTY OF FAUL SPIRIT FOR AUTO

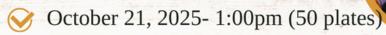
For more information please contact

Monica McGregor and Heaven Cada at

(705) 356-1621 ext, 2217 OR 2244



MFN Social Services is accepting Catering Bids for upcoming Koognaasewin Community Engagement Sessions on the following dates



- October 21, 2025- 5:30pm (50 plates)
- October 22, 2025- 12:00pm (20 plates)
 - October 22, 2025- 5:30pm (50 plates)

Please submit Menu to: ssea@mississaugi.com (Must supply utensils, napkins, plates, cups, etc.)

DEADLINE TO SUBMIT: October 15, 2025 @4:30pm

FOOD BANK OPEN DATES

OCTOBER 2, 2025 8:30-12:00NOON

OCTOBER 16, 2025 8:30-12:00NOON

OCTOBER 30, 2025 8:30-12:00NOON

NOVEMBER 13,2025 8:30-12:00NOON

NOVEMBER 27,2025 8:30-12:00NOON

DECEMBER 11, 2025 8:30-12:00NOON

For emergencies only please call: 705-261-0482







MFN Elders — We Want to Hear from You!



Join Mississauga First Nation Social Services and Koognaasewin for an important Elder Engagement Session on the Draft Child Wellbeing Law.

Your voice matters!

Whether you have questions or feedback, your input is a vital part of shaping this law for our community.

These engagement sessions will directly inform Phase 2 of the Draft Law Development Process.

ELDER ENGAGEMENT SESSION
Wednesday, October 22nd
1:00pm - 4:30pm
In-person @ Red Pine Lodge

Let's refine and finalize our Child Wellbeing Law together!

To register or for more information feel free to contact Kelly McCallum- Social Services Executive Assistant at 705-356-1621 or email: ssea@mississaugi.com

Light Refreshments Door Prizes!



Upcoming Mississauga First Nation Community Engagement Sessions on Our Koognaasewin Child Wellbeing Law



Prizes & Incentives!

Mississauga First Nation is Drafting Our Own
Koognaasewin Child Wellbeing Law to restore
our rights & responsibilities over the wellbeing
of our children & families.
Engagement sessions are
YOUR opportunity to have a voice!

Meal Inluded!

STAFF ENGAGEMENT SESSION
Tuesday, October 21st
9:00am - 1:00pm
In-person @ the Community Hall
Lunch will be served

REMOTE ENGAGEMENT SESSION

Thursday, October 9th & Thursday October 23rd 5:30pm - 7:30pm

VIRTUAL LINK TO FOLLOW

ELDER ENGAGEMENT SESSION

Wednesday, October 22nd 1:00pm - 4:30pm In-person @ Red Pine Lodge

COMMUNITY ENGAGEMENT SESSION

Tuesday, October 21st

Wednesday October 22nd 5:30pm - 7:30pm In-person @ the Community Hall

These engagement sessions will inform the 2nd phase of our draft law development process.

We want to hear your thoughts!
Let's refine and finalize our Child Wellbeing Law together!

REGISTRATION ENCOURAGED
Contact MFN Social Services - ssea@mississaugi.com



AN EVENING OF INFORMATION & DIALOGUE

MFN's Child Well-Being Law

Join Mississauga First Nation Social Services and Koognaasewin for a Community Engagement Session on the Draft Child Wellbeing Law.

Your voice matters —
your questions and feedback will help shape the next phase of this important community law

OCTOBER 21, 2025 5:30-7:30

Sports Complex 46 Park Rd. Mississauga First Nation

- Supper will be provided
- Prizes to be won!!

To register or for more information feel free to contact Kelly McCallum- Social Services Executive Assistant at 705-356-1621 or email: ssea@mississaugi.com



A healthy school year starts with preventive care



HEALTH



VISION SCREENING

Did you know up to 80% of learning is visual?



DENTAL CHECKUPS

Book a dental visit to catch any issues before they become distractions.



IMMUNIZATIONS

Double-check that your child's vaccinations are up to date. It's one of the simplest ways to protect their health



PHYSICAL WELL-BEING

HEALTHY EATING

Provide balanced meals and snacks to support energy and focus. Pack a BPA-free water bottle to encourage consistent hydration.



SLEEP

Ensure your child gets adequate sleep to support their growth and development.



PHYSICAL WELL-BEING

Encourage at least 60 minutes of daily physical activity to maintain a healthy weight and boost the immune system.



HYGIENE & SAFETY

HANDWASHING

Reinforce proper handwashing with soap and water to prevent germ spread.



Teach your child to sneeze or cough into their elbow to reduce infection.



PROTECTIVE GEAR

Pack sunscreen and sunglasses if appropriate.



MEDICAL

INFORMATION



Provide the school with current emergency contact information and any specific medical instructions.



Understand the school's procedures for administering medication.



WORLD MENTAL HEALTH DAY POKER WALK

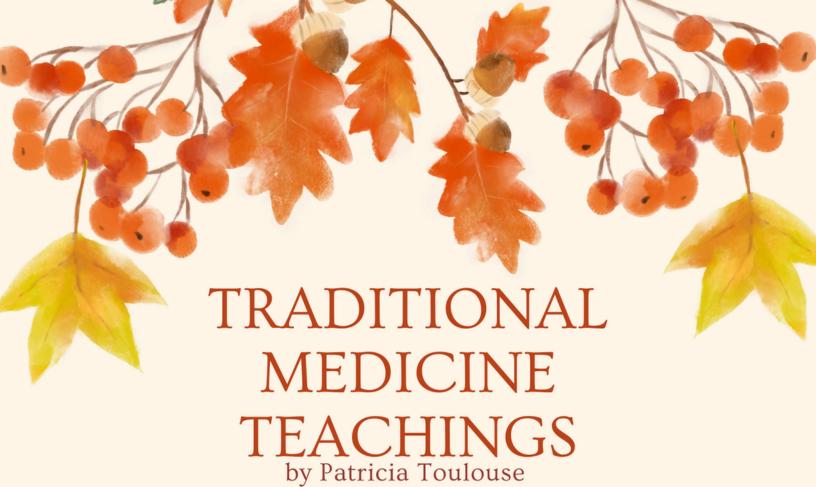
OCTOBER 8, 2025
11:30-1:00PM
BAND OFFICE ENTRANCE
Free lunch in Activity Room





For more information contact Cheri Boyer Health Educator healtheducator@mississaugi.com
705-356-1621 Ext. 2253

CALL US IF YOU NEED A RIDE 705-356-1621 X 2253



FREE LUNCH PROVIDED

Topic: Liver Health

When: Oct. 6/25 at 12-1pm

Where: Activity Room

Band Office

For more information or to register please contact Cheri Boyer Health Educator healtheducator@mississaugi.com 705-356-1621 Ext. 2253 CALL US IF YOU NEED A RIDE 705-356-1621 X 2253



Ovarian Cancer

AWARENESS

Presentation

Free lunch



October 30th, 2025 @12-1pm Activity Room in MFN Dreamcatchers Complex

For more information or to register please contact Cheri Boyer Health Educator healtheducator@mississaugi.com 705-356-1621 Ext. 2253

Presentation by Heidi Resetar OT Join us for a lunch n learn

Occupational Therapy

October 16, 2025 12-1pm **Red Pine Lodge MFN**

Free lunch provided

Occupational therapy (OT) is a healthcare Learn about services provided service that helps people of all ages, from infants to the elderly, regain independence and perform daily tasks they find challenging due to physical, sensory, or cognitive issues.

- Patient Education
- Referral process
- Healthy Community Building

For more information contact Cheri Boyer Health Educator healtheducator@mississaugi.com 705-356-1621 Ext. 2253





October 20, 2025 @12-1pm Red Pine Lodge MFN





For more information contact Cheri Boyer
Health Educator
healtheducator@mississaugi.com
705-356-1621 Ext. 2253

CALL US IF YOU NEED A RIDE 705-356-1621 X 2253



Weekly Walking Group

Starting Sept. 16- Oct. 14

for all ages

Every Tuesday

11-1 pm

at the Sports Complex in the Gym

AND

4 - 6 pm

at Band office entrance walking outdoors
(weather permitting)

Light snacks & drinks will be served

Benefits of walking:

- Strengthens muscles
- Controls cholesterol levels
- Regulates blood pressure
- Reduces stress

- Delays aging
- Boosts immunity
- Improves heart health
- Burns fat

To register call 705-356-1621 x 2253 or email healtheducator@mississaugi.com

NO WALKING GROUP SEPT. 30

Truth and Reconciliation Day

LET US KNOW IF YOU NEED A RIDE
BLOOD PRESSURE AND BLOOD SUGAR CHECKS AVAILABLE

OCTOBER 2025



SERVICE SCHEDULEMississauga First Nation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	23	4	22
		Judy Gillingham - NP	Judy Gillingham, NP - Virtual	Terri Sharpe - Mental		
		Client Care Coordinator	Client Care Coordinator	weiness counsellor		
			Mark De Vuono - Crisis Counsellor	Client Care Coordinator		
				Band office Closed 12:30		
9	7	8	6	10	11	12
Richard San Cartier, NP -Virtual	Richard San Cartier, NP -Virtual	Richard San Cartier, NP -Virtual	Richard San Cartier, NP -Virtual	Terri Sharpe - Mental		
				Wellness Counsellor		
Client Care Coordinator	Client Care Coordinator	Client Care Coordinator	Client Care Coordinator			
Patricia Toulouse - Traditional		Joby Quiambao -RD	Mark De Vuono - Crisis Counsellor	Client Care Coordinator		
Medicine Practitioner		Jessica Hubbard - DNE	Dr. Deverell	Band office Closed 12:30		
13	14	15	16	17	18	19
	Richard San Cartier, NP -Virtual	Richard San Cartier - NP	Richard San Cartier, NP -Virtual			
Office Closed		(Client Care Coordinator		
	Client Care Coordinator	Client Care Coordinator				
Thanksgiving		DIABETIC CLINIC	Mark De Vuono - Crisis Counsellor			
		Joby Çulalibad - RD Jessica Hilbhard - DNF	Dr Deverell			
				Band office Closed 12:30		
20	21	22	23	24	25	26
Judy Gillingham - NP	Judy Gillingham - NP	Judy Gillingham - NP	Client Care Coordinator	Terri Sharpe - Mental		
				Wellness Counsellor		
Client Care Coordinator	Client Care Coordinator	Client Care Coordinator				
DIabetic Foot Care		Jessica Hubbard - DNE	Mark De vuono - Crisis Counsellor	Client Care Coordinator		
			Dr. Deverell	Band office Closed 12:30		
27	28	59	30	31		
Judy Gillingham - NP	Judy Gillingham - NP	Judy Gillingham - NP	Judy Gillingham, NP - Virtual	Terri Sharpe - Mental Wellness Counsellor		
Client Care Coordinator	Client Care Coordinator	Client Care Coordinator	Client Care Coordinator			
				Client Care Coordinator		
		Joby Quiambao - RD	Mark De Vuono - Crisis Counsellor			
		Jessica Habbai a - Dive	Dr. Deverell	Band office Closed 12:30		
1						

Dr. Mark Deverell - Physician Judy Gillingham – Nurse Practitioner (NP) Joby Quiambao – Registered Dietitian (RD)

Jessica Hubbard – Diabetes Nurse Educator (DNE)
Jennifer Osborne - Client Care Coordinator (CCC)

Mark De Vuono- Crisis Counsellor Patricia Toulouse – Traditional Medicine Practitioner Terri Sharpe - Mental Wellness Counsellor Carla Blanchard - Children's Oral Health Initiative (COHI)

Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 x

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

Maamwesying Central Intake (Mental Health, Crisis, General Inquiries) 1-844-864-0523



To: All Community Members

RE: MEDICAL TRANSPORTATION

Please note that appointments must be called in as soon as possible, applications are sent to NIHB for processing and approval.

All trips to SUDBURY, TORONTO, OTTAWA, LONDON, ESPANOLA, outside our catchment area require Prior Approval, Appointment information can be faxed to 705 356 3608.

Please keep in mind that Specialist, Doctor's, etc., do not communicate with our clinic to tell us when they make you an appointment or follow up appts. IT is the Clients responsibility.

We will not be responsible for any last minute appointment being called in.

Prescription pick up is not a NIHB benefit.

For those trips to Sault Ste Marie, we have a Medical van which ifs fully operational, clients are to access the medical van.

Under NO circumstances will alcohol or drugs be permitted on the medical van.

If you have any questions, please feel free to contact me @ 705 356 1621 Ext # 2201.

Thank you

Mary Ellen Morningstar

Med Trans Coord.

MISSISSAUGA FIRST NATION



NIHB Medical Transportation and Specialist Referral Form **Client Information** Last Name: Given Name: Registration Number: Date of Birth: (10 digit status number or Inuit identification Number) Gender: Male 🗆 Female 🗆 (Year/Month/Day) Current address: (Street Number and street name if not available mailing address) City: Province: Postal Code: Phone: (Referral Information (Must be filled out by the referring Medical Professional) Referring Medical Professional Name: Date seen by Medical Professional: Phone: (Fax: (Referred to (Must be filled out by the referring Medical Professional) Specialist Name: Specialty/Department: Specialist e-mall: Sub-Specialty (if applicable): Specialist Phone: (Specialist Fax: (Apt. Clinic Department/Hospital/Location: Date: Time: \square I certify that this is the closest appropriate provider, given the specialty/sub-specialty required. Initials of referring medical professional: Appointment Information Priority (used to prioritize the review and triage of referral) □Emergent (1-2 Days) |ORNGE □Urgent (3-7 Days) ☐Semi-Urgent (8-14 Days) Months Appointment Type: □Follow-up □Ontario Telemedicine (OTN) □Surgery □Procedure/Test Note: The Consultant/Specialist may need to order additional diagnostic tests prior to the initial consultation and may need to schedule follow-up appointments, tests and procedures and/or may refer the patient to another specialist/consultant in response to this referral. Escort Information (Must be filled out by the referring Medical Professional) Escort Name (if known): date of birth required

Documentation of appointment information: Is required Dr, s name date of appointment and time.

*If escort is required-need name and date of birth of that person.

A letter may also be needed stating escort is required.

ONLY 1 escort

Please send information in ASAP as it takes time for NIHB to complete.



Non Insured Health Benefits Program

Inquires:

1 877 779 7749

follow prompts

Assistance for Medical travel is now available 24 hours a day, 7 days a week for REGISTERED First Nations people.

Help with meals, accommodations and travel is available

Call 1 866 885 3933 for medical transportation assistance at night and on weekends

NOTICE

HEALTH SERVICES DEPARTMENT WOULD LIKE TO WELCOME SARAH BARNES – LOCAL PART-TIME MEDICAL TRANSPORTATION DRIVER

Sarah Barnes-Meek will be available from Monday to Thursday 9:00 AM until 3:00 PM. She provides transportation for local medical appointments to and from health facilities either in Blind River or Mississauga First Nation. Call 705-356-1621 ext. 2201 if you require transportation.

Sarah will also be working with health staff to provide transportation if needed to programming activities that they like to participate in Please remember to call Health staff to have your name is put on the list for transportation.

Sarah can be reached at the following: Email: lmtdriver@mississaugi.com



"Fostering Emergence of the Good Mind" With

Diane Hill

(Director, Owner & Operator of a private Healing Lodge & Learning Center)

1on1 Appointments:

- Tuesday, October 28th, 2025;
- Wednesday, October 29th, 2025; &
 - Thursday, October 30th, 2025.

5 Spots per day

8:45 a.m. - 10:00 a.m.

10:15 a.m. - 11:30 a.m.

11:45 a.m. - 1:00 p.m.

LUNCH (1:00 p.m.-1:30 p.m.)

1:45 p.m. - 3:00 p.m.

3:15 p.m. - 4:30 p.m.

Special 3 Hour Workshop Presentation:

Friday, October 31st, 2025 from 10:00 a.m. – 1:00 p.m. "Connecting to Creator or Source Energy"

For an appointment time, please email: rhondapeltier@mississaugi.com
And or call (705)356-1621, ext.2230

Registration Deadline: Wednesday, October 22nd, 2025 by 12:00 noon.





Upcoming Full Moon Ceremony With Dana Boyer

- Monday, October 6, 2025 BNaakWii Giizis
 (8:00 pm-10:00 pm Potomac Arbour)
- Wednesday, November 5, 2025 BaashKaaKodin Giizis (7:00 pm-9:00 pm – Cultural Building TL)
 - Thursday, December 4, 2025 MNiDoo GiiSoonhs
 (7:00 pm 9:00 pm Cultural Building)

Protocols:

Ribbon Skirt

TO REGISTER

Please call extension 2230

and/or email: rhondapeltier@@mississaugi.com



