# Client and Community Newsletter

t and Community Newsletter
June 27, 2024



### Niigaaniin Hours

Mon-Thurs 9:00-4:30 - Fridays 9:00-4:00

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Summer hours Start July 2, 2024

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

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Niigaaniin Office will be closed Monday July 1, 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

Sarmstrong@niigaaniin.com

(705) 356 1621 - EXT 2352

LMI COORDINATOR
KRISTEN JACKPINE

**LABOUR MARKET INITIATIVE SURVEY** 

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

**"QUOTE OF THE WEEK"** 

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart

~Roy T Bennett~

**Ontario Works Clients!** 

Direct Deposit on June 28, 2024

Niigaaniin computer lab open come in to apply for jobs, birth certificate, EI, update resume!

### Mississauga 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
Labour	Milltown/Blind River	7/9/24
Pt. Receptionist	JI Enterprises	7/5/24
Labour	Lakeview Inn	7/4/24
Unit Manager	ISETPs/Mamaweswen/Blind River	7/19/24
Pay Roll Clerk	MFN	7/28/24
Community Wellness Worker	MFN	6/28/24
Enviromental Techinican	MFN	7/9/24
Director of Operations	MFN	7/9/24
Various positions	NOG/various communities	until filled

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

Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe /ask for Jacquie

 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, please read and follow all the instructions 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>.



Position: Director of Operations
Salary: \$98,725 - \$112,186
Hours of Work: 32 hours
Circulation Level: Level I

Accountability: Chief and Council Employment Status: 2 years contract Preferences: MFN Band Members

### The Director of Operations will perform the following duties:

- Participates in financial resources and policy negotiations with provincial and /or federal and /or municipal departments, ministries and agencies as directed.
- Maintains regular contact with external financial advisors and auditors.
- Oversees finance and administration attendance for hours for payroll.
- Continuously monitors expenditures against the approved budget and recommends budget modifications to Chief and Council as appropriate.
- Provides regular and mandatory reporting on a monthly and annual basis to Chief and Council and Government agencies.
- Ensures that required financial reports respecting external government grants and contributions are prepared and submitted.
- Meets with and consults with Senior Management team on a regular basis collectively and individually.
- Meets with and consults with staff on a regular basis collectively, and individually.
- The Director of Operations shall participate with Chief and Council in developing a vision and strategic plan to guide the
  Mississauga First Nation in achieving successful results of the overall budgets and financial situations of the Mississauga
  Band.
- Provide direction and assistance to senior managers regarding human resource issues.
- Conducts employee performance appraisals on senior management, executive assistants on an annual basis.
- Responsible for administration of personnel in accordance with personnel policy/ procedures including monitoring relevant labour laws, drafting of policy amendments, supervisions of personnel records system, and related recommendations to council on recruitment, appeals, compensation, evaluation, and discipline of employees.
- Acts as a role model to other staff in the day-to-day execution of responsibilities of the position.
- Meets with and advises Chief and Council as directed.
- Represents Mississauga First Nation at conferences and forums as directed.
- Meets with and consults with federal and provincial officers responsible for funding as directed.
- Network and develop positive relationships with all levels of government and private sectors to ensure the optimum level of services is being provided to the Mississauga First Nation Band.

### The Director of Operations will possess the following qualifications, skills, experiences, and attributes:

- Post-secondary graduate of Business Administration or Public Administration.
- Five (5) years of strong finance and management experience.
- Must provide a clear Criminal Reference Check from the Canadian Police Information Center (CPIC) and bondable.
- Must have Class "G" Ontario Driver's License in good standing and be able to travel.
- Must be able to meet deadlines, work flexible hours and/or attend emergency situations.
- Generally accepted auditing standards, principles, and practices.
- Business and audit related software applications and tools, including Microsoft Office.
- Must have knowledge of the Ojibway culture and traditions and significant characteristics of the social structures of Mississauga First Nation.
- Financial management and analysis; An understanding of relevant legislation, governance, policies, and procedures.
- An understanding of the northern and first nation economic, cultural, and political environment.
- Knowledge of Occupational Health and Safety legislation, standards, and best practices.
- Knowledge of the Workplace Hazardous Materials Information System.
- Leading or conducting assessments of complex business processes and operations.
- Relate effectively and supervise staff as a diplomatic and flexible team player.
- Must be able to exercise supervisory responsibility for all staff in a team environment.
- Project management skills that support strategic and operational planning/implementation.
- Experience conducting strategic audits and developing advisory plans.

#### WALKING IN BALANCE

- Experience conducting audit projects, preparing audit reports, and providing advice to others.
- Change management skills to introduce innovative approaches to current practices.
- Relationship management skills to maintain relationships with clients and stakeholders, internal and external.
- Express ideas clearly and prepare technical reports and recommendations.
- Must work effectively with management and staff of other programs and/agencies.
- Provide direction and assistance to all employees through the approved chain of command.
- Ability to oversee department staff and provide guidance, direction, and mentorship.
- Identify areas of improvement and resolve issues in a timely manner.
- Presentation skills to provide explanation of complex issues and strategies.
- An effective leader.
- Strong interpersonal and influencing/negotiation.
- Be honest, trustworthy, and respectful.
- Possess cultural awareness and sensitivity.
- Possess a calm demeanor in responding to customers.
- Demonstrate sound work ethics.

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 are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation Attention: Human Resources Department

P.O. Box 1299 Blind River, Ontario POR1B0

Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com

FAX: 705-356-1740

Deadline: July 9, 2024

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



**Position**: Environmental Technician

Salary: \$52,299 - \$59,438

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Lands & Resources Director

Employment Status: Full-time (2 year)

**Preferences**: MFN Band Members

#### The Environmental Technician will:

- Conduct air, water and land monitoring through collection and preparation of samples
- Investigate, participate, and report on environmental emergencies
- Analyze and interpret resource data and prepare technical reports
- Collect samples of water for analysis; measure physical, biological and chemical workplace hazards; and conduct safety and environmental audits
- Conduct surveys and monitoring programs of the natural environmental to identify sources of pollution
- Assist with environmental processes on new projects with applicable environmental agencies
- Gather, document, and monitor Aboriginal Traditional Knowledge (ATK) of natural resources
- Other related duties as assigned.
- Assist with the development, implementation and enforcement of MFN Environmental Management Plan and fisheries or wildlife management plans, MFN Lands & Resources Policies and Procedures and MFN Laws pertaining to land issues
- Provide input into the design and delivery of the MFN Environmental Program
- Conduct research on environmental initiatives such as risk management strategies
- Participate in on-going evaluation of the Lands Department's programs and services
- Collaborate with Cameco and other industry partners to ensure proper environmental protection and programs are in place
- Research and implement a database for land reports, data, environmental sampling and enter data collected through monitoring activities
- Prepare technical reports including interpretations, assessments, and recommendations
- · Participate in workshops on lands and resources or environmental initiatives to the community
- · Prepare environmental information in laymen's terms for general knowledge and understanding

### The Environmental Technician will possess the following education, experience, and skill qualifications:

- Post- Secondary Diploma in Lands, Forestry, Waters or Environmental Management fields
- Experience conducting environmental monitoring, preparing technical reports, and assessing data
- Knowledge and understanding of Mississauga First Nation, traditional territories, and aboriginal traditions & culture
- Knowledge of Mississauga First Nation Land Code and First Nations Lands Management Act
- Knowledge and understanding of environmental issues and concerns within Mississauga First Nation and traditional territories
- Knowledge of protocols involved when gathering Aboriginal Traditional Knowledge (ATK)
- Knowledge of risk management strategies, species at risk programs & policies and environmental emergency planning
- Ability and be licensed to use ATV, Boat & Motors, Snow machines, Canoe and Forestry/Natural Resources Mensuration Equipment and any other scientific data collection equipment
- Ability to use Handheld GPS devices, implement data into the GIS system using ARCMAP 10
- Must have Valid Class G Driver's License and use of Vehicle
- Excellent computer skills with MS Office software and land use databases

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job posting. If you are a member of MFN or of Indigenous descent, please include this information in your cover letter. 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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EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

**DEADLINE: JULY 9, 2024** 

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**: Senior Financial Analyst

Salary: \$69,255 - \$78,707 Hours of Work: 32 hours Circulation Level: Level I Accountability: Social Service Director/Finance Director

Employment Status: 2 years contract
Preferences: MFN Band Members

### The Senior Financial Analyst will perform the following duties:

- Provide financial expertise to ensure effective allocation of resources for Band Representative Services.
- Ensure compliance with funding requirements for Band Representative Services.
- Support financial planning and reporting for activities related to Band Representative Services, including engagement with child and family services providers and participation in child and family service matters.
- Develop and maintain financial models to support strategic planning, budgeting, and forecasting processes.
- Analyze financial data and trends to provide insights and recommendations to senior management for decision-making.
- Monitor and evaluate financial performance against budget and forecast, identifying areas for improvement and risk mitigation.
- Prepare accurate and timely financial reports, including monthly, quarterly, and annual statements, for internal and external stakeholders.
- Ensure compliance with accounting standards, regulations, and reporting requirements.
- Review and analyze financial statements to ensure accuracy and integrity of financial data.
- Collaborate with Social Services Director to develop annual operating budgets and long-term financial plans.
- Monitor budget performance, variance analysis, and provide guidance to stakeholders on budget management and cost control measures.
- Identify opportunities for cost savings and process improvements to enhance operational efficiency.
- Manage cash flow and liquidity to support operational needs and strategic initiatives.
- Forecast cash requirements and optimize cash management strategies, including investment decisions and financing arrangements.
- Assess financial risks and implement risk mitigation strategies to safeguard the organization's assets and financial interests.
- Ensure compliance with relevant laws, regulations, and internal policies.
- Coordinate with external auditors and regulatory agencies during audits and examinations.
- Lead and mentor the Social Services Finance Officer(s), fostering a culture of accountability, collaboration, and continuous learning.
- Provide guidance and support to team members, facilitating their professional growth and development.

### The Senior Financial Analyst will possess the following qualifications, skills, experiences, and attributes:

- Bachelor of Accounting, Business Administration or Commerce Degree
- Designation as a Chartered Professional Accountant (CPA) preferred
- Designation as a Certified Aboriginal Financial Manager (CAFM) preferred
- Five (5) years' experience in financial reporting, budgeting and forecasting is preferred
- Experience conducting financial analysis and risk management
- Experience working with Band Representative Services or similar programs is highly desirable.

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 are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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

Deadline: July 10, 2024

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**Position**: External Services Navigator **Salary:** \$51,034.88 - \$57,990.40

Hours of Work: 32

Circulation Level: Level I

Accountability: Social Services Manager Employment Status: 2 years contract

**Preferences**: MFN Band Members

### The External Services Navigator will perform the following duties:

- Conducting assessments of individuals' needs, including but not limited to housing, healthcare, education, employment, and social services.
- Developing personalized support plans in collaboration with clients, considering their background, preferences, and goals.
- Providing guidance and advocacy to help clients access services and resources.
- Building and maintaining strong relationships with external service providers, government agencies, and MFN community programs and support to ensure timely and effective referrals.
- Monitoring clients' progress and adjusting support plans as needed to ensure they are meeting their objectives and achieving positive outcomes.
- Providing crisis intervention and emotional support to clients in distress, connecting them with appropriate resources for immediate assistance.
- Maintaining accurate and confidential records of client interactions, progress, and outcomes in compliance with policies and privacy regulations.
- Participating in team meetings, case conferences, and professional development activities to enhance your knowledge and skills in supporting MFN members.
- Contributing to the development and implementation of strategies to address barriers and improve access to services for our MFN members living off-reserve.
- Be committed to the development of an effective working relationship with First Nations, government agencies and organizations who are networking with Mississauga First Nation.
- Participate in proposing constructive changes within the Social Services department that could be seen as improvements to the quality of the organization and its operations.
- In keeping with the Anishinabek values, balance outside interests and influences to not jeopardize professional credibility, judgement, or competency.

### The External Services Navigator will possess the following qualifications, skills, experiences, and attributes:

- A bachelor's degree or diploma in social work, Indigenous studies, human services, or equivalent experience
- Minimum 3 years counselling and/or case management experience
- Previous experience in a social services or community support role is highly desirable.
- Experience in conducting assessments, developing support plans, and monitoring client progress is valuable.
- Strong verbal and written communication skills are essential to convey information clearly, empathetically, and respectfully is crucial.
- Excellent problem-solving skills are necessary for assessing complex situations, identifying barriers to accessing services, and developing practical solutions to address clients' needs effectively.

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 are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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Position: Front Line Worker

<u>Salary:</u> \$25.32 hourly <u>Hours of Work</u>: 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: <a href="mailto:hrclerk@mississaugi.com">hrclerk@mississaugi.com</a>
FAX: 705-356-1740

Deadline: Until position is filled

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

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**Position**: Back-Up Receptionist

(Admin & Health Dept)

Salary: \$23.42 hourly

<u>Hours of Work</u>: As needed <u>Circulation Level</u>: 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.

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Mississauga First Nation

P.O. Box 1299 Blind River, Ontario POR1B0

Attention: Human Resources Clerk

Marked: CONFIDENTIAL

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

Deadline: Until position is filled

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Beginning July 2, 2024

Monday to Thursday

8:30 am - 12:00 pm

1:00 pm - 4:30 pm

Friday

8:30 am - 12:30 pm

Closed on Weekends



MASTER OF CEREMONIES Stephanie Pangowish & Darren McGregor

Saturday 1pm & 7pm | Sunday 12pm

**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 Bellefeuille

**HEAD JR DANCERS Aubreigh Fox** Niigaani Niganobe

**HEAD VETERAN** Wayne Pitawanakwat

**ARENA DIRECTOR** Robert Stoneypoint

**HEAD ELDERS** Leona Whetung & Wes Whetung

COMMUNITY FEAST | SATURDAY A 5PM

No drugs, alcohol, or pets Honorariums for first 5 registered drums

EVERYONE WELCOME!

**SPECIALS** 

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

Light Poles

oors, the atmosphere

Scan QR for website



# 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

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

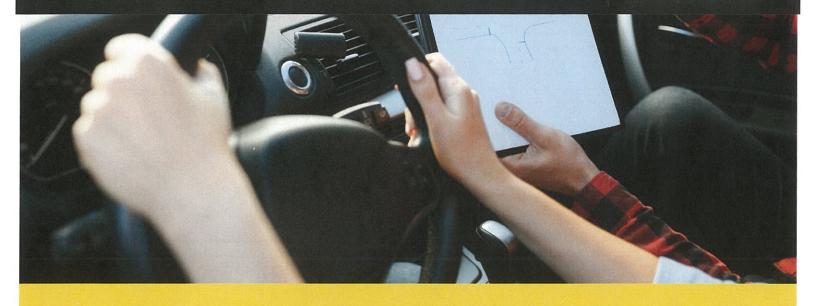
FOR FURTHER QUESTIONS CONTACT

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



# 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





### **LEARN HOW TO:**

- HOW TO MANAGE YOUR RHT SETTLEMENT
- BUDGET
- REBUILD YOUR CREDIT
- CHECK YOUR CREDIT SCORE
- INVEST
- BUY A CAR
- GET A MORTGAGE
- RENOVATE YOUR HOME

# ONE-ON-ONE PERSONAL FINANCE SESSIONS ALSO AVAILABLE

# WITH SCOTT FLAMAND OF FLAMAND MANAGEMENT SERVICES

TUESDAY, JULY 16<sup>TH</sup>
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









THE MEMBERSHIP
OFFICE WILL BE
CLOSED
JULY 15 TO 26, 2024
THERE WILL BE NO MEMBERSHIP
SERVICES DURING THIS TIME

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

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

MIIGWECH! HAVE A SAFE AND HAPPY SUMMER



# 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



### COMMUNITY ECONOMIC DEVELOPMENT COMMITTEE



Mississauga First Nation is seeking members to sit on the Community Economic Development (CED) committee.

The goals of the committee are to support and promote Mississauga First Nation's Vision and Mission Statements and Seven Guiding Principles and foster Economic Development initiatives for the betterment of the First Nation and individual members.

Meetings are held once every two months. The committee works closely with the CED Officer to make recommendations and suggestions for Chief and Council. Both On-Reserve and Off-Reserve band members are invited to apply.

### Please submit your letter of interest by July 12, 2024 to:

Mississauga First Nation P.O. Box 1299 Blind River, ON POR-1B0

Or by email at: joncada@mississaugi.com

For additional inquiries, questions or to apply, please contact:

Jon Cada at 705-356-1621 ext. 2223



# SOLIMMING A

### POW WOW GROUNDS

(1)

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

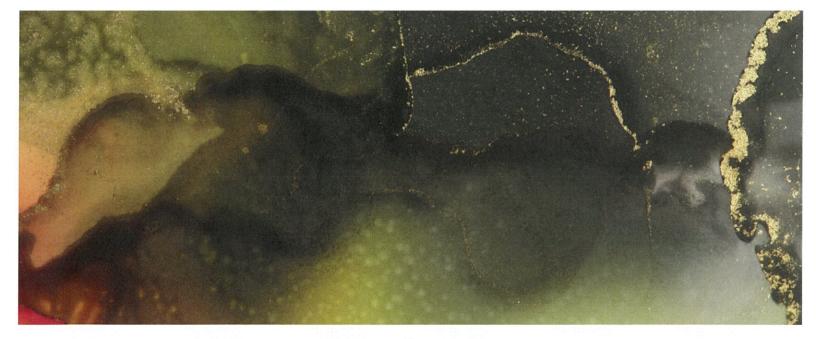
Join us for hand drumming

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

U JULY - 11, 18, 25

Come out to the Education building and create

Education
Building

1:00 - 4:00 PM

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

danaboyeremississaugi.com









Looking for sweet activity to enjoy!
Join us!
Learn from one of MFN's best, learn icing techniques

@ THE EDUCATION BUILDING

PLEASE CALL 705-356-1621 EXT. 2257 TO REGISTER



# Anishinaabehowin Boopwining



8 JULY Join us from 6-9pm, July 8 at the Education Building for Anishinaabemowin Doopwining. Have a seat, have a snack, and lets talk language!

Light refreshments provided

### PUBLIC NOTICE



With summer upon us Mississauga First Nation wishes to remind ALL MFN Band members who invite visitors and/or guests to hunt and fish on Mississauga First Nation land is required to obtain a Harvesting Permit. Any guest or visitor without a Harvesting Permit may be subject to prosecution as per the Community Protection Law and the Mississauga First Nation Land Code. Spouses of our Mississauga First Nation members, who are not status, require a Harvesting Permit along with the proper provincial licenses.

An operational permitting system has been implemented for the purpose of safeguarding and managing our resources to sustain our way of life for the next seven generations. We request all our community members, guests, and visitors to respect our personnel who will be out on the land monitoring this system.

No Inter treaty harvesting is permitted on MFN lands.

Fishing permit

January – June = \$100

July – Dec =\$100

Full Year = \$200

Hunting &Fishing

1 year – \$300 includes small game and deer ONLY

Moose and Bear harvesting is prohibited

If you have any questions or concerns, please contact the By-Law Officer
Scott Richer
scottricher@mississaugi.com
705-356-1621 ext. 2259



### **TIPS FOR TICK SAFETY**

### **HOW TO REMOVE TICK**







GRAB TICK



AND CAREFULLY



ANITIZE 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:
  - o nail polish
  - essential oils
  - o 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





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.



# SAFETY REMINDERS for SPRING FISHING SEASON

Safety gear required for each vessel



Life Jackets (Must fit the person wearing it)



Sound Signaling
Device



Manual propelling device and anchor



A waterproof flashlight



Bailor or Hand Pump



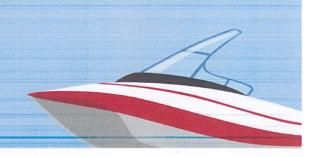
15m of rope

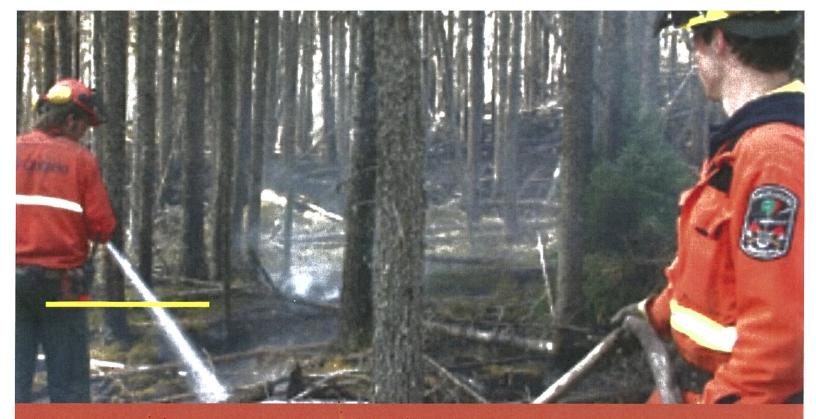


Navigation lights mandatory for vessels operating between sunset and sunrise.



A fire extinguisher for any craft





ARE YOU INTERESTED?

# SP-100 FOREST FIREFIGHTER TRAINING

DATES TO BE DETERMINED BY END OF SUMMER-BEGINNING OF FALL

### LIMITED SPOTS AVAILIBLE!

TO SIGN UP, CONTACT
RICKILEAFERRIGAN@MISSISSAUGI.COM
OR
CALL 437-577-8379



**COME & JOIN US FOR OUR** 

## SUMMER SAFETY CARNIVAL









METAGE PACE METAGE ENTE MATER CAFETY METAGENUC



CAMINO TRAILERS
SHOW COMES
COTTON CAMP!

FRIDAY, JUNE 28TH MFN BASEBALL FIELD

3:00PM - 6:00PM

CHILDREN UNDER THE AGE OF 12 MUST BE ACCOMPANIED BY AN ADULT

FOR MORE INFORMATION CONTACT:

SARAH MCGREGOR- COMMUNITY SUPPORT SERVICE ASSISTANT 705 227 8117



# Youth Rht Information & Engagement Night



Date: Thursday, July 4th Time: 4:30 PM - 7:00 PM Location: Culture Centre

Topics include:

- Michi Saagiig/Anishinabeg Governance
- Understanding the History of the Robinson Huron Treaty of 1850
  - Youth RHTLF Litigation/Settlement Update

Open to all MFN youth ages 15 - 18. Dinner provided.

For more information or to register, please contact: youthcoordinator@mississaugi.com

CULTURAL SUPPORT SERVICES

# WATER



# WATER CEREMONY

JULY 5TH, 2024 JOIN US AT CULTURAL BUILDING

### **AGENDA**

9:00-12:00 ~ Water walker

Tasha Beads

12:00-1:00 ~ Lunch

1:00-3:00 ~ Travel to Lake

Huron for Water Ceremony

limited seating,
please call to sign up.
Call 705-356-1621
ext. 2243



## 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

Monday July 8th 2024
Monday July 15th 2024
Monday July 22th 2024
Monday July 29th 2024

TIME
1:00 - 4:30
PLACE
Child youth Building

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

# NOGDAWINDAMIN & MFN SOCIAL SERVICES

# INFORMATION FUN FAIR

Come out and see all the programs and services offered from Nogdawindamin, MFN Social Services and many others

Games, prizes, etc.

**Bounce Castles,** 

Come & Go Bingo \$1 per card

Water Fun

Free BBQ

Thursday
July 11th 2024
11:00-3:00

Sports Complex Gym MFN Ball Feild

For more info contact Meagan Wilson ext 2360 socialservicesadminassistant@mississaugi.com







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

Monday July 15th at 9:30a.m.

Meet at the CYB at 9:20am

Contact Jennifer Child and Youth Worker

Cell 705-356-3455

cyworker@mississaugi.com









YOUTH PROGRAMMING 13-18



MET: CHILD YOUTH BUILDING

TIME: 10:00AM-4:30

6 SPOTS

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



## Let's 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



### PHOTO CONITEST

SUMMER

2024

THEME: CULTURAL EXPERIENCES, FAMILY FUN AND FRIENDS

#### CHILD AND YOUTH PROGRAM

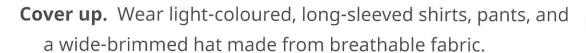
- No registration required
- Email me a minimum of 3 photos
- Be creative, show your art and your style through photography.
- use your phone or camera
- Starts July 1st
- Submit your photos by August 19th
- Prizes for first, second, third place winners!!!
- Judging will done by 3 members of community

Jennifer cyworker@mississaugi.com



#### **Sun Safety Tips**

You can protect your family and still have fun under the sun.





When you buy <u>sunglasses</u>, make sure they provide protection against both UVA and UVB rays.



• Limit your time in the sun. Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. Always take an umbrella to the beach.

**Use the UV Index forecast.** Tune in to local radio and TV stations or <u>check online for the UV index forecast in your area</u>.

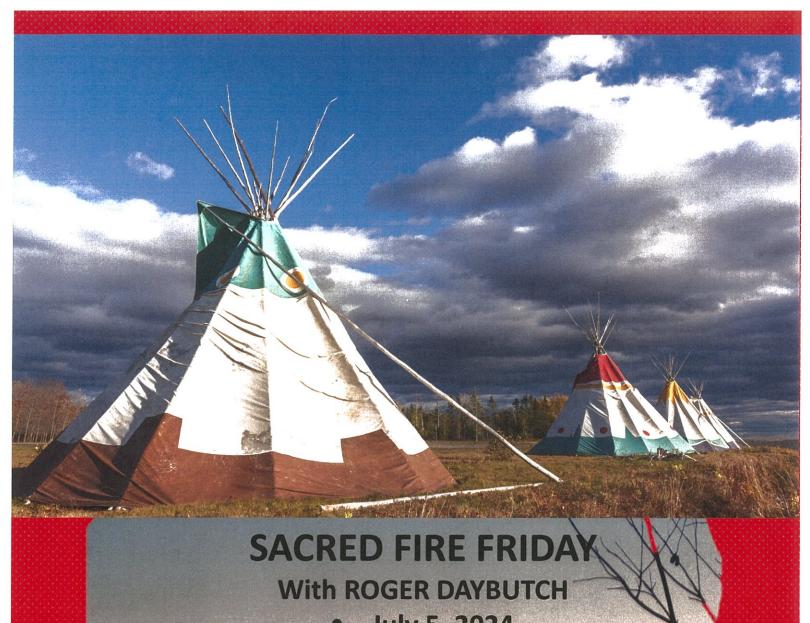


**Use sunscreen.** Put <u>sunscreen</u> on when the UV index is 3 or higher. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30. Even when cloudy.

• Drink plenty of cool liquids (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness.







- July 5, 2024
- July 26, 2024

9:30 AM - 12:00 PM

@ TEEPEE behind band office

**ALL STAFF WELCOME** 

For more information, please email rhondapeltier@mississaugi.com

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

MEEGWETCH on BEHALF
Of
COMMUNITY WELLNESS PROGRAM





## Diabetes Support Group

Join us once a month at 12 p.m. in the Activity Room of 64 Park Road.

- Everyone welcome
- Will discuss diabetes related topics
- Light snacks and refreshments provided



Next meeting: July 24/2024





If you are diabetic, and would like to book an appointment with the team;

We are offering 1 on 1 appointments with the Health Staff

Nurse Practitioner
Community Health Nurse
Diabetic Nurse Educator
Registered Dietitian

**NEXT CLINIC DATE:** JULY 24/2024

FROM: 9AM-3PM

MISSISSAUGA HEALTH CENTRE

Please email Chelsea Grimard - chelseagrimard@mississaugi.com or call 705-356-1621 EXT 2203 or Krysta Sawyer krystasawyer@mississaugi.com or call 705-356-1621 x 2231 to book your appointment



### REIKI THERAPY WITH LINDA VINCENT

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

#### 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

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

MEEGWETCH on BEHALF
Of
COMMUNITY WELLNESS PROGRAM







### 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

10 4 PRACTICES 11 5:30 - 6:30 @ CB

JUL 19 FEAST & PREP

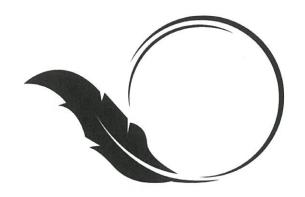
5:30 - 6:30 @ PW GROUNDS

20 MFN POW-WOW
21 INVITED YOUTH DRUM



<<< SCAN TO ADD TO YOUR CALENDAR

FOR MORE INFORMATION EMAIL SKYCADA@MISSISSAUGI.COM



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

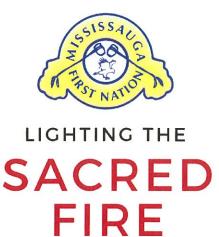
Tuesdays from 7-8PM

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



#### AL- ANON meeting

Have you or a family member been affected by another's drinking or drug addiction?

Please come out and join us at the Cultural Building - 96 Park Road - to find out what AL-ANON can do to help you.

Meeting Day/Time: Monday - 6:00 - 7:00 PM

There you will find a fellowship of others who share your same challenges

# Stress Management

Lunch n Learn with Stephanie Collins June 25/24 changed to June 27/24 @ 12-1pm Activity Room Come out to learn and discuss effective coping methods to deal with stress

## Registration needed

to ensure dietary needs are met for lunch
To register or for more information please contact
Cheri Boyer Health Educator @ 705-356-1621ext.2253
or by email healtheducator@mississaugi.com





Topic: How Medicines Work
When: July 8/24 at 12pm
Where: Activity Room
Band Office
FREE LUNCH PROVIDED

# Registration Needed

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

#### ONTARIO CANCER SCREENING PROGRAMS

#### **Breast cancer screening**

Women, trans, Two-Spirit, and non-binary people ages 50 – 74 should get screening with a mammography every 2 years.

#### Colon cancer screening

Everyone should get screened ages 50 – 74 every 2 years with a FIT test. If colon cancer runs in the family speak to your health care provider for earlier screening.

#### Cervical cancer screening

Anyone with a cervix who is or has ever been sexually active should have a PAP every 3 years starting at the age of 21.

#### **Lung Cancer Screening**

You may qualify for lung cancer screening if you are 55- 74 years of age and have smoked cigarettes every day for at least 20 years (it does not have to be 20 years in a row). Speak to your health care provider for more information.



FOR MORE INFORMATION PLEASE CALL 705-356-1621 X 2231 OR BY E-MAIL: KRYSTASAWYER@MISSISSAUGI.COM

# Publicly Funded Immunization Schedules for Ontario – June 2022 Publicly funded vaccines may be provided only to eligible individuals and must be free of charge

Vacciee Age 2 4 4 6 15 15 15 15 16 15 Diales Norths North Norths Norths Norths Norths Norths Norths Norths Norths North Norths North Norths Norths Norths North Norths North Norths Nort		H	м	12		
• • • • • • • • • • • • • • • • • • • •	Months	Years 7	Years	Years	Years	a ž
4	٠					
ocal Conjugate 13						
Rec.1.						
Men-C-C Mennpoosed Conjugate C						
MANR Measter, Mumps, Rubella						
Varcetta						
MANIBY Manillas, Mumps, Rubolia Vancelia						
Napu-PPV Technus, diphthens, pertussis, Polio		•				
HB Hypatris B		•				
Men-C-ACYVV Menripococcial Conjugate ACYVV-135		•				
HPV-9 Human Paplioments		•				
Tidap Felanus, diphtheria, pertussis			•	•		
Td (popular)					Every 10 years	
HZ soster						-
Preur P-23 Preurococcul Polysaccharde 23						÷/=
Tidap Fetavus, diphtheria, pertussis		One dose in of gestation	in every pregrion	nancy, ideally	<ul> <li>One dose in every pregnancy, ideally between 27-32 weeks of gestation</li> </ul>	2 weeks
Inf		Every year in the fall *	* 111			
	* Once a dose Td boosters o  - PG is a 2 dose	<ul> <li>Once a dose of Tidap is given in nabultinood Q4 years of age: adults should receive Tid boodsers every 10 years, thereafter I + PQ is a 2 dose series see Tidale L2 given by informuscular rection</li> </ul>	nood (24 years on by intramuso	of age), adults	should receive	
Provided through school-based immunitation programs. Men-C-ACYW is a single dose HB is a widomen 2 dose series (see Table 8.0). Each vaccine dose is given widomen a series (see Table 8.0). Each vaccine dose is given.	Children 6 m.  vaccine regui	<ul> <li>- Children 6 months to 8 years of age who have not previously received a bose of influencial vocame require 2 doses given 24 weeks apart. Children who have previously received 81 dose</li> </ul>	ho have not pro is apart. Childre	evicusty received in who have p	ed a dose of infi revioually receiv	hanza ed 21 dose

#### BOOK AN APPOINTMENT ACCINES UP TO ARE YOUR DATE?

705-356-1621 x 2231

krystasawyer@mississaugi.com

## July 2024



# Mississauga First Nation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Canada Day!	2 NP Clinic ORT MHC PT OT	3 NP Clinic DNE RD (Virtual)	4 MD clinic AM. CCC COHI PT Afternoon	S MD clinic AM. MHC CCC AM		
8 Trad. Prac NP Clinic	9 NP Clinic ORT MHC PT OT	10 NP Clinic DNE RD	11 MD clinic AM. CCC PT Afternoon	12 MHC		
NP dinic CCC	16 NP clinic ORT MHC CCC PT OT	NP clinic DNE RD CCC	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	26 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

Opiate Replacement Therapy (Mino)- ORT 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

you are looking for information on how to book an appointment Please contact Maamwesying's Head Office: 1-705-844-2021 if with another service provider listed here.

#### **MFN Food Security Program**

Date:	Pick up only	# children	# adults	# elders
Names of all household Members: _				
Address:				
Phone Number:				
		efore 4:30 Wedno 10:00am - 3:00p		
*Please note that if items are not in your be purchase from distributor. Also, make sure you and your family.	ox, it is because v	we are out of stock,	on back order o	

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
Pepper	

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

Thank you See Revised for May 2024