

NIIGAANIIN

Client and Community Newsletter

FEBRAURY 22, 2024



Niigaaniin Hours

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

Cheque Day March 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

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"

**"you're braver than you believe , stronger than
you seem, and smarter than you think"**

~A.A. Mine~

Ontario Works Clients!

Don't forget to submit your

Direct Deposit Form

IF YOU WERE A CLIENT IN 2023

T 5007 Forms are ready for pick-up

See Kristen at Niigaaniin

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	until filled
Various Positions Available	Sagamok FN	until filled
Executive Assist	MFN/Social Services Department	2/23/24
Receptionsit/Admin Assist	MFN	2/23/24
Director	Cutler/Maamwesying Health Team	2/28/24
Bus Cleaner Pt	AJ Bus Lines	2/29/24
Band Rep	Thessalon First Nation	3/1/24
Admin. Assistant	Town of Blind River	3/7/24
Various positions	Northshore Health Network/Blind River	3/31/24
Various positions	Huron Pines Golf Course/Blind River	3/31/24
Taxi Drivers	Blind River Taxi/Blind River	3/31/24
Labourer	Jacs Masonry	4/30/24
Bricklayer	Jacs Masonry	4/30/24
PSW	Algoma Manor/Thessalon	2/29/24
Resource Worker	MFN Afterschool Program	4/4/24
Summer Student	Canadian Food Inspection/Gov.of Canada/St. Catharines – May to Sept	
Various positions	NOG/various communities	until filled
Various positions	Northshore Health Network	until filled

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

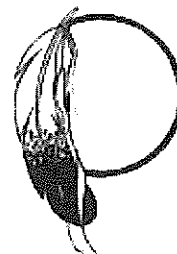
Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe /ask for Jacquie

- If you are on OW or EI 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 *

Summer Students – If you like working with Kids and want to share your skills then check with Muskokawoods.com.

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. Call and make an appointment.

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.





Position: RHT Engagement Enaagadoot

Salary: \$29.52 - \$33.54

Hours of Work: 32 hours per week

Circulation Level: Level I

Accountability: Chi-Naakinagewin Director

Employment Status: Full-time Contract (8 mths)

Preferences: MFN Band Members

The RHT Engagement Enaagadoot will perform the following duties:

- **Stakeholder Collaboration:** Work closely with legal, financial, and community representatives to understand the terms of the annuities, address any questions or concerns, and ensure smooth communication between all parties involved.
- **Documentation and Record Keeping:** Maintain meticulous records of all annuity-related communications, transactions, and documentation. Ensure accuracy, completeness, and confidentiality of records.
- **Annuity Distribution:** Assist in developing a clear and organized process for the distribution of annuities to eligible recipients within the Mississauga First Nation community.
- **Compliance Monitoring:** Stay informed about relevant legal, financial, and regulatory requirements that pertain to the distribution of annuities. Ensure that all activities and processes comply with these regulations.
- **Community Outreach:** Collaborate with staff and Chief and Council to organize informational sessions or workshops to educate eligible recipients about the annuity distribution process, its benefits, and how it aligns with the Robinson Huron Treaty litigation.
- **Conflict Resolution:** Act as a point of contact to address any potential conflicts or concerns that may arise during the annuity distribution process. Direct community members to the appropriate MFN staff or contact for a response. Work towards finding equitable solutions that uphold the best interests of the Mississauga First Nation community.
- **Reporting:** Generate regular reports detailing the progress of the annuity coordination efforts. Present these reports to Chief and Council, relevant stakeholders, including community representatives, legal teams, and financial advisors.
- **Continuous Improvement:** Identify areas for process enhancement and implement improvements to streamline the annuity coordination process, ensuring efficiency and accuracy.

The RHT Engagement Enaagadoot will possess the following qualifications, skills, experiences, and attributes:

- A degree or diploma in a related field such as Indigenous Studies, Business Administration, Law, or Finance is preferred or two (2) years of related work experience.
- Experience with legal and financial compliance related to annuities is an asset.
- Experience working with aboriginal people, organizations and communities preferred.
- Must provide a clear Vulnerable Sector Check from the Canadian Police Information Center (CPIC).
- Familiarity with the Robinson Huron Treaty litigation and its implications for Indigenous communities.
- Sensitivity to cultural considerations and the unique needs of Indigenous communities.
- Knowledge of government departments/agencies dealing with finances.
- Knowledge of Mississauga First Nation programs and services.
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code as it applies to the worker.
- Strong organizational skills with keen attention to detail; Excellent communication skills, both written and verbal.
- Proficiency in record keeping and data management.
- Ability to work independently and collaboratively in a cross-functional team environment.
- Excellent time management skills; Excellent computer skills with MS Office including Excel, Word, Access.

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 P0R1B0

Marked: **CONFIDENTIAL**

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

Deadline: March 1, 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: Early Years Worker
Salary: \$47,889 - \$54,412
Hours of Work: 32hrs/week (Flexible)

Accountability: Social Services Manager
Employment Status: Full-time (2 year)
Preferences: MFN Band Members

The Early Years Worker will:

- Identify and introduce promising and/or best practices that contribute to personal, family and community wellness; plan, facilitate and/or coordinate a range of evidence-based primary prevention workshops, activities, programs and/or presentations for children, parents and community using age-appropriate resources and technology.
- Plan and implement a children's recreation program; plan and facilitate evidence-based secondary prevention and/or educational programs to at risk children and families on an individual or group basis, at individual homes or community sites; implement social marketing strategies to promote wellness, programs/services, and recruit participants; work collaboratively with referring agencies to identify at risk children and families and their needs.
- Collaborate on the planning and implementation of a variety of community events to promote personal, family and community wellness. Plan, facilitate and/or coordinate child focused workshops and/or programs to share and transfer Anishinaabe traditional knowledge and/or practices; screen referrals to determine suitability for group or individual delivery of programming. Plan and facilitate evidence-based secondary prevention and/or educational programs to at risk children and families on an individual or group basis, at individual homes or community sites.
- Demonstrate consistent ability to maintain positive working relationships; collaborate with relevant programs and/or activities; refer to other programs and services as needs are identified; collaborate as a member of the Health and Social Services Team and other assigned community development initiatives.
- Participate in the provision of services as assigned; develop activity, program and funding proposals for management approval; collaborate with leadership, staff, community and partners in achieving the goals and objectives identified in the Community Health Plan of Mississauga First Nation and other community development initiatives; participate in case reviews and/or conferences; critically analyze, monitor, and evaluate programs and activities; participate in and support program evaluation processes; build and/or strengthen bridges between traditional and mainstream approaches to wellness.
- Use technology and other resources to create print documents, electronic and other program resources and materials; comply with Unit, Band, and funding accountability standards (including but not limited to personnel, program and administrative forms; program logic models; work plans; narrative and data program reports and quality assurance practices).
- Participate in regular supervision, staff meetings as directed; provide occasional briefing notes and/or position papers as assigned; use academic study, self-directed learning, and other training opportunities to continually develop professional knowledge and skills; prepare and submit annual work plans; prepare and submit quarterly and annual reports of activities; prepare and submit regular statistical program and activity reports, and/or articles to the Smoke Signal.

The Early Years Worker will possess the following qualifications, skills, experiences, and attributes:

- Diploma in Early Childhood Education, Child Development or Human Services
- Minimum of two (2) years direct service with children, parents, families, and groups; Life Skills Coaching Certificate (asset).
- Knowledge of/ respect for Anishinabek history/practices/teachings/language/values/beliefs is of critical importance; ability to understand and speak Ojibway (asset).
- Proficient in Microsoft Word, Excel, PowerPoint, internet and email software/s, and use of on-line learning resources; some work experience in finance and administration (an asset); must have current First Aid/ CPR; must have Class "G" Driver's license in good standing/be able to travel; must provide a clear Vulnerable Sector Check; ability to work flexible hours.

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 cover letter, resume and three (3) work related references to:

Mississauga First Nation
P.O. Box 1299 Blind River, Ontario P0R1B0
Attention: Human Resources Clerk
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: March 1, 2024

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



Position: Lands & Resources Technician

Salary: \$50,366 - \$57,208

Hours of Work: 32 hours

Circulation Level: Level I

Accountability: Lands and Resource Manager

Employment Status: Full Time (2 years contract)

Preferences: MFN Band Members

The Lands and Resources Technician will:

- Assist with the development, implementation and enforcement of Mississauga First Nation Environmental Management Plan and fisheries or wildlife management plans, Mississauga First Nation Lands & Resources Policies and Procedures and Mississauga First Nation Laws pertaining to land issues and to ensure compliance.
- Prepare technical reports including interpretations, assessments and recommendations.
- Participate in workshops on lands and resources or environmental initiatives to the community.
- Assist/Monitor/enforce all Access Permits for camping, hunting & fishing on MFN Lands.
- Assist/Monitor and research all Lands for Sale surrounding Mississauga First Nation for potential Purchase by the MFN Trust and to liaise between Mississauga First Nation, Mississauga First Nation Trust and Real Estate agents.
- Assist in Land Use database design and GIS/GPS applications using ESRI Software.
- Monitor/Assist Forest Management activities such as compliance monitoring, tree marking, boundary marking, harvest inspections.
- Monitor and assist activities that relate to Environmental issues relating to Mississauga Lands (Settlement Lands and Band Owned Lands) including data collection for Mississauga First Nation and Government agreements.
- Monitor/patrol and inspect all First Nation owned lands and buildings with or without Mississauga First Nation Police services.
- Enforce Mississauga First Nation's Dog-Bylaw, Waste Disposal Law and to be able to respond to nuisance bear complaints including trapping, relocating to isolated location.
- Monitor/Assist Mississauga First Nation Fishery requirements, i.e., proper tagging, mesh sizes, DCR's, creel surveys, FWIN and other fishery data collection projects.
- Supervise/assist any future contract forestry crews in Mississauga First Nation engaged contract work as this promotes/creates economic opportunities for our members.

The Lands & Resources Technician will possess the following qualifications, skills, experiences, and attributes:

- Post secondary education in relevant Lands and Resources, Geography, and Natural Resource Sciences or equivalent combination of education and experience.
- At least three (1) years working experience with a First Nation or Aboriginal Organization.
- Knowledge of Mississauga First Nation environmental health issues.
- Knowledge of MFN Lands & Resources Department and Mississauga First Nation.
- Knowledge of Mississauga First Nation's Customs and Traditional Values; Knowledge and use of ARCMAP 10.2.
- Knowledge and use of forest mensuration equipment and/or any other associated outdoor equipment and devices/monitors.

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 P0R1B0

Marked: **CONFIDENTIAL**

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

Deadline: March 15, 2024

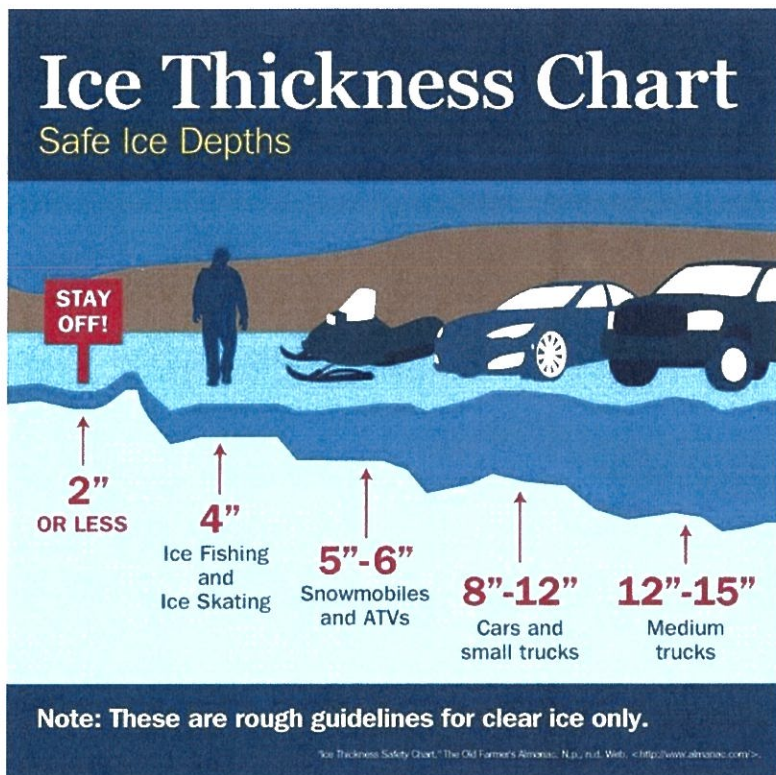
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ICE SAFETY



Ice safety tips

Uneven

- remember—ice doesn't freeze at a uniform thickness
- near-shore ice is often much thicker and safer than ice farther out, especially at the start of the winter season
- check thickness regularly with a spud bar or auger as you move farther out
- ice that formed over flowing water, springs, pressure cracks, old ice holes or around the mouths of rivers and streams can be weaker than surrounding ice

Colour

- clear blue ice is the strongest
- white or opaque ice is much weaker
- stay away from ice that looks honeycombed, common during thaws or in the spring

Driving on ice

- be careful when driving snowmobiles or vehicles over frozen lakes or rivers
- snowmobiles need at least 20 centimetres (8 inches) of clear blue ice
- light vehicles need 30 centimetres (12 inches) or more
- double the thickness if the ice is white or opaque
- heavy snow on a frozen lake or river slows down the freezing process

Before you venture out

- check ice conditions with local ice hut operators or other anglers
- let others know where you're planning to fish and when you plan to return
- wear appropriate clothing and equipment for safety and comfort

<https://www.ontario.ca/page/ice-fishing>



Mississauga First Nation Lands Access Policy

As Stated in MFN Land Code.

The Mississauga First Nation Land Code states that residency and access rights exist for the following persons as per Section 37 (Rights of Access).

Section 37.2

- a) a *Lessee* and his or her invitees. (*Lessee* = Status member who is renting property from MFN).
- b) Permittees and those granted a right of access under the permit. (Currently not available)
- c) Mississauga First Nation members and their spouses and children.
- d) A person who is authorized by a government body or any other public body, established by or under an enactment of MFN, Parliament, or the province to establish, operate or administer a public service. To construct or operate a public institution or to conduct a technical survey and;
- e) a person authorized in writing by the council or by MFN law.

Harvesting rights and natural resource access are solely for:

1. Status Indians of the Mississauga First Nation or their invitees of whom they are hosting.
2. Status Indians of the Robinson Huron Treaty, with permission.

No moose harvesting by non-band members and no harvesting of wood without a permit.

Access Rights **DO NOT** include, equate, or constitute **Harvesting rights**, or access to Natural Resources on Mississauga FN Territory.

Access Rights only pertain to the ability to access the land. This is in reference to MFN Trespassing Laws.

Effective: March 2021

Non-Status Spouses, or children without Status living on MFN Territory, wishing to harvest resources on MFN Territory are obligated to comply with the following requirements.

- have the Status Member with them, (immediately in their vicinity)
- be in possession of a valid provincial license to harvest Game or resources from the land code territory.
- Comply with all provincial and federal rules and regulations.

As a reminder, those who are non-band members and do not comply with Mississauga First Nations Land Access Policy, may be prosecuted with trespassing under the Community Protection Law.

Please forward any questions and concerns to the Mississauga FN Lands Department Manager, Keith Sayers @ 705-356-1621 x. 2236

CLASS ROOM IS OPEN



Our classroom is open every Monday
Night from 5-7pm. Starting In **February**

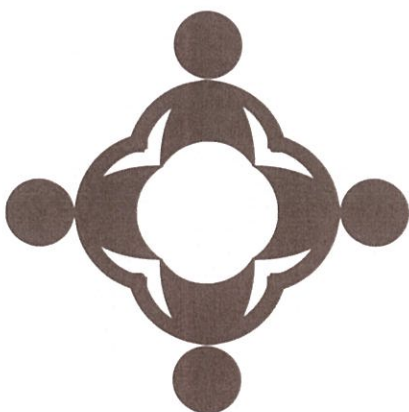


705-356-1621 Ext 2303



www.mississauga.com





Ladies Hand Drumming

MEETING TIME: Monday's 6 pm to 8 pm

LOCATION: Education Building

DATES: Feb 26

EVERYONE IS WELCOME

Contact for more info at danaboyer@mississauga.com

705.356.1621 ext. 2257

BACKYARD MEDICINE



Where: Education Building

When: Wednesday's 6-8pm on

Feb 28

**Learn about the plants
growing on our land!**

danaboyer@mississauga.com



RED DRESS DAY PIN MAKING

MAKING PINS TO HAND OUT ON
MAY 5TH TO HELP RAISE
AWARENESS OF OUR STOLEN
SISTERS AND BROTHERS.

EDUCATION BUILDING – 10AM-12PM

DATES: MARCH 7TH,
APRIL 4, 11, 18, AND 25TH.



Community Introduction

Aanii, my name is Jennifer Jensen. I am from Blind River and a member of Garden River First Nation.

I am so honored to be working for Mississauga First Nation as a newly hired Child and Youth Worker, ages 7 to 13 years old.

For the past 5 years I've been working at Our Lady of Fatima as a Special Educational Assistant.

I've worked for a total of 10 years in schools. During my time working in the schools I became a strong advocate for my students and built many lasting relationships.

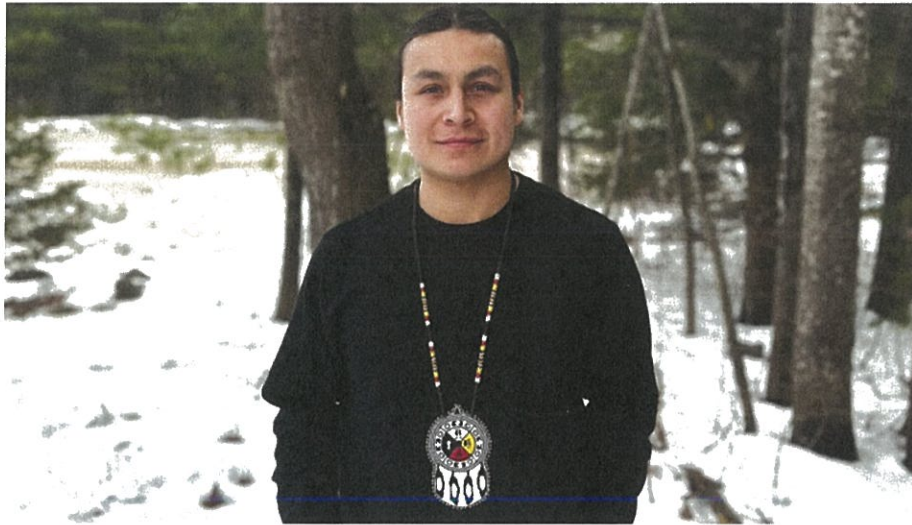
I pride myself in building a strong and positive relationship with the community by listening, supporting and getting to know the young youths. I am a lifelong learner and believe that personal growth and learning from experiences is meaningful and rewarding.

I look forward to working with the community!

Miigwetch,
Jennifer Jensen
Email: cyworker@mississaugi.com



Youth Coordinator



Aanii, boozhoo! Dillon Ominika ndizhnikaaz! Greetings everyone, my name is Dillon Ominika and I am thrilled to announce that I have been hired as the Youth Coordinator for Mississauga First Nation. I have been an active member of this community for the past decade, residing here with my wife, Peyton and our daughter, Biboonanang. I am excited to work with the young people in this community and develop programs that provide them with better support as they navigate their life journeys. With my experience working with youth in my home community of Wiikwemikoong Unceded Territory, I am enthusiastic about creating programs that promote language, culture, health, and wellness through a land-based approach.

I look forward to seeking input from the community soon and working collaboratively to create a brighter future for our youth.

Social Servies Department

Youthcoordinator@missisaugi.com



MISSISSAUGA FIRST NATION

WINTER CARNIVAL

February 23-24, 2024

SCHEDULE OF EVENTS

FRIDAY - FEBRUARY 23, 2024

Community Drum Social | 6:00-8:00PM
Mississauga First Nation Sports Complex

CANTEEN
11AM-3PM
HOT FOOD BY
LNHL
FUNDRAISING

SATURDAY - FEBRUARY 24, 2024

9:00-11:00AM - Community Breakfast
Child and Youth Building - Come and Go Style
11:00AM-3:00PM

Carnival Activities (Bouncy Castles, Cotton Candy, Snow Cone,
Canteen, Poker Walk and more)

11:00-1:00PM

Traditional Game Demonstration & Family Portraits with
Lily and Light Photography (contact Jade to book your timeslot)

For more information please contact
Jade Fox - Community Support Service Worker
705 356 1621 ext 2357 | cssworker@mississaugi.com



Family Resource Coordinator For Families 0-6 years

Does your child need a ribbon shirt or skirt? Save your spot with the Family Resource Coordinator. Please include the size of shirt you will need for boys ASAP.

Please note this will be the only time this program is available.



Date: February 25th, 2024

Time: 10:00-4:00

And

Date: February 26th, 2024

Time: 5:00-9:00

Where: Both Dates at Child & Youth Building

Please call or email Christine Owl with your preferred date either

Sunday (10-4) or Monday (5:00-9:00)

705-356-1621 ext. 2254 or

christine@mississauga.com



MEN'S MONDAY

February 26, 2024
11AM-1PM
Child and Youth Building

FRESHEN UP TUESDAY

February 27, 2024
11AM-1PM
Child and Youth Building

Light snacks and refreshments provided.



SHAMPOO, BODY WASH, FEMININE HYGIENE PRODUCTS
DENTAL HYGIENE PRODUCTS, MEN'S HYGIENE PRODUCT

For more information contact
Jade Fox - Community Support Service Worker
705 356 1621 ext 2357 | cssworker@mississauga.com



COMMUNITY SUPPORT SERVICE PROGRAM

Nutrition Bingo

FEBRUARY 27, 2024

6:00PM

COMMUNITY HALL

To register contact

Jade Fox - Community Support Service Worker

705 356 1621 ext 2357 | cssworker@mississauga.com

Family Resource Coordinator

Community Health Nurse

Baby Feeding and Beyond

Looking for signs of readiness

First foods/puree and textures

Introduction to allergens

Baby food preparation



Date: February 28th, 2024

Time: 11:00 – 1:00

Where: Child & Youth Building

For more information or if you would like to participate, please call or email:

705-356-1621 ext. 2254 or christine@mississauga.com



COMMUNITY SUPPORT SERVICE PROGRAM

MONTHLY PARENT SUPPORT GROUP

TOPIC:
MANAGING
SCREEN
TIME

FEBRUARY 28, 2024 | 12-1PM
CHILD & YOUTH BUILDING
[LUNCH PROVIDED]

*For parents wanting to connect with other parents
who may be facing similar challenges, ask questions and
share ideas with one another.*

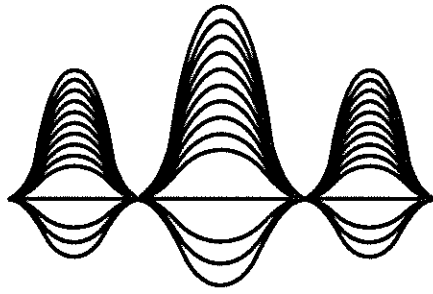


PLEASE REGISTER WITH

JADE FOX - COMMUNITY SUPPORT SERVICE WORKER
705 356 1621 EXT 2357 | CSSWORKER@MISSISSAUGI.COM



Cultural Support Services



SOUND BATH

with Nadia Carriere

a sound bath is a meditative experience
where those in attendance are “bathed”
in sound waves

March 5, 2024
6:00 - 7:30 pm

at the
Cultural Building

Snacks and beverages will be provided

There are 8 spots available!

Please call Evelyn or Cedar at
705-356-1621 ext. 2360 to claim a spot
Esna Chi-Miigwetch!

Children's Oral Health Initiative

Mississauga First Nation


Children's Oral Health Day

**Appointments will be 30mins with the
Dental Hygienist for children 0-7 years old
at the MFN Health Clinic**

**Thursday March 7th
11:00 a.m. – 3:00 p.m.**

**A lunch and learn happening at 12:00 in activity
room**

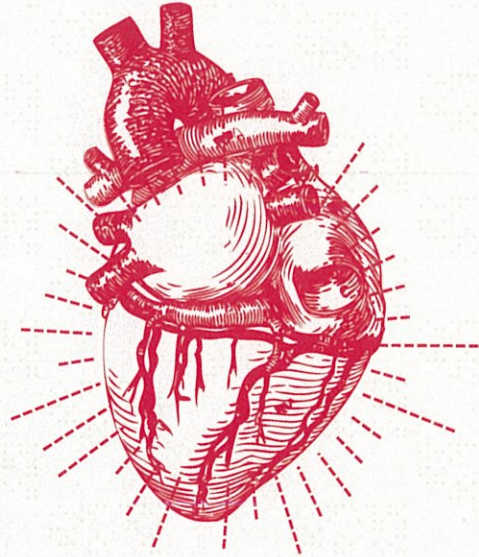
- **Check ups**
- **Varnishing**
- **Limited spots available**

**Contact CHELSEA TO BOOK appointment at 705-356-1621
ext. 2203 or email chelseagrimard@mississaugi.com**

***Must book**

HEART HEALTH LUNCH & LEARN

**HOW SMOKING
IMPACTS HEART
HEALTH**



MARCH 8/24

12 – 1 PM

ACTIVITY ROOM – 64 PARK ROAD

PRIZES TO BE WON

CONTACT KRYSTA @

705-356-1621 X 2231

OR BY E-MAIL:

krystasawyer@mississauga.com

TO REGISTER



A stylized illustration in the top right corner showing a foot in a brown shoe with a green leaf-like pattern on the side, and a hand with white gloves reaching towards it. The background is a mix of brown and orange geometric shapes.

Footcare

**For Diabetic community
members**

**FRIDAY MARCH 22ND
9:00-4:00 P.M.
RED PINE LODGE**

PLEASE BOOK APPOINTMENT WITH
CHELSEA AT 356-1621 EXT. 2203 OR
CHELSEAGRIMARD@MISSISSAUGI.COM

A collection of stylized leaves in various shades of green, orange, and brown, arranged in a layered, overlapping fashion at the bottom of the page.

MISSISSAUGA MICHAMSAE

DRUMMING

5:30 - 6:30PM

FEB

08, 22

MAR

7, 21

APR

4, 18

MAY

2, 16, 30

JUN

13, 27

For more information email:
skycada@mississauga.com



LIGHTING THE
**SACRED
FIRE**

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

WELLNESS THURSDAY'S

Starting Thursday, January 25th, we will be starting a 7-week Luncheon session on The Seven Grandfather Teachings. Roger Daybutch will facilitate the sessions. Happening in the Culture building @ 12 PM

EVERYONE IS WELCOME

If you have any questions contact Sky Cada at 705-356-1621 ext 2228 or email skycada@mississaugi.com



AL-ANON

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

Light Refreshments provided



NA **MEETINGS**



**"AT ANY GIVEN MOMENT YOU HAVE THE
POWER TO SAY THIS IS NOT HOW MY STORY
ENDS"**

**NA meetings happen Tuesday's at 7:00 PM
in the Culture Centre.**

Light refreshments will be provided.

**\$20.00 Tim Hortons gift card drawn
monthly.**

FOR MORE INFORMATION:

skycada@mississauga.com



ATTENTION



**IF YOU HAVE A NALOXONE
KIT PLEASE CHECK THE
EXPIRY DATE**



See Krysta Sawyer or Sky Cada to get a new kit. If you have any questions feel free to contact 705-356-1621 ext. 2231 or 2228



MFN Food Security Reminders

This is a gentle reminder that all MFN food applications must be handed in before Wednesday by 4:30pm, please ensure all requested information is completed on the application. Applications received after this date/time, will be considered late, and will result in Friday pickup of your food box. We need to be consistent and fair to those who do submit on time.

There are no delivery services to those who apply, as we do not have the available resources to do so. Pick up time is on Thursday from 10am-3pm.

Please use the newest application forms, so that you are asking for things we have in stock.

- One box per household
- If you miss Thursday food box pick-up you will have until Friday to do so, hours will be 9am to 12 noon only.

Please feel free to contact me during work hours at (705)261-0673 or at daniellecada@mississauga.com if you have any donations or questions regarding our program.

Miigwetch – Food Security Program

MFN Food Security Program

Date: _____ Pick up only # of children _____ # of adults _____

Names of all household Members: _____

Address: _____

Phone Number: _____

Please submit your forms before 4:30 Wednesday

Pick up is Thursday from 10:00am - 3:00pm

***Please note that if items are not in your box, it is because we are out of stock, on back order or not able to purchase from distributor. Also, make sure to fill out your correct information, so that we may properly serve you and your family.**

Cereals (1 only): Cold Cereal Cooking Oats Cream of Wheat Pancake Mix	Meats (2 only): Hamburger Chicken
Breads (1 only): White Bread Brown Bread Flour	Canned Meats (1 only): Tuna Salmon
Pasta & Rice (1 only): Penne Rice Rotini Macaroni	Dairy Products (2 only): Powdered Milk Canned Milk Margarine Eggs
Soups (3 only): Chicken Noodle Tomato Vegetable	School Aged Children Only (2 Choices): pudding Cookies Wagon Wheels Nutri Grain Bars
Hygiene Products: Toilet Paper Hand Sanitizer	Children & Elders Only (2 Choices): Mr. Noodles Chicken Mr. Noodles Beef Frozen Berries
Other Products (3 only): White Sugar Brown Sugar Peanut Butter Ketchup Crackers Tea Mustard Decaf Coffee Pepper Instant Coffee Salt	Other Products (3 only): Kidney Beans Tomato Paste Diced Tomatoes Spaghetti Sauce Canned Navy Beans Canned Chick Peas Canned Tomatoes (Garden) Red Lentils Frozen Vegetables
Other (Once A Month): Icing Sugar Vinegar	Cleaning Products (Once A Month): Pot & Pan Cleaner

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

Thank you 😊 Revised for February 2024