

# NIIGAANIIN

Client and Community Newsletter

September 19, 2024



## *Niigaaniin Hours*

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

\*\*\*\*\*

***September 30, 2024***

Truth and Reconciliation Day

Niigaaniin Office will be closed

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**Income Statements can be filled out in  
office or emailed to**

**Kristen Jackpine**

**[Niigaaniinreception@mississauga.com](mailto:Niigaaniinreception@mississauga.com)**

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## ***OESP PROGRAM***

**CHECK YOUR HYDRO BILL FOR OESP EXPIRE  
RENEWAL YEARLY**

**CALL Darrell Jacques  
705 356 1621 Ext 2235**

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***LMI COORDINATOR***

***KRISTEN JACKPINE***

**LABOUR MARKET INITIATIVE SURVEY**

**[LMI COORDINATOR @MISSISSAUGI.COM](mailto:LMI_COORDINATOR@MISSISSAUGI.COM)**

**705 356 1621 EXT 2351**

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***~OW Clients~***

***Direct Deposit Hits September 27,  
2024***

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## ***"QUOTE OF THE WEEK"***

***:Be so happy that, when other people  
look at you , the become happy too"***

***~Unknown~***

\*\*\*\*\*

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

# ***Mississauga First Nations***

## **LOCAL AREA - JOB OPPORTUNITIES**

<b>Position</b>	<b>Employer/Location</b>	<b>Closing date</b>
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Various positions	NOG/various communities	until filled
Client Service Worker	ADSAB/Blind River	09/18/24
Cook	MFN-Daycare	09/18/24
Maintenance Custodian	MFN	09/18/24
Community Wellness Coord.	MFN	09/18/24
Medical Transportation Dr	MFN	09/18/24
Daycare Teacher	MFN	09/18/24
Admin Assist	Mamaweswen/Blind River	9/23/24
Assist. Unit Mgr/Finance Clerk	Mamaweswen/Blind River	9/23/24
Post Secondary Adminstrator	MFN	9/18/24
PSW	North Shore Health Network	09/30/24

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

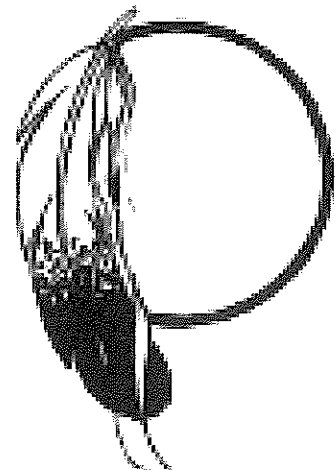
**Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe /ask for Jacquie**

- 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 \*

**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. Call and make an appointment.**

# **Enjoy your summer and be safe !**



# NIIGAANIIN & SERVICE CANADA POKER WALK

**FREE CHILI & BUN & DRINK FREE**

PLUS  
**SERVICE  
CANADA**

CANADA PENSION PLAN  
OLD AGE SECURITY  
SOCIAL INSURANCE NUMBER  
E.I. BENEFITS  
CANADA PASSPORTS  
**REPRESENTATIVES AVAILABLE  
FROM 10-3**

## ♠ ♥ **POKER** ♦ ♣ HAND RANKINGS

Royal Flush 10♥ J♥ Q♥ K♥ A♥

Straight Flush 4♣ 5♣ 6♣ 7♣ 8♣

Four of a Kind K♠ K♥ K♣ K♦ 3♠

Full House 10♥ 10♠ 10♦ A♠ A♣

Flush 10♠ K♠ 2♠ 6♠ 7♠

Straight 7♣ 8♠ 9♦ 10♠ J♥

Three of a Kind 5♠ 5♥ 5♣ J♦ A♦

Two Pair A♠ A♥ 3♣ 3♠ J♣

One Pair Q♦ Q♥ 2♥ 8♠ 9♣

**THURSDAY, OCTOBER 3, 2024  
10:00-2:00PM FOR POKER WALK  
NIIGAANIIN, 15 SAWMILL ROAD**



**GET BUSINESS DONE, HAVE A CHANCE TO WIN PRIZES OR SKUNK HAND**

# Community Reminder



**Together, Let's Make Our Community Shine**

**MFN Public Works would like to remind the community that there is a 4-bag limit on garbage pickup.**

**Any glassware being disposed of should be properly handled. For intact glass items that are not suitable for recycling, proper wrapping and labelling are essential. This ensures that waste collectors are aware of the contents. Use newspaper or bubble wrap to secure the glass, and clearly label it as "glassware" to prevent any confusion during disposal.**

**Sharps containers are available at the Band Office at the Health wing. New containers can be picked up at this location, full containers can be dropped off as well to be disposed of.**

## **Hours of Operation**

### **Waste and Recycling Transfer Station**

**Monday: 8am-6pm**

**Wednesday: 8am-6pm**

**Saturday: 9am-3pm**

### **Community Garbage & Recycling Pick-Up**

**Every Monday: 8am-11am**

**Please have garbage and recyclables out to the roadside in proper containers.**

**We Recycle: Cans; Plastic containers; Cardboard; and Paper**

**\*With the exception of holidays when the Band Office is closed,  
then pick-up will resume on the day after the Monday  
Holiday**





## 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 October 4, 2024 to:**

Mississauga First Nation  
P.O. Box 1299  
Blind River, ON  
P0R-1B0

**Or by email at:** [joncada@mississaugi.com](mailto:joncada@mississaugi.com)

**For additional inquiries, questions or to apply,** please contact:  
Jon Cada at 705-356-1621 ext. 2223



**September 2024**

**Report on Community Economic Development (CED) Projects for Mississauga First Nation**

*A reminder for community members (on-reserve and off-reserve): We are a resource for your business ideas and can assist/guide you through various phases of your business start-up and expansion. Supports includes supporting business plan creation, identifying funding opportunities (start-up & growth options), expanding your network, or learning about new opportunities available to you and your business.*

**ECONOMIC DEVELOPMENT STRATEGIC DIRECTION**

Our directive from chief and council is to facilitate sustainable economic opportunities for MFN to grow. We facilitate this by evaluating opportunities, gathering inputs from our departments and committees to formalize a strategy that meets the needs of the community. We are happy to hear from you on ways we can continue improving this strategy. Send us an email or give us a call.

- Check out the [mississaugi.com](https://mississaugi.com) website, social media platforms and community flyer for news about engagement sessions, committee meeting callouts and general news about projects.

**CHIBLOW LAKE LODGE:**

Our season closes mid-October 2024. We continue to evaluate strategies that address the business model and add new experiences to the campground. If you would like to share your inputs or get involved in planning, please send us an email.

**CREEKSIDE CANNABIS:**

Please contact the CED Department or Creekside Cannabis manager for a copy of our audited statements. The store continues to operate with efficiency. An experienced staff is prepared to assist you. Visit the EcDev page on [mississaugi.com](https://mississaugi.com) to see more updates.

**MARKETING:**

SPOTS AVAILABLE. Advertise your businesses at our community's entrance sign installation. Contact the CED office to learn how you can have your business represented here. We are always looking for ways to promote the businesses in our community. This includes identifying funding that grows the community's branding and presence in external markets.

**COMMUNITY TRAIL SYSTEM:**

We are partners with Blind River to address maintenance on the Youngfox–Eldorado Trail and Boom Camp Trail network as per our signed MOU. We access grants to update existing signage and address long-standing maintenance needs. We also aim to add features and experiences for locals and visitors. Message us if you would like to be a part of the planning!

**COMMUNITY BAND MEMBER STARTUPS:**

Visit the EcDev page on [mississaugi.com](https://mississaugi.com) learn about business start-up supports. We can help you today!

**BAND AQUACULTURE BUSINESS:**

We are in the final stages of funding arrangements for the project. Once approved, we will be sharing updated timelines of tasks including recruitment, training and growth opportunities.



### **DRONE LOGISTICS COMPANY**

Progress continues with the development of a partnership opportunity to see MFN enter the aerial drone industry. All possibilities are on the table for how the business grows and evolves, but MFN is poised to be a leader in this emerging industry. Of note, band members can start their own small business in partnership with Sky Canoe and MFN. Talk to us and learn how you can move to the skies!

### **FORESTRY MANAGEMENT PLAN - UPDATES**

The community is in the middle of updating its forestry management plan and is looking to hire and recruit interested members who would like to explore career opportunities in the forestry sector. There are numerous pathways to education, employment, training, business development and becoming leaders in the industry. Please let us know about your interest in this space and how you would like to become involved and contribute to MFN being leaders in forestry sector conversations.

### **OUTDOOR RINK / RECREATIONAL SPACES**

Funding opportunities are emerging to support development in various community spaces.

- Community access aims to be ready for fall 2024! Updates are forthcoming.
- Message us if you have ideas or would like to contribute to the revitalization of a community space!

### **COMMUNITY GITIGAN:**

- Stay up to date with updates shared via the community's media channels. Also, stay in touch with the staff to learn how to get involved.
- Our community's food forest project aims to be completed by the end of 2024. Visit us to learn what the space will offer.
- We are receiving positive recognition for our work from across the region and province!
- We note emerging interest from members who wish to explore various business opportunities such as maple syrup production, beekeeping, livestock, greenhouse production and more. There is also interest from individuals to learn how to start and manage their own gardens.
- Please visit us to share your ideas on how you'd like to start a business in the agriculture space. This helps us inform the community's Land-Use Plan (LUP) and where to focus future development to accommodate these initiatives throughout MFN's land base.

### **COMMUNITY ECONOMIC DEVELOPMENT COMMITTEE:**

To modernize and adapt our approach to business engagement and community member engagement, proposals will be going to the new Chief and Council to update the terms of reference. Some of the changes will be allow for off-reserve community members to participate in discussions in meaningful capacities while helping MFN sort out future opportunities for all members to benefit from community level decisions.

### **FOR MORE INFORMATION ON THESE INITIATIVES, PLEASE SEND US A MESSAGE:**

Jon Cada, CED Officer

Phone: 705-356-1621 ext. 2223

Email: joncada@mississaugi.com



# Chi-Naakinagewin CONSTITUTION COMMITTEE

Currently have two vacant spots.

If interested in sitting on the committee,  
please send a letter of interest to  
Naakinagewin Enaagadoot.

[amandasayers@mississaugi.com](mailto:amandasayers@mississaugi.com)

Miigwetch!

# Mississauga First Nation Harvesting Fact sheet



## Rights

- Do not require a License
- Are not obligated to abide by provincial or federal seasons
- Are not obligated to follow bag limits set by the provincial or federal governments

## Responsibilities

- Conservation – Species at risk, endangered species, protected species are NOT to be harvested. Harvesting one species to the point of harming their population is also not permitted.
- Safety – ALL provincial and federal rules and regulations stating the safe use of firearms, vehicles, or methods of hunting must be followed as inherent right does not supersede rules of safety.

## Non-Native assistance

- Non-Status unlicensed person may accompany MFN harvesters who are exercising their inherent rights however:
- Non-Status unlicensed people **CANNOT** shoot animals, carry a firearm, assist in the pursuit, or active hunt, or flush game for the MFN harvester. Nor can they take any meat or animal parts from the harvest.
- Non-Status people CAN assist an MFN harvester in the retrieval of fish and game after it is harvested by the harvester
- Non-Status people CAN assist in the transporting of game while in the company of the status harvester. **Not without.**
- Licensed Non-Status harvesters can be accompanied by MFN harvesters, but each may only exercise the rights afforded to them by the license they hold within the range the license provides them, i.e. seasons, bag limit, and tags.

The above information has been compiled through Canadian federal and provincial case law, The constitution Act 1982, Robinson Huron Treaty of 1850, The Natural Resources Transfer agreement.

We wish you a successful 2024 harvesting season.

**Chi-Miigwetch**



# 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,
- e) a person authorized in writing by the council or by MFN law.

**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.

**Harvesting Rights, 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.

Exception = (No Moose Harvesting, No Harvesting of Wood without a permit.)

## 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**

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

# Available for Adoption



Hi! My name is Bex and I'm between 6-7 years of age!  
I am a Collie Mix, intact male.

I may be a senior, but it would be best if I found a home with no children.

If interested, please contact my good friend Scott Richer,  
Mississauga First Nation Bylaw Officer at  
705-261-0259  
[scottricher@mississaugi.com](mailto:scottricher@mississaugi.com)

Vet Reference is REQUIRED

# Available for Adoption



Hi! My name is Bolt and I am two years old!  
I am a white bull terrier husky mix, intact  
male.

I potentially have Discoid Lupus and will  
need medical and medicine treatment daily.  
Also I need protection from UV Rays.

If interested, please contact my good friend  
Scott Richer, Mississauga First Nation Bylaw  
Officer at  
705-261-0259  
[scottricher@mississaugi.com](mailto:scottricher@mississaugi.com)

Vet Reference is **REQUIRED**

# Available for Adoption



Hi, my name is Borrow and I am 8 years old!  
I am a pure bred Golden Retriever, intact male.



My owner had recently passed and my good friend Scott is helping me out.

I do need vet care as my oral health isn't the greatest which may require dental surgery, also, I need to be neutered. Could you be that someone special to help me?

If interested, please contact my good friend Scott Richer,  
Mississauga First Nation Bylaw Officer at  
705-261-0259  
[scottricher@mississaugi.com](mailto:scottricher@mississaugi.com)

Vet Reference is REQUIRED

A horizontal row of various colorful books in different sizes and colors (red, blue, green, orange, pink) standing upright on a brown shelf.

# **so many books** *so little time*

JOIN OUR BOOK CLUB

148 Village Rd

October 1, 2024

6:00- 8:00pm





SNACKS AND  
REFRESHMENTS  
PROVIDED

LITERACY

LEARNING CENTRE

# OPEN HOUSE

*Welcome Back*

Come in and see what courses we have to offer!

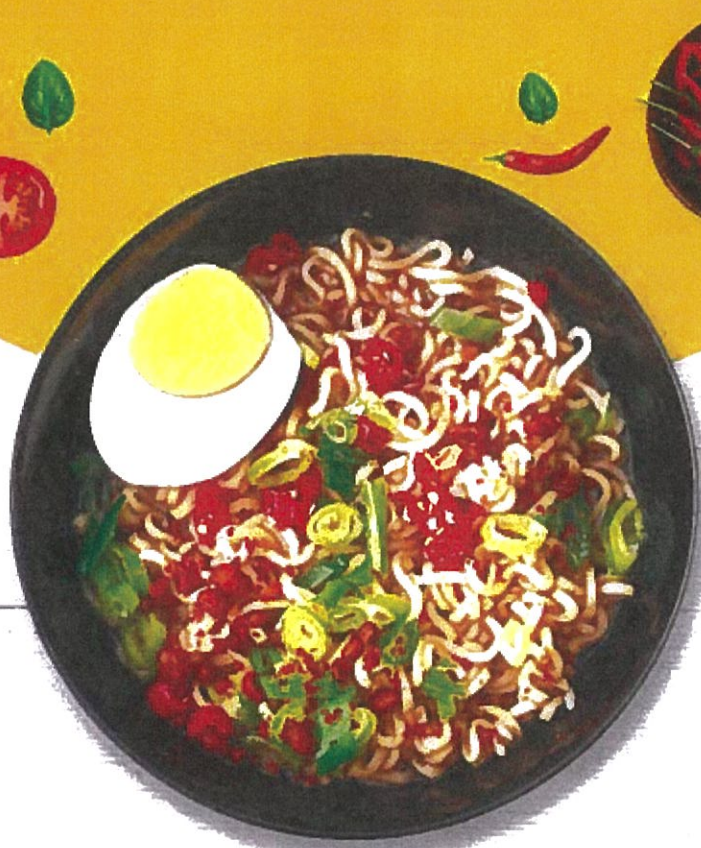
Complete a quick questionnaire for a chance to win the door prize

Stop in and meet the new LBS Instructor

OCTOBER 10, 2024  
6:00PM - 8:00PM  
148 VILLAGE RD

FOR MORE INFO; CONTACT  
MELISSA @ 705-356-1621  
EXT 2247

# ARE YOU HUNGRY?



## WEDNESDAYS SOUP SOCIAL

**IS BACK!**

**OCTOBER  
23, 2024**



148 Village Rd



705-356-1621 Ext 2247



Melissamorningstar@mississauga1.com



**LITERACY  
BASIC  
SKILLS**

# **DIGITAL LITERACY**



Let's learn about technology  
Please register as space is limited

## **SERVICE WE OFFER:**

- Mobile Mastery: Learn how to navigate your smart phone like a pro!
- Vocabulary Boost: Understand tech terms without the jargon
- On-line Safety: Stay safe while surfing the web
- Digital Skill Building: Boost your computer know-how, from sending emails to online shopping.
- Build Confidence: Practice makes perfect. Get hands-on and watch your confidence soar



[melissamorningstar@mississauga.ca](mailto:melissamorningstar@mississauga.ca)



705-356-1621 Ext2247



# **WE ARE HIRING**

**JOIN OUR TEAM**

**BRING A RESUME**

**SOCIAL SERVICES OPEN HOUSE/JOB FAIR**

**WHEN: THURSDAY, SEPTEMBER 26TH**

**TIME: 5:00–7:00 PM**

**WHERE: CHIEF & COUNCIL CHAMBERS**

**COME OUT AND SEE THE MANY  
JOBS AVAILABLE**



**SUPPER WILL BE PROVIDED**



# SEEKING MFN YOUTH (13-18)

*Interested in developing the new  
Mississauga First Nation Youth  
Committee for 2024-2026 term!*



## ROLE OF THE YOUTH COMMITTEE



### **PRESERVATION**

To ensure that our culture, history, language and traditional ways are passed between our Elders and our Youth



### **SAFE DISCUSSIONS**

To ensure that the social issues impacting our Youth are addressed.



### **VOICE**

To ensure that our Youth have an active voice in the community. Will act as an Advisory to Chief & Council.



### **PLANNING**

The Youth Council will assist the Youth Coordinator in youth activity planning.

## REQUIREMENTS

- Submit a letter of intent to Youth Coordinator expressing your interest
- Must be a member of Mississauga First Nation
- Must be between the ages of 13 to 18
- Committed to 1 hour per month, will receive honorarium for attendance at all meetings.
- Many more opportunities to explore and grow!

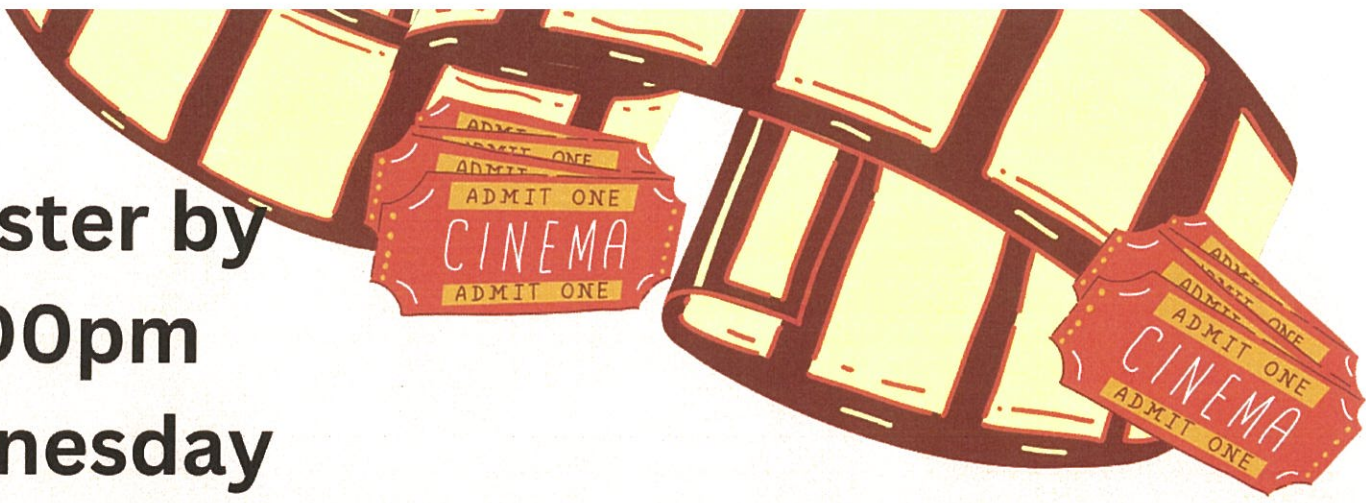


705-918-7261  
text or call



Dillon Ominika (MFN Youth Coordinator)  
youthcoordinator@mississaugi.com

**Register by  
4:00pm  
Wednesday  
Sept. 18th**



**TRANSPORTATION CAN BE  
PROVIDED FOR 6 YOUTH**

# **MOVIE NIGHT**

**PROGRAM WILL  
PROVIDE  
1 ITEM FROM THE  
CANTEEN**

**BLIND RIVER MAPLE CINEMA**

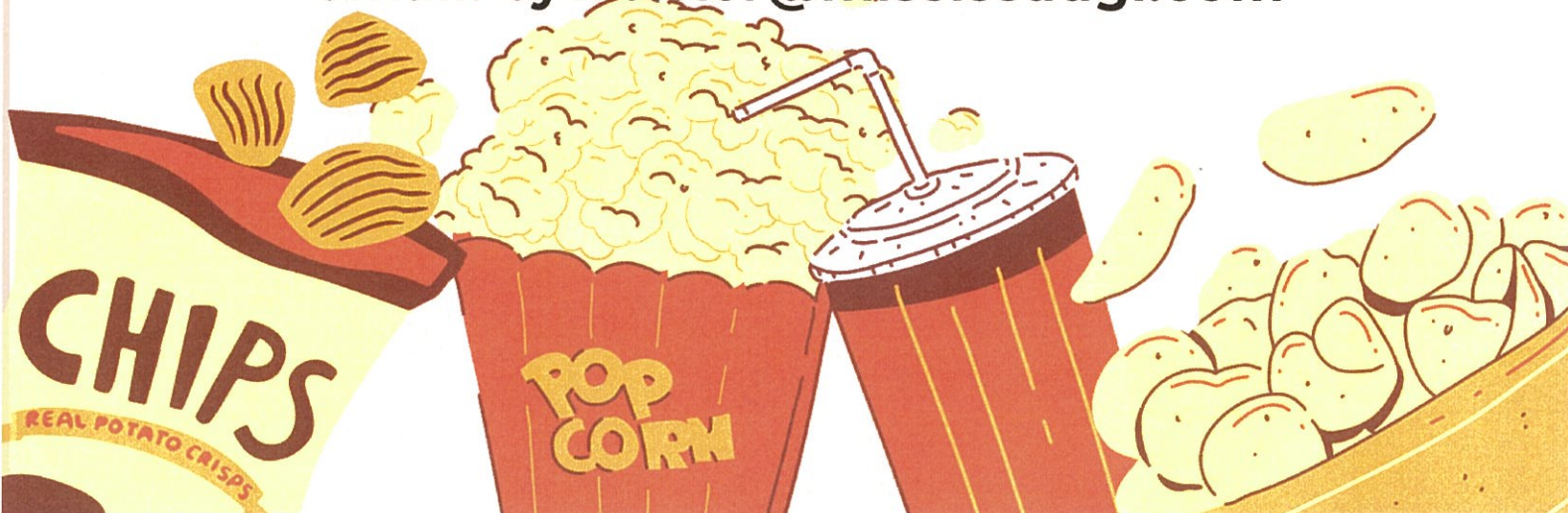
Friday, September 20th at 6:45p.m. meet at  
the movies!

**Harold and the Purple Crayon**

**Child and Youth Worker 7-12yrs**

**Jennifer Cell: 705-356-3455**

**email: [cyworker@mississauga.com](mailto:cyworker@mississauga.com)**



MISSISSAUGA FIRST NATION YOUTH

# HALLOWEEN HAUNT CANADA'S WONDERLAND



AGES  
**13-18**

**SEPTEMBER 27, 2024**

**LIMITED SPOTS!**

**\$20.00 DEPOSIT REQUIRED UPON REGISTRATION**

**DEPARTING MFN AT 12:00PM**

**\*RETURNING SEPT 28, 2024 @ 2:00PM\***

TO REGISTER CONTACT:  
DILLON OMINIKA - YOUTH COORDINATOR  
P. 705 918 7261  
E. [YOUTHCOORDINATOR@MISSISSAUGI.COM](mailto:YOUTHCOORDINATOR@MISSISSAUGI.COM)

# Canadas Wonderland Halloween Haunt September, 27,2024

REGISTRATION	WAIVER
Youth Name:	<p>1. All registration forms must be completed fully before your child is considered registered.</p> <p>2. Although every effort is made to send Youth home with all their belongings, Mississauga First Nation is not responsible for any loss or damage.</p> <p>3. Your child will follow all reasonable instructions from the staff of Mississauga First Nation when participating in the program.</p> <p>4. Mississauga First Nation reserves the right to cancel a child's participation in a camp session if their behavior is deemed unmanageable or dangerous to themselves or others, in which case they will be sent home immediately.</p> <p>5. You release Mississauga First Nation, its staff, volunteers of and from all manner of actions, claim and demands of whatever nature which result from any loss, injury or expense sustained, arising out of or in any way connected with participation in any program or attendance at a program operated by Mississauga First Nation.</p> <p>6. In the event your child is injured, ill or in need of medical attention and you are unable to be contacted, you authorize Mississauga First Nation staff to seek medical attention on your behalf.</p>
Guardian Name:	
Address:	
Email:	
Home Phone:	
Cell Phone:	
Alternate Contact # 1:	
Phone:	
Alternate Contact #2:	
Phone:	
*A separate health form must be completed for registration*	
You authorize Mississauga First Nation to use any photographs taken of your child while participating in Mississauga First Nation programs for future promotional materials.	
Signature:	Signature:
Date:	Date:

## Canadas Wonderland trip 2024

Camper Name:	
Ontario Health Card #:	
Blood Type (if known):	
Does the student suffer from any of the following? If YES, please check.	
<input type="checkbox"/> Migraine Headaches <input type="checkbox"/> Digestion Problems <input type="checkbox"/> Fainting Spells <input type="checkbox"/> Allergies <input type="checkbox"/> Ear, Nose, Throat Infections <input type="checkbox"/> Epilepsy <input type="checkbox"/> Head or back conditions or injuries (in the past two years)	<input type="checkbox"/> Cerebral Palsy <input type="checkbox"/> Skin Conditions <input type="checkbox"/> Orthopedic problems <input type="checkbox"/> Heart disorders <input type="checkbox"/> Diabetes <input type="checkbox"/> Asthma <input type="checkbox"/> Urinary Infections <input type="checkbox"/> Other (please specify):
What precautions are required?	
What things must the youth not do?	
If she/he has allergies, what type?	
Does he/she carry an EpiPen?	
Who should administer?	
Is a special diet required for medical reasons? If so, specify:	
Eyeglass or Contact Lenses:	
Does your child wear a medic alert bracelet, chain, or carry a medical card?	
If yes, what is written on it?	
Is the student prescribed any medication?	
Type of medication	
How often administered?	
Who should administer medication?	
Side Effects	

# PREP TODAY'S LUNCH

for tomorrow's day!

**Registration  
for program**



PLEASE BRING YOUR BENTO  
BOX OR CONTAINERS AND  
RESUABLE  
WATER BOTTLE



OCTOBER 1ST, 15TH,  
29TH

TUESDAY LIFE SKILLS WILL BE  
YOUTH LUNCH PREP

YOUTH 7-9YRS  
5-6PM

AFTER

YOUTH 9-12YRS  
6-7PM  
CYB DOWNSTAIRS

ATTENDANCE PRIZE  
CHOICE OF YETI OR STANLEY  
TUMBLER

MUST ATTEND  
3 LIFE SKILLS HEALTHY LUNCH  
PROGRAM

**Child and Youth Program 7-12yrs**

JENNIFER

CYWORKER@MISSISSAUGI.COM  
CELL: 705-356-3455

# Acting Class

Creative Loft agency is located in Sudbury. I'm looking for a small group of 4 youth from my program that would be interested in seeing what acting is about. We are able to participate in a beginners class and observe.

- Class starts at 5:30–6:30pm
- Leave MFN Child and Youth Building at 3:15pm, snack provided and supper afterwards. Home at about 9pm, I will drop youth off at their home.

**Wednesday October 2nd**  
**Registration by Sept. 30th**

Please take the time to look at the website and check out all of the programs and services of the company



<https://thatcreativeloft.ca/>

Child and Youth Program 7–12yrs  
Jennifer  
cell: 705–356–3455  
[cyworker@mississauga.com](mailto:cyworker@mississauga.com)



# Mental Health Services Community Wellness Check-In

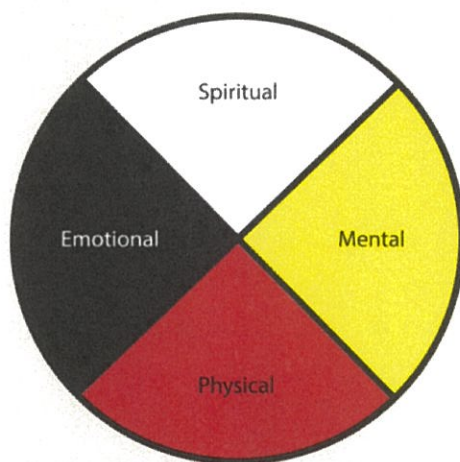
....Help....  
I need some  
support

I'm Doing  
Ok

I'm Doing  
Great

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

## It's Ok To Ask For Help



**To Book An Appointment Call 705-356-1621:**

Community Care Coordinator Ext. 2226

Community Health Nurse Ext. 2231

Mental Health Counsellor Ext. 2234

Family Mental Health Counsellor Ext. 2310

### **Same Day/Crisis Services:**

Maamwesying Same Day Counselling Mon-Fri (1-844-864-0523)

Hope for Wellness Help Line 24hr (1-855-242-3310)

National Residential School Crisis Line 24hr (1-866-925-4419)



## **MISSISSAUGA FIRST NATION OFFERS HARM REDUCTION SERVICES**

- MFN has two Needle drop boxes in 2 locations within the community 1) Near the community center and 2) near the tennis courts down the hill.
- Harm reduction supplies (clean needles/pipes) can be picked up at the clinic.
- Naloxone kits and training can be done at the clinic.
- Needle exchange program at the clinic, bring in your full Sharps container and we will give you a new one.
- Referrals to Mental health support.
- Referrals and assistance to find treatment locations/centers to meet your needs.



**FOR MORE INFORMATION  
PLEASE CALL  
705-356-1621 X 2231**



# Office Painting Bid

ITEM: MFN HEALTH OFFICE



NAME

PHONE

BID

\$

MFN health department is looking for a painter to paint one office 195sq ft 13ftx15ft. Please seal your bid in an envelope and drop off at the MFN health reception or email


[stephaniecollin@mississauga.com](mailto:stephaniecollin@mississauga.com) .

For more information you can call  
(705)356-1621 ext 2234



# ACNE AWARENESS MONTH

## ACNE TREATMENTS TIPS



Diligently  
wash your  
face




Keep the  
diet


Drink lots of  
water



Don't touch your  
face with dirty  
hands



Sleep  
regularly



Exercise  
regularly



## RECOMMENDED TREATMENTS AVAILABLE AT PHARMACY

If you answer YES to any of these questions, it's time to seek medical help to get acne better:

- Your acne is making you feel embarrassed, anxious, self-conscious, angry or depressed.
- Your acne is getting worse.
- Scars or dark marks are developing with your acne.
- You have a family history of moderate-severe acne and your acne is getting worse.
- There is no improvement in your acne after 6 – 8 weeks of over the counter products treatment.
- You can't tolerate over the counter acne treatments or have had side effects.
- For females, your periods are irregular, there is increased body hair growth, and your acne is getting worse.
- There are large, red, painful nodules or cysts under the skin.
- You have extensive acne on the face, and possibly the trunk.

More information available at [acneaction.ca](http://acneaction.ca)

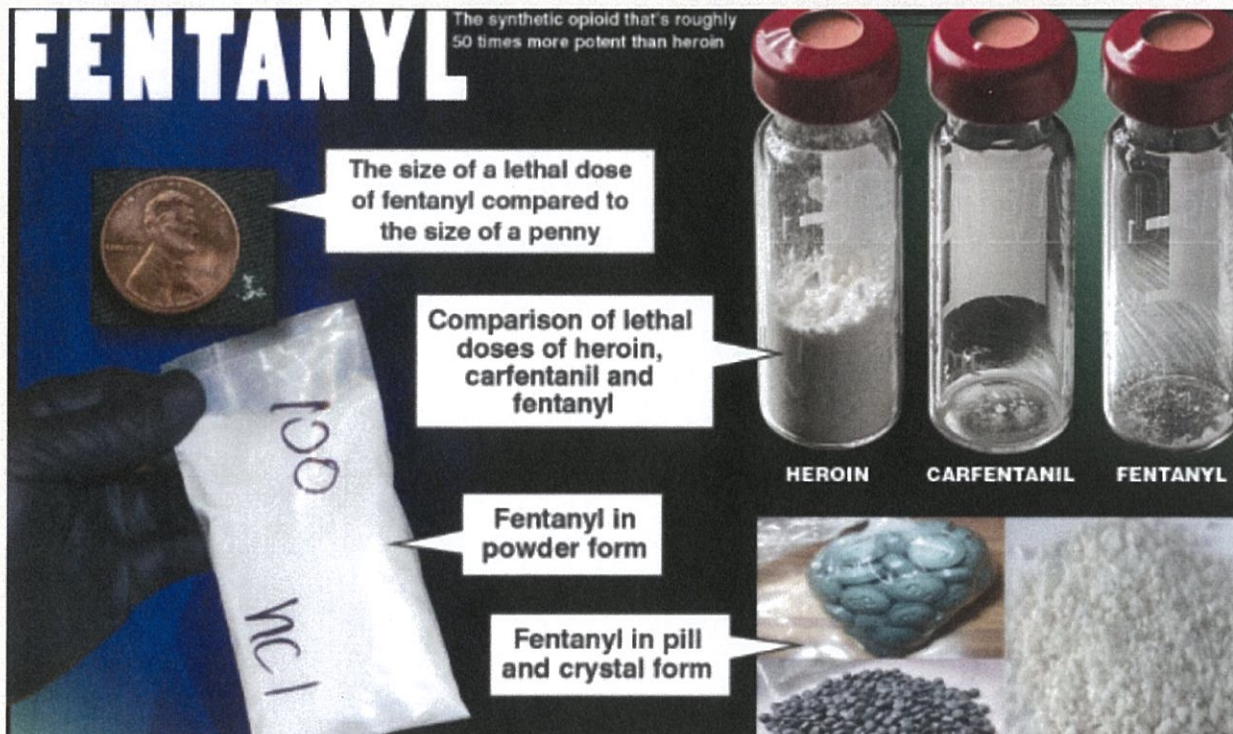
# PLEASE BE AWARE AND STAY SAFE!



## PROTECT OUR COMMUNITY AND YOUTH!



**PLEASE CONTACT LOCAL OPP IF YOU  
FIND THESE IN COMMUNITY  
1 888 310-1122  
OR MFN FIRST NATION  
POLICE 705-576-2156**



## YOU MATTER!!

Avoid direct skin contact with illicit drugs. If this occurs, immediately wash the area with soap and water.

Wash hands (or other unprotected skin) with soap and water immediately after coming into contact with illicit drugs or after leaving an area where illicit drugs may have been present. Avoid breaking the skin while cleaning and cover all open wounds.

Do not use hand sanitizer (or any alcohol based cleaner) or bleach

# **SENIORS WALKING GROUP IS BACK**

**TUESDAY SEPTEMBER 17TH**

**11:00-12:00 P.M.**

**LIGHT LUNCH INCLUDED**

**MFN SPORTS COMPLEX**

**FOR MORE INFORMATION**

**CONTACT CHELSEA AT**

**356-1621 EXT. 2203**



**24** SEPTEMBER

# ALZHEIMER'S AWARENESS MONTH

## Presentation by Alzheimers Society

- What is Alzheimers
- Info for caregivers
- Local supports



**September 24/24**  
**@ RED PINE LODGE**  
**12-2pm**

For more information or to register please  
contact Cheri Boyer Health Educator  
[healtheducator@mississauga.com](mailto:healtheducator@mississauga.com)  
705-356-1621 Ext. 2253



# Footcare

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**For Diabetic community  
members**

**FRIDAY SEPT 27, 2024**

**9:00-4:00 P.M.**

**BAND OFFICE HEALTH  
CENTER**

PLEASE BOOK APPOINTMENT WITH  
CHELSEA AT 356-1621 EXT. 2203 OR  
[CHELSEAGRIMARD@MISSISSAUGI.COM](mailto:CHELSEAGRIMARD@MISSISSAUGI.COM)





# COMMUNITY OUTREACH



**HAPPENING OCTOBER 8  
FROM 1- 4PM**

*Health staff will be in community offering support and  
resources for mental health and addictions.*



Let's talk about

# PINK OCTOBER

BREAST CANCER  
AWARENESS MONTH

OCTOBER 9 2024

12 PM

ACTIVITY ROOM  
DREAMCATCHER  
COMPLEX  
MFN

You are braver than you believe, stronger than you seem, smarter than you think, and twice as beautiful as you'd ever imagined. Don't let cancer cause you to sell yourself short or forget your worth.

FOR MORE INFORMATION OR TO  
REGISTER PLEASE CONTACT CHERI  
BOYER HEALTH EDUCATOR  
HEALTHEDUCATOR@MISSISSAUGI.COM  
705-356-1621 EXT. 2253

MISSISSAUGA FIRST NATION  
HEALTH SERVICES

# MONTHLY DIABETIC CLINIC

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:** October 16/2024

**FROM:** 9AM-3PM

**MISSISSAUGA HEALTH CENTRE**

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



# Diabetes Support Group

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

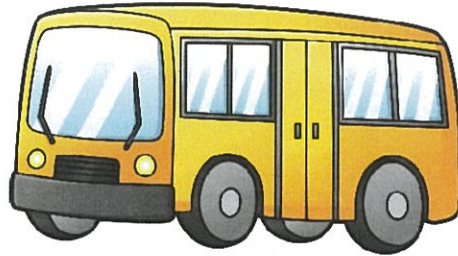
- Everyone welcome
- Will discuss diabetes related topics
- Light snacks and refreshments provided

For more information or to  
register please call  
705-356-1621 x 2231 or e-mail:  
[krystasawyer@mississauga.com](mailto:krystasawyer@mississauga.com)



**Next meeting:  
October 16/2024**

# JOIN US ON THE BREAST CANCER SCREENING BUS



The Ontario Breast Screening Program recommends that women ages 50 to 74 get screened with mammography every 2 years.

If you are due for a mammogram and would like to take a bus for screening, please contact the Health Educator or Community Health Nurse at 705-356-1621 x 2231 or by e-mail:

[healtheducator@mississauga.com](mailto:healtheducator@mississauga.com) or  
[krystasawyer@mississauga.com](mailto:krystasawyer@mississauga.com)

- We can only take 8 people
- The deadline to book is October 18/2024
- We will be going on October 29/2024
  - Lunch provided



# Food Bank Application Form

## Details

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of family members: \_\_\_\_\_

How many Children: \_\_\_\_\_

## Additional Notes

Food Bank Application Forms must be completed and submitted before Thursday. No late submissions will be accepted, no delivery services available unless Nutrition Support Workers program criteria is met.

We are accepting donations of boxes and containers with lids, please call Danielle Cada if you have any at: 705-261-0673

## Bi-Weekly Dates of Services

August 1, 2024 – Open 9am to 12noon

August 15, 2024 – Open 9am to 12noon

August 29, 2024 – Open 9am to 12noon

September 12, 2024 – Open 9am to 12noon

September 26, 2024 – Open 9am to 12noon

October 10, 2024 – Open 9am to 12noon

October 24, 2024 – Open 9am to 12noon