

NIIGAANIIN

Client and Community Newsletter

APRIL 27, 2023



REGULAR HOURS

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

OW CLIENTS

CHEQUE DAY

MAY 1, 2023

AANISH NAA GENAADMOWIT

AMBER NIGANOBE

(705)923-7123

amber@niigaaniin.com

Services

- ***Mental Health and Addictions Counselling***
 - ***Endaayaan Endazi-takookiiyaan***
 - ***Advocacy Services***
 - ***Specialized Group Programs***
 - ***Treatment preparation & Readiness***

OESP Program

Check your hydro bill for OESP expire

Renewal Yearly

Call Stacey 705 356 1621 Ext 2351

niigaaniinreception@mississauga.com

OW CLIENTS

If you received Ontario Works over \$500 + you
have a T5 ready

for pick up or will be mailed out

Call Stacey 705 356 1621 Ext 2351

**IF YOU REQUIRE A TRAVEL GRANT
FOR MEDICAL APPOINTMENTS.
PLEASE REQUEST 7 DAYS PRIOR TO
APPOINTMENT.**

"QUOTE OF THE WEEK"

**"A JOURNEY OF A THOUSAND MILES....
BEGINS WITH A STEP."**

ODSP FN WORKER

ROBYN RECOLLETT

1-800-825-7593

EXT 216

FAX 705-253-2090

Mississauga First Nations

LOCAL AREA - JOB OPPORTUNITIES		
Position	Employer/Location	Closing date
Various positions available	Mississauga FN - check community flyer	until filled
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 Available	NOG/check website	until filled
Admin Support Clerk	Probation and Parole/Sudbury	open
Summer Student	Northshore Health Network	4/30/23
Social Worker	Huron Shores Health Team	8/1/23
Bus Drivers	AJ Bus Lines/Blind River	6/30/23
Econ. Dev. Officer	SRFN edc/Cutler	4/30/23
Camp Med	Sudbury/Thunder Bay/ NOSM	5/2/23
Line Cooks/Servers	Réservoirs/Huron Pines/Blind River	4/30/23
Food/Hospitality	A&W / Blind River	open
Marketing/Communication Asst.	NOHFC Intern/ SSM Chamber of Commerce	5/5/23
Membership and Business Engagement Officer /	SSM Chamber of Commerce	5/5/23
Admin Assist. Tourism	Town of Blind River	5/5/23
General Labourer	Lerory Construction/Blind River	5/16/23
General Labourer	GFL/Blind River	4/30/23
Lumber Sales and Seasonal	Home Hardware/Blind River	5/16/23
Manager and worker	JR Pizza/Blind River	5/26/23
Office Assistant	A&S Embroidery/Blind River	5/18/23
Small Eng. Mech.	NAPA / Blind River	5/31/23

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 *
- If you are a Grade 10 or 11 student and are planning or looking for a career as a Med student There is the NOSM Camp Med coming up in Sudbury July 10-14 and Thunder Bay July 17 – 21 If interested you need to register by May 2nd, 2023 by the end of the day. Further details can be found at CampMed | NOSM U

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.



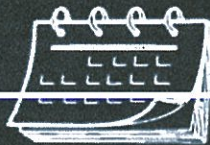
NIIGAANIIN

ATTENTION COMMUNITY MEMBERS!



ServiceOntario

**Schedule
(April 25th - April 27th)**



TUESDAY, APRIL 25TH

- Atikameksheng First Nation
- Location: **37 Reserve Rd**
- Time: 10:00 am to 2:00pm

WEDNESDAY, APRIL 26TH

- Mississauga First Nation
- Location: **15 Sawmill Rd**
- Time: 10:00 am to 2:00 pm

THURSDAY, APRIL 27TH

- Thessalon First Nation
- Location: **Beside the Skating Rink**
- Time: 10:00 am to 2:00 pm

Update your expired Health Card & Drivers License at Niigaaniin Services Mobile ServiceOntario trailer and more!



Please bring the following required documents with you:

- One piece of government ID.
- Your expired red and white health

NIIGAANIIN

ServiceOntario

Ontario

With Superior Service, Tradition First

**Mobile
Service**

Questions?
Info@niigaaniin.com





Position: Native Student Support Mentor

Accountability: Education Director and BRPS Principal

Salary: \$47,889 - \$54,412

Employment Status: Full Time (1 year)

Hours of Work: 32 hrs

Preferences: MFN Band Members

Circulation Level: Level I

The Native Student Support Mentor will:

- Teaching either individuals or small groups of pupils within, or outside the class;
- Developing and adapting conventional teaching methods to meet the individual needs of pupils;
- Using special equipment and facilities, such as audiovisual materials and computers to stimulate interest in learning;
- Collaborating with the classroom teacher to define appropriate activities for the pupils in relation to the curriculum;
- Assisting other professionals, such as social workers, speech and language therapists, physiotherapists and educational psychologists; Working closely with parents and guardians;
- Organizing learning outside the classroom in activities such as community visits, school outings or sporting events;
- Assisting in severely disabled pupils' personal care/medical needs; Behaviour management.
- Advocate on behalf of students in the education system;
- Assist students with improving communication skills, interpersonal skills, social skills, life skills, conflict resolution skills and leadership skills; Promote the importance of education to students and parents;
- Promote awareness of academic and behavioral expectations required to succeed.
- Develop and deliver Seven Grandfather teachings to the school community;
- Provide culturally relevant activities in the school for student participation and to promote cultural awareness to the whole school community;
- Participate in local and regional committees in support of education and cultural service
- Participate in the Education Staff Team meetings and other internal communities/groups in support of education and cultural services to the community;
- Maintain liaison with the community to promote elementary school services; attend school staff meetings as requested.
- Prepare reports and correspondence as required; Prepare an annual work plan and monthly reports to supervisor;
- Establish work priorities and ensure deadlines are met and procedures are followed

The Native Student Support Mentor will possess the following qualifications, skills, experiences, and attributes:

- Post-Secondary Diploma in the Social Work Field;
- One (1) year experience in a counselling role with a First Nation or Aboriginal organization;
- Experience coordinating and facilitating workshops;
- Must have experience and knowledge regarding traditional Anishinaabe teachings, Aboriginal history, and understanding of traditional ceremonies; Anishinaabemowin fluency or willing to learn is considered an asset;
- Access to Vehicle and valid driver's license as some travel will be required
- Able to provide a Criminal Reference Check/Vulnerable Sector Check
- Knowledge of age-appropriate teaching techniques and clear understanding of immersion philosophy and language

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 P0R1B0
Attention: Human Resources Department
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: May 1, 2023

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: Health Services Director

Salary: \$84,315 - \$95,813

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Director of Operations

Employment Status: Fulltime (2 years)

Preferences: MFN Band Members

The Health Services Director will:

- Coordinate the development and implementation of the Community Health Plan and development of staff work plans to achieve its' objectives.
- Coordinate programs and services to meet the goals and objectives of the Unit.
- Ensure ongoing coordination, monitoring and evaluation of services including support services.
- Develop, negotiate, and monitor approved health agreements.
- Ensure maintenance of the Pandemic Plan; Coordinate annual desktop exercises of the Pandemic Plan with staff.
- Manage effective resolution of service complaints.
- Maintain and implement the confidentiality policy within the Unit.
- Monitor changes to health legislation and evaluate if changes required to programs and services.
- Engage the community in the development and assessment of programs and services.
- Supervise, coach and direct health services managers.
- Support team building within the unit with focus on trust, communication, accountability, collaboration, respect, and conflict resolution.
- Build positive communication within team; Coordinate managers team meetings; Coordinate development of managers work plans.
- Monitor manager performance and conduct performance reviews; Monitor attendance and address any issues.
- Participate on Hiring Committees when applicable.
- Follow personnel policies in administration of staff issues.
- Develop and execute a recruitment and retention strategy for health service staff.
- Facilitate and maintain a collaborative and safe work environment.
- Develop annual Unit budgets with input from Unit staff.
- Monitor budgets and develop system to track expenses.
- Follow finance policy in administration of department finances.
- Ensure fiscal responsibility of Unit.
- Negotiate with government and nongovernmental agencies in collaboration with Director of Operations.
- Develop Health Services policies and procedures for approval and implementation in collaboration with the Social Service Director.
- Monitor policies and procedures to ensure compliance; Revise policies and procedures when required.
- Prepare and submit proposals for funding and/or enhanced services.
- Coordinate the Health and Social Services Committee meetings in collaboration with the Social Service Director.
- Provide advice and assistance to the Health and Social Service Committee.
- Actively participate in local, regional or committees/ groups in support of health service to Mississauga First Nation.
- Actively participate on the Program Management Team, Finance Committee, and other internal committees/ groups in support of health services to the community.
- Collaborate with internal and external agencies to provide quality programs and services to the community including evaluations and reports.
- Maintain liaison with the community to promote services, policies, and procedures and to secure feedback on programs and services.
- Develop, maintain, and facilitate liaison visiting health professionals and their supervising organization.
- Sit on the board of Director's for Maamwesying's Ontario Health Team
- Ensure completion of administration tasks as required; Prepare reports, briefing notes and correspondence as required.
- Prepared an annual work plan and monthly report to supervisor.
- Establish work priorities, delegate work when applicable and ensure deadlines are met and procedures are followed

The Health Services Director will possess the following education, experience, and skill qualifications:

- Post-secondary degree in Public Health, Health Administration or Human Services field.
- Three (3) year experience with a First Nation or Aboriginal organization managing programs, finances, and human resources

- Experience writing proposals, policies, procedures, and reports.
- Experience working with Aboriginal people, organizations and communities, management, and financial accounting experience.
- Knowledge of government departments/ agencies dealing with First Nation health and social services.
- Knowledge of health issues at the First Nation and Regional level.
- Knowledge of Mississauga First Nation programs and services.
- Knowledge and understanding of Aboriginal cultural and traditions.
- Knowledge of Occupational Health and Safety legislation, standards, and best practices.
- Knowledge of the Workplace Hazardous Materials Information System.
- Must provide a clear Criminal Records Check from the Canadian Police Information Center (CPIC).
- 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.
- Strong leadership and management skills.
- Excellent interpersonal skills.
- Excellent conflict resolution, problem-solving, time management, and organizational skills.
- Excellent oral and written communication skills.
- Excellent computer skills with MS Office software.
- Ability to manage multiple priorities.
- Ability to facilitate and manage a multi-disciplinary team environment.
- Ability to take initiative, meet deadlines and work flexible hours.
- 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 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:

Mississauga First Nation
P.O. Box 1299 Blind River, Ontario P0R1B0
Attention: Human Resources Department
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: May 9, 2023

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

We wish to express our gratitude for your support and comfort that our family received during this difficult time in the of loss for our brother, uncle and friend. Your support helps to ease the burden of this tragic event. It is in times like this, we are reminded of, the importance of community.



***The family of TERRENCE
EDWARD BOYER***

Cinco de Mayo

MAY 6

DOORS
OPEN 7PM

MISSISSAUGA FIRST
NATION
SPORTS COMPLEX

ENJOY AN EVENING OF
DANCING, GREAT MEXICAN
FOOD, & DRINKS

CASH BAR WITH PREMIUM DRINK OPTIONS AVAILABLE AT EXTRA COST

TICKETS \$45 OR \$80 FOR COUPLES

FUNDRAISING EVENT HOSTED BY:

JR'S PIZZA/MFN LITTLE NHL

&

ROYAL LEPAGE MID NORTH REALTY, BROKERAGE



TICKETS CAN BE PURCHASED AT:

ROYAL LEPAGE OFFICE IN BLIND RIVER, JR'S PIZZA, & MFN BAND OFFICE

FOR MORE INFO PLEASE CONTACT DANIELLE GAGNON @ 705-849-5491

PROCEEDS RAISED FOR
MFN LITTLE NHL/LITTLE JAYS & TREK FOR SHELTER



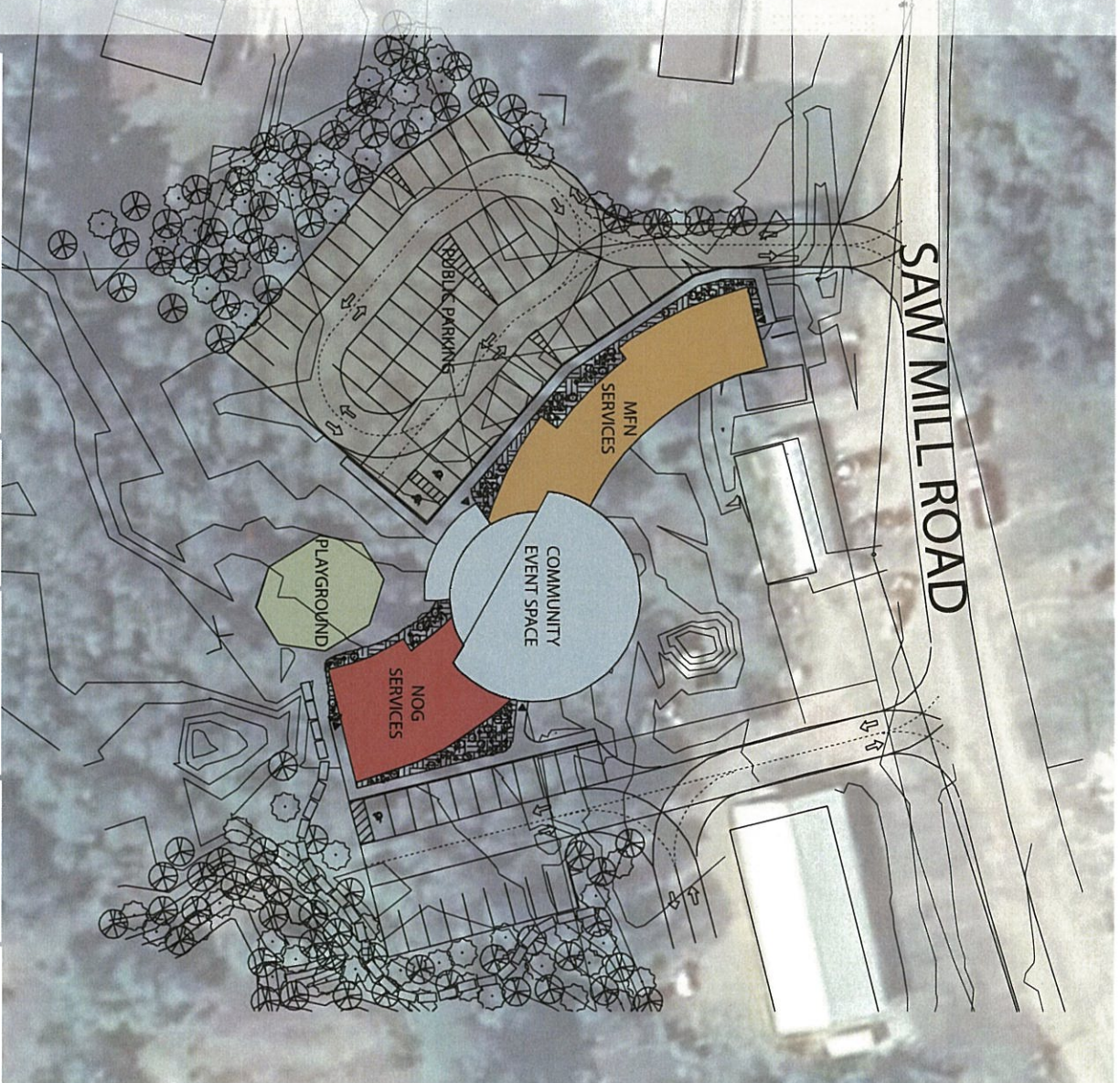


COMMUNITY
PRESENTATION
FOR THE PROPOSED

SOCIAL SERVICES BUILDING

COME JOIN US FOR
FOOD AND REFRESHMENTS!

SPORTS COMPLEX
LOCATED AT 46 PARK ROAD
ON MAY 3, 2023
FROM 4:30PM TO 6:30PM



ARCHITECTURE

49





CALL FOR TENDERS

**Units available to view by contacting via email
monica@mississauga.com to schedule a date & time.**

11B RICHARDS LANE (2 Bedroom) - Wash all walls, ceilings, frames, windowsills and trim. - Repair damaged drywall, holes throughout the unit. - Paint all walls, ceilings, frames, windowsills and trim. - Replace damaged trim (as required) throughout unit. - Wash windows inside and out. - Wash fridge & stove thoroughly - Wipe down cupboards in kitchen, bathroom and closets. - Clean bathtub areas, toilets and sinks. - Wash laminate flooring with proper solution. - Replace required lighting fixture covers & electrical outlet covers throughout home. - Repair and/or replace damaged window screens. (Location: front door & bedrooms) - Repair/Replace/Repaint closet doors & hardware where required. - Remove all debris from interior / exterior of unit and properly dispose of.	Labor Amount:
	Material Amount:
	Total Amount:
	# of Days:

Deadline date for tenders: Friday May 5th, 2023 @ 12:00 pm

- * **MATERIAL/SUPPLY (must provide a copy).**
- * **Contractors must provide their own tools & equipment.**
- * Successful contractors will also be required to provide **quality of workmanship** and a **warranty on the work completed.**
- * There will be no change in the amount agreed upon in the signed contract.
- * **All bids must be submitted in a formal manner.**

Submit your bid in a sealed envelope **with bid & tender address** and submit to the office through **mail, fax, email**

Monica McGregor – Housing Manager
 PO Box 1299, Blind River, ON POR 1B0
 PHONE: 705-356-1621 ext 2217 FAX: 705-356-1740
 Email: monica@mississauga.com



MAMAWESWEN
Emergency Management

Event Purpose & Details

Mamaweswen's Emergency Management Unit is conducting engagement sessions to assist with the development of a Regional Emergency Management Plan.

The May 11 Elders Gathering will focus on Fire and how Traditional Knowledge and Practices could be incorporated into the Regional EM Plan.

10 Elders from each of the 7 serviced First Nation community's are invited to participate to share their knowledge and stories on traditional fire management. Accommodations and costs for meals and travel will be provided.

Please register for the event by April 28 at noon.

Please contact Tammy with any questions.
tammy.trenblay@mamaweswen.ca

Register at: <https://forms.office.com/r/7PQLn09H1x>

MAY 11 9AM - 4PM

Elders
gathering

• SAULT STE MARIE •
BUSH PLANE MUSUEM



MAMAWESWEN
Emergency Management

Tentative Agenda

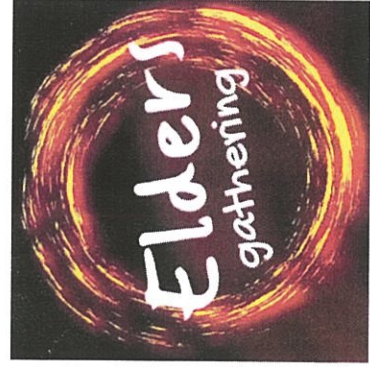
May 11, 2023

Elders Gathering

Final Agenda to be included in meeting package

Please register for the event by April 28 at noon at the following link

<https://forms.office.com/r/7PQLn09H1x>



MAMAWESWEN
Emergency Management

Day 1— Wednesday May 10—Travel Day

Afternoon: Travel to Sault Ste Marie

3:00pm Hotel Check-In

Day 2 — Thursday May 11—Elders Gathering

Location: Canadian Heritage Bush Plane Centre—50 Pim St

9:00am: Registration and Light Breakfast

9:30pm Welcome and Opening Ceremony

10:00am Presentations and Discussions

12:00pm Lunch

12:45pm Tour Museum and Movie in the Fire Theatre

2:30pm Presentations and Discussions

3:00pm Wrap up and Next Steps

3:30pm Closing Ceremony

4:00pm Departure for home or hotel

Day 3—Friday May 12—Travel Day (optional)

10:00am Hotel Check-out



APRIL 29 & 30, 2023

**LANDS AND RESOURCE DEPARTMENT WILL BE
GOING AROUND MFN COMMUNITY ON APRIL 29TH & 30TH
TO PICK UP ANY YARD WASTE OR GARBAGE FROM
YOUR YARD.**



**PLEASE PUT GARBAGE AT THE END OF YOUR DRIVEWAY.
PLEASE DONT FORGET TO SEPARATE
GARBAGE/LEAVES/RECYCLING IN SEPARATE BINS OR BAGS.
*NO GLASS
MIIGWETCH!**

PICKUP BETWEEN 9AM-3PM

FOR MORE INFORMATION CONTACT 705-356-1621 EXT.2259 OR 705-261-0259

LANDS AND RESOURCES WOULD LIKE TO INFORM
THE COMMUNITY

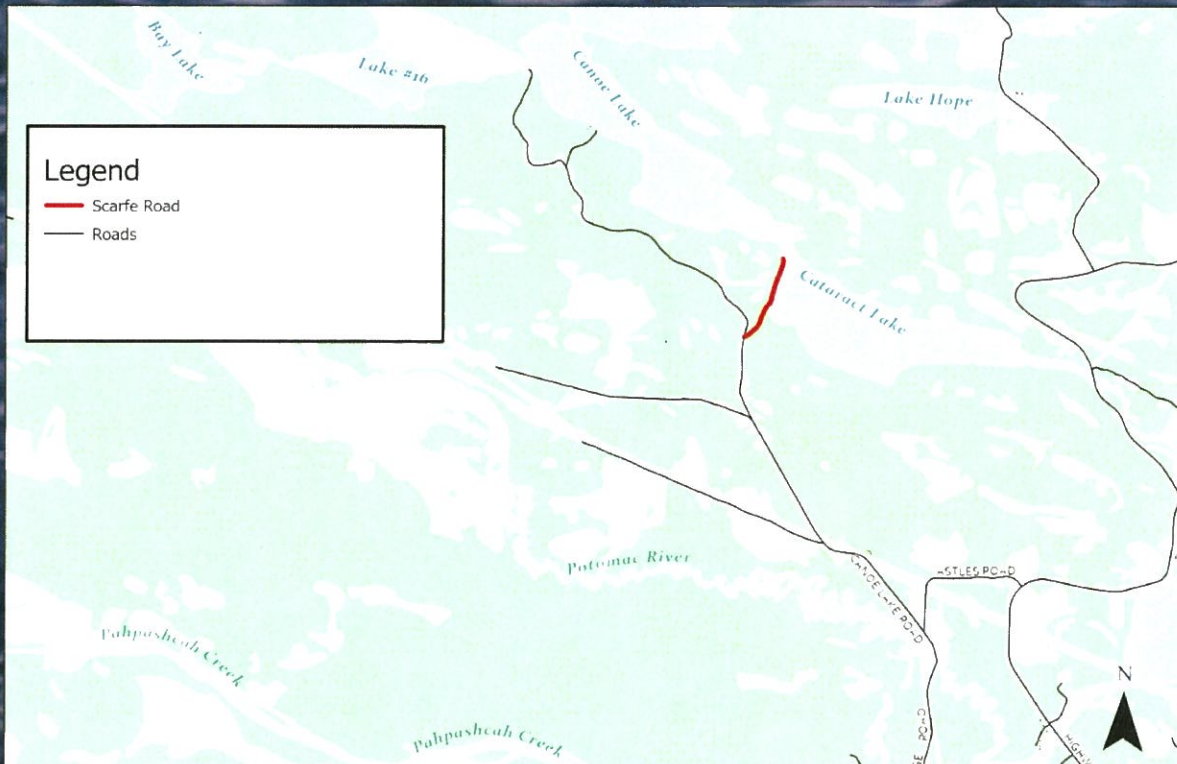
R O A D C L O S U R E



SCARFE ROAD



D U E T O H I G H
W A T E R



ANY QUESTIONS CONTACT THE LANDS AND
RESOURCES DEPARTMENT

705-356-1621

CATERER NEEDED

*Chi-Naakinagewin Coordinator is requesting for a Caterer for
an evening meeting*



MEETING DATE: MAY
9TH, 2023

TIME: 5PM COUNCIL
CHAMBERS

NUMBER OF PEOPLE: 13

*Send submission to Amanda Sayers by May 03rd, 2023 @ 4pm
Please submit an email to amandasayers@mississauga.com
Please include Menu, Dessert and Drinks. Please ensure there
is a vegetarian option.*

*Please include your Safe Handling Food Certification for
verification.*

**Please note, to be more environmentally friendly, the
Chi-Naakinagewin Coordinator encourages minimal use of
plastic cutlery or Styrofoam products.*

MIIGWETCH!!

1ST INAUGURAL TRADITIONAL POW WOW

MICHI SAAGIIG ANISHINAABE (UNITED CELEBRATION)



Aambe!

June 21st

Open Call for Mississauga Nation

Food Vendors & Artisans

Mississauga Celebration Square

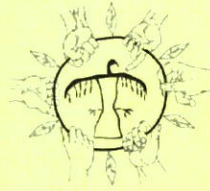
300 City Centre Dr, Mississauga, ON L5B 3C1



For more details, to book accommodations, bus transportation and registration for dancers.

(Honorarium provided)

Contact: stephanie@mississauganation.com, 905-768-1921
veronica@mississauganation.com, 289-440-8672



RESTORATIVE JUSTICE PROGRAM

Michael Chiblow
DEBAAKINAGEWIN COORDINATOR
(Restorative Justice Circle
Coordinator)
Mississauga First Nation
Tel. (705) 356-1621, extension
2356

!CALL OUT FOR YOUTH! Youth 18 to 28

It is an alternative to the Criminal Court System. Whereas, the Criminal Courts focus on punishment, our Restorative Justice Program (Justice Circles) aims for healing and wellness that all parties can feel good about.

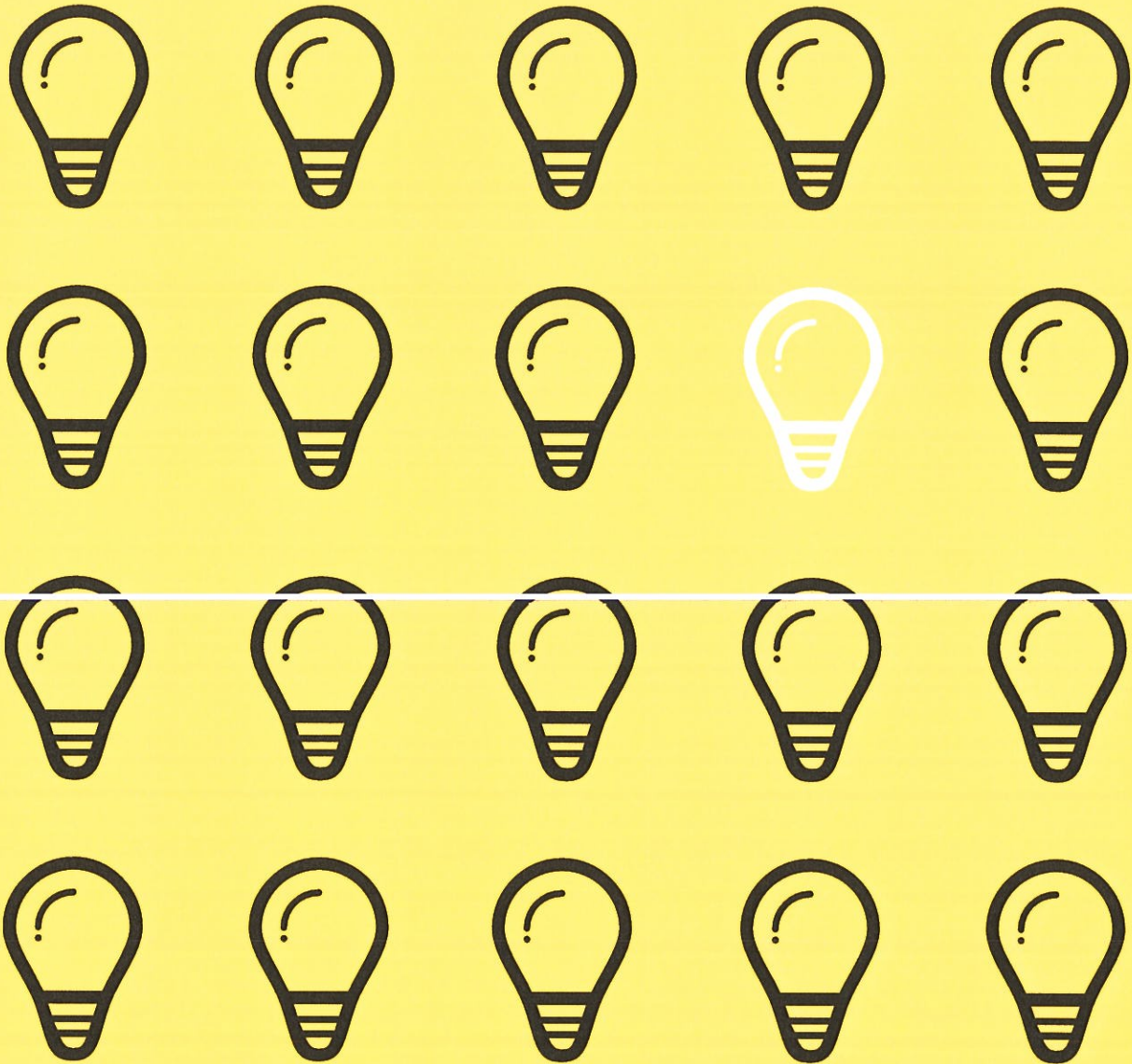
The program brings together victims, offenders, and families or advocates in a safe environment to discuss the offence and its effects, and then jointly decide on the best way to right the wrong. Our Anishinaabe conflict resolution process aims at creating empathy and understanding between victims, offenders, families, and advocates, validating all parties with the goal of healing.

Restorative Justice Program Training:

Saturday May 6th
and Sunday May 7th
9:00AM to 4:00PM

Location:
Cultural Building

Lunch and snacks
will be provided.



ONTARIO ELECTRICITY SUPPORT
PROGRAM

**APPLY OR RENEW TODAY
FOR YOUR REBATE!**

CALL CHRISTINA FOR MORE INFO

705-356-1621 EXT: 2232



RED DRESS DAY PIN MAKING

WE ARE MAKING PINS TO HAND
OUT ON MAY 5TH AFTER THE PIPE
CEREMONY TO HELP RAISE
AWARENESS OF OUR STOLEN
SISTERS AND BROTHERS.

EDUCATION BUILDING

10AM-12PM

THIS FRIDAY ON APRIL 28TH



MAY 5, 2023

RED DRESS DAY
PIPE CEREMONY AND
ACTIVITIES



CULTURAL CENTER

7AM-12PM

7AM PIPE CEREMONY
THEN HANG TIES AND
HAND OUT PINS





CREATIVE NATIVE NIGHT

Education Building 6-9pm

April 21st, 28th

And

May 5th, 12, 19th

danaboyer@mississauga.com

BACKYARD MEDICINE SERIES

Where: Education Building

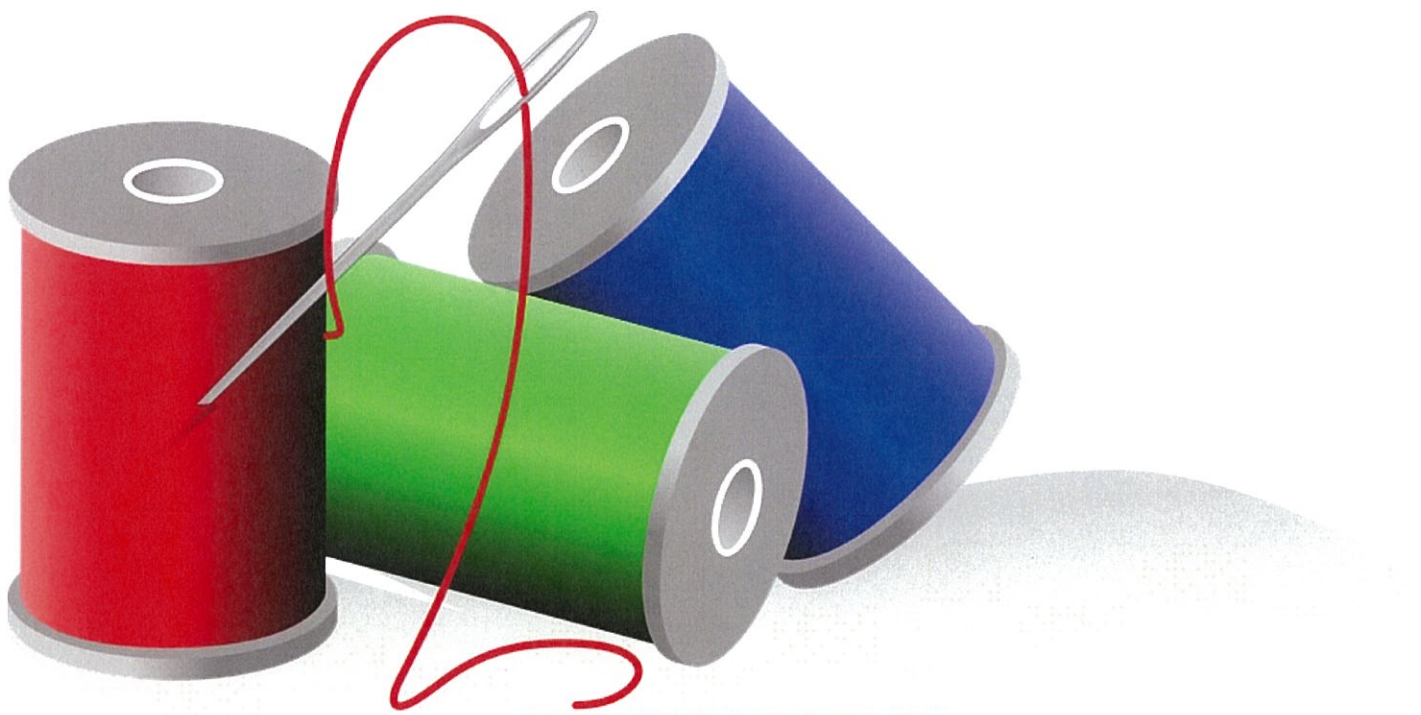
When: Wednesday's 6:30-8pm

May 3rd, 10th, 17th, 24th, 31st

The Backyard Medicine Workshop Series will be held in repeating sessions, so if you can't make it to one hopefully you can make the other.

Starts Next Week!

danaboyer@mississauga.com



ATTENTION


Thursday Sewcials for April 27th and May 4th
are CANCELLED

Friday Crafternoon for May 5th is cancelled.

I am sorry for any inconvenience this may
cause you. Stay tuned for upcoming program
dates. You can pop in to see me at the
Education Building or call me @ 705-356-1621,
ext 2247 for more information.

Lucy Ann (Grandma's & Aunties Coordinator)

G'waabmin!!




Annual Mother's
Day
Trip

18 and over
welcome mothers,
aunties, grandmas,
sisters.

Date: Saturday May 13, 2023

Time: 11:00 am - 6:00 pm



Meet at the Band office before 11:00 am
Traveling by highway coach

\$20.00 deposit required by May 9th (no late birds) **Please**

see Jade Fox

prize bingo on bus

drop off at mall & casino

(supper at casino)

to participate please email:
christine@mississaugi.com





Mississauga First Nation
Health + Social Services

FAMILY RETREAT



May 26-28, 2023

Sault Ste Marie | Quattro Hotel + Conference Center
Agenda + Presenters to follow...

Contact Christine Owl - Family Resource Coordinator to register
christine@mississauga.com

PREFERENCE WILL BE GIVEN TO FAMILIES WHO HAVE NOT ATTENDED IN THE PAST

MFN – HSSU Activities/Events – April 2023 (24th – May 5th)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>24</p> <p>DAAW – Al-Anon (5:45-7:15) Cultural. CHA – Elder Chair Fitness (1-2) SC CHA – Hit Fitness (12-1) SC</p>	<p>25</p> <p>DAAW – NA Meeting (6:45-8:15) Cultural Bldg. CHA – Yoga (10-11) SC YC – Drum Social (10:30) HE – Monthly Well Baby (6-7:30) CYB</p>	<p>26</p> <p>FRC – Grocery Cards (8-1) CYB CHN – Well Baby (11:30-1:30) CYB HE – STD & Safe Sex (2:45-4) Benbowopka YC – Workout Wednesday (3:30-5) SC</p>	<p>27</p> <p>CSW-Food Security Program (9:30-1:00) Child Yth. Bldg. DAAW -Lighting Sacred Fire (8:30-3:00) Cultural Building YC – Drum Social (10:30) HE – Mens Health (5:30-6:30) Band office Activity Room CHN – Mens Health Supper (5:30-6:45) Activity Room</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>1</p> <p>DAAW – Al-Anon (5:45-7:15) Cultural. CHA – Hit Fitness (12-1) SC CHA – Mom & Baby Fitness (12-1) SC HE – Family Walking Challenge (9-4:30)</p>	<p>2</p> <p>DAAW – NA Meeting (6:45-8:15) Cultural Bldg. CHA – Yoga (10-11) SC YC – Drum Social (10:30) HE – Family Walking Challenge (9-4:30)</p>	<p>3</p> <p>HE – Family Walking Challenge (9-4:30) CHA – Yoga (10-11) SC YC – Candle Making (3:30-5) SC</p>	<p>4</p> <p>CSW-Food Security Program (9:30-1:00) Child Yth. Bldg. DAAW -Lighting Sacred Fire (8:30-3:00) Cultural Building HE – Family Walking Challenge (9-4:30) CHA – Yoga (10-11) SC CHA – Cycling (6-7) SC</p>	<p>5</p> <p>HE – Family Walking Challenge (9-4:30)</p>	<p>6</p> <p>HE – Family Walking Challenge (9-4:30)</p>	<p>7</p> <p>HE – Family Walking Challenge (9-4:30)</p>
<p>COVID REMINDER HAND WASHING/HAND SANITIZATION IF YOU HAVE SYMPTOMS, GET TESTED AND STAY HOME</p>						
<p>Mississauga First Nation Stephanie Collins – Mental Health Counsellor – Ext. 2234 Medical Transportation Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201 Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224</p>						
<p>YEW - Early Years Worker- Vacant - Ext.2253 ASP – After School Program – Bev Griffin - Ext.2308 CHA – Com. Health Activator - Janey Morningstar – Ext.2216 Band Rep – Band Rep – Erin Chiblow – Ext 2240 Band Rep. - Brent Niganote – Ext.2245 Band Rep. - Laurie Jacques – Ext.2243 HSSD – Health Services Director – Vacant Ext. 2227 SSM – Social Service Manager – Kelly Daybutch Ext 2240 HE – Health Educator – Shiri MacLeod Ext 2231</p>						
<p>CHN – Com. Health Nurse -Krysta Sawyer – Ext.2231 CHR – Com. Health Rep. - Chelsea Grimaud – Ext.2203 DAAW - Drug & Alcohol Addictions- Sky Cada - Ext.2228 CWC – Com. Wellness Coord. – Roger Daybutch – Ext.2226 FRC – Family Resource Coord. Christine Owl – Ext.2254 CSW – Com. Support Worker - Vacant – Ext.2242 HSM – Health Services Manager – Rhonda Peltier – Ext 2230 FPW – Family Preservation Worker – Vacant – Ext 2240</p>						

Children's Oral Health Initiative

Mississauga First Nation



Childrens Oral Health Evening

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

**Thursday May 4th
3:00- 6:00 p.m.**

Supper will be provided at 5:00 p.m.

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

Contact CHELSEA TO BOOK appointment at 705-356-1621
ext. 2203
*Must book

SENIORS WALKING GROUP

TUESDAY MAY 2ND

11:00-12:00 P.M.

LIGHT LUNCH INCLUDED

MFN SPORTS COMPLEX

FOR MORE INFORMATION

CONTACT CHELSEA AT

356-1621 EXT. 2203

**JAYS CARE FOUNDATION INDIGENOUS
ROOKIE LEAGUE**

Upcoming season Recruitment

Looking for the individuals interested :

- **Volunteers**
- **Coaches**
- **Umpires**
- **Training will be provided and held on
May 27th at MFN Sports complex**

This year we will have 2 teams based on ages.
If you are interested in helping out with the league
please contact Chelsea at 705-356-1621 ext.
2203 or email chelseagrimard@mississauga.com



**Full Moon Ceremony
FLOWER MOON
With Evelyn Niganobe**



FRIDAY MAY 5, 2023

@ the Cultural Building

Time: 7:30 PM– 10:30 PM

**TO REGISTER, please call (705)356-1621, ext.2226
and or email rdaybutch@mississauga.com**

Protocols:

- **Ribbon Skirt**



**TRADITIONAL STRESS MANAGEMENT
FOOT SOAKS**

**WITH
NORA & RODNEY ABITONG**

6 SPOTS available per day.
May 16,17, 2023.

CULTURAL CENTRE

TIME SLOTS

9:00AM-10:00AM

10:15AM-11:15PM

11:30 AM – 12:30 PM

1:30 PM – 2:30 PM

2:45 PM – 3:45 PM

4:00 PM-5:00 PM

**May 18 – Foot Soak demonstration @ Sports
Complex 11:00 am – 3:00pm (no appointment
necessary)**

For an appointment time, please email
rdaybutch@mississauga.com and or call T:
(705)356-1621, Ext. 2226





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

Starting April 2023 changes will be implemented to this program.

*listed is the pick up date, please email the Family Resource Coordinator by the 15th of each month to ensure a card is purchase for that month



Pick up dates:

* April 26th 2023

*May 24th 2023

*June 28th 2023

*July 26th 2023

from 8:00 AM to 2:00 PM including lunch hour

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

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

Thank you

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

email: christine@mississauga.com



MFN SPORTS COMPLEX

baby

&

MOMMY

fitness

5 WEEK PROGRAM

Starting in May!

- Stroller Fit
- Aerobic fitness
- muscle strength & toning

T. 356.1621. ext 2216

E:communityhealthactivator@mississauga.com





TINY TOTS

Sports Day

MAY 14TH & 28TH

AGES 0-5

11 AM TO 2 PM

T: 705.356.1621. EXT 2216

E: COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM

May 2023

MON	TUE	WED	THU	FRI	SAT	SUN
1 	2 	3 	4 	5	6	7
8 	9 	10 	11 	12	13	14 <i>Mother's Day</i> 
15 	16 	17 	18 	19	20	21
22 	23 	24 	25 	26	27	28 
29 	30 	31 	1	2	3	4

Mondays- 11 am Chair fit / 6 pm HIIT

Tuesdays- 10 am Yoga

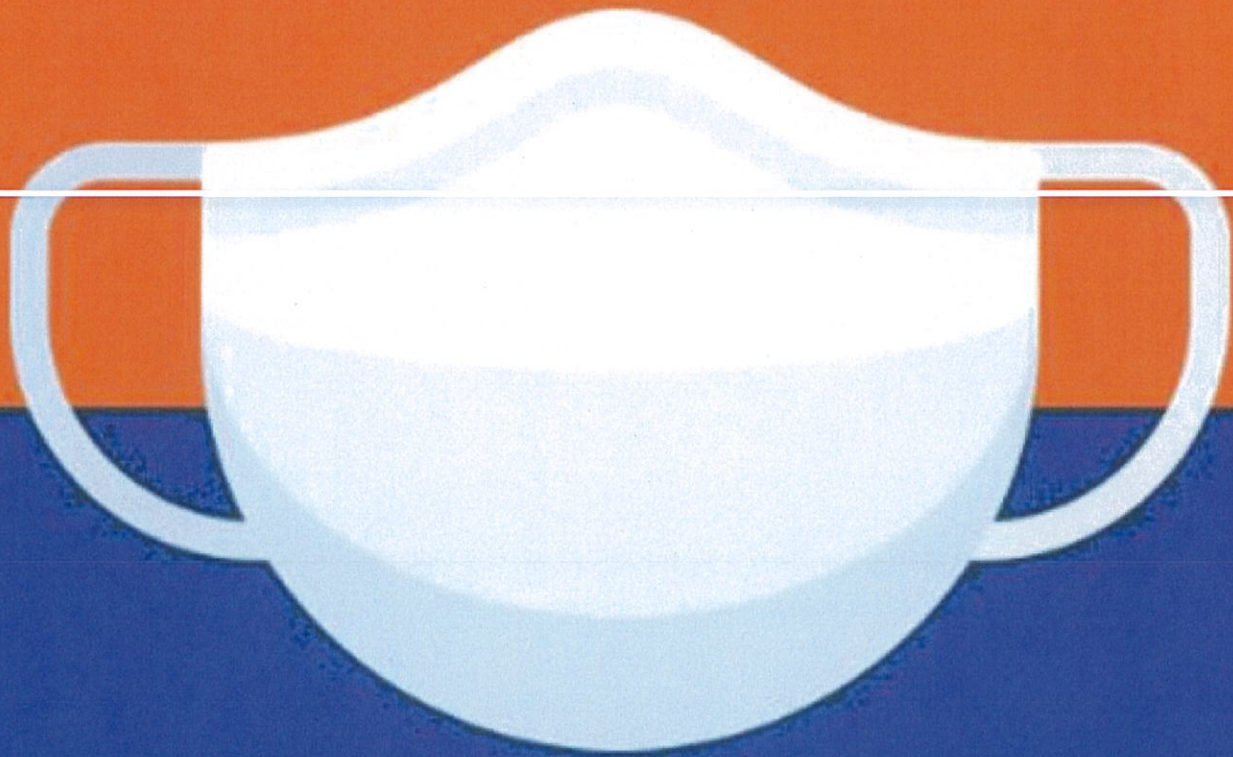
Wednesdays- 7 pm Buti Yoga

Thursdays- 10 am Yoga / 6 pm Cycling

May 14th & 28th - Tiny Tots Sports Day.

Registration is needed for all programming/fitness

Face Mask is Required



Many Ontario hospitals are making changes to their policies surrounding masking mandates. The health team for Mississauga First Nation has decided to continue wearing a face mask (both client and staff) during client interactions to help protect the safety of high-risk individuals.

- Miigwetch -



UPDATE - COMMUNITY HEALTH NURSE HOURS

Starting May 2023
the Community Health Nurse will be
in the office

Tuesday, Wednesday & Thursday
from 9 – 430 pm
(closed for lunch from 12- 1 pm)

To book an appointment call
705-356-1621 x 2231 or by e-mail
krystasawyer@mississauga.com





SKIN CANCER AWARENESS POKER WALK

MAY IS SKIN CANCER AWARENESS MONTH!

TUESDAY MAY 9TH, 2023

11:30AM-1:30PM

RECEIVE INFORMATION AND WAYS TO INSPECT YOUR SKIN!

LUNCH WILL BE PROVIDED/PRIZES TO BE WON

BEGINS OUTSIDE THE BAND OFFICE



**Skin
Cancer
Awareness
Month**

MISSISSAUGA FIRST NATION
HEALTH EDUCATOR
COMMUNITY HEALTH NURSE

MONTHLY DIABETIC CLINIC

3RD WEDNESDAY OF EVERY MONTH



If you are diabetic, has had recent blood work and would like to book an appointment with the team;

Registered Dietitian
Diabetic Nurse Educator
Nurse Practitioner
Community Health Representative
Community Health Nurse
Health Educator

Please email krystasawyer@mississaugi.com
or call 705-356-1621 extension 2231

We welcome new clients!

TAKE CONTROL OF YOUR HEALTH

NEXT CLINIC DATE : MAY 17TH, 2023 FROM 10:00AM-3:00PM
BAND OFFICE - ACTIVITY ROOM

MISSISSAUGA FIRST NATION
HEALTH AND SOCIAL SERVICES

FAMILY/COMMUNITY WALKING CHALLENGE

Begins May 1st, 2023 to May 31st, 2023

Tracked by minutes.

Please see Chelsea or Sheri for Tracking Sheets at the Health Centre

Contact Christine - christine@mississaugi.com to register.

For all MFN Community Members and Families



Winners will receive;
1st Place - \$500.00
2nd Place - \$300.00
3rd Place - \$100.00
Walmart Gift Cards

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 Thursday

*Please note that if items are not in your box, it's because we are out of stock, it's on back order or not available from distributor. 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	Meats: (2 choices): Hamburger Chicken
Breads (1 only): White Bread Brown Bread Flour	Canned Meats (1 only): Tuna Salmon
Pasta & Rice (1 only): Rotini Macaroni Spaghetti Lasagna Fettucine Rice	Dairy Products (2 only): Powdered Milk Margarine Canned Milk Eggs
Soups (3 only): Vegetable Chicken Noodle Tomato Mushroom Mr. Noodles (Beef) Mr. Noodles (Chicken)	School Aged Children Only: Pudding Fruit Cups Cookies
Hygiene Products: Toilet Paper Hand Sanitizer	Every 3rd Month: Bleach Laundry Soap Dish Soap Pot & Pan Cleaner
Other Products (3 only): White Sugar Brown Sugar Peanut Butter Decaf Coffee Crackers Tea Mustard Ketchup Lard Coffee Pepper Instant Coffee	Other Products: (3 only) Kidney Beans Tomato Paste Spaghetti Sauce Canned Navy Beans Canned Chick Peas Diced Tomatoes Vegetables(frozen only)
Once A Month: Jam Cooking Oil Salt Icing Sugar	

Revised April 2023



MFN NEEDS YOUR HELP

CALLING ALL ARTISTS

We need you to design one of two Anti-Drug billboards. Show us your creativity. Send in your designs for a chance to win 1 of 2 \$200 gift card prizes. Contest will end by May 26, 2023.

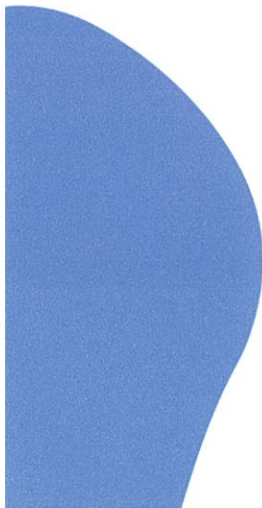
For More Info :
Skycada@mississauga.com



MEN'S DROP IN

Come out and join us
Soup and Sandwich lunch will be
provided

AT THE CULTURE
BUILDING FROM 10 TO 2
EVERY THURSDAY, 2023



If you have any questions contact
Sky Cada at 705-356-1621 ext 2228

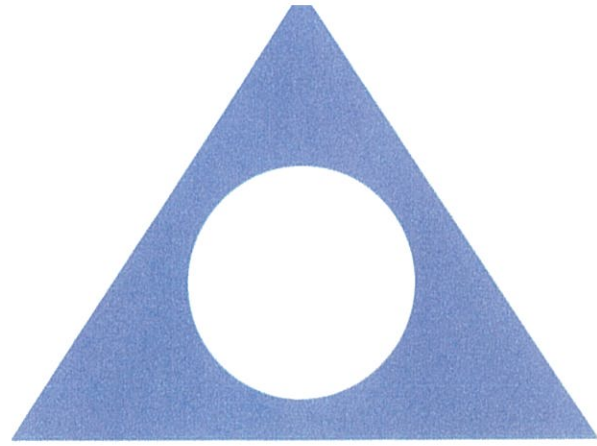
Lighting the Sacred Fire

We will be lighting the Sacred Fire for the MFN community.

Come pray, stay, talk, or just enjoy the fire. Thursday's outside the Culture building. From 9 AM to 3 PM.



For more information call Sky Cada at 705-261-1370 or email skycada@mississauga.com



AL-ANON

for families & friends of alcoholics

****Starting Again****

AL-ANON MEETING

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

Please come out and join us and find out for yourself what Al Anon can do to help you.

We meet on: Mondays 6:00 p.m.
At: Mississauga First Nation's
Cultural Center
Park Road

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

We look forward to meeting you!!
Snacks and Refreshments provided



NA Meetings are happening Tuesday
at 7:00 pm in the Culture Centre.
Snacks and refreshments will be provided.
\$20 Tim Hortons Card drawn monthly.

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

For information please send email to:
skycada@mississaugi.com