

# NIIGAANIIN

Client and Community Newsletter

AUGUST 10, 2023



## SUMMER HOURS

Mon-Thurs 8:30-4:30 - Fridays 9:00-12:30

\*\*\*\*\*

**INCOME STATEMENTS DUE**  
**AUGUST 15**

---

**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 CHRISTINA JACKPINE**

**705 356 1621 Ext 2236**

## INFORMATION

\*\*\*\*\*

**NIIGAANIIN**

**SERVICE ONTARIO TRAILER**

\*\*\*\*\*

**LMI COORDINATOR**

**KRISTEN JACKPINE**

**LABOUR MARKET INITIATIVE SURVEY**

**LMI COORDINATOR @MISSISSAUGI.COM**

**705 356 1621 EXT 2355**

\*\*\*\*\*

**"QUOTE OF THE WEEK"**

**" YOUR FOCUS DETERMINES YOUR  
REALITY"**

**-Qui-Gon Jinn**

\*\*\*\*\*

**ODSP FN WORKER**

**STACEY ARMSTRONG**

**Sarmstrong@niigaaniin.com**

**(705) 356 1621 - EXT 2352**

**FAX 705-356 0728**

# **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
General Labourer	Carmeuse/Blind River	10/05/23
Concession Staff Students	Blind River Arena	08/11/23
House Keeper	Old Mill Motel	10/31/23
LBM Counter Person	Home Hardware/Blind River	8/11/23
Labourer	Milltown Motors/Blind River	8/31/23
Various positions	Algoma Manor/Thessalon	8/31/23
Recreation and Rehad Assist.	NSHN/Blind River	8/31/23
Crossing Guards(3)	The Town of Blind River	8/31/23
Bus Driver	AJ Bus Lines/Blind River	9/30/23
Team Member	Tim Hortons/Blind River	8/31/23
PT Circulation Clerk	Blind River Library	8/16/23
Mill Operator	Equinoxgold Greenstone Mine/Geraldton	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 \***

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:** Water Plant/Public Works Technician

**Accountability:** Infrastructure Director

**Salary:** \$51,631 – 58,663

**Employment Status:** 2 years contract

**Hours of Work:** 34.5 per week

**Preferences:** MFN Band Members

**Circulation Level:** Level I

**The Water Plant/Public Works Technician will perform the following duties:**

- Operate water plant operations on a rotating basis with other certified operators.
- Collect, log and report water samples following standard operating procedures for the plant.
- Safely treat water system through application of chlorination, de-chlorination, and other chemicals to water system.
- Maintain equipment and conduct scheduled maintenance checks of the water operations.
- Ensure water plant is operating within required guidelines and standards.
- Ensure cleanliness and safety of facilities and operations.
- Respond to alarms and emergencies in the plant and troubleshoot system.
- Document and log all aspects of plant operations as required.
- Install and maintain water and sewer lines and fire hydrants as needed.
- Repair water lines and hydrants and conduct flushing of water lines when required.
- Safely operate heavy equipment to maintain roads and water systems.
- Prepare lots for new housing construction when required.
- Prepare cemetery lots for burials through removal and replacement of fill.
- Remove and replace fill for septic systems when required.
- Maintain heavy equipment and ensure repairs and service is conducted.
- Brush ditches along roads to maintain clear right of way; Clear and sand roads during winter or ice conditions.
- Maintain road systems through filling of potholes, grading roads, installing, and changing culverts and maintaining shoulders; Maintain community signs and signage.
- Assist with weekly collection of household sanitation and recycling.

**The Water Plant/Public Works Technician will possess the following qualifications, skills, experiences, and attributes:**

- Some post-secondary education with a minimum of Grade 12 Secondary Diploma or equivalent
- A minimum of two (2) years of heavy equipment operation
- Must have Ontario Class G and Ontario Class DZ in good standing.
- Must have Operator in Training (OIT) Certification and Level I and Level II Water Operator Certification **or** willingness to obtain.
- Must have Standard First Aid and CPR/AED
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System
- Ability to read and understand labels and instructions, particularly on the use and application of chemicals, products, equipment, and machinery.
- Knowledge and sensitivity to cultural practices and traditions in the workplace i.e., smudging, ceremonial fires.

**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:** [hradvisor@mississaugi.com](mailto:hradvisor@mississaugi.com) **FAX:** 705-356-1740

**Deadline: August 14, 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:** Mental Health Family Counsellor

**Salary:** \$58,439 – 66,410

**Hours of Work:** 32 hours per week

**Circulation Level:** Level I

**Accountability:** Mental Health Counsellor

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Mental Health Family Counsellor will perform the following duties:**

- Provide clinical assessment and counselling to clients which includes one-on-one & group counselling services of a supportive, educational and skills building nature to individuals, children, youth and families.
- Assist clients in locating and accessing services in the community that will assist in addressing their wellness related needs (physical, emotional, spiritual, mental).
- Assist in system navigation, support, and complete referrals based on individual/family needs.
- Aid in the development of treatment and safety plans as determined and signed off by the Mental Health Counsellor.
- Provide education to clients, families, significant others, and community.
- Conduct on-site risk assessment and mental status examinations.
- Review client information files on a regular basis to keep up to date with any changes.
- Support members in addressing a variety of presenting life circumstances which may include but is not limited to trauma, grief and loss, depression, anxiety, self-harm, suicidal ideation, substance use, individual & community crisis, domestic violence, stress, etc.
- Actively participate in intake and case review meetings; Attend team supervision meetings as required.
- Collect client and program information and provide reports to the Mental Health Counsellor as requested.
- Provide information and consultation to other agencies and community about mental health related issues.
- Participate in other inter-agency meetings or projects that will improve client services as directed by the Mental Health Counsellor.
- Identify gaps in resources/services, and where appropriate, assist in efforts to meet the needs.
- Facilitate community mental health promotion and education.
- Maintain up to date, accurate and confidential electronic case records and statistical data as required.
- Complete and submit all relevant reports (monthly, training, newsletter, etc.) as directed by supervisor.
- Network with external agencies that have an impact or could enhance client care or general mental health programming.

**The Mental Health Family Counsellor will possess the following qualifications, skills, experiences, and attributes:**

- Degree or Diploma related to the area of Social Work, Indigenous Services, Native Child & Family Services, Social Services Worker **and** minimum 3 years' experience in the clinical counselling setting of social work with Indigenous Children, adolescents, youth and/or families in a social services field; Previous experience working with First Nations communities.
- Valid Ontario Driver's License; First Aid and CPR Certification.
- Must provide a clear criminal reference check/vulnerable sector check (annually).
- Excellent assessment, interviewing and counselling skills.
- Experience in mental health and substance abuse areas preferred; Demonstrated experience working with concurrent disorders; Demonstrated experience working with clients who identify as LGBTQ+.

**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:** [hradvisor@mississaugi.com](mailto:hradvisor@mississaugi.com) **FAX:** 705-356-1740

**Deadline: August 14, 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:** Back-Up Receptionist  
(Admin & Health Dept)

**Accountability:** Finance Director

**Salary:** \$22.55 hourly

**Employment Status:** Casual

**Hours of Work:** As needed

**Preferences:** MFN Band Members

**Circulation Level:** Level I

**The Back-Up Receptionist will:**

- Receive all incoming telephone calls and visits in person and direct all inquiries and persons appropriately and with courtesy.
- To receive and record all incoming and outgoing mail, open and distribute it to the appropriate staff, affix appropriate postage and ensure proper handling, photocopying of mail as needed.
- Be aware of and as required and requested to provide information about all staff employees' whereabouts.
- As needed and requested, order appropriate storage, distribution, and use of office supplies (i.e., pens, writing pads, staplers/staples, 3-hole punch) stationery and standard agency forms.
- Maintain booking schedule for Council Chambers using Outlook monitoring, community hall rental, van and bus rental, cultural center.
- Perform secretarial and clerical duties of photocopying, faxing, typing, and telephoning.
- Make travel arrangements and maintain travel itineraries for all staff, when required.
- Responsible for drafting letters and any other correspondence related to office administration.
- Ensure confidentiality and safekeeping of all the organization's records, forms, and documents.
- Assist Housing and Property Manager with receipt of rent monies when required.
- Update employee telephone and email listing for all staff and Chief and Council.
- Receive money, prepare invoices, and log payments for photocopying/ facsimile transmissions for public and forward to Finance Clerk and place in safe.
- Responsible for and maintaining Visitor Logbook; Employee Sign In / Out Daily logbook.
- Conduct themselves in a professionally appropriate manner; and any other duties are required.

**The Back-Up Receptionist will possess the following qualifications, skills, experiences, and attributes:**

- Certificate and/or diploma in secretarial and office services with minimum of two (2) year related experience.
- Experience working with aboriginal people, organizations, and communities.
- Must provide a clear Criminal Records Check.
- Knowledge of Mississauga First Nation programs and services; understanding of Aboriginal culture and traditions.
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code as it applies to the worker.
- Good interpersonal skills; good public relations; good communication/ organizational skills.
- Excellent time management skills; excellent computer skills with MS Office including Excel, Word, Access.
- Ability to work independently and within a team environment; and ability to pay attention to detail and ensure accuracy with work.

**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 covering 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: Until position is filled**

*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.

ILMI PRESENTS

# August Survey Incentives

**2 FOLDING CHAIRS - LARGE, SMALL FISHING ROD -  
TACKLE BOX - 1 PLASTIC YETI - 1 YETI**

**LIVE DRAW WILL BE ON AUGUST 31, 2023.  
THOSE WHO HAVE COMPLETED AN ILMI  
SURVEY SINCE MAY 15, 2023 WILL BE ENTERED**



**CONTACT KRISTEN JACKPINE**

**ILMI COORDINATOR**

**705-356-1621 EXT 2355**

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

**STAY TUNED FOR NEXT MONTHS PRIZES**



**Koognaasewin**

**"Raising Children"**

# OUR RIGHTS AND RESPONSIBILITIES TO CARE FOR OUR CHILDREN!

**MISSISSAUGA FIRST NATION**

**When: Tuesday August 15, 2023**

**There is two options to attend:**

**Daytime Session: 11:00 AM-2:00 PM**

**Evening Session: 5:00 PM-8:00 PM**

**Where: Community Hall**

**TOPIC:**

**RE-IMAGINING**

CONSULTATION

COSTING

OVERVIEW

ANISHINAABE  
VALUES

LIFE  
EXPERIENCES



**Includes:**

**Food, Beverages and  
Swag Prize Draw**

01

**Re-Imagining a New  
Child Well Being Law  
and System Design**

02

**What does Child Well  
Being Mean To You?**

03

**Contact Person:**

Kerri Commanda  
kerri@niiganiin.com

Brent Niganobe  
brentniganobe@mississauga.com



**More Information:**

[www.koognaasewin.ca](http://www.koognaasewin.ca)



MISSISSAUGA FIRST NATION

# Community Notice

Changes were made to the Dog By-law. To see the By-Law in full go to: <https://www.mississaugi.com/laws--policies.html>

See changes below:

Section 1 (l):

**“Service Dog”** means a dog identified by a harness for the purpose of assisting an individual with a visual, hearing, or other impediment.

Section 4 (iv) Is used as a service dog.

Section 19 (b) Owners are responsible for ensuring their dog is properly leashed when attending a public event.

Section 19 (c) Any dog not properly leashed at a public event will be asked to remove the dog.

---

For any questions regarding these changes, please contact the Chi-Naakinagewin Director at:  
705-356-1621 ext. 2233.





## CALL FOR QUOTE – FOOD FOREST PROJECT

---

**Task:** Removal of trees for the Community Food Forest project. The awarded tender will work with the Gitigan team during the removal process. Taped trees are not to be taken down. Ideal bids would have access to a wood chipper for the project.

**Closing:** Hand Deliver, mail or email your Submissions to Mississauga First Nation Economic Development department by August 14, 2023.

ATT: Gitigan Team

**For Questions Contact:**

Randi Sinclair: Economic Development Intern  
PHONE: (705) 356-1621 ext. 2260  
EMAIL: randi.sinclair@mississaugi.com

**Notification:** The Awarded contractor will be notified before August 18<sup>th</sup>, 2023.



## QUOTE FORM – FOOD FOREST PROJECT

---

**LOCATION:** Village Road - across from the community Gitigan and Ella Drive.

<ol style="list-style-type: none"><li>1. Remove undesired trees and brush in the allotted area.</li><li>2. Clear cut parking lot as shown on map.</li><li>3. Remove low laying branches and brush for pathways.</li><li>4. Additional instruction will be shared by Gitigan team.</li></ol>	<p><b>Amount:</b></p>
---	-----------------------

**Deadline date for tenders: August 14, 2023 @4:00**

To: Randi Sinclair Economic Development Intern

Email: randi.sinclair@mississaugi.com  
or

Mail: Mississauga First Nation Box, 1299  
Blind River, ON  
P0R 1B0

# MISSISSAUGA FIRST NATION



64 Park Road, P.O. Box 1299  
Blind River, ON P0R 1B0

## Legend

- Monumentation - Monumented
- ◆ MFN Placed Monuments
- Land Use Permit - In development
- Description
  - Laneway
  - Parking Lot
  - Parking Spot



Mon ID	Easting	Northing
MFN_ECFE-001	345554.941800039	5118979.3452946
MFN_ECFE-002	345582.405398939	5119070.3768727
MFN_ECFE-003	345504.12070546	5119003.37612078
MFN_ECFE-004	345232.210895525	5119004.43500425

SOURCES  
 1. AERIAL PHOTO OBTAINED THROUGH THE CENTRAL ONTARIO ORTHOPHOTOGRAMMETRIC PROJECT (COOP) ssa  
 2. ELECTRONIC ONTARIO FUNDAMENTAL DATA (AND S) DATUM WAS PROVIDED BY QUEEN'S PRINTER OF ONTARIO. THE USE OF THIS DATA ON THIS PLAN DOES NOT CONSTITUTE AN ENDORSEMENT BY NAK OR THE ONTARIO GOVERNMENT OF THE INFORMATION PROVIDED BY THIS PLAN

Food Forest



Date Exported: 2023-07-04  
3:18 PM



# Emergency Maintenance at Water Treatment Plant

Until Further Notice

**| Please refrain from excessive water use |**

Watering Grass  
Filling Pools  
Recreational Water Use



# COMMUNITY SHOOTING COMPETITION

A shooting competition for Mississauga First Nation's community harvesters will be held on August 26th and 27th

The competition will be held at MFN's Gun Range. Please bring your own hunting rifle, all firearms must be encased and in working condition. The best 3 shots will receive a prize.



Pre-Registration required  
Contact Scott Richer, Bylaw Officer  
ext. 2259 or [scottricher@missisaugi.com](mailto:scottricher@missisaugi.com)

1st Place - \$200 Visa Gift Card  
2nd Place - \$100 Visa Gift Card  
3rd Place - \$50 Visa Gift Card



# Community Notice

Attention Mississauga Band Members

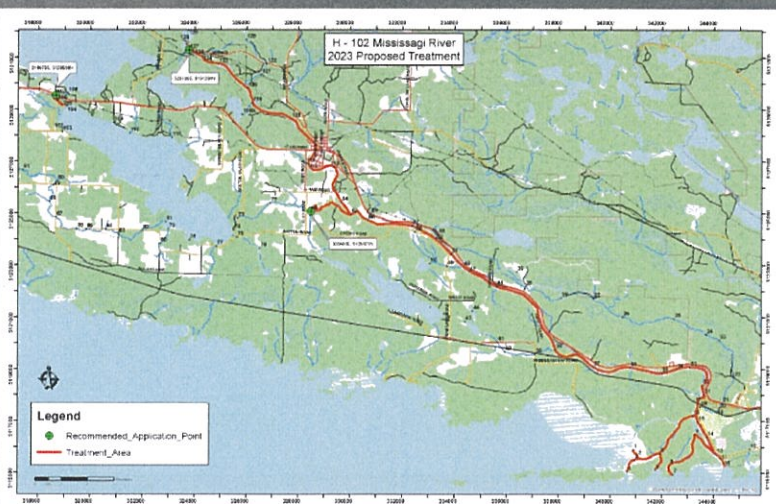
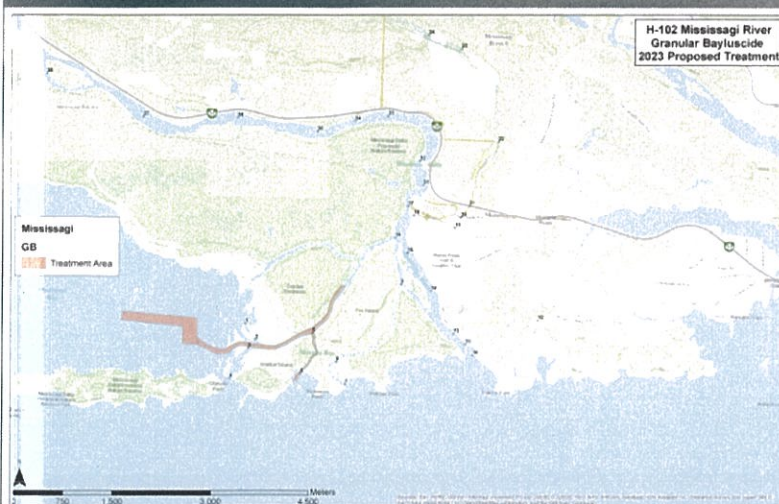
Please be advised that the Department of Fisheries and Oceans (DFO) along with Sea Lamprey Control Center (SLCC) will be partnering with Mississauga First Nation once again for Sea Lamprey Treatment within the Mississauga First Nation.

Treatment is expected to start on August 11th 2023, and should be completed on August 13th, 2023. As a precaution please avoid treated areas for 24 hours.

If there are any questions please contact the Lands and Resources Department at 705 356 1621

## Final Notice

Treatments will be completed this weekend. Please remember to avoid treated areas for 24 hours.





# Lands and Resources

## Community Notice

Lands and Resources will be reestablishing lot boundaries of recreational land use permits on Mississauga First Nation

This project will be ongoing during the spring and summer months



For more information,  
please contact Lands and  
Resources



## MFN Community Members

As a reminder, throw any trash or recyclables in the correct receptacles.

MFN provides a transfer station for all your needs, as well as an organic dump.

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.

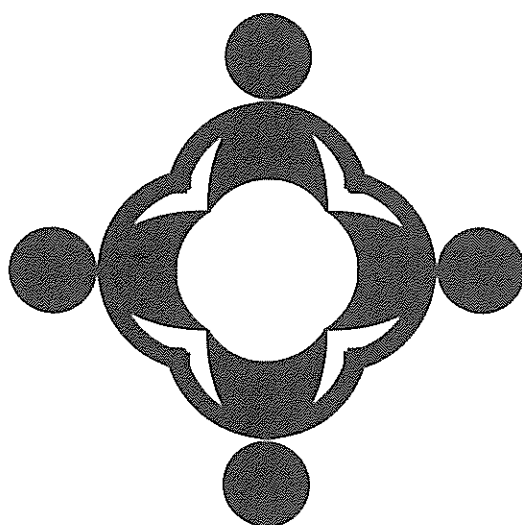
We Recycle: cans, plastic containers, cardboard, and paper



Please do your part to keep our community clean and healthy!

For more information please see our Waste Management Law here:  
<https://www.mississauga.com/laws--policies.html>





# **Ladies Hand Drumming**

**MEETING TIME: 1:30 pm**

**LOCATION: Pow Wow Grounds**

**DATES: August 15<sup>th</sup> and 22<sup>nd</sup>**

**September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>**

Contact for more info at [danaboyer@mississauga.com](mailto:danaboyer@mississauga.com)

## BACKYARD MEDICINE

**Where:** Education Building

**When:** Thursday's 1:30-3:30

August 17<sup>th</sup> and 24<sup>th</sup>

September 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>

Learn the health  
benefits of the plants  
growing around us

Starts Next Week!

[danaboyer@missisquoi.com](mailto:danaboyer@missisquoi.com)



# RED DRESS DAY PIN MAKING

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

EDUCATION BUILDING - 10AM-12PM

DATES: SEPTEMBER 14<sup>TH</sup>, OCTOBER 5<sup>TH</sup>  
NOVEMBER 2<sup>ND</sup>, DECEMBER 7<sup>TH</sup>,  
JANUARY 4<sup>TH</sup>, FEBRUARY 1<sup>ST</sup>



# MISSISSAUGA FIRST NATION SOCIAL SERVICES COMMUNITY SAFE HOUSE

---

Come Join us for coffee/tea and dessert to learn about the New Safe House COMING SOON to our Community.!

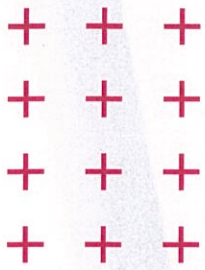
**If you're interested in becoming a Community Safe Home Provider, we will be posting for applicants soon.**

---

**Date: August 24<sup>th</sup> & September 21<sup>st</sup>, 2023**

**Time: 6:00 p.m. to 7:00 p.m. Council Chambers**

**Participation Draw**



# END OF SUMMER FAMILY TRIP AUGUST 24-26, 2023

*Medieval Times*  
DINNER & TOURNAMENT



**CANADA'S WONDERLAND  
TORONTO ZOO  
MIDIEVAL TIMES**

Open to Mississauga First Nation  
families with children ages 4+

**\$25.00 DEPOSIT REQUIRED UPON REGISTRATION  
| NON REFUNDABLE |**

LIMITED TO 40 PARTICIPANTS | FIRST COME FIRST SERVE BASIS  
TICKETS + ACCOMODATIONS PROVIDED | MEALS AT YOUR OWN EXPENSE

TRAVELLING VIA COACH (AJ BUS LINES)

**REGISTRATION DEADLINE: AUGUST 15, 2023  
AGENDA AVAILABLE UPON REGISTRATION**

FOR MORE INFORMATION OR TO REGISTER CONTACT  
JADE FOX - COMMUNITY SUPPORT SERVICE WORKER

P. 705 356 1621 EXT 2357

E. [CSSWORKER@MISSISSAUGI.COM](mailto:CSSWORKER@MISSISSAUGI.COM)

Hey ladies come on out to our

# WOMENS HYGIENE DAY

At the Child and Youth Building

From 1:00PM to 4:00PM

Tuesday August 15, 2023

If you have any questions, contact Jade Daybutch

at (705) 356-1621 Ext: 2357



**MISSISSAUGA FIRST NATION**



# **ANNUAL BASS FISHING DERBY 2023**



**SATURDAY, AUGUST 19/23  
7:00AM-2:00PM  
CHIBLOW LAKE LODGE**

## **PAYOUTS:**

**70%**

**30%**

**10%**

**LUNCH PROVIDED FOR ALL  
PARTICIPANTS | CHILI + SCONE**

**PRIZES + AWARDS WILL BEGIN AT  
2PM AFTER THE LAST WEIGH IN**

**CATEGORIES:  
ADULTS 18+  
YOUTH 13-17**

**EARLY BIRD REGISTRATION:  
FRIDAY AUGUST 18, 2023  
CHIBLOW LAKE CABIN #4  
6:00-8:00PM**

**REGISTRATION:  
SATURDAY AUGUST 19, 2023  
WEIGH IN STATION (DOCKS)  
7:00AM-10:00AM**

**EARLY BIRD  
REGISTRATION DOOR  
PRIZE**

**FOR MORE INFORMATION CONTACT  
JADE FOX - COMMUNITY SUPPORT SERVICE WORKER  
P. 705 356 1621 EXT 2357  
CSSWORKER@MISSISSAUGI.COM**

**REGISTRY  
NEEDED**

*MFN Sports Complex*

# TINY TOTS GYM PLAY

**AUG 6TH &  
27TH**

**12 am to 2 pm**  
Ages 0-6

## *Activities*

Fun Games  
Music & Dance  
light snacks  
And a Lot More...

**E:COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM**  
**T:705.356.1621 EXT.2216**





# Back to school

Family Dance!

Friday September 1st

Come bust a move @ the  
Sports Complex from 7-9 pm

Community Health Activator



MEN SPORTS COMPLEX

# September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MEN SPORTS COMPLEX

MONDAYS-CHAIR FIT @11 AM  
HIIT @ NOON.

TUESDAYS-YOGA. 10 AM  
ROOKIE RIDE @ NOON.

THURSDAYS-YOGA.10 AM  
FIT FUN @ NOON.  
CYCLING @ 8 PM

TINY TOTS- SEPT 17 12-2

REGISTRATION IS  
NEEDED!

COMMUNITY HEALTH THREAT REDUCTOR  
T: 405.350.1021 EXT.2210



MISSISSAUGA FIRST NATION  
HEALTH AND SOCIAL SERVICES

# traditional medicines

IN PREGNANCY AND POSTPARTUM

*with Patricia Toulouse*

MONDAY AUGUST 14TH, 2023

12PM-1PM

LUNCH AND LEARN

CHILD AND YOUTH BUILDING

*To register,*

*please email [christine@mississaugi.com](mailto:christine@mississaugi.com) / [sherimacleod@mississaugi.com](mailto:sherimacleod@mississaugi.com)  
or phone 705-356-1621 EXT 2254/2253*

IN COLLABORATION WITH NORTH CHANNEL INDIGENOUS MIDWIFERY

MISSISSAUGA FIRST NATION  
HEALTH SERVICES

# MONTHLY DIABETIC CLINIC

***NEW AND IMPROVED!***

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

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

*We are offering 1 on 1 appointments with the Health Staff*

**NEXT CLINIC DATE - AUGUST 16TH, 2023 FROM 10AM-3PM**  
**MISSISSAUGA HEALTH CENTRE**

Please email Chelsea Grimard - [chelseagrimard@mississauga.com](mailto:chelseagrimard@mississauga.com)  
or call 705-356-1621 EXT 2203 to book your appointment





# - MEET & GREET -

with Kate Dunn

## *HEPATITIS C*

**DATE: AUGUST 22nd, 2023**

**TIME: 530PM - 730PM**

**LOCATION: RED PINE LODGE**

The purpose of this meet and greet is to have the Elders in the community meet with Kate to create a better understanding and connection between culture, awareness, and screening information for Hepatitis C.

With hopes to develop better treatment pathways and community engagement.

**Dinner provided and door prize to be won!**

Register by phone:

705-356-1621 x 2231 or 2253

or by e-mail:

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

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



MISSISSAUGA FIRST NATION  
HEALTH SERVICES

# DIABETES

## INFORMATION ON RISK FACTORS, SCREENING PROCESS, AND MANAGEMENT

*Facilitated by Jessica Hubbard, Diabetes Nurse Educator*

WHEN: Wednesday August 23rd, 2023  
12PM-1PM

LUNCH AND LEARN

WHERE: Health Centre/Activity Room

Register by phone - 705-356-1621 ext 2253

or

email - [sherimacleod@mississauga.com](mailto:sherimacleod@mississauga.com)





# COMMUNITY ANNOUNCEMENT

*FROM THE HEALTH SERVICES TEAM*

Please plan ahead and pre book your appointments.  
*Dr. Deverell's clinic is booking **ONE MONTH** in advance.*

If you are in need of prescription renewals or follow up appointments,  
please ensure these are booked.

Missed appointments without notice do not secure you a spot during  
his next clinic.

Please call the Client Care Coordinator at 705-356-1621 X 2224 to book



## MAAMWESYING

NORTH SHORE COMMUNITY HEALTH SERVICES INC.

## 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**

\*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.

<b>Cereals (1 only):</b> Cold Cereal    Cooking Oats    Cream of Wheat Porridge	<b>Meats (2 choices-1 of each):</b> Hamburger    Chicken
<b>Breads (1 only):</b> White Bread    Brown Bread    Flour    Bagels	<b>Canned Meats (1 only):</b> Tuna    Salmon
<b>Pasta &amp; Rice (1 only):</b> Rotini    Tri-Color Rotini    Lasagna    Fettucine Penne    Rice	<b>Dairy Products (2 only):</b> Powdered Milk    Margarine    Cheese Slices
<b>Soups (3 only):</b> Chicken Noodle    Tomato    Vegetable	<b>School Aged Children Only:</b> Pudding    Fruit Cups    Cookies Wagon Wheels
<b>Hygiene Products:</b> Toilet Paper    Hand Sanitizer	<b>Cleaning Products (Once A Month):</b> Pot & Pan Cleaner
<b>Other Products (3 only):</b> White Sugar    Brown Sugar Peanut Butter    Decaf Coffee Crackers    Tea Mustard    Ketchup Pepper    Instant Coffee	<b>Other Products (3 only):</b> Kidney Beans    Tomato Paste Spaghetti Sauce    Canned Navy Beans Canned Chick Peas    Diced Tomatoes Vegetables (frozen only)
<b>Other (Once A Month):</b> Jam    Icing Sugar    Salt	

Revised July 2023





# **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 purchased for that month**



**Pick up dates:**

\*August 30th 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.**

**Please note, you can not accumulate cards**

**Thank you**

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

email: [christine@mississauga.com](mailto:christine@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

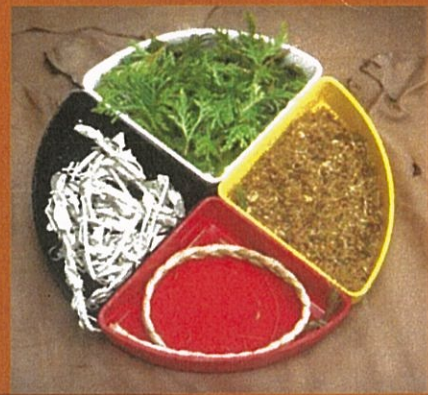


If you have any questions contact  
Sky Cada at 705-356-1621 ext 2228

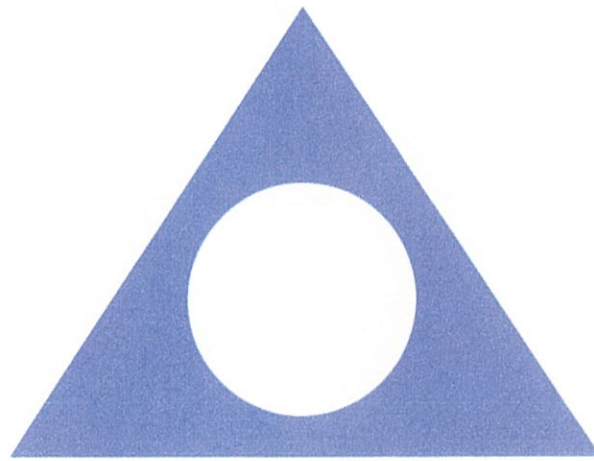
# Lighting the Sacred Fire

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](mailto: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: Mississaugi 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](mailto:skycada@mississaugi.com)