

NIIGAANIIN

Client and Community Newsletter

December 8, 2022



REGULAR HOURS

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

OW CLIENTS

CHEQUE DAY

**Jan.1 cheques will be put in the mail on
December 29, 2022**

IMPORTANT

ONGOING ISSUES WITH PHONES
IF YOU CALL AND CAN'T GET THROUGH
EMAIL US!

STACEY- niiqaaniinreception@mississaugi.com

DARRELL- darryl@mississaugi.com

HELEN- helen@mississaugi.com

ROBERT- robertmorningstar@mississaugi.com

CHEYENNE- lmicoordinator@mississaugi.com- EXT
2355

Anishnawbek Ehnkijik

Coordinator

Chastity Morningstar

1 705 806 4807

Email - chastity@Niigaaniin.com

OW CLIENTS

Check out the Mississauga website!

All Important Dates and Info on
Calendar on the Website!

IMPORTANT

HAVE YOU DONE YOUR LABOUR MARKET SURVEY?

CAN BE DONE BY

EMAIL: PHONE OR IN PERSON

LMI COORDINATOR—CHEYENNE CORBIERE

705 356-1621 EXT 2355

EMAIL- LMICOORDINATOR@MISSISSAUGI.COM

Christmas Office Closure

"December 16th at noon to Jan.3, 2023"

Announcements

Cheque Day for Jan.1 will be put in the Mail on
December 29, 2022

From all the Staff here at Niigaaniin have a
Merry Christmas and a safe Holiday Season

ODSP FN WORKER

ROBERT GILBRAITH

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	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
Seasonal Equip. Operator	Ferroval/Thessalon	until filled
Medical Transportation Driver	Northshore Health Network/Blind River	until filled
Health Service Director	MFN	December 9, 2022
Office Administrator	Denison Environmental /Elliot Lake	December 9, 2022
Indigenous Graduation Coach	ADSB/Desbarats/Elliot lake	December 9, 2022
Public Health Nurse	Algoma Public Health/Blind River	December 9, 2022
Office Manager	East Algoma Futures/Blind River	December 12, 2022
Afterschool Program Coord.	MFN	December 16, 2022
AZ Truck Driver	ES/ Blind River	December 31, 2022
Team Member	A & W / Blind River	December 31, 2022
Labourer	Midway Lumber/Thessalon	December 31, 2022

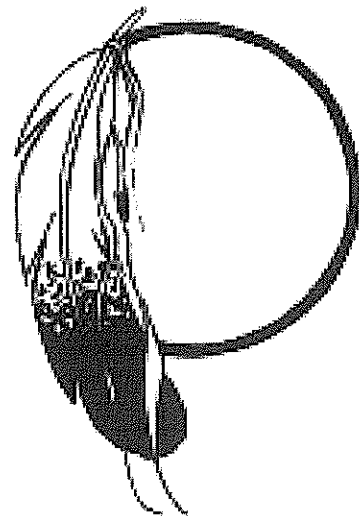
Other Websites for job postings: Indeed; LinkedIn; Google jobs; Job-Bank.gc.ca; employment solutions

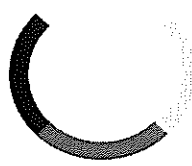
Also: Gas Attendants / Casual Parttime - Broken Canoe /ask for Jacquie

- **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.





MAAMWESYING

NORTH SHORE COMMUNITY HEALTH SERVICES INC.

**Have you worked hard at changing your life outcomes?
Are you interested in putting your lived experience to use, through supporting a
peer on their journey of recovery?
Are you ready to give back the love & support you received?
This may be an opportunity for you!**

**Become a Peer Supporter!
Training dates: January 4, 11, 12, 18 and 25th, 2023**

(able to complete all mandatory training as offered)

What will you learn?

- Mental Health Commission of Canada Core Values of Peer Support
- Skills and knowledge for Peer Supporters
- How to become excellent supporters of others in your community
- How to inspire hope in others through your recovery within your First Nation
- Community resources and supports

This program starts with comprehensive, certified, and custom developed training. It will educate and support your learning needs as you build on your skills and knowledge in the areas of: mental health, addiction, trauma, and recovery.

Who can apply: Community First Nation Peers that are serviced by Maamwesying North Shore Community Health. Non compensated volunteer positions are also available.

To find out more about the eligibility criteria please contact Tania Boman, Peer Support Coordinator at tania.boman@nmninoeyaa.ca.

OR call at 249-525-8547.

What you need to apply:

- Your updated resume
- Minimum 2 non-family references
- Intake assessment/interview, screening for readiness/capacity
- Qualify for funding
- Additional criteria will be discussed upon approval to the program



Position: Health Services Director

Salary: \$71,300 - \$84,100

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 (5) 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: December 9, 2022

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



Position: After School Program Coordinator

Salary: \$40,718 – \$44,245

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Social Services Manager

Employment Status: Maternity Coverage (19 months)

Preferences: MFN Band Members

The After School Program Coordinator will:

- Develop and coordinate the Programs according to funding guidelines and proposal submission
- Coordinate internal and external resources to assist in the delivery of programs and activities
- Purchase program supplies including healthy snacks
- Participate in team meetings and activities to develop working relationships and joint programming
- Develop programs to increase physical activity, to assist students with homework completion, deliver nutritional seminars and promote personal health and wellness with identification of personal goals
- Develop, coordinate, and manage the program registration process
- Prepare, plan, coordinate and lead workshops and training sessions
- Monitor the After School and Right to Play Program budgets to ensure fiscal responsibility
- Prepare cheque requisitions and purchase orders for approval in accordance with the finance policy
- Prepare and submit all financial reports to any agency providing funding support as required
- Responsible to ensure satisfactory completion of administrative tasks as required.
- Responsible for attending to correspondence, preparing briefing notes and reports as required.
- Prepare an annual work plan and monthly report based on the work plan.
- Establish work priorities, delegate work to staff and ensure deadlines are met and procedures are followed.
- Develop and maintain record keeping system for the program.
- Develop and implement evaluation tools to evaluate the program on a regular basis
- Ensure the Program site buildings are neat, organized, and safe for program delivery
- Secure the cooperation of program staff in the development & maintenance of a cooperative team approach
- Act as a liaison with staff, staff/parents, and students/staff
- Supervise, monitor, coach and direct all program staff
- Ensure time sheets and other appropriate forms are submitted as required
- Evaluate staff upon completion of program and/or on an annual basis

The After School Program Coordinator will possess the following education, experience, and skill qualifications:

- Completion of Post-Secondary Education in the Social Services Field (i.e., Social Work, Community or Social Service Worker, Child and Youth Worker etc.). 3-year relevant experience
- Minimum of three (3) years of experience in working with children and youth
- Previous experience supervising staff, experience writing reports and preparing work plans
- Must provide a clear Vulnerable Sector Check from the Canadian Police Information Center (CPIC)
- Must have First Aid and CPR Certification
- Must be able to work flexible hours including evening and weekend hours
- Must have Class 'G' Ontario Driver's License, access to a vehicle and be able to travel
- Knowledge of Canada's Food Guide
- Knowledge and understanding of Indigenous culture and traditions

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: December 16, 2022

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



Position: Back-Up Receptionist
(Admin & Health Dept)

Accountability: Finance Director

Salary: \$17.50 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 to 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) stationary 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 of the organization's records, forms and documents.
- Assist Housing and Property Manager with receipting rent monies when required.
- Update employee telephone and email listing for all staff and Chief and Council.
- Coordinate and compile Weekly Community Flyers; prepare cheque requisitions for weekly Flyer delivery;
- Receive money, prepare invoices and log payments for photocopying/ facsimile transmissions for general public and forward to Finance Clerk and place in safe.
- Responsible for and maintain Visitor Log Book; Employee Sign In / Out Daily log Book.
- 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.



MERCH FOR SALE

Black T-Shirt (SM-XXXL)	\$ 20.00
Black Long Sleeve (SM-XXL)	\$ 25.00
Baseball T-Shirt (SM-XXL)	\$ 25.00
Baseball Cap/Hat	\$ 25.00
Water Bottle	\$ 15.00
Folding Chair	\$ 35.00
Lanyard	\$ 10.00
Tote Bag	\$ 5.00

**TO PURCHASE MERCH PLEASE SEE MFN ADMIN.
RECEPTION DURING REGULAR BUSINESS HOURS**

ACCEPTED PAYMENT METHODS INCLUDE:

CASH & DEBIT

EMT: MFN@MISSISSAUGI.COM

**PLEASE ADD "MFN MERCH PAYMENT" IN MESSAGE.
FOR EMT'S, CONFIRMATION OF PAYMENT RECEIVED IS
REQUIRED BEFORE MERCH CAN BE COLLECTED**

ALL MFN MERCH IS FINAL SALE



Fall Gathering Update:

2023 presents many opportunities to continue great nation building work, initiatives and collaborations amongst the Mississauga Nation:

- *Security Guard Training*
- *Big Sky Canoe Economic Developments*
- *To Honour and Respect: Gifts from the Michi Saagij Women to the Prince of Wales, 1860*
- *Jays Care Foundation League Continuation*
- *Digital Data Sovereignty*
- *Mississauga Nation Indigenous Day Pow Wow*

For more information contact:

Shawna@mississauganation.com

***The ancestors are coming home
for a visit!***

*To Honour and Respect: Gifts from the Michi Saagij Women
to the Prince of Wales, 1860*

Quilled birch bark mokuks
created by the Michi Saagij women at Rice Lake
as sovereign gifts in 1860

will be on an extended loan exhibition
at the Peterborough Museum & Archives
April 2023 to November 2023

300 Hunter Street East, Peterborough, ON
www.peterboroughmuseumandarchives.ca

*Image courtesy of Trent University Library and Archives
Reverend Lloyd J. Delaney fonds
Painted by Colonel Robert Brown*

For more information contact:
Facebook – Mississauga Nation
Gmail – info.THR1860@gmail.com





Mini Giizhep Mississauga First Nation Community Member(s)

My name is Amanda Cress. You may know me as the *Lands and Resources Technician* for Mississauga First Nation. I have also assumed the role as your *Community Emergency Management Liaison*.

As your Community Emergency Management Liaison, I am updating the Emergency Management Plan, determining the needs of our community in terms of training, and determining next steps to creating an Emergency Response Department that will have certified and reliable emergency responders.

Training opportunities will consist of First Aid, Wilderness First Aid, HAZMAT, Cold Water Rescue, etc.

This package includes more information regarding the Everbridge App that Mississauga would like to implement for an Early Emergency Alert System. This app will allow you to be aware of emergency situations in the community and give you basic steps on how to be prepared for that emergency. We are hoping to have this app available to the community within the next few months.

It is with your cooperation and input that we can continue to build a safe, well-informed community in the event of an emergency. Your input and participation are requested so we can meet the expectations and needs of our membership in safety and training opportunities.

Please feel free to reach out to me at any time via phone or email.

I can't wait to chat with you.

705-356-1621 ext. 2358

amandacress@mississauga.com

Baa Maa. Chat soon.



REGIONAL EMERGENCY MANANGEMENT

FAQ

What is the Emergency Alert Program?

This service allows you to opt-in to receive notifications via phone calls, text messaging, e-mail, and more based on the locations you care about. You can choose to receive notifications about events that may affect your home, workplace, family schools, and more.

Will I still get emergency notifications if I don't sign up?

If you don't create a username and password, you will receive notifications only by the methods that are on file for your organization.

When will this be working?

The alert system will be fully operational by January 1, 2022, with the first text message being sent out on Dec 15, 2021

How will my information be used?

Mamaweswen and Everbridge will NOT share your information with ANYONE.

It will be kept ONLY to send an ALERT and will otherwise be destroyed.

When / How will I receive an alert message?

You will receive the alert message only when a serious or significant event occurs within the community.

This event could directly affect you or your safety such as; severe weather, water advisory, missing person, or evacuations. There could be follow-up updates.

You will receive a phone call, text message, or email (Whichever you choose), and your phone will ring the same as all other calls to let you know that there is an event happening near you.



REGIONAL EMERGENCY MANAGEMENT

There will not be a LOUD NOISE like the other Alert Systems.

What if I change my Phone Number?

Go to the sign-in page of the Everbridge website. Across to the bottom, you will see a place where you can tell us your old phone number and your new phone number. Or if you downloaded the app, you can update it by signing in and updating your profile.

What if someone else in my family wants to register

They can download the Ever Bridge app. Fill out the online form or fill out a paper form from your administration building, Health Centre, Gas Bar, etc.

How much does it cost?

IT'S FREE!!!

For more information, please contact:

Sonya Cloutier
Regional Emergency Management Coordinator
sonya@mamaweswen.ca
473A Hwy 17
Cutler, Ontario
POP 1B0
www.mamaweswen.com



MISSISSAUGA EMERGENCY ALERT SYSTEM SIGN UP FORM

I do, hereby consent to:

Providing my phone number to the Regional to be added to the database for the Mississauga Emergency Alert System to receive audio and/or text messages directly related to:

1. An Emergency, and/or,
2. Road Closure, and/or,
3. Emergent Community Notice Distribution.

I understand and agree that:

1. My phone number shall not be shared, distributed, dispersed, or used in any other manner than for receiving audio and text messages related to the Mississauga Emergency Alert System, and,
2. I am a community member of the Mississauga First Nation and reside on the Mississauga First Nation, and/or, I am an employee of the Mississauga First Nation, and/or, I am an essential worker who provides services to a member of the Mississauga First Nation; and,
3. All personal information received by the Mississauga First Nation shall be kept confidential, and,
4. I can remove my phone number from the database at any given time by directly contacting:

Amanda Cress, Community Emergency Management Coordinator by Phone or
Email at:
705-356-1621 ext. 2358
amandacress@mississauga.com

Registration Form:

Date: _____

Last Name: _____

First Name: _____

Are you a **Community Member** or **Service Provider**? *Please Circle*

Please circle your community's name

Atikameksheng Anishinabek

Batchewana First Nation

Garden River First Nation

Mississauga First Nation

Thessalon First Nation

Sagamok Anishinabek

Serpent River First Nation

Home Number: _____

Mobile Number: _____

Email Address: _____

Please circle how would you like to receive your alerts:

Home phone

Cell phone

Text message

Miigwetch



PROTECT MFN LANDS



PROTECT MFN WATERS



PROTECT MFN RESOURCES



**REPORT trespassing, littering, and abuse issues to:
MFN Bylaw Services @705-261-0259
MFN Constables @705-576-2156**



ATTENTION COMMUNITY MEMBERS

Many factors affect the ice thickness including type of water, location, the time of year and many other environmental factors. Here are a few to name:

- Water depth and size of body of water.
- Currents, tides, and other moving water.
- Chemicals including salt.
- Logs, rocks, and docks absorbing heat from sun.
- Changing air temperature.
- Fluctuations in water levels.
- Shock waves from vehicles travelling on the ice.



The dangers of ice fishing should not be overlooked. With a bit of planning and the right equipment, fishing during the winter can be just as fun and safe as it is during the summer. Miigwetch.

EVERY CHILD MATTERS



A Child Well-Being
Law Initiative
Newsletter
2022 Issue #4





KOOGNAASEWIN CHILD WELL-BEING LAW INITIATIVE

Koognaasewin is an initiative dedicated to advocating for a better future our children, families and communities

We work with the seven North Shore First Nation Communities to bring this vision to life and create a new Child Well-Being Law with a meaningful impact for First Nation communities.

NEWSLETTER CONTENT

3 Consultation and Engagement Update

4 Consultation and Engagement Update

6 The History of Training, Discipline and Well-Being for Anishinaabe Children Article by Chandra Murdoch

9 Community Member Highlight:
Emma Meawasige

10 Anishinaabe Laws & Customs Research Team:
Our Visit to the North Shore

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15 Activity Pages

Community Consultation and Engagement Update

Community Engagement



(Roger Jones presenting to the Elders Council and Grandma's and Aunties in Sagamok Anishnawbek)

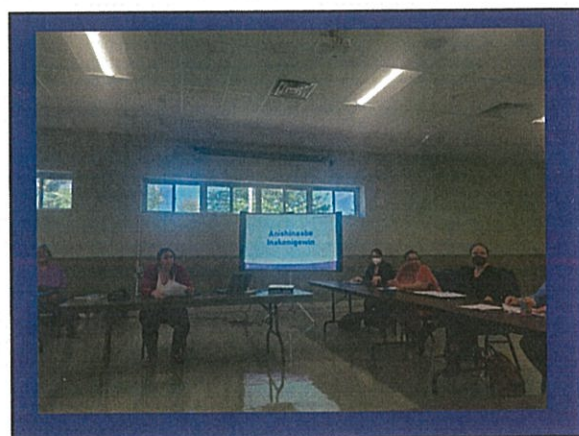
The last few months have been a whirlwind of community engagement across the North Shore. The Koognaasewin Team has hosted several engagement sessions since May with Elders and community members in Batchewana, Serpent River, and Sagamok, as well as discussions with staff, including band representatives in Atikameksheng and Garden River.

In June, Elders from Sagamok and Serpent River separately met with the Koognaasewin Team and our Research Team to continue to share their knowledge and stories on Koognaasewin and their hopes and vision for a new Child Well-Being system in their communities. In June, Sagamok Elders had an opportunity to review the draft Elder's Gathering report from their August 2021' Gathering and provide further feedback and stories to help inform the development of Sagamok's Child Well-Being Law development process.

Serpent River Elders also met with our Research Team to share their thoughts on Child Well-Being and their knowledge and stories of the customs and practices they recall from childhood, watching and listening to their parents and grandparents. The Koognaasewin Team and Researchers were humbled and honoured to have many Elders come out to speak with us and to impart such rich, invaluable knowledge. The Koognaasewin Research Team is returning later this fall to share more of their research finding and draft material developed based on independent research and the valuable feedback gathered from their June' visit with Elders and community members.

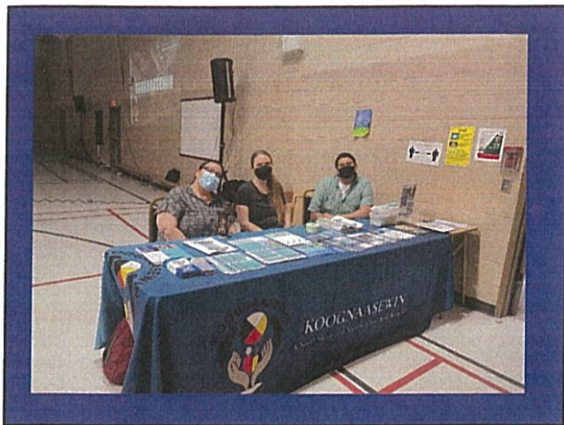
Community engagement sessions held over May, June and July also produced a wealth of knowledge and rich feedback. Members attending two sessions in Batchewana shared their stories and experiences with the current child welfare system and provided our team with a lot of important and valuable comments on current gaps and issues and what a reimagined Child Well-Being system should look like and the programs, services and supports families need to ensure healthy outcomes and to remain in their community.

3



(Anishnaabe Laws & Customs Research Team presenting in Batchewana First Nation)

Upcoming Consultation and Engagement



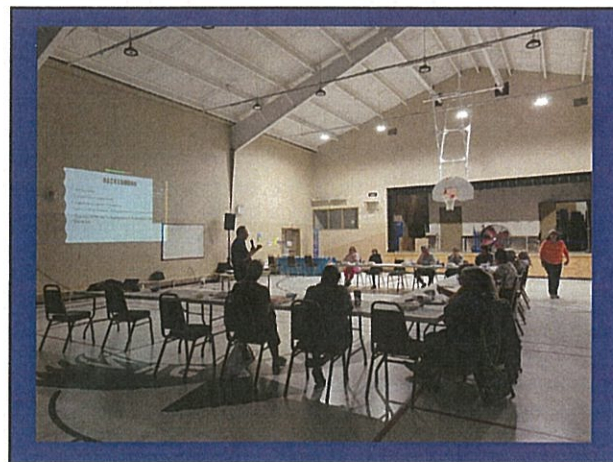
(The Koognaasewin Team registration table with lots of information on the project to share)

The Re-Imagining component of the Koognaasewin Initiative will be kicking off soon with engagement sessions with community staff. We are working closely with our Re-Imagining consultants and will be sharing more information on upcoming staff engagement sessions to be start in September.

The Koognaasewin Joint Working Group & Technical Committee continue to meet once per month. Each meeting provides an opportunity for community representatives to share their activities and progress on Child Well-Being law development and seek input and support from the Koognaasewin Team in planning

areas in which they would like assistance. Re-Imagining has been a central focus of recent Joint meetings with consultants, John Lees and Ainslee Kent. They are working on guiding members through small group discussions to solicit input on key aspects around costing, structural changes, programming, and new relationships or ways of working between services and programs. This process will ensure that the re-imagined Child Well-Being system will be comprehensive, robust and best positioned to meet the needs of all North Shore children, families and communities. This work is integral to share the best information to communities and receive input most effectively when the Re-Imagining team visits our First Nations.

Starting in May, Band Representatives have been invited to meet just prior to each Joint meeting, providing a forum to share current issues occurring in their respective communities, share best practices, and provide input to the Koognaasewin team on future resources and structural changes needed to support the essential role and function that Band Representatives play on behalf of children and families.



(Koognaasewin information session being held in Sagamok First Nation)

Looking ahead to the Fall, the Koognaasewin Team will continue to host general information sessions to provide as much opportunity as possible for North Shore community members to hear about the Koognaasewin Initiative. We want to hear from everyone! If you would like our Team to visit your community and provide an overview of the Koognaasewin Initiative, please contact Kerri Commanda, Community Outreach and Relationship Coordinator/Facilitator at kerri@niigaaniin.com or by phone at: (705) 849-4081. Your community's Technical Committee and Working Group representatives are working hard to bring project-related information to you and to host sessions where you can learn more about the Koognaasewin Initiative. So, be on the lookout for more information on how to get involved! We look forward to meeting and helping you and your community as you develop your own Child Well-Being Law!

The History of Training, Discipline and Well-Being for Anishinaabe Children

Article by: Chandra Murdoch

“It was not really manners that we were taught...it was more like kindness.”¹ This is how an Anishinaabe elder explained, in the early twentieth century, how children were taught to be good community members.² Children were taught the importance of respect for and listening to elders, that they should “not laugh at anything unusual,”³ nor “look at any person a long time; nor to make fun of people, but to respect all people.”⁴ Children themselves were never ridiculed for their own failures.⁵

Children were also trained in the importance caring for their communities. Anishinaabe community members in Wisconsin and Minnesota described this in the following way⁶:

- “Mother would talk to us children and tell us that if we met a blind man, to lead him; if a hungry man, to feed him; or if we found an old person alone, to help him.”
- “A mother would put some food into a dish and tell her child to take it to the neighbours, and so teach the child to give and share.”
- “A mother seldom gave anything away herself; she always gave it to one of the children to give, so the child would grow up to give and be willing to give.”
- “Children learnt one of the main customs of the Indians, namely that of feeding each other, from their parents. If a family had much meat because of a successful hunt, everybody was invited to come and get some, and the children saw this.”

The discipline of children was also based on creating thoughtful and self-disciplined community members, and so the community was involved this discipline. Anishinaabe discipline was renowned as gentle and creative, with children’s well-being always being at the centre. Due to this, the methods invoked could sometimes use fear- but never to the extent that they would cause harm.⁷ Some examples of how the community was involved in the training of children follow:



BUREAU OF AMERICAN ETHNOLOGY BULLETIN 86 PLATE 24
a. "Spider web" mask, hide on liberty made. b. Mask used in dance. c. "Ghost leg" to frighten children.

(The following is from Densmore, Chippewa Customs, plate 24. It depicts a mask used by a "Frightener" and a "Ghost Leg.")

¹ Sister M. Inez Hilger, Chippewa Child Life and It's Cultural Background, Smithsonian Institution, Bureau of American Ethnology, Bulletin 146 (Washington, United States Government Printing Office: 1951), 97.

² The information in this article comes from two anthropologists, Frances Densmore and Sister Mary Inez Hilger. They worked with Anishinaabe communities in Minnesota and Wisconsin in the early to mid-twentieth century. Frances Densmore, Chippewa Customs, Smithsonian Institution, Bureau of American Ethnology, Bulletin 86 (Washington: United States Government Printing Office, 1929). Sister M. Inez Hilger, Chippewa Child Life and It's Cultural Background, Smithsonian Institution, Bureau of American Ethnology, Bulletin 146 (Washington, United States Government Printing Office: 1951).

³ Densmore, 58.

⁴ Hilger, 97.

⁵ Hilger, 58 and

⁶ All following quotes from Hilger, 98.

⁷ Densmore, 59.

The History of Training, Discipline and Well-Being for Anishinaabe Children

Article by: Chandra Murdoch

The discipline of children was based on creating thoughtful and self-disciplined community members. As such, the community was involved in the training of children. Anishinaabe discipline was renowned as being gentle and creative, with children's well-being always at the centre. Due to this, the methods invoked could sometimes use fear– but never to the extent that they would cause harm. Examples of how the community was involved in the training of children included:

“Owl’s Head”

In the wintertime, children had to be kept inside their families’ wigwams at night to keep warm, and had to remain quiet in order not to disturb older people. If children were having a hard time settling down, their mother would say “Keep still or the owl will get you.” “The older people made a birch bark “mask” of an owl and put it on a stick where the children would see it if they went outdoors.”⁸ Children were said to hide in bed and quickly fall asleep!

“Ghost Leg”

Similar to the Owl’s Head, children who were not behaving in the evenings inside the wigwam were frightened with a “bear’s paw” or “ghost leg” made from an old moccasin stuffed with straw and fastened to a stick. If children were being naughty, the mother would call out for the bear paw, and someone outside would slowly draw open the blanket over the wigwam door and move the leg into the wigwam in a scary way.⁹

“Scarecrow”

An Anishinaabe woman from Mooningwaanikaaning (Madeline Island, Wisconsin) in 1835 remembered that when she was growing up there was a steep hill where children liked to go and play. It was a dangerous place, and one day when they went there they saw a “fearful scarecrow” at the foot of the hill. The children were so scared that they never returned.¹⁰



⁸ Densmore, 58.

⁹ Densmore, 59.

¹⁰ Densmore, 59.

The History of Training, Discipline and Well-Being for Anishinaabe Children

Article by: Chandra Murdoch

“The Frightener”

In the summer it was hard to get children to stop playing and come inside in the evenings. When this happened, a man from the community dressed up in a mask of pale birchbark that shone in the dusk, and ragged clothes to scare the children inside. “It was expected that the children would keep still when the frightener came, not bursting into shouts,” it was explained “The ability of a child to keep still when surprised or frightened was...important...the scream of a child might cost the lives of many people if an enemy were approaching the village.” After being frightened, the father or mother would tell the child to lie quietly in their bed and think of nice things in order to make sure that they had good dreams. ¹¹

“The Game of Silence”

Another way that children were taught self-control when they were frightened or excited was through the “game of silence.” Here, a song telling a story was sung by an older person. The song would be stopped at the most exciting parts, and the children had to learn not to cry out at the surprise. “The song was repeated over and over with new words and new pauses, a prize being given to the child who showed the most self-control. It is said that the children were usually asleep when the game ended.” ¹³



“The Crier”

When everyone was safely in bed at night, an old man would walk around the camp. He would make announcements about the activities for the next day, whether a hunting trip was planned or other activities. He would also give “good advice to young people who were taught to respect him and obey his words. Only a man who was known to embody in his own life the excellent principles he uttered was allowed to act as a crier.” ¹⁴ He would also speak about incidents involving young people’s lives, speaking carefully so that those involved would not be named but that they would know to whom he was referring and so would understand that they needed to change their behaviour. ¹⁵

¹¹ Densmore, 59.

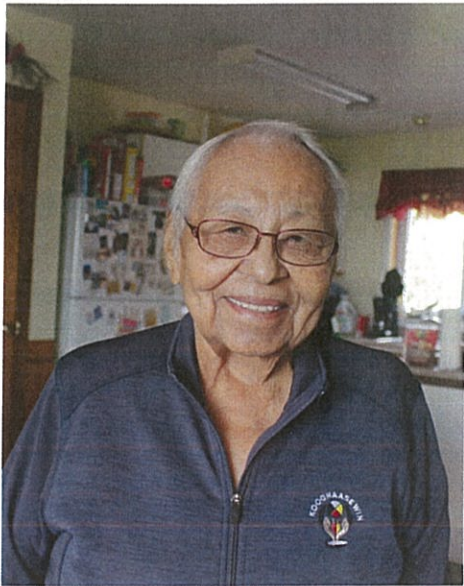
¹² Densmore, 59-60.

¹³ Densmore, 59.

¹⁴ Densmore, 60.

¹⁵ Densmore, 60.

NORTH SHORE COMMUNITY MEMBER HIGHLIGHT: Emma Measwasige, Elder and Knowledge Keeper



Emma Measwasige lives in Serpent River First Nation and has her roots in Sagamok Anishnawbek. I have had the pleasure of visiting Emma at her home and have always felt warmly welcomed. While visiting, I've listened as she has shared about the children she's raised and cared for throughout her life. I've been lucky to visit when her home has been bustling with all ages of family members.

Emma has been involved in her community of Serpent River First Nation for most of her life. She was the Welfare Administrator, served on Council for many years, and helped develop the first ever group delivery model of Ontario Works in First Nations and named it Niigaaniin. Emma was also the founder of the Serpent River Food Bank. She fundraised for

the food items and also washed and displayed gently used baby clothing for patrons to take home. Until recently, she was also the Mamaweswen North Shore Tribal Council Elder before slowing down to be closer to home.

The Koognaasewin team has had the good fortune of her sharing and guidance as our Elder throughout the early stages of the Child Well-Being Law Development initiative by First Nations on the North Shore. Koognaasewin monthly meetings with the Joint Working Group and Technical Committee always begin with a story. Emma has recounted many things from her childhood growing up with her brothers and sisters, and how her family worked and harvested. She also shared some stories she learned as a young person about raising and caring for children and the importance of family and community. This kind of sharing is integral to our Anishnaabe Law Team's work of learning how our communities have always cared for each other, and about the values most important to us that need to be included in the Child Well-Being Law Development work.

As a first language speaker of Anishnaabemowin, she was one of the Knowledge Keepers that guided our project name change to Koognaasewin. Emma is a published writer and poet; I find her writing beautiful and immersive. Say aanii and sit for a visit with her when you see her at community events, its always a treat to spend time with Emma.

Anishnaabe Laws & Customs Research

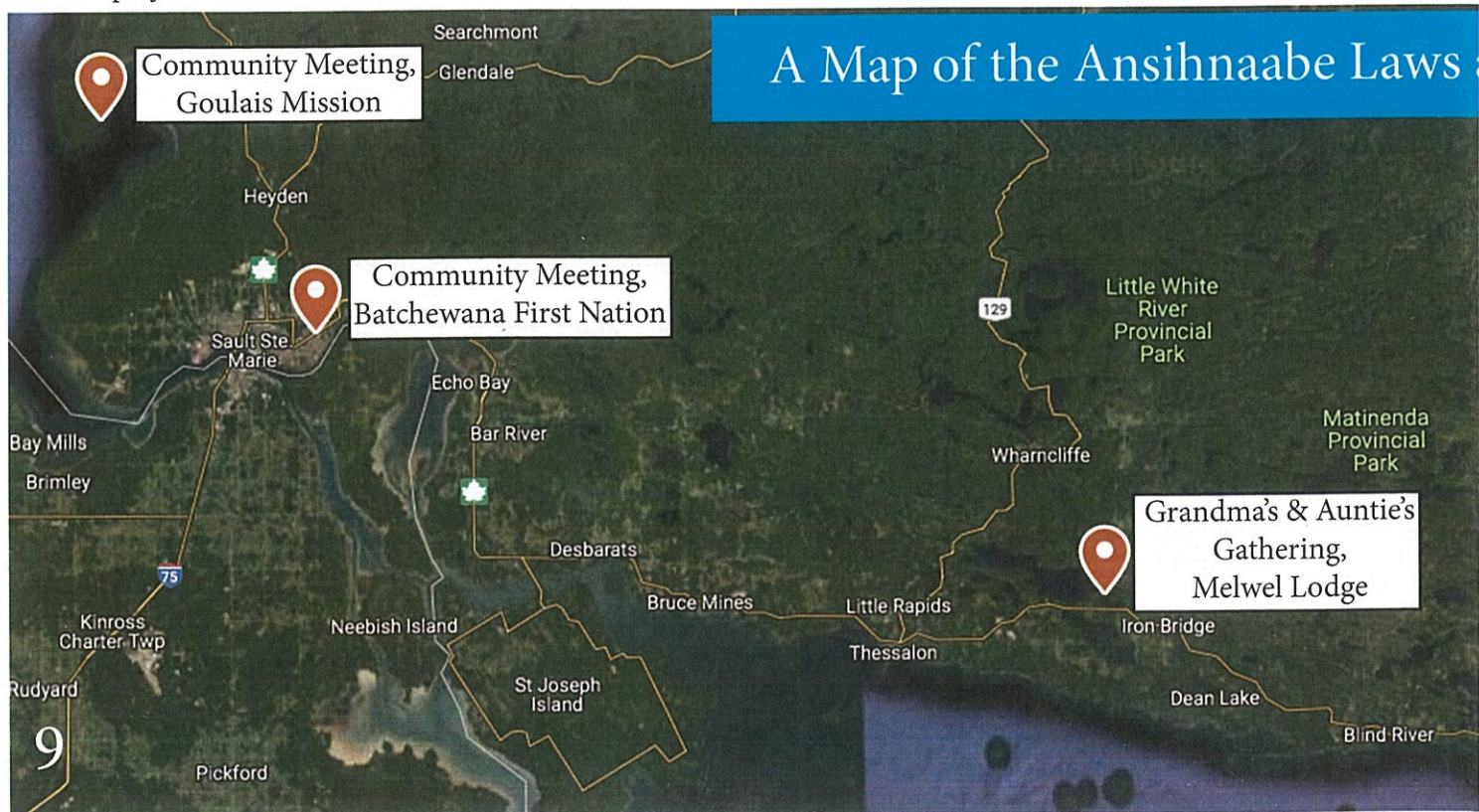
The Koognaasewin Anishnaabe law and customs research team consists of four individuals: Sarah Jackson, the project coordinator, two archival researchers, Chandra Murdoch and Sheila Wheesk, and their supervising professor Heidi Bohaker, author of *Doodem and Council Fire: Anishnaabe Governance Through Alliance*. This past June, we were privileged to spend time in three of the seven North Shore communities conducting interviews, focus groups, and presenting our current research to community members.

We started our journey across the north shore in Sagamok, presenting to and learning from community members and members of the Elder's Council. This was our second meeting with Sagamok Elders, a follow-up to our previous engagement with them in Summer 2021. Building and maintaining these relationships through ongoing community conversations is essential for creating a child wellbeing law that reflects the values and perspectives of community members.



(The Koognaasewin Anishnaabe Laws & Customs Research team
Left to right; Sarah Jackson, Sheila Wheesk, Heidi Bohaker, Chandra Murdoch)

One of the major ways in which community members contribute to the project when attending engagement sessions is by questioning and correcting researchers' understandings. This is a crucial part of this work. One example of a correction we received was that the term "adoption" is not how systems of temporary care or support would be understood by many North Shore community members. This is a shift in our thinking that we are still processing and working towards incorporating in the report. One participant provided us with the term "ganawendaawso", meaning "they take care of a child". This is a term we will be using to advise our report-writing and other aspects of the project.



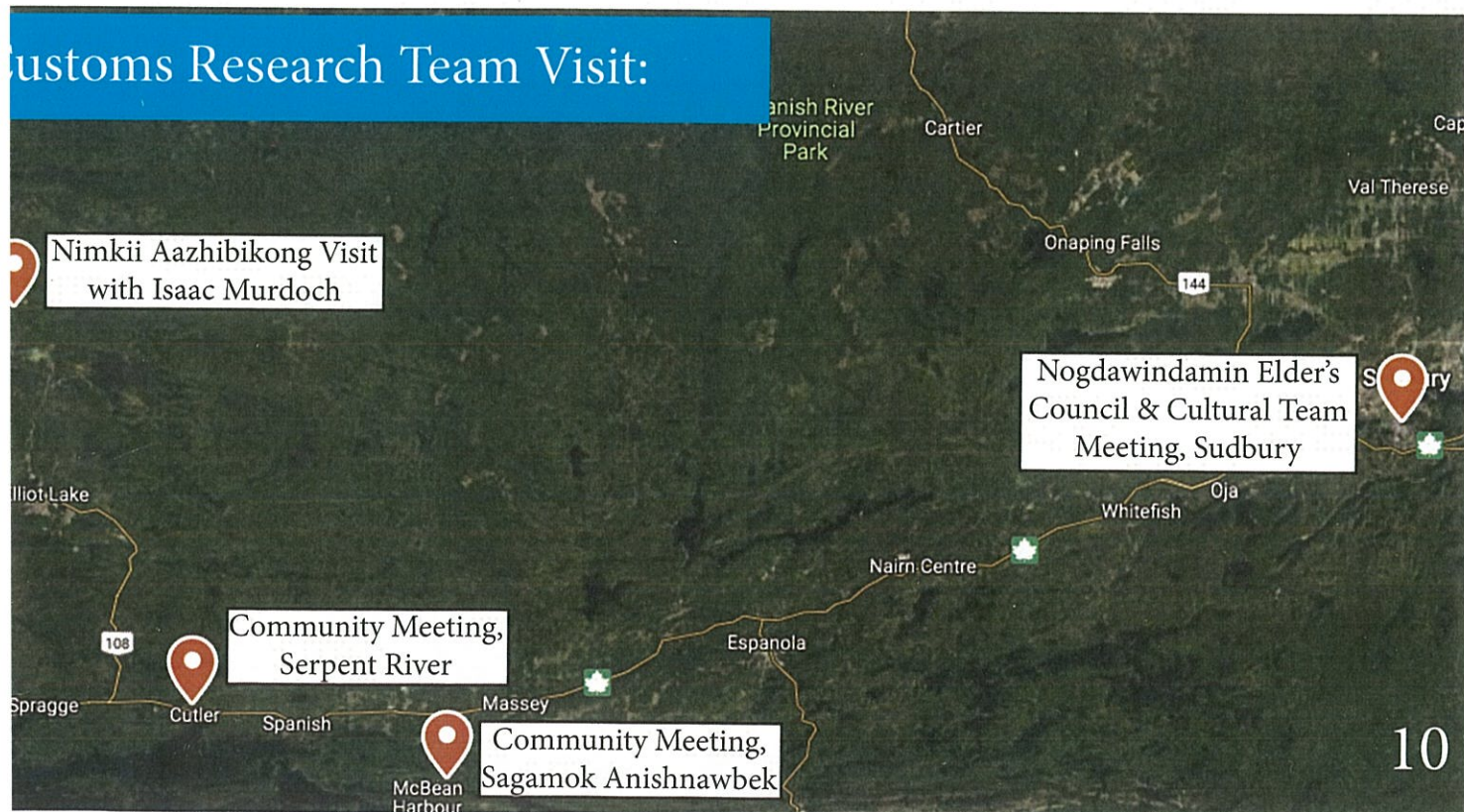
Team: Our Visit to the North Shore

Community members generously shared many stories about family members providing support and care to children in need in various circumstances. The strength of Anishinaabe inakonigewin or “law” was reflected in these stories. After our time spent in Sagamok, we met with a group of amazing women from across the north shore at a Grandma’s and Aunties Retreat held at Melwel Lodge. We also spent time in Rankin and Goulais Bay holding community engagement sessions and one-on-one interviews. In Rankin, we were reminded of the importance of ceremony, of holding a sacred fire and providing culturally appropriate supports while having these difficult and often triggering conversations. We were also reminded of the importance of grounding this work in community decision-making through the strong voices of community members who attended and shared their perspectives.

We also spent time in Serpent River, learning from knowledge-holders and engaging with community members. We are still processing all the learning that occurred during our visit. The generosity of those who shared knowledge was striking. In addition to the knowledge that was shared, we were privileged to grow as a team and learn from our experiences about what is required to do this work in a good way.

Our last session took place in Sudbury with Nogdawindamin cultural staff and Elders. The knowledge and experience in that room (as in so many others!) was deep and rich. We began by passing around a miniature cedar canoe. The smell of the cedar and the feel of the boat triggered a conversation that was rich and full of meaning. This conversation reflected the principle of “gichinaakinagewin” or the laws of the land, including how mobility or access to land and water facilitates child wellbeing through providing opportunities for family members? to learn and bond with one another. This also enables individuals and families to fulfill their obligations to non-human relations and to live in a good way.

Customs Research Team Visit:



Anishnaabe Laws & Customs Research Team: Our Visit to the North Shore

Some of the main themes and pieces of feedback that we heard during our travels include:

- Children need to be grounded in community, culture, and language. They need to know who they are;
- There is a need for education within communities that goes from kindergarten to grade 12 to protect children from racism and stigma in the Canadian educational system;
- Culture and language needs to be included in educational and childcare institutions from the beginning;
- There is a need for youth involvement and for programming that includes all family and community members; and,
- In the past, problems were solved within community, there was no need for external intervention.

We are grateful to the Koognaasewin team who worked hard to organize and support our work and to the community members who shared their knowledge and experience with us so generously during this time.

We will be returning in September and hope to engage with the other four north shore communities and to begin learning from and building relationships with community members.



(Photos and traditional crafts displayed at the Sault Ste. Marie Museum)



(Sarah Jackson presenting in the community of Sagamok to the Grandmas & Aunties & Elder's Council)



(Wedding of Louis and Alice Meawasige, 1934, Serpent River Trading Post Family Tree Archive)



(Photo of a mother and child from the Sault Ste. Marie Museum)

Koognaasewin: Interim Measures Work



The Koognaasewin Team is undertaking work with Maamwesying, Niigaaniin and Nogdawindamin to identify gaps in current service delivery and help the agencies create a more coordinated service delivery system. A coordinated system will help ensure that ‘shared’ clients seeking or receiving services from two or all agencies can move between programs and across agencies as seamlessly as possible while always being supported by agency’ staff involved in their care.

Key service areas to be addressed include enhancing referral and case conferencing/case management processes as well as identifying ways to raise awareness for all staff about the programs and services provided by all three agencies and identifying measures to increase cross-Agency communication.

The Koognaasewin Team will be meeting with community-level staff from Maamwesying, Niigaaniin and Nogdawindamin in mid-September to gather their feedback on ways to build a more coordinated and collaborative service delivery system to ensure better outcomes for shared clients.

 **MAAMWESYING**
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

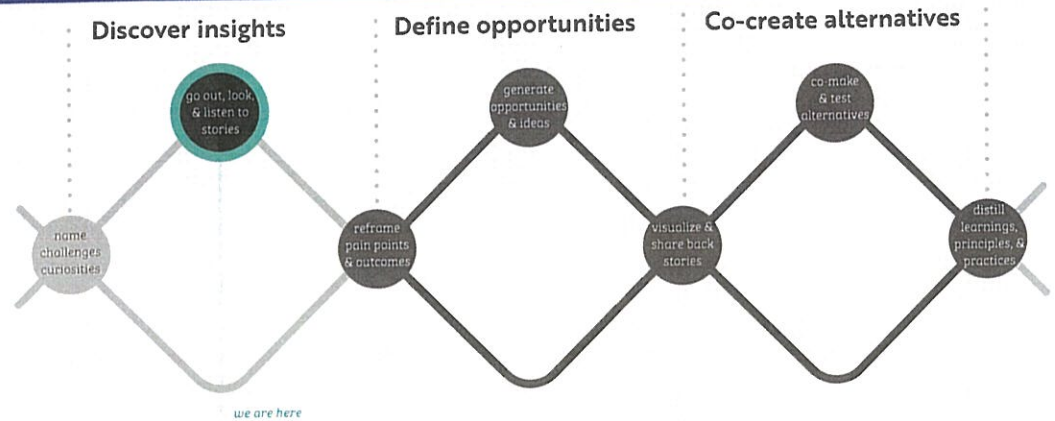
 **NOGDAWINDAMIN**
FAMILY AND COMMUNITY SERVICES

NIIGAANIIN

InWithForward Visit to the North Shore

26.09.22

IWF Update



What we've been up to:



Kite-making at the Little Jays Game

Our first foray into the community was a bright and windy day in Mississauga. We met kids and families at the baseball tournament, decorated and flew kites, and started to make connections with potential story sharers. People reflected with us on what lifts their family up & where they want their family to go. Over the course of our week, we collected names from 38 folks!



Visting Mississauga, Sagamok, Batchewana, & Goulais

We spent our days in community seeing some of the important places, connecting with community members, and learning about what people might want to talk about. We are very grateful to Brent in Mississagi, Violet and the grandmas and aunties in Sagamok, Kaitlyn in Batchewana, and many many others who spent time with us and made us feel welcome. We gained so much insight into how we might meet individuals who don't typically participate in consultations.



Attending the Batchewana Powow

We ended our time on the North Shore by attending the Batchewana Powow. It was filled with so many moments of beauty, pride, togetherness, joy, and hope! Feeling the deep sense of belonging and at-homeness deepened our appreciation of what community-led systems design is all about.

What we're asking:

How might we connect with parents who are currently involved with child protective services and who may not have a strong support network?

How can we best invite people to share not only the painful things that happened to them, but also what might be hopeful and healing to share?

How might we focus our story gathering on co-making some elements of a future system? How can we continue to bring together story gathering with system re-imagining?

What we're learning:

I. About messaging

Visiting communities, we learnt that talking about the child welfare system immediately raises questions and concerns about our relationship to Nogdawendamin. We have learnt that our messaging needs to convey more clearly that we are "NOT Nog"; that we are not part of the current child welfare system; and that Koognaasewin is about re-imagining a new system for generations to come.

II. About concerns

Some community members wanted to know how sharing their stories is going to shape the design of a new child welfare system. Beneath the question of impact, we heard both curiosity and concern. Having been asked to share their stories many times before, some community members expressed skepticism. Why will this project be any different? One answer lies in its starting point and vision. Koognaasewin sets out to co-create community-led child wellbeing system(s) from scratch, rooted in Anishinaabeg law, and centring lived & living experiences. This is different to grafting lived & living experiences to the colonial system. We left our engagements with a renewed sense of how important it is to link story gathering with the system re-imagining work!

III. About existing supports (and gaps)

Meeting the grandmas and aunts in Sagamok, we were able to witness the strong network some communities have formed to support their loved ones. When families are struggling, often, grandmas and aunts get involved to prevent their removal into alternative care homes. One of the most visible system gaps, we learnt, can be traced back to how formal roles are defined, filled, and managed -- and where accountabilities lie. Re-thinking the balance of formal and informal roles within future systems and strengthening the human resource capacity of communities surfaced as significant opportunities.

What we need:

- We are hoping to meet community members who don't usually show up to public engagement events including parents who are currently involved with the child welfare system and who may not have a solid support network. We are looking to join more informal spaces such as beading groups or alike to meet folks who may be disengaged from formal channels.
- In order to address some of the concerns around how stories will impact the new child welfare system, we are hoping to continue exploring the relationship between lived experience and the reimagining part of the project. When we go back into community to learn about people's lived experiences, we hope stories help us understand the impact of the current system on people's sense of self, family, culture and community. And, we hope the stories help us paint a picture of what a future system could look and feel like that enabled individual and family wellbeing.

What's next?

- We will return to communities for a visit in late October/early November. We are planning to do more focused outreach to meet the folks that don't typically engage. We'll also follow up with some of the 40 community members we met during our first visit. We hope to book story gathering sessions, over a meal, with 20+ folks.



KOOGNAASEWIN

TISGENG MZINIGAN

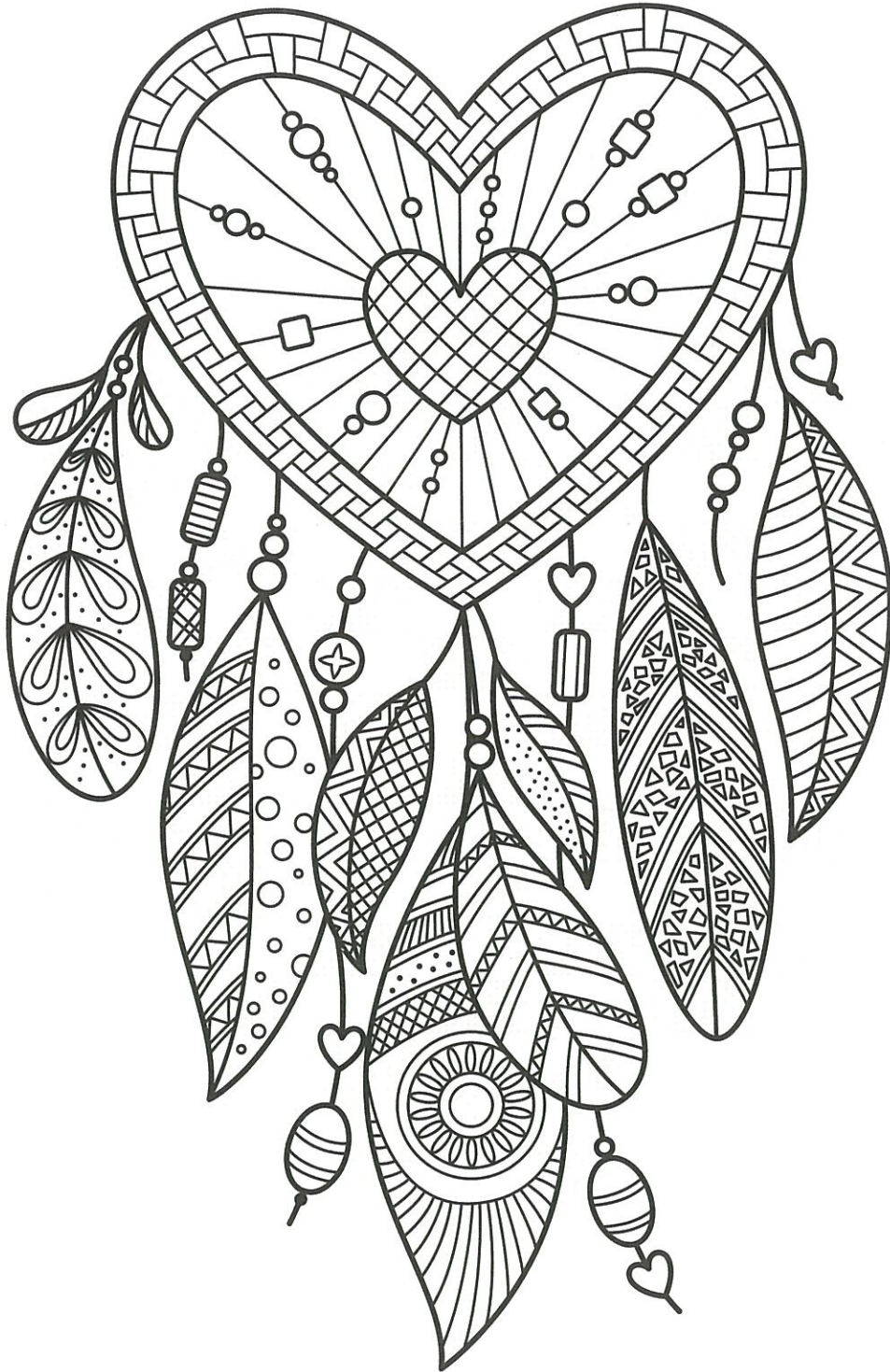
Koognaasewin Colouring Page by:
Sara Day, Serpent River First Nation

ACTIVITY PAGE

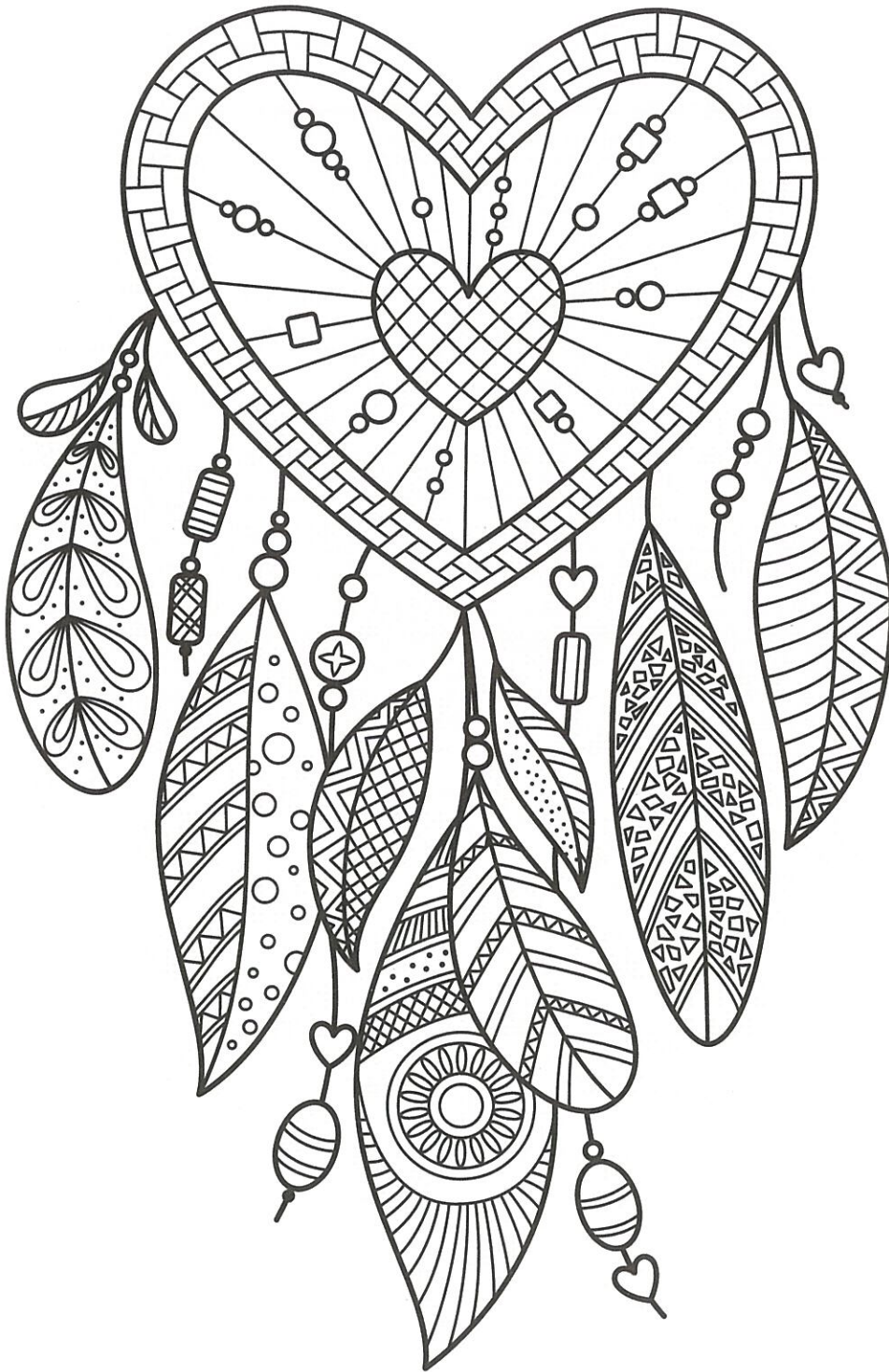
EVERY CHILD MATTERS



COLOURING PAGE



COLOURING PAGE





To Learn More about the Koognaasewin
Child Well-Being Law Initiative

Please Visit or Contact Us:

Website: www.koognaasewin.ca

Facebook: @koognaasewin

Phone Contact: 1-(877)-633-7558

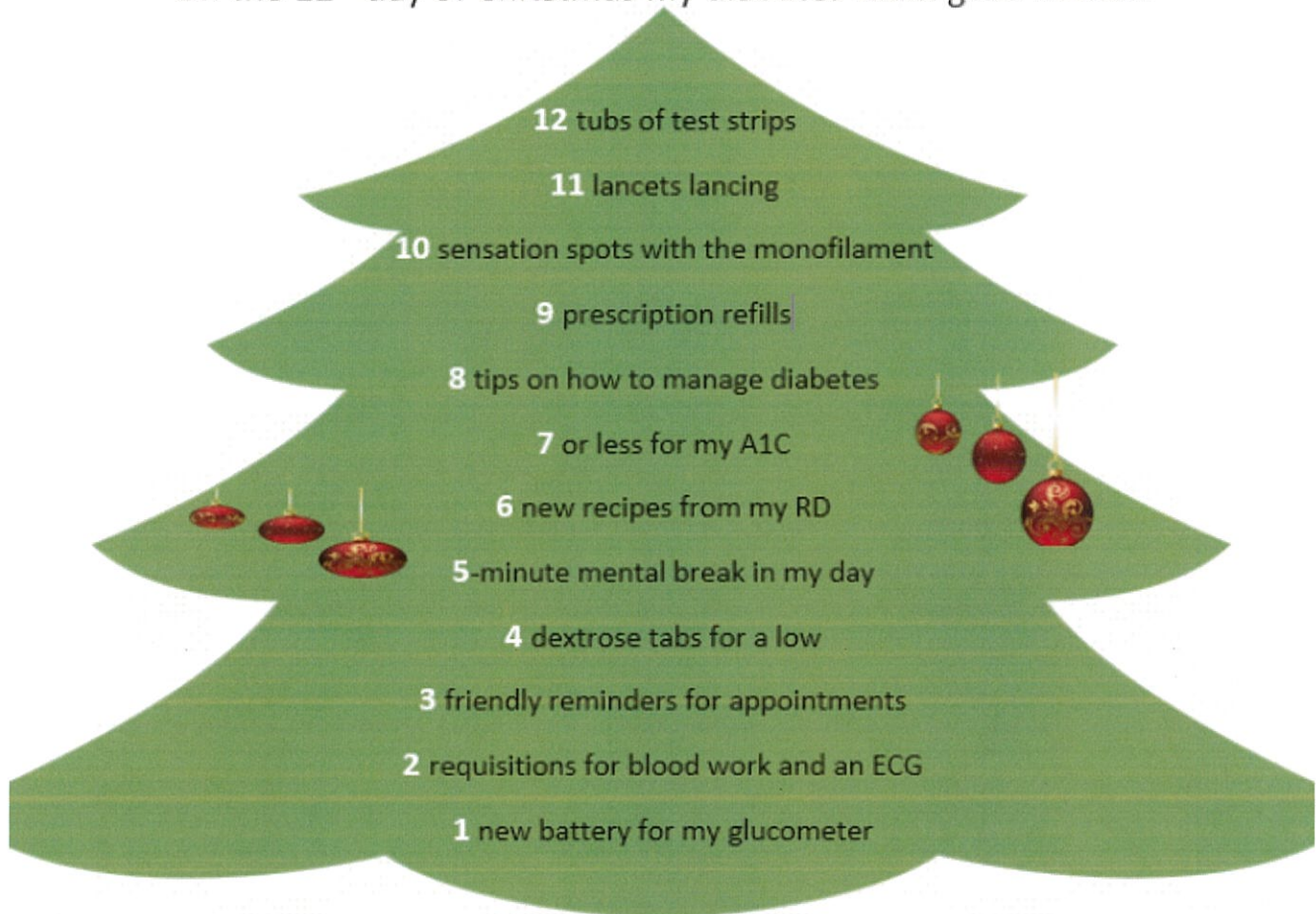


MFN – HSSU Activities/Events – December 2022 (5th – 16th)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	6	7	8	9	10	11
<p>DAAW – Al-Anon (5:45-7:15) Cultural.</p> <p>ASP – Gym & Crafts (3:30-5:30) SC</p> <p>CWC – Lunch & Learn (11:45-1:45) Cultural Bldg.</p> <p>CHA – Nordic Pole Trail (1-2) SC/RPL</p> <p>CHA – Strength Training (6-7) SC</p>	<p>DAAW – NA Meeting (6:45-8:15) Cultural Bldg.</p> <p>ASP – Xmas Gift Making (3:30-5:30) SC</p> <p>YC – Xmas sign making (6-7:30) SC</p> <p>CHA – Volleyball (7-9) SC</p> <p>CHA – Yoga (10-11) SC</p> <p>CHA – Jr. Sports Night (6-8) SC</p>	<p>DAAW – Drumming (6:00-8:00) Cultural Bldg.</p> <p>ASP – Xmas Gift Making (3:30-5:30) SC</p> <p>YC – Mental Health Support (6-8) SC</p>	<p>CSW-Food Security Program (9:30-1:00) Child Yth. Bldg.</p> <p>DAAW -Lighting Sacred Fire (8:30-3:00) Cultural Building</p> <p>FRC – Daycare Xmas Craft (9:30-11) Daycare</p> <p>ASP – Culture Review/outdoor play (3:30-5:30) SC</p> <p>CHA – Evening Yoga (6-7) SC</p>	<p>ASP – Gym & Crafts (3:30-5:30) SC</p> <p>YC – BRPS Formal (8-10pm) BRPS</p> <p>CHR – Footcare (9:30-3:30) RPL</p>	<p>CSSW – Xmas craft show (10-2) SC</p> <p>CSSW – Xmas craft show (12-2) SC</p>	<p>YC – Pancakes & PJS (11-1) SC</p>
12	13	14	15	16	17	18
<p>DAAW – Al-Anon (5:45-7:15) Cultural.</p> <p>CHA – Nordic Pole Trail (1-2) SC/RPL</p> <p>CHA – Strength Training (6-7) SC</p> <p>FRC – Mitt Making (12-4) RPL</p> <p>ASP – Snow Globes (3:30-5:30) SC</p>	<p>DAAW – NA Meeting (6:45-8:15) Cultural Bldg.</p> <p>CHA – Jr. Sports Night (6-8) SC</p> <p>CHA – Volleyball (7-9) SC</p> <p>CHA – Yoga (10-11) SC</p> <p>FRC – Mitt Making (12-4) RPL</p> <p>ASP – Gym/Xmas Wrapping (3:30-5:30) SC</p> <p>YC – Xmas Baking (6-8) SC Kitchen</p>	<p>DAAW – Drumming (6:00-8:00) Cultural Bldg.</p> <p>CHA – Daycare play (10-11) SC</p> <p>CHR – Stop Smoking Lunch (12-1) Band Office</p> <p>ASP – Xmas Party (3:30-5:30) SC</p>	<p>CSW-Food Security Program (9:30-1:00) Child Yth. Bldg.</p> <p>DAAW -Lighting Sacred Fire (8:30-3:00) Cultural Building</p> <p>FRC – Supplement Cards (8-1) C&YB</p> <p>CHA – Yoga (10-11) SC</p> <p>CHA – Evening Yoga (6-7) SC</p>			
<p>COVID REMINDER</p> <p>PLEASE PRACTICE PHYSICAL DISTANCING OF 6 FEET/2 METERS</p> <p>HAND WASHING/HAND SANITIZATION</p> <p>WEAR A MASK IF YOU MUST GO OUT</p> <p>AVOID GATHERINGS</p> <p>IF YOU HAVE SYMPTOMS, GET TESTED AND STAY HOME</p>						
<p>Mississauga First Nation</p> <p>Stephanie Collins – Mental Health Counsellor – Ext. 2234</p> <p>Medical Transportation</p> <p>Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201</p> <p>Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224</p>						
<p>CHN – Com. Health Nurse -Krysta Sawyer – Ext.2231</p> <p>CHR – Com. Health Rep. - Chelsea Grimard – Ext.2203</p> <p>DAAW – Drug & Alcohol Addictions- Sky Cada - Ext.2228</p> <p>CWW – Com. Wellness Coord. – Vacant – Ext.2226</p> <p>FRC – Family Resource Coord. Christine Owl – Ext.2254</p> <p>CSW – Com. Support Worker - Vacant – Ext.2242</p> <p>HSM – Health Services Manager – Rhonda Peltier – Ext 2230</p> <p>FPW – Family preservation Worker – Erin Chiblow – Ext 2240</p>						
<p>YEW - Early Years Worker- Sheri Macdonald - Ext.2253</p> <p>ASP – After School Program - Vacant - Ext.2308</p> <p>CHA – Com. Health Activator - Janey Morningstar – Ext.2216</p> <p>G&A – Grandma and Auntie Program – Lucy Ann Trudeau - Ext. 2247</p> <p>Band Rep. - Brent Niganobe – Ext.2245</p> <p>Band Rep. - Laurie Jacques – Ext.2243</p> <p>HSSD – Health Services Director – Vacant Ext. 2227</p> <p>SSM – Social Service Manager – Kelly Daybutch Ext 2240</p>						

12 days of Christmas diabetes style

On the 12th day of Christmas my diabetes team gave to me...



Happy Holidays from your diabetes team at MFN Health Centre
Stay safe and if you need support, we are always here for you!!!



Judy Gillingham, Nurse Practitioner

Jessica Hubbard, Diabetes Nurse Educator

Joby Quiambao, Registered Dietitian

Krysta Sawyer, Community Health Nurse

Chelsea Grimard, Community Health Representative



MISSISSAUGA FIRST NATION
COMMUNITY

Winter
SOLSTICE

Tuesday, December 20th, 2022

Time: 3-6 pm

Community Hall

Winter Solstice Teachings

Celebrate the shortest day and longest
night.

Community Potluck - Bring your
favourite dish

3 pm - Teachings

4:30- Feast

Contact: Erin Chiblow
Family Preservation Worker
erinchiblow@mississaugi.com
705 356 1621 x. 2240



MEN'S MONDAY

holiday wellness special



DEC 12, 22 | 11-4PM

- HYGIENE SUPPLIES
- HAIRCUTS
- LUNCH + HOLIDAY TREATS

To book a hair appointment call Jade Fox @ 705 3556 1621 ext 2357
or email jordansprinciplecoordinator@mississauga.com

COVERAGE FOR COMMUNITY SUPPORT SERVICE PROGRAM



Freshen Up Tuesday



LUNCH & HOLIDAY TREATS

December 13, 2022

11:00-4:00PM

Child & Youth Building



Christmas Food Voucher

PICK UP

Friday | December 9th, 2022
12:00-4:00
Child & Youth Building

Jordan's Principle Program

Christmas GIFT WRAPPING

For parents with children ages 0-18

December 14, 2022
6:00-8:00PM

Child & Youth Building
Snacks + Refreshments

WRAPPING PAPER + SUPPLIES PROVIDED, JUST BRING YOUR
GIFTS & JOIN THE DISCUSSION ON JORDAN'S PRINCIPLE





NUTRITIONAL SUPPLEMENT CARD

**FOR FAMILIES WITH CHILDREN 0-6
YRS AND PRENATAL**

Pick up is December 14/22

Time: 8 am - 1 pm

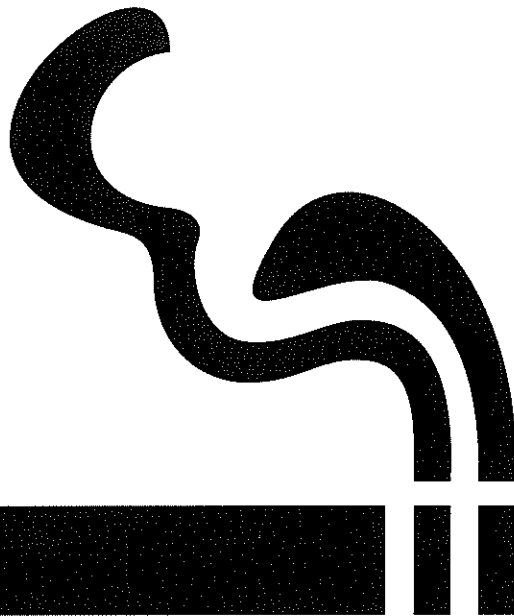
At: Child & Youth Building

***This will be the only day
for pick before the holidays**

Please call to confirm by December 8 /22 by 10:00 am to receive this months card as I need to make the appropriate arrangements



Please call 705-356-1621 ext. 2254 or email christine@mississauga.com ASAP Thank you



STOP SMOKING & GET BACK CONTROL

Monthly meet up for people who want to quit,
reduce their use, or maintain their smoke free
lifestyle!

Wednesday December 14th
Council Chambers
12:00pm

For more information contact:
Chelsea Grimard, Community
Health Representative
chelseagrimard@mississauga.com



WERE BACK!

**SENIORS
WALKING
GROUP**

WEDNESDAY DECEMBER 14

11:00-12:00


SPORTS COMPLEX

LIGHT SNACKS PROVIDED

BRING YOUR WATER

TO REGISTER CONTACT CHELSEA

AT 356-1621 EXT. 2203



ELDERS HOLIDAY LIGHT DRIVE

REGISTER BY MONDAY DECEMBER 12!

JANEY 705.356.1621 EXT 2216

OR

CHELSEA EXT 2203

DECEMBER 14 6:00 PM

★ SNACKS & WARM REFRESHMENTS PROVIDED

MEET AT RED PINE FOR PICK UP.

FESTIVE CLOTHING ENCOURAGE!

MFN Food Security Program

Date: _____ Pick up only

Name: _____ # of children _____ #of adults _____

Address: _____

Phone number: _____

Please submit your Forms by Wednesday no late submissions will be accepted

Please note that if items are not in your box, it's because we are out of stock or unable to provide it.

<p>Cereals (1 only): Cold Cereal Porridge Pancake Mix Cream of Wheat</p> <p>Breads (1 only): White Bread Brown Bread Flour</p>	<p>Meats (2 choices): Hamburger Chicken Bacon</p> <p>Canned Meats: (1 only): Tuna Salmon Chicken</p>
<p>Pasta or Rice (1 only): Macaroni Rotini Spaghetti Lasagna Rice Fettucine</p>	<p>Dairy Products (2 only): Canned milk Powder Milk Cheese slices Margarine</p>
<p>Canned Soups (3 only): Mushroom Chicken Noodle Tomato Vegetable</p>	<p>School aged children only: (2 choices) Pudding Fruit Cups Cookies</p>
<p>Other Canned Products: Kidney Beans or Tomato paste Spaghetti Sauce or Diced tomatoes Canned Chickpeas or Canned Navy Beans Tomato Paste 2.84 L Vegetarian Beans Green Beans 2.84 L or Canned vegetables</p> <p>Other Products (3 items only): White sugar Brown sugar Peanut butter Pancake syrup Coffee/Instant Coffee Tea Crackers Ketchup Mustard Crisco Lard</p> <p>Vegetable Oil (1 per month) Jam (1/once a month)</p>	<p>Hygiene Products: Toilet Paper Hand Sanitizer</p> <p>One every 3rd months : Javex All Purpose Cleaner Floor Cleaner</p>

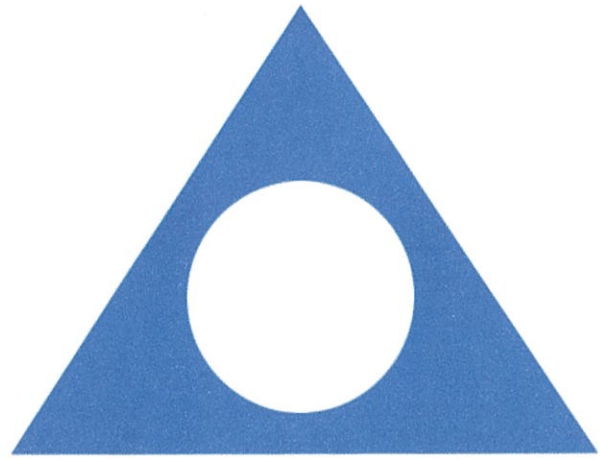
Lighting the Sacred Fire

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

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!!



Come out to a meeting and find out what it's about.
Meetings happen every Tuesday in the Culture
Building from 7 to 8 PM.

What to Know About Attending Narcotics Anonymous

- Meetings are available daily all over the world
- Meetings are either open or closed to members only
- There is no religious affiliation, but spirituality is welcomed
- There is no cost
- NA doesn't focus on one specific drug addiction
- What is discussed in meetings will always remain anonymous

verywell