

NIIGAANIIN

Client and Community Newsletter

January 12, 2023



REGULAR HOURS

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

OW CLIENTS

CHEQUE DAY

February 1, 2023

IMPORTANT

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

STACEY- niigaaniinreception@mississauga.com

DARRELL- darryl@mississauga.com

HELEN- helen@mississauga.com

ROBERT- robertmorningstar@mississauga.com

CHEYENNE- lmicoordinator@mississauga.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

NEVER STOP LEARNING BEACUASE

LIFE NEVER STOPS TEACHING

Announcements

STATEMENTS DUE JANUARY 16TH

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
Various Positions Available	NOG/Various locations	until filled
Medical Transportation Driver	Northshore Health Network/Blind River	until filled
Social Worker	Northshore Health Network	Jan.13, 2023
RPN	Northshore Health Network	Jan.13, 2023
Meat Cutter/Deli	Value Mart/Blind River	Jan.31, 2023
Team Member	Tim Hortons/Blind River	Jan.31, 2023
Fundraiser	NSHN/Blind River	Jan.31, 2023
RN and RPN	NSHN/Blind River	Jan.31, 2023
Family Support Worker	Algoma Public Health/Blind River	Jan.31, 2023
Public Health Nurse	Algoma Public Health/Blind River	Jan.31, 2023
Clerical Full time	Algoma Public Health/Blind River	Jan.31, 2023
Meatcutter	Value Mart/Blind River	Jan.31, 2023

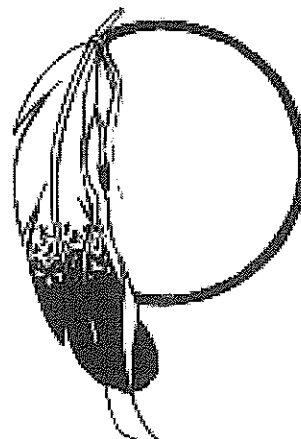
Other Websites for job postings: Indeed; LinkedIn; Google jobs; Job-Bank.gc.ca; employment solutions

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.





Position: Treatment Resources Project Coordinator

Accountability: Health Services Manager

Salary: \$43,696 - \$47,324

Employment Status: 1-year Full Time Contract

Hours of Work: 32 hrs

Preferences: MFN Band Members

Circulation Level: Level I

The **Treatment Resources Project Coordinator** will:

- Explore existing Indigenous and non-Indigenous public and privately funded Substance Dependency Detox/Withdrawal Management, treatment and after care programs/models within the local area and produce a detailed description report on the findings. Specify the current land-based programs and identify what Treatment facilities/programs are being planned and/or developed within the local North Shore Tribal Council Member First Nations
- Explore existing Treatment programs and facilities within the province to produce a required report.
- Work with partnered organizations and committees to access resources for community members as well as the exploration of co-development and co-management opportunities in the creation of a treatment program.
- Coordinate with the MFN Drug and Alcohol Addictions Worker to provide Community education sessions.
- Conduct a community needs assessment to the current community need and identify the gaps in treatment service
- Conduct a feasibility study to develop estimate budgets and staffing requirements along with the estimated need of the community.
- Establish the selected Treatment Program option that MFN has agreed upon and develop capital, start up and maintenance and operational budgets to implement the treatment program; include staffing requirements and job descriptions. Include a description of client and family services provided at the facility, the service delivery model and the facility's evaluation plan and tools.
- Seek out specific Indigenous federal and provincial capital and operational funding opportunities to implement the program including any proposals previously submitted by MFN
- Ensure confidentiality and safekeeping of all MFN's documents and records.
- Develop and maintain accurate, up-to-date, and concise work files.
- Ensure detailed records and statistics of all meetings related to the project are maintained.
- Prepare and submit monthly reports, attendance records and travel expense claims.
- Follow the Agency's human resources, finance and other policies and procedures in the performance of duties
- Other duties as required and assigned

The **Treatment Resources Project Coordinator** will possess the following education, experience, and skill qualifications:

- Mississauga First Nation Band Member or a person of Aboriginal descent is preferred
- Formal education and/or experience in Social Services
- Knowledge of Microsoft Office Suite software programs
- Experience working with Aboriginal people, public organizations, and communities
- Proven ability to establish and maintain respectful relationships with co-workers and the public
- Knowledge of First Nation programs and services and operating regulations
- Knowledge and understanding of Mississauga First Nation, traditional territories, and aboriginal traditions & culture
- Excellent communication, motivation, leadership, and interpersonal skills.
- Must provide or ability to obtain a valid Class "G" Ontario Driver's License
- Must be able to work flexible hours

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: January 17, 2023

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



Position: After School Program Coordinator

Accountability: Social Services Manager

Salary: \$40,718 – \$44,245

Employment Status: Maternity Coverage (19 months)

Hours of Work: 32 hrs

Preferences: MFN Band Members

Circulation Level: Level I

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:

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Deadline: January 17, 2023

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.

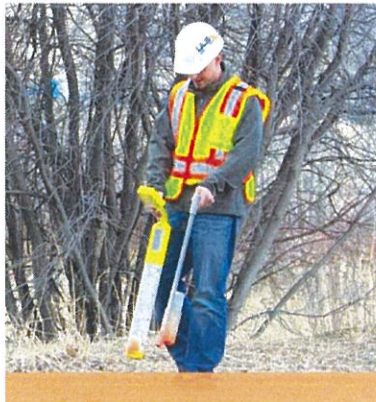


North Shore Tribal Council Water First Internship

NOTICE

13 Water Operator Interns from our 7 North Shore Communities will be Training in Mississauga First Nation the Week of January 16th – 20th

Interns and Trainers will be working in groups completing field exercises throughout the community, locating water valves and hydrants.



Mississauga First Nation's Interns

Draye Chiblow

Jayvin Wilson

The NSTC Water First Internship started July 4th, 2022. Interns will graduate Fall 2023

Miigwech

Mamaweswen, The North Shore Tribal Council TECHNICAL SERVICES



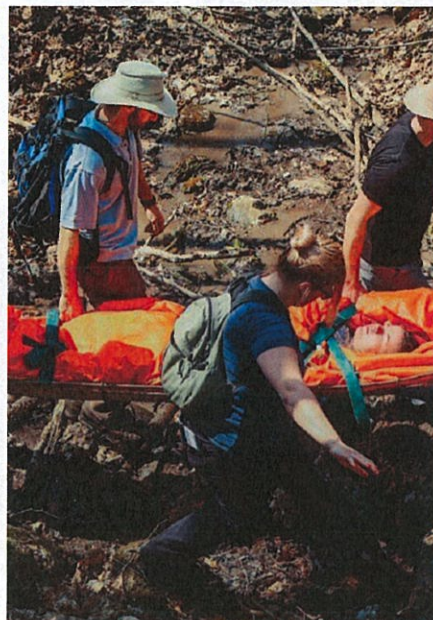
Wilderness **ADVANCED** First Aid

REGISTER NOW:
WWW.MAMAWESWEN/REGISTRATION.COM

JANUARY 17TH TO 21ST

LOCATED AT THE MISSISSAUGA FIRE HALL:
142 VILLAGE ROAD
MISSISSAUGA FIRST NATION

LUNCH WILL BE PROVIDED



HOSTED BY MISSISSAUGA FIRST NATION IN
PARTNERSHIP WITH MAMAWESWEN, THE NORTH SHORE
TRIBAL COUNCIL EMERGENCY MANAGEMENT UNIT.



First Nations Maple Syrup Seminar

Whitefish River First Nation Community Centre

6 Rainbow Valley Road, Birch Island

Friday, January 20, 2023

10 am – 3 pm

Agenda:

10:00 a.m. – Opening Ceremony

10:15 a.m. – *Maple Fundamentals*

Jenny Liu, Maple, Tree Nut, and Agroforestry Specialist, Ontario
Ministry of Agriculture, Food, and Rural Affairs,

11:00 a.m. – *Sugarbush Management*

Dean Assinewe, Forest Management Specialist, Sagamok FN,

12:00 p.m. – *Lunch*

1:00 p.m. – *First Nation Funding Opportunities*

Camden Lawrence, IAPO Business Advisor,

1:30 p.m. – *Successes & Challenges of a Community-Based Maple Operation*

Nathan Keeshig – Ziibaakdakaan Maple, Cape Croker Park

2:00 p.m. – *Technology Changes in the Way We Make Syrup Today*

Brian Bainborough, Maple Ridge Farm, & Lapierre Equipment Dealer.

2:30 p.m. – *Invasive Species in Your Woodlot*

Jenny Liu, Maple, Tree Nut, and Agroforestry Specialist, OMAFRA,

3:00 p.m. – Door prizes, Adjourn

To register for in-person meeting, contact:

Stuart Wilson: 705-285-4335, edo@whitefishriver.ca

To register for online Zoom session, click:

<https://us06web.zoom.us/meeting/register/tZMpdOivqT0qH9GeYwLrVtaCiF2C9eZ0lgKo>

If you would like to learn about maple syrup opportunities in MFN's land base, please contact the EcDev Dept. at 705-356-1621 x 2223 or joncada@mississauga.com

If there is enough interest, a community info session can be arranged. Miigwetch!

You are invited to a
**First Nations Women Entrepreneurs
Virtual Information Session**

Wednesday, January 18, 2023 at 7:00 PM.



Learn about this micro-loan and grant program designed for First Nations women entrepreneurs to support business start-ups and expansions.

Access micro-loans and grants for business projects up to \$15,000.

Eligible business projects include:

- Farming and food production across Ontario
- Various types of businesses across East & Central Ontario
- Start-ups and business expansions
- Full or part time businesses

**To register for the information session,
*please call: 1-800-363-0329***

or

email: fnwe@indianag.on.ca.



CALL FOR TENDERS

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

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

Deadline date for tenders: Friday January 20, 2023@ 4:00 pm

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

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

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



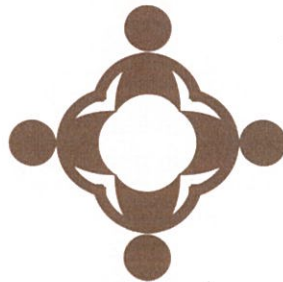
WOMAN'S SUPPORT GROUP

MEETING TIME: 6-8pm

LOCATION: Education Building.

DATES: January 9th, 23rd; February 6th, and 20th

Meditation, Self Care, Knowledge Sharing, etc.



Ladies Hand Drumming

MEETING TIME: 5-7pm

LOCATION: Education Building

DATES: January 16th, 30th; February 13th and 27th

Contact Dana Boyer for info at danaboyer@mississauga.com



POW WOW COMMITTEE

LOOKING FOR NEW MEMBERS



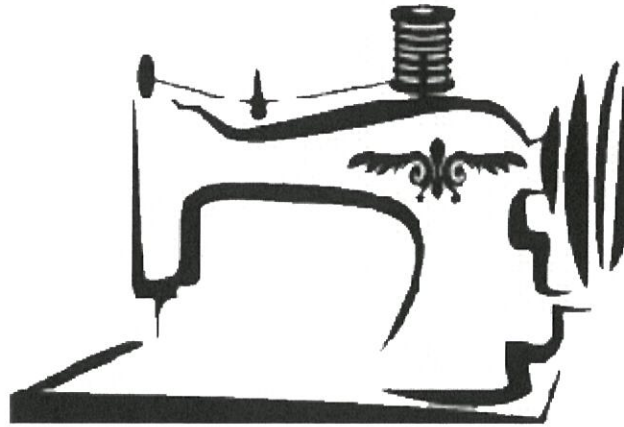
Date: February 7, 2023

Time: 10 am

Place: C&C Chambers



Be a part of the excitement!



UFO's & Sewing Drop In

Happy New Year!!

Programming will resume January 12th, 2023. Thursday Night UFO and Craft Night start back up. We will be open every Thursday night, from 6:00 pm to 9:00 pm, unless otherwise posted!! Fridays will be Drop In Sewing and Crafting from 10:00 am to 3:00 pm.

A sign up list will be started on Monday, January 9th, for upcoming programming. We will be limiting the program participation to 10 for the next two sessions, so if you are interested, please get your name in as soon as possible!!

For more information contact:

Lucy Ann Trudeau

Grandmas and Aunties Coordinator

705-356-1621, ext 2247 or

by email lucyantrudeau@mississaugi.com



Leather Mittens

Make yourself or a loved one a pair of mittens to keep your hands warm!! 10 spots available.. All Materials provided .

Expert Instruction included (not me!! Lol)

When?? Saturday, January 21st, 2023

Time: 10:00 am to 4:00 pm

Where? Education Building

Please contact Lucy Ann Trudeau, Grandmas and Aunties Program Coordinator @ 705-356-1621, ext. 2247 to confirm your participation and to ensure we have adequate resources. Again, we are limited to 10 participants...

See you there!!

TRADITIONAL STRESS & FOOT SOAKS MANAGEMENT WITH NORA & RODNEY ABITONG

6 SPOTS available per day.

Jan 16th – 17th & 18th, 2023.

TIME SLOTS

9:00AM-10:00AM

10:15AM-11:15PM

11:30 AM – 12:30 PM

1:30 PM – 2:30 PM

2:45 PM – 3:45 PM

4:00 PM-5:00 PM

For an appointment time, please email rhondapeltier@mississaugi.com and or call T: (705)356-1621, Ext. 2230

As per Traditional Facilitator Request:

- Face Mask Mandatory



If you have any questions please contact the MFN Health Team at 705-356-1621

To stop the spread of COVID19, Mississauga First Nation reminds everyone to practice the following public health measures:



Wear your face mask



Wash your hands often



Practice physical distancing of 6 feet



NEW TESTING BEING OFFERED AT THE HEALTH CLINIC

Mississauga First Nation Health Clinic has partnered with Abbott.

Abbott has provided MFN with the technology and training to test for;

- COVID-19
- Influenza A&B
- Respiratory Syncytial virus and
- Strep A

Proper diagnostics help the community get proper treatment and stop the spread of infection.

**If you have questions or seeking testing,
please call 705-356-1621 x 2231 or
e-mail: krystasawyer@mississaugi.com**



COVID Update

Health Canada has approved bivalent COVID boosters for those 5 years and up. Health Canada recommends anyone at risk of severe illness from COVID be vaccinated. Due to low uptake in the community, bivalent vaccination for those 5-11 years of age can contact Algoma Public Health for upcoming vaccine clinics @ 705-356-2551 or 705-541-7370.

Mississauga First Nation will be holding a COVID clinic for those 12 years and older on:

January 26th / 2023

10-4 pm

Location: Activity Room

***Walk-ins Welcome
Bivalent doses***

If you have any questions or concerns, please call
705-356-1621 x 2231 or
e-mail: krystasawyer@mississaugi.com



Quitting smoking lunch & learn

Date: January 13/2023

Time: 12 - 1 pm

Location: Activity Room

Please register in advance by calling 705-356-1621 x 2231 or
by e-mail: krystasawyer@mississaugi.com

JOIN US FOR A CHANCE TO WIN A GIFT CARD!

WERE BACK!

**SENIORS
WALKING
GROUP**

TUESDAY JAN. 17TH

11:00-12:00

SPORTS COMPLEX

LIGHT SNACKS PROVIDED

BRING YOUR WATER

**TO REGISTER CONTACT CHELSEA
AT 356-1621 EXT. 2203**



ESSENTIAL
OIL YOGA
WORKSHOP

MONDAY JANUARY 23RD

7:00-8:30

UPSTAIRS OF SPORTS COMPLEX

CLASS IS 90 MINUTES

DIFFERENT ESSENTIAL OILS USED WITH YOGA

INCORPORATED LEAD BY NADIA CARRIERE

ALL LEVELS WELCOMED

CONTACT CHELSEA FOR MORE INFORMATION

356-1621 EXT. 2203

All elders welcome



Adventures ⁱⁿ
Cooking

Wednesday January 25th

11:00-1:00

Red Pine Lodge

Please Register please contact Chelsea at 705-356-
1621 ext. 2203

Drumming with Erin Chiblow

For youth ages 12-21
January 11th & 24th
6pm-8pm

Come learn how to drum and more about our culture!

Light snacks and refreshments will be provided

Drumming Facilitated by Erin Chiblow

Please sign up with Patricia Niganobe (Youth Coordinator) by January 10th 2023

Miigwetch-Thank you



PARENTS & YOUTH AGES 12-21
ALL PARENTS/CAREGIVERS OF YOUTH
ARE WELCOME!

SUPPORT CIRCLE WITH BRIAN
NOOTCHITAI

JANUARY 19TH 2022

4:30PM-6:30PM

CULTURE CENTER-SACRED FIRE
DINNER WILL BE PROVIDED
TO REGISTER- CONTACT PATRICIA
NIGANOBE (YOUTH COORDINATOR) AT
PATRICIANIGANOBE@MISSISSAUGI.COM





MEDICINE POUCH MAKING & TEACHING BY DANA BOYER

Youth ages 12-21 welcome

January 25th 2022

Sports Complex- Youth Center

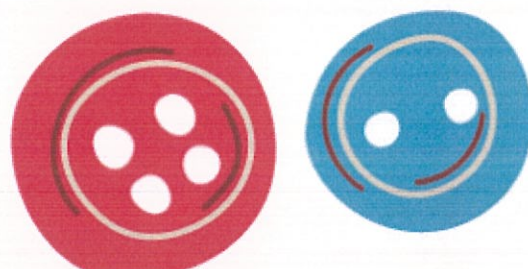
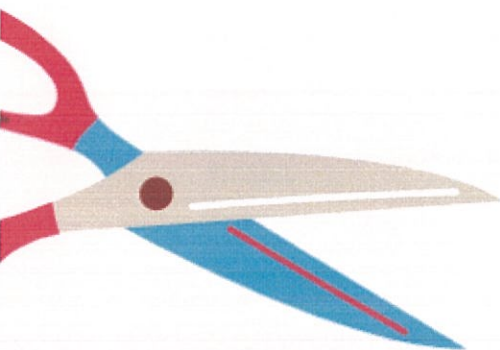
6pm-7:30pm

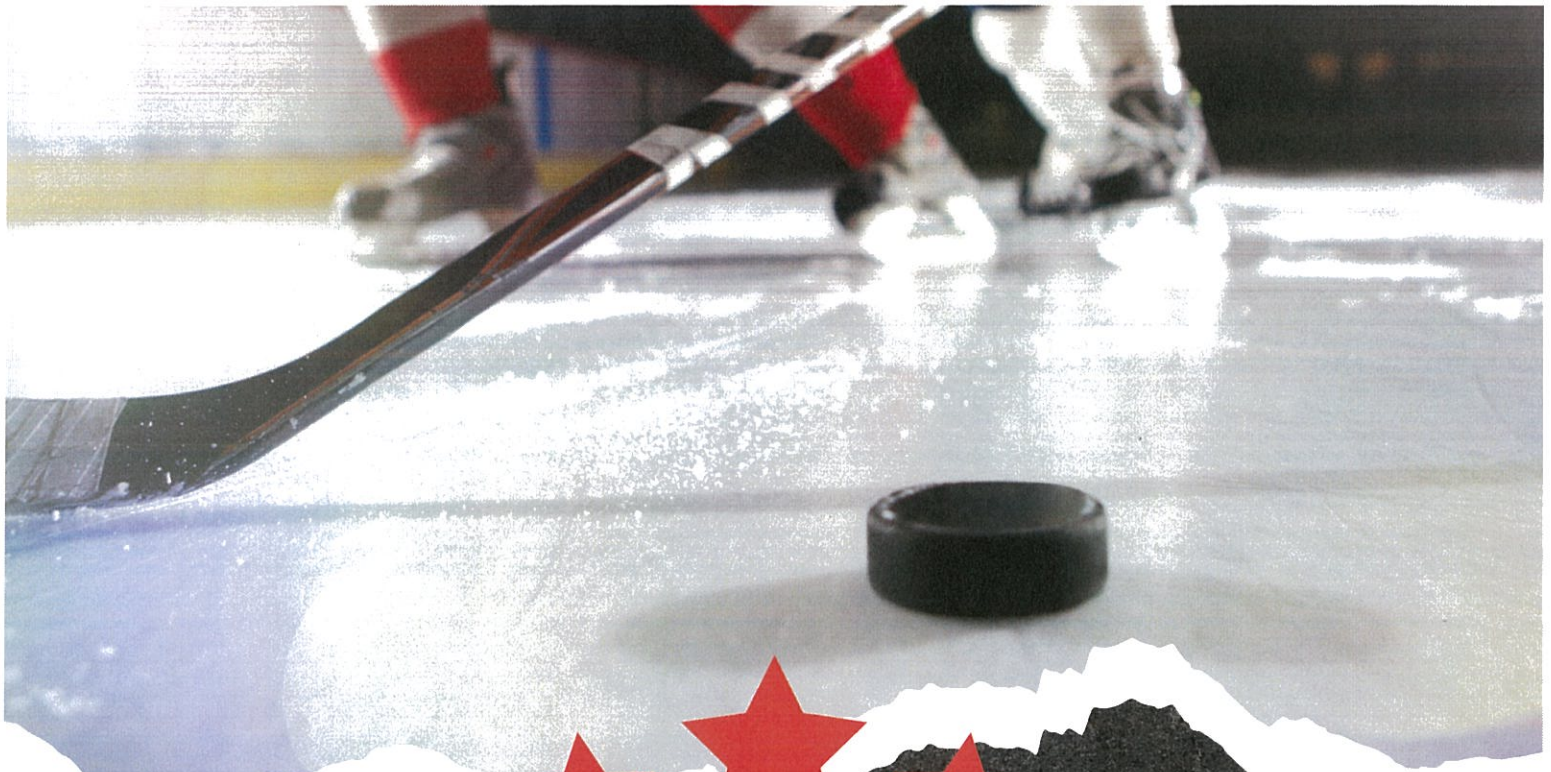
Dinner and materials will be provided

Contact PatriciaNiganobe@mississaugi.com

to register

Thank you-Miigwetch!





YOUTH 12+

**BLIND RIVER BEAVERS VS.
ESPANOLA PAPER KINGS**

HOME GAME

**JANUARY 28TH 2023- BLIND RIVER
COMMUNITY CENTER**

7:00PM

YOUTH WILL REQUIRE THEIR OWN TRANSPORTATION TO &
FROM GAME

CONTACT PATRICIANIGANOBE@MISSISSAUGI.COM OR
PHONE: 705-356-1621 EXT 2229 TO REGISTER.

YOUTH MUST REGISTER FOR THIS PARTICULAR PROGRAM
THANK YOU-MIIGWETCH

YOUTH COORDINATOR

BUTI YOGA



JANUARY 31ST 2023

6PM-7PM

FACILITATED BY CHELSEA GRIMARD

TO REGISTER CONTACT PATRICIA NIGANOBE
@ PATRICIANIGANOBE@MISSISSAUGI.COM
PHONE: 705-356-1621 EXT 2229

MISSISSAUGA FIRST NATION
FAMILY RESOURCE COORDINATOR
EARLY YEARS PROGRAM

STROLLER FIT

NEW YEAR, NEW GOALS

EVERY MONDAY

this Monday - Baby Yoga

11:00AM - 1:00PM

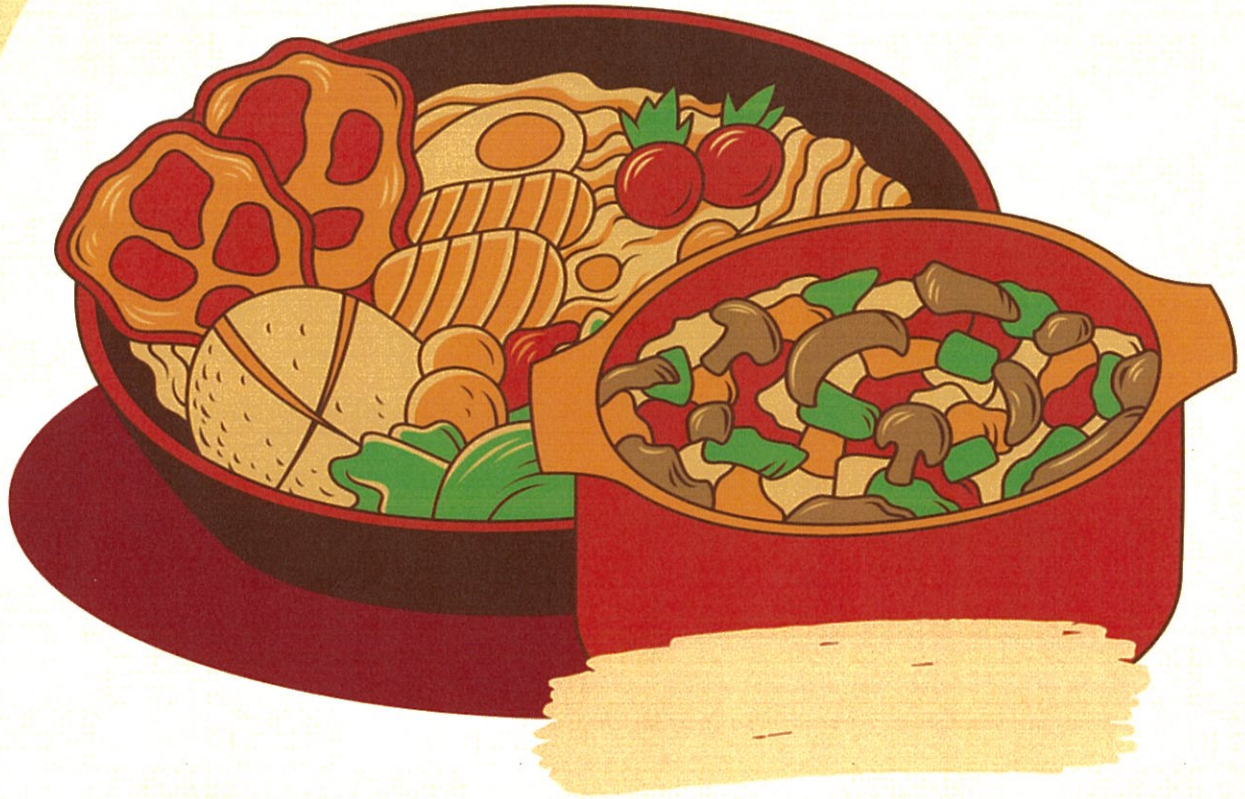
SPORTS COMPLEX GYMNASIUM



light lunch and refreshments

**MISSISSAUGA FIRST NATION
EARLY YEARS PROGRAM
FAMILY RESOURCE COORDINATOR**

For families with Children 0-6 years



COOKING WITH YOUR TODDLER

Tuesday January 24th 2023

5:00-6:30PM

Child and Youth Building

Cook a homemade meal with your little one(s)

Limited to 5 families

Email - sherimacleod@mississaugi.com

to register



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

Pick up is January 25/23

Time: 8 am - 1 pm

At: Child & Youth Building

***This will be the only day
for pick up unless other
arrangements are made**

**Please email by January 18/23 by 10:00 am to receive this
months card as I need to make the appropriate
arrangements**



Please email christine@mississauga.com ASAP Thank you

Drop In Dates:

Wednesday, January 25, 2023
Wednesday, February 22, 2023
Wednesday, March 29, 2023

9:30am - 11:00am

Huron Shores Family Health Team
527 Causley Street



Huron Shores FHT in partnership with the North Channel Midwifery invite you to join our peer group

Food Bank And Security Coordinator

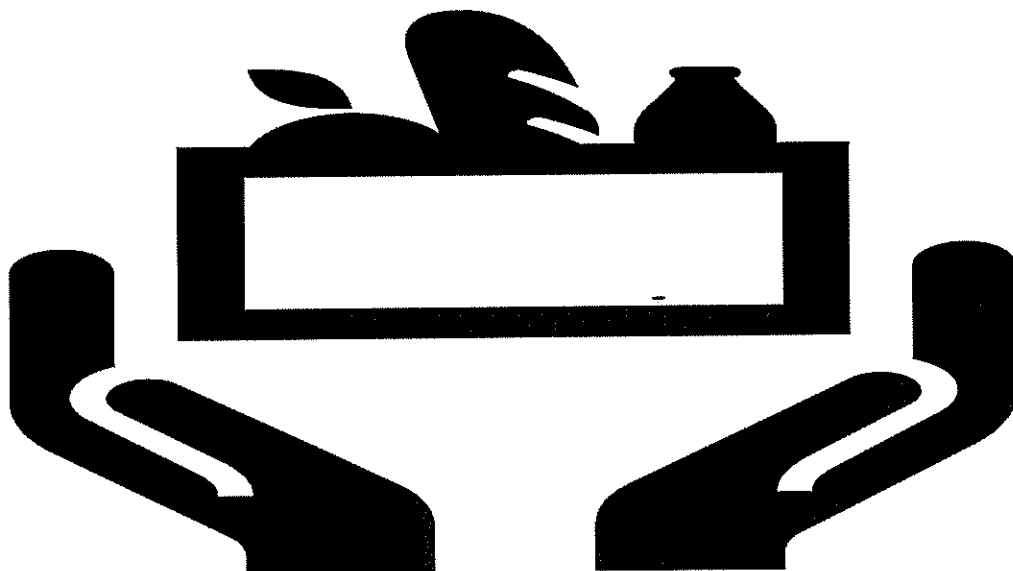
Aanii/Hello/Bonjour my name is Danielle Cada, Food Bank and Security Coordinator for Mississauga First Nation Social Services Unit. My office is based out of the Child and Youth building next to the band office.

I believe this program is very beneficial to our community in many ways. We will continue to navigate and implement a food security program that will meet the needs of our community as time goes on.

As well, I would like remind our community members to hand in their food bank application forms by Wednesday. We are open every Thursday from 9:30am-3:00pm for food box pick-up. At this time I do not have a contact number, but ask that you email me at daniellecada@mississaugi.com for any inquires, concerns or ideas you may have.

Miigwetch,

Danielle Cada—Food Bank & Security Coordinator



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):</p> <p>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):</p> <p>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>

January 2023

Home & Community Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Walking Group 11am Sports Complex					
22	NO ELDERS BUS SERVICE					
	23	24	25	26	27	28
	Walking Group 11am Sports Complex	Adventures in Cooking 11 am RPL	RPL BINGO 1:30pm			
29	30	31				
	Walking Group 11am Sports Complex	Walking Group 11am Sports Complex				



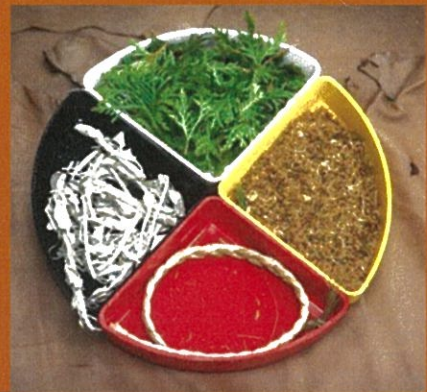
Boy's Drum Group
Wednesday, Jan. 11, 2023
In the Culture building
At 5PM

Please contact Sky Cada
at 705-261-1370 or email
skycada@mississaugi.com

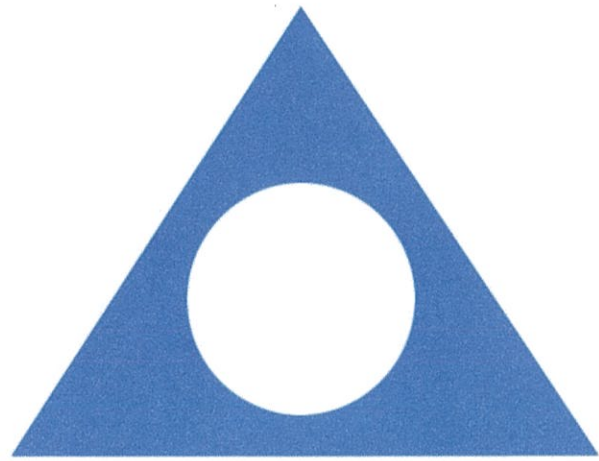
Lighting the Sacred Fire

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

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



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



AL-ANON

for families & friends of alcoholics

****Starting Again****
AL-ANON MEETING

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

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

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

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

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



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

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

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