

NIIGAANIIN

Client and Community Newsletter

January 11, 2024



Niigaaniin Hours

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

Income statements are due January
16th 2024

OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE
RENEWAL YEARLY

CALL *Darrell Jacques*
705 356 1621 Ext 2235

ODSP FN WORKER
STACEY ARMSTRONG

Sarmstrong@niigaaniin.com

(705) 356 1621 - EXT 2352

FAX 705-356 0728

INFORMATION

LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

"QUOTE OF THE WEEK"

"Life is like a bicycle, to keep your balance, you must keep moving"

Albert Einstein

Riddle me this?

What is always on the way, but never arrives?

+++++

Answer to last riddle

Someone's heart

Mississauga First Nations

| LOCAL AREA - JOB OPPORTUNITIES | | |
|--------------------------------|---|--------------|
| Position | Employer/Location | Closing date |
| Various positions available | Mississauga FN - check community flyer | until filled |
| Various Positions Available | Garden River FN | until filled |
| Various Positions Available | Serpant River FN | until filled |
| Various Positions Available | Sagamok FN | until filled |
| Development Officer | NSHN/Blind River | 1/31/24 |
| Direct Support | Christian Horizons/ Blind River | 1/18/24 |
| Equipment Operator | Town of Blind River | 1/18/24 |
| PSW Worker | NSHN/Blind River | 1/31/24 |
| Summer Student | Canadian Food Inspection/Gov.of Canada/St. Catharines – May to Sept | |
| Various positions | NOG/various communities | until filled |
| Various positions | Cameco – check their website out | until filled |
| Various positions | Northshore Health Network | until filled |

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

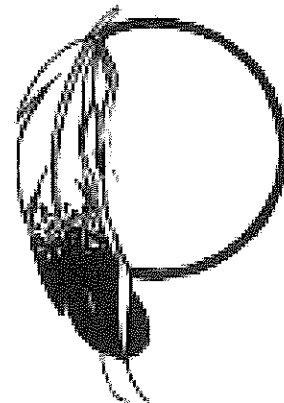
Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe /ask for Jacquie

- **If you are on OW or EI or not working or need training ISETP's can offer you the following: Apprenticeships; Employment Supports/Startup; wage subsidies; Mobility/relocation assistance; Skills enhancement/Direct Course Purchase; Youth Work Experience; Student Employment; Career and Educational development: Self Employment Assistance ***

Summer Students – If you like working with Kids and want to share your skills then check with Muskokawoods.com.

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: Band Representative

Salary: \$58,439 – \$66,410

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Social Services Manager

Employment Status: 2 years

Preferences: MFN Band Members

The Band Representative will:

- Work flexible hours, prepare and complete daily activity programming reporting in database.
- Ensure program requirements/records for all paperwork completed completely and accurately.
- Confirm membership eligible to be registered for membership with the Mississauga First Nation; and assist the child in registration for membership, if necessary.
- Receive and review all notifications from child welfare agencies involving a child member of the Band.
- Inform MFN on the role/responsibilities/duties of Band Rep and Child Protection Agency involvement
- Assist families and the Nogdawindamin Family and Children Services in the intervention (apprehension) process.
- Ensure release of information are attained by authorized persons.
- Evaluate, research and prepare cases, determine next steps if a decision is made to become a party in the proceedings, through collaboration with the Nogdawindamin (NOG)
- Attend appropriate case conferences/meetings to ensure the interests of the MFN (Plan of Care); and negotiate with parties or develop an Alternate Plan considering the needs of the child(ren) and the resources available
- Attend all court dates or commission a lawyer/other worker as a representative to attend all court dates
- Consult with the Band Lawyer on complex court cases and/or complete, prepare/serve and file necessary court documents
- Notify supervisor of adoption notices and respond to all adoption notices immediately
- Initiate own training to broaden the scope of legal procedural knowledge
- Maintain accurate records and submit quarterly/annual reports/statistics and activity reports
- Attend appropriate staff or team meetings
- Prepare and submit annual work plans
- Provide orientation of job for replacement staff
- Promote a team approach through cooperation and effective communication with colleagues, clients and other organizations

The Band Representative will possess the following qualifications, skills, experiences, and attributes:

- Post Secondary diploma in Human Services and minimum of two years of experience working with families and groups.
- Knowledge of the Child Welfare Laws and demonstrated proven commitment to supporting and helping Native families
- Communicate effectively/ make sound decisions/give clear direction (written and oral communication skills)
- Applicant must be willing to serve as a positive role model and balance outside interests and influences so as not to jeopardize professional credibility, judgment or competency shall be included in the contract agreement and used in the probationary period and the annual performance appraisal.
- Driver's license, insurance and access to a vehicle required
- Provide and maintain clear Vulnerable Sector Check (CPIC)

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. Do not apply through social media.** 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: January 24, 2024

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



Position: Front Line Worker

Salary: \$50,683 - \$57,595

Hours of Work: 40 hrs

Accountability: Women's Shelter Manager

Employment Status: Full time (2 year)

Preferences: MFN Band Members

The Front Line Worker will:

- Research and maintain knowledge of community area services to effectively service clients
- Provide advocacy and support to clients and their children in crisis situations both one-on-one and over the telephone
- Maintain strict confidentiality and adhere to Personnel policies and procedures.
- Be supportive and provide assistance to those termed as "walk-in" in a manner that is consistent to those who are admitted into the Mississauga Women's Shelter
- Respond to crisis telephone calls and provide support, information, and intervention according to the request and type of call/caller; Conduct assessments, interventions and assist clients with plans of care
- Accompany clients and their children to support services such as hospital, doctor visits, lawyers, housing, etc.
- Assist clients and their children with access to support services and provide referrals as required
- Assist clients to set goals, fill in applications for housing, birth certificates, S.I.N, and budgeting etc.
- Provide education and awareness to women on domestic violence
- Facilitate conflict resolution between in-house clients and clarify house rules and guidelines
- Maintain confidentiality of clients and the shelter
- Research and maintain knowledge of mental health conditions
- Ensure safety of clients, staff and visitors to the shelter at all times; Facilitate and maintain a collaborative and safe work environment; Conduct safety walks with clients
- Use a humanistic approach in educating women and their children on the issues of family violence
- Ensure windows and doors are locked at all times; Create safety plans with clients and families
- Contact appropriate authorities such as the Ontario Provincial Police or child welfare agency when required
- Prepare daily logs and correspondence as required; Record statistical data of clientele as required in the data base
- Maintain level of job requirements by attending training, workshops, seminars, certified programs, and team meetings

The Front Line Worker will possess the following qualifications, skills, experiences, and attributes:

- Minimum of Grade 12 secondary diploma, Post Secondary Diploma in Social Services field would be an asset
- Two (2) years experience in a social services organization
- Experience working with aboriginal people, organizations and communities
- Must provide an acceptable Criminal Record Check and Vulnerable Sector Check from the Canadian Police Information Centre (CPIC).
- Must be able to work flexible hours, on-call and shift work, including weekends, evenings and holidays
- Must have Class "G" Ontario Driver's License in good standing and be able to travel.
- Willingness and ability to travel within region and/or between sites and to activities as needed.
- Standard First Aid and CPR/AED, Mental Health 1st Aid (an asset)
- Life Skills Coach Certification (an asset)

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 Department
Marked: **CONFIDENTIAL**

EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740

Deadline: January 24, 2024

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



Position: Front Line Worker

Salary: \$24.37 hourly

Hours of Work: As needed

Circulation Level: Level I

Accountability: Women's Shelter Manager

Employment Status: Casual Relief

Preferences: MFN Band Members

The Front Line Worker will:

- Prepares and complete daily reports in database; provides advocacy and support to clients and their children in crisis situations both one-on-one and over the telephone; maintains strict confidentiality and adhere to Personnel policies and procedures
- Be supportive and aid those termed as "walk-in" in a manner that is consistent to those who are admitted into the Mississauga Women's Shelter; responds to crisis telephone calls and provide support, information, and intervention according to the request and type of call/caller; assist with meal planning and preparation; conducts general cleaning such as dusting, cleaning windows/ floors and other areas
- Assist clients to set goals, fill in applications for housing, birth certificates, S.I.N, and budgeting etc.; provides education and awareness to women on domestic violence; ensures safety of clients, staff and visitors to the shelter at all times; facilitates and maintain a collaborative and safe work environment; provides in-house orientation to new clients and oversee communal living requirements; creates safety plans with clients and families; ensures windows and doors are locked at all times; completes regular resident status and safety checks
- Contacts appropriate authorities such as the Ontario Provincial Police or child welfare agency when required; provides referrals, support documents and support for discharge; conducts intake and discharge process with clients and their children in crisis
- Maintains level of job requirements by attending training, workshops, seminars, certified programs, and team meetings
- Demonstrates sensitivity to and knowledge of the impacts of woman abuse on women and children; remains to be empathic, non-judgmental, respectful and encourage independent decision making to clientele served; will problem solve in a positive manner

The Front Line Worker will possess the following educational qualifications, skills, experiences, and attributes:

- Minimum of Grade 12 secondary diploma or equivalent. Post-Secondary Diploma in the Social Services or health field preferred
- Experience working with aboriginal people, organizations, and communities; must provide an acceptable Criminal Record Check and Vulnerable Sector Check from the Canadian Police Information Centre (CPIC)
- Class "G" Ontario Driver's License in good standing and be able to travel
- Standard First Aid and CPR/AED; Mental Health 1st Aid (an asset); Life Skills Coach Certification (an asset)
- Must be able to work flexible hours, on-call, and shift work, including weekends, evenings, and holidays
- Excellent verbal and written communication; ability to work in a team environment; ability to effectively analyze situations quickly and apply sound judgement; possess strong conflict resolution and problem-solving skills with the ability to handle stressful situations
- Ability to observe and assess clients, enforce safety regulations and emergency procedures, and apply appropriate behaviour management techniques; maintain confidentiality; be respectful and empathetic; ability to take charge and motivate others; be always professional

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
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Deadline: January 24, 2024

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



Position: ASP Resource Worker

Salary: \$28.78 hourly

Hours of Work: 15 hrs/week minimum

Circulation Level: Level I

Accountability: Social Services Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The After School Program Resource Worker will perform the following duties:

- Assist the ASP Coordinator to develop and deliver the After School Program according to the funding criteria.
- Purchase, rent or lease program supplies and purchase healthy snacks under the direction of the ASP Coordinator.
- Coordinate external and internal resources to assist in the delivery of program activities.
- Assist with the development, design, and delivery of programs that increase physical activity, social skills, and craft making abilities.
- Engage parents, elders, and youth in the delivery of program activities where appropriate.
- Deliver nutritional seminars and promote personal health and wellness with agreed upon personal goals.
- Meet with parents to discuss referrals to appropriate resources such as Jordan's Principal, health care, counselling, based on observed behavioural challenges.
- Assist in organizing special events and activities during planned school closures such as PA Days.
- To promote, monitor, and evaluate all program activities.
- Other related duties as assigned by the ASP Coordinator.

The After School Program Resource Worker will possess the following qualifications, skills, experiences, and attributes:

- College Diploma in Early Child Development, Child and Youth Worker, FASD certificate, Teachers Aid, or a social service related field and/or two (2) years relevant to the job experience within a social services organization.
- Must possess current First Aid and CPR certificate.
- Drivers License and access to a vehicle.
- Clear Vulnerable Sector Check (CPIC)
- Ability to work flexible hours.
- Knowledge of cultural practices and teachings.
- Must have experience working with children including children living with special mental and physical challenges.
- Excellent communication and interpersonal skills.
- Excellent organizational and time management skills.
- Budgeting skills
- Honest, respectful, and trustworthy

TO APPLY: Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be in person. If you are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation Attention: Human Resources Department

P.O. Box 1299 Blind River, Ontario P0R1B0

Marked: **CONFIDENTIAL**

EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740

Deadline: April 4, 2023

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

WALKING IN BALANCE

A socially and culturally healthy community where individuals have the opportunity to prosper and to achieve their full potential spiritually, emotionally, mentally, and physically through generous and unselfish support for one another, while pursuing balance and harmony within, with each other, and with Mother Earth.

Mississaugi Trust



Notice

Chief and Council successfully replaced two vacant trustee positions. The incumbent trustees were elected to council in the recent community election.

The new trustees were part of the most recent trust election, held in 2021, and held the next highest vote totals on the ballot.



The new trustees will fill the vacant positions in an interim capacity until the next scheduled Trust election, to be held in May 2024. The new trustees are Robert Morningstar and Monica McGregor.

For more info, contact Claudette Boyer:

- claudetteb@mississaugi.com
 - 705-356-1621 ext. 2206
-



COMMUNITY ENGAGEMENT

CHI-NAAKINAGEWIN PRESENTS

We are looking for community member input regarding the Comprehensive Community Plan for Mississauga First Nation.

Featuring information booths from departments and programs.



Date: Tuesday, January 30th, 2024

Location: Sports Complex

Time: 1st session: 1:00 - 4:00 PM

Light refreshments: 4:00 - 5:00 PM

2nd session: 5:00 - 8:00 PM

Watch for further information regarding virtual engagement sessions.



COMMUNITY NEWSLETTER

**THE WIINDAMAAGEWIN
ENAAGADOOT IS LOOKING FOR A
FLYER DELIVERY PERSON.**

**DELIVERY WILL BE EVERY 2 WEEKS
ON A THURSDAY**

**IF INTERESTED OR FOR MORE INFORMATION
PLEASE CONTACT CHEYENNE CORBIERE**

**WIINDAMAAGEWIN@MISSISSAUGI.COM
OR BY PHONE**

705-261-1104

CHI-NAAKINAGEWIN

COMMITTEE

**RECRUITMENT FOR COMMITTEE
MEMBERS, FOR THE TERM OF
2024 - 2027**

**PLEASE SUBMIT YOUR LETTERS OF
INTEREST BY JANUARY 18TH, 2023**

**PLEASE CONTACT THE NAAKINAGEWIN
ENAAGADOOT - AMANDA SAYERS
amandasayers@mississaugi.com
705-356-1621 ext. 2213**

ATTENTION COMMUNITY MEMBERS!

The Lands Department is currently looking to fill **2 vacancies** on the Lands and Resources committee for the remainder of the **2023 -2027 term**.

Interested community members must submit a letter of interest to the Lands & Resources Department for Council appointment.

The Lands Committee meets the first Monday of each month. to address the following.

- a) Assist with the development of the Lands administration
- b) Advise the Council and its staff on matter respecting Mississauga First Nation land.
- c) Recommend laws, resolutions policies and practices respecting the management of Mississauga First Nation land to the Council
- d) Hold Regular and special meetings of members to discuss land issues and make recommendations to Council on the resolution of these issues.
- e) To assist in the flow of information on land issues between members and the Council; and
- f) Oversee community approvals under this land code

DEADLINE FOR LETTERS OF INTREST IS
JANUARY 25, 2024 @ NOON

In your letter, please indicate any Lands & Resources experience and how this will benefit the Committees recommendations. You can submit your letter at the Band Office or by e-mail to stacyb@mississaugi.com



DOGS OF MFN CALENDERS AVAILABLE

\$20.00 each

Available for purchase at the reception
desk at the Band Office.

Limited time only.

All proceeds will be going to
veterinarian clinical services for
Mississauga First Nation.

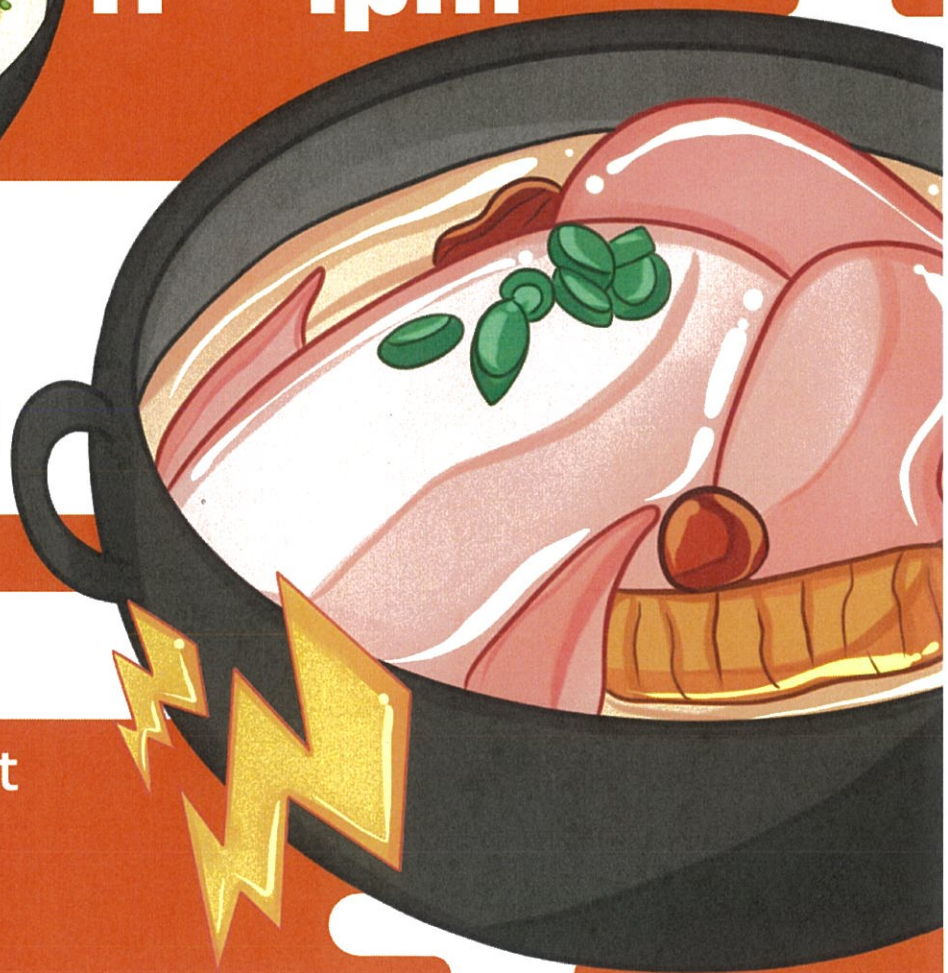


The Best on the Rez

SOUP SOCIAL

at the Education building

Every
Wednesday
11 - 1pm



for more info contact

**Melissa @
Ext 2303**

Cooking on a Budget



Make the most of your money
with these budget friendly meals

January 15, 2024
10:00AM-12:00PM
6:00-8:00PM

REGISTRATION REQUIRED!

FOR MORE INFO OR TO REGISTER:
JADE FOX - CSSW
705 356 1621 EXT 2357
CSSWORKER@MISSISSAUGI.COM



Monthly Shopping Trip

Transportation provided to Elliot Lake
No Frills and Foodland

January 19, 2024
Departure: 9:00AM

Registration required |
Limited spots available |



For more information or to register contact
Jade Fox - Community Support Service Worker
705 356 1621 ext 2357 | cssworker@mississauga.com



MEN'S MONDAY

January 22, 2024
11AM-1PM
Child and Youth Building

FRESHEN UP TUESDAY

January 23, 2024
11AM-1PM
Child and Youth Building

Light snacks and refreshments provided.

Starting next month Men's Monday and Freshen Up Tuesday will include a lunch-hour info session covering different topics

SHAMPOO, BODY WASH, FEMININE HYGIENE PRODUCTS
DENTAL HYGIENE PRODUCTS

For more information contact
Jade Fox - Community Support Service Worker
705 356 1621 ext 2357 | cssworker@mississaugi.com



Brought to you by the Health and Social
Services Departments

HUMAN TRAFFICKING AWARENESS PRESENTATION

**with
Victim Services Algoma**

**JANUARY 25, 2024
DINNER: 5:30PM
PRESENTATION: 6:00-8:00PM**

**COUNCIL CHAMBERS
DOOR PRIZE - SMART TV**

Child Care Available for families

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

COMMUNITY SUPPORT SERVICE PROGRAM

Nutrition Bingo

JANUARY 30, 2024

6:00PM

CHILD AND YOUTH BUILDING

To register contact

Jade Fox - Community Support Service Worker

705 356 1621 ext 2357 | cssworker@mississauga.com



THE AFTER SCHOOL PROGRAM NEEDS YOUR HELP!



**WE ARE LOOKING FOR THE
FOLLOWING ITEMS:**

**-DRESS UP CLOTHING AND
JEWELLERY**

**-SMALL BROKEN
ELECTRONICS(RADIO'S, CELL
PHONE, COMPUTER PARTS, HAIR
DRYERS, CURLING IRONS, ETC**

**YOU CAN DROP OFF AT THE
CYB BUILDING NEXT TO BAND
OFFICE.**



**Miigwetch
ASP Program**



Aanii Mississauga First Nation!

My name is Carissa Daybutch and I am beginning my new position as the Youth Advocacy Worker. 😊

I attended the Child and Youth Care Worker program at Sault College until beginning employment at Nogdawindamin as an Investigation and Assessment Worker. Throughout my schooling I have also had the chance to be the Family Resource Assistant here in MFN during summer employment.

I have been passionate about improving the lives of our youth since I was a youth. Our people have been through a lot of trauma and pain, and I am looking to help support and heal the future generations. I strive to be a support system for those that lack one, to assist our youth in reaching their personal and educational goals, to help them get through the challenging steps of life, and offer any services that can benefit them and increase their quality of life and enhance stability.

The youth are our future and they deserve to be the best version of themselves that they can be.

I look forward to working with our youth and our fellow social services team!

Sincerely,

Carissa Daybutch



AL-ANON

AL- ANON meeting

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

Please come out and join us at the Cultural Building - 96 Park Road - to find out what AL-ANON can do to help you.

Meeting Day/Time:

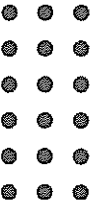
Monday - 6:00 - 7:00 PM

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

Light Refreshments provided



NA MEETINGS

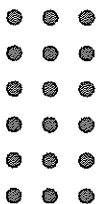


**"AT ANY GIVEN MOMENT YOU HAVE THE
POWER TO SAY THIS IS NOT HOW MY STORY
ENDS"**

**NA meetings happen Tuesday's at 7:00 PM
in the Culture Centre.**

Light refreshments will be provided.

**\$20.00 Tim Hortons gift card drawn
monthly.**



FOR MORE INFORMATION:

skycada@mississauga.com

ATTENTION



**IF YOU HAVE A NALOXONE
KIT PLEASE CHECK THE
EXPIRY DATE**



See Krysta Sawyer or Sky Cada to get a new kit. If you have any questions feel free to contact 705-356-1621 ext. 2231 or 2228

WELLNESS THURSDAY'S

Starting Thursday, January 25th, we will be starting a 7-week Luncheon session on The Seven Grandfather Teachings. Roger Daybutch will facilitate the sessions. Happening in the Culture building @ 12 PM

EVERYONE IS WELCOME

If you have any questions contact Sky Cada at 705-356-1621 ext 2228 or email skycada@mississaugi.com



LIGHTING THE
**SACRED
FIRE**

WE WILL BE
LIGHTING THE
SACRED FIRE FOR
MFN COMMUNITY.

COME PRAY, STAY,
TALK OR JUST
ENJOY THE FIRE.

THURSDAYS
OUTSIDE THE
CULTURE BUILDING
- 96 PARK ROAD

9:00 AM TO 3:00
PM

MORE INFORMATION

SKY CADA - 705-261-1370
SKYCADA@MISSISSAUGI.COM



MISSISSAUGA FIRST NATION

CALL FOR DRUG STRATEGY COMMITTEE

The Drug Strategy Committee are now looking for new members. If you have some ideas, we could always use some new initiatives.

Deadline will be January 25, 2024



Call Sky Cada at 705-356-1621 ext. 2228
or email skycada@mississaugi.com



Wellness Wednesday

*A Focus on Self-Care
For The New Year*

**Join us for Wellness Wednesday
January 17th, 2024.**

**Learn self-care tips, routine,
mindfulness and learn about
Positive Self-Talk.**

For Ages: 20+

6:00-8:00pm

Light Refreshments will be available.

**Contact Jennah Ferrigan at
705-261-0397 or
mhfcounsellor@mississauga.com
to sign up**

TIPS FOR LIVING A HAPPIER LIFE



Practice gratitude and positive thinking

Cultivating gratitude and positive thinking can significantly impact your overall happiness. Take time each day to reflect on the things you are grateful for and focus on the positive aspects of your life. This mindset shift can enhance your overall well-being and increase your happiness.

Engage in activities that bring you joy

Make time for activities that bring you joy and allow you to express your passions. Engaging in hobbies, pursuing creative outlets, or participating in sports or physical activities that you enjoy can boost your mood and overall happiness. Prioritize activities that align with your interests and provide a sense of fulfillment.

Nurture meaningful relationships

Building and maintaining healthy relationships is vital for a happier life. Invest time and effort in nurturing relationships with family, friends, and loved ones. Engage in open and honest communication, actively listen, and show support. Meaningful connections provide a sense of belonging and fulfillment.



Take care of your physical well-being

Your physical health has a significant impact on your mental well-being and overall happiness. Focus on adopting a balanced and healthy lifestyle by eating nutritious meals, staying physically active, and getting enough sleep. Taking care of your body supports a positive mindset and promotes a happier life.

Practice self-care and mindfulness

Make self-care a priority in your daily life. Engage in activities that promote relaxation and reduce stress, such as meditation, deep breathing exercises, or journaling. Take regular breaks from work or study to recharge and focus on your well-being. Practicing mindfulness helps you stay present, manage stress, and appreciate the small joys in life.





MENTAL HEALTH MATTERS: WINTER EDITION

Practice
Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay
Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough
Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice
Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support
When Needed

Reach out to family, friends or mental health professionals when necessary.

Mental Health Counsellor's

Stephanie Collins: 705-365-1621- EXT: 2234

Stephaniecollins@mississauga.com

Jennah Ferrigan: mhfcounsellor@mississauga.com

comfort

HEALTH AT HOME



Bereavement Peer Support Group for 'Mixed Loss' 18+ (virtual)

Support Groups are a safe place for people to talk about their loss, and find comfort with those who are also grieving the loss of a loved one.

Facilitated via ZOOM by our VON Bereavement Support Lead - Krista Ryall and a VON trained Volunteer

January 18th – March 7th, 2024
Every Thursday morning from 10:30AM to 12PM

This is a 'closed group' so please be able to commit for the eight weeks

This is a virtual group using ZOOM. A link will be sent to join weekly discussions

Required book & journal 'Understanding Your Grief' by Dr. Alan Wolfelt

Email Krista @ krista.ryall@von.ca or call (705)303-4290 for registration



north east
home care & community
support services



Palliative Care
Algoma



Hospice Volunteer Visiting
& Bereavement Services
Algoma, Espanola & Manitoulin Island



VON Algoma Branch, Home and Community Services
7B Oxford Street,
Sault Ste. Marie, ON P6B 1R7
Toll Free: 1-800-561-6551



COMMUNITY HEALTH REPRESENTATIVE
COMMUNITY HEALTH ACTIVATOR

FAMILY SWIM DAY

SUNDAY JANUARY 14TH

3:00- 4:00 p.m

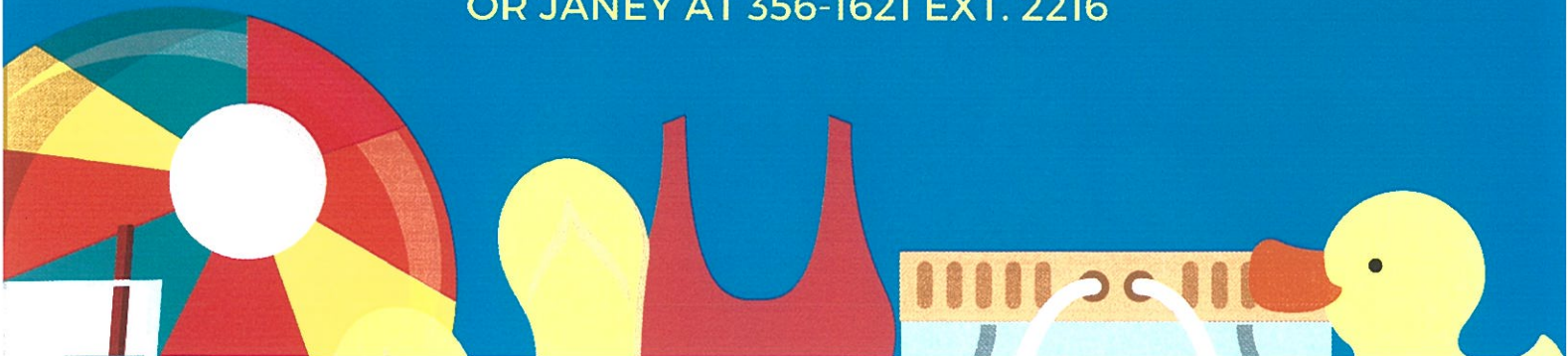
John Rhodes Pool

Sault Ste Marie

Swimming and dinner to follow

Transportation available

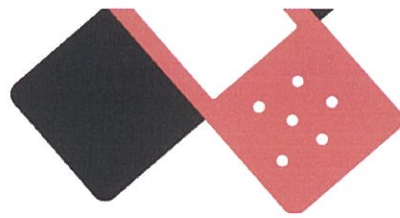
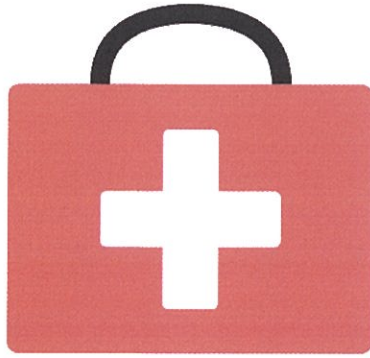
TO REGISTER CONTACT CHELSEA AT 356-1621 EXT. 2203
OR JANEY AT 356-1621 EXT. 2216



**SENIORS
WALKING
GROUP
IS BACK**

**TUESDAY JANUARY 16TH
11:00-12:00 P.M.
LIGHT LUNCH INCLUDED
MFN SPORTS COMPLEX**

**FOR MORE INFORMATION
CONTACT CHELSEA AT
356-1621 EXT. 2203**



LUNCH N LEARN

**With Lower Limb Assessment
Clinic Initiative**

**THURSDAY JANUARY 18TH
12:00-1:00 P.M.
ACTIVITY ROOM
DOOR PRIZE**

**COME LEARN ABOUT THE
LOWER LIMB ASSESSMENT
CLINIC**

TO REGISTER CONTACT CHELSEA AT 705-356-1621
EXT. 2203 OR
CHELSEAGRIMARD@MISSISSAUGI.COM.

**REGISTRY
NEEDED**

MFN Sports Complex

TINY TOTS GYM PLAY

JAN. 21ST

12 am to 2 pm
Ages 0-6

Activities

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

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

Elder's

**NORDIC
POLE
FITNESS
CLASS
&
"CLEAN EATING"
LUNCH**



**SMALL GROUP
FITNESS**

TUESDAY'S @ 6PM

- CARDIO TRAINING
- WEIGHTS TRAINING
- AEROBIC FITNESS

REGISTRATION IS NEEDED

MFN SPORTS C

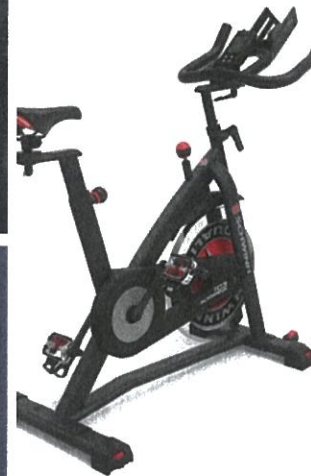
E: COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM
T: 705.356.1621 EXT. 2216



**MONDAY'S
NOON @ THE GYM.
REGISTRATION IS NEEDED!**

**JOIN IN FOR NORDIC FITNESS
&
PREP FOR A HEALTHY LUNCH.**

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



Cycling
Wednesdays
night!
6:00 pm
Msg in to reserve
a bike.

See you soon!

**Roller
Release**

Benefits are myofascial
release, increasing
circulation, providing pain
relief for sore muscles,
& improving range of motion.



MFN Sports Complex
Wednesday's at 6:50pm
registration is needed!

Learning how to

knitting

step-by-step guide

Starting on Monday's @ 6 pm
in February



Registration is needed!

E: communityhealthactivator@mississauga.com

T: 705.356.1621. ext 2216



C.H.A
JANEY

office hours

Monday's 10:00-5:00

Tuesday's 9:30-3:30/ 5:30-8:00

Wednesday's 12:00-4:00/5:30-8:00

Thursday's 9:30-3:00/5:30-8:00

Friday's 9:00-3:00

For more information or to make an
appointment for a membership

E:

communityhealthactivator@mississauga.com

T: 1.705.356.1621 ext.2216

2024

hello January

| SUN | MON | TUES | WED | THURS | FRI | SAT | |
|-----|-----|------|-----|-------|-----|-----|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | | | | |

MONDAY - NORDIC POLE FITNESS - 12:00 / BASKET BALL - 6 PM

TUESDAY- YOGA - 10 AM / SM GROUP FITNESS - 6 PM

WEDNESDAY - CYCLING 6 PM / ROLLER RELEASE -6:45 PM

THURSDAY- YOGA 10 AM

TINY TOTS JAN. 28TH -12-2 PM

REGISTRATION IS NEED!
 T. 705.356.1621. EXT. 2216
 E: COMMUNITYHEALTHACTIVATOR@MISSSAUGI.COM
 OR MSG US ON OUR FACEBOOK PAGE!

**A NEW YEAR,
A HEALTHIER YOU.**

Doorprizes

REDUCE YOUR USE CHALLENGE

**COMING
JANUARY**

**OPEN TO NSTC
COMMUNITIES &
SSMIFC**

ON ZOOM
REGISTRATION REQUIRED

FOR MORE INFORMATION CONTACT:
lisa-marie.napone@nmninoeyaa.ca
cynthia.mccutcheon@nmninoeyaa.ca



HEALTH SERVICES COMMITTEE

The Health Services Department is currently seeking **NEW Committee Members for the Term 2024-2027.**

Membership of the Health Services Committee is open to all community members over **18 years of age**, knowledgeable and have skills that will benefit the Committee and Community.

The Health Services Committee is a committed group of **eight (8)** community members appointed by Chief & Council and Health Services staff who advise Chief & Council on health-related activities. The committee also serves to guide and support all activities pertaining to Health Services.

The responsibilities of the Health Services Committee are as follows:

- To act as an advisory to Chief and Council on Health related issues
- To make informed recommendations and motions to Chief and Council
- To recommend new or amended policies to Chief and Council with the assistance of the Health Services Director
- To act as an appeal mechanism for Band Members as the issue relates to health services policies
- To act as a forum for community members to access information
- To actively participate in all committee meetings and committee sponsored events
- To develop and implement objectives each new term to meet the goals of the committee

Meetings are held on the fourth Tuesday of every month, except July, August & December. Meetings start at 4:45 p.m. Emergency meetings may be called as required.

Please send letter of interest no later than **Friday, January 26th, 2024 by 4:00 p.m.** to:

Yvonne Lafreniere- Health Services Director
Mississauga First Nation
P.O Box 1299
Blind River, ON
P0R 1B0
E: hsdirector@mississaugi.com



January 2024

To: All Community Members

RE: Medical Transportation

Please note that **appointments must be called in as soon as possible**, we will not be responsible for any last minute appointments being called in, unless it is an Urgent Emergency Appointment.

Local medical appointments must be called in as well before accessing a taxi, unless it is after hours.

Prescription pick by cab is not a NIHB Benefit therefore we cannot approve any cab to pick up Prescriptions.

Verifications must be stamped along with time of appointment, band number and date of birth.

For those trips to Sault Ste Marie, we have the Medical Van which is fully operational, **clients are to access medical van.**

Under NO circumstances, will alcohol/drugs be permitted on the medical van.

All trips to Sudbury, Espanola, Toronto, out side our Catchment Area, require a Prior Approval, Information regarding appointment must be faxed to 705 356 3608.

If you have any questions, please feel free to contact me @ 705 356 1621 Ext # 2201.

Thank you

Mary Ellen Morningstar

Medical Transportation Coord.

MISSISSAUGA FIRST NATION

2024 MFN – Health Service Activities/Events – (January 15th – January 26th)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|---|------------------|------------------|
| <p>15</p> <p>DAAW (5:45-7:45) AI- Anon Cult. Build.</p> <p>CHA (6-7) Barre Burn Fitness SC</p> | <p>16</p> <p>DAAW (6:45-8:15) NA Meeting Cult. Build.</p> <p>CHA (10-11) Yoga SC (6-7) Small Group Fitness SC</p> <p>CHR (11-1) Senior Walking Group SC</p> | <p>17</p> <p>CHA (6-7) Cycling SC</p> | <p>18</p> <p>DAAW (8:30-3:00) Lighting Sacred Fire - Cultural Bldg. (10-2) Mens Wellness Cult. Bldg.</p> <p>CHA (10-11) Yoga SC</p> <p>CHN (12-1) Lunch & Learn Activity Room</p> | <p>19</p> <p>CWC (9:30-12) Staff Sacred Fire – Band Office Teepee</p> | <p>20</p> | <p>21</p> |
| <p>22</p> <p>DAAW (5:45-7:45) AI- Anon Cult. Build.</p> <p>CHA (6-7) Barre Burn Fitness SC</p> | <p>23</p> <p>DAAW (6:45-8:15) NA Meeting Cult. Build.</p> <p>CHA (10-11) Yoga SC (6-7) Small Group Fitness SC</p> <p>CHR (11-1) Senior Walking Group SC</p> | <p>24</p> <p>CHA (6-7) Cycling SC</p> | <p>25</p> <p>DAAW (8:30-3:00) Lighting Sacred Fire - Cultural Bldg. (10-2) Mens Wellness Cult. Bldg.</p> <p>CHA (10-11) Yoga SC</p> | <p>26</p> <p>CWC (9:30-12) Staff Sacred Fire – Band Office Teepee</p> | <p>27</p> | <p>28</p> |
| <p>COVID REMINDER</p> <p>WEAR FACE MASK AT YOUR DISCRETION WHEN YOU ARE SICK.</p> | | | | | | |
| <p>CHN – Com. Health Nurse -Krysta Sawyer – Ext.2231 CHR – Com. Health Rep. - Chelsea Grimard – Ext.2203 DAAW - Drug & Alcohol Addictions- Sky Cada - Ext.2228 CWC – Com. Wellness Coord. – Roger Daybutch – Ext.2226 CHA – Com. Health Activator - Janey Morningstar – Ext.2216 HE – Health Educator –Ext. 2231 MFHC – Mental Family Health Counsellor – Jennah Ferrigan – Ext. 2234</p> | | | | | | |
| <p>HSSD – Health Services Director – Yvonne Lafreniere Ext. 2227 HSM – Health Services Manager – Rhonda Peltier – Ext 2230 MHC - Mental Health Counsellor – Stephanie Collins - Ext. 2234 Medical Transportation Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201 TRPC – Treatment Resource Project Coord. Conrad Bobiwash – Ext 2262</p> | | | | | | |
| <p>Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN’s Health Centre: 705-356- 1621 ext. 2224</p> | | | | | | |

MFN Food Security Program

Date: _____ Pick up only # of children _____ # of adults _____

Names of all household Members: _____

Address: _____

Phone Number: _____

Please submit your forms before 4:30 Wednesday

Pick up is Thursday from 10:00am - 3:00pm

*Please note that if items are not in your box, it is because we are out of stock, on back order or not able to purchase from distributor. Also, make sure to fill out your correct information, so that we may properly serve you and your family.

| | |
|--|--|
| Cereals (1 only): Cold Cereal Cooking Oats Cream of Wheat Porridge Pancake Mix | Meats (2 only): Hamburger Chicken |
| Breads (1 only): White Bread Brown Bread Flour Bagels | Canned Meats (1 only): Tuna Salmon |
| Pasta & Rice (1 only): Tri-Color Rotini Lasagna Fettucine Penne Rice Rotini Macaroni | Dairy Products (2 only): Powdered Milk Margarine Cheese Slices Canned Milk Eggs |
| Soups (3 only): Chicken Noodle Tomato Vegetable Mr. Noodles- Chicken Mr. Noodles- Beef Mushroom | School Aged Children Only (2 Choices): Pudding Cookies Wagon Wheels Nutri Grain Bars Veggie Straws |
| Hygiene Products: Toilet Paper Hand Sanitizer | Cleaning Products (Once A Month): Pot & Pan Cleaner Bleach Dish Soap |
| Other Products (3 only): White Sugar Brown Sugar Peanut Butter Ketchup Crackers Tea Mustard Decaf Coffee Pepper Instant Coffee Salt Coffee Hot Chocolate | Other Products (3 only): Kidney Beans Tomato Paste Diced Tomatoes Spaghetti Sauce Canned Navy Beans Canned Chick Peas Canned Tomatoes (Garden) Frozen Berries Red Lentils Frozen Vegetables |
| Other (Once A Month): Jam Icing Sugar Lard Vinegar | Kit this Month (Once a Month): Peanut Butter Cookies |

Please bring in, or call (705)261-0673 for pick-up of any containers with lids, or boxes you may have.

Thank you ☺ Revised for January 2023