

NIIGAANIIN

Client and Community Newsletter
July 12, 2023



SUMMER HOURS

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

OW CLIENTS STATEMENTS DUE JULY 16TH

AANISH NAA GENAADMOWIT

AMBER NIGANOBE

(705)923-7123

amber@niigaaniin.com

Services

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

OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE

RENEWAL YEARLY

CALL CHRISTINA JACKPINE

705 356 1621 Ext 2236

INFORMATION

NIIGAANIIN

SERVICE ONTARIO TRAILER HERE ON

JULY 17TH 10:30-3:30

JULY 31ST 10:30-3:30

NIIGAANIIN WOULD LIKE TO WELCOME

NEW LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INICIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2355

"QUOTE OF THE WEEK"

" YOU ONLY FAIL WHEN YOU STOP TRYING"

ODSP FN WORKER

STACEY ARMSTRONG

Sarmstrong@niigaaniin.com

(705) 356 1621 - EXT 2352

FAX 705-356 0728

Mississauga First Nations

LOCAL AREA - JOB OPPORTUNITIES		
Position	Employer/Location	Closing date
Various positions available	Mississauga FN - check community flyer	until filled
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Social Worker	Huron Shores Health Team	8/1/23
Cashier	Mitchells Pharmacy	7/14/23
Receptionist	Algoma Chrysler/Spragge	7/21/23
Cook	The Pier/Blind River	7/31/23
Child and Youth Worker Assist-	The Well	7/31/23
Crossing Guards(3)	The Town of Blind River	8/31/23
Bus Driver	AJ Bus Lines/Blind River	9/30/23
Admin Support Clerk	MCCS/Sudbury	7/18/23
Behavioural Therapist	NOG/SRFN/Sagamok	7/18/23
Family Well-Being Worker	NOG/SSM	7/18/23
Children's Support Worker	NOG/Sudbury	7/18/23
Peer Support Coordinator	Miniigawbi La Place/ Sudbury	7/10/23
Mill Operator	Equinoxgold Greenstone Mine/Geraldton	until filled

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

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

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

If you need help or assistance, you can call Rob our employment Counsellor at 705-356-1621 ext.2237 but please do not wait for the last minute. Call and make an appointment.

When applying for any position/job the process involved is: Where do you apply; in person; mail; fax; email or phone. Before applying, please read and follow all the instructions that is required from the employer, or you may be screened out and not get that interview.





Position: Infrastructure Director

Salary: \$75,479 - \$85,779

Hours of Work: 32 hours per week

Circulation Level: Level I

Accountability: Director of Operations

Employment Status: Full time (2 year)

Preferences: MFN Band Members

The **Infrastructure Director** will:

Plan, direct, administer, organize and evaluate all operating divisions of the Public Works Department to ensure quality delivery of public services in a safe, reliable and efficient manner; Provide technical direction and assistance in construction and maintenance of roads, bridges, culverts, drainage, garbage collection, streetlights, water works, housing projects, fire department and building maintenance and equipment; Ensure maintenance of roads and water systems on Mississauga First Nation and conduct other maintenance duties as required; Manage the capital assets of the First Nation.

Program Management

- Order materials and supplies for operations
- Prepare tenders and contracts for various public works and housing projects
- Provide on-site supervision of significant projects to ensure safety and adherence to applicable standards
- Plan, schedule and direct work activities of public works crews and maintenance employees
- Develop and maintain maintenance management schedule
- Follow and implement health & safety guidelines and ensure crews work safely
- Conduct inspections and prepare reports as required
- Develop and maintain an inventory of assets
- Review construction sites and development plans for compliance with applicable standards
- Recommend requirements for infrastructure needs and continuously evaluate and analyze service delivery
- Implement feasible, practical, and effective cost-saving service improvement programs
- Manage the overall development and implementation of Mississauga First Nation's capital plan
- Administer projects with work plans, flowcharts, and budgets
- Coordinate projects with contractors and staff

Human Resources

- Supervise, coach and direct department staff
- Coordinate staff team meetings and development of staff work plans
- Monitor employee performance and attendance and conduct performance reviews
- Coordinate staff development and address staff training needs including Health & Safety requirements
- Participate on Hiring Committees when applicable and ensure orientation of new staff
- Follow Personnel Policies in administration of staff issues

Financial Management

- Develop annual public works and housing budgets with input from department staff
- Monitor budgets and develop system to track expenses
- Follow finance policy in administration of department finances
- In collaboration with the Director of Operations, negotiate with government agencies for funding

Policy Development and Proposal Writing

- Develop departmental policies and procedures for approval and implementation
- Monitor policies and procedures to ensure compliance and revise them when required
- Prepare and submit proposals for funding and/or enhanced services

Interagency Participation

- Actively participate in local, regional or committees/groups in support of infrastructure services to MFN
- Actively participate on the Program Management Team, Finance Committee, and other internal committees
- Maintain liaison with the community to promote policies & procedures and to secure feedback on programs & services
- Responds to inquiries and investigates complaints from the public

Administration/Reporting

- Prepare reports, briefing notes and correspondence as required
- Prepare an annual work plan and monthly report to supervisor

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.

- Establish work priorities, delegate work when applicable and ensure deadlines are met and procedures are followed

Water Plant System Maintenance & Operation

- Ensure operation of water plant on a rotating basis with other certified operators
- Ensure the collection, logging and reporting of water samples following standard operating procedures for the plant
- Ensure water system is safely treated through application of chlorination, de-chlorination and other chemicals to water system as required
- Ensure equipment is maintained and ensure scheduled maintenance checks are conducted of the water operations
- Ensure water plant is operating within required guidelines and standards
- Ensure cleanliness and safety of facilities and operations
- Respond to alarms and emergencies in the plant and troubleshoot system
- Document and log all aspects of plant operations as required
- Install and maintain water mains and fire hydrants when required
- Repair water lines and hydrants
- Conduct flushing of water lines when required

Other Duties

- Follow safe practices and uses appropriate Personal Protective Equipment
- Other duties as required and assigned

The **Infrastructure Director** will possess the following qualifications and knowledge:

Minimum Education

- Diploma or Degree in Civil Engineering or related engineering field
- Diploma or Degree in Public Administration would be an asset
- Class II Water Plant Operator Certification would be an asset

Minimum Experience

- Three (3) years experience managing programs, finances, and human resources
- Management experience in project development, public works, maintenance, construction, water plant operations and housing

Knowledge Requirements

- Knowledge of government departments/agencies dealing with First Nation infrastructure services and the applicable regulations and legislation
- Knowledge of Occupational Health & Safety legislation, standards, and best practices
- Knowledge of professional business and organizational practices and general maintenance techniques
- Knowledge of Mississauga First Nation programs and services
- Extensive knowledge of First Nation water systems, housing, roads, equipment, and infrastructure

Other Requirements

- Must have a Class 'G' Ontario Driver's License and be able to travel
- Must have WHMIS, First Aid and CPR Certification
- Ability to work flexible hours and be available to be on call

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: July 25, 2023

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

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Position: Mental Health Family Counsellor

Salary: TDB

Hours of Work: 32 hours per week

Circulation Level: Level I

Accountability: Mental Health Counsellor

Employment Status: 2 years contract

Preferences: MFN Band Members

The Mental Health Family Counsellor will perform the following duties:

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

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

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

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

Mississauga First Nation Attention: Human Resources Department

P.O. Box 1299 Blind River, Ontario P0R1B0

Marked: **CONFIDENTIAL**

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

Deadline: July 27, 2023

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

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

Accountability: Finance Director

Salary: \$22.55 hourly

Employment Status: Casual

Hours of Work: As needed

Preferences: MFN Band Members

Circulation Level: Level I

The Back-Up Receptionist will:

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

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

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

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

Mississauga First Nation
P.O. Box 1299 Blind River, Ontario P0R1B0
Attention: Human Resources Clerk
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: Until position is filled

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

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MISSISSAUGA FIRST NATION

42ND ANNUAL TRADITIONAL POWWOW

JULY 15-16, 2023



GRAND ENTRY

Saturday 1pm & 7pm | Sunday 12pm

MASTER OF CEREMONIES

Stephanie Pangowish & Darren McGregor

HOST DRUM

Ottawa River

CO HOST

Under the Pines

INVITED DRUMS

Migiziinhsag (MFN Boys Drum Group)

Nimkii Aankwat

HEAD DANCERS

Nathalie Wajashk Restoule

Tristan Ashiskeesh

HEAD YOUTH DANCERS

Georgia Able

Memphis Shawanda

HEAD JR DANCERS

Morgan Jensen

JR Gionette

HEAD VETERAN

Will Morin

ARENA DIRECTOR

Robert Stoneypoint

HEAD ELDERS

Leona Stevens & Wesley Whetung

SPECIALS

SATURDAY AFTERNOON

Men 18+ all categories combined

1st \$800, 2nd \$400, 3rd \$300

Women's 18+ all categories combined

1st \$800, 2nd \$400, 3rd \$300

SUNDAY AFTERNOON

Women's 16+ Fancy Shawl Special

1st \$800, 2nd \$400, 3rd \$300

Giveaway for all dancers

Youth boys & girls combined

1st \$300, 2nd \$200, 3rd \$100

COMMUNITY FEAST | SATURDAY AT 5PM

No Drugs, Alcohol, or Pets

Honorariums for first 5 registered drums

LOCATION | MAX'S ROAD OFF HIGHWAY 557

(Scan QR code below)

Food or Craft
Vendor Applications
or General Inquires, contact
monica@mississaugi.com
705-356-1621 ext. 2217



ALL ARE WELCOME!

OFFICE *of the* MIZHINAWE



Robinson Huron Treaty
LITIGATION FUND

Mizhinawe Naangidoondaa

Mizhinawe Community Engagement

Tuesday, July 18, 2023

Meal: 4:30 p.m.

Session: 5 p.m.

**Mississauga First Nation
Sports Complex**

Register in advance for the virtual Zoom meeting:
<https://us06web.zoom.us/join/register/tZUrc-ypqjgHNDf1stJnfFmAL7X8zrA83ob>

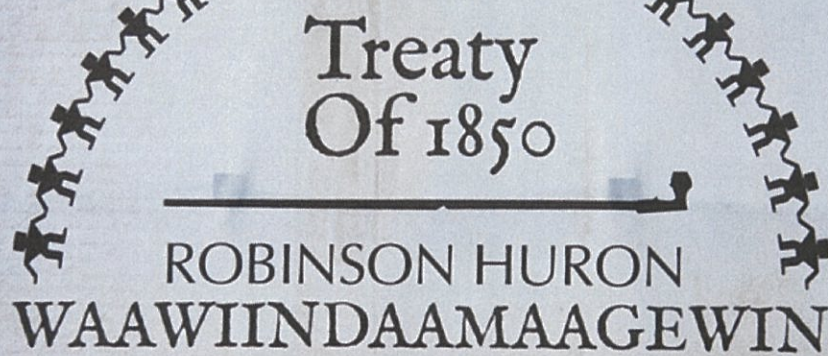
After registering, you will receive a confirmation email containing information about joining the meeting.

This confidential meeting is open to Registered Band Members only. Must be of voting age.



For more information regarding the community engagement, please contact:

Cheyenne Corbiere
Wiindamaagewin Enaagadoot
Communications Coordinator
705-261-1104
wiindamaagewin@mississaugi.com



Treaty
Of 1850

ROBINSON HURON
WAAWIINDAAMAAGEWIN

Call out for Elders

ROBINSON HURON TREATY GATHERING 2023



Date - September 7 - 9

MFN is looking for 1 male elder and 1 female elder to attend the RHT gathering in Garden River First Nation and Bawating



Travel, meals and accommodation will be covered for the duration of the gathering.

To apply, please contact the Executive Assistant, Kathleen Lofstrom



photos from <https://www.robinsonhuron treaty1850.com/treatygathering>



Kathleen Lofstrom
cncea@mississauga.com



705-356-1621
Ext. 2212

ILMI PRESENTS

Summer Survey Incentives

**DELUXE PARTY ISLAND - 3 PIECE COOLER BAG -
2 TOWELS - YETI**

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

CONTACT KRISTEN JACKPINE



**ILMI COORDINATOR
705-356-1621 EXT 2355
Imicoordinator@mississaugi.com**

STAY TUNED FOR NEXT MONTHS PRIZES

◆ Bake Sale & Lemonade stand ◆

Put on by the
Shki-Niigik Enji-
Sastamaagaaawat Youth Summer
Program

Band Office Parking lot

July 20th

12:00 - 1:00 PM



Canadian Council for Aviation & Aerospace Employment and Career Opportunities



INFO SESSION

Please Register by August 7, 2023

**Join us To
Make Your
Future
BRIGHT**



12 Weeks Program of Aviation

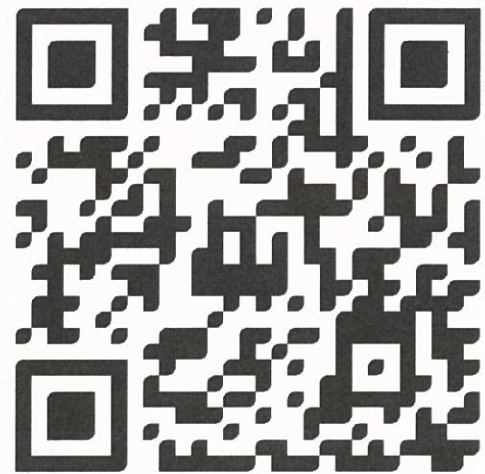
No financial burden to Trainee

Additional financial supports for Trainee



MFN Community Hall

August 12, 2023 1 PM - 3PM



**Scan this
code for
Registration**

Just as we each have our own unique appearance, skills, and talents This module examines four different personality types and strategies for increasing you're your effectiveness and reducing your frustrations when working with others

For more information, contact Brianneve@skycanoe.ca



IMPORTANT NOTICE FROM THE
MEMBERSHIP OFFICE

The Membership office is currently out of status Cards. A notice will be sent out when the office is able to issue status cards again. Sorry for any inconvenience.

The Membership office will be closed
July 13 to August 9, 2023

As always, please phone ahead to make
an appointment for membership
services.

ANYONE WISHING TO UPDATE THEIR
CONTACT INFORMATION DURING THIS
TIME CAN DO SO WITH CLAUDETTE BOYER

Email:

claudetteb@mississaugi.com

Phone:

705-356-1621 Ext. 2206

Youth Camp at Mississagi Park

Ages 12-16

August 6 to 13
2023

3 Youth from
Mississauga First Nation

Deadline to register
is July 19, 2023

First Come. First Serve



Events include:

- Hiking/Medicine Walk
- Canoeing
- Drum Making
- Basic Survival Skills
- Story Telling
- Visit to Thunder Mountain



Parents will need
to fill out a waiver
form and photo
release form

Kids will need a
sleeping bag

Contact:
Keith Sayers
keith@mississaugi.com





Lands and Resources

Community Notice

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

This project will be ongoing during the spring and summer months



For more information,
please contact Lands and
Resources

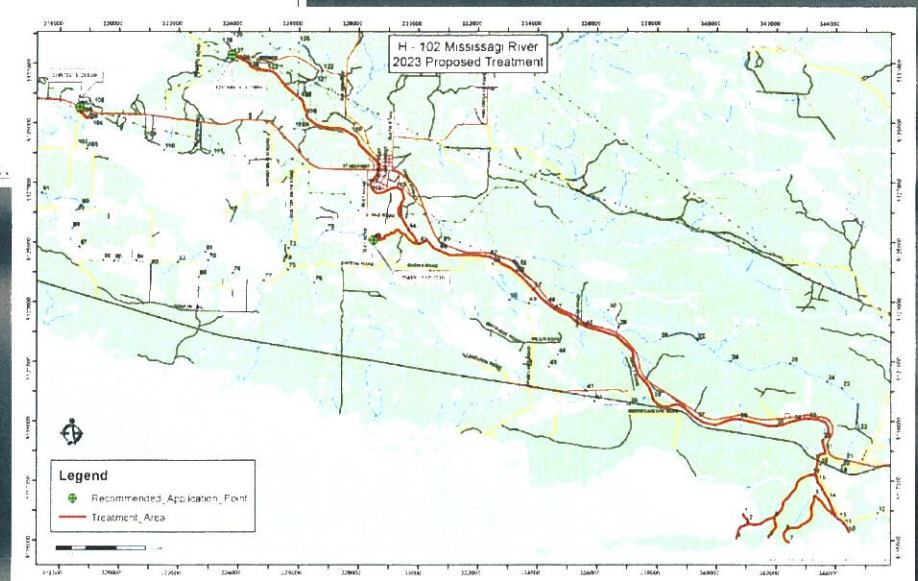
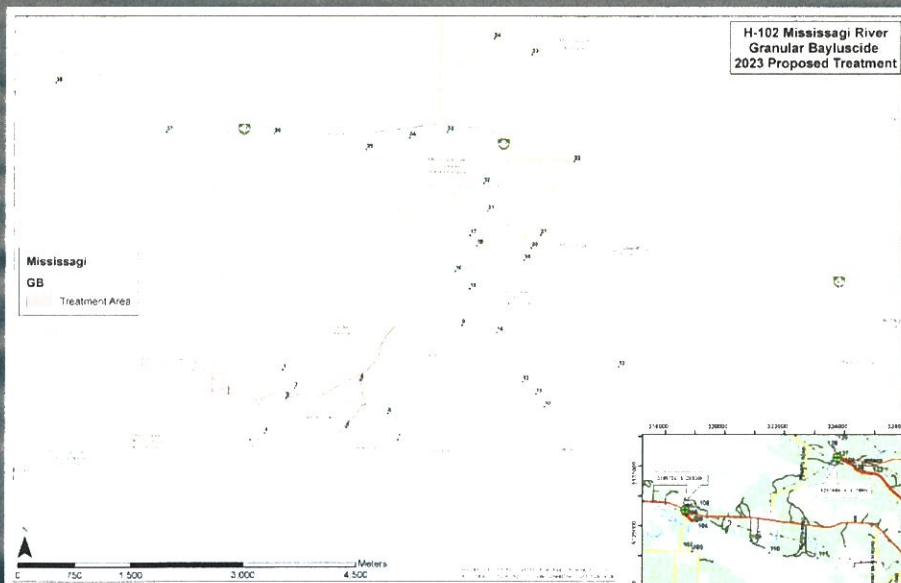
Community Notice

Attention Mississauga Band Members

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

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

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



Grandma & Aunties

For more info call Lucy Ann Trudeau @ 705-356-1621, ext 2247, or stop by Education!

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3 BAND OFFICE CLOSED	4 RIBBON SKIRTS 6:00 – 9:00 pm	5 RIBBON SKIRTS 6:00 – 9:00 pm	6 Thursday Sewcial 6:00 – 9:00	7	8
9	10 Regalia 6:00 – 9:00 pm	11 LAST CHANCE REGALIA!! 6:00 – 9:00 pm	12 Ribbon Skirts 2.0 6:00 – 9:00 pm	13 Thursday Sewcial 6:00 – 9:00	14	15 MFN POW WOW
16 MFN POW WOW	17	18 CRAFTERNOONS 2:00 PM TO 7:00 PM	19	20 Day Camp Luncheon Thursday Sewcial 6:00 – 9:00	21	22
23 Orange Shirt Pins 6:00 – 9:00	24	25	26 CRAFTERNOONS 2:00 PM TO 7:00 PM	27 Thursday Sewcial 6:00 – 9:00	28	29
30	31					

EVENTS

Pow Wow Ready? Regalia..

Bring your regalia in for updates, and help in design and completion. We have sewing machines and limited supplies. I encourage you to bring in your supplies and fabric.

Thursday Sewcial

Bring your UFO's in for completion, or your projects in for help

All events in the Education Building

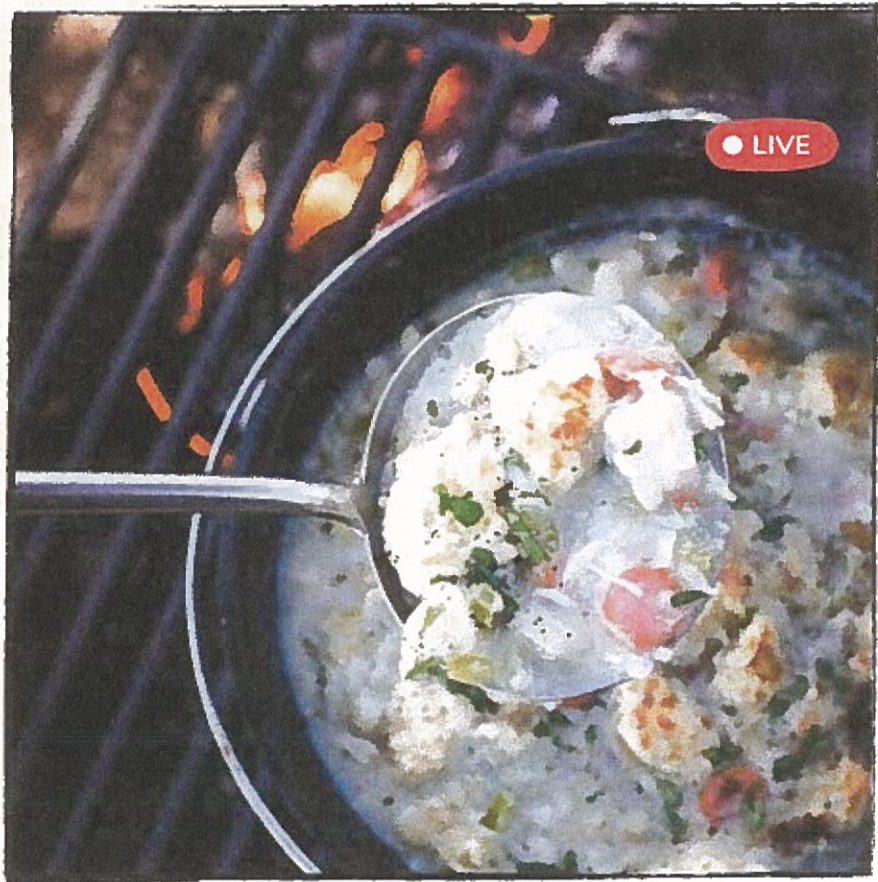
Crafternoons

No time in the evening?? Join me for an afternoon of crafting... I have some supplies for beaded earrings, lanyards and dream catchers. Stop on by!!

Family Resource Coordinator
Early Years Worker
Health Educator

COOKING WITH OUR ELDERS

CHICKEN & DUMPLINGS



Event at Chiblow Lake Lodge

Join us for a fun filled day at the Lake. If you need transportation please call Christine at 705-356-1621 ext. 2254

Bring your lawn chairs and sun screen

JULY 18TH | 10 AM TO 1PM

Please call or Email Chrstine Owl -Family Resource Coordinator at: christine@mississugi.com to participate



Family Resource Coordinator
Health Promotion Worker
North Channel Indigenous
Midwifery



Moss Bags & Bonnets

July 19th 2023

10:00 am - 4:00 pm

Child & Youth Building

all material provided

Lunch and snacks available

for more information please contact
Christine-Family Resource Coordinator at
705-356-1621 ext. 2254 or email
christine@mississaugi.com



MISSISSAUGA FIRST NATION
FAMILY RESOURCE COORDINATOR
HEALTH EDUCATOR

WHAT TO EXPECT WHEN YOU'RE EXPECTING

Diaper Bag Edition

Come on out, ask questions, plan ahead
and
prepare your diaper bag!


WHEN : JULY 25TH, 2023

11:30AM - 1:30PM

WHERE : CHILD AND YOUTH BUILDING

To register email christine@mississaugi.com
or phone 705-356-1621 EXT 2254





Mississauga First Nation
Family Resource Coordinator
Early Years Worker
Community Support Service Worker

Children's Fishing Derby &
Beach Bash

Saturday July 29 2023

10:00 AM 3:00 PM

Chiblow Lake Beach

Scone dog lunch

PRIZES

fun

dance

eat

All children must be accompanied by an adult



Mississauga First Nation

Deana Ouimette



Hello, my name is Deana Ouimette, I would like to introduce myself to the community. I am the new In-Home Support Worker with Mississauga First Nation.



All About me



I was born and raised in Iron Bridge; I'm status with M'Chigeeng First Nation. I am single parent of 5. I worked to support my family. I attended Laurentian University and Algoma University, certified as an Addiction Counselor. I have worked at Benbowopka Treatment Centre as an Addiction Counselor, Mississauga Daycare teacher's aide, Over the Rainbow Daycare as a teacher's aide, and with Nogdawindamin Family and Community Services as Family Well Being Worker for almost 5 years. Once my children were on their own, I moved out to Alberta, I worked at Addiction Canada in Glendon Alberta as an Addiction Counselor. I had lived in Alberta for a couple years, then moved back 6 years ago. I have learned a lot from the different jobs that I had, but I also have learned from the families and clients that I have worked with.

I am looking forward to working with Mississauga First Nation and reconnecting with the community.

Chi miigwech,

Deana Ouimette

In Home Support Worker

IHSWorker@mississaugi.com





PICKLEBALL

Intro on how to play
& rules of game.

Wednesday July 26th
5:30-7:30
@ The Sports Complex

REGISTRATION IS NEEDED!
E: COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM
T: 705.356.1621. EXT. 2216
OR MSG OUR FACEBOOK!

MFN Sports Complex

Fitness classes & programs

July 2023

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monday's HIIT 6pm

Tuesday's yoga 10am

Thursday's Yoga 10 am /

Cycling 6 pm / Roller 7 pm

Tiny Tots! July 9th @ 12 to 2
pm

Fit Fun! July 12th & 19th @
noon & 6 pm

Registration is need!

E: communityhealthactivator@mississauga.ca

T: 705.356.1621 ext. 2216



MFN LITTLE JAYS HOME GAME

Thursday July 13, 2023
Game starts at 6:10pm

MFN VS SERPENT RIVER

COME OUT AND CHEER ON OUR LITTLE JAYS
SMALL CANTEEN AVAILABLE



FOOTCARE

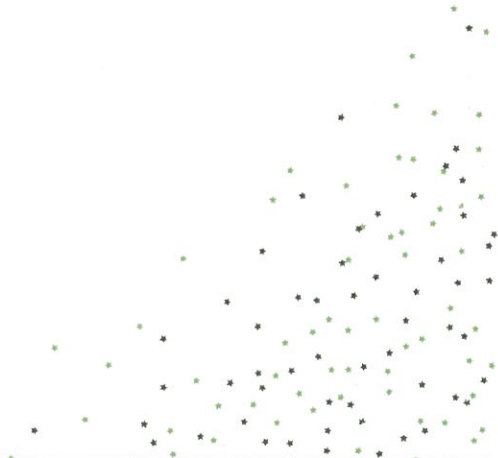


MONDAY JULY 17

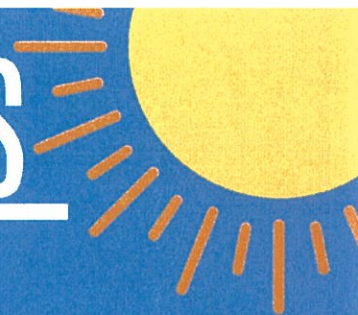
BAND OFFICE- HEALTH CLINIC

9:00 - 4:00 P.M.

PLEASE CONTACT CHELSEA TO
BOOK AT 705-356-1621 EXT. 2203



RPL JULY ACTIVITIES



WEDNESDAY JULY 12TH

YOUTH & ELDER'S TEA SOCIAL 1 PM
FOLLOWED BY RPL BINGO AT 1:30PM

THURSDAY JULY 13th

MANITOULIN ISLAND SIGHT SEEING
10AM PICK UP- CALL TO BOOK A SEAT

THURSDAY JULY 20th

BOWLING SAULT STE MARIE
10am Pick up- CALL TO BOOK A SEAT

FRIDAY JULY 28th

GARDEN RIVER BINGO
10am Pick up- CALL TO BOOK A SEAT

RPL BINGOS

Wednesday July 12th 1:30 pm

Wednesday July 26th 1:30pm

HOME & COMMUNITY CARE

JULY

SUN MON TUE WED THU FRI SAT

****REMINDER****
 A MIN of 5 people are required for out of town trips
 RPL 705-356-5578

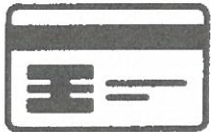
2	3 CANADA DAY OFFICE CLOSED	4	5 Espo Swim/Shop 10am Supper & Learn 5pm-7pm RPL	6	7	8
9	10	11	12 RPL BINGO 1:30pm	13 Manitoulin Island Sight seeing 10am	14	15 MFN POW WOW
16 MFN POW WOW	17	18	19	20 Bowling SSM 10am	21	22
23	24	25	26 RPL BINGO 1:30pm	27	28 Garden River Bingo 10am	29



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

Starting April 2023 changes will be implemented to this program.

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



Pick up dates:

*July 26th 2023

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

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

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

Please note, you can not accumulate cards

Thank you

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

email: christine@mississaugi.com

MFN Food Security Program

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

Names of all household Members: _____

Address: _____

Phone Number: _____

Please submit your forms before 4:30 Wednesday

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

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

Revised July 2023



Calling All Men

Come join the Kizhaay program. We will be engaging in:

- Teachings
- Ceremonies
- Setting net, filleting and smoking fish.
- The different traditional medicines in our backyards.
- Mocassin making
- Upon graduation we will be having a Sweat.

Meals and refreshments will be provided

Daily prize draws

Certificate will be available after completion of the program

The program dates are: July 3, 5, 10, 12, 17, 19, 24, 26, 31 and
August 2, 2023


Register with Sky Cada 705-356-1621 ext. 2228 or
email skycada@mississaugi.com



MEN'S DROP IN

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

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



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

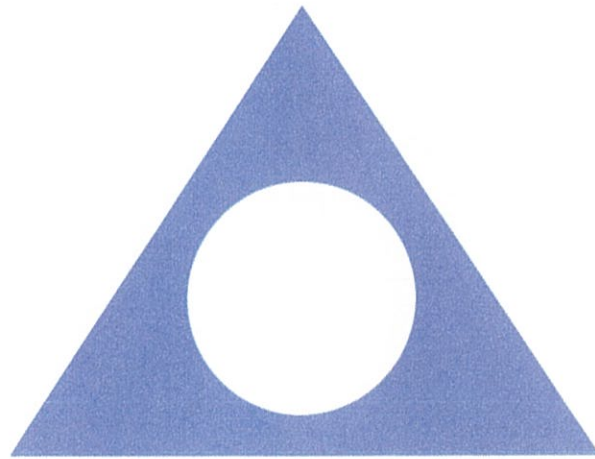
Lighting the Sacred Fire

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

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



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



AL-ANON

for families & friends of alcoholics

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

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

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

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

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

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



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

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

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