

# NIIGAANIIN

Client and Community Newsletter

MAY 11, 2023



## REGULAR HOURS

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

\*\*\*\*\*

## **OW CLIENTS** **STATEMENTS DUE** **MAY 16, 2023**

AANISH NAA GENAADMOWIT

AMBER NIGANOBE

(705)923-7123

[amber@niigaaniin.com](mailto:amber@niigaaniin.com)

### Services

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

### OESP Program

Check your hydro bill for OESP expire

Renewal Yearly

Call Stacey 705 356 1621 Ext 2351

[niigaaniinreception@mississauga.com](mailto:niigaaniinreception@mississauga.com)

## OW CLIENTS

If you received Ontario Works over \$500 + you  
have a T5 ready

for pick up or will be mailed out

Call Stacey 705 356 1621 Ext 2351

\*\*\*\*\*

IF YOU REQUIRE A TRAVEL GRANT  
FOR MEDICAL APPOINTMENTS.  
PLEASE REQUEST 7 DAYS PRIOR TO  
APPOINTMENT.

\*\*\*\*\*

### "QUOTE OF THE WEEK"

" DO SOMETHING EVERYDAY THAT BRING  
YOU CLOSER TO YOUR GOALS."

\*\*\*\*\*

ODSP FN WORKER

ROBYN RECOLLETT

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 - 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
Various Positions Available	NOG/check website	until filled
Admin Support Clerk	Probation and Parole/Sudbury	open
Summer Student	Northshore Health Network	4/30/23
Social Worker	Huron Shores Health Team	8/1/23
Bus Drivers	AJ Bus Lines/Blind River	6/30/23
Econ. Dev. Officer	SRFN edc/Cutler	4/30/23
Camp Med	Sudbury/Thunder Bay/ NOSM	5/2/23
Line Cooks/Servers	Réservoirs/Huron Pines/Blind River	4/30/23
Food/Hospitality	A&W / Blind River	open
Marketing/Communication Asst :	NOHFC intern/ SSM Chamber of Commerce	5/5/23
Membership and Business Engagement Officer /	SSM Chamber of Commerce	5/5/23
Admin Assist. Tourism	Town of Blind River	5/5/23
General Labourer	Lerory Construction/Blind River	5/16/23
General Labourer	GFL/Blind River	4/30/23
Lumber Sales and Seasonal	Home Hardware/Blind River	5/16/23
Manager and worker	JR Pizza/Blind River	5/26/23
Office Assistant	A&S Embroidery/Blind River	5/18/23
Small Eng. Mech.	NAPA / Blind River	5/31/23

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 are a Grade 10 or 11 student and are planning or looking for a career as a Med student There is the NOSM Camp Med coming up in Sudbury July 10-14 and Thunder Bay July 17 – 21 If interested you need to register by May 2<sup>nd</sup>, 2023 by the end of the day. Further details can be found at CampMed | NOSM U

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:** Jordan's Principle Coordinator

**Salary:** \$47,889 - \$54,412

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Social Services Manager

**Employment Status:** Full-time

**Preferences:** MFN Band Members

**The Jordan's Principle Coordinator will:**

- In collaboration with the Social Services Manager and the MFN's Child welfare team, the Jordan's Principle Coordinator will apply for all related funding. This will include but is not limited to, the Department of Indigenous Services Canada, related Jordan's Principle service funding definitions and Agency coordination and planning activities as this is related to service planning for the children and families that we serve
- Familiarize self with all Department of Indigenous Services Canada documentation related to the Canadian Human Rights Tribunal and Jordan's Principle
- Familiarize self with the Jordan's Principle agency, service coordination and planning – service work flow processes
- Apply agency service coordination and workflow process from intake, ongoing case management and discharge in conjunction with agency mandated and non-mandated programs
- Act as a liaison and provide education and information sessions to agency staff in relation to Jordan's Principle
- Manage service related data collection processes as defined by senior management
- Work in collaboration with assigned finance department staff to ensure that all financial claims related to Jordan's Principle are processed and managed according to agency policy and procedures
- To actively participate in internal, external, local, regional or committees/groups in support of coordinating programs and services to the First Nations
- Liaise and work effectively with the communities served, service providers, collateral agencies and organizations and elders
- Collaborate with the Social Services Manager to formalize monthly reports for the Jordan's Principle service coordination service review, analysis and referral activity and service gaps related to mandated and non-mandated service areas of the agency
- Ensure confidentiality and safe keeping of all Agency documents and records
- Develop and maintain work files that are accurate, up-to-date and concise; Develop and submit proposals as required

**The Jordan's Principle Coordinator will possess the following qualifications, skills, experiences, and attributes:**

- Post Secondary Diploma in Human Services and/or equivalent years of experience in Human Services
- One (1) year direct service experience with children and families
- One (1) year experience with a First Nation or Aboriginal organization
- Experience working in working in a multi-disciplinary environment
- Knowledge of First Nation communities and structures; Knowledge of local services available to children and families
- Knowledge of CWIS and CIMS
- Knowledge and understanding of the Child and Family Services Act
- Knowledge, understanding, respect and sensitivity of Anishinabek culture, traditions, and the Seven Grandfather Teachings

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. 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](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740  
**Deadline: May 17, 2023**

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

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**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.





Spring into wellness & take control of  
your health

# HEALTH AND SOCIAL SERVICES ANNUAL HEALTH FAIR

Raffle Draws & Door Prizes

Poker Walk

Barbeque

**Thursday, May 18, 2023 | 11:00 AM - 3:00 PM**

**62 Park Road, Sports Complex**

For more information please contact  
Meagan Wilson (705) 356-1621 ext. 2262



# MFN Pow Wow

## Logo Contest



Take part in this logo design contest and win MFN Merch and honorarium.

Pow Wow Theme: "Lift Each Other Up".

1 winner will be chosen

Designs will be used on signage and tshirts



Deadline May 18th

@4pm

Submit to  
[wiindamaagewin@mississaugi.com](mailto:wiindamaagewin@mississaugi.com)  
or drop off at MFN Reception





**MISSISSAUGA FIRST  
NATION**



# **UNDRIP North Shore Community Engagement**

**Talk openly, share  
opinions & ask burning  
questions**

**TUESDAY MAY 16, 2023**

**MFN Community Hall  
152 Village Road  
From 4:00 p.m. to 6:00 p.m**

**Light refreshments will be  
provided**







# 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



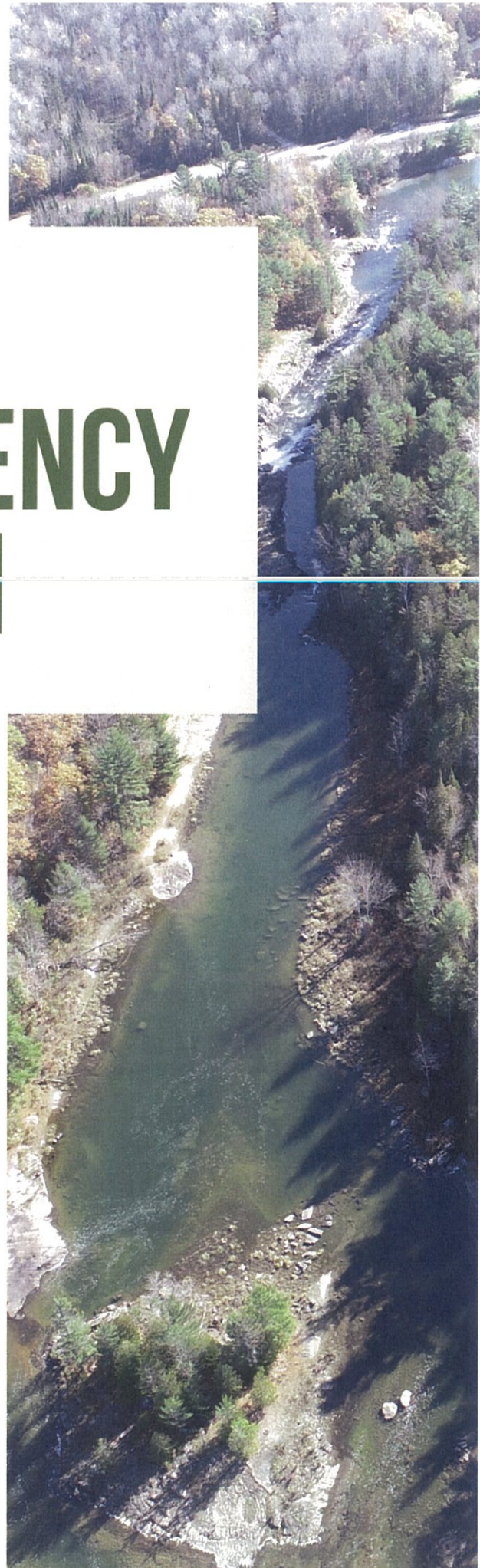
MISSISSAUGA FIRST NATION  
&  
THE NORTH SHORE TRIBAL  
COUNCIL

# EVERBRIDGE EARLY EMERGENCY ALERT SYSTEM

*Sign up to receive alerts about severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.*



Contact Information:  
Amanda Cress  
(705) 356-1621 ext. 2358  
Cell: 437-577-8379





**LET'S SAVE OUR EARTH!**



**MAY 15TH, 2023**

**LANDS AND RESOURCES AND PUBLIC WORKS DEPARTMENT WILL BE  
GOING AROUND MFN COMMUNITY ON MAY 15TH  
TO PICK UP ANY YARD WASTE OR GARBAGE FROM  
YOUR YARD.**



**PLEASE PUT GARBAGE AT THE END OF YOUR DRIVEWAY.  
PLEASE DONT FORGET TO SEPARATE  
GARBAGE/LEAVES/RECYCLING IN SEPARATE BINS OR BAGS.**

**\*NO GLASS IN RECYCLING  
MIIGWETCH!**

**PICKUP BETWEEN 9AM-3PM**

**FOR MORE INFORMATION CONTACT 705-356-1621 EXT.2259 OR 705-261-0259**





# SAFETY REMINDERS for SPRING FISHING SEASON

Safety gear required for each vessel



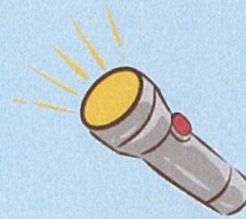
**Life Jackets**  
(Must fit the person wearing it)



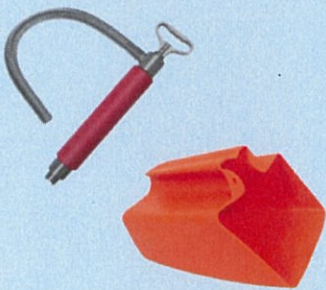
**Sound Signaling Device**



**Manual propelling device and anchor**



**A waterproof flashlight**



**Bailer or Hand Pump**



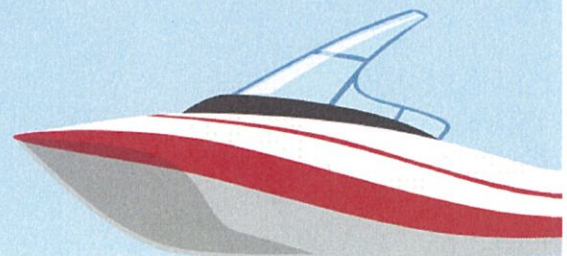
**15m of rope**



**Navigation lights mandatory for vessels operating between sunset and sunrise.**



**A fire extinguisher for any craft**







# HYPOTHERMIA INFORMATION for SPRING FISHING SEASON

Hypothermia is a drop of body temperature below normal (37°C) that results from a prolonged exposure to frigid water. The signs and symptoms of the 3 different stages of hypothermia are:

- **First stage: shivering, reduced circulation**
- **Second stage: slow, weak pulse, slowed breathing, lack of coordination, irritability, confusion and sleepy behavior**
- **Advanced stage: slow, weak or absent respiration and pulse. The person may lose consciousness.**

Should you find yourself in the water it is essential to do everything possible to conserve your energy and body heat. To lengthen your survival time, the following is important:

- **Wear your personal flotation device or lifejacket. This will help you to stay afloat and keep your head out of the water without wasting your energy**
- **Swim only if you can join others or reach a safe shelter. Do not swim to keep yourself warm, this will only increase your loss of body heat.**
- **if possible climb on top of a floating object (such as your craft) to keep as much of your body as possible out the water. Frigid water will lower your body temperature faster than air (25x faster)**



- **Assume the fetal position, or if you are not alone, huddle together**
- **Remove the wet clothing of anyone who has fallen into the water and warm them with dry clothes.**

Please direct questions or concerns to MFN Lands and Resources department @ (705) 356-1621 ext. 2236  
or MFN Bylaw Officer @ ext. 2259





# BEAR SAFETY INFORMATION



## Awake and Hungry

Spring is here and the bears are awake. While the weather is starting to get nicer please take the time to do a thorough spring cleanup of your living space and yard. **You will want to remove all sources of natural and non-natural food attractants from your yard.**

### Non-Natural Sources

- BBQ grease and drippings
- Bird feeders
- Garbage - Keep garbage indoors until garbage pick up day
- Pet food



### Natural Sources

- Berries
- Fruit trees
- Flowers/clovers/weeds



Managing Bears Issues takes the efforts of the community to succeed.  
Let us have a successful spring and summer 2023



*MFN Bylaw Officer - (705) 356-1621  
ext. 2259*

*Animal Control Reporting and Services  
(705) 261-0259*





## ATTENTION MFN REGISTERED MEMBERS

### Beaver Trappers needed to assist with community flooding.

The following areas are in need of trappers to remove nuisance beavers who are contributing to flooding in and around the community.

Brady Trail

Potomac River areas adjacent to MFN

Bounty per beaver available from designated areas only



***For more information  
please contact:***

**SCOTT RICHER**

**scottricher@mississaugi.com**

**RICKI LEA FERRIGAN**

**rickileaferrigan@mississaugi.com**





# CREATIVE NATIVE NIGHT

Education Building 6-9pm

April 21<sup>st</sup>, 28<sup>th</sup>

And

May 5<sup>th</sup>, 12, 19<sup>th</sup>

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





**POW WOW COMMITTEE**

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**LOOKING FOR**

**DONATIONS**

for this year's

**POW WOW GIVEAWAY**

**Handmade or Purchased**

**Can be dropped off at MFN Band Office or  
Education Department MIIGWETCH!!!**

Email transfers please use [mfn@mississaugi.com](mailto:mfn@mississaugi.com)



# **BACKYARD MEDICINE SERIES**

**Where: Education Building**

**When: Wednesday's 6:30-8pm**

**May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>**

The Backyard Medicine Workshop Series will be held in repeating sessions, so if you can't make it to one hopefully you can make the other.

**Starts Next Week!**

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





# SMALL ENGINE/MACHINE REPAIR

- hobbyist with 4 years' experience.
- Has own tools
- Offers fair rates

## Offered:

- ✓ Lawn Mowers/Riding Lawn Mowers
- ✓ Dirt Bikes
- ✓ ATVs
- ✓ Any small engines

## CHASE WILSON

TEXT OR CALL

 705-208-8540





Youth ages 11+

**MAY**

**15TH 2023**


**OUTDOOR  
BASEBALL  
MEN BALL FIELD**

**3:30pm-5:30pm**

**Bring your glove, baseball bat and  
baseballs if you can!**

**For any questions- contact  
[PatriciaNiganobe@mississauga.com](mailto:PatriciaNiganobe@mississauga.com)  
Telephone 705-356-1621 ext 2229**





# Gardening Basics with Tammy King

May 17th

3:30pm-5:30pm

MFN Garden Dome

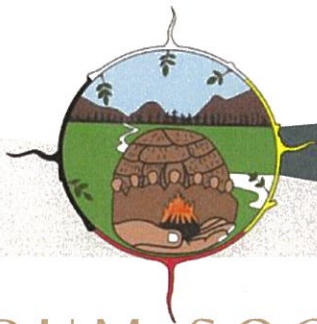
LEARN THE BASICS ON GARDENING AND LEARN HOW TO POTENTIALLY GROW YOUR OWN GARDEN AT HOME!

BY ASSISTING WITH OUR ASHANDIWIN GROWING DOME, WE CAN GIVE BACK TO COMMUNITY!

radish

bean





# DRUM SOCIAL (ALL AGES WELCOME)

April 27th

May 2nd

May 9th

May 16th

3:30pm-5:30pm

Culture Center

Light Snacks and  
Refreshments available



**FOR ANY INFORMATION PLEASE  
CONTACT  
PATRICIANIGANOBE@MISSISSAUGI.COM  
PHONE: 705-356-1621 EXT 2229**



MFN SPORTS COMPLEX

**CYCLING**

*Rookie  
Ride*

**TUESDAY'S @  
NOON!  
MSG TO GET A  
BIKE!**

**MAY 16, 23 & 30.**





TINY TOTS

# Sports Day

MAY 21ST & 28TH

AGES 0-5

11 AM TO 2 PM

T: 705.356.1621. EXT 2216

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



# May 2023

MON	TUE	WED	THU	FRI	SAT	SUN
1 	2 	3 	4 	5	6	7
8 	9 	10 	11 	12	13	14 <i>Mother's Day</i>
15 	16 	17 	18 	19	20	21 
22 	23 	24 	25 	26	27	28 
29 	30 	31 	1	2	3	4

Mondays- 11 am Chair fit / 6 pm HIIT  
 Tuesdays- 10 am Yoga / 11 am Walking group /  
 12:10 om Rookie Ride  
 Wednesdays- 7 pm Buti Yoga  
 Thursdays- 10 am Yoga / 6 pm Cycling

May 21st & 28th - Tiny Tots Sports Day 11 am -2 pm

Registration is needed for all programming/fitness classes.



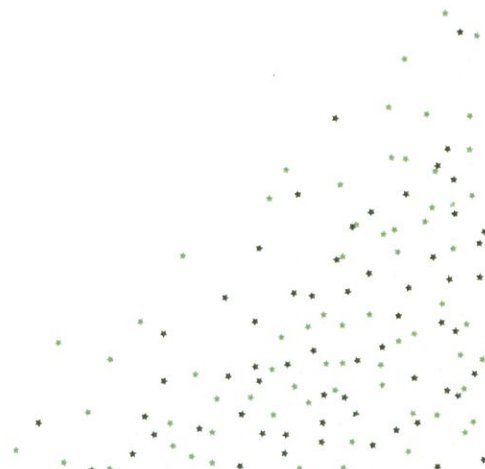


# FOOTCARE



MAY 26, 2023  
RED PINE LODGE  
9:00 - 4:00 P.M.

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







# Nutrition Bingo

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MONDAY MAY 15TH

6:00-7:00 P.M.

RED PINE LODGE

5 GAMES

5 NUTRITIONAL FOOD PRIZES

ONE DOOR PRIZE

TO REGISTER CONTACT CHELSEA AT 705-356-1621

EXT. 2203 OR EMAIL

CHELSEAGRIMARD@MISSISSAUGI.COM

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Everyone Welcome

Adventures <sup>in</sup>  
Cooking  
Supper Edition

Wednesday May 17th  
5:00- 7:00 p.m.  
Red Pine Lodge

Please Register please contact Chelsea at  
705-356-1621 ext. 2203 or email  
[chelseagrimard@mississauga.com](mailto:chelseagrimard@mississauga.com)



MISSISSAUGA FIRST NATION  
HEALTH AND SOCIAL SERVICES

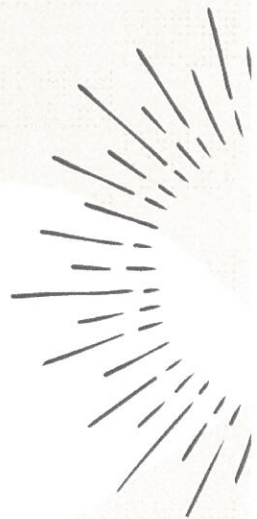
SMOKING DURING PREGNANCY  
MONTHLY WELL BABY  
Lunch and Learn

WEDNESDAY MAY 24TH 2023

11:30AM-1:00PM

CHILD AND YOUTH BUILDING

*Email - [sherimacleod@mississaugi.com](mailto:sherimacleod@mississaugi.com) to register*







MAAMAWESYING INDIGENOUS ROOKIE LEAGUE

# COMMUNITY TOUR



JAYS CARE FOUNDATION  
COMMUNITY TOUR

FRIDAY MAY 26TH  
4:30 - 6:30 P.M.  
MFN SPORTS COMPLEX

DINNER WILL BE PROVIDED  
REGISTRATION, INFORMATION AND  
GAMES TO FOLLOW

FOR MORE INFORMATION CONTACT CHELSEA AT 356-1621  
EXT. 2203 OR EMAIL [CHELSEAGRIMARD@MISSISSAUGI.COM](mailto:CHELSEAGRIMARD@MISSISSAUGI.COM)



# MONTHLY DIABETIC CLINIC

3RD WEDNESDAY OF EVERY MONTH



If you are diabetic, has had recent blood work and would like to book an appointment with the team;

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

Please email [krystasawyer@mississauga.com](mailto:krystasawyer@mississauga.com)  
or call 705-356-1621 extension 2231

***We welcome new clients!***  
**TAKE CONTROL OF YOUR HEALTH**

**NEXT CLINIC DATE : MAY 17TH, 2023 FROM 10:00AM-3:00PM**  
***BAND OFFICE - ACTIVITY ROOM***



HURON SHORES FAMILY HEALTH TEAM AND  
NORTH CHANNEL MIDWIFERY PRESENT:

Caregiver  
Support Group  
for newborns

Drop in Sessions between 930-11am:

Thursday **May 18, 2023**: Walk and Talk \*meet at  
Boom Camp Clubhouse Parking Lot\*

Wednesday **May 31, 2023**: Featuring Sleep Coach,  
Carolyn Marshall

Wednesday **June 15, 2023**: Walk and Talk

Huron Shores Family Health Team  
527 Causley St  
Blind River, ON






UPDATE - COMMUNITY HEALTH NURSE HOURS

Starting May 2023  
the Community Health Nurse will be  
in the office

**Tuesday, Wednesday & Thursday**  
**from 9 – 430 pm**  
(closed for lunch from 12- 1 pm)

To book an appointment call  
705-356-1621 x 2231 or by e-mail  
[krystasawyer@mississauga.com](mailto:krystasawyer@mississauga.com)





# Home & Community Care

# MAY 2023

SUN MON TUE WED THU FRI SAT

1 2 3 RPL 4 5 6

BINGO  
1:30pm

7 8 9 10 11 12 13

HELPING OUR  
NORTHERN  
NEIGHBOURS  
Prep New Boxes  
1:00pm-3:00pm

14 15 16 17 RPL 18 19 20

BINGO  
1:30pm

21 22 23 24 25 26 27

OFFICE  
CLOSED  
VICTORIA DAY

EVENING  
Adventures  
in Cooking  
5pm-7pm  
RPL

FOOT CARE  
9am-4pm  
RPL

28 29 30 31 RPL

GARDEN  
RIVER  
BINGO  
10am  
Pick Up

BINGO  
1:30pm



## 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 Thursday**

\*Please note that if items are not in your box, it's because we are out of stock, it's on back order or not available from distributor. Make sure to fill out your correct information, so that we may properly serve you and your family.

<b>Cereals (1 only):</b> Cold Cereal    Cooking Oats    Cream of Wheat	<b>Meats: (2 choices):</b> Hamburger    Chicken
<b>Breads (1 only):</b> White Bread    Brown Bread    Flour	<b>Canned Meats (1 only):</b> Tuna    Salmon
<b>Pasta &amp; Rice (1 only):</b> Rotini    Macaroni    Spaghetti Lasagna    Fettucine    Rice	<b>Dairy Products (2 only):</b> Powdered Milk    Margarine    Canned Milk Eggs
<b>Soups (3 only):</b> Vegetable    Chicken Noodle Tomato    Mushroom Mr. Noodles (Beef)    Mr. Noodles (Chicken)	<b>School Aged Children Only:</b> Pudding    Fruit Cups    Cookies
<b>Hygiene Products:</b> Toilet Paper    Hand Sanitizer	<b>Every 3<sup>rd</sup> Month:</b> Bleach    Laundry Soap    Dish Soap Pot & Pan Cleaner
<b>Other Products (3 only):</b> White Sugar    Brown Sugar Peanut Butter    Decaf Coffee Crackers    Tea Mustard    Ketchup Lard    Coffee Pepper    Instant Coffee	<b>Other Products: (3 only)</b> Kidney Beans    Tomato Paste Spaghetti Sauce    Canned Navy Beans Canned Chick Peas    Diced Tomatoes Vegetables(frozen only)
<b>Once A Month:</b> Jam    Cooking Oil    Salt    Icing Sugar	

Revised April 2023





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

Starting April 2023 changes will be implemented to this program.

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



### **Pick up dates:**

\*May 24th 2023

\*June 28th 2023

\*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.**

**Thank you**

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

email: [christine@mississaugi.com](mailto:christine@mississaugi.com)



The background is a dark purple square with a white border. Several hands in various shades of purple and pink are reaching in from the corners, some holding hearts. Small purple dots are scattered around the square.

MFN NEEDS YOUR HELP

# CALLING ALL ARTISTS

We need you to design one of two Anti-Drug billboards. Show us your creativity. Send in your designs for a chance to win 1 of 2 \$200 gift card prizes. Contest will end by May 26, 2023.

For More Info :  
[Skycada@mississauga.com](mailto:Skycada@mississauga.com)

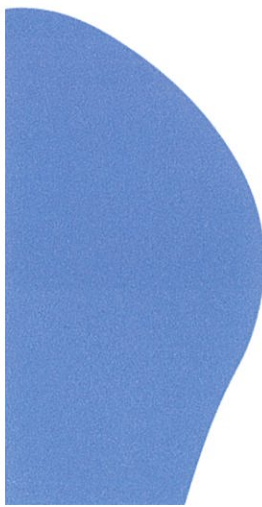




# MEN'S DROP IN

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

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



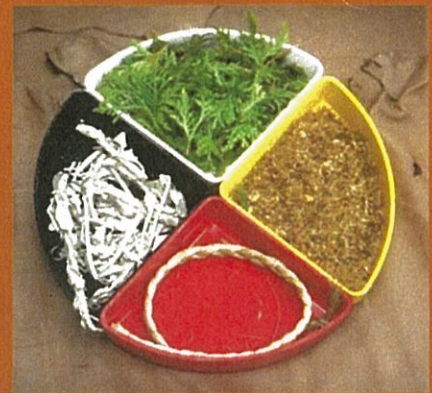
If you have any questions contact  
Sky Cada at 705-356-1621 ext 2228



# Lighting the Sacred Fire

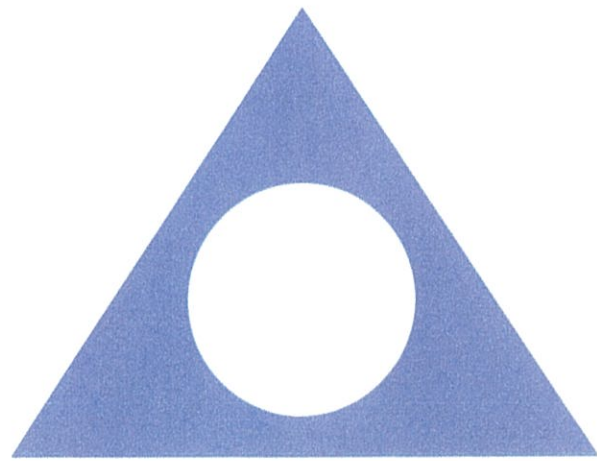
We will be lighting the Sacred Fire for the MFN community.

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



For more information call Sky Cada at 705-261-1370 or email [skycada@mississauga.com](mailto:skycada@mississauga.com)





**AL-ANON**

*for families & friends of alcoholics*

**\*\*Starting Again\*\***

**AL-ANON MEETING**

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

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

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

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

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





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

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

For information please send email to:  
[skycada@mississaugi.com](mailto:skycada@mississaugi.com)