



Position: Fire Prevention & Public Works Technician

Accountability: Infrastructure Director

Salary: \$42,468.00 - \$47,936.00

Employment Status: Full-time (2 years)

Hours of Work: 34.5 hrs

Preferences: MFN Band Members

Circulation Level: Level I

The Fire Prevention & Public Works Technician will:

- Recruit and coordinate training for volunteer fire fighters
- Maintain fire hall, fire equipment, and fire truck to ensure that they are always in a ready state
- Extinguish fires and respond to fire emergencies
- Assist with post fire investigations and all relevant reports
- Follow, monitor, and implement safety measures
- Order equipment and supplies for fire department
- Collaborate with Blind River Fire Department and network with other fire departments
- Participate in regular fire fighter practices to upgrade and maintain firefighting techniques
- Conduct annual tests of fire alarms, smoke detectors and fire extinguishers
- Develop fire safety information and distribute to the community (Website, flyer, social media etc.)
- Safely operate heavy equipment to maintain roads and water systems
- Prepare lots for new housing construction when required
- Prepare cemetery lots for burials through removal and replacement of fill
- Remove and replace fill for septic systems when required
- Maintain heavy equipment and ensure repairs and service is conducted.
- Brush ditches along roads to maintain clear right of way
- Clear and sand roads during winter or ice conditions
- Maintain road systems through filling of potholes, grading roads, installing, changing culverts, and maintaining shoulders
- Maintain community signs and signage
- Conduct weekly collection of household sanitation and recycling
- Remove and/or dispose of nuisance bears or other wildlife
- Assist with annual Pow Wow through relocation of picnic tables, equipment, and site preparation
- Set up, arrange, or remove tables, chairs, ladders, venue tents, portable washroom facilities, to prepare facilities and outdoor spaces for events
- Follow safe work practices and procedures, utilizing all required personal protective equipment
- Prepare, maintain, and keep records of actions taken, including logbooks of maintenance and repair work and inspection manuals where required

The Fire Prevention & Public Works Technician will possess the following qualifications, education, and experience:

- Some post-secondary education with a minimum of Grade 12 Secondary Diploma or equivalent
- A minimum of two (2) years of heavy equipment operation
- Previous supervisor experience is an asset
- Certification as a Fire Fighter is an asset

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

Mississauga First Nation
P.O. Box 1299 Blind River, Ontario P0R1B0
Attention: Human Resources Department
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: December 7, 2022

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



Position: Health Services Director

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

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Director of Operations

Employment Status: Fulltime (2 years)

Preferences: MFN Band Members

The Health Services Director will:

- Coordinate the development and implementation of the Community Health Plan and development of staff work plans to achieve its' objectives.
- Coordinate programs and services to meet the goals and objectives of the Unit.
- Ensure ongoing coordination, monitoring and evaluation of services including support services.
- Develop, negotiate, and monitor approved health agreements.
- Ensure maintenance of the Pandemic Plan; Coordinate annual desktop exercises of the Pandemic Plan with staff.
- Manage effective resolution of service complaints.
- Maintain and implement the confidentiality policy within the Unit.
- Monitor changes to health legislation and evaluate if changes required to programs and services.
- Engage the community in the development and assessment of programs and services.
- Supervise, coach and direct health services managers.
- Support team building within the unit with focus on trust, communication, accountability, collaboration, respect, and conflict resolution.
- Build positive communication within team; Coordinate managers team meetings; Coordinate development of managers work plans.
- Monitor manager performance and conduct performance reviews; Monitor attendance and address any issues.
- Participate on Hiring Committees when applicable.
- Follow personnel policies in administration of staff issues.
- Develop and execute a recruitment and retention strategy for health service staff.
- Facilitate and maintain a collaborative and safe work environment.
- Develop annual Unit budgets with input from Unit staff.
- Monitor budgets and develop system to track expenses.
- Follow finance policy in administration of department finances.
- Ensure fiscal responsibility of Unit.
- Negotiate with government and nongovernmental agencies in collaboration with Director of Operations.
- Develop Health Services policies and procedures for approval and implementation in collaboration with the Social Service Director.
- Monitor policies and procedures to ensure compliance; Revise policies and procedures when required.
- Prepare and submit proposals for funding and/or enhanced services.
- Coordinate the Health and Social Services Committee meetings in collaboration with the Social Service Director.
- Provide advice and assistance to the Health and Social Service Committee.
- Actively participate in local, regional or committees/ groups in support of health service to Mississauga First Nation.
- Actively participate on the Program Management Team, Finance Committee, and other internal committees/ groups in support of health services to the community.
- Collaborate with internal and external agencies to provide quality programs and services to the community including evaluations and reports.
- Maintain liaison with the community to promote services, policies, and procedures and to secure feedback on programs and services.
- Develop, maintain, and facilitate liaison visiting health professionals and their supervising organization.
- Sit on the board of Director's for Maamwesying's Ontario Health Team
- Ensure completion of administration tasks as required; Prepare reports, briefing notes and correspondence as required.
- Prepared an annual work plan and monthly report to supervisor.
- Establish work priorities, delegate work when applicable and ensure deadlines are met and procedures are followed

The Health Services Director will possess the following education, experience, and skill qualifications:

- Post-secondary degree in Public Health, Health Administration or Human Services field.
- Three (5) year experience with a First Nation or Aboriginal organization managing programs, finances, and human resources

- Experience writing proposals, policies, procedures, and reports.
- Experience working with Aboriginal people, organizations and communities, management, and financial accounting experience.
- Knowledge of government departments/ agencies dealing with First Nation health and social services.
- Knowledge of health issues at the First Nation and Regional level.
- Knowledge of Mississauga First Nation programs and services.
- Knowledge and understanding of Aboriginal cultural and traditions.
- Knowledge of Occupational Health and Safety legislation, standards, and best practices.
- Knowledge of the Workplace Hazardous Materials Information System.
- Must provide a clear Criminal Records Check from the Canadian Police Information Center (CPIC).
- Must have Class “G” Ontario Driver’s License in good standing and be able to travel.
- Must be able to meet deadlines, work flexible hours and or attend emergency situations.
- Strong leadership and management skills.
- Excellent interpersonal skills.
- Excellent conflict resolution, problem-solving, time management, and organizational skills.
- Excellent oral and written communication skills.
- Excellent computer skills with MS Office software.
- Ability to manage multiple priorities.
- Ability to facilitate and manage a multi-disciplinary team environment.
- Ability to take initiative, meet deadlines and work flexible hours.
- An effective leader.
- Strong interpersonal and influencing/negotiation.
- Be honest, trustworthy, and respectful.
- Possess cultural awareness and sensitivity.
- Possess a calm demeanor in responding to customers.
- Demonstrate sound work ethics.

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Deadline: December 9, 2022

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



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

Accountability: Finance Director

Salary: \$17.50 hourly

Employment Status: Casual

Hours of Work: As needed

Preferences: MFN Band Members

Circulation Level: Level I

The Back-Up Receptionist will:

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

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

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

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

Mississauga First Nation
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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.



Lisa Morningstar & Linda Vincent
Christmas craft show - Thursday, Dec 8
1 p.m. to 4 p.m., Chief & Council Chambers
Band Office, Mississauga First Nation

Light snacks & refreshments will be available

Come and check our items. Hope to see you there.

Kissing Balls, Table Centerpieces, Wall hangings,
Wreaths, Scrubbies, Pot Holders, Raffle for decorated
snow shoe.

Gemstone jewellery (necklaces, bracelets, pendants,
donuts, pendulums, bear claw necklaces, earrings
(pierced only), brooches), polished and rough
gemstones, Essential Oils and aromatherapy products
(bath bombs, bath salts, spritzers, first aid cream, foot
cream, salt scrubs) Mug pkgs for gift giving, Bath Bomb
kits. Door prizes

Enjiikendaasang & Adult Education

Christmas Gift making

December 1st, 2022. 10-3pm Bracelet Workshop
December 8th, 2022. 10-3pm Bear Grease Soap Making
December 15th, 2022. Bath Bombs and Foot Soak Workshop
December 6th & 13th, 2022. Christmas Cookies

Please call Melissa or Stacy @ 705-356-1621 Ext 2303

to register for each workshop

10 PARTICIPANTS PER WORKSHOP





BEADED LANYARD/KEYRING

Come create your own beaded lanyard.. All materials provided!! Instruction and assistance available for the new beaders. Limited to 10 participants (space and materials)

When?? **Tuesday, November 29th, 2022**

Time: 10:00 am—3:00 pm

Where? Education Building

Please contact Lucy Ann Trudeau, Grandmas and Aunties Program Coordinator @ 705-356-1621, ext. 2247 (email—lucyantrudeau@mississaugi.com) to **confirm your participation** and to ensure we have adequate resources.

See you there!!



Mental Health Support Circle
w. Stephanie Collins
YOUTH AGES 12 - 21

December 7th, 2022
Youth Center- Sports Complex
5:30pm-7:00pm
Supper and refreshments will be
provided



FOR ANYMORE INFORMATION, CONTACT
PATRICIA NIGANOBE @
PATRICIANIGANOBE@MISSISSAUGI.COM
PHONE: 705-356-1621
EXT.2229

Jordan's Principle Program

Christmas GIFT WRAPPING

For parents with children ages 0-18

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

Child & Youth Building
Snacks + Refreshments

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



Health and Social Services

The Health & Social Services Department is looking for a new committee member.

Membership of the Health and Social Services Committee is open to all community members over **18 years of age**. Upon recommendation of the committee priority will be given to a male or youth community member to fill this spot.

The Health and Social Services Committee is a committed group of **eight (8)** community members appointed by Chief & Council, and Health and Social Services Directors and Managers who advise Chief & Council on health and social services related activities. The committee also serves to guide and support all activities pertaining to the Health and Social Services Units.

The responsibilities of the Health and Social 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 and Social Services Director
- To act as an appeal mechanism for Band Members as the issue relates to health and social 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 Monday 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 **Thursday, December 1st, 2022 by 4:00 p.m.** to:

Rhonda Peltier-Chiblow- Health Services Manager
Mississauga First Nation
P.O Box 1299
Blind River, ON
P0R 1B0
E: rhondapeltier@mississaugi.com

ATTENTION COMMUNITY MEMBERS

MFN's Health and Social Service Committee meets on the 4th Tuesday of every month.

Community members not part of the committee, may have their program inquiries or community health and social services concerns addressed at these meetings by submitting it in writing. Envelopes marked "HSS Committee – Confidential" can be left at the health center or an email message can be sent to;

HSScommittee@mississaugi.com

Concerns or inquiries should be dated and preferably include a proposed recommendation or resolution.



COVID 19 Update

Health Canada has approved bivalent COVID-19 vaccines (Pfizer & Moderna). Bivalent vaccines offer protection against two different strains of COVID-19, the original strain and Omicron.

No matter how many COVID booster doses you have, it is recommended at 3 months from your last booster you can receive a bivalent COVID-19 vaccine for adults 18 years and older who are;

- First Nation, Inuit, Metis or live in an Indigenous household
- Any healthcare workers over 18 years old
- Individuals over 65 years of age
- Live in a congregate setting (Elder's lodge, Women's shelter)
- Pregnant women
- Immunocompromised ages 12 and older

Children 6 months and up are also eligible to receive COVID-19 vaccination, Algoma public health continues to hold clinics for this age group and can be reached at 705-541-7370.

Mississauga First Nation plans to hold an upcoming vaccine clinic in December 2022, once we have an exact date we will post it in the flyer.

**If you have any questions or concerns please contact
Krysta Sawyer at 705-356-1621 x 2231
or by e-mail krystasawyer@mississaugi.com.**

Get the
FLU  **SHOT**
 not the flu!

**BOOK YOUR FLU SHOT
 APPOINTMENT**
@ 705-356-1621 x 2231
 (Wednesday, Thursday or Friday)





Ways to protect yourself from the flu:

- Get vaccinated
- Wash your hands often
- Wear a mask
- Avoid close contact with sick friends & family
- Avoid touching your face
- Stay home if you are sick

If you have any questions, please call 705-356-1621 x 2231

Or e-mail: krystasawyer@mississaugi.com

COLD OR FLU?

COLD	SYMPTOMS	FLU
MILD TO MODERATE	 COUGH	COMMON, CAN BECOME SEVERE
COMMON	 SORE THROAT	COMMON
MILD	 FATIGUE, WEAKNESS	INTENSE, CAN LAST UP TO 2-3 WEEKS
RARE	 FEVER	HIGH (100-102 F) CAN LAST 3-4 DAYS
SLIGHT	 GENERAL ACHES, PAINS	USUAL, OFTEN SEVERE
RARE	 HEADACHE	INTENSE
COMMON	 STUFFY NOSE	SOMETIMES
NEVER	 EXTREME EXHAUSTION	USUAL (STARTS EARLY)
USUAL	 SNEEZING	SOMETIMES

Copyright Orange County ENT Clinic | Sources: WebMD, CDC, National Institute of Allergy and Infectious Diseases

MFN – HSSU Activities/Events – November 2022 (21st – 1st)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
NATIONAL 21 CHA – Yoga for Athletes (6-7) SC EYW – Reflexology (11-6) CYB CSW – Mens Mon. 4:30-6) C&YB ASP – Gym & Crafts (3:30-5:30) SC		ADDITIONS 22 CHA – Yoga (10-11) SC CHA – Cycling (6-7) SC CHA – Roller Release (8-9) SC CSW – Family Bingo (6-7:30) Comm. Hall ASP – Outdoor Games (3:30-5:30) SC EYW – Reflexology (11-6) CYB		AWARENESS 23 FRC – Grocery Cards (8-1) CYB CHA – Daycare Play (9-11) Gym CHR – Adventures in Cooking (11-1) RPL YC – Reiki (5:30-7:30) Youth Center ASP – Gym & Crafts (3:30-5:30) SC CHN – Flu Clinic (10-4) Activity Room		WEEK --> 24 CSW -Food Security Program (9:30-1:00) Child Yth. Bldg. YC – Reiki (5:30-7:30) Youth Center ASP – Culture w/ NOG (3:30-5:30) SC CHA – Dance w/ Kate (5-7) SC CHA – Yoga (10-11) SC		25 ASP – Getting ready for X-mas cheer parade (3:30-5) SC CSW – Christmas Cheer Parade (6-8) MFN YC – Public Skating (6:30-8) Blind River		26		27	
28 DAAW – Al-Anon (5:45-7:15) Cultural. CHR – Nordic Pole Walk (1-2) SC/RPL CHA – Yoga for Athletes (6-7) SC ASP – Gym (3:30-5:30) SC		29 DAAW – NA Meeting (6:45-8:15) Cultural Bldg. CHA – Yoga (10-11) SC CHA – Cycling (6-7) SC CHA – Roller Release (8-9) SC ASP – X-Mas Gift Making (3:30-5:30) SC		30 DAAW – Drumming (6:00-8:00) Cultural Bldg. ASP – X-Mas Gift Making (3:30-5:30) SC		1 CSW -Food Security Program (9:30-1:00) Child Yth. Bldg. DAAW -Lighting Sacred Fire (8:30-3:00) Cultural Building FRC – Diaper Program (9-10) CYB FRC – Lending Program (9-10) CYB FRC – Home Visit (9-10) CYB ASP – Culture w/ NOG (3:30-5:30) SC							
COVID REMINDER PLEASE PRACTICE PHYSICAL DISTANCING OF 6 FEET/2 METERS HAND WASHING/HAND SANITIZATION WEAR A MASK IF YOU MUST GO OUT AVOID GATHERINGS IF YOU HAVE SYMPTOMS, GET TESTED AND STAY HOME													
CHN – Com. Health Nurse -Krysta Sawyer – Ext.2231 CHR – Com. Health Rep. - Chelsea Grimard – Ext.2203 DAAW – Drug & Alcohol Addictions- Sky Cada - Ext.2228 CWW – Com. Wellness Coord. – Vacant – Ext.2226 FRC – Family Resource Coord. Christine Owl – Ext.2254 CSW – Com. Support Worker - Vacant – Ext.2242 HSM – Health Services Manager – Rhonda Peltier – Ext 2230 FPW – Family preservation Worker – Erin Chiblow – Ext 2240													
Mississauga First Nation Stephanie Collins – Mental Health Counsellor – Ext. 2234 Medical Transportation Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201 Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224 YEW - Early Years Worker- Sheri Macdonald - Ext.2253 ASP – After School Program - Racheal Glover - Ext.2308 CHA – Com. Health Activator - Janey Morningstar – Ext.2216 G&A – Grandma and Auntie Program – Lucy Ann Trudeau - Ext. 2247 Band Rep. - Brent Niganobe – Ext.2245 Band Rep. - Laurie Jacques – Ext.2243 HSSD – Health Services Director – Nikki MacDonald Ext. 2227 SSM – Social Service Manager – Kelly Daybutch Ext 2240													



FULL Moon

Tues, December 6th, 2022

**Aapiish (where) : Activity
Room and Teepee**

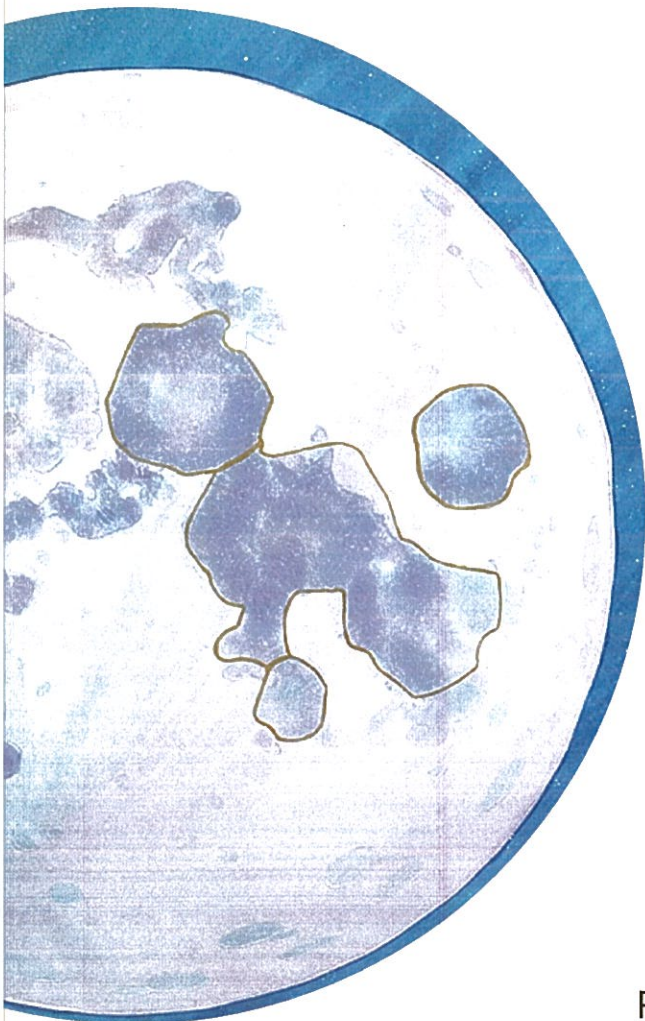
Time: 7:00-10:00 pm

**Feasting our Drums
Potluck Feast**

**Mnidoons Giizisooohns
Little Spirit Moon**

Little Spirit Moon, a time of healing. By receiving both vision of the spirits and good health, we may walk the Red Road with purest intentions, and we can share this most positive energy with our families and friends for the good of all.

Register by Contacting Community Wellness
rhondapeltier@mississauga.com
705 356 1621 x.2230






Medicines and Diabetes



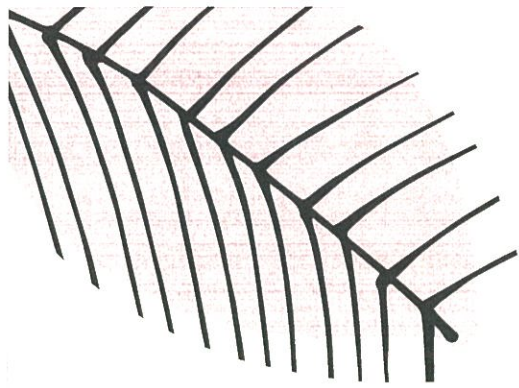
with Patricia Toulouse
Monday December 5th

12:00- 1:00 p.m.

Council Chambers



Contact Chelsea to sign up at 356-1621 ext. 2203 or
chelseagrimard@mississauga.com



TRADITIONAL MEDICINE PRACTITIONER

Lunch N Learn with Patricia Toulouse




Topic:
Diabetes
Plant medicines to help support managing diabetes




Location:
Cultural Building

Monday, December 5th
12:00 - 1:00 pm

Contact:
Rhonda Peltier-Chiblow
705 356 1621 x.2230
rhondapeltier@mississaugi.com



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

-  Wear your face mask
-  Wash your hands often
-  Practice physical distancing of 6 feet

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



All elders welcome



Adventures *in*
Cooking

Wednesday November 30th

11:00-1:00

Red Pine Lodge

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



ELDERS CHRISTMAS TREE

TUESDAY DECEMBER 6TH AT 11:00 P.M, MUST
COME PICK OUT TREES. BUS WILL BE DOING PICK
UP
DELIVERY WILL BE DECEMBER 8TH.

PLEASE REGISTER BEFORE DECEMBER 2

CALL CHELSEA AT 356-1621 EXT.2203 TO



FOOTCARE

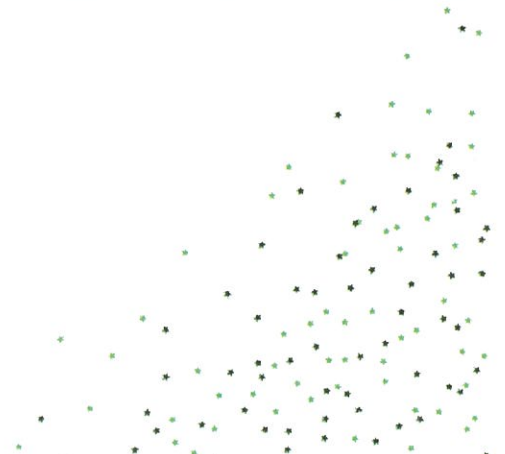


DECEMBER 9th, 2022

RED PINE LODGE

9:00 - 4:00 P.M.

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





*Christmas
Cheer Parade*



NOVEMBER 25, 2022

6:00PM TO 7:00PM

SANTA WILL BE MAKING AN
APPEARANCE!



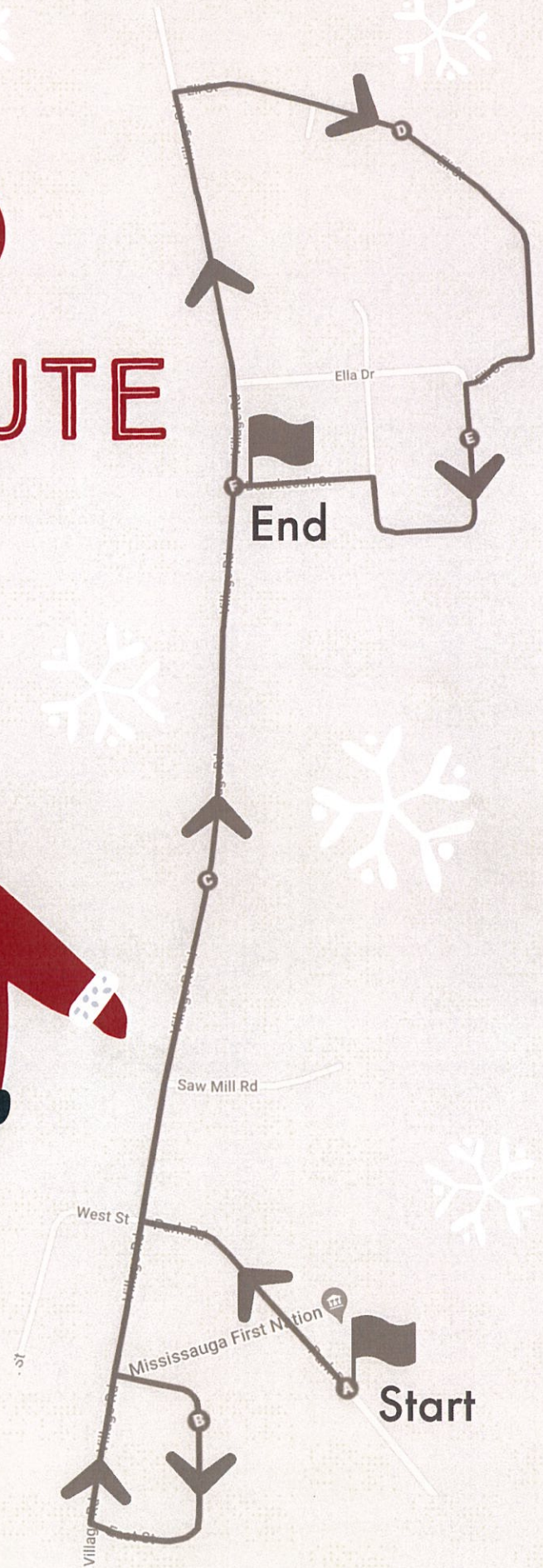


CHRISTMAS PARADE ROUTE



LEGEND

- A** Park Road
- B** East Street
- C** Village Road
- D** Eli Street
- E** Ella Drive
- F** Bonekeosh Street





Blind River and Area Christmas Baskets

Could you benefit from holiday food vouchers?

Telephone Requests only for:

Mississauga First Nation

call Kelly Daybutch – 705-356-1621 ext. 2242 or

email: kellygionette@mississauga.com

Friday, December 2/22 is the last day to apply for this. Please don't forget to call me to register.

Or visit our Facebook Page:

**Blind River and Area Christmas Baskets
to apply online!**

Please apply by Friday December 2/22

Serving Iron Bridge to Township of North Shore

Due to Covid restrictions there will be no food or toy collection this year – families will receive a grocery voucher redeemable at Valu-mart, Mic's Kwik-way, Wilson's Market, Lyle's No Frills or The Red Apple

MFN Food Security Program

Date: _____

Pick up only

Name: _____

of children _____ #of adults _____

Address: _____

Phone number: _____

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

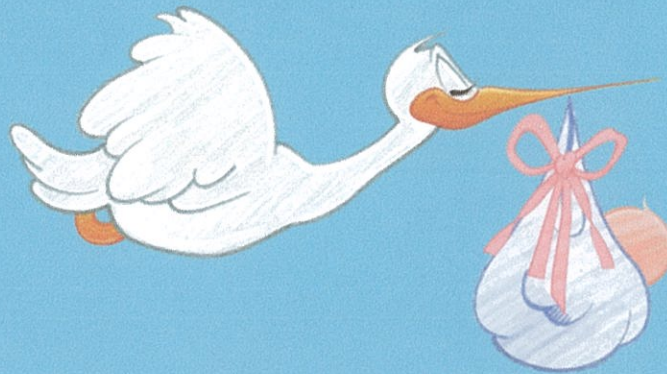
Please note that if items are not in your box, it's because we are out of stock or unable to provide it.

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

Revised September 8, 2022

MISSISSAUGA FIRST NATION
FAMILY RESOURCE COORDINATOR
EARLY YEARS PROGRAM
RED PINE LODGE

COMPLETING OUR BABY QUILTS



FAMILIES WITH CHILDREN 0-6
AND ELDERS
WEDNESDAY NOVEMBER **29**TH
9 AM - 1:00 PM
RED PINE LODGE
LUNCH PROVIDED

PLEASE CALL CHRISTINE OWL @705-356-1621 EXT.
2254 OR EMAIL CHRISTINE@MISSISSAUGI.COM
ASAP TO CONFIRM THANK YOU



PANCAKES & PAJAMAS



SUNDAY, DECEMBER 11TH



**COME & JOIN US!
CHILDREN & FAMILIES 0-12**

**SANTA
APPERANCE**

**PANCAKE
BREAKFAST
STARTING @ 11AM**

**TAKE HOME
COOKIE KITS**

Photos with Santa by Jen Kelly

COMMUNITY HALL- MFN

11AM-1PM

**GAMES, CRAFTS, DRAWS, HOT
COCA SUPREMES & MORE!**





NUTRITIONAL SUPPLEMENT CARD

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

Pick up is December 14/22

Time: 8 am - 1 pm

At: Child & Youth Building

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

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



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



MISSISSAUGA FIRST NATION
EARLY YEARS PROGRAM
FAMILY RESOURCE COORDINATOR

CHRISTMAS COOKIE IN A JAR

For families with children 0-6 years



PICK UP
DECEMBER 6TH 2022
CHILD AND YOUTH BUILDING
1:00-5:30PM

Email -
sherimacleod@mississaugi.com
to secure a kit
by December 2nd 2022

AVAILABLE TO THE FIRST 10 REGISTRANTS

*Fruit, veggie & dairy program
for family's with children 0-18
& prenatal*

**DATE: DECEMBER 7TH 2022
PICK UP AT CHILD & YOUTH BUILDING
TIME:9:30-1:00
PLEASE CALL BY DECEMBER 1ST FOR
THIS MONTHS PROGRAM**

Contact:
kellygionette@mississaugi.com
or
christine@mississaugi.com



MISSISSAUGA FIRST NATION
EARLY YEARS PROGRAM
FAMILY RESOURCE COORDINATOR
BABY AND TODDLER
WINTERTIME CRAFT



Afternoon of socializing and a simple craft for the memory box

THURSDAY DECEMBER 8TH 2022

11:30AM-1:00PM

CHILD AND YOUTH BUILDING

Email - sherimacleod@mississaugi.com to register

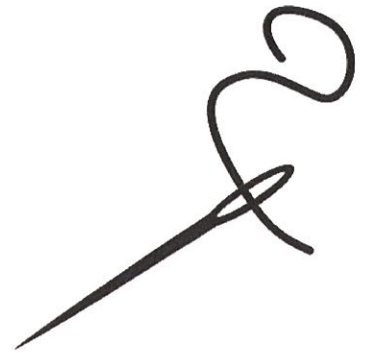
LUNCH WILL BE SERVED

MISSISSAUGA FIRST NATION
EARLY YEARS PROGRAM
FAMILY RESOURCE COORDINATOR

LEATHER MITT MAKING

WITH MARJORIE

For families with children 0-6 years



Two Sessions,
5 spots available each session
December 12th 2022
6:00PM - 9:00PM
December 13th 2022
6:00PM - 9:00PM

Email - sherimacleod@mississaugi.com
and/or
christine@mississaugi.com
to register

Light snacks and refreshments provided



Youth Coordinator

Youth ages 11-21

Christmas Sign Making

Make a sign for a loved one or keep it for yourself!

December 6th 2022

6:00pm-8:00pm

Dinner & supplies provided

Please register for this program to ensure materials will be provided.

Register by December 1st

Contact PatriciaNiganobe@mississauga.com

YOUTH COORDINATOR

Christmas Baking

December 13th, 2022

6:00pm-8:00pm

Sports Complex Kitchen

Make a special treat to take home for your family!

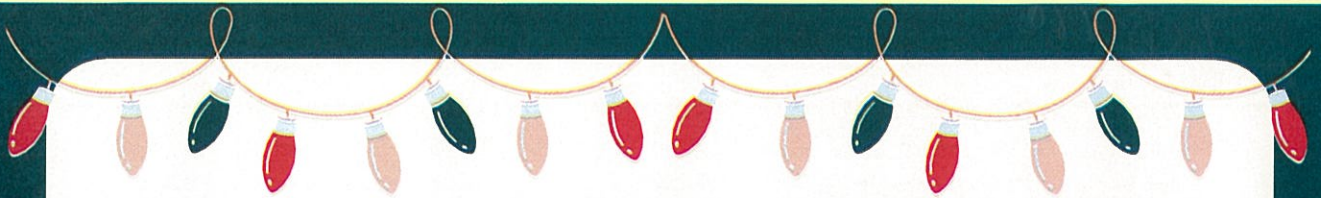
Participants must register for this program by December 9th, 2022.

Contact

PatriciaNiganobe@mississaugi.com to register for this program!

Youth 12-21yrs





12 DAYS OF FITMAS

1 	2 	3 	4 	5
6 	7 	8 	9 	10
11 	12 	 #holidayhustle		

Decembers fitness challenge!

*small group classes.

*one on one training.

*R&R class & tips on how to manage stress.

Winner will receive gifts & gift cards valued @ \$250

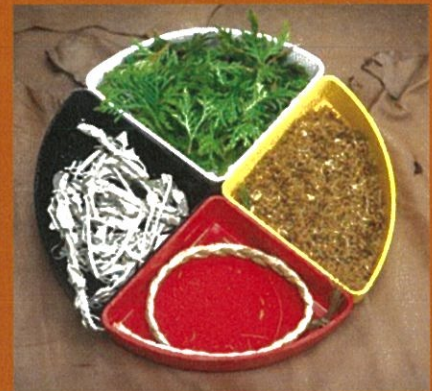
communityhealthactivator@mississauga.com

Monday, Nov. 21	Tuesday, Nov. 22	Wednesday, Nov. 23	Thursday, Nov. 24	Friday Nov. 25
<p>10AM-1PM Culture Building</p> <p>Addiction Awareness Walk</p> <p>Lunch of soup and sandwiches.</p>	<p>10AM-12PM Culture Building</p> <p>Stigmatism and The effects of Drugs on the Body and Mind</p> <p>Lunch will be soup and sandwiches</p>	<p>10AM-12PM Culture Building</p> <p>Guest Speaker: Teri Greco- "A story of Healing: Losing A Loved One"</p> <p>Lunch will Subway</p>	<p>9AM-3PM Culture Building</p> <p>Sacred Fire</p> <p>Coffee and Refreshments available</p>	<p>10AM-12PM Sports Complex</p> <p>[REDACTED]</p>
<p>5PM-7PM Culture Building</p> <p>Celebration: "Journeys and Aspirations"</p> <p>4 Guest Speakers:</p> <ul style="list-style-type: none"> ❖ Kevin Chiblow ❖ Tyler Armstrong ❖ Marsha McCallum ❖ Laura Niganobe <p>Spaghetti for dinner</p>	<p>5PM-7PM Culture Building</p> <p>OPP Night- "Roles and Duties"</p> <p>Pizza and Wings for Dinner</p>	<p>5PM-7PM Child and Youth Building</p> <p>Coloring Contest/Information night on Land Based Detox Program</p>	<p>5PM-7PM Culture Building</p> <p>Recovery Support Services- "What they've done for us"</p> <p>Chili and scone for dinner</p>	<p>1PM-3PM Sports Complex</p> <p><u>Greame Bonar</u>- "From Heartbreak to Triumph"</p> <p>Fish Fry for dinner</p>

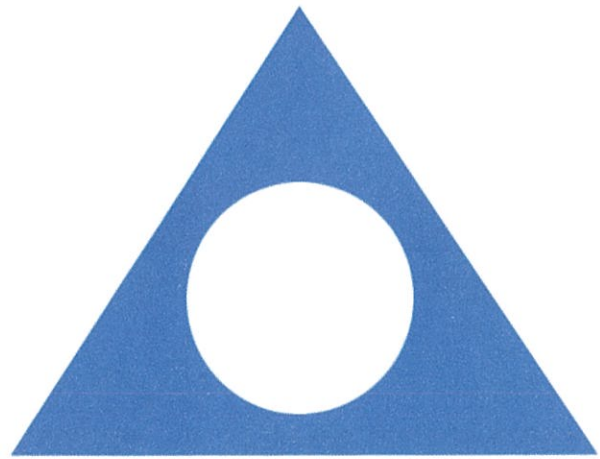
Lighting the Sacred Fire

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

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



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



AL-ANON

for families & friends of alcoholics

AL-ANON MEETING

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

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

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

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

We look forward to meeting you!!



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

What to Know About Attending Narcotics Anonymous

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

verywell