

# NIIGAANIIN

Client and Community Newsletter

November 3, 2023



## Niigaaniin Hours

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

\*\*\*\*\*

Statements due on November 16

## OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE  
RENEWAL YEARLY

CALL Darrell Jacques  
705 356 1621 Ext 2235

ODSP FN WORKER  
STACEY ARMSTRONG

Sarmstrong@niigaaniin.com

(705) 356 1621 - EXT 2352

FAX 705-356 0728

## INFORMATION

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LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

\*\*\*\*\*

"QUOTE OF THE WEEK"

" Courage is like a muscle. We strengthen  
it by use"

~Ruth Gordon~

\*\*\*\*\*

**??Riddle me this, Riddle me  
that??**

I am an odd number. Take away a letter and I be-  
come even. What number am I?

\*\*\*\*\*

Answer to Oct 12 Riddle

~Steps~

# **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
Patroller/Labourer	Ledcor Group/Iron Bridge	11/22/23
Highway Maintenance	Ledcor Group/Iron Bridge	11/22/23
Personal Care Attd.	March of Dimes/Blind River	11/20/23
Highway Maintenance	LEDCOR/Blind River, Iron Bridge, Thessalon	11/22/23
Acctg Clerk	Town of Blind River	11/10/23
Small Engine Mech.	NAPA/Blind River	11/24/23
Parts Counter Person	NAPA/Blind River	11/24/23
Salad Bar Clerk	Value Mart	11/18/23
Produce Clerk	Value Mart	11/18/23
Customer Service Rep.	McDougall/Blind River	11/17/23
Kitchen Worker	JR Pizza/Blind River	11/17/23
Bus Driver	AJ Bus Lines/Blind River	12/31/23
Various positions	NOG/various communities	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:** Indigenous Liaison for Engagement and Environmental Protection

**Accountability:** Lands and Resources Director

**Salary:** \$50,336 – 57,208

**Employment Status:** 2 years contract

**Hours of Work:** 32hrs/week

**Preferences:** MFN Band Members

**Circulation Level:** Level I

**The Indigenous Liaison for Engagement and Environmental Protection will perform the following duties:**

- Liaise with CNSC on nuclear files including assistance with the coordination of meetings, dissemination of documents, preparation of meeting materials and oversight of work plan.
- Develop a work plan related to nuclear activities in MFN territory in collaboration with the CNSC.
- Report back to the CNSC on an annual basis providing (1) a summary report describing activities undertaken and (2) financial reports.
- Assist with the development, implementation, and enforcement of MFN's Work Plan with the CNSC
- Provide input into MFN's nuclear files and engagements.
- Conduct research on an as needed basis.
- Participate in meetings stemming from our nuclear files and collaborate with Cameco and other industry partners to ensure proper environmental protection and programs are in place.
- Build and maintain relationships with nuclear proponents, including Cameco, on engagement, sharing of information and implementation of work plans.
- Research and implement a database for land reports, data, environmental sampling and enter data collected through monitoring of nuclear activities.
- Prepare technical reports including interpretations, assessments, and recommendations.
- Participate in workshops on lands and resources or environmental initiatives to the community.
- Prepare environmental information in laymen's terms for general knowledge and understanding.
- Participate in environmental training programs as required and other duties as assigned.

**The Indigenous Liaison for Engagement and Environmental Protection will possess the following qualifications, skills, experiences, and attributes:**

- Post-Secondary Diploma in Lands, Forestry, Waters or Environmental Management fields
- Experience conducting environmental monitoring, preparing technical reports, and assessing data.
- Three (3) years' experience with progressive management responsibility in Lands and Resources.
- Experience writing proposals, policies, procedures and financial reports and environment management plans or other related plans.
- Experience working with Aboriginal people, organizations and communities, management, and financial accounting experience.
- Proven ability to establish and maintain respectful relationships with council, other community services, committees and external government and non-government agencies.
- Excellent communication, motivation, leadership, and interpersonal skills.
- Ability to prepare, write and format reports, statements, evaluations, and proposals.
- Must have good physical ability and willingness to work in adverse conditions.
- Must provide a clear Criminal Reference Check from the Canadian Police Information Centre (CPIC).
- Must have current First Aid/ CPR Certification.
- Must provide a Class "G" Ontario Driver's License in good standing and must be able to travel.
- Must be able to work overtime and meet deadlines and or emergency situations.

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

Mississauga First Nation Attention: Human Resources Department  
P.O. Box 1299 Blind River, Ontario P0R1B0

Marked: **CONFIDENTIAL**

**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740

**Deadline: November 13, 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.



**Position:** Child & Youth Worker

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

**Hours of Work:**

**Circulation Level:** Level I

**Accountability:** Social Services Director

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Child & Youth Worker will perform the following duties:**

- To deliver structured youth programs for older children and youth ages 7-13 years of age who reside on reserve and within the local area i.e., Young Buffalo Riders Program, Seeking Safety for Youth Program, and the Life skills for Youth Program.
- Design, plan and deliver special training sessions for younger youth in healthy eating, healthy lifestyles, and sexual health as well as speaking contests, traditional dance and drumming competitions, sports training camps, lifeguard and swimming certificates, and other related activities that promote self-esteem, skills building and pride.
- Organize and deliver recreational and sports workshops and activities in boating safety, swimming, baseball, basketball, skiing, skating, camping, music, and arts and crafts.
- Design and hold workshops on high school readiness as well as assisting other community workers in Back-to-School programs.
- Ensure younger youth who do not have access to transportation to attend activities have rides arranged for them.
- Develop and/or modify relevant and age specific and culturally appropriate resources.
- Use a variety of teaching techniques including modeling, observing, questioning, demonstrating, and reinforcing to promote healthy lifestyles.
- Educate, encourage, and support youth to practice self-help skills.
- Plan and carry out experiences which facilitate an understanding of Anishinaabe culture, language, and value system in relation to healthy lifestyles.
- Refer and promote youth/families to access supports such as Jordan Principle's.
- Work with other professionals in developing and delivering specific programs/resources/services for at risk youth as appropriate.
- Connect youth with elders for one-on-one home visits and innovative activities and programming for learning, sharing, talking and storytelling.
- In keeping with the Anishinabek values, balance outside interests and influences to not jeopardize professional credibility, judgement, or competency.
- Acting as a role model to other staff and community members in the day-to-day execution of responsibilities of the position
- Compliance with organizational values and statement of confidentiality
- Able to communicate with others in a warm and helpful manner while simultaneously building credibility and rapport.
- Set realistic, specific goals and objectives; and to prioritize objectives.

**The Child & Youth Worker will possess the following qualifications, skills, experiences, and attributes:**

- Diploma or Degree in a Social services field, Sports, Child and Youth Worker Program or Native Studies
- One years' experience or volunteer work in a social services organization developing and delivering programs and services for youth ages 7-13 years old.
- Knowledge of child and family services at the First Nation.
- Respect for, sensitivity towards as well as knowledge and understanding of Anishinabek culture, traditions, and the Seven Grandfather Teachings, Ability to learn, understand and speak Anishinaabemowin is a definite asset.
- Knowledge of First Nation health and social service programs for referral and follow up purposes.
- Ability to work independently and within a team environment as well as one-on-one with individuals and families.
- Ability to take initiative, meet deadlines and work flexible hours.
- Ability and willingness to support both traditional and contemporary healing practices.
- Ability to display a positive and helpful attitude; Ability to use good judgment in assessing difficult Situations.
- Ability to guide and support individuals in their desires and efforts to embrace Anishinabek values and traditions.
- Ability to work with confidential and sensitive information.
- Must possess or be willing to obtain a current First Aid and CPR certificate.
- Driver's license, insurance and access to a vehicle required.
- Clear Vulnerable Sector Check (CPIC)

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**Position:** Cultural Support Helper

**Salary:** \$40,551 – 46,076

**Hours of Work:** 32 hours/week

**Circulation Level:** Level I

**Accountability:** Social Services Department

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Cultural Support Helper will perform the following duties:**

- Assist in coordinating various gatherings to develop cultural practices for staff, at risk families and Band Representative Program clients.
- Assist in organizing community cultural events such as the Land Based Cultural Camp, medicine walks, teachings, and ceremonies.
- Assist in organizing such events as Pipe Carrier gatherings, Language sessions and family gatherings.
- Develop and maintain a resource list of cultural people, resources, and Elders available to the First Nation.
- Assist in maintaining policies and procedures for safe delivery of Traditional healing and counselling services.
- Assist in implementing a training plan on cultural practices in collaboration with local Traditional Knowledge keepers and resource people.
- Ensure Fire keepers are trained and available for community ceremonies.
- Assist in educating and training high-risk individuals and families about cultural protocols and practices, teachings, ceremonies, and traditions that can be implemented in day-to-day practices and during special stages of life such as rites of passages and other significant events.
- Attend first -time cultural teachings and ceremonies with clients if requested, when required and directed by the Worker.
- Gather traditional historical resources and family lineage information to share with clients residing both on and off reserve.

**The Cultural Support Helper will possess the following qualifications, skills, experiences, and attributes:**

- A Secondary School Diploma is preferred.
- A Degree in a Social services field or Native Studies will be an asset.
- One years' experience or volunteer work in developing and delivering cultural programs and services.
- Knowledge and understanding of Anishinabek culture, traditions, and the Seven Grandfather Teachings
- Knowledge of First Nation health and social service programs for referral and follow up purposes.
- Strong cultural knowledge and skills
- Must be able to demonstrate experience and behaviors consistent with being a team player with ability to take and give direction in a positive manner.
- Excellent interpersonal skills
- Excellent oral and written communication skills; Excellent problem-solving skills; Excellent organizational skills
- Must possess or be willing to obtain a current First Aid and CPR certificate.
- Driver's license, insurance and access to a vehicle required.
- Clear Vulnerable Sector Check (CPIC)
- Ability to work flexible hours.

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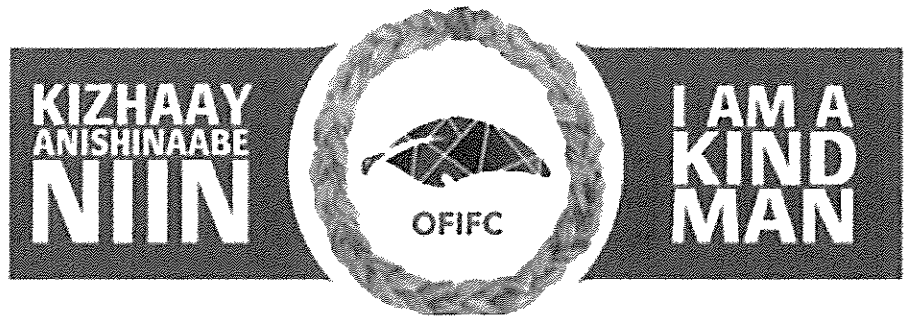
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# Calling All Men

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.
- Learn hunting skills
- Upon graduation we will be having a Sweat.

**Meals and refreshments will be provided**

**Certificate will be available after completion of the program**

The program start date is October 23, 2023

Register with Sky Cada 705-356-1621 ext. 2228 or  
email [skycada@mississauga.com](mailto:skycada@mississauga.com)



AL-ANON

AL- ANON meeting

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

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

Meeting Day/Time:

Monday - 6:00 - 7:00 PM

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

Light Refreshments provided





# NA MEETINGS

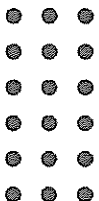


**"AT ANY GIVEN MOMENT YOU HAVE THE  
POWER TO SAY THIS IS NOT HOW MY STORY  
ENDS"**

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

**Light refreshments will be provided.**

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



**FOR MORE INFORMATION:**

**[skycada@mississaugi.com](mailto:skycada@mississaugi.com)**



# **MEN'S DROP IN**

**Come out and join us**

**Soup and Sandwich lunch  
will be provided**

**At the Culture building –  
96 park road – from 10:00  
AM to 2:00 PM – Every  
Thursday**

**For any questions, please contact:  
Sky Cada @ 705-356-1621 ext. 2228  
[skycada@mississaugi.com](mailto:skycada@mississaugi.com)**



LIGHTING THE  
**SACRED  
FIRE**

WE WILL BE  
LIGHTING THE  
SACRED FIRE FOR  
MFN COMMUNITY.

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

THURSDAYS  
OUTSIDE THE  
CULTURE BUILDING  
- 96 PARK ROAD

9:00 AM TO 3:00  
PM

**MORE INFORMATION**

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



# ATTENTION



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





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



**"Press Paws"**



**PLEASE REMEMBER  
I AM A LIFETIME  
COMMITMENT**



Mississauga First Nation would like to remind everyone that pets are parts of our families.

Please think about the responsibility and cost of owning a pet. Pets are a 15 - 20-year commitments.





**AS ANISHINAABE STEWARDS OF TRADITIONAL HARVESTING, IT IS IMPORTANT TO KEEP IN MIND OUR ROLES AND RESPONSIBILITIES IN FOLLOWING BEST PRACTICE.**

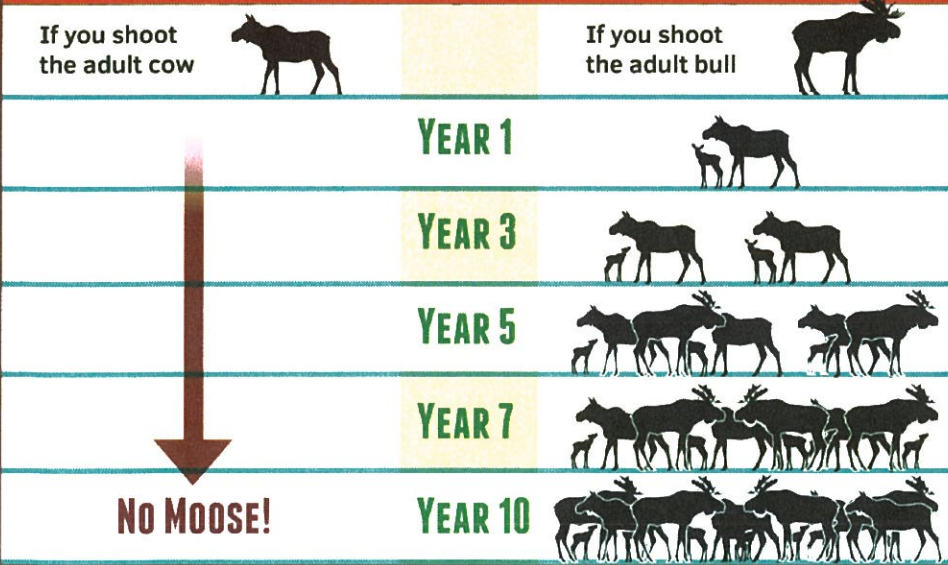
**Mature Bulls and Dry Cows ONLY!!** - In ideal situations these are the best options for harvest. These animals should be selected for harvest as they provide the largest portions of meat per family, and can be spread around our community without having to harvest the most vulnerable section of their population.

**NO COWS AND CALVES!!!** - Cow and calf hunting can impact the ability to harvest these relatives in the years to come. We want to ensure that the reproductive cycles of the moose population continue to be sustainable for future generations of harvesters.

**For further questions regarding harvesting, please contact:  
Scott Richer - Bylaw Officer  
scottricher@mississaugi.com or 705-356-1621 ext. 2259**



**Know this before you pull the trigger...**



H/T: Manitoba Department of Sustainable Development

## ATTENTION COMMUNITY MEMBERS!

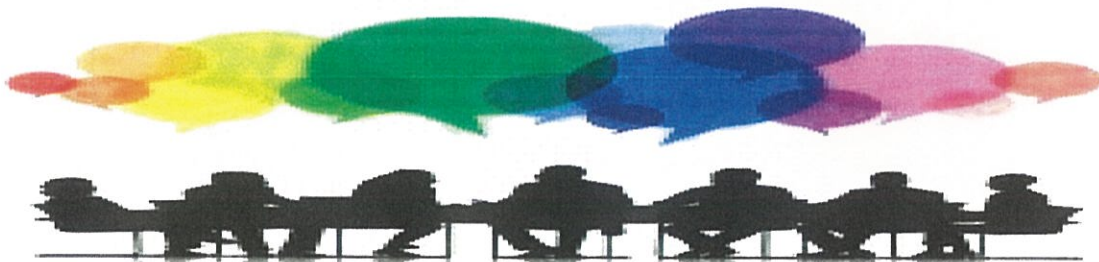
The Lands Department is currently looking to fill **1 vacancy** on the Lands and Resources committee for the remainder of the **2023 -2027 term**. Interested community members must submit a letter of interest to the Lands & Resources Department for Council appointment.

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

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

**DEADLINE FOR LETTERS OF INTREST IS**  
**NOVEMBER 15, 2023 @ NOON**

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



# **CHI-NAAKINAGEWIN**

## **COMMITTEE**

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

**PLEASE SUBMIT YOUR LETTERS OF  
INTEREST BY DECEMBER 1ST, 2023**

**PLEASE CONTACT THE NAAKINAGEWIN  
ENAAGADOOT - AMANDA SAYERS  
[amandasayers@mississaugi.com](mailto:amandasayers@mississaugi.com)  
705-356-1621 ext. 2213**





# ENJIIKENDAASANG LEARNING CENTRE

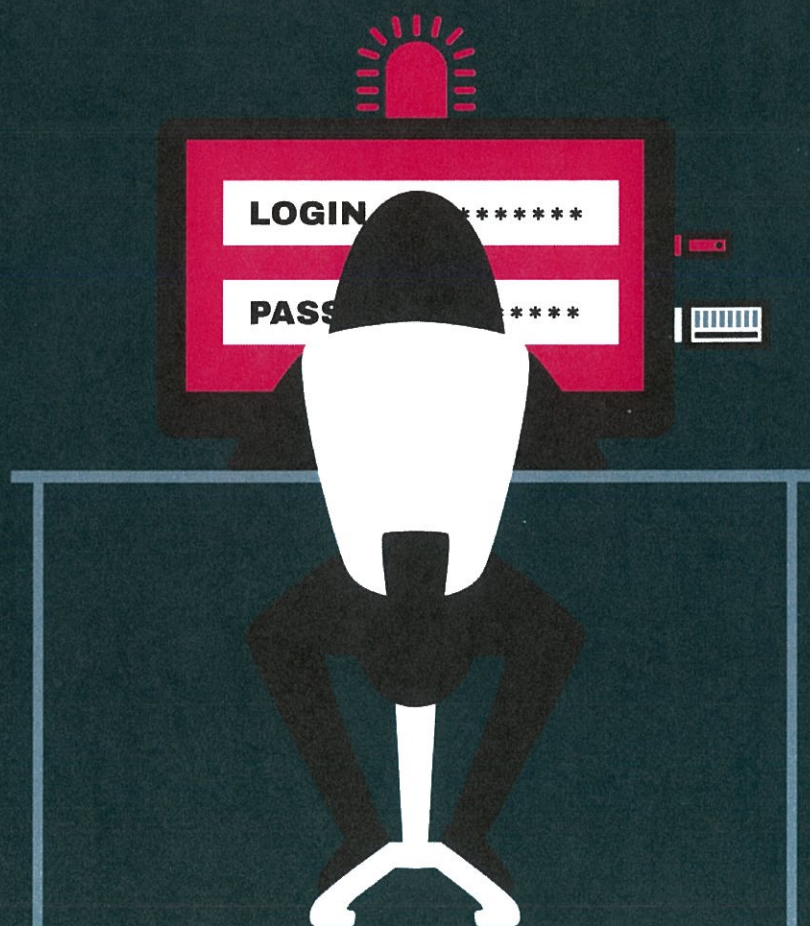
## INTERNET MATTERS

SUPPORTED BY: ABC LITERACY CANADA

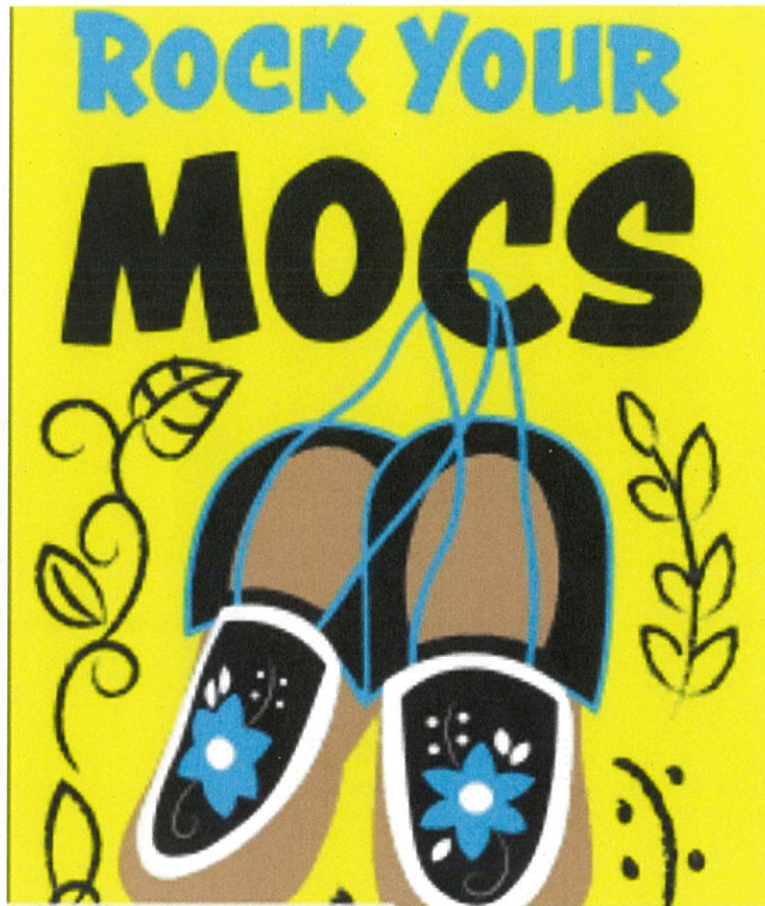
TUESDAY, NOVEMBER 7TH, 2023

10:00 AM TO 12:00 PM

CALL MELISSA OR STACEY @ 705-356-1621  
EXT. 2303 TO REGISTER



Enjikendaasang Learning Centre PRESENTS



# moccasin making with Sally

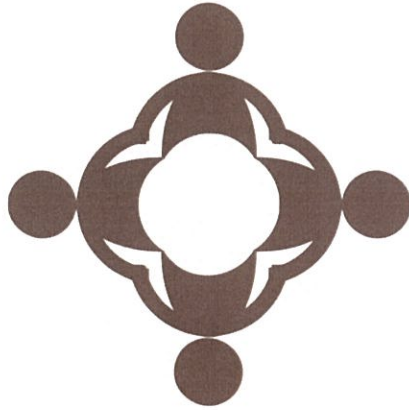
November 17 & 18, 2023  
10:00 am - 3:00pm  
@ the Education Building

Registration is required, first 10  
participants will be accepted !

- Lunch will be provide each day

rock your mocs Nov 17th & 18th

Reserve your spot! call today  
705-356-1621 Ext 2303 Ask for Melissa or Stacey



# **Ladies Hand Drumming**

**MEETING TIME:** Monday's 6 pm to 8 pm

**LOCATION:** Education Building

**DATES:** October 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>

**November 20<sup>th</sup> and 27<sup>th</sup>**

**December 4<sup>th</sup> and 11<sup>th</sup>**

Contact for more info at [danaboyer@mississauga.com](mailto:danaboyer@mississauga.com)

705.356.1621 ext. 2257

# **BACKYARD MEDICINE**

**Where:** Education Building

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

**October 18<sup>th</sup> and 25<sup>th</sup>**

**November 2<sup>nd</sup>, 22<sup>nd</sup> and 29<sup>th</sup>**

**December 6<sup>th</sup>, and 13<sup>th</sup>**

**Learn about the plants  
growing all around us!**

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



# CREATIVE NATIVE

Everything from painting, sewing, card making and a variety of other activities.

Education Building 6pm - 9pm

October 20<sup>th</sup> and 27<sup>th</sup>

November 3<sup>rd</sup> and 24<sup>th</sup>

December 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>

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

# You're invited to a gathering

Have something to say about child welfare?

Wanna exchange ideas about the new child wellbeing law with other families?

## Who are we?

We area team of story listeners partnering with the Koognaasewin Initiative to re-imagine the child welfare system along the North Shore. You may remember us from the Little Jay's tournament in the summer of 2022! Over the past year, we met with families from all seven communities. We listened to their experiences within the child welfare system, and we worked together to imagine what a new future system could look like. Now, we want to share families' wisdom with you and hear your thoughts!

SARAH



NINA



BOYO



## What's going to happen?

Together with families in community, we compiled a scrapbook full of their truths and ideas about a future child welfare system. On November 6, we will gather to share back the learnings and imaginings! We hope you'll be part of the conversation!

## Join us for a get-together

### When?

November 6th, 2023  
10 am until lunch time

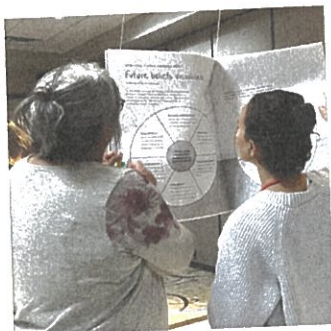
### Where?

Chief and council chamber, Mississauga First Nation  
*Food and drinks will be provided.*



## Get in touch!

Questions? Wanna let us know you're coming?  
Text or call us at (705) 998-4415 or email us at [nina@inwithforward.com](mailto:nina@inwithforward.com)






# Community Kitchen

**When: November 7, 2023**

**Where: Child and Youth**

**Building 5:00 p.m. - 7:30 p.m**



**Please call to register  
your family today as  
spaces are limited  
Jade Fox (705)356-1621  
ext #2357**



**Plan, cook  
and share healthy,  
affordable meals with  
other families in our  
community**



*In partnership with Early Years  
Worker and Community Support  
Services worker*

# Jordan's Principle Group Application— Winter Clothing

November 06-10, 2023

All Day

44 Park Road Blind River ON, P0R 1B0

Mississauga First Nation— Child & Youth Building

Aanii Mississauga First Nation Community,

Our Jordan's Principle Coordinator is putting together a Jordan's Principle Group Application to apply for funding for winter apparel for each child between the ages 0-18 in our local area ie. Mississauga First Nation, Blind River and Iron Bridge. Anyone beyond these areas, please contact your local Social Service agency's JP Navigator to assist. Our JP Coordinator will be available the full week including lunch hours, dates listed above. Orders will only be taken from this website: <https://www.outfitters.ca>, be sure to scan the QR code below for their size chart. The following items are available to apply for: winter jacket and snow pants or full one piece snow suit, boots, hat, mitts, and scarf or neck warmer. Note\* Eligibility requires a registration number, if your child is not registered, you can apply under the parents registration. If you have any questions please contact our Jordan's Principle Coordinator at the email below.

Taylor Armstrong— Jordan's Principle Coordinator

Email: [jpcordinator@mississaugi.com](mailto:jpcordinator@mississaugi.com)

Mississauga First Nation— Social Services Department





*Saagi' enqaad - Safe House*

OCCUPANT

*Application Deadline  
November 10, 2023*



*"There is nothing more important than a good, safe, secure home. Home is a place you grow up wanting to leave, and grow old wanting to get back to."*

**For more information contact**  
**Emma Daybutch - Social Services Intake & Reception**  
P. 705 356 1621 ext 2360  
E. [socialservicesreception@mississaugi.com](mailto:socialservicesreception@mississaugi.com)



COMMUNITY SUPPORT SERVICE

NOV  
14TH

10AM - 2PM

CANNING + PRESERVING

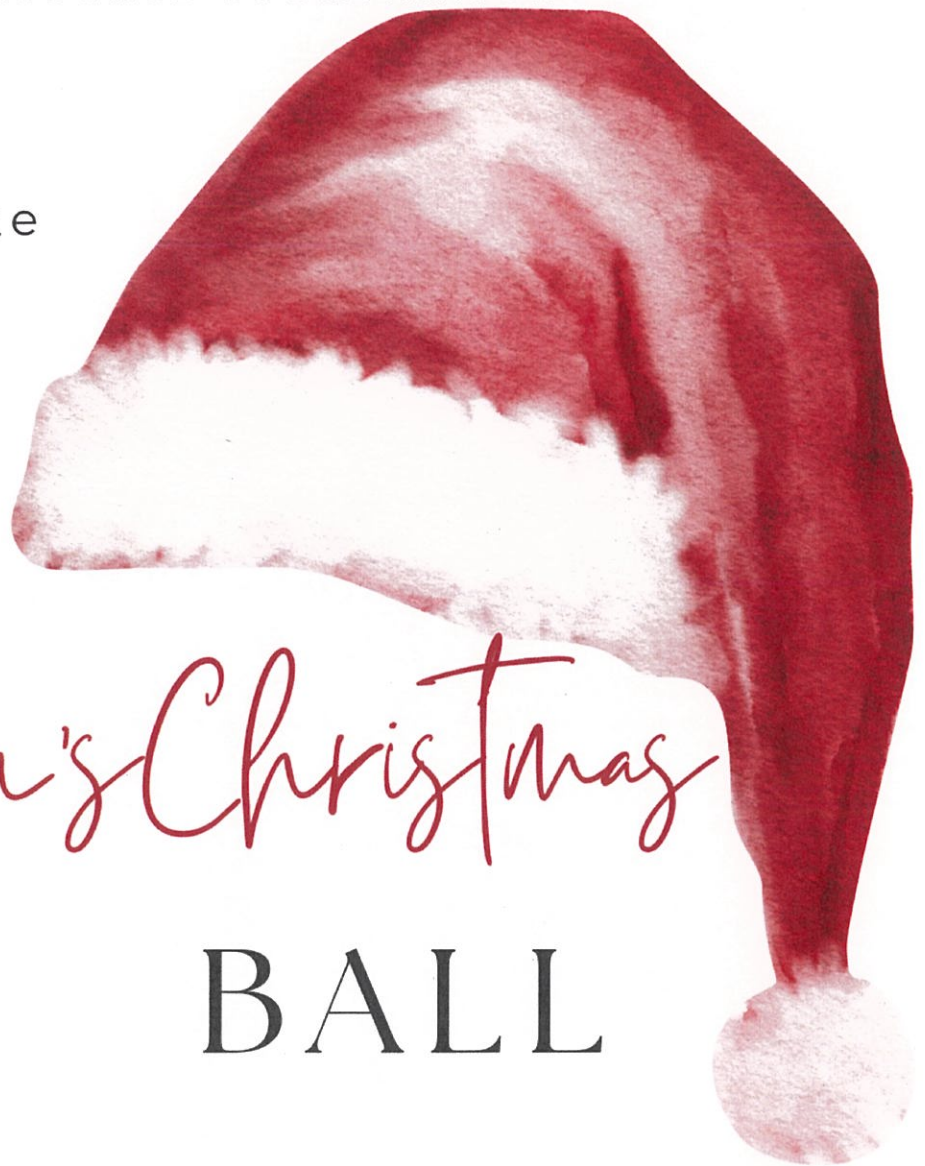
# MOOSE MEAT

Limited to 10 participants

To register contact Jade Fox  
705 356 1621 ext 2357 | [cssworker@mississauga.com](mailto:cssworker@mississauga.com)

IN PARTNERSHIP WITH EARLY YEARS WORKER,  
COMMUNITY SUPPORT SERVICES AND FAMILY  
RESOURCE COORDINATOR

Save the Date



Children's Christmas

BALL

---

DECEMBER 1

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6:00-8:00 P.M.

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Mississauga Community Hall  
Formal Wear, Christmas Photos with  
Santa, Father/Daughter, Mother/Son  
Spot Dances and MORE...



Save the Date

# COMMUNITY *Christmas Feast*

Tuesday  
5:00 - 7:00 PM

12

December  
2023

Sports Complex  
43 Park Road

Opening Ceremony  
Entertainment

In-person feast or pick-up option available

For further inquiries, please contact:  
Jade Fox - Community Support Service Worker  
705-356-1621 ext. 2357  
[cssworker@mississauga.com](mailto:cssworker@mississauga.com)



**Blind River and Area Christmas Baskets**  
**Could you benefit from holiday food vouchers?**

**Pick up a paper request form at:**

**Ontario Works (ADSAB): 15 Hanes St.  
Blind River**

**Telephone Requests only for:**

**Mississauga First Nation -  
call Jade Fox – 705-356-1621 ext. 2357**

**Iron Bridge: Lions Club –  
call George Lowes- 705-843-2267**

**Township of the North Shore -  
call office – 705-849-2213  
Spanish- call office -705-844-2300**

**Visit our Facebook Page:**

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

**Please apply by Friday December 1st**

**Serving Iron Bridge to Township of North Shore**

**Families will receive a grocery voucher redeemable at Valu-mart,**

**Mic's Kwik-way, Wilson's Market, Lyle's No Frills, The Red Apple or Small Bites Groceries**

**Gamble's Highway Variety**



**UPCOMING**

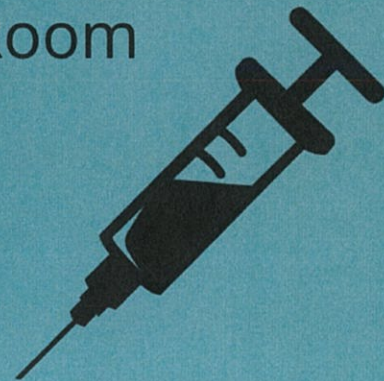
# **FLU & COVID CLINIC**

November 9/ 2023

1 - 6 pm

64 Park Road - Activity Room

For more information please  
call 705-356-1621 x 2231



**Walk ins welcome!**




# Footcare

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**FRIDAY NOVEMBER 9TH  
9:00-4:30 P.M.  
HEALTH CLINIC**

PLEASE BOOK APPOINTMENT WITH  
CHELSEA AT 356-1621 EXT. 2203 OR  
[CHELSEAGRIMARD@MISSISSAUGI.COM](mailto:CHELSEAGRIMARD@MISSISSAUGI.COM)

PLEASE BE CURTIOUS OF YOUR  
APPOINTMENT, NO SHOWS WILL NOT BE  
REBOOKED



**REGISTRY  
NEEDED**

**MFN Sports Complex**

# TINY TOTS GYM PLAY

**NOVEMBER  
12TH**

**12 am to 2 pm**  
Ages 0-6

## **Activities**

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

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



*Elder's*

# PRIZE BINGO

**SUNDAY NOVEMBER 19TH**

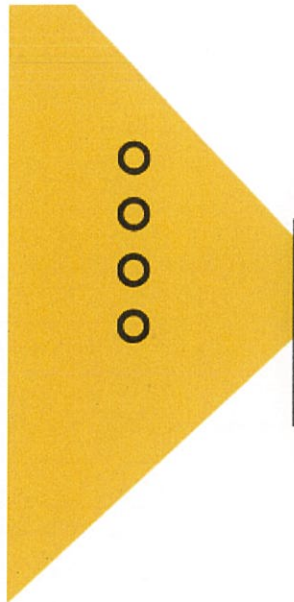
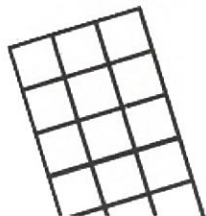
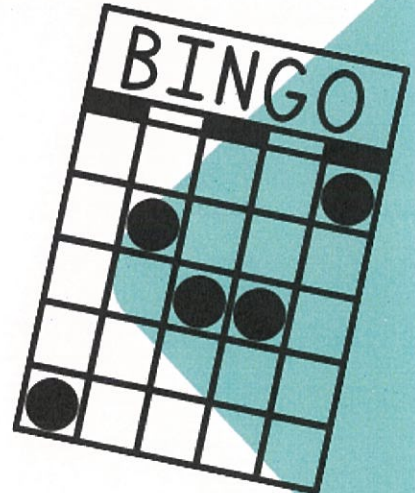
**12:00 TO 2:00 PM**

**BINGO HALL**

**LUNCH & PRIZES TO BE WON!**

E: [communityhealthactivator@mississauga.com](mailto:communityhealthactivator@mississauga.com)

T: 705.356.1621 ext. 2216



# november

S	M	T	W	T	F	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
27	28	29	30			

## M.F.N Sports Complex Monthly Program / Fitness Classes.

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Sunday's - Corn hole! starting Oct 15th @ 6 pm

Monday's - Chair fit. 11 am / Basket ball night. 6 pm

Tuesday's - Yoga. 10am

Wednesday's - Pickle ball 6 pm

Thursday's - Yoga 10 am / hip hop dance 5 pm / cycling & roller . 7:30 pm

Tiny Tots play! Sunday Nov 12th 12-2 pm

Elder's prize bingo Nov 19th. 12-2 pm

Registration is needed!

E:communityhealthactivator@mississauga.com

T: 356.1621. ext.2216

**Reminder to call and book  
your blood work 1-2 weeks  
before your medical  
appointments.**



**Book by calling  
705-356-1621 x 2231  
or x 2224**



# A MESSAGE FROM HEALTH

**DR.DEVERELL'S CLINIC IS BOOKING TWO MONTHS  
IN ADVANCE.**

**PLEASE PLAN AHEAD WHEN BOOKING  
APPOINTMENTS FOR FOLLOW UP AND  
PRESCRIPTION RENEWALS.  
MISSED APPOINTMENTS WITHOUT NOTICE DO NOT  
SECURE YOU A SPOT DURING HIS NEXT CLINIC.**

**TO BOOK AN APPOINTMENT CALL 705-356-1621 X  
2224**



## MFN Food Security Program

Date: \_\_\_\_\_ Pick up only # of children \_\_\_\_\_ # of adults \_\_\_\_\_

Names of all household Members: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Please submit your forms before 4:30 Wednesday**

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

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

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

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

Thank you 😊 Revised October 2023