

NIIGAANIIN

Client and Community Newsletter

July 25, 2024



Niigaaniin Hours

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

~~~~Reminder~~~~

There will be a Power Outage Sunday
July 28, 2024 from 7 AM-3 PM

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

(249)-377-6825

LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

Direct Deposit for OW clients is

on

July 31, 2024

OW Clients

Late income statements will be met
with late Payments

“QUOTE OF THE WEEK”

Never stop doing your best just because
someone doesn't give you credit

~Kamari a.k.a Lyrikal~

Mississauga First Nations

LOCAL AREA - JOB OPPORTUNITIES

Position	Employer/Location	Closing date
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	NOG/various communities	until filled
Glass Technican	RJ's Auto Glass/Blind River	07/31/24
Pay Roll Clerk	MFN	07/28/24
Labourer	Birchland	07/31/24
Support Service/PSW	March of Dimes/Blind River	08/15/24
Electrician	NorthShore Power Group	08/30/24
Grounds man Labourer	Arbor Barber/Thessalon	08/30/24
Labourer	Midway Lumber	09/17/24
PSW	North Shore Health Network	09/30/24
Cook (pt)	Algoma Manor	07/31/24

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 *

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.

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.

Enjoy your summer and be safe !





"Working Together"

M *
Atikameksheng
Anishnawbek
A *
M *
Sagamok
Anishnawbek
A *
Serpent River
First Nation
W *
Mississauga
First Nation
E *
Thessalon
First Nation
S *
W *
Garden River
First Nation
E *
Batchewana
First Nation
N *

**The
North
Shore
Tribal
Council**

473 "A"
Highway 17 East
Cutler ON
POP 1B0

Tel: (705) 844-2340
Fax: (705) 844-2563

HEALTH PROGRAM:
Tel: (705) 844-2021
Fax: (705) 844-2844

NIIGAANIIN PROGRAM
Tel: (705) 692-9771
Fax: (705) 692-1594

Mamaweswen, The North Shore Tribal Council EMPLOYMENT OPPORTUNITY

Environmental Water Intern

Mamaweswen, THE NORTH SHORE TRIBAL COUNCIL invites applications for an Environmental Water Intern.

Purpose

The Water First Environmental Water Internship Program is a paid 14-month technical skills training program that supports participants to develop technical and professional employability skills and achieve certifications to work in water and fish resource management. Interns participating in the program will attend both in-person and online training workshops, work hands-on in their home community Lands & Resource Office, attend tutorials, complete assessments and gain Water First certifications in water quality, environmental data, and fish conservation.

Scope

There are a total of 10 internship positions available in the following communities:

- Serpent River – 1 position
- Mississauga – 1 position
- Garden River – 2 positions
- Batchewana – 1 position

Duties & Responsibilities

- Work under the supervision of the Lands and Resource Office Manager/Director or other designated person in your community and complete duties as assigned
- Participate in all workshops and training sessions
- Attend in-person and online tutorials and assessments
- Join regular check-in meetings
- Produce a career portfolio that includes: example cover letter, resume, certifications, reference letters
- Complete an independent project, involving data collection at a local water body and the creation of an ArcGIS StoryMap
- Other activities as required by the Supervisor

Work Location

- Based out of community Lands & Resource Office
- Working outdoors during training sessions
- Travel for in-person workshops – Algoma / Sudbury District (a total of approximately 10 weeks throughout the program)

Physical Requirements

- Must be able to lift 20 lbs during normal business days and up to 50lbs during training sessions
- Must be able to sit for long hours while traveling and working in an office setting
- Must be able to stand and walk for long hours while performing training sessions
- Must be able to read off screens for long hours
- Must be able to work safely while performing duties in and around water and boats



"Working Together"

M *
Whitefish
Lake
A *
First Nation
M *
Sagamok
Anishnawbek
A *
Serpent River
First Nation
W *
Mississauga
First Nation
E *
Thessalon
First Nation
S *
Garden River
First Nation
W *
Batchewana
First Nation
E *
N *

**The
North
Shore
Tribal
Council**

HEAD OFFICE:
P.O. Box 28
Hwy. 17 East
Cutler, Ontario
P0P 1B0

Tel: (705) 844-2340
Fax: (705) 844-2563

HEALTH PROGRAM:
Tel: (705) 844-2021
Fax: (705) 844-2844

BRANCH OFFICE
P.O. Box 2049
1 Industrial Park Rd., E
Blind River, Ontario
P0R 1B0

Tel: (705) 356-1691
Fax: (705) 356-1090

Qualifications

- Member of one of the Mamaweswen, North Shore Tribal Council (NSTC) participating communities; Atikameksheng, Sagamok, Serpent River, Mississauga, Garden River, and Batchewana
- High School Diploma or GED equivalent
- Able to travel outside of the community (within the NSTC area)
- Must be available for the full duration of the internship program (15- Months starting in July 2024)
- To be eligible for this internship program; ISETP Eligibility Criteria must be met by participants
- For applicants applying for the position in Batchewana; FNIYES Mentored Youth Funding criteria must be met

Application Deadline: No later than 12:00 p.m. on Wednesday, July 31, 2024.

Send letter of application and resume, to:

Attention: Hiring Committee
Mamaweswen, The North Shore Tribal Council
473 A Highway 17 East, Cutler, ON P0P 1B0
Phone: (705) 844-2340 Fax: (705) 844-2563
Email: info.em@mamaweswen.ca

A full job description is available upon request

Only those who qualify for an interview will be contacted.

Miigwetch



Position: Training, Program and Special Projects Coordinator

Accountability: Social Services Director

Salary: \$49,753 - \$56,542

Employment Status: 2 years contract

Hours of Work: 32hrs/week (Flexible)

Preferences: MFN Band Members

Circulation Level: Level I

The Training, Program and Special Projects Coordinator will perform the following duties:

- Assist the Social Services Director to develop, deliver and/or oversee the training needs of employees according to the program funding criteria, individual skills, cultural competencies, performance, and knowledge to achieve organizational and program delivery outcomes while focusing on meeting the individual and collective health and social needs of infants, children, youth, and families.
- Maintain and update individual and organizational training workplans, based on work performance and performance appraisals.
- Research training initiatives and opportunities that are relevant to the organization as well as the individual employees, such as child welfare legislation, laws, and regulations, cultural training, program software and hardware updates and program evaluation and outcome measurements.
- Schedule agreed upon training sessions and book facility.
- Coordinate facilitator, training facilities, meals, snacks, accommodations, travel, resources as well as managing participant registrations and other requirements.
- Maintain knowledge of industry standards, legislative changes, training trends, techniques, and methodologies and address deficiencies through needs assessments and ongoing training.
- Research, review and develop standard program evaluation and measurement tools and processes for the Social Services Department.
- Maintain an inventory of formal and informal needs-based curriculum/programs that can be delivered to appropriate age groups and individually within homes.
- Work closely with front line program workers to review, revise existing programs and services and identify new programs and services that can be delivered on-site.
- Develop a comprehensive profile of the First Nation (demographics, buildings, houses, family compositions, public areas, infrastructure, programs and services, location, political affiliations, etc).
- Seek out and/or respond to existing funding opportunities that align with required resources identified by management.
- Oversee special projects to ensure followed through activities are completed with proper project management, funding reports including financial reporting and solutions are remedied where challenges arise.
- Be committed to the development of an effective working relationship with First Nations, government agencies and organizations who are networking with Mississauga First Nation.

The Training, Program and Special Projects Coordinator will possess the following qualifications, experience, and skills:

- A College Diploma in Social Services or a social service-related field and two (2) years relevant to the job experience within a social services organization.
- Experience facilitating training or information sessions with a demonstrated comfort level presenting to an audience.
- Experience developing training curriculum and lesson plans, an asset.
- Experience in researching and preparing proposals and accessing various funding applications.
- Experience in developing evaluation tools and applying various evaluation methodologies.
- Must possess current First Aid and CPR certificate.
- Driver's license, insurance and access to a vehicle required.
- Clear Vulnerable Sector Check (VSC/CPIC)
- Knowledge of cultural practices and teachings.
- Must have some experience working within a multi team environment.
- Excellent communication skills, interpersonal skills, organizational and time management skills.

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

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.

provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be in person. If you are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation Attention: Human Resources Department

P.O. Box 1299 Blind River, Ontario P0R1B0

Marked: **CONFIDENTIAL**

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

Deadline: July 26, 2024

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

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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: Treatment Resources Project Coordinator

Salary: \$49,753 - \$56,542

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Health Services Manager

Employment Status: 2-year Full Time Contract

Preferences: MFN Band Members

The **Treatment Resources Project Coordinator** will:

- Explore existing Indigenous and non-Indigenous public and privately funded Substance Dependency Detox/Withdrawal Management, treatment and after care programs/models within the local area and produce a detailed description report on the findings. Specify the current land-based programs and identify what Treatment facilities/programs are being planned and/or developed within the local North Shore Tribal Council Member First Nations
- Explore existing Treatment programs and facilities within the province to produce a required report.
- Work with partnered organizations and committees to access resources for community members as well as the exploration of co-development and co-management opportunities in the creation of a treatment program.
- Coordinate with the MFN Drug and Alcohol Addictions Worker to provide Community education sessions.
- Conduct a community needs assessment to the current community need and identify the gaps in treatment service
- Conduct a feasibility study to develop estimate budgets and staffing requirements along with the estimated need of the community.
- Establish the selected Treatment Program option that MFN has agreed upon and develop capital, start up and maintenance and operational budgets to implement the treatment program; include staffing requirements and job descriptions. Include a description of client and family services provided at the facility, the service delivery model and the facility's evaluation plan and tools.
- Seek out specific Indigenous federal and provincial capital and operational funding opportunities to implement the program including any proposals previously submitted by MFN
- Ensure confidentiality and safekeeping of all MFN's documents and records.
- Develop and maintain accurate, up-to-date, and concise work files.
- Ensure detailed records and statistics of all meetings related to the project are maintained.
- Prepare and submit monthly reports, attendance records and travel expense claims.
- Follow the Agency's human resources, finance and other policies and procedures in the performance of duties
- Other duties as required and assigned

The **Treatment Resources Project Coordinator** will possess the following education, experience, and skill qualifications:

- Mississauga First Nation Band Member or a person of Aboriginal descent is preferred
- Formal education and/or experience in Social Services
- Knowledge of Microsoft Office Suite software programs
- Experience working with Aboriginal people, public organizations, and communities
- Proven ability to establish and maintain respectful relationships with co-workers and the public
- Knowledge of First Nation programs and services and operating regulations
- Knowledge and understanding of Mississauga First Nation, traditional territories, and aboriginal traditions & culture
- Excellent communication, motivation, leadership, and interpersonal skills.
- Must provide or ability to obtain a valid Class "G" Ontario Driver's License
- Must be able to work flexible hours

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: July 26, 2024

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



Position: External Services Navigator

Salary: \$51,034.88 - \$57,990.40

Hours of Work: 32

Circulation Level: Level I

Accountability: Social Services Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The External Services Navigator will perform the following duties:

- Conducting assessments of individuals' needs, including but not limited to housing, healthcare, education, employment, and social services.
- Developing personalized support plans in collaboration with clients, considering their background, preferences, and goals.
- Providing guidance and advocacy to help clients access services and resources.
- Building and maintaining strong relationships with external service providers, government agencies, and MFN community programs and support to ensure timely and effective referrals.
- Monitoring clients' progress and adjusting support plans as needed to ensure they are meeting their objectives and achieving positive outcomes.
- Providing crisis intervention and emotional support to clients in distress, connecting them with appropriate resources for immediate assistance.
- Maintaining accurate and confidential records of client interactions, progress, and outcomes in compliance with policies and privacy regulations.
- Participating in team meetings, case conferences, and professional development activities to enhance your knowledge and skills in supporting MFN members.
- Contributing to the development and implementation of strategies to address barriers and improve access to services for our MFN members living off-reserve.
- Be committed to the development of an effective working relationship with First Nations, government agencies and organizations who are networking with Mississauga First Nation.
- Participate in proposing constructive changes within the Social Services department that could be seen as improvements to the quality of the organization and its operations.
- In keeping with the Anishinabek values, balance outside interests and influences to not jeopardize professional credibility, judgement, or competency.

The External Services Navigator will possess the following qualifications, skills, experiences, and attributes:

- A bachelor's degree or diploma in social work, Indigenous studies, human services, or equivalent experience
- Minimum 3 years counselling and/or case management experience
- Previous experience in a social services or community support role is highly desirable.
- Experience in conducting assessments, developing support plans, and monitoring client progress is valuable.
- Strong verbal and written communication skills are essential to convey information clearly, empathetically, and respectfully is crucial.
- Excellent problem-solving skills are necessary for assessing complex situations, identifying barriers to accessing services, and developing practical solutions to address clients' needs effectively.

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:

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Position: Literacy Instructor

Salary: \$38,272 - \$43,494

Hours of Work: 32 hours/week

Circulation Level: Level I

Accountability: Educator Director

Employment Status: Full-time term (September-June)

Preferences: MFN Band Members

The Literacy Instructor will perform the following duties:

- Assess learners and develop appropriate training plans to meet learners' needs as specified by Ministry of Training Colleges and Universities (MTCU)
- Instruct learners in a group setting and/or one-on-one
- Assist with curriculum and lesson plan development and ensure appropriate curriculum suitable for Aboriginal Adult Learners
- Maintain and update learner files
- Create and facilitate opportunities for learners to develop and practice team building & leadership skills
- Promote the Literacy program within the community through brochures and weekly flyers
- Provide accurate information to potential learners inquiring about the Literacy program
- Organize and coordinate culturally appropriate workshops
- Organize and implement fund-raising activities
- Conduct research pertaining to Literacy programming
- Responsible for basic filing of office documents, answering emails and faxing
- Complete and submit monthly reports and annual work plan
- Work cooperatively with the Education Team and other First Nation programs

The Literacy Instructor will possess the following qualifications, skills, experiences, and attributes:

- Minimum Grade 12 Diploma
- Minimum 2 year of experience working directly with Aboriginal people
- Willing to enroll in the Teachers of Adults – Literacy Educator Certificate Program/Sault College (which must be completed outside of work hours)
- Able to provide a Vulnerable Sector Check
- Knowledge of Ojibway Culture considered an asset
- Knowledge of Occupational Health and Safety Act as it applied to the worker
- Knowledge of the Workplace Hazardous Information Management System
- Skills include team building; decision making; problem solving; effective verbal and listening communication; time management; and ability to work with little or no supervision.
- Attributes include honesty and trustworthiness, respectful, possess cultural awareness and sensitivity, flexible, and be able to demonstrate sound work ethics.

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:

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Position: Daycare Teacher (RECE qualified)

Wage: \$53,640 - \$60,960

Hours of Work: 34.5 /35 hours

Circulation Level: Level I

Accountability: Daycare Manager

Employment Status: Full-time (2 year)

Preferences: MFN Band Members

The Daycare Teacher will:

- To supervise the children in free play, in designated programming areas and to guide them in their physical, social, cultural, mental, and emotional development in accordance with the Program Statement of the Mississauga Day Care.
- To search out materials to eliminate a situation when dealing with a child in your care.
- Work with children in groups while retaining sensitivity to each child's individual needs and allowing them to find solutions and alternate ways to explore.
- Carry out programming for the children using How Does Learning Happen, Think, Feel, Act and ELECT documents as the guide.
- To be responsible for the preparation of play areas and daily playground check and provide open ended play materials for explorations; Maintain appropriate day to day liaison with parents as often and possible.
- To attend staff and general meetings and other meetings such as education meetings, if required.
- Keep Program Manager advised of any pertinent information regarding parents, children, or any other issues of concern.
- To be responsible for general duties such as tidying cupboards, checking washroom supplies, washing, and sterilizing equipment
- To be familiar with and follow the Mississauga Day Care Program Statement and the Childcare and Early Years Act 2014.
- To be able to plan to use the "How Does Learning Happen" and other Ministry of Education literature to enhance play and learning experiences.
- To assist the children with Native Culture such as singing, drumming, dancing, and smudging.
- Must be sensitive and responsive to the needs of children, parents, and staff from all cultural backgrounds.
- Must act in a professional manner when carrying out the described job duties.
- Must take all reasonable measures to uphold the regulations and standards as they are outlined in by the College of E.C.E. and Childcare and Early Years Act, Program Statement, Child Abuse Policy, Playground Policy, and the Personnel Policies and Procedures as well as sign off annual policies.
- Must have the skills, knowledge, and experiences to ensure that the objectives and goals of all programs are being implemented.

The Daycare Teacher will possess the following qualifications, skills, experiences, and attributes:

- Post-Secondary Early Childhood Educator Diploma (Registered and in good standing with College of E.C.E)
- Minimum of two (2) years work experience in a Daycare setting would be an asset.
- Must provide Criminal Records Check and Vulnerable Sector Check
- Must have current First Aid and CPR – Infant, Child, Adult Certification
- Must provide a copy of immunization.
- Must be able to lift a minimum of 30 lbs.
- Knowledge of Mississauga First Nation programs and services
- Must have the knowledge of the, "How Does Learning Happen," Think, Feel, Act and ELECT documents.
- Knowledge of Aboriginal culture and traditions
- Knowledge of Occupational Health and Safety Act as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System
- Excellent interpersonal, communication, and organizational skills.
- Ability to work independently and within a team environment.
- **Caring, dependable, reliable, and patient.**
- Must be in good physical and mental health.

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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: August 2, 2024

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

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

Marked: **CONFIDENTIAL**

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

Deadline: August 7, 2024

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

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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: Band Representative Lead

Salary: \$65,711 – \$74,014

Hours of Work: 32 hours/week on-call

Circulation Level: Level I

Accountability: Child & Family Services Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The Band Representative Lead will perform the following duties:

- Reading and answering emails promptly; carrying out directives by manager, communication of needs at least one week in advance for materials, supplies and programming approval; Prepare and complete daily activity programming reporting in database.
- Assist Band Representatives with the recording and maintenance of their employee profiles in the area of specialized training, certification and experience gained.
- Assign all new cases or existing cases to the department Band Representative including the Band Representative Lead. This will be based on experience, complexity of the case and current case load.
- Provide consultation with Band Representative assigned to complex case files and keep updated on the progress of these files.
- Coaching, observing, and supporting Band Representatives and Family Preservation Worker, on occasion, by attending home visits with their assigned families, children, youth, and/or others. This will be dependent on the complexity of the case or when is felt to be necessary.
- Confirm that the child is a member and/ or eligible to be registered for membership with the Mississauga First Nation. Assist with registration for membership, if necessary.
- Assist families and the Nogdawindamin Family and Children Services in the intervention (apprehension) process.
- Research and prepare for cases through collaboration with the Nogdawindamin (NOG).
- Attend appropriate meetings to ensure the interests of the Mississauga First Nation are included in the Plan of Care.
- Maintain accurate information regarding the status of Band members involved with a Child Protection Agency.
- Negotiate with the parties or develop an Alternate Plan considering the needs of the child(ren) and the resources available.
- Consult with the Band Lawyer on complex court cases and/or complete, serve and file necessary court documents to maintain party status in cases; Attend all court dates or commission a lawyer or other worker as a representative to attend all court dates.
- Immediately notify supervisor of adoption notices and respond to all adoption notices immediately.
- Case conference with involved parties within the allotted time following notifications to create a plan of care/service with community on the role, responsibilities, and duties of the Band Rep position and steps to take in the event of a Child Protection Agency involvement.
- Ensure accuracy, confidentiality, and security of all program records.
- Assist with recruiting foster families, respite care, and in-home support as needed.
- Prepare and submit quarterly and annual reports of activities.
- Prepare and submit statistical program and activity reports.

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

- Completion of Post-Secondary Education in related field (Social or Human Resources) and a minimum of two years' experience working with families.
- Must possess 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.
- Excellent communication skills, written and oral.
- A positive role model in the community as an active and responsible individual.

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

Mississauga First Nation Attention: Human Resources Department

P.O. Box 1299 Blind River, Ontario P0R1B0

Marked: **CONFIDENTIAL**

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

Deadline: August 7, 2024

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

WALKING IN BALANCE

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



Position: Front Line Worker

Salary: \$52,665 - \$59,841

Hours of Work: 40 hrs

Accountability: Women's Shelter Manager

Employment Status: Full time (2 year Contract)

Preferences: MFN Band Members

The Front Line Worker will:

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

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

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

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

Mississauga First Nation
P.O. Box 1299 Blind River, Ontario P0R1B0
Attention: Human Resources Department
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: August 7, 2024

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



Position: Housing Administrative Assistant

Salary: \$ 44,628 - \$50,702

Hours of Work: 32 Hours per week

Circulation Level: Level I

Accountability: Housing Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The Housing Administrative Assistant will perform the following duties:

- Assist Housing and Infrastructure Department with daily administrative and clerical tasks including setting up purchase order system, photocopying, recording and filing incoming and outgoing mail, and file maintenance
- Greet and assist visitors, answer phone calls, direct calls and respond to inquiries
- Scan and archive housing documents for more accurate past record keeping
- Assist in the development of Maintenance files under the housing program
- Assist in a variety of health, safety, maintenance repairs and preventative measures for housing units in a monthly newsletter format
- Assist in the development and organizing the Housing Committee Meeting minutes
- Perform other related duties as directed by program supervisor
- To provide technical support in clerical, administrative, and management tasks for the housing program and services including:
 - Greet visitors at the office, determine the nature of their visit, and respond to or refer to the appropriate staff within or the administration office
 - Respond to incoming telephone calls or refer to the appropriate staff
 - Prepare standard correspondence on housing program's services and operations
 - Track inquiries made to the housing programs and services and to ensure that appropriate and timely follow-up occurs – task oriented results
 - Assist the housing office by arranging meetings with clients, tenants, staff, committees, and other government or agency representatives
 - Assist the housing office in developing community surveys and compiling
 - At times the housing office may be required to participate in training, workshops, and other special assignments

The Housing Administrative Assistant will possess the following qualifications, skills, experiences, and attributes:

- Must have grade 12 or willingness to obtain GED
- Two years' experience in social housing
- Experience working with aboriginal people, organizations and communities
- Must have strong computer skills with Microsoft Office, MS Outlook, and Excel
- Must have good organizational skills
- Must have the ability to follow instructions, work as part of a team and have the ability to communicate effectively with the Housing/Infrastructure/Personnel
- Must have strong spoken and written communication skills
- Possess a calm demeanor in responding to customers
- Excellent organizational skills and time management skills
- Excellent computer skills with MS Office software
- Ability to maintain strict confidentiality
- Will be thoroughly familiar with the relevant Tribal, First Nation, federal and provincial policies and legislation, regulations and/or guidelines that are relevant to the funding and guidelines that are relevant to the funding and delivery of Niigaaniin program services.
- Knowledge of surrounding community agencies, services and workers.

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:

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Deadline: August 7, 2024

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

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COMMUNITY NOTICE: TRESPASSERS

UPDATED JULY 2024

By Band Council Resolution (BCR), Chief and Council have revoked the rights to attend on all Mississauga First Nation lands for the following individuals whom are **NON-BAND MEMBERS** and have been identified as a **RISK TO THE SAFETY OF OUR COMMUNITY**:

**AUSTIN MERCIECA
BROOKLYN MERCIECA
CARMEL MARTIN
CHRISTOPHER G. MARTIN
CORY PILON
DAREN MACKAY
DENIS PAUL F. LABBEE
DENNIS CUILLERIER
DONOVAN CHEVY MELOCHE
GAVIN MARTIN BEBEMIKAWE
GEORGETTE MARTIN
JEREMIAH HENRY
JEREMY BERNARD BURT
KAMAR MARTIN-GILLETTE
KATTIE BLONDEAU
KRISTEN BEEMER
MACKENZIE MAKADEBIN
MICHAEL HAGGER
RAYMOND (CLUTCH) BERRY
ROBERTA WITTY
SHANNON O'CONNELL
SHAWN MICHAEL RANDOO
SHAWN TURCOTTE
TREY GOLD**

If you see any of the above-mentioned individuals attending Mississauga First Nation lands, please contact the **Mississauga First Nation By-Law Officer** at **(705) 261-0259**.

**** REMINDER ****



Unless notified otherwise

Garbage Pick-up Days are EVERY MONDAY

Community members should have their garbage & recycling at the end of their driveway before **11 AM** on pick-up days

(Please post this notice on your fridge as a reminder)

On behalf of the Infrastructure Dept.

Thank You

HOUSEHOLD HAZARDOUS WASTE DAY 2024

July 27th 9 am - 1 pm

What to bring:

- Acetone nail polish remover
- Acids or bases
- Adhesives (all types)
- Alkyd and lead-based paint/stain
- Antifreeze
- Automotive batteries
- BBQ propane cylinder
- Bleach
- Brake fluid
- Car care products
- Cleaners/Detergent
- Fertilizers
- Fire extinguisher
- Fluorescent bulbs
- Fuel
- Garden chemicals
- Glue
- Herbicides
- Grease
- Insecticides
- Kerosene
- Lancet (in container)
- Lighter fluid
- Medication
- Mercury/thermostats
- Motor oil
- Nail polish
- Oil filters
- Oven cleaner
- Paint (& paint thinner)
- Perfumes
- Pool/Spa chemicals
- Salt (for driveway)
- Transmission fluid
- Varnish

What NOT to bring:

- Container larger than 20L
- Industrial/commercial/institutional hazardous waste
- Radioactive waste
- PCB waste
- Bio-chemical waste
- Explosives
- Ammunition
- Flares
- Firearms
- Asbestos



For more information contact
Cody Boissoneau - Infrastructure Director
isdirector@mississauga.com
705-356-1621 ext. 2219

Drop off @ Blind River Community Centre Parking Lot
110 Indiana Ave, Blind River

SCHEDULED POWER OUTAGE



Please be advised that there will be a planned power outage for **SUNDAY JULY 28TH, 2024** from 7AM-3PM (8 hours).



Tips to help individuals and families during an outage:

Make sure your appliances, such as the stove, are in the off position.

Make sure your cellphone and extended battery packs are fully charged.

Keep your refrigerator and freezer doors closed as much as possible. Use a cooler with ice for items you'll need during the outage.

If your water services will be affected, consider filling jugs of water to use for drinking and cooking.

If you plan to use a generator, remember to use it in a dry area outdoors away from any open windows, doors and vents. Visit the Electrical Safety Authority at [esasafe.com](https://www.esasafe.com) for more tips.

If your water services will be affected and you have a bathtub, consider filling it with water before the outage begins. You can use the water and a bucket to fill your toilet tank to be able to flush.



Event Coordinator

I am excited to introduce myself as the new Maawnjidwak Enaagadoot (Event Coordinator) within Chi-Naakinagewin. My name is Rachel Payette (Boyer). Mississauga First Nation is where my children, grandchild and I like to call home. I am very pleased to become a full-time resident again after a few years away.

In my capacity as Event Coordinator my function is to promote community events that reflect positively on our community, showcasing our cultural, traditional, and rich heritage. Through the promotion of events with our membership and outside organizations, it is my hope that community engagement and participation will continue to increase and preserve our unique way of life and add to the overall well-being of us and all future generations.

I look forward to the feedback of my fellow community members, seeing old and new faces and always having an open-door policy.

Miigwetch

Rachel

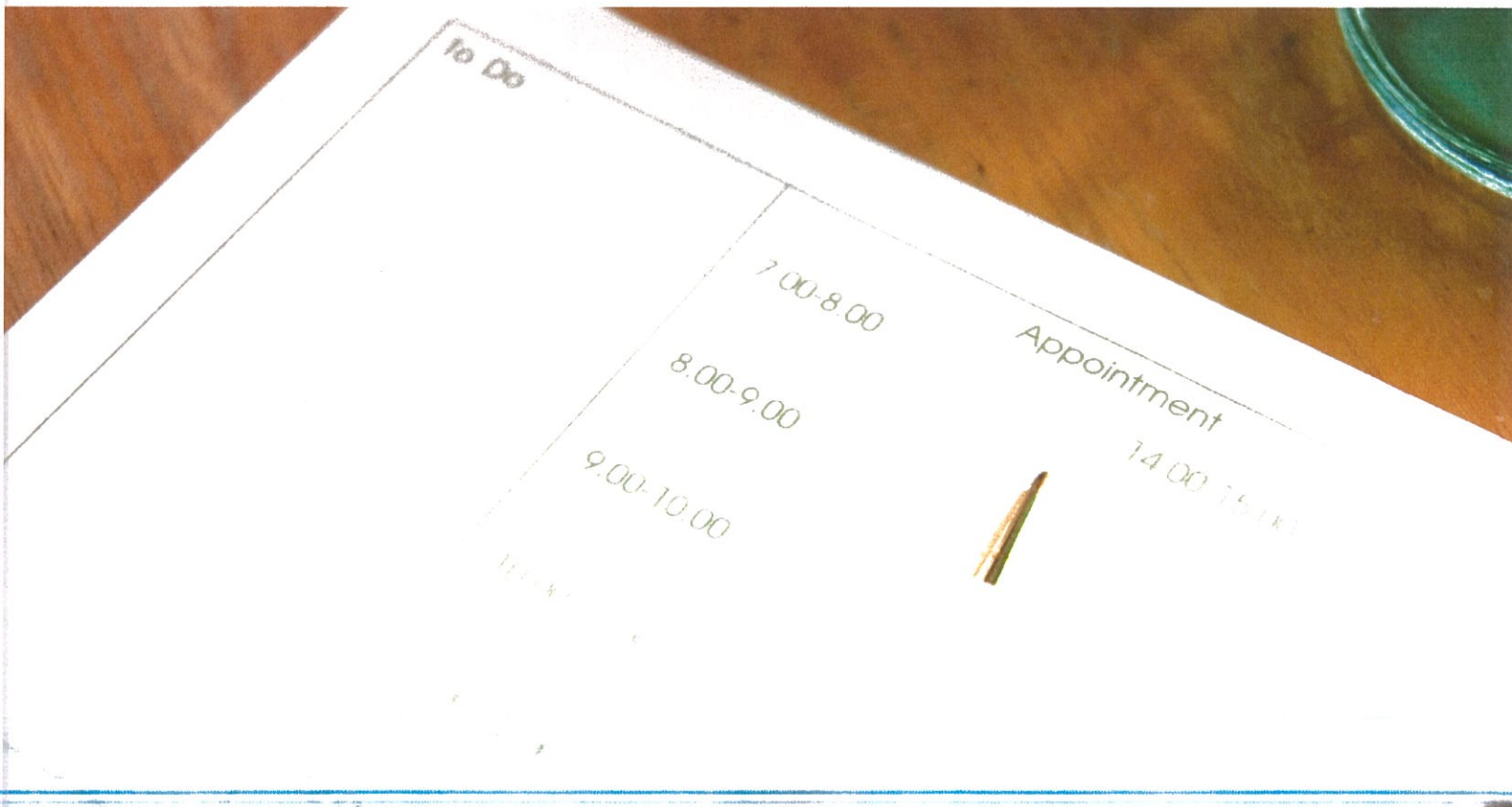




This Mississauga First Nation Administration is requesting individuals to begin making appointments to ensure the employee you are coming to see is available.

This can be done by contacting the following number:
705-356-1621

Thank you for your cooperation.





CONTACT: JON CADA, COMMUNITY EDO
JONCADA@MISSISSAUGI.COM

PUBLIC NOTICE



With summer upon us Mississauga First Nation wishes to remind ALL MFN Band members who invite visitors and/or guests to hunt and fish on Mississauga First Nation land is required to obtain a Harvesting Permit. Any guest or visitor without a Harvesting Permit may be subject to prosecution as per the Community Protection Law and the Mississauga First Nation Land Code. Spouses of our Mississauga First Nation members, who are not status, require a Harvesting Permit along with the proper provincial licenses.

An operational permitting system has been implemented for the purpose of safeguarding and managing our resources to sustain our way of life for the next seven generations. We request all our community members, guests, and visitors to respect our personnel who will be out on the land monitoring this system.

No Inter treaty harvesting is permitted on MFN lands.

Fishing permit
January – June = \$100
July – Dec =\$100
Full Year = \$200
Hunting &Fishing
1 year – \$300 includes small game and deer ONLY

Moose and Bear harvesting is prohibited

If you have any questions or concerns, please contact the By-Law Officer
Scott Richer
scottricher@mississaugi.com
705-356-1621 ext. 2259



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.

Managing bear issues takes the efforts of the community to succeed. Let us have a successful Spring and Summer 2024.

Natural Sources

- Berries
- Fruit trees
- Flowers/clovers/weeds

Non-Natural Sources

- Barbeque grease and drippings
- Bird Feeders
- Garbage
- Pet food

Bears are highly intelligent. They easily learn where food sources can be found and use their keen sense of smell to seek them out. Bears will travel more than 100 kilometers to a known food source like a berry patch or a stand of beech trees and they will return year after year. Bears are always looking for new food sources, including your garbage or the contents of your cooler. Once they determine that food can be found at your house or campsite, they will revisit again and again.

You may not even know you are doing it. You could be attracting bears onto your property and into your community. Garbage is the main reason why bears are drawn into communities. Bird and pet food, greasy barbecues and ripe or decaying fruit, berries and vegetables are other invitations to bears to forage for food in your yard.





DRIVING IN THE COMMUNITY



SLOW DOWN

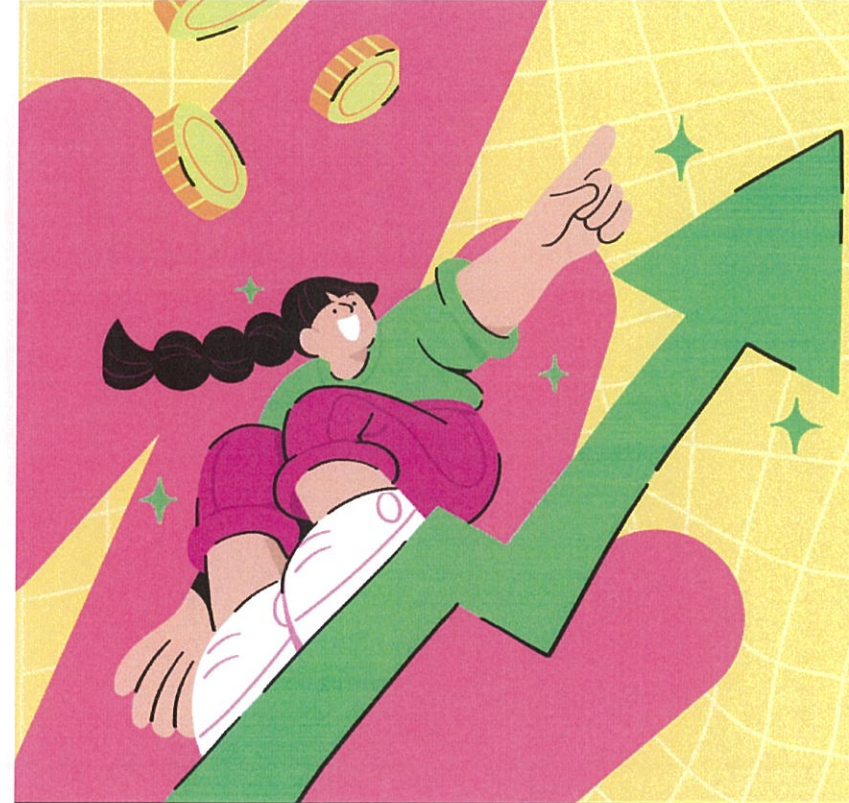


**WHEN YOU SEE THE
CHILDCARE TEACHERS
AND CHILDREN OUT FOR A
WALK WITH THE
STROLLERS, PLEASE SLOW
DOWN TO PASS**



Miigwetch





Smart Finance, Bright Futures

FINANCIAL BASICS


ENJIJKEDAASANG HAS PLENTY OF GREAT RESOURCES ON FINANCIAL LITERACY WITH INDEPENDENT STUDY, ONE-ONE TRAINING, ON-LINE COURSES AND INTERACTIVE WORKSHOPS!

Learn the techniques of budgeting, saving and investing, and securing your financial future. Our friendly staff will guide you through the essentials in a fun and beginner-friendly environment.


WHAT TO EXPECT FROM THE RESOURCES:


- Understand the fundamentals of creating a budget tailored to your lifestyle.
- Discover entry-level investment strategies and how to make your money work for you.
- Learn how to create an emergency fund and secure your financial future.

CALL US TODAY!

 705-356-1621 EXT
2247

WE ARE OPEN

 9 AM - 3 PM

 148 Village Rd

TAKE CONTROL OF YOUR FINANCIAL FUTURE!

FINANCIAL PLANNING

Come out for knowledge building with Mike Hayes from Scotia Bank.

August 13 & 14, 2024
Supper @ 5pm
Session begin's @ 6

Topics that will be covered:

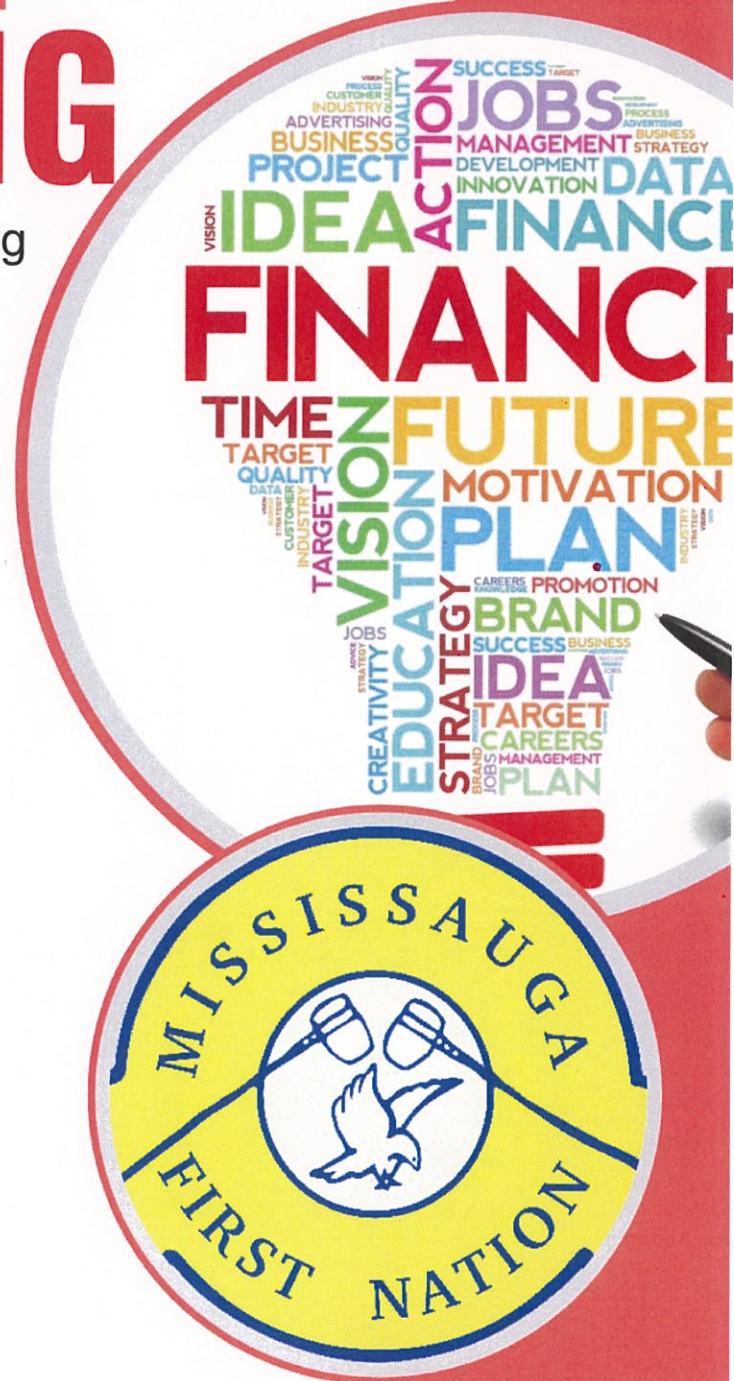
- ✓ General Banking
- ✓ RESP's
- ✓ RRSP's
- ✓ Establishing Credit Rating
- ✓ Planning Wealth and more

ZOOM LINK TO FOLLOW



 705-356-1621 Ext 2247

 melissamorningstar@mississauga.com



Financial Planning

knowledge building in Insurance

Presented by Matthew Salisbury & Julie O'Hara from BrokerLink



TOPICS



Life Insurance

Secure your family's financial future with life insurance



Auto Insurance

Drive confidently, protected from any accidents and theft



Home Insurance

Safeguarding your home and belongings with comprehensive protection.



August 20, 2024
MFN Community Hall
Supper @ 5pm
Presentation from 6-7pm

Contact
Melissa M*
for more
Info:



705-356-1621
Ext 2247



INVESTMENT

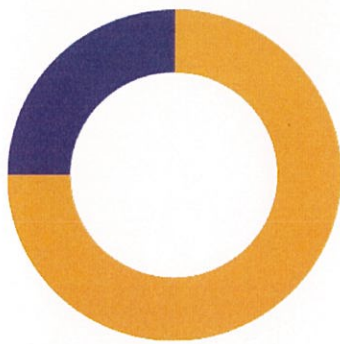
101

With VICTOR PELLETTIER



ABOUT VICTOR

Victor joined Beutel Goodman in 2022 and has over 12 years of investment experience. He is responsible for developing and maintaining client relationships, with a focus on Indigenous Communities and Organizations. Prior to joining Beutel Goodman, Victor held progressively senior roles at an Investment Consulting firm in their Indigenous Service practices and was on their National Research Committee, and most recently was Head of Indigenous Services at an Investment Management firm.



TOPICS:

- Stocks & Bond: What they are and why they are used in a portfolio.
- Investment Returns: What you can expect from various investments.
- Risks associated with investment portfolios
- Development of Balanced Portfolio to achieve investment objectives

August 21, 2024

MFN Community Hall

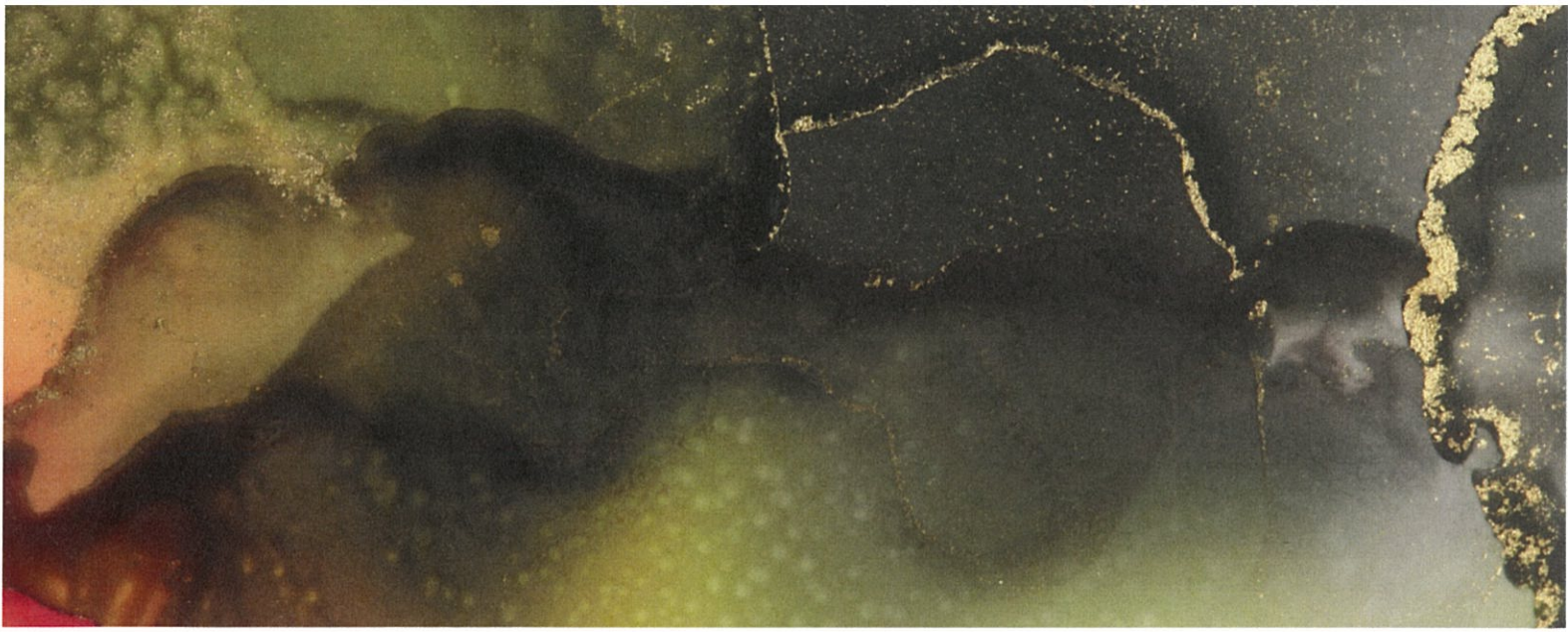
Supper @ 5pm

Presentation from 6-7pm

Zoom Link to follow

For More information Please Contact:
Melissa Morningstar@mississaugi.com

705-356-1621 Ext 2247



BEING

OUTDOORS



JULY - 9, 16, 23
AUGUST - 6, 13, 20

Variety of activities, such as:



*Meet at Education
Building*

Gardening, medicine
picking, walks, and
ceremonies

9:30 - 11:30 AM

danaboyer@mississauga.com



DRUMMING AT

POW WOW GROUNDS



JUNE - 28
JULY - 12, 26
AUGUST - 2, 9, 16,
23, 30

Join us for hand drumming



*pow wow
grounds*

*Bring you drums
and shakers!*

*10:00 AM-
12:00 PM*

danaboyer@mississauga.com

Family Resource Coordinator
Early Years Worker



Free
Kids

Fishing Derby

1st Prize
2nd Prize
3rd Prize

July 27 2024
10:00am - 2:00 pm

Chilblow Lake
Ages 2 - 12 yrs.

For more information
contact:christine@mississauga.com

Fun & Prizes



TUESDAY JULY 31TH, 2024

**MEET AT THE BAND OFFICE PARKING LOT FOR 9:00AM.
WE WILL CANOE DOWN THE RIVER AND ARRIVE AT PIER 17 FOR
REFRESHING LUNCH
WEATHER PERMITTING. CANOE GEAR SUPPLIED. PLEASE DRESS
WEATHER APPROPRIATELY
TO REGISTER PLEASE CONTACT: JADE DAYBUTCH AT 705-356-
1621 EXT: 2357
OR EMAIL AT CSSWORKER@MISSISSAUGI.COM**

CULTURAL SUPPORT SERVICES

PIPE CEREMONY



Friday, August 2,
2024

8:00 am

at the

Cultural Building
Brunch @ 10 am

gratitude and appreciation for
the many gifts we celebrate
everyday as anishinaabe

HAVE A QUESTION? CALL 705-356-1621 EXT. 2243

CULTURAL SUPPORT SERVICES

EAGLE DANCE

we will be honoring migizi for
giving his life and utilizing his gifts
to the anishinaabe
come celebrate and dance with
US



**Friday, August 2, 2024
11:00 am**

**at the
Cultural Building**

HAVE A QUESTION?
CALL 705-356-1621
EXT. 2243

MFN GOLF

CLASSIC 2024

AUGUST 23, 2024



SHOTGUN 9AM



Huron Pines Golf & Country Club



MORE INFO:

\$600/Team | 18 Holes with Cart
Gift Bag | 3 Meals | Various Prizes
to be WON



REGISTER NOW



SCAN ME



In Partnership with

Nogdawindamin Family and Community Services



cultural support services

SAVE THE DATE

August 24 - 25, 2024

Mississaugi First Nation

Gathering of Grandmother Pipes Nokomis Pawagan

more details to follow



PHOTO CONTEST

SUMMER
2024

THEME: CULTURAL
EXPERIENCES,
FAMILY FUN AND
FRIENDS



CHILD AND YOUTH PROGRAM

- No registration required
- Email me a minimum of 3 photos
- Be creative, show your art and your style through photography.
- use your phone or camera
- Starts July 1st
- **Submit your photos by August 19th**
- **Prizes for first, second, third place winners!!!**
- Judging will done by 3 members of community

Jennifer

cyworker@mississauga.com

NOTICE

**WE ARE SORRY TO ANNOUNCE THAT THE
AL-ANON AND TALKING CIRCLE
ADDICTIONS SUPPORT GROUP WILL BE
CANCELLED UNTIL FURTHER NOTICE**

**MEETINGS AVAILABLE:
WEDNESDAY 7:30-8:30
IMMANUEL BAPTIST CHURCH
5 WHITE DR, BLIND RIVER, ON P0R 1B0,
CANADA**

**FOR MORE MEETINGS WITHIN OUR AREA
YOU CAN CHECK:
[HTTPS://AREA84AA.ORG/AA/MEETINGS/](https://area84aa.org/aa/meetings/)**

**IF YOU PREFER ONLINE MEETINGS YOU
CAN GO TO: [HTTPS://AA-
INTERGROUP.ORG/MEETINGS/](https://aa-intergroup.org/meetings/)**



AUGUST FITNESS CLASSES

CHA NOON FITNESS CLASSES



MONDAY

Chair yoga

Chair yoga is a general term for practices that modify yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to all levels of fitness.

Noon start.

TUESDAY

Cycling & roller

Med to high intensity indoor cycling workout followed by roller class to provide recovery for muscles.

Noon start.



THURSDAY

Yoga



Noon start.



WEDNESDAY

Circuit

Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular endurance.

Noon start.

Water Fitness



yoga on the paddle board & aqua aerobics!

Chiblow Lake Beach!

Sunday Aug. 4th, 18th, 25th @ noon.

Registration is needed!

E:communityhealthactivator@mississauga.com

T: 1.705.356.1621 ext 2216



Junior Chefs Needed!!! Ages 7 to 12

6 Weeks of Summer Healthy Snacks

For Kids



PRIZE AT THE END!!!

GET READY TO BE CREATIVE AND SHOW OFF YOUR HEALTHY SNACKS!!!

JULY 2024

July 22nd, 29th 2024

50\$ gift card

Submit 2 photos weekly

AUG 2024

Aug 5th, 12th 20204

50\$ gift card

Submit 2 photos weekly

AUGUST 2024

August 19th, 31st 2024

50\$ gift card

Submit 2 photos weekly

What to Expect

- ✓ Information package will be provided with gift cards
- ✓ Gift cards and Healthy and nutritional recipes, pick up CYB or Band office. Also home delivery for any youth
- ✓ Get creative with a variety of fresh and tasty choices
- ✓ **Transportation to and from the grocery store provided**
- ✓ Make your snacks at home with the help of an adult and submit your photo to either Jennifer or Cheri by email



Registration required to participate

More Information contact

Cheri Boyer HealthEducator@mississauga.com and Jennifer cyworker@mississauga.com

International Self Care Day

July 24

What is Self Care?

1. Health literacy - includes: the capacity of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions.
2. Mental Wellbeing - includes: knowing your body mass index (BMI), cholesterol level, blood pressure; engaging in health screening.
3. Physical activity - practicing moderate intensity physical activity such as walking, cycling, or participating in sports at a desirable frequency.
4. Healthy eating - includes: having a nutritious, balanced diet with appropriate levels of calorie intake.
5. Risk avoidance or mitigation - includes: quitting tobacco, limiting alcohol use, getting vaccinated, practicing safe sex, using sunscreens.
6. Good hygiene - includes: washing hands regularly, brushing teeth, washing food.
7. Rational and responsible use of products, services, diagnostics and medicines - includes: being aware of dangers, using responsibly when necessary.

Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive
Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money Management
Paying Bills
Boundaries

Work



Time Management
Work Boundaries
Breaks

BlessingManifesting

7 Pillars of Self-Care



Knowledge & Health Literacy



Mental Well-Being



Physical Activity



Healthy Eating



Risk Avoidance



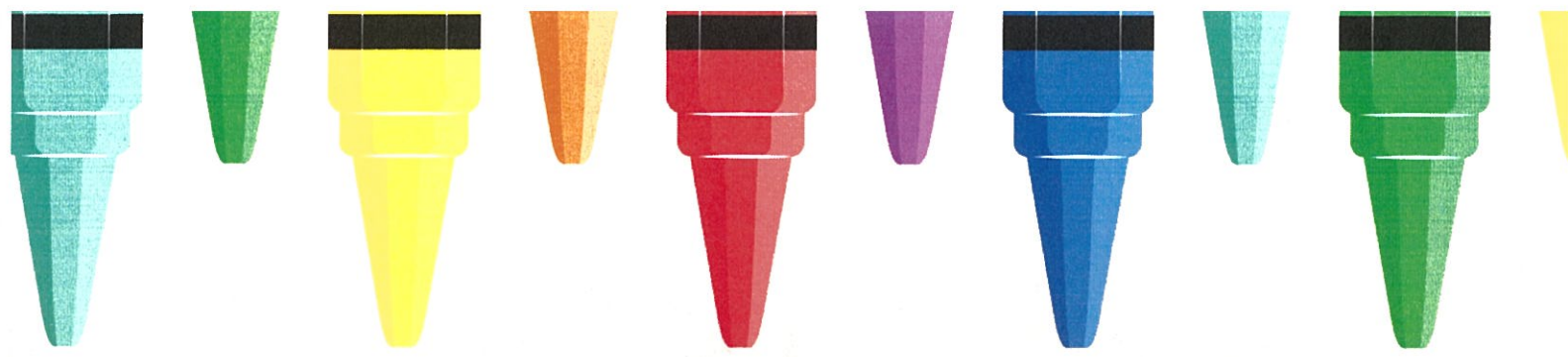
Good Hygiene



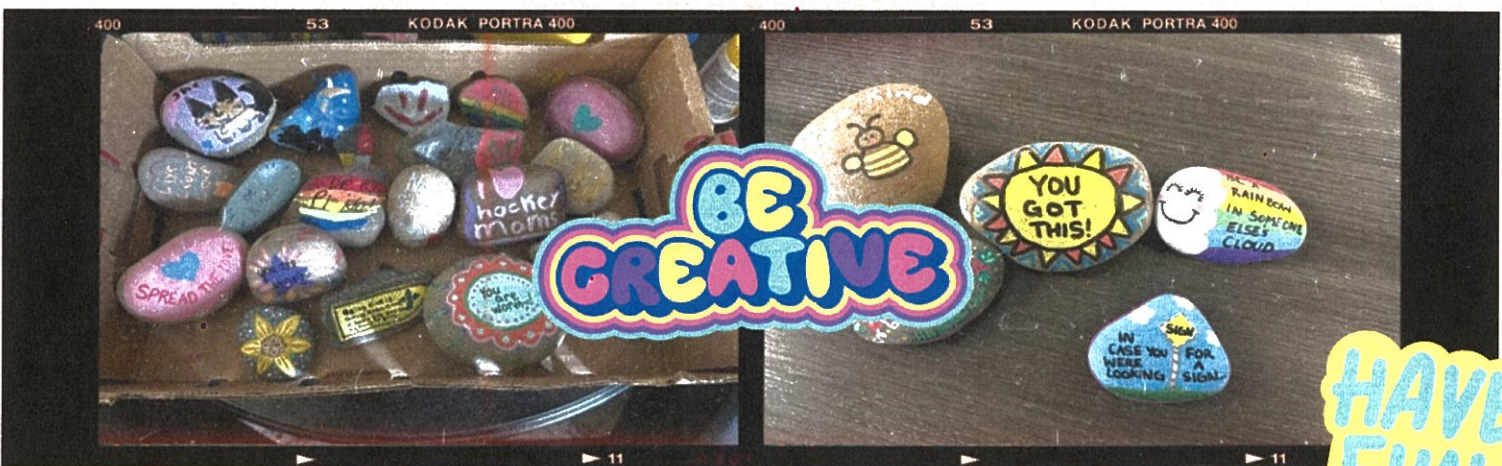
Rational and Responsible Use of Self-Care Products and Services

MYTHS ABOUT SELF-CARE

- Self-care is an indulgence
- Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
- Self-care is selfish
- When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
- Self-care is a one-time experience
- Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
- Self-care is time consuming
- Self-care does not require you to take out a huge chunk of time from your busy day.

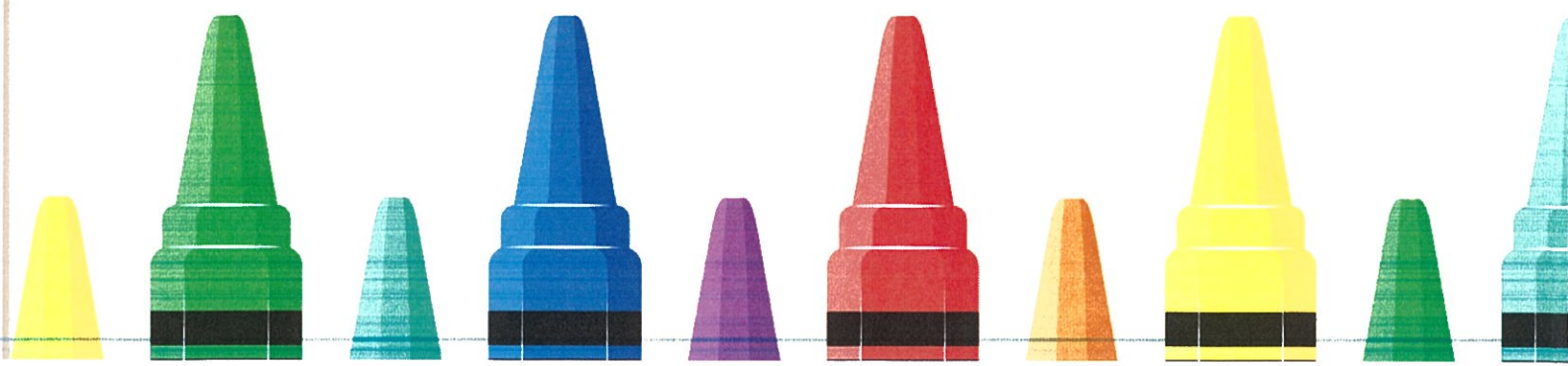


Kindness ROCKS



**SUBMIT YOUR PHOTOS
FOR A CHANCE TO WIN!**

Submit Pictures to Cheri Boyer
healtheducator@mississaugi.com
Call or email for more information
705-356-1621 ext. 2253



SWEETGRASS PICKING, CLEANING, HARVESTING & TEACHING

with

Carla Marcellus

Date: Tuesday, July 30, 2024

Time: 9:00 a.m. – 3:00 p.m.

AGENDA:

10:00 a.m. – 12:00 p.m. – Picking

12:00 p.m. – 1:00 p.m. – Lunch,
Cleaning & Harvesting

1:00 p.m. – 2:00 p.m. –
Braiding/Teaching

Email: rhondapeltier@mississaugi.com



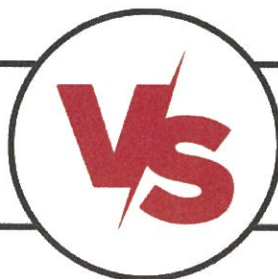
Indigenous Rookie League

BASEBALL

Night



MFN



GARDEN RIVER

THURSDAY AUGUST 1ST

JRS - 6:00 P.M AT BRUCE CADA MEMORIAL FIELD

SRS- 6:00 P.M. AT DREAM CATCHER FIELD

● **COME CHEER ON OUR BASEBALL KIDS FOR THEIR LAST HOME GAME** ●

For more information contact Chelsea at 356-1621
ext. 2203

Easy Beading Session

Earrings

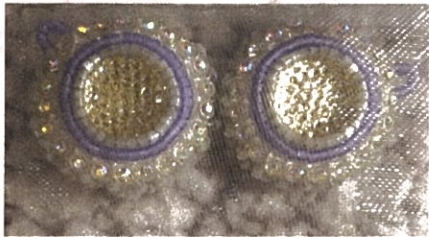
Learning to bead

Space for knowledge sharing

Learn about health benefits



If you have an existing bead project please feel free to bring project to work on



July 30/24
5:00-6:30 pm
Activity Room



Refreshments and snacks provided

LIMITED SPOTS AVAILABLE

Registration needed

For more information or to register please contact

Cheri Boyer Health Educator

healtheducator@mississaugi.com

705-356-1621 Ext. 2253



REIKI THERAPY
WITH
LINDA VINCENT

**6 SPOTS available per day at the
Cultural Building.**

for

Tuesday, August 20, 2024

&

Wednesday, August 21, 2024

TIME SLOTS:

12:30 PM-1:30 PM

1:30 PM-2:30 PM

2:30 PM-3:30 PM

3:30 PM-4:30 PM

4:30 PM-5:30PM

5:30 PM-6:30 PM

**For an appointment, please email
rhondapeltier@mississauga.com
Or telephone (705)356-1621 Ext: 2230**

**MEEGWETCH on BEHALF
Of
COMMUNITY WELLNESS PROGRAM**





MFN

Walking Challenge

**THANK YOU FOR
PARTICIPATING!!
CHALLENGE WINNERS**

FIRST: RICKILEA FERRIGAN 322PTS

SECOND: CHRISTINA JACKPINE 229 PTS

THIRD: KATE DUNN 159 PTS

For more information contact Chelsea
Grimard CHR

chelseagrimard@mississaugi.com
705-356-1621 ext 2203 OR Cheri Boyer
Health Educator

healtheducator@mississaugi.com
705-356-1621 ext 2253



Home & Community Care

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Elliot Lake Shopping Pick Up 10am	2	3
4	5 CIVIC HOLIDAY OFFICE CLOSED	6 Ride/ Explore Manitoulin Island 9am Pick Up	7 RPL BINGO 1:30pm	8	9	10
11	12	13 Aubrey Falls/ Deer Trail Ride 9am Pick Up	14	15 Agawa Ride / Craft Shop 9am Pick Up	16	17
18	19	20	21 RPL BINGO 1:30pm	22 END OF SUMMER BBQ & GAMES Chiblow Lake 9am Pick Up	23	24
25	26	27 Elder's Stories & Tea 11am-1pm	28	29 Garden River Bingo 9am Pick Up	30	31

August 2024



SERVICE SCHEDULE Mississauga First Nation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 NP clinic (Richard covering) MD clinic AM COHI CCC -& Laurie	2 MHC CCC	3	4
5 Civic Holiday	6 NP clinic (Richard covering) ORT MHC CCC	7 NP clinic RD - virtual CCC	8 NP clinic MD clinic AM CCC	9 MHC CCC -& Laurie	10	11
12 NP clinic (Richard covering) CCC Trad. Prac	13 NP clinic (Richard covering) ORT MHC CCC	14 NP clinic (Richard covering) DNE CCC RD	15 NP clinic (Richard covering) MD clinic AM CCC -& Laurie	16 MHC CCC Foot Care	17	18
19 NP clinic (virtual only) CCC Foot Care	20 NP clinic (virtual only) ORT MHC CCC	21 NP clinic (virtual only) DNE RD CCC Diabetic Clinic	22 NP clinic (virtual only) CCC	23 MHC CCC	24	25
26 NP clinic (virtual only) CCC	27 NP clinic (virtual only) ORT MHC CCC	28 NP clinic (virtual only) DNE RD - morning only CCC	29 NP clinic (virtual only) CCC	30 MHC CCC -& Laurie	31	
<p>Physician- MD Nurse Practitioner- NP Diabetes Nurse Educator- DNE Registered Dietician- RD Children's Oral Health Initiative- COHI Mental Health Counsellor- MHC Traditional Practitioner- Trad Prac Opiate Replacement Therapy (Mino)- ORT Client Care Coordinator- CCC</p> <p>Appointments with Physicians, NPs, Trad. Practitioner, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224 Please contact Maamwesying's Head Office: 1-705-844-2021 if you are looking for information on how to book an appointment with another service provider listed here.</p>						

MFN Food Security Program

Date: _____ Pick up only # children _____ # adults ____ # elders _____

Names of all household Members: _____

Address: _____

Phone Number: _____

Please submit your forms before 4:30 Wednesday

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

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

Cereals (1 only): Cold Cereal Cooking Oats Cream of Wheat	Meats (2 only-one of each) Hamburger Chicken
Breads (1 only): White Bread Brown Bread Flour	Canned Meats (1 only): Tuna Salmon
Pasta & Rice (1 only): Penne Rice Macaroni	Dairy Products (2 only): Powdered Milk Canned Milk Eggs Margarine
Soups (3 only): Chicken Noodle Tomato	School Aged Children Only (2 Choices): Pudding Wagon Wheels Cookies
Hygiene Products: Toilet Paper Hand Sanitizer	Children & Elders Only (2 Choices): Mr. Noodles Chicken Mr. Noodles Beef Mr. Noodles Vegetable
Other Products (3 only): White Sugar Brown Sugar Peanut Butter Ketchup Crackers Tea Mustard Decaf Coffee Instant Coffee Salt Pepper	Other Products (3 only): Kidney Beans Tomato Paste Diced Tomatoes Spaghetti Sauce Canned Navy Beans Canned Chick Peas Red Lentils Frozen Vegetables Green Lentils Canned Black Beans

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

Thank you 😊 Revised for May 2024