

Feb. 3rd



Offices Closed Monday February 20th Family Day



Job Postings



Men's Circle



Food Bank



Meat Pie Making



Adult Game Day



Parenting Workshop



HENVEY INLET FIRST NATION

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the Henvey Inlet First Nation will be held at the Henvey Inlet Fire Hall on Thursday the 9th day of February, 2023, beginning at 5:00 o'clock p.m. and lasting for at least three hours to conclude at 8:00 o'clock p.m. for the purpose of nominating candidates for the positions of Chief and Councillors on the Band Council of said Band, for the next ensuing term.

There are seven (7) Councillor positions and one (1) position for Chief available.

The election will be held at the Henvey Inlet Fire Hall on Thursday the 23rd day of March, 2023 from 9:00 o'clock a.m. until 8:00 o'clock p.m.

Please note that any eligible voter may nominate candidates by using a mail-in nomination form. All eligible voters, regardless of residence, that are 18 years of age or older as of the nomination meeting may nominate candidates for the position of both Chief and Councillor. Voters may deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting OR voters may nominate candidates orally at the nomination meeting. Mailed nominations not received by the Electoral Officer before the time set for nomination meeting are void.

Voting will be done by mail-in ballot or in-person voting on Election Day.

Covid 19 protocols may be in effect at the Nomination Meeting and the Polling Station during vote day.

Given under my hand at Henvey Inlet First Nation, this 10th day of January, 2023.

Signature of Electoral Officer

G. Scott Jacobs, Electoral Officer P.O. Box 149 Britt, ON P0G 1A0

Phone: (705) 741-3773

E-mail: scott.jacobs@sympatico.ca



Community Band Council Meeting

Friday February 3, 2023

9am-12noon @ Fire Hall

Topics

- Council Reports
 - Staff Reports

Band Council Meetings to be held on Fridays every other month

GARBAGE AND RECYCLING PICKUP WINTER HOURS

PLEASE NOTE THAT THE GARBAGE AND RECYCLING HOURS HAVE SWITCHED TO WINTER HOURS EFFECTIVE IMMEDIATELY.

GARBAGE AND RECYCLING PICKUP SCHEDULE

Sunday	10:00am - 1:00pm	Garbage
Wednesday	10:00am - 1:00pm	Recycling

You are responsible for cleaning out your own garbage bins.

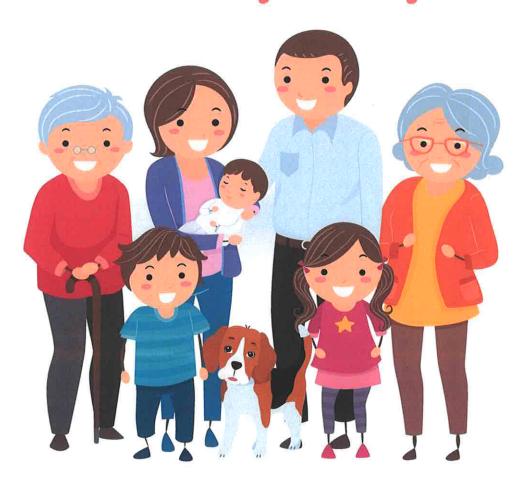
If you have any questions or concerns, please contact Amanda Barbe at the Lands Office.

AMANDA BARBE
ASSISTANT LANDS MANAGER
HENVEY INLET FIRST NATION
368 PICKEREL RIVER ROAD
PICKEREL, ON POG 1 JO
705-857-5211





Offices Closed February 20, 2023 for Family Day





Henvey Inlet First Nation Pickerel, ON POG 1J0

Administration 295 Pickerel River Road T 705-857-2331 F 705-857-3021 1-800-614-5533

Health Centre 354A Pickerel River Road T 705-857-1221 F 705-857-0730 1-866-252-3330

Day Care 354B Pickerel River Road T 705-857-0957 F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Patrick Brennan
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: January 27, 2023

Re: Employment Opportunities

Henvey Inlet First Nation is currently accepting applications for the following positions:

1) Early Childhood Education Worker - 2 Positions

2) Housing and Finance Assistant – 1 Position

3) Secondary School Bus Driver - 1 Position

See attached job postings for more information.

Be sure to check local communication boards or our website at www.hifn.ca/community-2/job-postings-2.html for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP Human Resources Coordinator





EMPLOYMENT OPPORTUNITY

EARLY CHILDHOOD EDUCATION WORKER

*RE-POST *

POSITION SUMMARY

Henvey Inlet First Nation is seeking a qualified full-time **Early Childhood Education Worker** to join our Administration. The ECE Worker reports to the Daycare Supervisor and is responsible for providing supervision and direct childcare to children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE worker will help to plan and implement developmentally appropriate activities and experiences for the children using a variety of teaching techniques in alignment with HIFN Daycare Philosophy. This position requires excellent interpersonal communication skills and the ability to adapt and respond to all childcare needs.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Early Childhood Education Worker will be responsible to:

- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and plan activities that recognize these individual differences
- Initiate referral for additional services for parents and children as needed
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible
- Maintain positive and ongoing communication with parents

OUALIFICATIONS

- Post-secondary diploma or degree Early Childhood Education, Child and Youth Worker, Social Services or other related field plus 1-3 years related professional experience working with children preferred
- Current Ontario RECE License in good standing and registration with the College of Early Childhood Education preferred
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C
- Membership in good standing with the College of Early Childhood Educators
- Knowledge of the Child Care and Early Years Act, 2014
- · Professional and responsible attitude
- · Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours

HOURS OF WORK

Full Time - 35.5 hrs/week

REMUNERATION

Up to \$22/hr based on educational qualifications and relevant work experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON P0G 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1)

(a) of the Ontario Human Rights Code.



EMPLOYMENT OPPORTUNITY

HOUSING AND FINANCE ASSISTANT

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Housing and Finance Assistant** to join our Administration. The Housing and Finance Assistant reports to the Director of Finance/Administration and is responsible for coordinating preventative maintenance for all Band-owned housing units and supervising all housing maintenance and repairs. The Housing and Finance Assistant receives and reviews all housing applications and inquiries, and, in collaboration with the Housing Committee, recommends tenants to Chief and Council for vacant units in accordance with the rules and regulations set forth in the Housing Policy. Additionally, the Housing and Finance Assistant is responsible for all administrative management of the Housing Department including collecting rent, issuing receipts and invoices, completing housing reports, facilitating workshops and processing payments for all incoming department invoices. The Housing and Finance Assistant will also support the Finance Department with maintaining housing and financial budgets, reports and books, and processing accounts payables, receivables and payroll as assigned. This position requires strong organization skills, financial literacy and professionalism.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Housing and Finance Assistant will be responsible to:

Housing Support

- Aid in the preparation and monitoring of the annual housing budget and work plan
- Conduct analyses of maintenance and repair costs to determine areas where cost reductions can be implemented
- Conduct routine and annual home, building, equipment and grounds inspections of band-owned units to determine necessity of repairs and maintenance
- Ensure building facilities are compliant with health and safety regulations including local fire codes, accessibility and other relevant building and maintenance legislation
- Plan, coordinate and schedule preventative maintenance, major repairs, remodeling and construction projects on housing units within the community
- Request quotes and negotiate contracts and service agreements with trade professionals, third party suppliers or service providers
- Arrange the purchase and delivery of project materials as required by trade professionals or service providers
- Coordinate grounds maintenance including landscaping and snow removal in collaboration with the Maintenance Department
- Provide a positive and professional image of the organization at all times, serving as the department's point of contact for all housing-related inquiries
- Act as a liaison between membership, the Housing Committee, vendors, external organizations and Chief and Council
- Receive and review all housing applications and inquiries and respond in a professional and timely manner
- Prepare housing and tenancy agreements, ensuring they are accurately completed, signed and filed
- Prepare and circulate newsletter updates, correspondence and related documentation accordingly
 Meet with prospective tenants to show properties, explain terms of occupancy and provide information about housing
- Meet with prospective tenants to show properties, explain terms of occupancy and provide information about housing policies and procedures
- Coordinate and facilitate two home maintenance workshops annually as part of the Housing Incentive Program
- Study housing demands, occupancy and turnover rates, and accommodation requirements of applicants to recommend policy and physical requirement changes
- Solicit and utilize tenant's opinions on a variety of issues, ensuring they feel involved and as though they have influence on decisions
- Aid in the creation and administration of programs that will increase tenant involvement in various decisions concerning the housing authority

- Maintain a database of all community members living in Band housing
- Promote harmonious relations among tenants, housing project personnel, and persons of the community
- · Investigate complaints, disturbances and violations and resolve problems following company rules, regulation and policies
- Attend and facilitate monthly Housing Committee meetings, recording meeting minutes and actioning meeting objectives
- Research, interpret and maintain by-laws, legislation and building/safety codes, making recommendations for changes to the appropriate party as needed
- Assist with revisions and updates to the Housing Policy in coordination with the community, staff, Housing Committee and Chief and Council
- Collect rental fees and issue receipts to tenants
- · Process payment of incoming bills for the Housing Department including mortgage, insurance, utilities, etc.
- Maintain updated and accurate financial records, preparing operational budget reports for the Director of Finance
- · Develop operational progress and informational reports for membership and Chief and Council as requested
- Perform a variety of office administration tasks including but not limited to filing, copying, printing, scanning, emailing, and answering phones
- · Attend and actively participate in staff and community meetings
- Participate in mandatory training workshops as required
- · Perform clerical duties, such as maintaining orderly and chronological filing and record systems
- Other duties as assigned from time to time by Chief and Council or the Director of Finance/Administration

Financial Support

- Receive, code and reconcile all incoming invoices
- Prepare and file approved purchase orders and cheque requisitions
- · Prepare all cash and cheque deposits for bank
- · Assist with the processing and reconciliation of accounts payable, accounts receivable and bank and credit card accounts
- · Ensure proper execution of financial and funding agreements
- · Input financial data into Simply Accounting software and allocate transactions to the appropriate General Ledger account
- Ensure daily back-up of accounting system occurs
- · Help maintain the chart of accounts
- Prepare all financial statements and bank reconcilliations for assigned departments
- Prepare and maintain various financial reports for monthly finance meetings or as requested by the Director of Finance/Administration or Chief and Council
- Decipher funding agreements and assist with financial forecasting and planning
- Assist with opening and closing the financial books in preparation of the annual audit
- · Assist auditors with annual review by preparing and providing supporting documentation as requested
- · Assist the finance department with payroll processing and other administrative tasks as requested

QUALIFICATIONS

- College Diploma in Social Services, Business Administration, Finance, Accounting, or a related field
- Previous experience working with a housing authority an asset
- Strong knowledge of building and housing maintenance and repairs
- Knowledge of low-income housing programs and associated funding sources an asset
- Previous finance, bookkeeping and office administration experience an asset
- · Strong working knowledge of Generally Accepted Accounting Principles and financial procedures preferred
- Exceptional computer knowledge including proficiency with Simply Accounting and Microsoft Word, Excel and PowerPoint
- Excellent verbal, written and interpersonal communication skills
- Strong public speaking skills
- Exceptional organization and time-management skills
- Excellent problem solving and critical thinking skills
- High level of attention to detail and a high degree of accuracy
- Ability to multi-task and manage competing priorities
- Ability to work cooperatively with others
- High level of personal integrity and a strong work ethic
- · Valid Ontario Class G Driver's License with access to a reliable vehicle
- Current and satisfactory Vulnerable Sector Police Check
- · Current First Aid and CPR Level C an asset
- Previous experience working within a First Nation Organization would be an asset

HOURS OF WORK

Full-Time - 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation - Human Resources

295 Pickerel River Rd. Pickerel, ON POG 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021 Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.





EMPLOYMENT OPPORTUNITY

SECONDARY SCHOOL BUS DRIVER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a **Secondary School Bus Driver** to join our Administration for a temporary, short-term contract up to six months. The Secondary School Bus Driver reports to the Education Counsellor and is responsible for transporting students of various ages to and from their homes and respective schools in a timely and safe manner and in accordance with MTO driving regulations, Ontario traffic laws and safe driving practices. This position requires excellent organization, communication and customer service skills.

MAIN RESPONSIBILITIES

The Secondary School Bus Driver will be responsible to:

- Ensure bus is well-maintained and operational by conducting daily safety checks on both interior and exterior of school bus prior to operating vehicle
- · Report any bus malfunctions or needed repairs
- Safely deliver students to and from their homes and schools, following the assigned time schedule.
- Assist students with boarding and exiting the bus and while crossing the street as needed
- Adhere to and enforce bus safety rules and standards
- · Comply with traffic regulations to operate vehicles in a safe and courteous manner
- Resolve any conflicts in a positive, respectful and proactive manner
- Complete an Ontario School Bus Inspection Log Book and Drivers Time Log Book on a daily basis
- Fuel the bus at HIFN Gas Bar as required, notifying the Gas Bar Attendant which bus they are fueling to ensure the correct account is charged
- Transport busses to maintenance and service appointments as required
- Cleaning of the interior of the bus daily and restocking bus supplies when necessary
- Regularly report on the operations of daily runs to the Education Counsellor
- Be available by phone at all times during the school day
- Be informed on protocols for the bus's ability to transport students when weather or safety conditions are a concern
- Other duties as assigned from time to time by the Supervisor, Chief and Council or the Director of Finance/Administration.

OUALIFICATIONS

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class B or E Driver's License required
- Clear Driver's Abstract
- Clear CPIC Vulnerable Sector Police Check
- Current First Aid and CPR Level C

- · Previous school bus driver experience preferred
- Knowledge of the Ontario Highway Traffic Act and school bus regulations
- Knowledge of First Nations customs, traditions and language an asset
- · Excellent driving skills and habits
- Ability to remain attentive when faced with distractions
- Excellent customer service and written and verbal communication skills
- Exceptional organization and time-management skills
- High level of personal integrity and accountability

HOURS OF WORK

Full-Time - 40 hrs/week

REMUNERATION

Based on experience.

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume, cover letter, driver's abstract and CPIC in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 130 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

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POSTED: December 12, 2022



SHAWANAGA FIRST NATION HEALING CENTRE EMPLOYMENT OPPORTUNITY INTERNAL/EXTERNAL POSTING

EARLY YEARS COORDINATOR

INTRODUCTION

The position of Early Years Coordinator will provide support to families with babies and young to ruled age 0 = 6 years. The goal of this program is to provide a one-stop shop to support families and ensure they have the best possible start in life. Extensive experience in all areas of an early years program/setting would be considered an asset.

EDUCATION, EXPERIENCE AND REQUIREMENTS

- Diploma or Degree in Early Childhood Education.
- Registered and a member in good standing with the College of ECE's
- Current and clear Police Vulnerable Sector Check
- Minimum 2 years working with children 0 months to 6 years of age
- Thorough knowledge and understanding of Current Child Care and Early Years Act.
- Demonstrated knowledge of services that would directly benefit this program.
- Experienced or knowledgeable of Community services, programs, customs and traditions.
- Maintaining positive and supportive relationship with parents and their children/babies.
- Excellent Communication skills and demonstrated ability to write clear concise reports, and be able to meet deadlines
- Must be proficient in computer software programs in particular MS Word, Outlook, Power Point, Excel and have knowledge of other software
- Demonstrated, well developed problem solving and conflict resolution skills
- Demonstrated commitment to own personal healing.
- Ability to maintain CONFIDENTIALITY, and a professional public image representing Shawanaga First Nation.
- Participates as a team player with other Shawanaga First Nation Healing Centre staff.
- Flexibility to work off normal hours (on-call) to accommodate respected target groups as required
- First Aid/CPR Crisis Training/Certification; or willing to obtain

POSTED: December 12, 2022

- Demonstrate organizational skills and ability to use time effectively.
- Other duties as assigned by the Executive Director.
 Fluent in Anishnabemowin would be an asset.

ACCOUNTABILITIES:

- 1. Provide Shawanaga First Nation with evidence of your Valid Ontario Driver's License
- Vehicle should be equipped for the use of child car seats;
- Provide an acceptable driver's abstract
- 4. Provide an acceptable CPIC with VPSS
 - Incomplete applications will not be considered
 - Only those selected for an interview will be contacted.

Please submit a resume with a cover letter and 3 references, to email below; This will be posted until filled

Email: executivedirector.hc@shawanagafirstnation.ca Lisa Geroux, Executive Director, SFN Healing Centre

Preference may be given to Aboriginal candidates with relevant on reserve employment experience and/or those with knowledge and understanding of the Shawanaga First Nation history and community.

Only those applicants selected for an interview will be contacted. We wish to thank everyone for their applications.



Shawanaga First Nation Healing Centre

EMPLOYMENT OPPORTUNITY INTERNAL/EXTERNAL POSTING

POSITION: Child and Family Worker TERM: Full Time - Permanent

HOURS:

37.5 hrs /week

LOCATION: Shawanaga First Nation Healing Centre

INTRODUCTION:

The Child and Family Worker reports to the Executive Director and Chief & Council; will represent all Shawanaga First Nation band membership children, regardless of location, before the courts; will ensure the heritage, cultural traditions, identity and rights of Shawanaga First Nation children are protected and preserved by all parties involved in child welfare matters, and working in conjunction with the current Child and Family Worker.

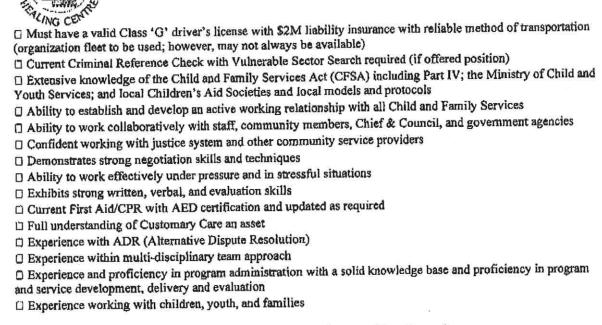
ROLES AND RESPONSIBILITIES:

Provides support, advocates to maintain family units, advocates for satisfactory solutions to family problems, liaises with related service agencies and explains the child and family service system

☐ Ensures effective delivery and monitors practices guided by relevant strategies to safeguard the children who are members of Shawanaga First Nation and who are involved with Agencies who have their rights to their own culture
and community, protected and upheld Maintains a strong knowledge of the Child & Family Services Act, the policies and procedures of the Ministry of
Children & Youth Services, Customary Care Provision and Kinship Care as CAS options rather than apprehension;
including: completing and filing court forms, attending court appearances on behalf of Shawanaga First Nation,
communicating with Chief & Council, representing the interests of Shawanaga First Nation
☐ Meet all timelines as needed to meet legislation that governs families
☐ Liaise with other First Nation Band Representatives, Agencies and Legal Counsel
☐ Accompany Children's Aid Service workers during investigations
☐ Ensure that Shawanaga First Nation band members are fully aware of their rights
☐ Represent the First Nation at Court as a Party to Child Welfare proceedings
Prepare Plans of Care, including recommendations for placement of children
Prepare, respond to, and process legal documents as required by the new Ontario Court of Rules
Compilation of all relevant case-related information and documentation
Ligieon with community services, including but not limited to, Family Well-Being Program, NAADAP, Mental
Health Programs and visiting professionals to assess client(s) progress and suggest alternative plans if appropriate
Coordinate Case Management Conferences with all community services involved to monitor Client's Plan of Care
and progress
☐ Prepare, serve, and file additions or amendments to the Client's Plan of Care
Gather evidence, prepare arguments, produce and prepare witnesses, and prepare draft orders
Prepare for and attend settlement conferences as set out by the new Court Rules
() Oral and written presentations in court, as required



☐ Ensure client files are maintained and update on a regular basis
Report to the Executive Director and/or Chief and Council as directed
☐ Data collection, and submission of reports
☐ Must confirm that the child is a member of the First Nation and research history of child and family in relation to
the First Nation Make a case evaluation and in conjunction with Band Council/Child Welfare Committee
☐ Liaise with community resources (Child Welfare Committee, Prevention Worker, Family Support and
Community Workers, NNADAP, Community Health Workers, etc)
☐ Must initiate gathering of information or compilation of information gathered preciously
☐ Monitor status of the case and discuss settlement
☐ Coordinate preparation of the plan
□ Consider the needs of the child(ren) and resources available
☐ Monitor status of the case and implementation of the plan for the child(ren)
□ Deals with children in custody, Crown Wards, Adoptions, Court Hearings, meeting with parents and custodians,
meeting with native and non-native agencies, legal services
☐ Represents Chief and Council and the community or individuals ☐ Promote, support, and maintain effective working relations with First Nation communities
E) Promote, support, and manicada effective working relations with the transfer of the control o
*
QUALIFICATIONS:
Degree or Diploma in Social Work, Social Science or related field required
Native Child & Family Service Worker Diploma
Haute Cinic & Fairthy Contribut Profitor September
C Minimum three (3) years' experience working in social services or related field in a First Nation
☐ Experience working with Indigenous people, organizations, and communities
☐ Knowledge and understanding of cultural sensitivity and traditional teachings
☐ Proven ability of accurate and comprehensive recordkeeping including keeping an up-to-date case log
☐ Analytical and problem-solving skills
☐ Able to interpret legislation and legal documentation
☐ Knowledge of Case Management techniques
☐ Strong demonstration of negotiation skills, techniques and advocacy
☐ Willing to work flexible hours and travel with minimal notice
☐ Ability to exercise discretion in handling confidential subject matter
☐ Excellent time management and strong organization skills; a multi-tasker
☐ Proven ability to maintain confidentiality
C Excellent computer chille for reporting and presentation numbers, and general office equipment knowledge



Please submit a resume with a cover letter and 3 written references,

Lisa Geroux — Executive Director Shawanaga First Nation

Email: executivedirector.hc@shawanagafirstnation.ca

Preference may be given to Aboriginal candidates with relevant on reserve employment experience and/ or those with knowledge and understanding of Shawanaga First Nation history and community. Only those applicants selected for an interview will be contacted. We wish to thank everyone for their application.



HEALING MIND, BODY & SPIRIT

19 Shebeshekong Rd. N R.R. #1 Nobel, Ontario P0G 1G0

Phone: 705-366-2378 Fax: 705-366-2496

Shawanaga First Nation Healing Centre EMPLOYMENT OPPORTUNITY

POSITION: Community Health Representative

Mat Leave (12-18 Month Contract)

LOCATION: Shawanaga First Nation Healing Centre

INTRODUCTION:

The position of the Community Health Worker will be directly responsible to the Executive Director for providing education, information and assistance to Shawanaga First Nation Community members, in regards to, the promotion of positive health practices; the accessibility and availability of health services/benefits and also to play a supportive role to community members as the need arises.

ROLES AND RESPONSIBILITIES:

Community Awareness and Education

- To provide health information, instruction and guidance to community members on health-related issues;
 (I.e., HIV/AIDS, STD's Birth Control, Diabetes, High/Low Blood Pressure, Childhood Diseases, etc.)
- To provide health education to community members on sound health practices through the development and implementation of health programs, workshops, information sessions, newsletter items and individual/family assistance
- To provides information and assistance to community members on the accessing of the availability of health services and/ or benefits
- To design, prepare, deliver and/or access resources on health hygiene for various community groups and/or with individuals
- To deliver and provide instructions to community members on health prevention practices (i.e., Dental Care, Nutrition, Exercise, Weight Control, Family Planning, etc.)

Llaison Services

- Lialses with the nurse or health care professional
- · Liaises with the Environmental Health Officer on a regular basis and provides water samples as required
- Maintains regular contact with health facilities, health care professionals and benefit providers to keep abreast and/or changes in the provision of services
- Lialses and maintains regular contact with other communities' services to ensure that the needs of the community are being met
- Llaises and maintains regular contact with other First Nations health providers and services to exchange information and build a network system

Community Support and Assistance

- To provide support and assistance to community members regarding health-related issues as required/requested
- To document and provide reports of illness and/or injuries of community members
- To provide referrals for community members to appropriate health care facilities, professionals and/or agencies

Case Management

- Maintains case management forms as required
- Consults with other First Nation programs and services and external agencies on the provision and coordination of services
- Attends case management meetings as required

Service Administration

- Prepare and submit monthly activity reports to Executive Director
- Prepares work plans for the CHR program; and other approved funding programs
- Prepares activity reports to the funding agencies as required
- Participates as a team player with other Healing Centre staff and attends regular staff meetings
- Performs other duties requested by the Executive Director

QUALIFICATIONS:

- A Native Community care, Counseling and Development Community care Stream Diploma from and approved postsecondary Institution; OR
- A Native Community Worker healing and Wellness Diploma from and approved post-secondary Institution; OR
- Grade 12 or equivalent with 2 years experience in Health
- Must be capable of working with all ages
- Knowledge of various issues that Impact First Nations communities
- Knowledge of health Issues in First Nation communities
- Knowledge of community services, programs, customs and traditions
- Must possess excellent communication skills
- Must possess computer skills
- Must have a valid driver's licence
- CPIC required

Please submit a resume with a cover letter and 3 written reference, this position will remain open until filled

Lisa Geroux, Executive Director

Email: executivedirector.hc@shawanagafirstnation.ca

Fax: 705-366-2496

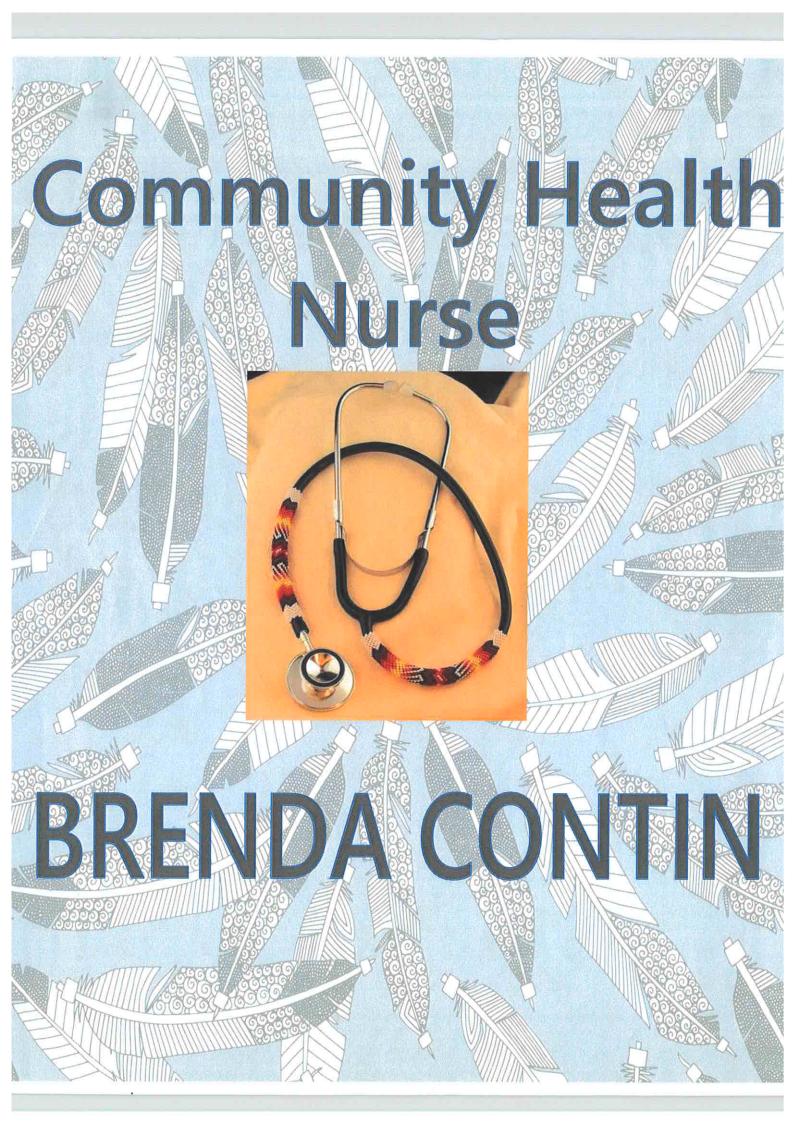
Only those applicants selected for an interview will be contacted. We wish to thank everyone for their applications.

Henvey Youth Group UTDEO LAUNCH PARTY

COME CELEBRATE & SUPPORT THE YOUTH IN OUR COMMUNITY!!!

FEBRUARY 7th
4:30-6:30pm
Dinner and video
presentation
*RSVP with Angele Dubois
for dinner*

@THE LEARNING CENTRE



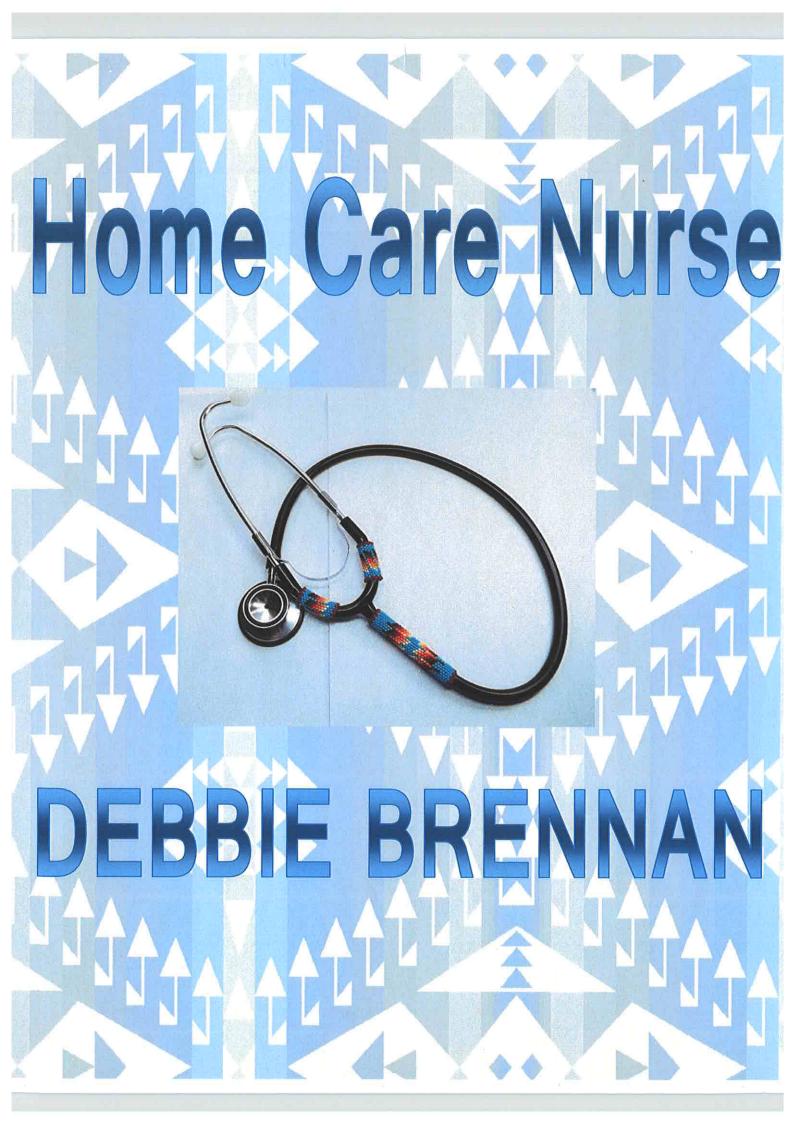
Saturday

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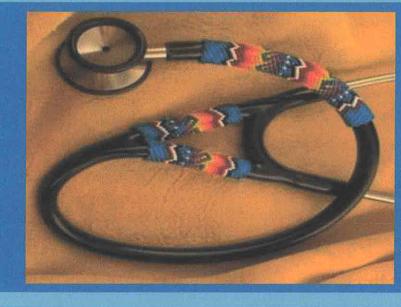
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CALENDAR SUBJECT TO CHANGE	Friday	BAND COUNCIL MTG	Methadone Clinic/OFFICE	OUT OF OFFICE	24	
	Thursday	Methadone Clinic/OFFICE	9 Methadone Clinic/OFFICE	16 OUT OF OFFICE	23	
CALEN	Wednesday	Methadone Clinic/OFFICE	8 OFFICE/Membership Mtg	15 OUT OF OFFICE	HOLIDAYS	
	Tuesday		7 Methadone Clinic/C&C Mtg	OUT OF OFFICE	ANNUAL	Methadone Clinic/OFFICE
Brenda CONTIN, CHN	Monday		6 Methadone Clinic/OFFICE	OUT OF OFFICE	STAT HOLIDAY	27
Brenda	Sunday	н	50	12	91	- 26



February 2023



DEBBIE BRENNAN HCN

26 Methadone Clinic	Methadone Clinic	12 Methadone Clinic	Methadone Clinic		Sun
Methadone Clinic Office Admin.	Methadone Clinic Office Admin.	Methadone Clinic Office Admin.	Methadone Clinic Office Admin.		Mon
OFFICE Medical Consultations	OFFICE Medical Consultations	14 OFFICE Medical Consultations	7 OFFICE Medical Consultations		Tue
	OFFICE H.V. T/C Follow-ups NP/Cits	15 OFFICE H.V. T/C Follow-ups NP/Clts	8 OFFICE H.V. T/C Follow-ups NP/Cits	OFFICE H.V. Follow-ups NP/Cits	Wed
	Methadone Clinic Office Admin.	16 Methadone Clinic Office Admin.	9 Methadone Clinic Office Admin.	2 Methadone Clinic Office Admin.	Thu
	24 Methadone Clinic	17 Methadone Clinic	10 Methadone Clinic	3 Methadone Clinic	Fri
	25	8	3	4	Sat



What is a Balanced Diet?

A balanced diet consists of A balanced diet consists of nutrients eating all the proper nutrients that your body needs.

Ideal balanced meals include one food item from group: dairy, vegetables, fruits, grains, and meat/beans.

Eat at least five servings of fruits and vegetables a day. Everyone requires different types and amounts of nutrients based on age, gender, illness and metabolism

> Aim to drink 6-8 glasses of water a day.

Nutrition And Your Liver

Drinking plentiful amounts of water will keep you hydrated and allow your liver to function better.



Since your liver processes what you eat and drink to provide the body with nutrients, it is important to eat a healthy diet and help the liver run smoothly.



Doctor's Tip

In general, a heart healthy balanced diet (with meals containing all food groups) as outlined by the American Heart Association is recommended.

-Dr. Pranab Barman, Northwestern University



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes



Personal Health Assessment

Please take a few minutes to answer the following questions.

This information is for your own personal use to help you on your wellness journey.

For each topic, circle the description that best applies to you.

Health Risk	Low	Intermediate	High		
Numbers You Should Know	If you don't know these numbers, call your Primary Care Medical Professional and schedule your annual physical!				
Body Mass Index (kg/m2)	My BMI is between 19 and 25.	My BMI is between 26 and 30.	My BMI is over 30 or less than 18.		
My blood pressure is less than 120/80 (with or without medications).		My blood pressure is between 120/80 and 140/90.	My blood pressure is over 140/90.		
Cholesterol	Cholesterol less than 200 HDL greater than 60 LDL less than 100 Triglycerides less than 150 Cholesterol 200-250 HDL 40-60 LDL 100-130 Triglycerides 150-250		Cholesterol greater than 250 HDL less than 40 LDL greater than 130 Triglycerides greater than 150		
Diabetes	Blood sugar less than 100 Blood sugar between 100-125		Blood sugar greater than 125		
Physical Health					
Exercise	I exercise most days of the week with a combination of aerobic and weight/resistance training for more than 30 minutes.	I exercise 3 days a week with aerobic training for more than 30 minutes.	I am mostly sedentary, only exercising occasionally.		
Nutrition	My food choices are primarily vegetables, fruits, lean sources of protein (including meat) and healthy fats with some whole grains.	I eat 4 or less servings of fruits and vegetables a day, fast food or fried foods occasionally, moderate intake of sugar and starch (potato, rice, pasta).	I eat fast food or fried food often, minimal fruits and vegetables, high intake of processed foods, high intake of sugar and starch (potato, rice, pasta).		

Continued on the next page



Personal Health Assessment (continued)

Health Risk	Low	Intermediate	High			
Well-Being						
Stress Management	I am generally happy and optimistic most of the time. I have good coping strategies for stress. I currently feel somewhat stressed. I could do better with coping strategies.		I feel down and/or stressed more often than not. I cope poorly with stress.			
Tobacco Use	I have never used tobacco or have quit over 1 year ago.	I use tobacco occasionally at events or social gatherings.	I use tobacco at least several times a week in the form of cigarettes or chewing tobacco.			
Alcohol Use	I have 1-2 drinks a day or none.	I have 2-4 drinks a day.	I have 5 or more drinks in any one day.			
Cancer Risk Please visit http://www.cancer.org/healthy/toolsandcalculators/reminders/screening-recommendations-by-age for the most recent screening recommendations by your age and gender.						
Cancer Risk	I am up-to-date with my recommended cancer cancer screening is partially complete.		I have not had my recommended cancer screening.			
Calculate Your Health Score Add up the number of circles in each column, multiply the total by the numbers, and add the 3 sums together.						
Number of Circles						
Multiply by	10	5	0			
Total by Color						

Interpret Your Score

81-100 = Keep it up!

61–80 = Consider lifestyle change by identifying your challenge areas and speak with your doctor! Less than 61 = Initiate lifestyle change by identifying your challenge areas and speak with your doctor!

Adapted from the General Mills Health Numbers Screening Tool

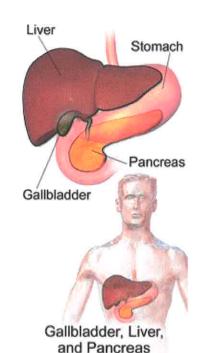
The Healthy Liver

We all need a healthy liver to live – it's so essential that "live" is in the name! Where to Find Your Liver

The liver is your body's largest internal organ, weighing between 3 and 5 pounds. Your liver is located on the right side of your upper body, below the lungs, taking up most of the space in your rib cage. The gallbladder, which stores bile made in the liver, is found tucked under your liver. Your liver is made up of two separate sections, or lobes: the larger right lobe and the smaller left lobe. These two lobes are separated by tissue which anchors your liver in place.

What Your Liver Does

Your liver's biggest role is to filter your blood all day, every day. A healthy liver gets its color, a deep reddish brown, because it is so drenched in blood. At any given moment, your liver contains about a pint of blood, or 13% of the body's total blood supply. Your liver filters more than a liter of blood every minute which is about 22 gallons of blood per hour and more than 250 gallons of blood in a 24-hour time period. There are two sources that supply your liver with all that blood: the hepatic artery and the hepatic portal vein. The hepatic artery brings oxygen-rich blood to your liver. Blood coming from your digestive system enters the liver through the hepatic portal vein carrying nutrients, medications, or toxins.



The Parts of Your Liver

As was mentioned earlier, the liver has two lobes. Each lobe is made up of smaller sections called <u>lobules</u> which are clusters of liver cells. The portal vein and the hepatic artery enter the liver sending one large trunk to the left lobe and one large trunk to the right lobe, gradually dividing into smaller branches creating a network of vessels bringing blood to each lobule. Once the cells in the lobule process the blood, <u>ducts</u> (small tubes) transport bile from the cell while filtered blood empties into veins at the center of each lobule. Veins lead out of the lobules merging into larger veins eventually flowing into the hepatic veins; blood then leaves the liver through the <u>inferior vena cava</u>, the largest vein in the body. Ducts transport bile out of the lobule flowing into larger right and left

hepatic ducts. These two larger ducts come together to form the common hepatic duct.

The **common hepatic duct** drains the bile to the **gallbladder** where it is stored and brings **bile** to the first part of the small intestine.

How Your Liver Works

Unlike the lungs or heart, we cannot feel our liver working. Many people don't think about their liver unless or until there is something wrong with it. Your liver is an incredibly hard-working organ with more than 500 different vital functions. Only your brain has more functions than the liver. Many of the liver's functions are related to your <u>metabolism</u>. These metabolic functions allow you to convert food to energy, break down food to basic building blocks needed by your body and eliminate waste.

The liver...

- Produces bile
 - Bile is a yellow-green acidic liquid that helps carry away waste and break down fats in the small intestine during digestion
- · Produces proteins for blood plasma
 - Blood plasma is a fluid which transports blood components (red and white blood cells and platelets), nutrients, hormones, proteins, and waste products
- · Produces cholesterol and special proteins to help carry fats through the body
- · Converts unused glucose into glycogen for storage
 - When needed, glycogen can be converted back to glucose for energy
 - Balances blood sugar and makes glucose as needed
- Regulates levels of <u>amino acids</u> in blood
 - · Amino acids form the building blocks of proteins
- Stores iron processed from <u>hemoglobin</u>
 - Hemoglobin is the protein in your red blood cells that carries oxygen
- Converts poisonous ammonia, made during digestion, to urea
- Processes drugs and other poisonous substances to your body
- Regulates blood clotting (or our ability to stop bleeding)
- · Fights infections by making immune factors and removing bacteria from the bloodstream
- · Removes bilirubin from red blood cells

The liver removes harmful substances from our body often by breaking them down to smaller byproducts. These byproducts leave the liver through bile or blood – byproducts in bile are removed from the body through feces while those in the blood are filtered out by the kidneys and removed through the urine.

Last updated on July 22nd, 2022 at 10:26 am

CHRONIC HEPATITIS C





Facts And Figures

- In the U.S., approximately 3.4 million people are infected with chronic hepatitis C (HCV).¹²³
- In 2012, the number of deaths associated with HCV surpassed that of 60 other nationally notifiable infectious conditions that are routinely reported to the Centers for Disease Control and Prevention (CDC).⁴



Impact Of HCV

- Chronic HCV, a virus that leads to inflammation of the liver, is a major cause of cirrhosis and liver cancer, and a primary reason for liver transplants.⁵
- In addition to liver problems, HCV infection has been associated with depression, anxiety disorders, and renal disease.
- HCV can have an economic impact due to both direct healthcare and indirect work-loss costs.

Reasons To Act

- Chronic liver disease in people with HCV can progress slowly, without any signs or symptoms, over several decades.¹¹
- The American Association for the Study of Liver Diseases (AASLD) and Infectious Diseases Society of America (IDSA) recommend early treatment of chronic HCV Infection before the development of severe liver disease and other complications.¹²
- A person can apread HCV without having symptoms.*



Access To Treatment

- There are a number of treatments available that can help cure* the majority of people with HCV.^{11,19}
- Several states have taken steps to ensure better access to chronic HCV medications for Medicaid patients over the last few years following Centers for Medicare & Medicaid Services (CMS) guidance. HAMP



Go to HepC.com for more information and tools that can help you start a conversation with your doctor and get the support you need. On the site, you can find a doctor who specializes in treating HCV.



Or call 1-844-HEPCINFO (1-844-437-2463) to speak to someone regarding your HCV questions.

*Curie means the hepatitis Cyrus is not detectable in the blood months after treatment ends. Individual results may vary.

February 2014 and the Action of Comments o



Hepatitis (Inflammation)

Did you know that hepatitis simply means inflammation of the liver?

Inflammation is the body's natural response to injury and an important part of healing or immune response. Think about when you get a cut or injury to your skin. The area around the wound becomes swollen or inflamed. Seeing the swelling is not the only way you experience the **inflammatory phase.** You may also experience pain, redness, or the wound may feel warm to the touch. Under the skin, your body is hard at work to stop the bleeding and prevent infection. Blood vessels near the wound widen, or dilate, making more room for special healing and repair cells, or cells in the wounded area. These cells remove damaged cells and harmful substances (like bacteria or viruses) and allow the rest of the healing process to continue. Inflammation is essential to fight infection.

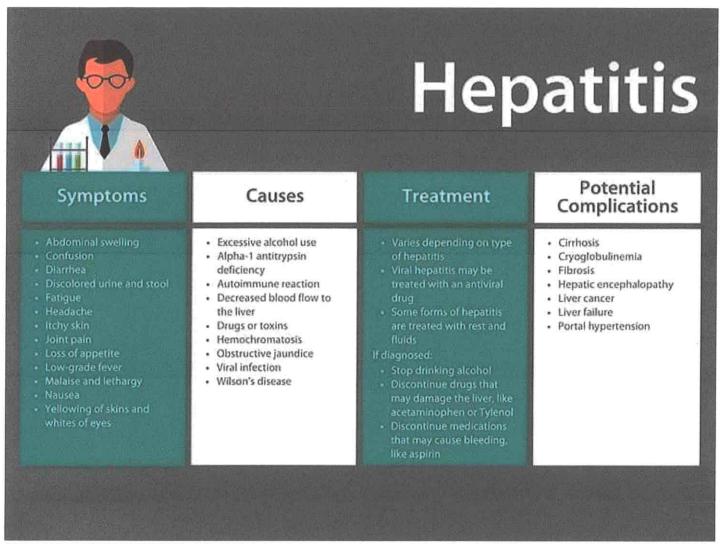
something called <u>collagen</u>, a fiber, which stiffens the tissue around the cells, protects the surviving cells and allows healing to occur. In a healthy liver, this repair process is very closely regulated and when no longer needed the extra collagen will disperse and the liver returns to normal.

When Inflammation Becomes Disease

While this controlled inflammation is essential to maintain proper function and balance in the liver, if it becomes **dysregulated** it drives the progression of liver disease. This diseased inflammation is called **hepatitis**. We most often hear the word hepatitis when we talk about **viral hepatitis**, like hepatitis A, B, or C, but viruses are not the only cause of hepatitis. Infection with a virus, overindulging in alcohol or fatty foods, or even our own immune system can trigger a continual inflammatory response in the liver, disrupting the closely regulated cycle of inflammation and healing. When someone has liver disease, their liver enters into a very dangerous cycle. Persistent inflammation sends nonstop signals to the repair cells to continue depositing collagen. The extra collagen stiffens around the tissue like it is supposed to in the healthy liver but, instead of a signal being released to stop the inflammation and discard the extra collagen, the inflammation continues and even more collagen is deposited leading to more stiffening. This is how scars or fibroids, develop in the liver. If left untreated, the scars will continue to replace healthy liver cells, leading to severe scarring known as **cirrhosis**.

It's important to speak to your doctor about any possible risk factors for hepatitis or if you've experienced symptoms. There are many different causes for hepatitis with varying risks and symptoms. You can review possible symptoms and common causes of liver inflammation here in this infographic, explore more of this website or call the ALF Help Line 1-800-GO-LIVER to learn more.

Last updated on July 22nd, 2022 at 10:28 am



Inflammation's Role in Metabolism

The liver is a complicated organ with many functions. The liver plays a big role in our immune system, making many important **proteins** needed for proper immune function. A lot of the liver's functions are metabolic functions, related to our metabolism; these functions allow us to convert food to energy, break down food to basic building blocks needed by our body, and eliminate waste. Some of these metabolic functions require inflammation in order to occur. Similarly, the liver is responsible for filtering toxins, medications, and harmful substances from our blood. When the liver detects something dangerous it works hard to eliminate and clear the substance from our body. This activates an immune response which requires some inflammation. When the inflammation is no longer required there is a system in place to resolve the inflammation and keep the liver healthy.

Inflammation's Role in Repairing Damaged Cells

The liver recognizes and replaces its own damaged or broken-down cells while still performing all of its vital functions. Just as inflammation is required to get rid of toxic substances, inflammation is part of repairing damaged liver cells. Damaged liver cells and immune cells both send out messages to activate specific repair cells which travel to the site of the injury. These repair cells release



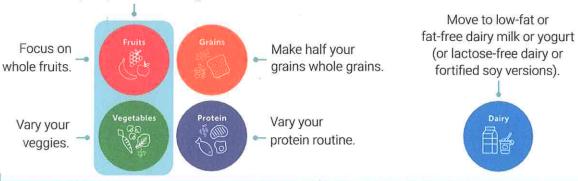


Small Changes Matter.

Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.







Choose foods and beverages with less added sugars, saturated fat, and sodium.

The benefits add up over time, bite by bite.

Make every bite count

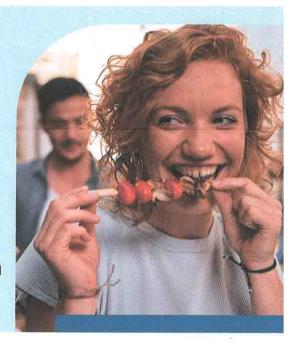


Take a look at your current eating routine.
Pick one or two ways that you can switch to
choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come.

Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.



Choose from these simple tips to help you...



Focus on whole fruits

- Start your day with fruit at breakfast. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- · Keep ready-to-eat fruits in the refrigerator for a guick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a quick fruit salsa to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a salad.





Vary your veggies

- Add shredded carrots to the lettuce and tomato in your sandwich, make soup from the veggies in your vegetable drawer, and snack on raw vegetables.
- Try a stir-fry with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and get a new recipe from a cookbook, website, supermarket, or friend.





Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based hot or cold cereal. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a healthy whole-grain snack.





Vary your protein routine

- Broil lean beef cuts like sirloin, top round, or flank steak. Roast lean types of pork tenderloin or loin chops and slice into strips for dinner, salads, and sandwiches.
- Have fish or seafood twice a week. Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- Meatless meals are tasty and budget friendly.
 Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.





Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- Add low-fat or fat-free dairy to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are important at every stage of life. Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a glass of low-fat or fat-free milk or fortified soy milk (soy beverage).
 Choose the unsweetened option.



Choose foods and beverages with less added sugars, saturated fat, and sodium



Tips for Less Added Sugars

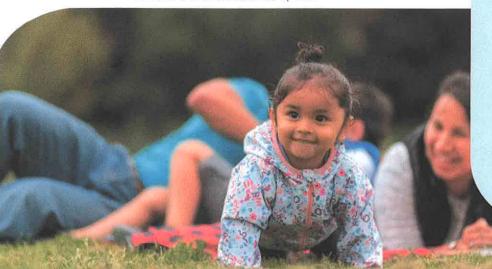
- Choose packaged foods that have less or no added sugars, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, plain water or sparkling water with a squeeze of fruit for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

Tips for Less Saturated Fat

- In place of foods higher in saturated fat, look for foods like nuts, seeds, and fatty fish like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose canola oil, olive oil, or other vegetable oils for cooking.

Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- Cook at home! Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.



Start simple

Focus on Whole Fruits



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.



Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.



Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.



Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.



Add fruit at dinner

Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.



Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.





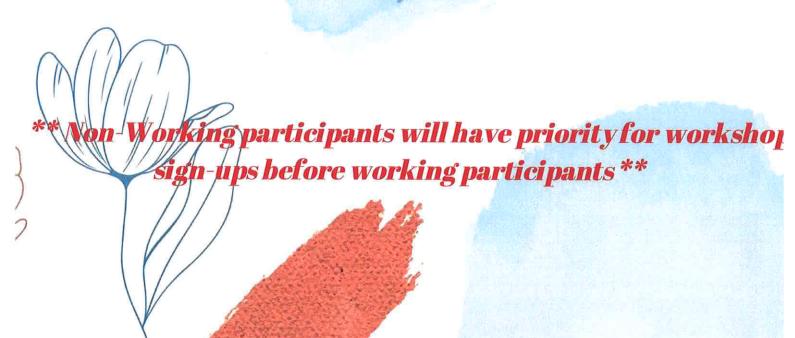
CREATE A GROCERY GAME PLAN GROCERY LIST

FRUITS	GRAINS (BREADS, PASTAS, RICE, CEREALS)
DAIRY (MILK, YOGURT, CHEESE)	VEGETABLES
PROTEIN FOODS (MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)	OTHER
NOTES:	



Kara Newton - C.H.E/J.P.

Kerri Campbell- Lead Band Rep
Naomi Pegahmagabow- Band Rep
Jodi Contin- Band Rep



Band Representative On-Call Schedule

Staff Member	Start Date	End Date		
Kerri	2023-01-30 16:30	2023-02-16 8:30		
Naomi	2023-02-16 16:30	2023-02-28 8:30		
Kerri	2023-03-01 16:30	2023-03-06 8:30		
Naomi	2023-03-06 16:30	2023-03-13 8:30		
Kerri	2023-03-13 16:30	2023-03-20 8:30		
Naomi	2023-03-20 16:30	2023-03-27 8:30		
Kerri	2023-03 27 16:30	2023-04-03 8:30		

All On-Call Shifts are from Monday @ 4:30 PM to the following Monday @ 8:30 AM

Contact Numbers:		
Kerri	(705) 921-5202	
Naomi	(705) 690-6829	

^{*} On-Call is for emergencies ONLY *

February

2023

Band Rep Program-Kerri Campbell



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kerri on Call		1 MCCYS Meeting 10am	North Bay CCA Meeting	3	*
5	6 Program Prep/Family Pantry Prep	7 Family Court 9:30 Adult Game Day 2pm	8	Meat Pie Workshop	10	*4
#	13	Family Court 9:30 Parenting 1 pm	15	Out Of Office	Out Of Office	19
39	Family Day Office Closed	Kerri Holidays	Kerri Holidays	23 Kerri Holidays	Kerri Holidays	2.5
25	27 Kerri Holidays	28				
		ALATA				

Saturday	4	Σ	0	25	
Friday	3 Home Visits	10 Home Visits	17 Home Visits	24 Home Visits	
Thursday	2	9 Meat Pie Wkshp All day	16	23	
Wednesday		8	15	22	
Tuesday		7 Adult Game Day 2pm	14 Parenting 1pm	21	28
Monday		9	13	20 FAMILY DAY OFFICE CLOSED	27
Sunday		ιο ·	12	19	26

February 2023

Community
Health
Educator
Jordan's
Principle
Coordinator

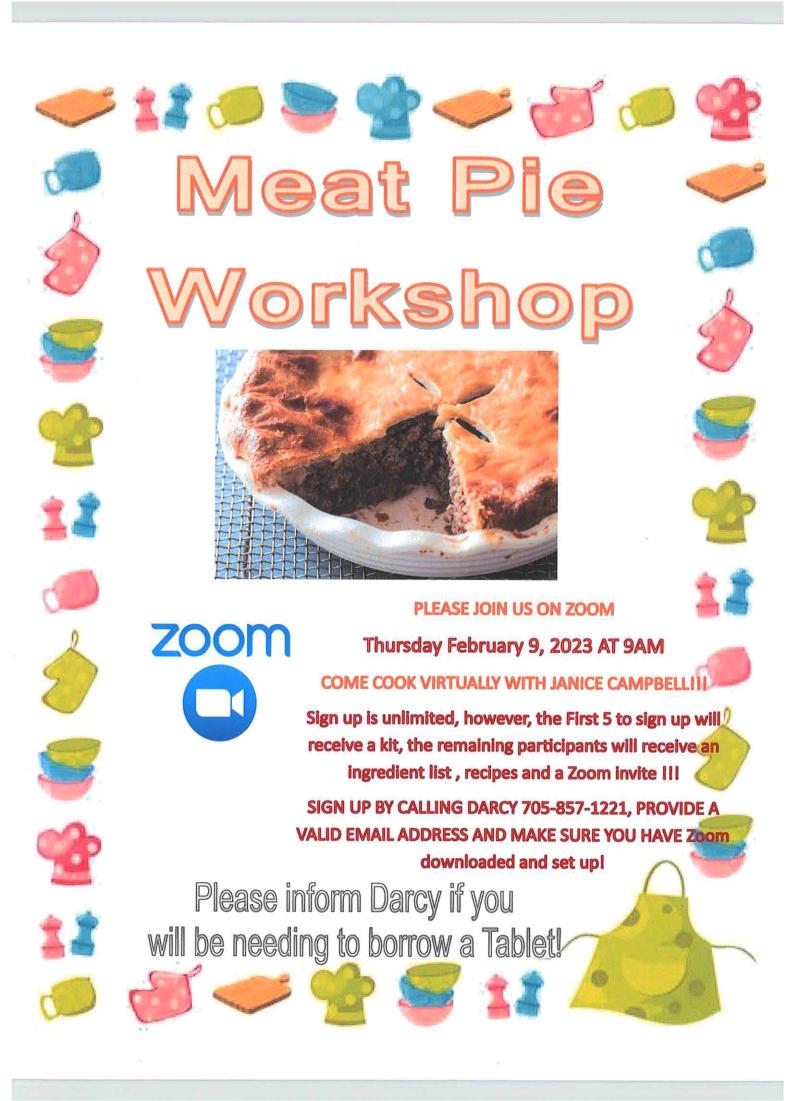
For parents, guardians, and caregivers of children ages 0-6 years!!!

Tuesday February 14, 2023 1pm @Program Trailer



Miigwetch!!

The first 5 people to sign up will receive a special kit, call Darcy to sign up!







Henvey Inlet First Nation Health Centre 354A Pickerel River Road- Pickerel, ON PoG 1Jo

(705)857-1221 EXT: 229



TUESDAY FEBRUARY 7, 2023

MEN'S CIRCLE

WITH STAN MOSES, DAVE RICE, ARLEN TULLOC

PROGRAM TRAILER

5:00PM TO 8:00PM

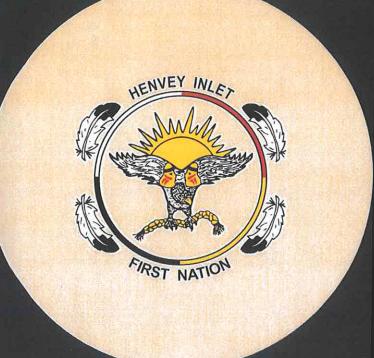
10 PARTICIPANTS MAX.

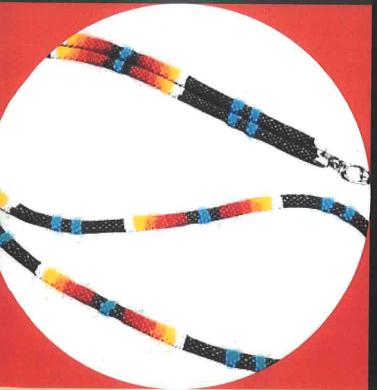
PLEASE CALL HEALTH CENTRE IF INTERESTED IN ATTENDING.

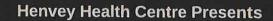
FOR FURTHUR INFORMATION OR IF A RIDE IS NEEDED WITHIN COMMUNITY, CONTACT:

CULTURAL COORDINATOR- STAN MOSES 705-857-1221









BEADED KEYCHAIN LANYARDS WITH ALLY LEFEBVRE

Maximun of 16 spots available!

Sign-up deadline is February 10th Call Darcy to Sign-up!

DATE TO BE DETERMINED.

IT WILL BE A SATURDAY



TUESDAY FEBRUARY 21, 2023

INTERIS CIRCLE OUTTING

WITH STAN MOSES, DAVE RICE, ARLEN TULLOC

• OUTTING TO BE DETERMINED •

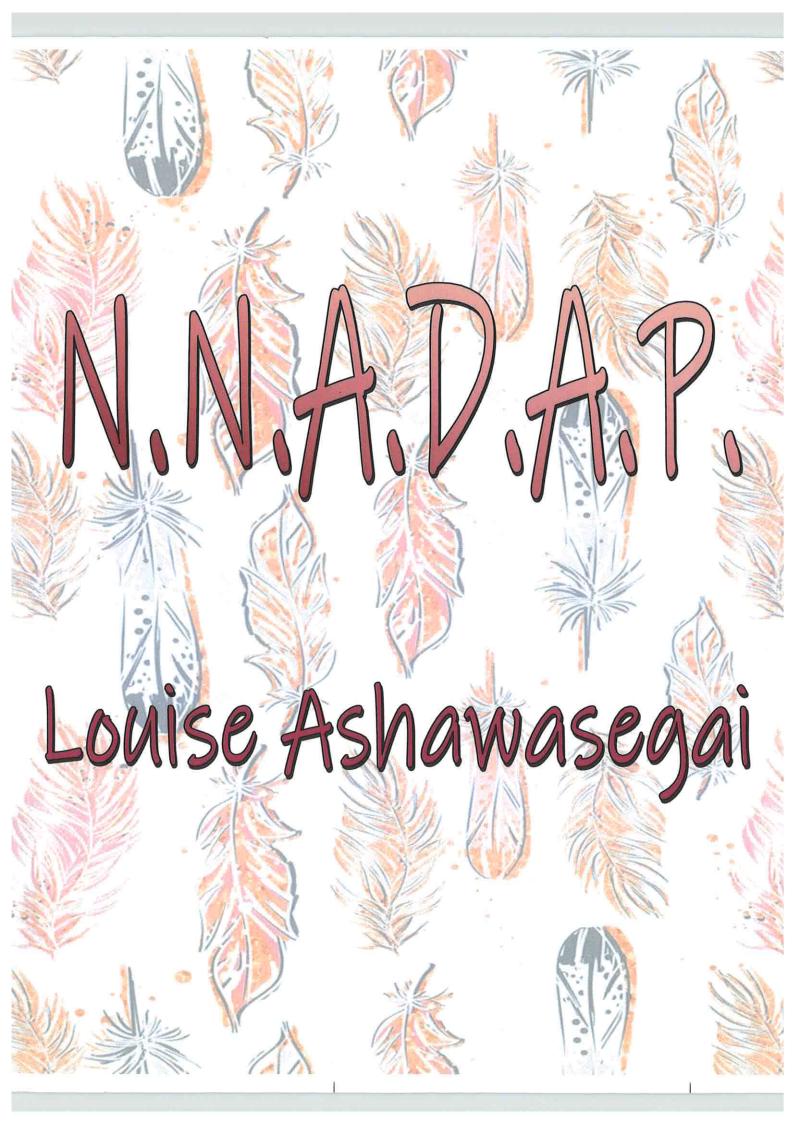
TIME TO BE DETERMINED

10 PARTICIPANTS MAX.

PLEASE CALL HEALTH CENTRE IF INTERESTED IN ATTENDING.

FOR FURTHUR INFORMATION OR IF A RIDE IS NEEDED WITHIN COMMUNITY. CONTACT:

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



Louise Ashawasegai-NNADAP

February 2023

			70		
26	19	12	ហ		Sun
27 Meeting Office	20 Staff meeting	13 Meeting H Office	6 Staff meeting		Mon
28	21 Home vis- it	14 Home vis- it	7 Home vis- its		Tue
	22 Lunch 12 to 1:30	Drop in H 9 to 11:30 Office	8 Lunch 1 12 to 1:30	Drop in 1 9 to 11:30 Office	Wed
	23 Home vis- its Meeting	16 Home vis- its, Meet- ing	9 Home vis- its Meeting	2 Home vis- its Meeting	Thu
	24 Office	17 Office	10 Office	3 Office	Fri.
	25	18		4	Sat



Pink Shirt Day

February 22

Let's be kind to one another

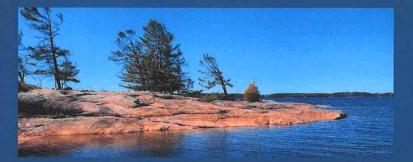


B'saanibamaadsiwin Indigenous Mental Health

connect with us

SHOW STRENGTH. SEEK SHODODT

Mental Health & Addiction Services



About Us

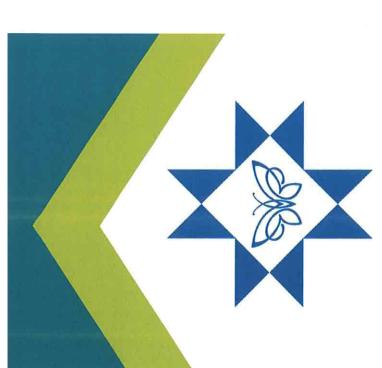
Our program is committed to providing mental wellness care that is culturally safe. We help to build skills, knowledge and respectful attitudes that lead toward empathy and advocacy for you, your family and your community.

We will be helpers on your healing path and will meet you where you are at in your healing without judgement.

Call to make a referral (705) 746-2512

Canadian Mental Health Association Muskoka - Parry Sound

Addictions and Mental Health Services More Information: www.cmhamps.ca



The programs original logo, entitled "My Spirit Sings", was redesigned by the founding artist Alex Zyganiuk of Wasauksing First Nation in 2019. He shared the following:

morning star is a sign of courage and purity of spirit. The butterfly Many Indigenous circles believe the signifying the stages of change that we walk on during our life path. To symbolizes that hope is universal many, it also signifies eternal life, freedom of spirit and an overall and the metamorphosis of life; sense of well-being.

should stand straight and walk the In troubling times look to the stars. The symmetry represents that we ife path in balance. It takes courage to make change in people's hearts.

24 Hour Crisis Services

telephone support 24 hours a day. community member are in crisis Our team is available to provide If you, a family member or please call for support.



(705)746-2512

B'saanibamaadsiwin

Show Strength, Seek Support

Contact Us

60 James Street, Suite 201 Parry Sound, ON P2A 1T5

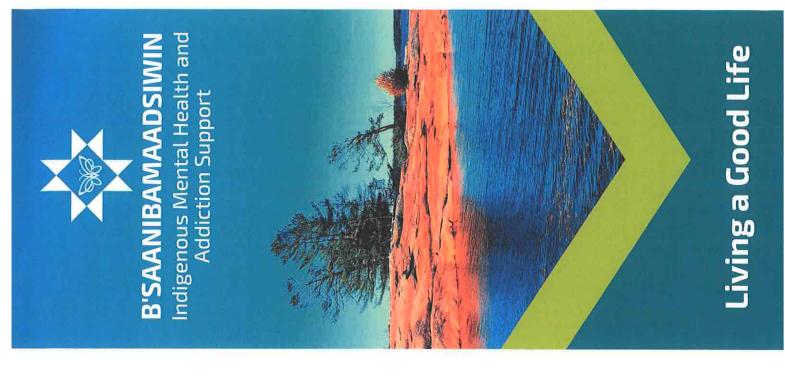
Phone (705) 746-2512 Fax (705) 746-9590

www.cmhamps.ca



Canadian Mental Health Association

Mental Health Services Addictions and



there is a difference in how you greater society sees the world. wellness care that is culturally Nation, Inuit and Metis mental committed to practicing First safe. We acknowledge that see Creation and how the B'saanibamaadsiwin is

wholistic healing and wellness. The program provides services A strengths based approach is used to help guide your and practices such as

- Support with Smudging
- Wellness Gatherings
- Community Workshops
- Sharing Circles
- Indigenous Ceremonies
 - Traditional Knowledge Sharing
- Elder/Indigenous Knowledge Keeper Consultations



Services

- Intake Screening and Assessments
- Crisis Intervention; Prevention Mental Health Counselling
 - - Minookmii CBT Therapy
- Addictions Counselling
- Early Intervention of Psychosis
- Access to Psychiatry Assessments
- Rapid Access Addiction Medicine
- Mobile Withdrawal Management
- **External Referrals and Advocacy**
- Community Development

Our Mission and Vision

and will meet you where you are at in your healing without judgment. There will be no will work with you in your journey to reach We will be helpers on your healing path challenge or denial of your identity. We your goals towards mental wellness.

Program Guidance

Indigenous Program Advisory Committee which represents the surrounding First Our program design, development and Nations and Indigenous communities. delivery of services is guided by the

West & East Parry Sound Urban | Wasauksing Wahta | Moose Deer Point | Muskoka Urban Dokis | Henvey | Magnetawan | Shawanaga



Confidentiality

rather not share, and problems we would assist you, we may need to know about program staff to be better equipped to coming for help is privacy. We all have One concern many people have when feelings and thoughts that we would prefer no one knew about. For the these very private matters.

person without your informed consent. Confidentiality means that we will not disclose any information to another

Brochure for more information regarding Please see our website or Privacy confidentiality.

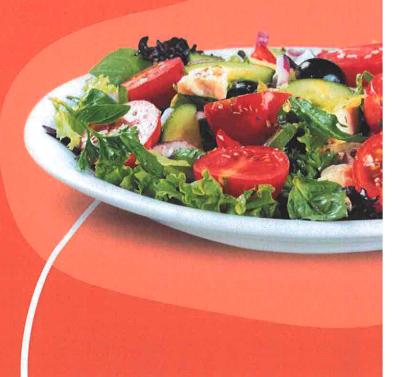
Appointments

Appointments can be schedule in office, in the community or virtually.

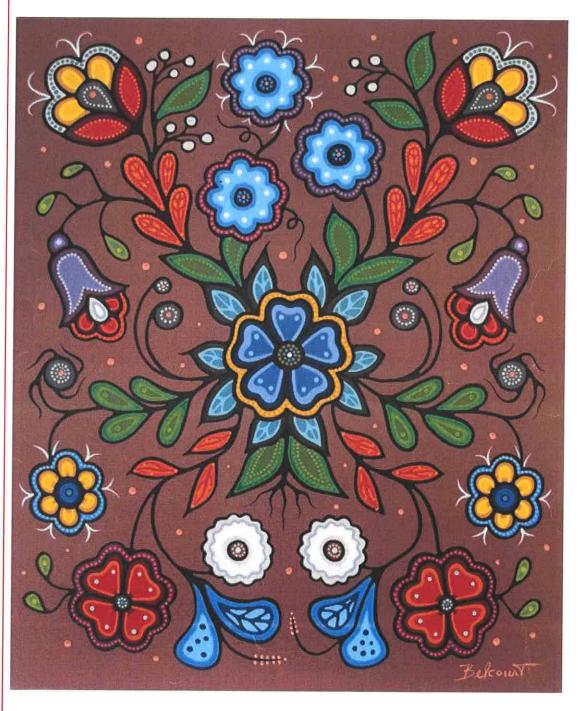
LUNCH WITH LOUISE

come join us for lunch!
Dine in Only!
WEDNESDAY FEBRUARY
8TH AND 22ND

FROM 12:00PM -1:30PM PROGRAM TRAILER



COMMUNITY WELLNESS PROGRAM NEWS



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



COMMUNITY WELLNESS PROGRAM

There is only one happiness in life, to love and be loved.



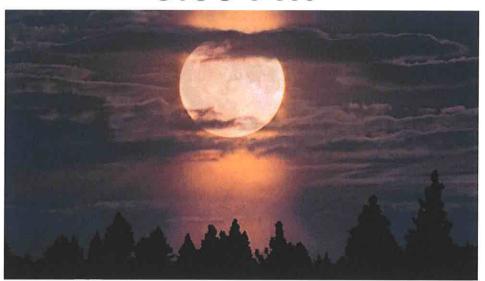
FEBRUARY 2023

Saturday	4		<u>8</u>	2.5	
Friday	3 BAND COUNCIL MEETING	10 OUT OF OFFICE	17 IN OFFICE	24 FEAST BUNDLE MAKING	
Thursday	2 CEMETERY RESEARCH	9 CEMETERY RESEARCH	16 CEMETERY RESEARCH	23 CEMETERY RESEARCH	
Wednesday	I HOME VISITS	8 HOME VISITS	15 HOME VISITS	HOME VISITS	
Tuesday		7 GENEALOGY GROUP MEET	14 GENEALOGY GROUP MEET	21 STAFF MEETING GENEALOGY GROUP MEET	28 GENEALOGY GROUP MEET
Monday		6 STAFF MEETING	13 IN OFFICE	20 FAMILY DAY	27 IN OFFICE
Sunday		5 FULL MOON CEREMONY	12	61	25

FEB 5th 2023

263 PICKEREL RIVER ROAD

6:00 PM



All Women & Young Women are welcome, no matter what phase of their moon time they find themselves.

Women gather at various phases of the Moon to honor Nokomis, our Grandmother, in order to restore our Feminine Power and to restore the balance between the feminine and masculine sides of ourselves. In our Moon ceremony we learn the teachings of the current moon cycle and share our experiences of these Women's Teachings.

Ceremonies are held around each monthly Full Moon

Please remember to:

- Wear a Skirt and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering.
- Bring <u>Yellow cloth</u> to make a tobacco tie offering.
- Bring a <u>Chair</u> to sit on, I have limited chairs.
- Blanket.
- Food to share with the other women.

PLEASE SIGN UP WITH THE HEALTH CENTRE

FOR FURTHER INFORMATION CONTACT:
COMMUNITY WELLNESS WORKER LUANA MCQUABBIE

CREATING YOUR OWN PERSONAL FAMILY TREE

"GENEALOGY GROUP MEET"

FEBRUARY 7, 14, 21, & 28, 2023 HIFN HEALTH CENTRE/TRAILER #3

Gathering family history involves tracing a continuous line of descent from a given ancestor. In past times many First Nation people were taught to memorize their genealogy and this data was recited at marriages, funerals and at other feasts and ceremonies. Over time, the ability to trace one's ancestry by memory became a lost art.

Today anyone wishing to trace his or her ancestry must search through vital statistical records such as births, marriages and deaths, and through various government and private records as well as ancestry research through on-line sites. Please bring with you any information that could help with the start of building your family tree.

AncestryDNA Testing kits are available if you would like one.

A big thank you to S & N Convenience and Gen7 Fuel for their kind donation of 20 kits to my CWW Program.

TO SIGN-UP PLEASE CONTACT DARCY AT THE HEALTH CENTRE TO BOOK A TIME.

FOR FURTHER INFORMATION CONTACT CWW LUANA MCQUABBIE 705 857-1221 EXT 227

FEAST BAG MAKING

OPEN TO ALL AGES
WITH LUANA
MCQUABBIE

~8 MAX PARTICIPANTS~

FEB 24TH, 2023 1:00-4:00 PM

AT HEALTH CENTRE PROGRAM TRAILER CONTACT DARCY TO SIGN-UP.



CONTACT INFO: CWW LUANA MCQUABBIE - 705-857-1221 EXT 227