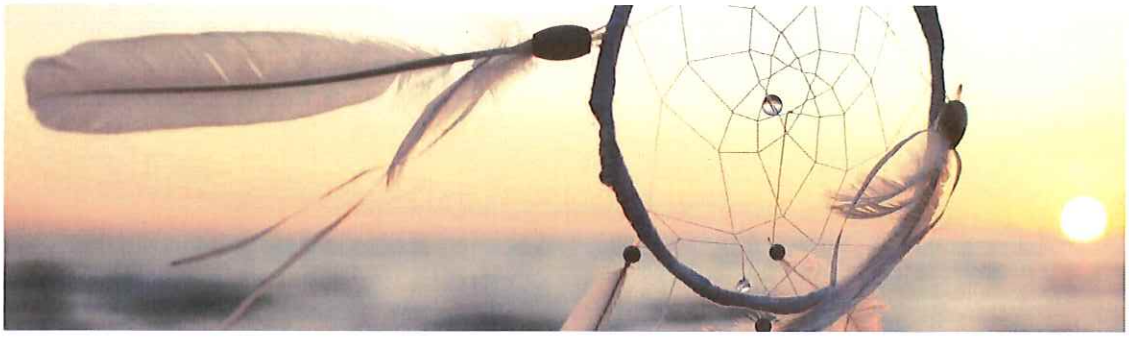
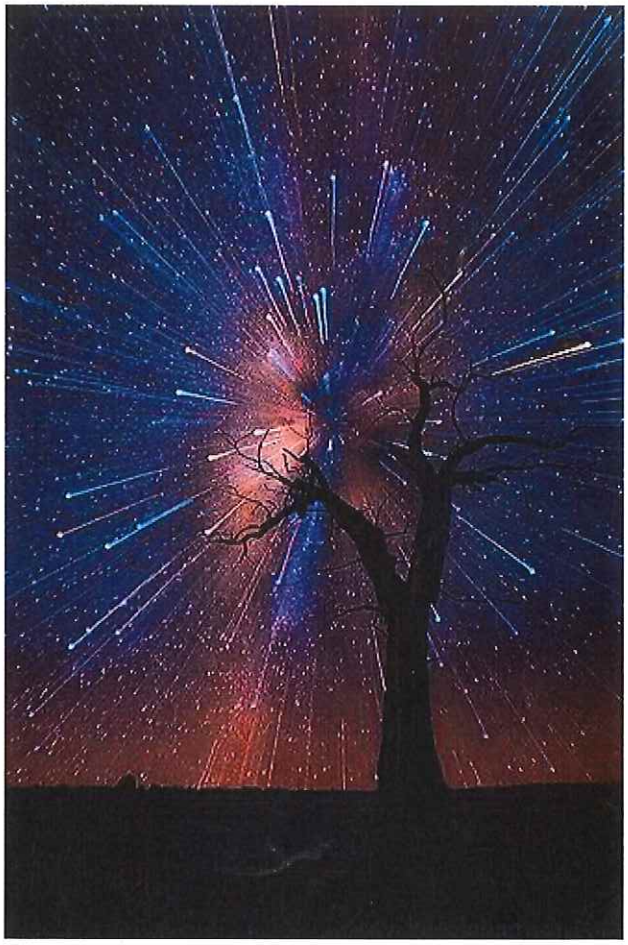


WFN Newsletter

7/1/2018

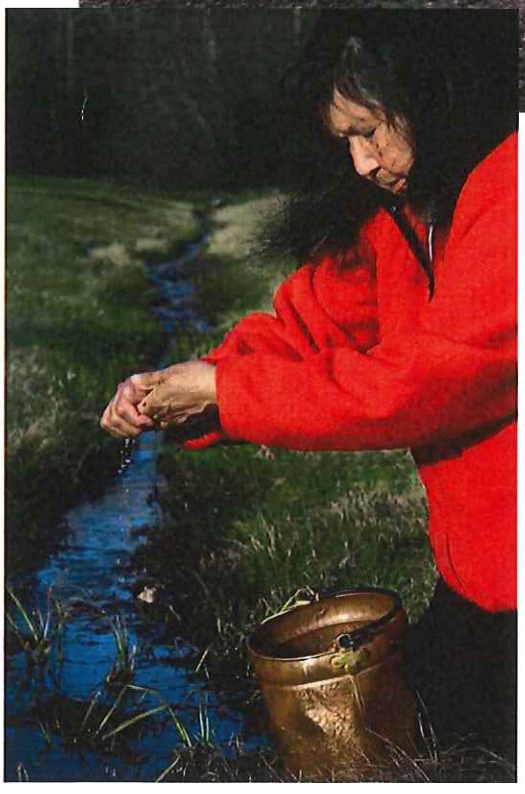
Health Department



" Dwell on the beauty of life. Watch the star, and see yourself running with them"

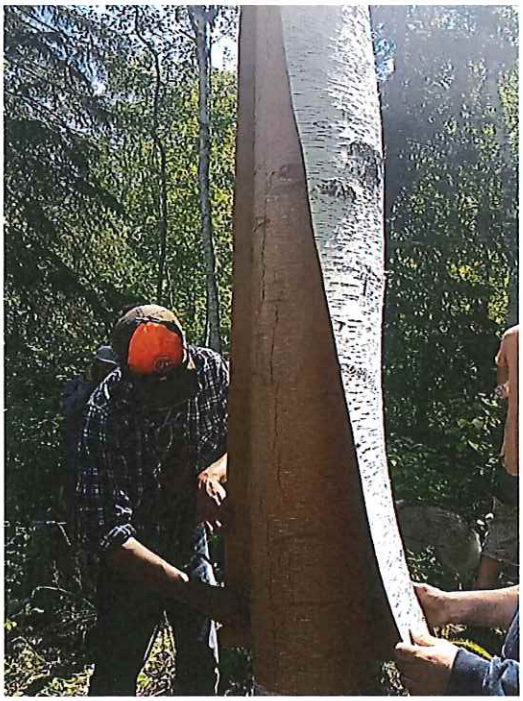
Anishinaabemowin Jiimaan: Wahnapitae First Nation

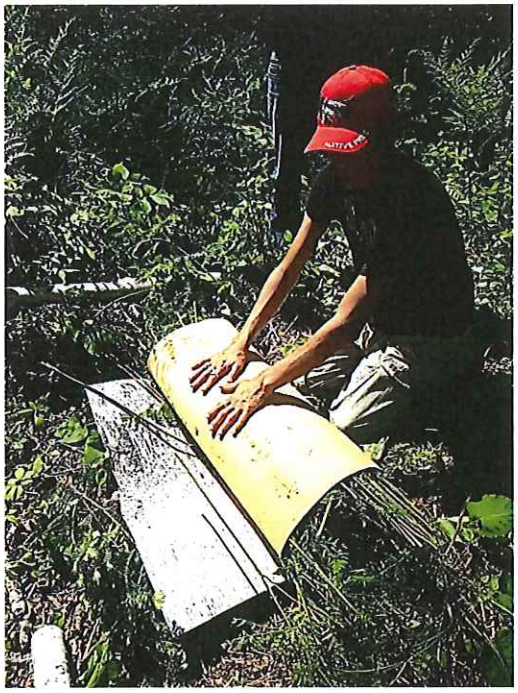
All Community Members are welcome to Participate in WFN's Birch Bark Community Build for the first two weeks in July. Wahnapitae First Nation started the process of building a full birch bark canoe. This includes gathering and harvesting, in the Anishnaabemowin language, with the help of Mike Ormsby and Albert Owl. The birch bark canoe project teaches this traditional craft while promoting language preservation in an immersion setting.

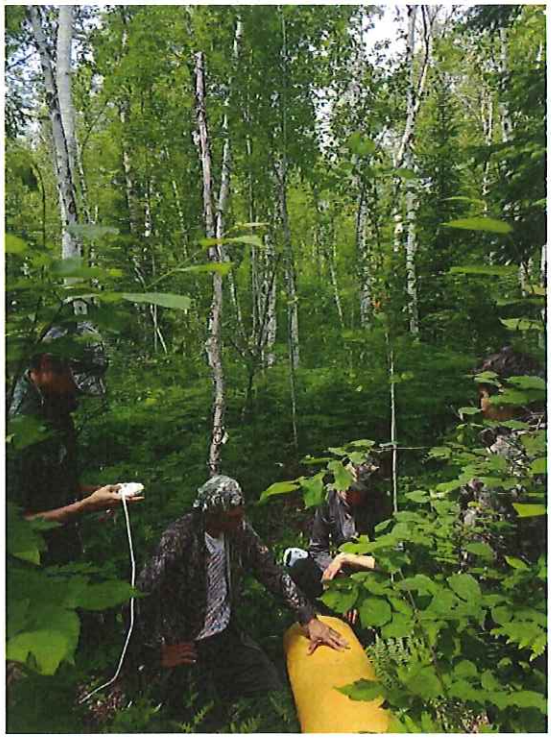


The canoe for Grandmother Josephine will have artwork depicting the importance of protecting water...especially the importance of the water walks.

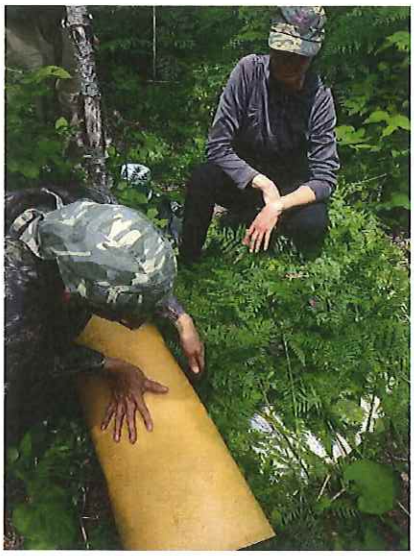
Elders, Traditional Teachers and Knowledge keepers will be able to share stories and teachings related to the canoe. There will also be opportunities for ceremonies. The bark canoe builds will be facilitated by Mike Ormsby and Albert Owl. We encourage all community members, especially the youth, to be involved. With the offering of Asemaa, beginning in June Wahnapitae FN, members have gathered and harvested materials for two canoe builds planned for the beginning of July. From the birch tree, comes the bark; from the spruce, pliant root; from the cedar, the ribs, planking and gunwales and from a variety of natural sources, the sealing pitch. A birch bark canoe is inherently beautiful. The canoe connects us not only to the past cultures but reminds us of the importance of nature in our lives. Balance. Harmony. Grace. Please view canoe community building daily schedule insert.







Anishinaabemowin Jiimaan: Wahnapitae First Nation



Bannock on a Stick making at the PowWow Grounds scheduled for Wednesday July 4th, 2018 from 3pm to 6pm.

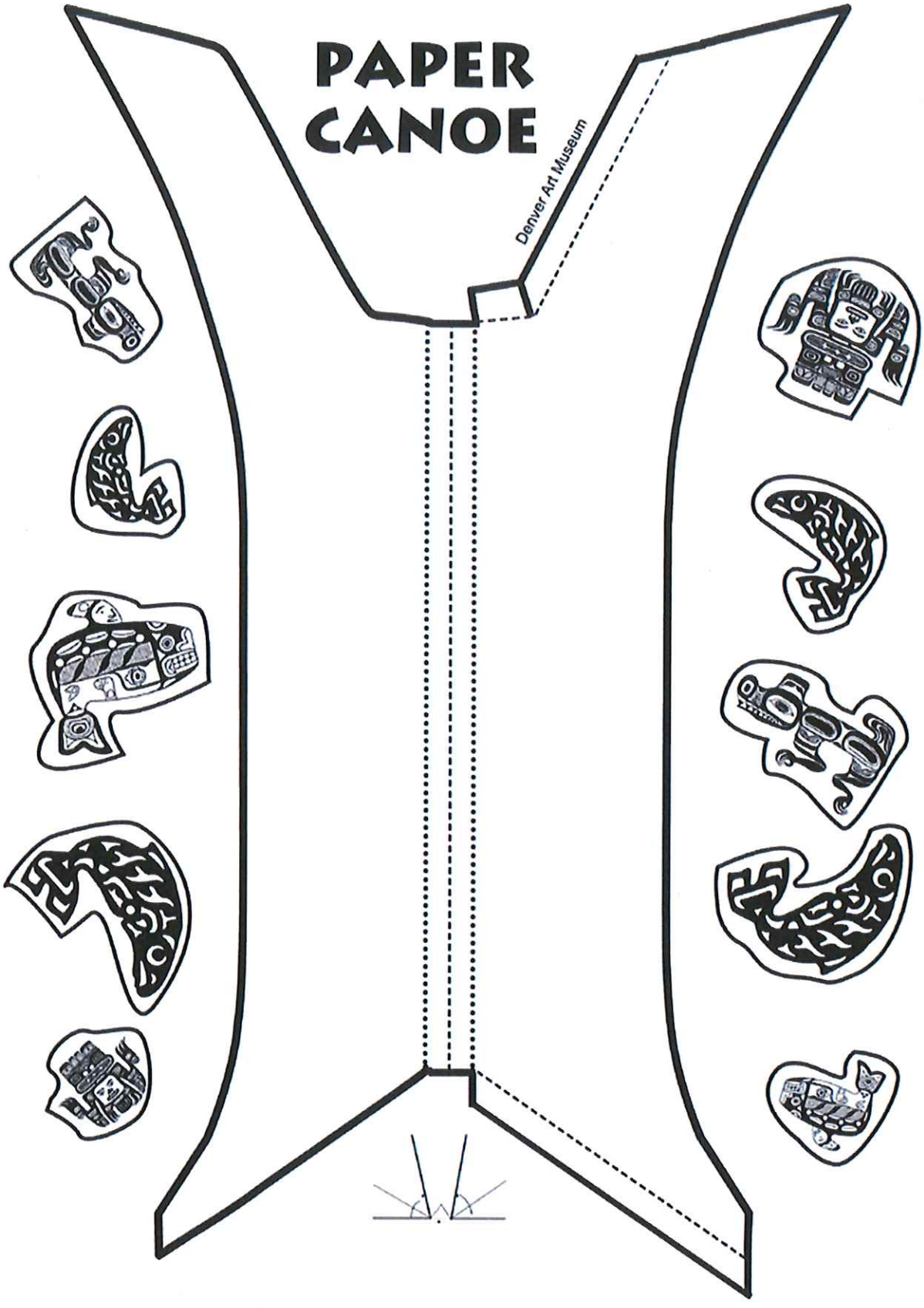
JULY 2018

COMMUNITY CANOE BUILDING – July 3-13

Everyone Welcome

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day	2 Band Office closed	3 Canoe Building 9-4 at Powwow Grounds *Anishnaabemowin language Incorporated daily *COMMUNITY WELOME & ENCOURAGED TO COME LEARN & HELP BUILD	4 Canoe Building 9-4 at Powwow Grounds *language incorporated daily	5 Canoe Building 9-4 at Powwow Grounds *language incorporated daily	6 Canoe Building 9-4 at Powwow Grounds *language incorporated daily	7
		Soups On 12-1 @ WFN Maan Doosh Gamig				
			3:00-6:00 Bannock on a Stick making *Language incorporated	4-6 pm Community BBQ and Summer Daycamp Registration *meet canoe builders, daycamp staff & REGISTER your child		
				4-6 BBQ @ Gazebo		
8	9 Canoe Building 9-4 Powwow Grounds *language incorporated daily	10 Canoe Building 9-4 at Powwow Grounds *language incorporated daily	11 Canoe Building 9-4 at Powwow Grounds *language incorporated daily	12 Canoe Building 9-4 at Powwow Grounds *language incorporated daily	13 Canoe Building 9-4 at Powwow Grounds *language incorporated daily	14
	12-1:30 Corn Soup lunch @pw grounds	Soups On 12-1 @ WFN Maan Doosh Gamig				
				Community Feast 5-7 at Powwow Gr *Celebrate & Feast the canoes*		

jiimaan



Remember that you are WATER
Cry. Cleanse. Flow. Let Go.
Remember that you are FIRE
Burn. Tame. Adapt. Ignite.
Remember that you are AIR
Observe. Breath. Focus. Decide.
Remember that you are EARTH
Ground. Give. Build. Heal.
Remember that you are SPIRIT
Connect. Listen. Know. Be Still.

Tobacco Tie Workshop

Scheduled Tuesday, July 31, 2018 6pm

At WFN Maan Doosh Gamig

with Ann-Marie Recollet

Making a Request: Offer the tobacco tie or pouch when you make your initial request. To make a request, offer the tobacco tie or pouch by holding it in your left hand in front of you, state your request (be specific), and if the person accepts your request, place the tobacco in their hand.

Strawberry Teachings

"The strawberry teaches forgiveness and peace. The strawberry is shaped like a heart, and strawberries are known to our people as heart berries."

—Elder Lillian Pitawanakwat

Often referred to as the heart berry because of its shape, the wild or natural strawberry is an important food and medicine in many indigenous cultures in North America.

This little plant carries many teachings. Our Elders say, "Just as the O-day'-min (heart berry) is connected to the strawberry plant by a vast system of leaves, runners, and roots, so is the heart connected to all the organs and parts of the human body. The heart is at the centre of the human."

Traditional uses

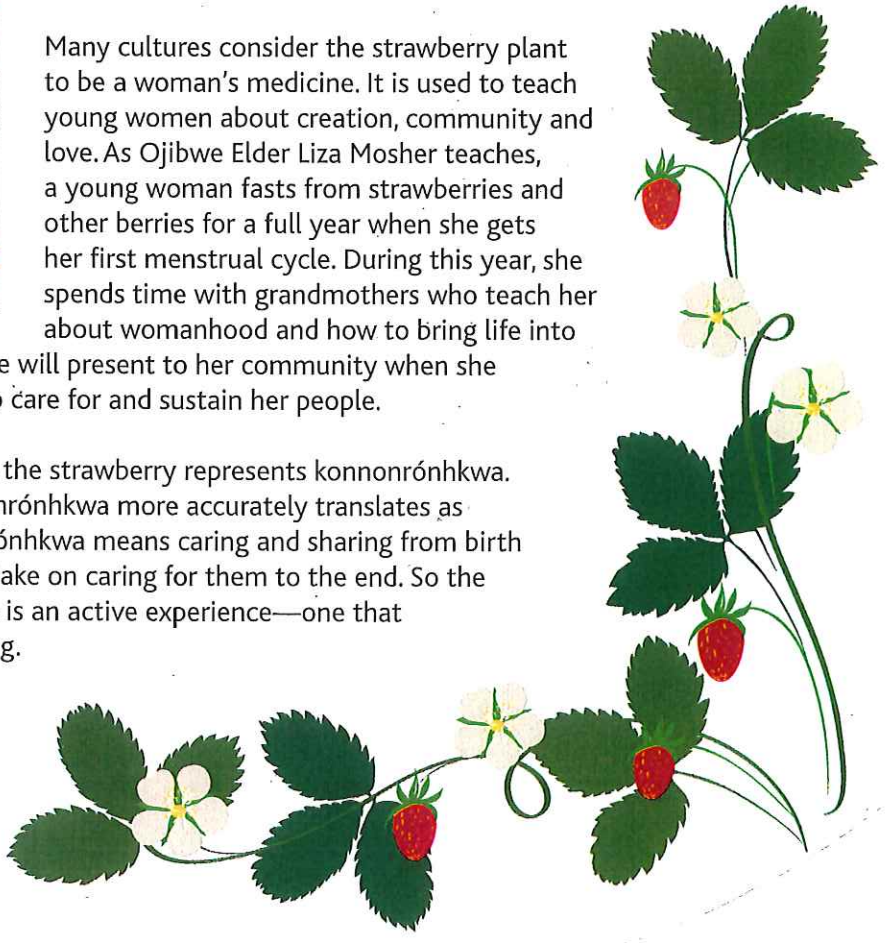
The strawberry plant is used to treat digestive disorders, skin problems, and to strengthen the uterus during and after pregnancy. The fruit and leaves are an excellent source of vitamin C.

The heart berry helps us understand the connection between the mind, body, spirit, and emotions. We need our heart to guide us in order to maintain personal balance.

The heart berry also reminds us of reconciliation and teaches us how to maintain heartfelt relationships in our families and communities. During the strawberry harvest in June, many communities hold annual feasts, welcoming everyone home, and letting go of differences, judgment and self-righteousness.

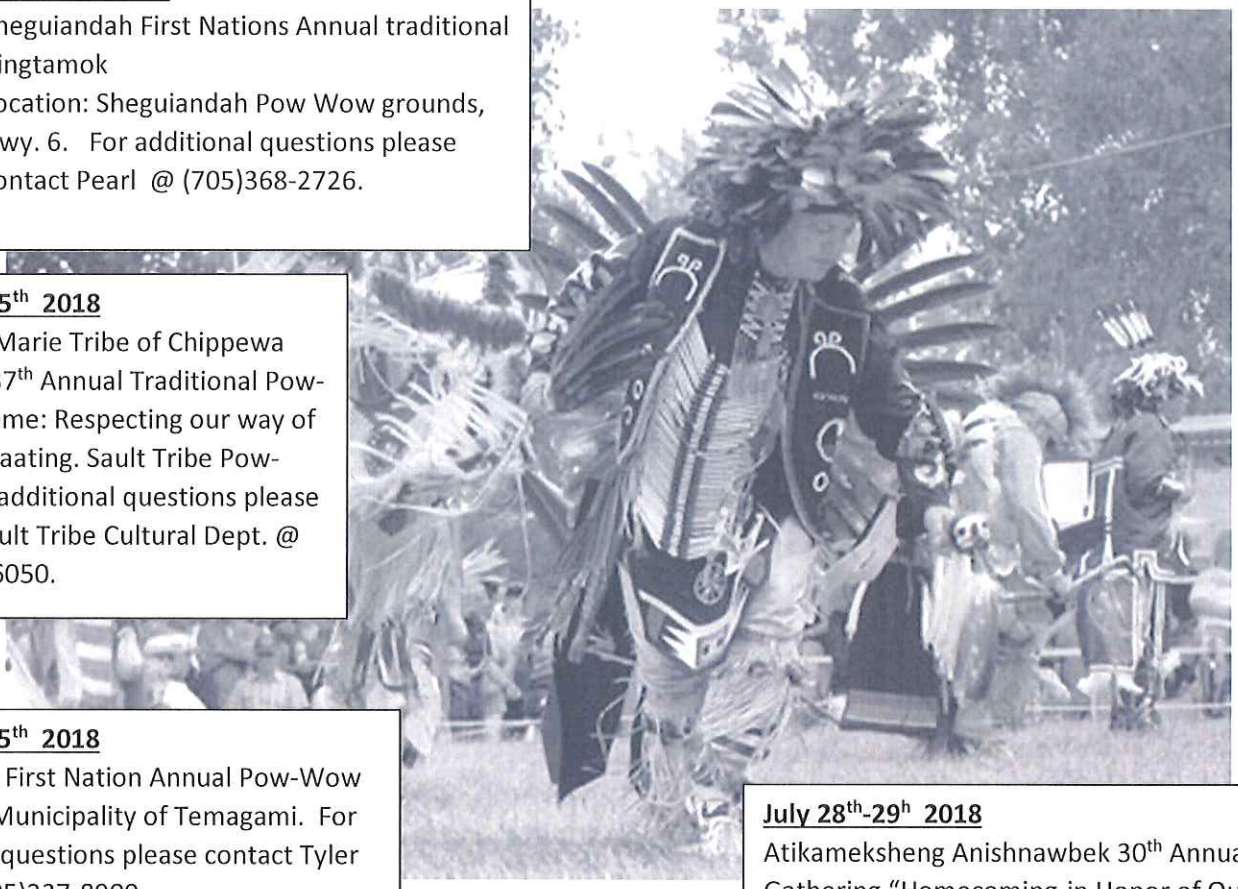
Many cultures consider the strawberry plant to be a woman's medicine. It is used to teach young women about creation, community and love. As Ojibwe Elder Liza Mosher teaches, a young woman fasts from strawberries and other berries for a full year when she gets her first menstrual cycle. During this year, she spends time with grandmothers who teach her about womanhood and how to bring life into the world. She also gathers berries, which she will present to her community when she completes her fast. Hence, she learns how to care for and sustain her people.

In the words of Mohawk Elder Jan Longboat, the strawberry represents konnonrónhkwa. Commonly translated as "I love you", konnonrónhkwa more accurately translates as "I show you I care." As Jan explains, konnonrónhkwa means caring and sharing from birth to death. When you say it to someone, you take on caring for them to the end. So the strawberry reminds us that to love someone is an active experience—one that involves commitment, compassion and caring.



July Pow Wow Listing within our area

July 7th-8th 2018
Sheguiandah First Nations Annual traditional Jiingtamok
Location: Sheguiandah Pow Wow grounds, Hwy. 6. For additional questions please contact Pearl @ (705)368-2726.



July 13th-15th 2018
Sault Ste. Marie Tribe of Chippewa Indians – 37th Annual Traditional Pow-Wow. Theme: Respecting our way of life at Bawaating. Sault Tribe Pow-Wow. For additional questions please contact Sault Tribe Cultural Dept. @ (906)635-6050.

July 14th-15th 2018
Temagami First Nation Annual Pow-Wow Location: Municipality of Temagami. For additional questions please contact Tyler Paul @ (705)237-8900.

July 27th-29h 2018
Grand River Pow-Wow: Location: Chiefswood Tent and trailer park: Six Nations of Grand River, Brant Country Road 254, Ohsweken, Ontario. For additional questions please contact Pow-Wow committee @ (519)751-3908.

July 28th-29h 2018
Atikameksheng Anishnawbek 30th Annual Gathering "Homecoming-in Honor of Our Families" (Whitefish Lake First Nation Pow-Wow) Location Atikameksheng Anishnawbek Pow-Wow grounds, Naughton, ON. For additional questions please contact Pow-Wow committee @ (705)855-4050.

TO VIEW MORE POW-WOW LISTINGS YOU CAN GO TO POW WOW CALENDAR- NORTHERN ONTARIO ON FACEBOOK OR GO TO THE WEBSITE BELOW

HTTPS://ISSUU.COM/ANISHINABEKNEWS/DOCS/2018PWGUIDE

Please make sure to view our August Newsletter for August Pow-Wow listing

Kichitwaa Miigwewinan

Sacred Gifts

migizi
eagle

migizii-miigwan
eagle feather

migizii-boodaajigan
eagle whistle

dodem
clan

shkwade
fire

kichitwaa-shkwade
sacred fire

mshkiki
medicine

powaagan
pipe

namewin
prayer

semaa
tobacco

kiizhik
cedar

mshkwadewashk
sage

wiingash
sweetgrass

pkwenezigan
medicine used for smudging

pkwenezige-
booskanaagaanhs
smudge bowl

pkwenezige
to smudge, purify w smoke

semaa-pshkimdenhs
tobacco tie, pouch

wabinong
east

zhaawanong
south

epangishmok
west

giiwedinong
north

Namaadaa.
Let's pray.

Eniimijik
the Dancers

eniimid
dancer, one who is dancing

eniimijik
dancers, those who are dancing

gichinishinaabe zhigaawin
traditional style

zhinawa'oojigan zhigaawin
the jingle dance

miishkonhsiing-eniimid
grass dancer, one who dances on the grass

memegwaanhiing ezhigaad
fancy shawl dancer, one who dances like a butterfly

bineshiinh zhigaawin
men's fancy dance, bird-like dance

giimoochgaawin
sneak-up dance

aandeg zhigaawin
the crow (hop) dance

aandeg-ezhigwaashkinid zhigaawin
the crow-hop dance

niizho-tkokii zhigaawin
the two-step dance

maawndogaang
an intertribal dance

Niimi.
She/He is dancing.

Niimiwok.
They are dancing.

Nganiim.
I'm going to dance.

Eniimijik
the Dancers Continued

Nganiimimi.
We're going to dance.

Niimik.
Dance. (plural)

Niimin.
Dance. (singular)

Niimidaa.
Let's dance.

Gnitaaniim.
You dance good.

Gnitaaniimim.
You(s) dance good. (plural)

Nitaaniimi.
She/He dances good.

Nitaaniimiwok.
They dance good.

Wiijigaamshin.
Dance with me.

Wiijigaam.
Dance with her/him.

Wiijigaamidek.
Dance with each other.

Getin niimi.
She/He is dancing really fast.

Gichiniimi.
She/He is dancing hard.

Getin niimik.
Dance fast. (plural)

Gichiniimiwok.
They are dancing hard.

Getin niimiwok.
They are dancing fast.

Get Kids Active this Spring!

How can kids be more active?

- Move more. Try to get between 30 and 60 minutes of physical activity every day. Several 10 to 15 minute sessions of moderate activity each day add up.
- Include regular physical activity into your daily routine. Walk as a family before or after meals.
- Balance energy calories with activity calories. The energy you get from foods and beverages should equal the calories you burn in activity every day.
- Increase household activities (e.g., walking the dog, dusting, vacuuming, gardening). These activities are good ways to burn calories.
- Include an activity like hiking or bike riding when you go on vacation.
- Make playtime with your family more active by shooting hoops or walking to the park.

Teach Healthy Habits

Children won't think healthy eating is important if you aren't eating nutritious foods.
Mark the choices you could do:

- ☐ Try new foods together.
- ☐ Eat snacks from the food groups most of the time and enjoy fun snacks sometimes.
- ☐ Manage stress with movement—not food.
- ☐ Prepare meals with your kids. Ask them to set the table or chop the vegetables.
- ☐ Let your children decide what and how much to eat from what you serve.
- ☐ Show how much you enjoy eating together.

Your Job

Set an **EXAMPLE** by eating the same foods as your children at the table.

SERVE foods from all 5 food groups.

Healthy Eating Starts With Families

The foods you serve and eat help raise healthy eaters. Here are a few eating habits you as parents can role model for your children:

- Eat breakfast; it helps your children learn in school. Also, breakfast eaters tend to weigh less as adults.
- Take moderate portions.
- Limit but don't ban all extra foods like chips and candy.
- Drink water and milk instead of soft drinks, sports drinks or other sugar-sweetened beverages.
- Plan meals and snack times for you and your children. Eat foods from all food groups—milk, vegetables, fruits, whole grains, lean meats, fish + beans.

Be a Healthy Eating Role Model

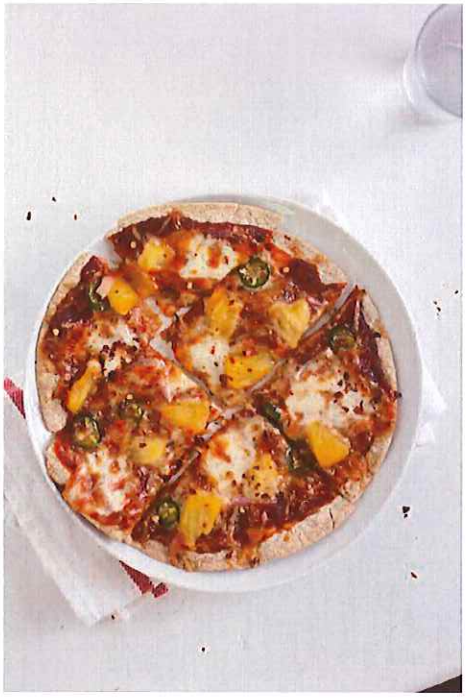
INGREDIENTS

- 18 large fresh strawberries
- 1 cup cold fat-free milk
- 1 package (1 ounce) sugar-free instant vanilla pudding mix
- 2 cups reduced-fat whipped topping
- 1/4 teaspoon almond extract

DIRECTIONS

Remove stems from strawberries; cut a deep X in the top of each berry. Spread berries apart.

In a large bowl, whisk milk and pudding mix for 2 minutes. Fold in whipped topping and almond extract. Pipe or spoon about 5 teaspoons into each berry. Chill until serving. **Yield:** 18 strawberries.



Tortilla Pizzas

So easy. So good. Everyone needs this tortilla pizza recipe.

INGREDIENTS

- 1 whole wheat tortilla (or whole wheat pita bread)
- ¼ cup sauce (marinara, pesto, olive oil and garlic, barbecue sauce)
- ⅓ cup or less shredded/crumbled cheese (mozzarella, cheddar, goat, feta)
- Toppings (go wild!)

INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit.
2. Place the tortilla in a 12-inch cast iron pan or baking sheet (max crispiness option: place the tortilla on a stainless steel, oven-safe cooling rack, and place that on the baking sheet).
3. Spread sauce evenly across the tortilla, leaving ½ inch around the edges. Sprinkle with cheese and toppings.
4. Bake until the cheese is golden and bubbling (no sooner!) and the edges of the tortilla are lightly browned, about 10 to 14 minutes. Let the pizza cool for a few minutes before slicing.

Cucumber Limeade

Benefits

- It keeps your muscles healthy
- Cucumber water is good for your skin
- This drink has low calories
- It cleanses the body
- It's hydrating
- It Provides more energy
- This drink had vitamins and minerals

Cucumbers are so cool and refreshing that they make a fantastic hot-weather thirst quencher. Pair with some tangy lime—peel and all—and prepare to chill. Remember that whenever you use the peel of a citrus fruit like lime, lemon or orange, you should scrub it really well first.

Hands-on Time: 20 minutes
Total Time: 20 minutes
Makes: 6 servings

Kitchen Gear:

- Vegetable peeler
- Sharp knife (adult needed)
- Cutting board
- Measuring spoons
- Medium-sized metal or plastic bowl
- Wooden spoon or potato masher
- Mesh strainer
- Measuring cup
- Pitcher
- 4 glasses

Ingredients:

- 1 medium cucumber, peeled and thinly sliced
- 1 lime
- 2 tablespoons honey or real maple syrup
- pinch salt
- 4 cups cold water
- ice cubes

Instructions:

1. Set aside 4 of the cucumber slices and put the rest of the slices into the bowl.
2. Scrub the lime and cut it into quarters from end to end (lengthwise). Put each quarter on the cutting board, flat side down. Cut one quarter into 4 pieces and set aside. Cut each of the remaining quarters into thin slices and add them to the bowl of cucumber slices.
3. Add the honey or maple syrup and a pinch of salt to the cucumber and lime slices and use the wooden spoon or potato masher to mash them really well until the lime gives up its juice, the cucumber is completely smashed, and the honey or maple syrup is dissolved, about 2 minutes. Add the water and stir well.
4. Set the strainer over the pitcher and pour the limeade mixture through it. Use the wooden spoon to mash the mixture against the mesh of the strainer to release as much liquid as possible. Serve right away with ice, garnished with the reserved cucumber and lime slices.

Notes:

For an even colder treat, stir in an extra tablespoon of honey or maple syrup, then pour the mixture into ice pop molds and freeze it!

Name:_____

Kids Healthy Eating from Head to Toe Nutrient Review

WORKSHEET

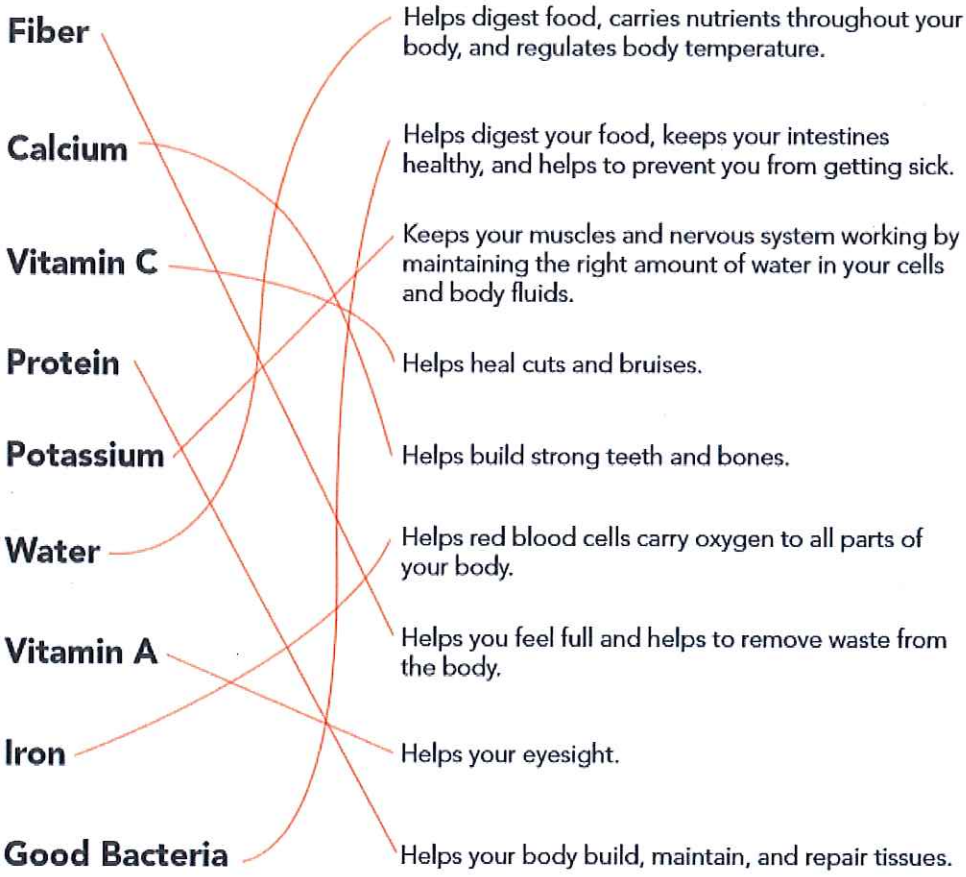
Choose the best foods that will fuel your body to live, learn, and play! The best foods are those that are filled with nutrients that help keep your body healthy and strong. What are the nutrients that help build a healthy body? Draw a line to connect the nutrient with the benefit it gives your body.

Fiber	Helps digest food, carries nutrients throughout your body, and regulates body temperature.
Calcium	Helps digest your food, keeps your intestines healthy, and helps to prevent you from getting sick.
Vitamin C	Keeps your muscles and nervous system working by maintaining the right amount of water in your cells and body fluids.
Protein	Helps heal cuts and bruises.
Potassium	Helps build strong teeth and bones.
Water	Helps red blood cells carry oxygen to all parts of your body.
Vitamin A	Helps you feel full and helps to remove waste from the body.
Iron	Helps your eyesight.
Good Bacteria	Helps your body build, maintain, and repair tissues.

Kids Healthy Eating from Head to Toe Nutrient Review

ANSWER KEY

Choose the best foods that will fuel your body to live, learn, and play! The best foods are those that are filled with nutrients that help keep your body healthy and strong. What are the nutrients that help build a healthy body? Draw a line to connect the nutrient with the benefit it gives your body.

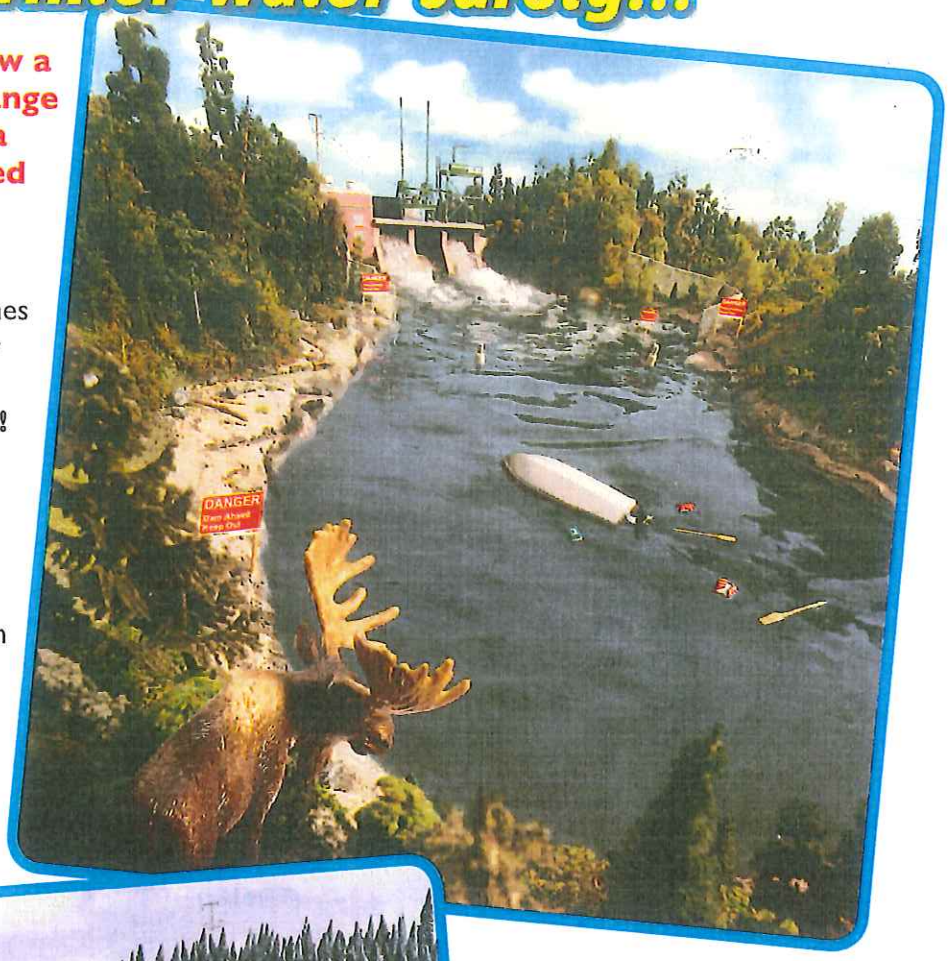


Summer or Winter water safety...

The water above and below a generating station can change quickly. This means that a calm river can soon be filled with rapids.

When the big gates are opened at the top of the dam, the water rushes through. It flows fast and furiously above and below the dam. **This water is very DANGEROUS!**

When water rushes out of the generating station and back into the river, it's going super fast and makes dangerous undercurrents. Most people don't know that when bubbles form in fast flowing water, it's nearly impossible to swim or float in... even if you're in a boat and wearing a life jacket!



Dams are NOT safer in the winter.

Fast flowing water doesn't freeze as quickly as still water. The constant undercurrents allow only a very thin coating of ice or none at all. It's the thin ice that's most dangerous to you. Why? Because thick or thin, ice still looks the same when you see it from the top, especially when it's covered in snow. The ice near a dam is NOT safe for a snowmobile, or for skiing, or for snowshoeing or skating. Stay off the ice near dams.

Stay Clear, Stay Safe of hydroelectric facilities year round.

the DANGER is REAL!

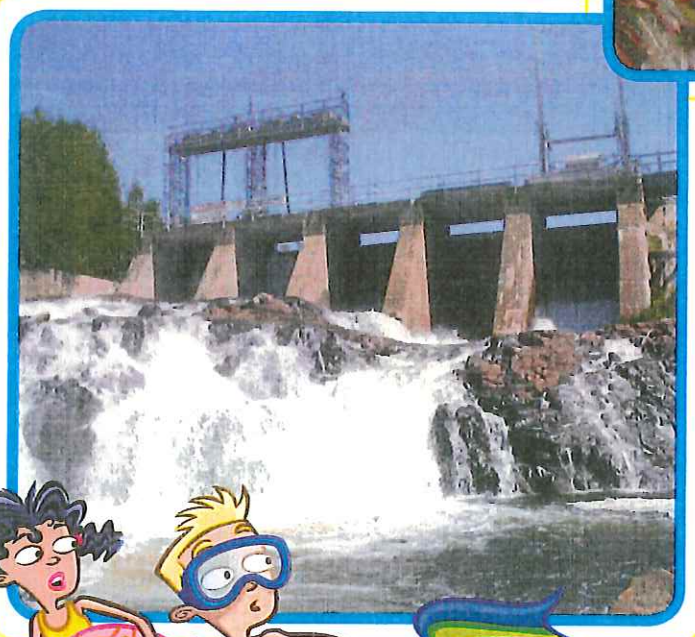
Stay Clear and Stay Safe

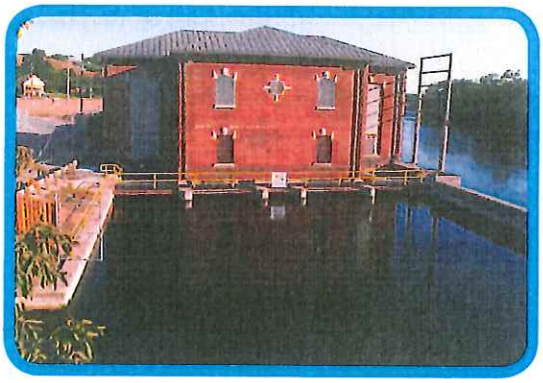
Hydroelectric generating stations make electricity from flowing water. They are a source of environmentally friendly, economical electricity. They are NOT places for recreation.

Some hydroelectric generating stations are located in towns and cities. Others are located many kilometres away from where people live. No matter where they are, the area around them can be dangerous.

Most dams and stations are operated by remote control. That's right! Operators, who work hundreds of kilometres away, can start and stop the generators with the click of a mouse.

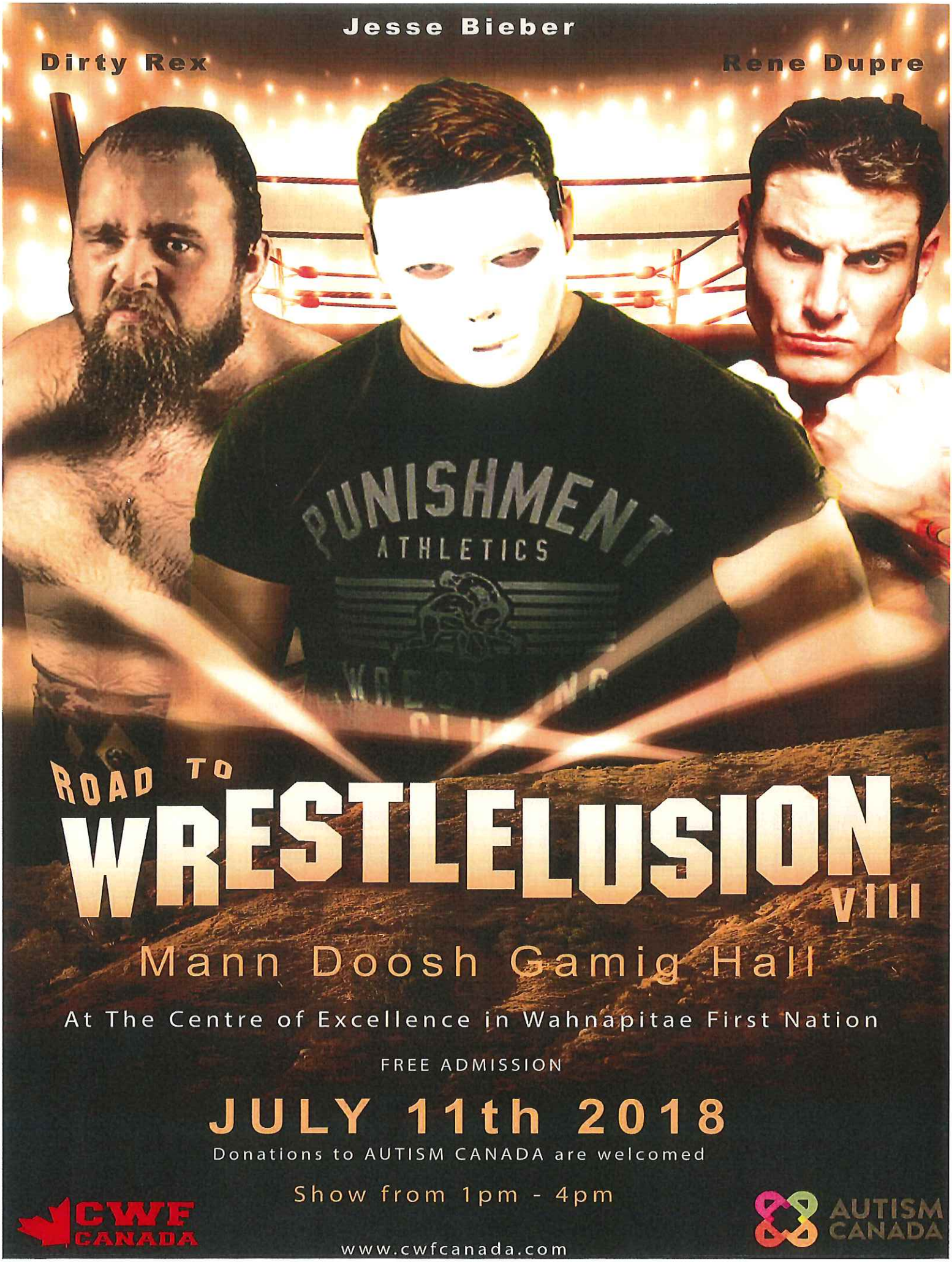
Giant, remote-controlled gates can also allow extra water to flow past the generating station.





There's also a lot of dangerous water in the holding pond above a dam. When the generators inside start to spin, currents suck the water and anything in it, down below the surface. **It's what you can't see that WILL hurt you.**

It's like what happens when you pull the plug in your bathtub. But a hydroelectric station is not a bathtub. If you got sucked down below the water at one of these stations, you would likely drown.



ROAD TO WRESTLELUSION VIII

Mann Doosh Gamig Hall

At The Centre of Excellence in Wahnapitae First Nation

FREE ADMISSION

JULY 11th 2018

Donations to AUTISM CANADA are welcomed

Show from 1pm - 4pm

CWF CANADA

AUTISM CANADA

www.cwfcanada.com

⚠ WARNING

Improper ATV use can result in SEVERE INJURY or DEATH

ALWAYS USE AN APPROVED HELMET AND PROTECTIVE GEAR

NEVER USE ON PUBLIC ROADS

NEVER CARRY PASSENGERS

NEVER USE WITH DRUGS OR ALCOHOL

NEVER operate:

- without proper training or instruction
- at speeds too fast for your skills or the conditions
- on public roads - a collision can occur with another vehicle
- with a passenger - passengers affect balance and steering and increase risk of losing control

ALWAYS:

- use proper riding techniques to avoid vehicle overturns on hills and rough terrain and in turns
- avoid paved surfaces - pavement may seriously affect handling and control

LOCATE AND READ OWNER'S MANUAL.
FOLLOW ALL INSTRUCTIONS AND WARNINGS.

Type 2
DIABETES

COMMON RISK FACTORS

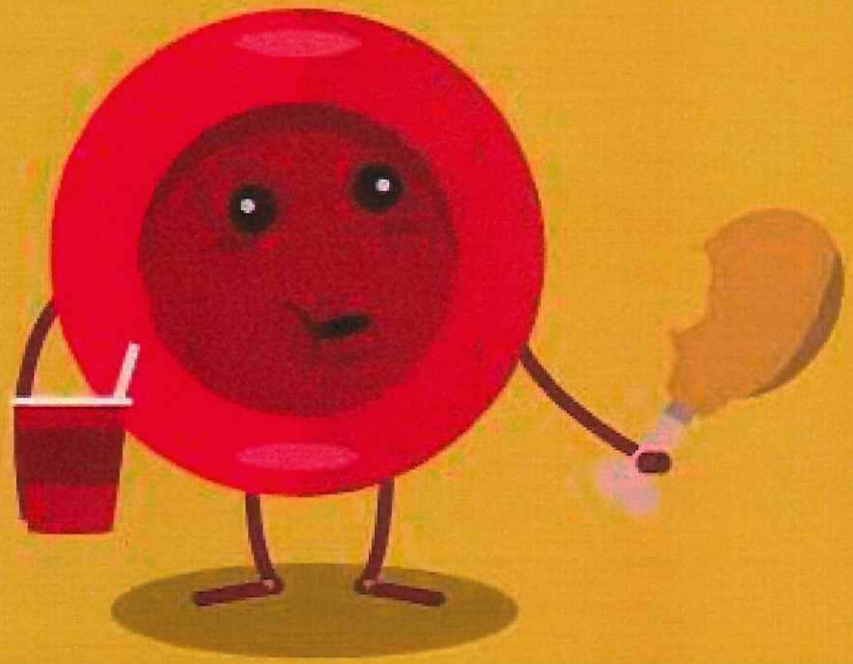
Obesity
Physical inactivity
Heredity
Age
Race

TREATMENT

Oral medication
Weight loss
Surgery
Natural remedies

PREVENTION

Live a healthy lifestyle



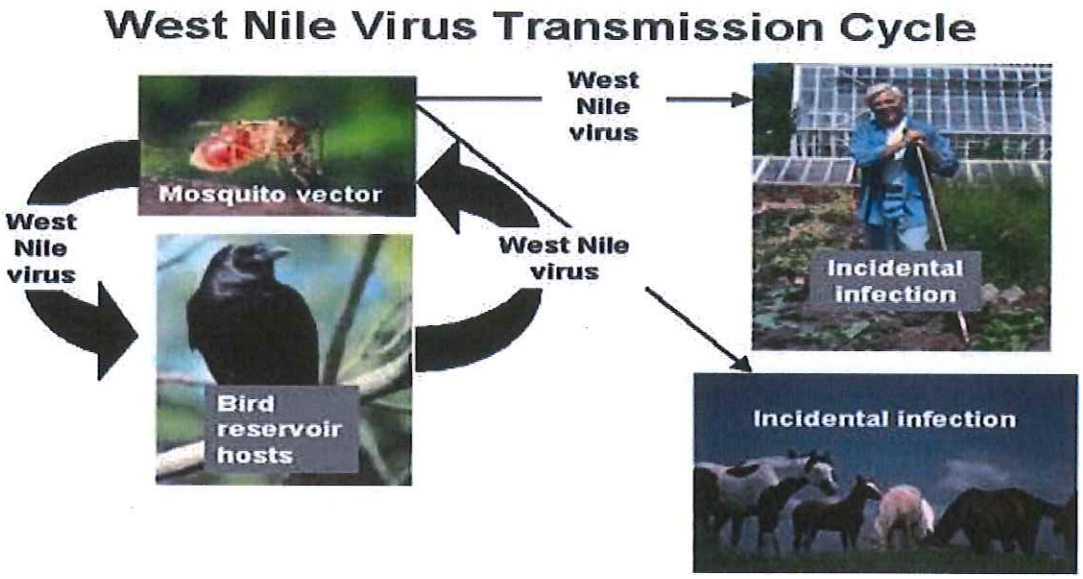
Source: WebMD

How to prevent/control diabetes

- Prevention all starts with a better lifestyle
- eating healthier
- being active
- taking medicine as directed
- taking care of your body
- check feet to make sure there is no nerve damage or interruption of blood flow
- take care of teeth
- control blood pressure and high
- no smoking!
- check in with your doctor at least once a month
- have your blood sugar checked along with weight, blood pressure, and feelings
- Check blood sugar levels daily by using home monitoring device

West Nile Virus

Summer brings not only sunshine and cottage getaways but mosquitoes, too. Should you be concerned about the West Nile virus? What are the real risks? Find out the facts on the West Nile virus and things you can do to protect yourself and your family this summer.



For more information please on surveillance of West Nile Virus please go to:

https://www.canada.ca/en/public-health/services/diseases/west-nile-virus.html

https://www.canada.ca/en/public-health/services/diseases/west-nile-virus/surveillance-west-nile-virus.html

https://emedicine.medscape.com/article/312210-clinical

Garlic

Extract of garlic has mosquito larvicidal properties. Crush a few cloves of garlic and boil the crushed garlic in water.

Then pour this homemade mosquito repellent in a spray bottle and squirt it around the room.

This remedy will kill the mosquitoes.

Eat garlic daily to avoid mosquito bites. You can also rub a garlic clove directly on the skin.

Natural Mosquito Repellent

- **5 drops lavender essential oil**
- **5 drops citronella essential oil**
- **4 tablespoons real vanilla extract (not artificial)**
- **4-5 tablespoons freshly squeezed lemon juice or 5 drops of lemon essential oil**
- **1 tablespoon rubbing alcohol**

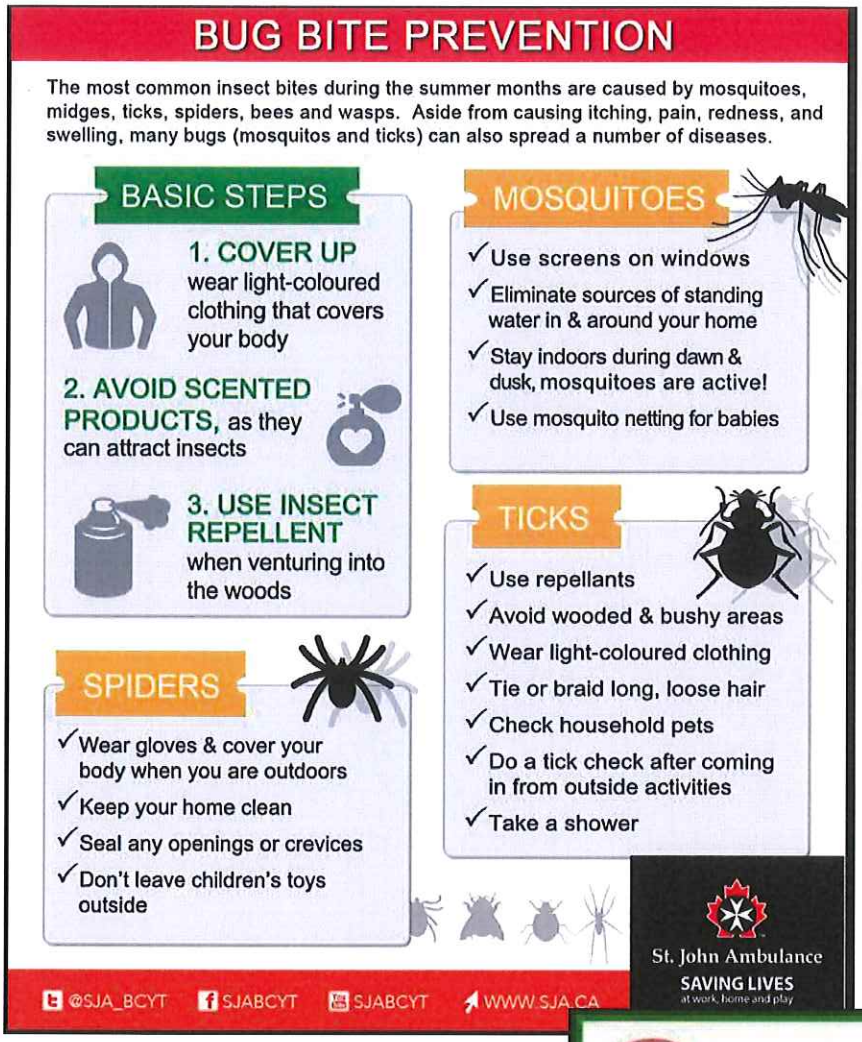
Mix all of the above ingredients EXCEPT for rubbing alcohol into a 6 – 8 ounce spray bottle.

Add water, shake well.

Add one tablespoon of rubbing alcohol, shake well.

Always shake well before then spraying on arms, legs, neck, clothes, etc. (Do not spray in or around the eyes)

Compliments of facebook.com/DementiaTraining



More info please visit:

https://www.homeremedyhacks.com/18-proven-home-remedies-to-get-rid-of-mosquitoes/

Wendy Tyson's recipe Corner

Country Oven Stew

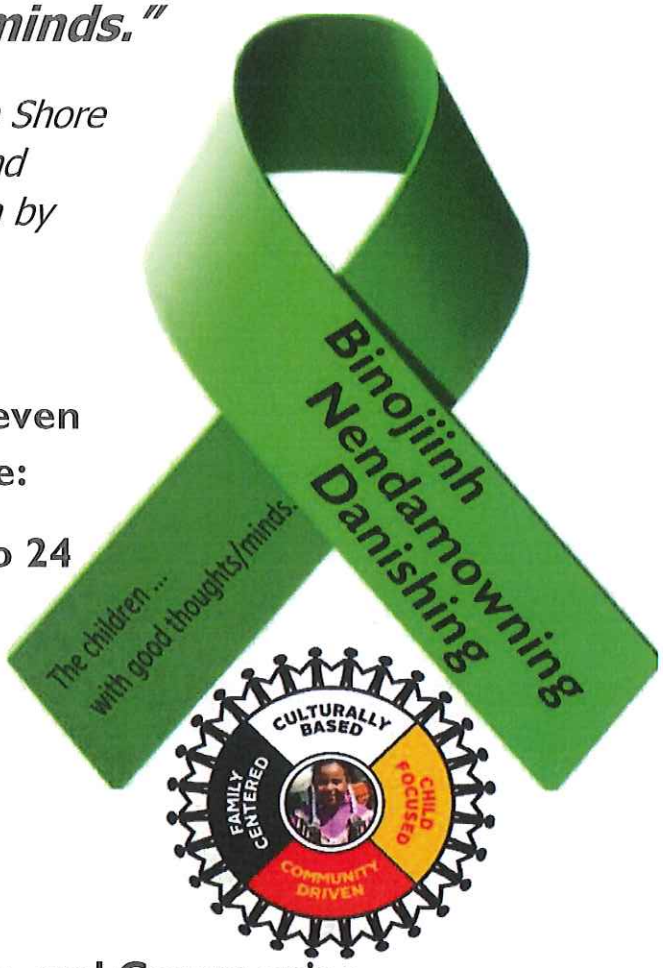
1 ½ lbs. Lean Stewing Beef
Flour
4tbsp. Vegetable oil
1 cup sliced onion
1 can(10oz/284 ml)cream of mushroom soup
¾ cup water
2 cups carrot chunks
1 cup undiluted carnation 2% evaporated milk
1 cup frozen cut green beans
2 cups cauliflower (broken into flowerets)
Salt and pepper to taste

Cut meat into bite size pieces; coat with flour. Brown meat, in 3tbsp, hot oil, transfer to Dutch oven. Set aside. Add remaining oil to pan; sauté onion until tender. Return meat to pan. Stir in soup and water. Bake uncover in 350-degree F for 1 hour. Add carrots. Cover & bake for 30 minutes longer or until meat and vegetables are cooked. Add salt and pepper to taste.

Binojiinh Nendamowning Danishing

"The children, with good thoughts/minds."

Children's mental wellness services helping the North Shore First Nations members to strengthen their families and communities for the safety and well-being of children by providing community-based services grounded in Anishnawbek values.



Services provided free to members of the Seven North Shore First Nations on and off reserve:

- **Counselling - children & youth aged 4 to 24**
- **Individual and Group Therapies**
- **Art and Play Therapies**
- **Counselling Support to Parents and Caregivers of children**
- **Assessment and Referral**
- **Access to Psychiatric Services**
- **Cultural Services, Traditional Medicines, and Ceremonies**

Clinic Days and Hours

Sault Ste. Marie	Sudbury	Serpent River
• 123 March Street, Third Floor • 8:30 to 4:30 Monday – Friday • Walk-in Clinic weekly on Wednesdays Noon to 8:00pm	• 1855 LaSalle 8:30 to 4:30 Monday – Friday • Walk-in Clinic first and third Wednesday of each month from Noon to 8:00pm	• 473 Hwy 17 Building "C" Cutler, ON P0P 1B0 • 8:30 to 4:30 Monday – Friday • Walk-in Clinic second Wednesdays of the month Noon to 8:00pm

Please note that our last walk-in appointment is taken at 6:30 p.m.

210 B Gran Street, Batchewana First Nation, ON, P6A 0C4

Phone: (705) 946-3700 Toll Free: 1 800 465 0999 Fax: (705) 946-3717

At your service 24 hours 7 days a week

NOGDAWINDAMIN

CHILDREN'S MENTAL HEALTH

Web Site: www.nog.ca

Healthy Anishnawbek families and communities protecting, nurturing and guiding our children.

About Us

Binojiinh Nendamowning Danishing ***"Children with good thoughts/minds"*** offers free services to members of the seven North Shore First Nations on and off reserve, providing:

- *Counselling for ages 4 to 24*
- *Counselling Support to Parents & Caregivers*
- *Individual and Group Therapies*
- *Art and Play Therapies*
- *Cultural Services*
- *Assessment and Referral*
- *Access to Psychiatric Services*
- *Traditional Medicines, and*
- *Ceremonies*

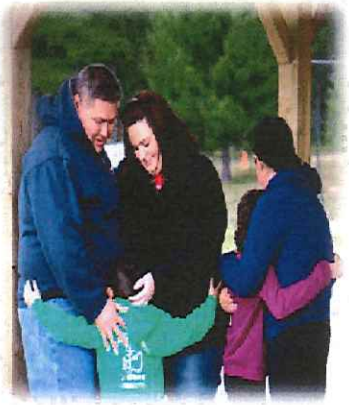
About Our Services

Children's Wellness Counselling, Art and Play Therapies allow your child to express their emotions through non-verbal expression, activities, exploration and Cultural / Traditional Medicines and Ceremonies.

One-on-one and group counselling are offered to assist your child in understanding their emotions, learning healthy expression and understanding their own experiences.

For Parents and Caregivers

Do you want to more successfully manage your child's emotions, behaviours and choices? Does your child have difficulty expressing emotions in a healthy manner? Are you aware of services in the community that can assist you and your family in achieving your best outcomes?



We offer parenting support and guidance to support you in a respectful and inclusive manner.

You are the expert in your child's life, but you are not alone.

Our services are offered on a completely confidential and voluntary basis. We will support you in effectively managing children's challenges in relation to:

- *Peer Relationships*
- *School/Academic Struggles*
- *Anxiety*
- *Depression*
- *Grief*
- *Separation and Loss*
- *Anger, Outbursts, and High Emotions*
- *Sexuality, LGBTQ / Two Spirited*
- *ADD / ADHD*
- *FASD*
- *Autism Spectrum*
- *Cognitive / Learning /Speech*
- *Substance Abuse*

Regular Clinic hours
8:30am to 4:30pm
Monday- Friday

Convenient Access

Sault Ste. Marie

- 123 March Street, Third Floor
- 8:30 to 4:30 Monday – Friday
- ***Walk-in Clinic weekly on Wednesdays Noon to 8:00pm – last appointment taken 6:30pm***

Sudbury

- 1855 LaSalle Boulevard
- 8:30 to 4:30 Monday – Friday
- ***Walk-in Clinic first and third Wednesday of each month from Noon to 8:00pm – last appointment taken 6:30pm***

Serpent River

- 473 Hwy 17 Building "C"
  Cutler, ON P0P 1B0
- 8:30 to 4:30 Monday – Friday
- ***Walk-in Clinic second Wednesday of the month Noon to 8:00pm – last appointment taken 6:30pm***

We also provide some in-home and community services on an as-needed basis.

NOGDAWINDAMIN
Family and Community Services

OUR VISION

"Healthy Anishnawbek families and communities protecting, nurturing and guiding our children"

OUR MISSION

Nogdawindamin Family and Community Services will assist the communities in their responsibility to strengthen families and communities for the safety and well-being of children by providing community based services grounded in Anishnawbek values.

WE ARE COMMITTED TO...

- *Ensuring that services support the best interests of an Anishnawbek child.*
- *Promoting the spiritual, physical, emotional and mental well-being of our Anishnawbek children, families and communities.*
- *Providing our families with community based services.*
- *Providing our families with strength based services.*
- *Providing our families and communities with services in a timely manner.*
- *Ensuring that our children remain in the circle of family, community or Nation.*
- *Valuing cultural diversity and beliefs.*
- *Ensuring Anishnawbek families and communities receive services from people grounded in the seven sacred teachings.*
- *Ensuring that language is woven into service practice.*

210 B Gran Street,
Batchewana First Nation, ON, P6A 0C4
Phone: (705) 946-3700
Toll Free: 1 800 465 0999
Fax: (705) 946-3717
Monday – Friday 8:30 a.m. to 4:30 p.m.
At your service 24 hours 7 days a week

Web Site: www.nog.ca

We're here to help. You are not alone.

This guide explains ***Children's Mental Health Services*** available to assist children by helping their primary caregivers understand their needs.

Mustimuhw
Citizen Health Portal
A Personal Health Record (PHR) Solution

Sorry for the inconvenience. We have changed the date from June 27th to July 17

Would you like to learn more about how to use the Mustimuhw Citizen Health Portal? Sign-up for a hands-on learning session!

Enjoy coffee and cookies while covering the basics of:

- Finding your way around the portal
- How to enter your own health information
- How to view information that has been uploaded for you
- Adding children or other dependents

Sign-up for a spot in one of the sessions on
July 17, 2018 from 4:00pm – 9:00pm

Sponsored by **Norman Recollet Health Centre**

Drop into the Wahnapitae First Nation at Maan Doosh Gamig and meet our Health Team. Call Line Baillargeon at (705)858-7700 ext.: 218 to reserve your spot.
(You do not need an active portal account to attend)

Manage Your Health Online
Create a Citizen Health Portal Account
Improving care collaboration with a single, shared view of your clinical information, you and your healthcare team can make better decisions about your care.

Improving your health care experience
- ❖ Convenient
- ❖ Coordinated
- ❖ Efficient
- ❖ Accessible care

- ✓ Online
- ✓ Private
- ✓ Secure
- ✓ Messaging
- ✓ Access Anywhere

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day	2 Office is closed	3 Soups ON!!	4 TLC 1-3:30pm Bannock on a Stick making PowWow Ground 3:00pm – 6:00pm	5 Summer Camp registration & BBQ - all invited 4:00pm-6:00pm	6	7
	Anishinaabemowin Jiimaan Wahnapitae First Nation Birch Bark Canoe Building					
8	9 1st Day of Summer Camp	10 Soups ON!! Science North here – Food Science 10-3	11 TLC - Order Deadline for Good Food Box	12 Community Feast at the Powwow from 5-7 celebrate Feast the canoes	13	14
	Anishinaabemowin Jiimaan Wahnapitae First Nation Birch Bark Canoe Building					
15	16	17 Soups ON!! Science North here – Fear Factor 10-3 New date-Citizen Engagement Session 4-9	18 TLC 1-3:30 Good Food Box Pickup Healing Circle at 5:00-8:00	19 Nutrition Bingo - 5:30pm Canteen opens at 5pm	20	21
22	23	24 Soups ON!!	25 TLC 1-3:30pm Medicine Walk – from 8am-6pm	26 Medicine Walk from 8am-6pm	27	28
29	30	31 Soups ON!! Tabacco Tie workshop @ 6pm	Please note the Quilting is scheduled on Wednesday, July 4th & Tuesday, July 17th both from 4pm till 8pm. Congregate Dinning Date to be announced.			

Please Note additional Information for Summer Camp Calendar will be handed out on the July 5th at the Summer Camp Registration. We have included the Anti Bullying/Autism Road to Wrestlelusion Poster in the newsletter which is scheduled for July 11th, 2018 at 1:00pm – 4:00pm.