



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



May 2022

WHAT'S INSIDE

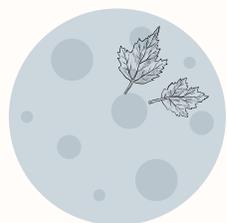
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Nmebine

Güzis

Sucker

Moon





Cultural Connections

Nmebine Giizis

Sucker Moon

Ahniin, Boozhoo Kina Weya,

We honour the sucker fish who offered herself to Anishinaabe so that the people continue to survive the long harsh winter. The sucker is connected to the star realm and the Spirit World. The sucker goes to the Spirit World in order to receive cleansing techniques for this world. The sucker purifies and cleanses the path for all spirits and all water beings.

This is the time to release our hurts from the past year – either hurts we may have caused or hurts done to us. We release our tobacco with our thoughts and prayers into the water. Please be careful and always go to the waterways cautiously with an adult. You may release your bear bundle if you made one in February – Mukwa Giizis.

Na’how, Miigwetch,
Culture Team



Car Seat Training

There are two upcoming scheduled car seat training groups occurring in North Bay on May 14 and Parry Sound on May 15. For more information contact: is Lillian Couchie, Trainer & Recruiter, 1-855-223-5558., lillian.couchie@nijjcs.com.

Children & Youth in Care Day

May 14, 2022

Children and Youth in Care Day was a result of recommendations put forth by young people in and from care and the stories and experiences they shared through the My Real Life Book report (*Content/Trigger warning. Please review before sharing*).

The day was proclaimed in 2012, as an opportunity to recognize the contributions of current and former youth in care, as well as reduce stigma and acknowledge their strength, bravery, and resilience in the face of adversity.

In honour of the day’s 10th anniversary, the Ontario Association of Children Aid’s Societies (OACAS) is launching a new campaign aimed at bringing renewed attention to the accomplishments and challenges of children and youth in the Ontario child welfare system. The #ForgetMeNot campaign is about sharing the stories of young people with experience in the system and reminding the community, government, and service providers that these young people continue to need critical support. Children and youth in care are seen, heard, loved, and protected.

Learn more about the OACAS campaign: oacas.org/forgetmenot #ForgetMeNot



A Poem

Forget Me Not

I’ve grown through some tough things,
No doubt,
Survived in spite of
Thrived and made light of heavy,
Lifted through concrete and kept steady going.
Paving my own way.
Laid roots. Bloomed.
Put feet to ground and planted in impossible odds.
But I didn’t get there alone.
I was first shown that odds were meant to be beat.
I was believed in, poured into, and encouraged on by those who didn’t count me out.
Those that took me in.
Those that took their time.
People who gave me space to define what blossoming meant for me.
Who reminded that success isn’t determined by history, but by a commitment to not forgetting.
It’s no mystery, the flowers that grow are the ones you remember to water.

Forget. Me. Not

Monthly Family Engagement Activity

Theme: May Flowers
Submission Date: May 27
Draw Date: June 2
Prize: \$50 Walmart Gift Card



Your Worker will be providing a small planting kit as part of the family engagement activity, and in honour of the Children and Youth in Care Day.



We received some wonderful photos and drawings as part of the "Signs of Spring" Engagement Activity from last month. Here is a sign of spring we were all happy to see! A beautiful photo of a woodpecker, also seen on our front page.

Children's Colouring and Raffle

The May Courage colouring page is available for print here: [COURAGE](#)
You can also request a printed sheet from your Worker. All ages and skill levels are encouraged to submit to get entry to the draw. Raffle winners will be notified on the first of the month.

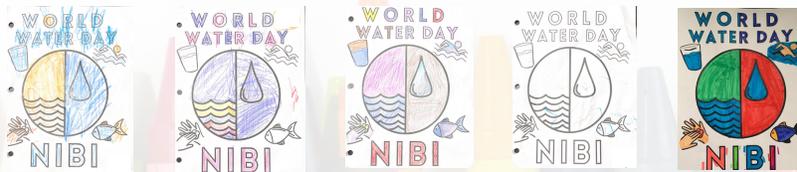


Soongidiiwin 

Submission Date: May 27
Draw Date: June 2
Prize: \$25 Walmart Gift Card



We have so many great artists! Each month all submissions go into a gift-card draw. Miigwetch to all who sent in their colouring page pictures.



Alternative Care Families Sweat Lodge Teachings and Ceremony

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|---|---|
| Tuesday, May 24 6-9p.m. Niijaansinaanik North Bay Sweatlodge | Tuesday, May 31 6-9p.m. Niijaansinaanik North Bay Sweatlodge |
|---|---|

Open to Alternative Caregiver families of all ages. Families may attend to take part in the teachings, help prepare the sweat lodge, and/or participate in the sweat lodge. Attendees do not have to enter the sweat lodge, they may attend just for the teaching and preparation, and/or to speak with a Cultural Services staff. Please visit covid-19.ontario.ca/public-health-measures for COVID-19 public health measures, advice, latest public health measures, masking advice and restrictions, prior to attending.

Please contact your Worker to register and to get location information.

Cultural services are provided to support children, youth and families on healing journeys to stay connected, or to reconnect with culture and traditions. We respect all healthy spiritual paths and are happy to work with you for other cultural or traditional requests.

For more information about Cultural Services visit: niijcfcs.com/cultural-services

Keep posted for monthly teachings on various topics and ceremonies alternating between North Bay and Parry Sound area Alternative Caregiver families.

Mental Health Week & Children & Youth Mental Health Day

Annually during the first week of May, mental health for all ages is discussed and explored by the Canadian Mental Health Association (CMHA) campaign, this year's theme is Empathy. You can find helpful information, resources, and more at: mentalhealthweek.ca

On May 7th, particular attention is focused on children and youth mental health, and conversations that let them know they are seen, heard, and respected - and where to go for mental health help if needed.

The campaigns remind people of all ages that it is okay to reach out and that someone is always there to listen. Self-care and honest conversations are important and needed to help keep balance. Click here to see a CMHA infographic. - [Self Care is for Everyone.](#)

A kind reminder you may speak with your worker about the ways Niijaansinaanik can assist with wraparound services for children, youth, and their families with a wide range of supports, cultural supports and referrals.

Heart & SPIRIT

August 20-21 & August 27-28,
10 Miller St Parry Sound
Participants will be notified



The Native Women's Association of Canada is holding a Virtual Race Event May 5-8. More information here: [2022 MMIW Virtual Event](#). Check your local area for organization events.



Shell-a-brate [World Turtle Day](#) by checking out information on [North American Turtles](#), [Sea Turtle issues](#), [Turtle Island Stories](#), or see [10 Totally Cool facts about turtles](#) (National Geographic Kids) by clicking the links above!

Upcoming Dates of Observance

Alternative Care Program Drop-In and Information Sessions

FOR PROSPECTIVE CAREGIVERS

Drop-In Sessions

May 11

Wahnapiatae First Nation

1:30 pm - 4:00 pm

178 Loon Way Road, Wahnapiatae First Nation
Niijaansinaanik Child & Family Services Office

May 26

Parry Sound Friendship Centre

1:30pm - 4:00pm

Niijaansinaanik Child & Family Services Office
70 Isabella Street

Virtual / Zoom Sessions

May 12 - 1:30pm - 2:30pm

&

May 19 - 6:00pm - 7:00pm

To register, receive zoom link or ask questions please contact:

Lillian Couchie at Lillian.Couchie@nijcfs.com or at 1-855-223-5558



Contact us

We love to hear from you.

Your role as a caregiver is crucial in many aspects. Thank you for choosing to be a care provider and making a sincere difference in the lives of many. Thank you for believing in our Agency and helping keep Indigenous children in our/your communities. Together we can provide positive and healthy experiences for children and youth, who can grow up with true and strong connections.

Miigwetch!



1-855-223-5558



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