



Niijaansinaanik

Child and Family Services

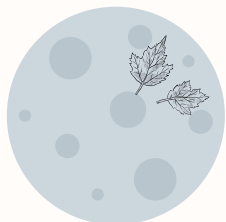
Alternative Care Newsletter



September 2022

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Waabagaa
Giizis
Changing
Leaves Moon



Cultural Connections

Waabagaa Giizis - Changing Leaves Moon

Ahniin, Boozhoo Kina Weya,

Creation is waiting for the Spirit Painter, who comes to splash colours on the leaves. This time is also the start of the drying up of the leaves and plants during this time. The Spirit Painter is said to do their work at night with their friend the Frost. They colour the dried leaves.



Full Moon: September 10

[Click to see a recipe for Giizhkaandagwaaboo: Cedar Tea](#)

Na'how, Miigwetch,
Culture Team



Everyone Welcome!



Craft & Food Vendors Needed

SATURDAY, SEPTEMBER 17
2022
DOKIS FIRST NATION
12 P.M. - 6 P.M.

See poster included.

Non-Violent Crisis Intervention Training

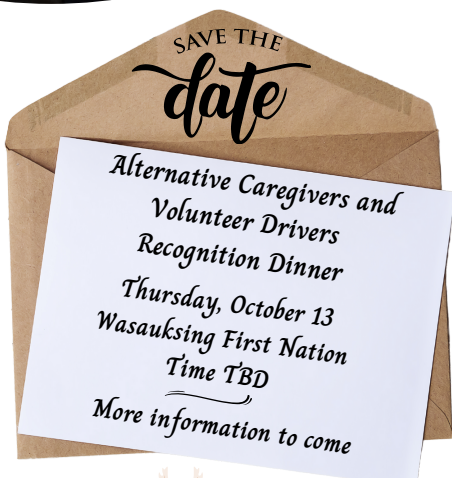
September 17 & 18
Time
10 Miller Street
Parry Sound, ON

Fall Youth Moose Hunt Camp

Join our Culture staff on our first organized youth moose hunt. Youth will learn about the rights and responsibilities on the Fall Moose hunt, and the vital importance of working together for providing for our families. Important cultural stories, teachings, lessons, laughs and good meals will be shared while we make new friends and connect with the land.

September 30 - October 1

Registration required.
Please call for more information.



SAVE THE
date
Alternative Caregivers and
Volunteer Drivers
Recognition Dinner
Thursday, October 13
Wasauksing First Nation
Time TBD
More information to come



To find out more about any events listed or to register please contact:
(705) 763-2000 ext: 3005 registration@niijcs.com

Life Book / Scrapbooking

Keep important photos, certificates, drawings, or any other items a child/youth may like to add to their book!

September 18

1p.m. - 5p.m.

2 Miigizii Miikaan, North Bay, ON



Community Medicine Walk

Thursday, September 22

5:00p.m.-7:00p.m.

Henvey Inlet First Nation

Come join the Culture Team for an afternoon on the land learning about mshkiki (medicines). Perry McLeod-Shabogesic will lead the walk and share knowledge of the many plants that surround us.

Children's Colouring and Raffle

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!

The September colouring page is available for print here: [Every Child Matters - Art by Hawlii Pichette](#)

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.



Prize: \$25 Walmart Gift Card



Monthly Family Engagement Activity

Theme: Poster, Drawing or Photo about "Back to School!"

Prize: \$50 Walmart Gift Card

Submission Date: Friday, September 30

Draw Date: Thursday, October 6



Culture Teachings & Events

Fasting Ceremony Information Session

September 8

7:30p.m.

Online Link

Community Sweat

September 19

4p.m.-8:30p.m.

North Bay

Community Fall Fast

September 23 -25

North Bay

Community Sweat

October 24

4:30p.m.-8:30p.m.

Wasauksing First Nation

To find out more about any events listed or to register please contact:

(705) 763-2000 ext: 3005 registration@nijcfs.com

Young Women's Teachings Life Cycle/Stages of life

September 22
5:00p.m.-6:00p.m.
10 Miller Street, Parry Sound, ON



Drop In! Drop By!

Learn more about becoming an Alternative Caregiver at our information booths. Coming to a community and Pow Wow near you!

Tuesday, September 13
Community Forum - Wahnapiatae First Nation
4p.m. - 7p.m.

Friday, September 16
North Bay Indigenous Friendship Centre
Women's Wellness
8:30a.m. - 3p.m.

Tuesday, September 20
Community Forum - Henvey Inlet First Nation
4p.m. - 7p.m.

Wednesday, September 28
Wasauksing First Nation - Gathering Place
10a.m. - 2p.m.

Pow Wow

Friday, September 16
French River
12:30p.m.

Saturday, September 24
Wasauksing First Nation
1p.m. - 5p.m.

For more information please contact:

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

Watch for our Annual Report
coming mid-September!

Heart
& SPIRIT

October 22 - 23, 2022 &
November 5 - 6, 2022

10 Miller Street, Parry Sound, ON
Participants will be notified

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



nijcfs.com

1st Annual Community POW WOW

NIIMDAA: Let us Dance

Saturday September 17, 2022

GIIWEJWAN TRADITIONAL GROUNDS,
DOKIS FIRST NATION

SUNRISE CEREMONY 6:00am
GRAND ENTRY 12:00pm

HOST DRUM

High Ridge

CO-HOST DRUM

Black Bull Moose

INVITED DRUM

Iron Storm

FREE!!

Everyone Welcome! Bring a chair!

Absolutely NO alcohol or drugs

No Pets!

HEAD STAFF

Master of Ceremonies:

Perry McLeod-Shabogesic & Darren McGregor

Arena Director:

Robert Stoneypoint

Head Elders:

Tony Tyson & Veronica Dokis

Head Dancers:

Matt & Miryan Rutledge

Junior Head Dancers:

Theland Kicknosway & Keira Barnhardt

Children Head Dancers:

Aiden Trudeau & Addison Commanda

**Community Feast:
6:00pm, Supper Break**

VENDOR & POW WOW INFORMATION

No Fee for Registration, ONLY a gift for giveaway. *Authentic Indigenous Crafts & Food ONLY.*

Registered Drums with a minimum 5 singers will receive an honorarium of \$500

Please contact Pilar Welling for more information or to Register,

1-855-223-5558 ext 1206 | pilar.welling@nijcfs.com

Fasting Ceremony

INFORMATION SESSION



WHAT IS A FASTING CEREMONY?

WHAT IS THE REASON FOR GOING FASTING?

WHEN, WHERE & HOW LONG DOES THE FASTING CEREMONY OCCUR?



Fasting Ceremony has been a part of Indigenous traditional ways since time immemorial. We choose to go on a fast with purpose in our mind. There are different ways in which fasting ceremonies are held; generally, spring and fall are the times in which the fasting ceremonies occur.

IF YOU WOULD LIKE TO LEARN MORE ABOUT THE FASTING CEREMONY, PLEASE REGISTER FOR THE ONLINE EVENING SESSION WITH YOUR WORKER!

This session is recommended for all families, caregivers and staff.

Date: Thursday September 8, 2022

Time: 6:00–7:30PM

Location: 6 Serenity Lane West, North Bay, ON (In-Person)
Microsoft Teams (Virtual)



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COMMUNITY SWEAT LODGE



Monday, September 19
6 - 8:30p.m.

6 Serenity Lane @ North Bay

Sweat Lodge Ceremony is one of our oldest ceremonies, from the beginning of time. You will gain connection and healing from our ancestors, our helpers, and our medicines. Kindness, honesty, strength and sharing are seen, felt, heard and taught.

For more information and if you would like to register, please contact your worker.



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CULTURE DEPARTMENT

COMMUNITY MEDICINE WALK

Date:

Thursday September 22, 2022

Time:

5:00-7:00PM

Location:

Henvey Inlet First Nation

Come join the Culture Team for an evening on the land learning about mshkikii (medicines). Perry McLeod-Shabogesic will lead the walk and share his knowledge of the many plants that surround us.

For more information and if you would like to register, please contact your worker.





Trauma Informed Caregiving

THURSDAY,
SEPTEMBER 8TH

9:30-11:30AM

www.ancfsao.ca
www.indigenoulotus.com

ABOUT

ANCFSAO has teamed up with *Indigenous Lotus* to bring you a presentation about trauma informed caregiving. Many of our indigenous people are coping with various forms of trauma including historical, multigenerational, and individual such as mental, emotional, physical, and spiritual.

Caregivers and workers will have an opportunity to learn different skills on how to prepare ones self before stepping into a caregiving role with Indigenous people.

Understanding what trauma is and how to specialize your approach when helping those impacted by trauma

[REGISTER
HERE](#)



BIO Victoria Marie Owner of Indigenous Lotus

Victoria is an enrolled member of the Sisseton-Wahpeton Oyate, Santee affiliated, and was born and raised on her ancestral homelands in Minisota (Minneapolis, MN). She is the owner of Indigenous Lotus which began in 2017 with the intention to support indigenous relatives in healing through movement practices. As a dedicated student and practitioner, Victoria is a 500-hour certified Yoga Instructor, Yoga of 12-Step Recovery Leader, Wellness Life Coach, Buti Yoga and Primal Flow certified Instructor, an artist, business management graduate and dedicated community member. And above all, a mother. Her work has led her to teach all over the nation and other countries. Currently, Victoria is pursuing a second 300-hour yoga certification and preparing her journey as an ayurvedic practitioner next fall.

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[REGISTER
HERE](#)