



# Niijaansinaanik

Child and Family Services

## Alternative Care Newsletter



### July 2022

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Mün

Güzis

Berry Moon





# Cultural Connections

*Miin Giizis - Berry Moon*

*Sweetness of Life*

Ahniin, Boozhoo Kina Weya,

Full Moon July 13th, 2022

Led by the strawberry, followed by the raspberry, blueberry and other berries. The berry symbolizes and celebrates the good life and represents fertility and the cycle of life.

All life is part of a never-ending cycle. The plants have new life in the spring and they blossom and bear seeds for the next generation. Some plants produce fruit – berries! Berries, especially strawberries reminds us of the sweetness of life.

Na’how, Miigwetch,  
*Culture Team*

## Summer Culture Camping

July 18-22, 2022

Three Mile Lake

Wasauksing First Nation

August 8-12

Three Mile Lake

Wasauksing First Nation

### Cultural & Traditional Activities

- Arts & Crafts
- Medicine Walk
- Storytelling
- Water Activities



*See You Soon!*

Please contact your AC, CIC, Kin worker or Pilar Welling for more information and/or to register.

[Pilar.Welling@niijcfs.com](mailto:Pilar.Welling@niijcfs.com) 1-855-223-5558

## Culture Sweat Lodge Teachings & Ceremony

Monday, July 4

Wasauksing First Nation

2410 Lane P (off Shingwauk Rd)

4:30p.m. – 8:00p.m.

Monday, July 25

North Bay

Serenity Lane Arbour

4:30p.m. – 8:00p.m.

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. Please contact your Worker to register and to get location information. We endeavour to hold Sweat Lodge teachings and ceremony at the end of every month, with the exception of October 2022.

## Medicine Walk

Thursday, July 21

Wasauksing First Nation

Thursday, August 18

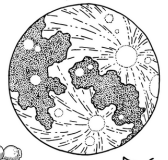
North Bay - 6 Serenity Lane

# Children's Colouring and Raffle

AMAZING



Miin Giizis -  
Berry Moon



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 June colouring page is available for print here: **Miin Giizis - BERRY MOON**  
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.

Submission Date: Thursday, July 28

Draw Date: Thursday, August 4

Prize: \$25 Walmart Gift Card



## Monthly Family Engagement Activity

Theme: Pictures of Sandcastle or Water Activity

Submission Date: Thursday, July 28

Draw Date: Thursday, August 4

Prize: \$50 Walmart Gift Card



## My Real Life Book Workshop

Keep posted for the next Life Book/Scrap Book workshop for children in care taking place in September 2022.

A reminder to continue to keep important photos, certificates, drawings, or any other items a child may like to add to their book!

For more information ask your Worker for details.

## Car Seat

Did you know that car seat safety is a requirement for all Alternative Care Homes?

Our Trainer/Recruiter is now available for One-on-One training.

Tip: Always check your manual before installing your car seat. Best safety practice: Toys, mirrors, seat covers or a blanket under the car seat should not be added.

For more information please contact:  
Lillian Couchie at [Lillian.Couchie@nijcfs.com](mailto:Lillian.Couchie@nijcfs.com) or at  
1-855-223-5558

# Alternative Care Program Drop-In Information Sessions & BBQ



Help keep culture  
in care, and  
children and  
youth in their  
First Nation  
Community -  
Provide a home  
for a child or  
youth in need.

Wednesday, July 6  
Magnetawan First Nation  
11:00am - 2:00pm  
14 Village Road, Magnetawan First Nation

Tuesday, July 19  
Wasauksing First Nation  
11:00am - 2:00pm  
1120 Geewadin Road, Wasauksing First Nation

Wednesday, July 27  
Shawanaga First Nation  
11:00am - 2:00pm  
2 Village Road, Shawanaga First Nation

For more information please contact:  
Lillian Couchie at [Lillian.Couchie@nijcfs.com](mailto:Lillian.Couchie@nijcfs.com) or at 1-855-223-5558

## Family Seasonal Cultural Recipe Berry Wild Rice Breakfast

3/4c blueberries, blackberries,  
raspberries  
1 T butter  
1 cp cooked wild rice  
1/4 t cinnamon  
Salt and maple syrup to taste

### Directions:

- Melt butter in pan over low heat.
- Add berries. Cook for 2 mins
- Add remaining ingredients and heat through
- Serve in a bowl

Source: *Eating with the Seasons, Anishinaabeg, Great Lakes Region*

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



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