



Niijaansinaanik

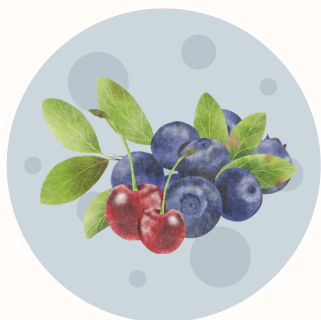
Child and Family Services

Alternative Care Newsletter



July 2023

Mün Güzis



Berry Moon
July 3, 2023

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Cultural Connections

Miin Giizis - Berry Moon

Ahniin, Boozhoo Kina Weya,

The berry moon teaches us about gentleness and kindness, and we share the knowledge gained during this time in raising our families. The thorns of the raspberry bushes require gentleness and carefulness to reach through to harvest the berries. The Blackberry or Thimbleberry Moon that happens near the end of July teaches us about the sacred circle of life. The blueberry is said to be a favorite of the bear, although she can be seen in many raspberry and blackberry bushes throughout this time of year.

The Blackberry or Thimbleberry Moon that happens near the end of July teaches us about the sacred circle of life. The blueberry is said to be a favorite of the bear, although she can be seen in many raspberry and blackberry bushes throughout this time of year.

*Na'how, Miigwetch,
Culture Team*



Did you know...



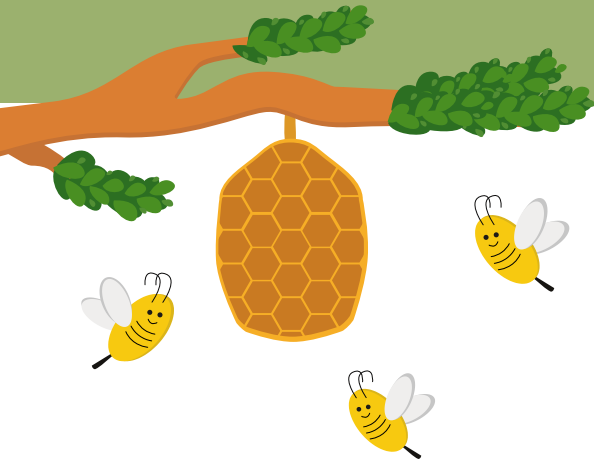
Screen Support are required to complete First Aid CPR/AED level C if watching children under 2yrs as well as Car Seat Safety for all ages.



First Aid CPR/AED level C and **Car Seat Safety** see page 3 for dates.



ALTERNATIVE CARE UPCOMING TRAINING



First Aid & CPR

Offered by St. Johns Ambulance

8:30am – 4:30pm (both days)

North Bay

- July 17/18
- July 31/Aug 1
- Aug 14/15
- Aug 28/29
- Sept 11/12
- Sept 25/26
- Oct 10/11
- Oct 23/24

Sudbury

- Aug 14/15
- Aug 28/29
- Sept 11/12
- Sept 25/26
- Oct 10/11
- Oct 23/24



Please select two date as we are unable to guarantee availability

Life Book



Returning in the Fall 2023

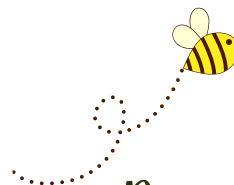
Heart & SPIRIT

is a 4 day
training
total 28 hrs.

October 21 – 22, 2023 &
November 4 – 5, 2023
Location: North Bay, ON



January 27 – 28, 2024 &
February 10 – 11, 2024
Location: Parry Sound, ON



Non-Violent Crisis Intervention

- Sep 23 & 24, 2023
- Oct 21 & 22, 2023
- Nov 18 & 19, 2023

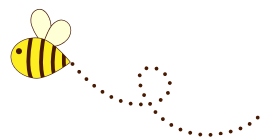


Car Seat Safety

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

For more information please contact:

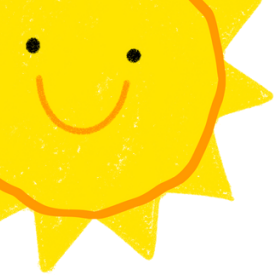
Lillian Couchie at
Lillian.Couchie@nijcfs.com or
1-855-223-5558 ext. 3003



Registration required.

Please advise your worker, contact (855) 223-5558 ext 3005 or registration@nijcfs.com





6 summer safety tips

- 1 - be prepared for anything by checking the weather before you head outside
- 2 - lather on sunscreen anytime you're outdoors
- 3 - wear the right clothing and accessories
- 4 - pack a refillable water bottle and first aid kit
- 5 - be vigilant about water safety.
- 6 - know the risks and signs of heat exhaustion



5 water safety tips

- 1 - never swim alone or without a water watcher
- 2 - supervise your children whenever they're in or near water
- 3 - make sure everyone follows the pool rules
- 4 - don't jump in the water to save a friend who is struggling in deep water
- 5 - wear a life jacket



Family Engagement Activity

Theme: Pictures of Sandcastle or Water Activity

Prize: \$50 Walmart Gift Card

Submission Date: July 19, 2023

Draw Date: July 27, 2023



Children's Colouring

Theme: Bees

Prize: \$25 Walmart Gift Card

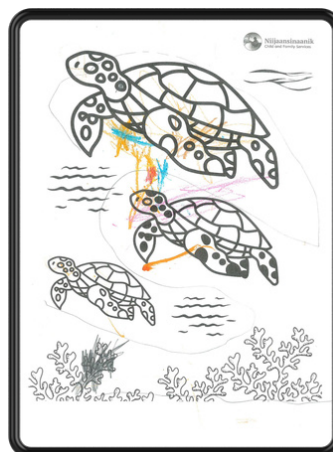
Submission Date: July 19, 2023

Draw Date: July 27, 2023



All ages and skill levels are encouraged to submit to get entry to the draw. Raffle winners will be notified.

June 2023 Art Work



CULTURAL EVENTS

Sweet Grass Harvest

July 5, 2023

Time: 10:00 am

Location: Dokis First Nation

Please register by July 3, 2023 at 4:00pm

Baseball with Mckenzie

July 11, 2023

Time: 10:00 am

Location: North Bay

Please register by July 8, 2023 at 4:00pm

Hand Drumming

July 11, 2023

Time: 5:00 - 6:00pm

Location: 10 Miller St, Parry Sound

Facilitators: Deina Bomberly, Wasauksing

Come and learn hand drum songs!

Please register by July 8, 2023 at 4:00pm

Craft Night: Birch Bark & Sweet Grass Mini Canoes

July 19, 2023

Time: 5:00 - 7:00pm

Location: 10 Miller St, Parry Sound

Please register by July 17, 2023 at 4:00pm

To find out more about any cultural events listed or to register,
please contact: 1 (855) 223-5558 ext. 1201 or
registration@nijcfs.com

July 24 is International Self-Care Day

*This is a day where you focusing on doing the things
that help your mental, physical and spiritual health.*

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BINOJIIYAG GBESHWIN CHILDREN'S CAMP

Ages 7yrs to 15 yrs

First Camp **FULL**: July 7, 8 & 9, 2023

Registration Open

Second Camp: August 11, 12 & 13, 2023



Location:

Spirit Point Wilderness Academy and Camp
Mink Lake Road, Trout Creek, ON



Hosted by: Cultural,
Alternative Care, Children in
Care and Prevention Workers

RSVP: registration@nijcfs.com
request registration form from your worker

See flyer for more details



Wiisinaadaa! Let's eat!

Campout Banana Boats

The amounts here are approximate, because all bananas are different sizes. Add as many marshmallows and chocolate chips as you can fit in the banana!

Ingredients:

- 1 banana
- 5-7 mini marshmallows
- 1 tablespoon chocolate chips
- 1 tablespoon peanut butter or butterscotch chips (optional)
- 1 graham cracker
- Aluminum foil



Instructions:

1. Cut a slit down the center of the banana, but not all the way through.
2. Scoop out a little bit of the banana to make room for the filling.
3. Add in the marshmallows, chocolate chips, and peanut butter or butterscotch chips.
4. Break the graham cracker into pieces and add as much as you can into the banana.
5. Press the banana together to close the slit as much as possible.
6. Tightly wrap the banana with a piece of aluminum foil.
7. Place the wrapped banana over a bonfire, on a grill for about 10 minutes, flipping halfway through, or until the inside is melted and gooey.

Anishinaabemdaa Let's speak/talk Ojibway

Niibin ----- It is summer.
Miskomin ----- a raspberry
Odatagaagomin ----- a blackberry
Miin ----- a blueberry
Gabeshiwin ----- a camp

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



BINOJIIYAG GBESHWIN CHILDRENS CAMP

WHEN:

Camp Full - July 7-9, 2023

August 11 - 13, 2023

WHERE:

Spirit Point Wilderness

Academy and Camp

Mink Lake Road, Trout Creek, ON

WHO :

Ages 7 years to 15 years

REGISTRATION@NIIJCFS.COM

**REGISTRATION FORM PROVIDED FROM YOUR
WORKER**

**CULTURE, AG,
CIC,
PREVENTION**

DAY 1

**3pm Arrival
Introductions -
Ice breakers -
Dinner -
Evening games and
storytelling**

DAY 2

**Breakfast Morning
activities Lunch
Afternoon activities
Dinner
Evening drum social**

DAY 3

**Breakfast
Closing activities
Lunch
Safe travels home**

ACTIVITIES

**Fishing
Medicine walks
Swimming
Crafts**

YOU'RE INVITED TO A

Sweet grass harvest

At Dokis First Nation

Meet Mckenzie at Niijaansinaanik C&FS office.

ON Wednesday July 5, 2023, 10 am

Please RSVP to: Registration@niijcfs.com

Hand Drumming

• July 11, 2023, •
With Deina Bomberly

• 5pm – 6pm •

• 10 Miller St. Parry Sound •

RSVP • registration@niijcfs.com



JULY 11, 2023 BASEBALL

Bagitejii'ige -s/he plays baseball.

Join Mckenzie from Culture Services in a friendly group activity.

GET ACTIVE

WITH MCKENZIE

GROUP ACTIVITY

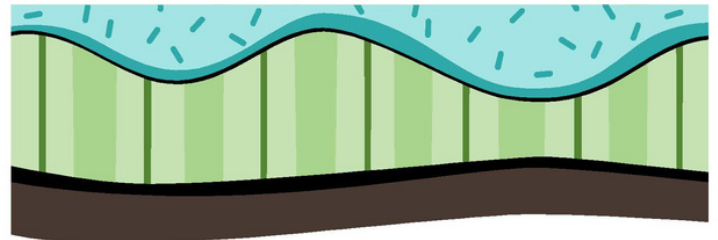
LET'S PLAY

BASEBALL

CULTURE SERVICES
North Bay

Site to be confirmed.

July 11, 2023



You're invited to
Culture Services Craft Night!!

Birch Bark and Sweet Grass
July 19, 2023, 5pm-7pm
10 Miller St. Parry Sound

Please RSVP to Culture Services by July 17
Registration@niijcfs.com

