



Niijaansinaanik

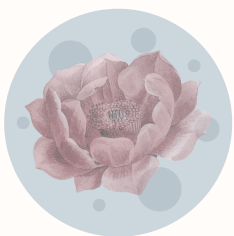
Child and Family Services

Alternative Care Newsletter



JUNE 2023

Waabgonii Güzis



Blooming Moon
June 3, 2023

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Cultural Connections

Waabonii Giizis - Blooming Moon

Ahniin, Boozhoo Kina Weya,

This time of year, the flowers are blooming, and the air is sweetened by the pleasant scent of the various blossoms decorating all of creation. This is also the time of year the wiigwoss, birch tree, offers its bark for harvesting.

The chief of the berries, the strawberry is the first to ripen and the strawberry season is here! One of the elders in our Anishinabek Nation says:

“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, Baa

Na'how, Miigwetch,
Culture Team

JUNE 21, 2023

NATIONAL INDIGENOUS PEOPLES DAY IT'S A SPECIAL OCCASION TO LEARN MORE ABOUT THE RICH AND DIVERSE CULTURES, VOICES, TO RECOGNIZES THE HERITAGE AND OUTSTANDING ACHIEVEMENTS OF FIRST NATIONS, INUIT, AND METIS.

Office Closed

June 21, 2023

Our After Hours Team will be available for emergencies at

1-855-223-5558



Did you know...

First Aid CPR/AED level C and **Car Seat Safety** are requirement for all Alternative Caregivers see page 3 for more information



ALTERNATIVE CARE UPCOMING TRAINING



First Aid & CPR

Offered by St. Johns Ambulance
8:30am – 4:30pm (both days)

North Bay

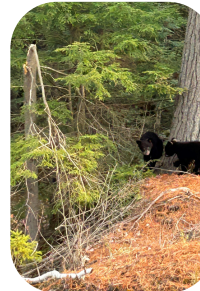
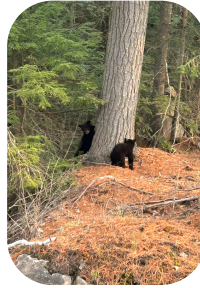
- May 30/31
- June 19/20
- July 17/18
- July 31/Aug 1
- Aug 14/15
- Aug 28/29
- Sept 11/12
- Sept 25/26
- Oct 10/11
- Oct 23/24



Sudbury

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

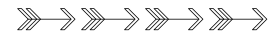
Please select two date as we are unable to guarantee availability



Life Book

**from 4:30pm to 7:30pm,
Supper will be provided**

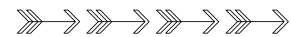
June 7, 2023
10 Miller St, Parry Sound



June 14, 2023
Sudbury, ON Location TBD



June 20, 2023
702 Main St, Dokis First Nation



June 28, 2023
North Bay, ON Location TBD

Trauma-Informed Care

Register at <https://TIC2023.eventbrite.ca>

The Ministry of Children, Community and Social Services issued a directive in 2022 that all Alternative Care homes are required to have this training completed by July 1, 2023.

Those who completed the Heart & Spirit Pre-Service Training have fulfilled this requirement.

Non-Violent Crisis Intervention

NEW DATE Sep 23 & 24, 2023



Oct 21 & 22, 2023

Nov 18 & 19, 2023

Location to be announced

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



Heart & SPIRIT

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



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

Registration required.

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



Family Engagement Activity

Theme: Indigenous Day

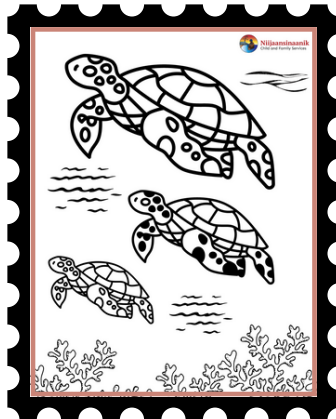
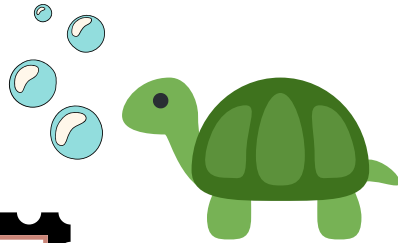
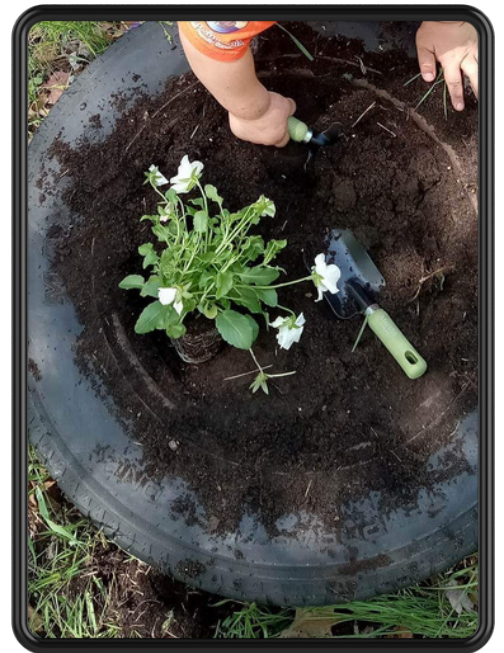
Show us how did you celebrate Indigenous Day?

Prize: \$50 Walmart Gift Card

Submission Date: June 23, 2023

Draw Date: June 29, 2023

Caregivers can purchase \$15 of material and submit with expenses.



Children's Colouring

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

Submission Date: June 23, 2023

Draw Date: June 29, 2023

Prize: \$25 Walmart Gift Card



May 2023 Art Work



CULTURAL EVENTS

Naming Ceremony Celebration

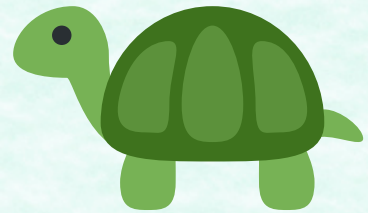
June 3, 2023

Time: 10:00am to 12:00pm

Location: Meet at 6 Serenity Lane, North Bay

Facilitators: Perry McLeod-Shabogesic & McKenzie Ottereyes-Eagle

Open for anyone who would like to receive their spirit name



Kindaasowin

Learning with the Cultural Team

June 5, 2023

Time: 5:00-6:00pm

Location: Zoom

Please register by June 2, 2023 at 4:00pm

Wiigwoss Birch Bark Harvesting

June 19, 2023

Time: 9:00am to 12:00pm

Location: 1120 Geewadin Rd, Wasauksing

Facilitators: Perry McLeod-Shabogesic & Dave Rice

Please register by June 15, 2023 at 4:00pm

Regalia Making for Kwezaansuk Girls and Gwuzansuk Boys

June 6 and 7, 2023

Time: 4:00pm - 7:00pm

Location: 176 Lakeshore Drive, Suite 8, North Bay

Please R.S.V.P registration@nijcfs.com

Hand Drumming

June 19, 2023

Time: 5:00 - 7:00pm

Location: 10 Miller Street, Parry Sound

Facilitators: Deina Bomberly, Wasauksing

Come and learn hand drum songs!

Please register by June 15, 2023 at 4:00pm

Nishnaabemwin Bingo

June 12, 2023

Time: 6:00 - 8:00pm

Location: Zoom

Come and play the Anishinaabe way!

Prizes to be won!

Please register by June 9, 2023 at 4:00pm

Black Spruce Pole Harvesting

June 22, 2023

Time: 9:00am - 4:00pm

Location: Meet at 6 Serenity Lane, North Bay

Facilitators: Perry McLeod-Shabogesic &

McKenzie Ottereyes-Eagle

Please register by June 20, 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

Wiisinaadaa! Let's eat!

Strawberry Crisp

Ingredients

- 5 heaping cups Fresh Strawberries (hulled and quartered)
- 0.92 cup Granulated White Sugar
- 1 teaspoon Vanilla Extract
- 3 tablespoons Cornstarch
- 1 cup All Purpose Flour
- ¾ cup Old Fashioned Oats
- ⅔ cup Brown Sugar (packed)
- ½ teaspoon Salt
- ¾ teaspoon Cinnamon
- ½ cup Butter (melted)

Instructions

- Preheat oven to 350 degrees. Grease a deep-dish pie plate or large baking dish with butter or cooking spray and set aside.
- Combine the chopped strawberries and sugar in a large bowl and mix until the strawberries fully absorb the sugar. Add in the cornstarch and vanilla extract and stir until all the strawberries are evenly coated. Pour it into the prepared baking dish.
- In a separate medium size bowl, combine the flour, oats, brown sugar, granulated sugar, salt, and cinnamon. Pour in the melted butter and stir well until well coated and crumbly. Sprinkle the crumb mixture evenly over the top of the strawberries.
- Bake in the preheated oven for 35-40 minutes until fruit is bubbly and topping is golden brown. Allow it to cool slightly before serving.
- Serve warm with vanilla ice cream on top. Enjoy!

Anishinaabemdaa

Let's speak/talk Ojibway

Noos - - - - - Father
Noos Giizhigad - - - - - Father's Day
Gizaagin - - - - - I love you
Ode - - - - - Heart
Ode'min - - - - - Strawberry

BINOOJIIYAG GBESHWIN

CHILDREN S CAMP

July 11 - 13, 2023

August 15 - 17, 2023

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



You're invited to the spring:

Naming Ceremony celebration

Conducted by Perry and Dave

Where: Arbor, 6 Serenity Lane W North Bay

When: Sat. June 3, 2023

Time: 10 am to noon feast



KENDAASOOWIN LEARNING WITH CULTURE TEAM

Ode'min Glizis – Strawberry Moon
Teachings about the gift of the strawberry.

Mon. June 5, 2023

Starting at 5pm

Register for the Zoom link!

By June 2, 2023

R.S.V.P. registration@niijcfs.com

10 Miller St.
Parry Sound

Hand drumming

With Deina Bomberly

Bring your hand drum and come to
learn a song or two!

RSVP: registration@niijcfs.com

By June 15, 2023

June 19, 2023
5pm to 7pm

REGALIA MAKING

For Kwezaansuk girls and Gwuzansuk boys

June 6th and 7th, 4pm to 7pm
176 Lakeshore Drive, Suite 8 North Bay

All ages invited, young ones with adults.
RSVP TO: registration@niijcfs.com

Anishinaabemowin

Bingo



12 JUNE

6:00pm

NCFS Culture program

Via zoom

Register by June 9 to receive zoom link on June 12
Registration@nijcfs.com

Wiigwoss Birch Bark Harvesting



• DAY •

June 19, 2023

• TIME •

9am to Noon bagged lunch provided

• PLACE •

1120 Geewadin Rd, Wasauksing

With Dave and Perry • All ages

RSVP: Registration@nijcfs.com by June 15, 2023