



# Niijaansinaanik

Child and Family Services

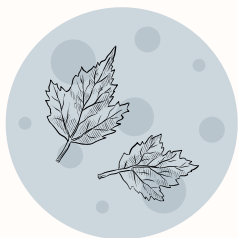
## Alternative Care Newsletter



## September 2023

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## Waabagaa Güizis

Changing Leaves Moon



# Cultural Connections

*Waabagaa Giizis - Changing Leaves Moon*

**Full Moon: September 14, 2023**



**Ahniin, Boozhoo Kina Weya,**

Creation is waiting for the Manidoo - spirit who paints the leaves, who splash colours on the leaves. This time is the start of the drying up of the leaves and plants. The Spirit who paints is said to do their work at night with their friend the Frost.

They colour the dried leaves in many beautiful colours. Aki Kwe - Mother Earth is in yet another beautifully coloured godaas – dress with Mskwaa miinwaa Ozaawaa - red, yellow, and orange.

**Na’how, Miigwetch,  
Culture Team**



## Office Closed

Sep 4, 2023 - Labour Day

Sep 29, 2023 - National Day of Truth & Reconciliation

Oct 9, 2023 - Thanksgiving

Our After Hours Team will be available for emergencies at

**1-855-223-5558**

*Save the Date*

**ALTERNATIVE CARE  
& VOLUNTEER  
RECONGNITION DINNER  
OCTOBER 19, 2023**

**Best Western - North Bay ON  
More information to come**





# Alternative Care Upcoming Training

## Non-Violent Crisis Intervention

- Sep 23 & 24, 2023 in North Bay - CANCELLED
- Oct 21 & 22, 2023 in Sudbury
- Nov 18 & 19, 2023 in Parry Sound

## Standard First Aid + CPR C class

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

### North Bay.

- Sept 6/7
- Sept 20/21
- Oct 4/5
- Oct 18/19



### Sudbury.

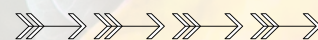
- Sept 6/7
- Sept 20/21
- Oct 4/5
- Oct 18/19

Please select two date as we are unable to  
guarantee availability

## Heart & SPIRIT

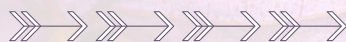
is a 4 day  
training  
total 28 hrs.

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



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

## Life Book



Sep 12, 2023 - North Bay, ON  
Sep 14, 2023 - Parry Sound ON  
Oct 26, 2023 - Sudbury ON



## 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](mailto:registration@nijcfs.com)



# Family Engagement Activity

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

Prize: \$50 Walmart Gift Card

Submission Date: September 26, 2023

Draw Date: September 28, 2023

( AC Caregivers can be reimbursed for purchasing supplies up to \$15.00, please submit receipts to your Worker)



## Children's Colouring

Theme: Every Child Matters - Art by Hawlii Pichette

Prize: \$25 Walmart Gift Card

Submission Date: September 26, 2023

Draw Date: September 28, 2023

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

## National Day for Truth and Reconciliation September 30 , 2023



This day is to honour the children who never returned home, survivors of residential schools, families and communities.

We encourage you to wear orange to honour the thousands of Survivors of residential schools.

# CULTURAL EVENTS

To attend any cultural events, please register at [registration@nijcfs.com](mailto:registration@nijcfs.com) or contact: 1 (855) 223-5558 ext. 1201

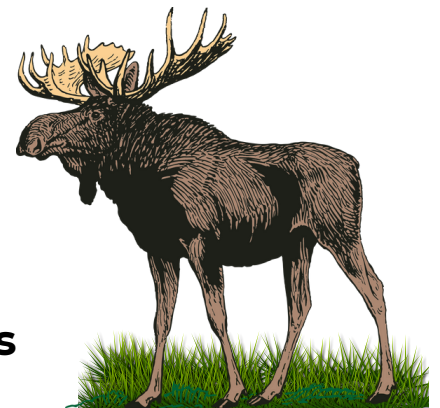
## Medicine Wheel Teachings and Wheel Making, Nurture your Whole Self

September 12, 2023

Time: 5:00pm - 7:pm

Location: 10 Miller St, Parry Sound ON

Please register by Sep 11, 2023 at 3:00pm



## Hunt Camp Ages 12 - 17 yrs and Caregivers

September 22 to September 24, 2023

Spirit Point Wilderness Academy and Camp, Trout Creek ON

Please register by September 18, 2023 - **Space Limited**



### Anishinaabemdaa

Let's speak/talk Ojibway

Manidoo	-----	Spirit
Aki Kwe	-----	Mother Earth
Godaas	-----	Dress
Mskwaa	-----	Red
Ozaawaa	-----	Yellow, Orange



# WIISINAADAA! LET'S EAT!

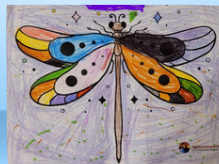
## Ham Pasta Casserole



- 3 and ½ chopped onions.
- 12 cups macaroni
- 4 and ½ cups grated low fat cheddar cheese.
- 4 and ½ cups lean cooked ham (cubed)
- 12 medium tomatoes (diced) or 2 cans of no salt added tomatoes.
- 6 x 10oz cream of chicken soup
- 3 cups skim milk
- 6 tsp. mustard

Cook onions and macaroni in boiling water. Whisk soup, milk, and mustard together in baking dish. Add ham and tomato to baking dish. Add ham and tomato to baking dish. Add cooked onions and macaroni to baking dish and stir to combine all ingredients. Top with grated cheese. Bake uncovered in 350 degrees oven for 20 minutes and enjoy!

## august 2023 family engagement & art work



## 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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