



Niijaansinaanik

Child and Family Services

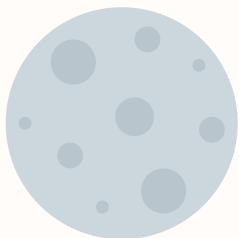
Alternative Care Newsletter



October 2023

WHAT'S INSIDE

Cultural Connections
Date Office will be closed
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Contact Us



Bnaakwii Güizis

Falling Leaves Moon



Cultural Connections

Bnaakwii Giizis - Falling Leaves Moon

Full Moon: October 14, 2023

Ahniin, Boozhoo Kina Weya,

Mother Earth is getting ready for her final dance before she rests. Mother Earth, wearing a colourful dress with reds, oranges, and yellows, will dance until all the leaves have fallen.

Mother Earth is finishing her sacred, annual work, and is now ready to rest. She will sleep peacefully and quietly with happiness for she knows that she has provided the food and medicines for all her children.

**Na'how, Miigwetch,
Culture Team**

Office Closed



Oct 9, 2023 - Thanksgiving

Nov 13, 2023 - Remembrance Day

Our After Hours Team will be available for emergencies at

1-855-223-5558



ALTERNATIVE CARE & VOLUNTEER RECONGNITION DINNER

OCTOBER 19, 2023

Best Western - North Bay ON

RSVP October 6, 2023



Alternative Care Upcoming Training



Standard First Aid & CPR C class

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

North Bay.

- Oct 14/15 (weekend)
- Oct 18/19
- Nov 1/2
- Nov 15/16
- Nov 21/22
- Nov 28/29
- Dec 5/6
- Dec 13/14

Sudbury.

- Oct 18/19
- Nov 1/2
- Nov 15/16
- Nov 29/30
- Dec 13/14

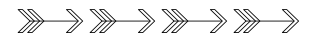
Please select two date as
we are unable to guarantee
availability



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



Oct 5, 2023 - North Bay, 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

Non-Violent Crisis Intervention

- Oct 21 & 22, 2023 in Sudbury
- Nov 18 & 19, 2023 in Parry Sound
- North Bay - Date to be announced



COMING
SOON

Trauma Informed Care

Registration required.

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

Family Engagement Activity

Theme: Poster, Drawing or Photo about "Fall"

Prize: \$50 Walmart Gift Card

Submission Date: October 23, 2023

Draw Date: October 26, 2023

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



Children's Colouring

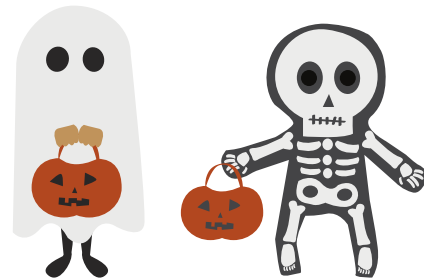
Theme: 

Prize: \$25 Walmart Gift Card

Submission Date: October 23, 2023

Draw Date: October 26, 2023

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



Anishinaabemdaa

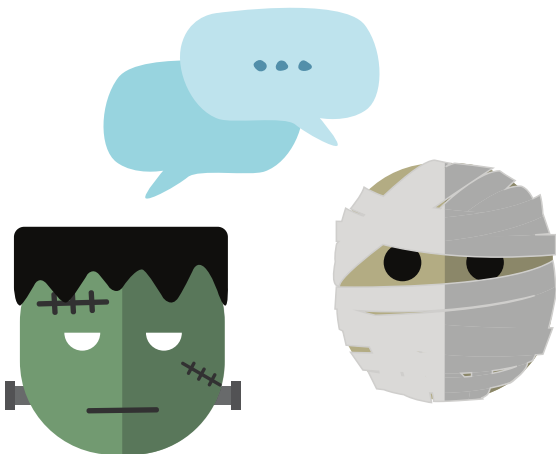
Let's speak/talk Ojibway

Ozaawaa - - - yellow, brown

Misko - - - - red

Aniibiish - - - leaf

Nibaa - - - s/he sleeps, is asleep.



September 2023 Family Engagement & Art Work

**BACK
TO
SCHOOL**



HALLOWEEN SAFETY: TIPS FOR FAMILIES

1. DO NOT USE MASKS.
2. MAKE OR BUY COSTUMES IN LIGHT-COLOURED MATERIAL.
3. PLACE STRIPS OF REFLECTIVE TAPE ON THE BACK AND FRONT OF COSTUMES, SO THAT DRIVERS CAN BETTER SEE YOUR CHILD.
4. COSTUMES SHOULD FIT PROPERLY TO PREVENT TRIPS AND FALLS.
5. DRESS YOUR CHILD FOR THE WEATHER.

CULTURAL EVENTS

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

Bundle Bag Making with Light Dinner

October 11, 2023

Time: 5:00pm - 7:pm

Location: 10 Miller St, Parry Sound ON

Please register by October 9, 2023 at 3:00pm



Shaker Making with Light Dinner

October 25, 2023

Time: 5:00pm - 7:pm

Location: 10 Miller St, Parry Sound ON

Please register by October 23, 2023

Ribbon Shirt Making with Deina Bomberry

October 27, 2023

Time: 10am to 3pm

Lunch Provided

Location: 10 Miller St, Parry Sound ON

Please register by October 25, 2023



WIISINAADAA! LET'S EAT!

Three Sisters Soup



Ingredients

- 2 cups canned white or yellow hominy corn. Drained (can be substituted with regular corn).
- 2 cups fresh green beans. Trimmed and snapped.
- 2 cups butternut squash. Peeled and cubed.
- 1 1/2 cups white or yellow potatoes. Peeled and diced (for something sweeter you can use sweet potatoes).
- 5 cups water.
- 1 1/2 tbsp chicken bouillon granules.
- 2 tbsp butter. Melted.
- 2 tbsp all-purpose flour.
- 1/4 tsp pepper.

Instructions

- In a large pot combine the hominy, green beans, squash, and potatoes.
- Add water and chicken bouillon.
- Bring to a boil. Then reduce heat to low and simmer until vegetables are soft (approx. 10 minutes).
- Melt butter and blend it with the flour. Stir mixture into the soup.
- Increase heat to medium and cook until soup thickens (approx. 5 minutes).
- Season with salt and pepper and serve.

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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