



# Niijaansinaanik

Child and Family Services

## Alternative Care Newsletter



## January 2024

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## Manidoo Giizis

Spirit Moon





# Cultural Connections

*Manidoo Giizis - Spirit Moon*

**Full Moon: January 25, 2024**

Ahniin, Boozhoo Kina Weya,

Anishinaabek peoples traditionally observed time by 13 lunar moons. Mainstream sees a 12-month calendar. At this time of the year the Sun rises later as it does, the sun sets earlier, it will make the daylight shorter. The night sky comes early which brings darkness, cold with some stormy or calm nights. The Ancestors worked hard to sustain their families during biboon (winter). In winter Creators gifts to us, Earth, Fire, Wind and Water, the earth to hold and feed us, the fire to warm us, to offer our medicines, and wind to change the season with air to breath in and out and water to keep us cleansed.

This time of dark is for being silent, sitting still, staying warm, story telling and sleep. Grandfather; Nimishoomis, GrandMother; Nookomis will help care for the children, Binoojiinyag, while the parent's hunt, gather food, wood for sustainability. This is the time when Clan stories are shared. Elders are sharing funny stories, games are played, as they await the full moon. Elders know the Manidoo-giizis will start to bring in longer days, more light.

Na'how, Miigwetch,  
*Culture Team*

## *Chi-Miigwetch*

*To all who attended our Children's Christmas Celebration in North Bay on December 3, 2023*



*Office Closed*

February 19, 2024 Family Day

Our After Hours Team will be available for emergencies at

**1-855-223-5558**

# 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

★ Event only offered to Alternative Caregivers

★ **January 9, 2024 - Anishinaabemowin**



Via Zoom 5pm to 7pm

Location: Zoom hosting by Pilar Welling.

Please register by Monday, January 8, 2023

## **OPEN TO COMMUNITIES**



**January 13, 2024 - New Year, Spirit Moon Gathering & Drum Social**

Time: 4pm to 7pm

Location: Wasauksing Gathering Place, 1126 Geewadin Rd

Light Dinner will be provided.

Please register by Thursday, January 11, 2024

### DID YOU KNOW!

That all Alternative Care Caregivers are required to have First Aid /CPR.

See page 4 for dates

### **Anishinaabemdaa Let's speak/talk Ojibway**

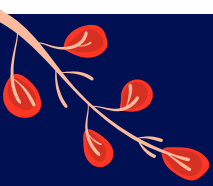
Spirit ----- Manidoo  
It is snowing ----- Zoogipon  
Mother Earth----- Nimaanaa-aki



## **WE ARE LOOKING FOR ALTERNATIVE CARE, EMERGENCY & RESPITE HOMES!**

Did you know... if you refer a family member or a friend to become a caregiver and they complete the assessment and are approved you will receive a \$50.00 Gift Card.

Contact Lillian Couchie at [lillian.couchie@nijcfs.com](mailto:lillian.couchie@nijcfs.com) or 855-223-5558 ext. 3003.



# Alternative Care Upcoming Training



To attend any training, please register at [registration@nijcfs.com](mailto:registration@nijcfs.com) or contact: 1 (855) 223-5558 ext. 3005

## STANDARD FIRST AID + CPR C CLASS

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

### North Bay.

**2024**

- Jan 3/4
- Jan 8/9
- Jan 13/14
- Jan 17/18
- Jan 22/23
- Jan 31/Feb 1
- Feb 5/6
- Feb 13/14
- Feb 21/22
- Feb 26/27

Please select two date as we are unable to guarantee availability

### Sudbury.

**2024**

- Jan 3/4
- Jan 13/14
- Jan 17/18
- Jan 31/Feb 1
- Feb 10/11
- Feb 14/15
- Feb 21/22

## HEART & SPIRIT PRE-SERVICE

January 27/28 & February 10/11, 2024  
Location: 10 Miller St., Parry Sound, ON

4 day  
training  
total 28 hrs.

## TRAUMA INFORMED CARE

Delivered by The Child and Parent Resource Institute (CPRI) is a free three (3) module training webinar series about Trauma-Informed Care for caregivers who are caring for children and youth. This training takes approximately 8 hours. (2hours each + surveys)

Link and step-by-step guide how to register will be emailed

## NON-VIOLENT CRISIS INTERVENTION

- ▶ Time: 9:00am to 4:00pm
- January 13/14, 2024 : 10 Miller St. Parry Sound
- February 10/11, 2024: North Bay
- April 6/7, 2024: Location TBD

## CULTURAL COMPETENCY

This training is offered by Dnaagdawenmag Binnoojiiyag Child & Family Services on Saturday, January 20, 2024. (4hr training)  
Location: 10 Miller St., Parry Sound ON  
Time: 10am to 2:30pm

Letter will be provided to those caregivers who are to complete

## CAR SEAT SAFETY



For more information please contact:  
Lillian Couchie at [Lillian.Couchie@nijcfs.com](mailto:Lillian.Couchie@nijcfs.com)  
or 1-855-223-5558 ext. 3003

◆ One-on-One training available

## LIFE BOOK

- ▶ Time: 4:45pm to 7:00pm (dinner provided)
- January 11, 2024 - Location: North Bay - TBD
- February 2024 - Location: Sudbury - TBD
- February 2024 - Location: Parry Sound- TBD

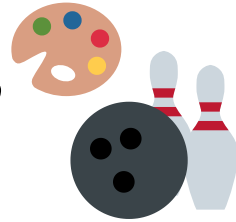
# Family Engagement Activity

Theme: To send a photo of a Family Activity

Prize: \$50 Walmart Gift Card

Submission Date: January 26, 2024 to your Alternative Care Worker

Draw Date: January 30, 2024



## Children's Colouring

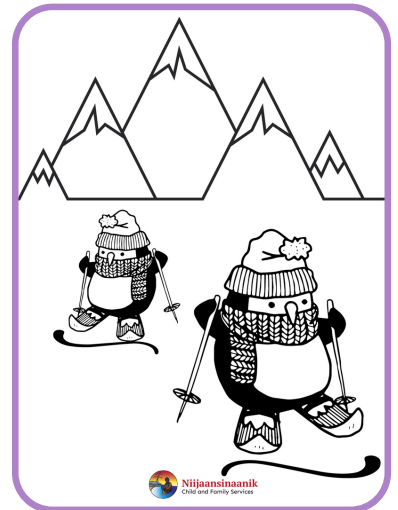
Prize: \$25 Walmart Gift Card

Submission Date: January 26, 2024 to your Alternative Care Worker

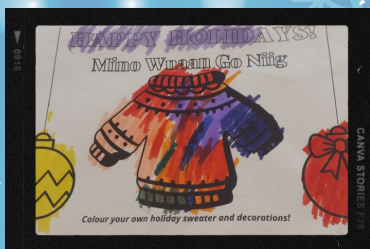
Draw Date: January 30, 2024

All ages and skill levels are encouraged to submit to get entry to the draw.

Raffle winners will be notified.



# December 2023 Family Engagement & Art work



# WIISINAADAA! LET'S EAT!

## Fibre Rich Bean Muffins

recipe from ontariobean.ca

### Ingredients:

- 1 cup raisins
- 1 cup boiling water
- 3 eggs
- 1 cup oil
- 2 cups white sugar
- 1 can (14 oz) Beans in Tomato sauce
- 1/2 tsp salt
- 3 cup flour
- 1 tsp vanilla
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1 cup walnuts (optional)

### Instructions:

- 1 Preheat oven to 325F (160 C)
- 2 Mix raisins with boiling water. Stir and set aside.
- 3 Beat eggs, oil, sugar, vanilla and beans until broken.
- 4 Add flour, remaining ingredients, including raisins and water.
- 5 Spoon batter in large paper muffin cups. Bake 30 minutes.
- 6 Bake 30 minutes.



HAPPY

*New Year*

Wishing you a happy New Year.

May it be filled with new  
adventures and good fortunes

## 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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