



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



February 2024

MKWA GIIZIS

Bear Moon



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Cultural Connections

Mkwa Giizis - Bear Moon

Full Moon: February 24, 2024

Ahniin, Boozhoo Kina Weya,

Language is in our everyday way; we two-legged communicate for many reasons. The Ancestors of the Anishinabek, Cree Nation and Haudenosaunee were Story Tellers. Ancestors used Story Telling to teach “Living the Good Life” (Mino-bimaadiziwin). Traditional Story is an ancient Oral Tradition passed on for many moons (Giizis). Revitalizing Story Telling is voiced in words from the Soul, from memory; not reading from a book. The Elders teach lessons by sharing their voice, sharing their knowledge, by sharing the skills to speak from the heart. Story Telling is laughing, (Baapi) listening, observing, thinking, and prompting curiosity to the Storyteller Audience.

Wise Knowledge holders share stories intergenerationally; and we continue this practice to the future Seven Generations. Mkawa Giizis (Bear Moon) is the time for story telling. Mainstream acknowledges many holidays; in some provinces February is Aboriginal Story Telling Month. Share your story, tell a joke, make some poetry, make a song, speak to the words from the heart. Spirit of listening is our traditional way of knowing, learning, laughing, interconnecting to our environments around us; enjoy. The www. has online resources to listen to the voices of Traditional Story Tellers. What is your favorite story?

Na’how, Miigwetch,
Culture Team



Did you know....

Effective July 1, 2023, Ministry Standards requires that all Alternative Care Home Assessment to must complete the following two training prior to approval from the Residential Placement Advisory Committee (RPCA):

- **Strong Parent Indigenous Relationships Information Training (SPIRIT)**
- **Standard First Aid CPR/AED level C**

Office Closed

February 19, 2024 for



FAMILY DAY

Our After Hours Team will be available for emergencies at

1-855-223-5558

Alternative Care Upcoming Training

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

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
- February 10/11, 2024: North Bay
- ~~April 6/7, 2024: Sudbury~~ Cancelled
- October 26/27: Location TBD

CULTURAL COMPETENCY • Zoom

Offered by Dnaagdawenmag Binnoojiiyag Child & Family Services (4hr training)

- February 8, 2024 Time: 10:00am - 2:30pm
- March 2, 2024 Time: 10:00am - 2:30pm
- March 19/20, 2024 (2days) Time: 10:00am - 12:00pm
- April 17, 2024 Time: 5:00pm - 9:30pm

Letter will be provided to those caregivers who are to complete



STANDARD FIRST AID + CPR C CLASS

Offered by
St. Johns Ambulance

8:30am - 4:30pm (both days)

Please select two date as we are unable to guarantee availability



Sudbury.

2024

- Feb 21/22
- March 6/7
- March 13/14
- March 20/21
- March 27/28
- April 3/4

North Bay.

2024

- Feb 5/6
- Feb 13/14
- Feb 21/22
- Feb 26/27
- March 4/5
- March 13/14
- March 19/20
- March 27/28
- April 3/4
- April 8/9

LIFE BOOK

- ▶ Time: 4:45pm to 7:00pm (dinner provided)
- February 8, 2024 - Location: 10 Miller St. Parry Sound
- February 2024 - Location: Sudbury - TBD

CAR SEAT SAFETY

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

◆ One-on-One training available

SPIRIT PRE-SERVICE

4 day training, total 28 hrs.
April / May 2024 Location: TBD



Family Engagement Activity



Theme: Draw, Write, Photo of our Family Day activity

Prize: \$50 Walmart Gift Card

Submission Date: February 22, 2024 to your Alternative Care Worker

Draw Date: February 27, 2024

Children's Colouring

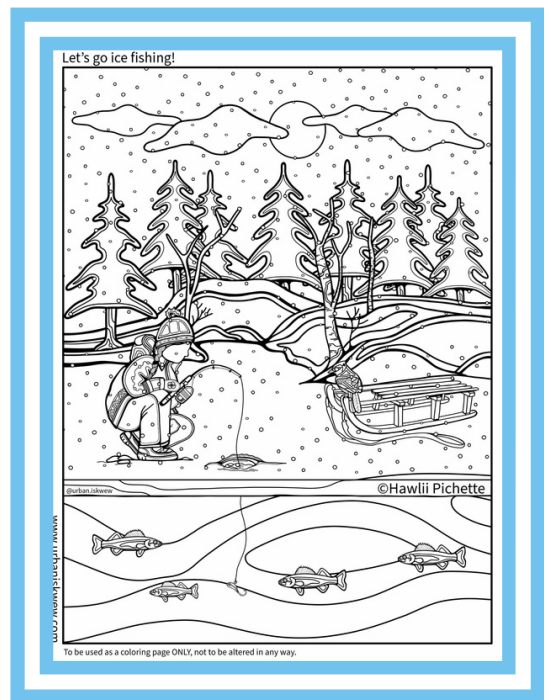
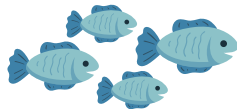
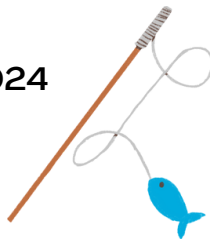
Let's go ice fishing, Artwork by Hawlii Pichette

Prize: \$25 Walmart Gift Card

Submission Date: February 22, 2024

to your Alternative Care Worker

Draw Date: February 27, 2024



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

JANUARY Art work



CULTURAL EVENTS



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

★ **Event only offered to Alternative Caregivers**

★ **February 8, 2024 - Bear Bundle Making in Dokis FN**

Via Zoom 5pm to 7pm

Location: 702 Main St, Dokis First Nation

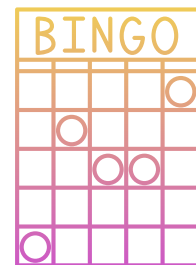
Please register by Tuesday, February 6, 2024

★ **February 13, 2024 - Anishinaabemowin Bingo**

Via Zoom 5pm to 7pm

Location: Zoom hosting by Pilar Welling.

Please register by 12pm on Monday, February 12, 2024



OPEN TO COMMUNITIES



★ **February 17, 2024 - Drum Social Wasauksing Gathering Place**

Time: 4pm to 7pm

Location: Wasauksing Gathering Place, 1126 Geewadin Rd

Light Dinner will be provided.

Please register by Thursday, January 11, 2024

★ **February 22, 2024 - Bear Bundle Making in Wasauksing FN**

Via Zoom 5pm to 7pm

Location: 1120 Geewadin Rd, - Nijjaansinaanik CFS - Arbor

Please register by Tuesday, February 20, 2024

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 or 855-223-5558 ext. 3003.

WIISINAADAA! LET'S EAT!

Slow Cooker Venison Stew

www.allrecipes.com

Prep Time: 20 mins

Cook Time: 7 hrs 15 mins

Total Time: 7 hrs 35 mins

Ingredients:

- 2 tablespoons vegetable oil
- 2 pounds venison stew meat
- 3 stalks celery, diced
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh parsley
- salt and pepper to taste
- dried oregano to taste
- dried basil to taste
- 1 cup tomato sauce
- ½ cup dry red wine
- ½ cup water



Directions:

Step 1:

Heat oil in a large frying pan over medium-high heat. Brown venison well in two batches.

Step 2:

Place celery, onion, garlic, and parsley in the bottom of a slow cooker. Add venison. Season with salt, pepper, oregano, and basil. Pour in tomato sauce, red wine, and water. Cover and cook on Low for to 10 hours.

DID YOU KNOW!

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

See page 3 for dates



Anishinaabemdaa

Let's speak/talk Ojibway

Laughing ----- Baapi
Cloudy ----- Nigwaankwat
Come in ----- Biindigen
Paper ----- Mzinigen



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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