



# Niijaansinaanik

Child and Family Services

## Alternative Care Newsletter



## October 2024

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# Cultural Connections

*Bnaakwii Giizis - Falling Leaves Moon*

**Full Moon: October 17, 2024**

**Ahniin, Boozhoo Kina Weya,**

The Falling Leaves Moon is a time where the trees let go of their leaves to blanket Mother Earth for her winter sleep. This is also the time to harvest creatures of the land and water. This moon speaks to the things we need to let go of, to grow, and move on.  
- Shkagamik-Kwe Health Centre

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

## Office Closure

October 14, 2024 - Thanksgiving

November 11, 2024 - Remembrance 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](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

- Oct 2/3
- Oct 16/17
- Oct 30/31
- Nov 13/14
- Nov 27/28
- Dec 11/12

### Sudbury

#### 2024

- Oct 2/3
- Oct 16/17
- Oct 30/31
- Nov 13/14
- Nov 27/28
- Dec 11/12
- Dec 18/19



**Did you know...**  
That all training listed is part of the Licensing Requirement.

**NOTE: For a renewal you cannot have expired**

### One Day Renewal 8:30am - 5:30pm

### North Bay

#### 2024

- Oct 18
- Nov 28

### Sudbury

#### 2024

- Oct 24
- Nov 21

## Cultural Competency • Zoom

Offered by Dnaagdawenmag Binnoojiiyag Child & Family Services

- September 17/18 - Time: 10:00am - 12:00pm
- October 21/23 - Time: 6:00pm - 8:00pm
- November 13 - Time: 10:00am - 2:30pm
- December 3/5 - Time: 10:00am - 12:00pm

## 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

Caregivers must register individually provide their contact information. Should you require assistance please contact your worker.

[Registration Link: To Register Click Here](#)

## Non-Violent Crisis Intervention

- ▶ October 26/27: Location TBD
- ▶ Time: 9:00am to 4:00pm

## SPIRIT Pre-Service

One-on-One training  
now available

## Car Seat Safety

For more information please contact your Alternative Care Worker for arrangements.



# CHILDREN'S COLOURING

Goomba Halloween, Artwork by Hawlii Pichette

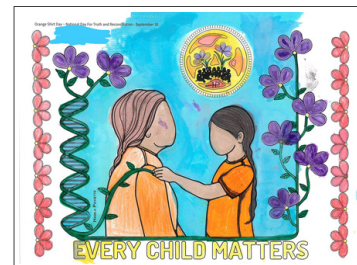
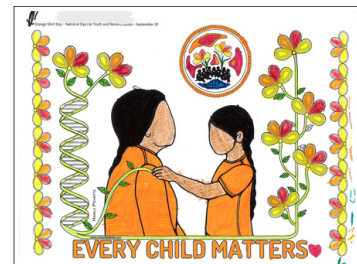
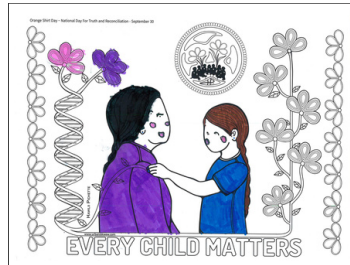
Prize: \$25 Walmart Gift Card

Submission Date: September 29, 2024

to your Alternative Care Worker

Draw Date: October 31, 2024

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



## FAMILY ENGAGEMENT ACTIVITY

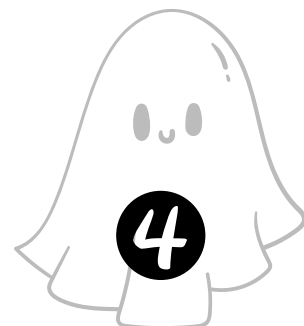
Theme: Fall Nature Walk – submit a photo or drawing

Prize: \$50 Walmart Gift Card

Submission Date: September 29, 2024 to your

Alternative Care Worker

Draw Date: October 31, 2024



# OCTOBER 2024 CULTURAL EVENTS



Youth Hunting & Culture Camp,  
Location: Spirit Point Camp,  
October 1-4, 2024

Positive  
Vibes  
Only

Boy's Night (Ages 8-13)  
Topic: Self Care;  
Serenity Lane Arbour, North Bay  
October 22 from 5:30pm-7:00pm

Girl's Night (Ages 8-13)  
Topic Self Care;  
Serenity Lane Arbour, North Bay  
October 23 from 5:30pm-7:00pm

Anangong Miigaading: Star Wars Movie  
Night (Ages 10+),  
10 Miller Street, Parry Sound,  
October 30 from 5:00-8:00pm



**FULL MOON CEREMONY FROM 6:00-8:00PM**

**Location: Niijaansinaanik Wasauksing Arbour**

**Thursday, October 17**

**Friday, November 15**

**Monday, December 16**

**Monday, January 13**

**Wednesday, February 12**

**Friday, March 14**



RECURRING  
EVENTS

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

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# UPCOMING CULTURAL EVENTS

## Tie-Dye Shaker Making Workshop

(Ages 8+); children under 11 to be accompanied by a worker or caregiver to help complete their shaker.

### Session 1

Serenity Lane Arbour, North Bay  
November 5 & 12  
From 5:00pm to 7:00pm

### Session 2

10 Miller St., Parry Sound  
- November 7 & 14  
From 5:00pm to 7:00pm

## Boy's Night (Ages 8-13)



Topic: Medicines  
Wasauksing Arbour, Wasauksing First Nation  
November 19 from 5:30pm-7:00pm



Topic: Winter Solstice,  
Shawanaga Arbour, Shawanaga First Nation  
December 17 from 5:30pm-7:00pm

## Girl's Night (Ages 8-13)



Topic: Medicines  
Wasauksing Arbour, Wasauksing First Nation  
November 20 from 5:30pm-7:00pm



Topic: Winter Solstice,  
Shawanaga Arbour, Shawanaga First Nation  
December 18 from 5:30pm-7:00pm

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

## Anishinaabemdaa Let's speak/talk Ojibway



|                    |     |              |
|--------------------|-----|--------------|
| Manoomin           | ••• | Wild rice    |
| Mashkiigamin       | ••• | Cranberry    |
| Waawaashkesh       | ••• | Deer         |
| Mooz               | ••• | Moose        |
| Mzizi              | ••• | Turkey       |
| Wiiyaas            | ••• | Meat         |
| Amoozo-boodaajigan | ••• | A moose call |

## Halloween safety: Tips for families



Do not use masks.



Costumes should fit properly to prevent trips and falls.



Make or buy costumes in light-coloured material.



Dress your child for the weather.



Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.

# WIISINAADAA! LET'S EAT!

## Wild Rice Cranberry Pecan Salad from Shkagamik-Kwe Health Centre



### INGREDIENTS:

- 1 cup wild rice
- 3 cups water
- 1 tsp Trans-Fat free margarine
- ½ cup dried cranberries
- ½ cup chopped pecans
- ¼ cup sliced green onions
- 1 Tbsp lemon juice
- 2 Tbsp olive oil
- ½ tsp sugar or sweetener
- 1 tsp grated orange peel

### RECIPE:

- Wild rice is a ratio of 1:3 of wild rice to water. Bring rice and margarine and water to a boil, reduce heat to low, cover and cook for 50 minutes. Do not stir, do not uncover.
- Remove from stove and let it sit, covered for 10 minutes. Then uncover, fluff up with a fork and let cool to almost room temperature.
- In a medium size serving bowl, mix the rice, cranberries, pecans and green onions together.
- In a separate jar, mix the lemon juice, olive oil, orange peel and sugar.
- Just before serving, mix dressing in with the rice mixture.
- Serve warm, chilled or at room temperature.

## 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 us at 1-855-223-5558



## 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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