



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



January 2025



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Cultural Connections

Mnidoo Giizis - Spirit Moon

Full Moon: January 13, 2025

Ahniin, Boozhoo Kina Weya,

This is the time of storytelling and sharing our history of our clans, families and ancestors. Stories providing learning, healing, visioning, and humor. The nights are at their longest, the stars at their brightest. The constellations are visible, and the spirit path can be seen in the night sky.

Time can be spent with elders, grandparents, families, youth and children to hear the stories from days past and sing songs, visioning the year ahead. Most of the Earth, animals, and plants, are asleep currently. You may see the spirit dancing in the Northern lights.

Na'how, Miigwetch,
Culture Team



Office Closure

- February 17 - Family Day
- April 18 - Good Friday
- April 21 - Easter Monday

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 registrationnijcfs.com or contact: 1 (855) 223-5558

Standard First Aid + CPR C class

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

North Bay

2025

- Jan 14/15
- Jan 22/23
- Jan 30/31
- Feb 5/6
- Feb 11/12
- Feb 18/19
- Feb 26/27
- Mar 6/7
- Mar 12/13
- Mar 18/19
- Mar 24/25

Sudbury

2025

- Jan 22/23
- Feb 5/6
- Feb 19/20
- Mar 5/6
- Mar 19/20



One Day Renewal

8:30am – 5:30pm

North Bay

- Jan 17
- Feb 3
- Mar 21

Sudbury

- Jan 23
- Feb 20
- Mar 20

NOTE:
For a renewal you cannot have expired

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



SPIRIT Pre-Service

One-on-One training
now available

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

January 18/19, 2025: Sudbury, ON
April 12/13, 2025: North Bay, ON
Time: 9:00am to 4:00pm

Car Seat Safety

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

Zoom

Cultural Competency

Offered by Dnaagdawenmag Binnoojiiyag Child & Family Services

January 28 & 30 2025 from 6-8 pm
Registration open through January 27, 2025

Must attend both days to received certificate

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

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

**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

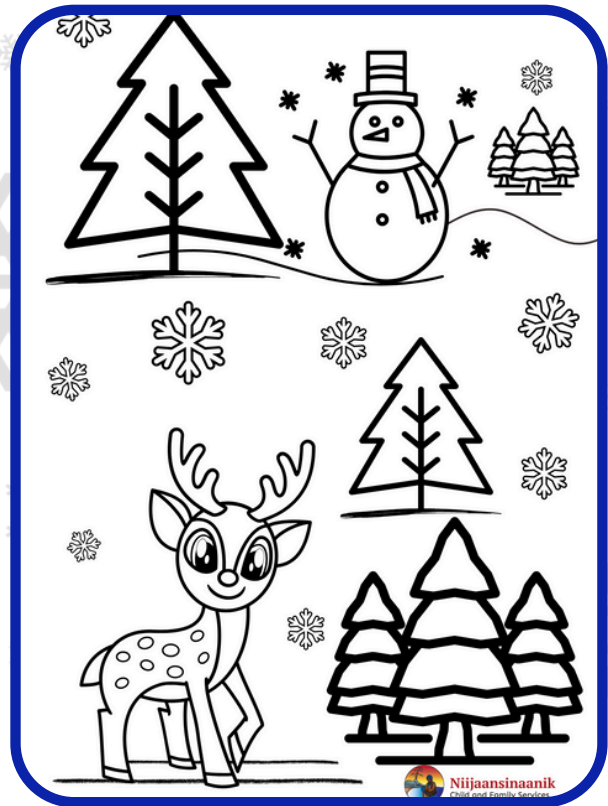
CHILDREN'S COLOURING

Prize: \$25 Walmart Gift Card

Submission Date: January 29, 2025 to
your Alternative Care Worker

Draw Date: January 31, 2025

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



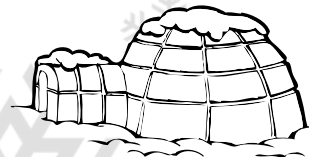
FAMILY ENGAGEMENT ACTIVITY

Theme: Building a snowman or igloo photo to your Alternative Care Worker

Prize: \$50 Walmart Gift Card

Submission Date: January 29, 2025

Draw Date: January 31, 2025



December Family Engagement





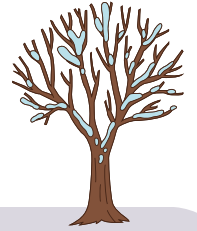
JANUARY 2025 CULTURAL EVENTS

Baby & Me (Ages 0-3)

- January 8 at 10 Miller St (Access Centre), Parry Sound
- January 9 at 12 Serenity Lane, North Bay

Time: 2:00 - 3:00 pm

REGISTRATION DUE: Monday January 6, 2025



Lil' Cooks Academy (Ages 7 -12)

January 13 at Shawanaga First Nation Healing Centre

Time: 4:30 - 6:00 pm

REGISTRATION DUE: Monday January 6, 2025

Full Moon Ceremony (Everyone Welcome)

Location: Niijaansinaanik Wasauksing Arbour

Monday, January 13, 2025, 6:00 - 8:00 PM

Boy's on the Land (Ages 13+)

Topic: Vision Boards

January 21 at 12 Serenity Lane Arbour, North Bay

Time: 4:30 - 5:30 pm

REGISTRATION DUE: Friday, January 17, 2025

Girl's Night (Ages 8-13)

Topic: Vision Boards

January 22 at 12 Serenity Lane Arbour, North Bay

Time: 4:30 - 5:30 pm

REGISTRATION DUE: Friday, January 17, 2025

Bboon Nishnaabe Naadziwin; Winter Culture Camp (Ages 10+)

January 25 & 26 at 12 Serenity Lane, North Bay,

Time: 9:00am-4:00pm each day

REGISTRATION DUE: Monday January 20, 2025



Community Drum Social (Everyone Welcome)

January 28 at North Bay Indigenous Friendship Centre, North Bay

Time: 5:00-8:00pm

no registration is required

Our Ways Youth Program: After-School Drop-In (Ages 7-12)

January 29 at Niijaansinaanik Arbour in Wasauksing First Nation

Time: 4:00-6:00pm

REGISTRATION DUE: Monday January 24, 2025



To attend any Cultural program or event, registration is required, please ask your worker for more information and to register.

Anishinaabemdaa Let's speak/talk Ojibway

New Year's	•••	Nimkodaading
Snowshoe	•••	Aagmose
Snow	•••	Goon
Winter	•••	Boong
It is snowing	•••	Zookpo
It is cold outside	•••	Ksinaa Gwajjng
Coat	•••	Biiskowaagan
Mitts	•••	Mjikaawnag
Hat	•••	Wiiwkwaan
Scarf	•••	Naapkaagan



December Colouring Contest



WIISINAADAA! LET'S EAT!

BAKED BANNOCK

INGREDIENTS:

- 4 cups all-purpose flour (plus extra for kneading)
- 2 Tbsp baking powder
- 1 tsp salt
- 1/2 cup canola oil
- 2 1/2 cups warm milk or water



INSTRUCTIONS:

- 1** Preheat oven to 375 °F (190 °C).
- 2** In large bowl combine; flour, baking powder and salt.
- 3** Make a well in the flour mixture and pour the oil and warm milk into the center. Slowly bring the flour into the liquid with a wooden spoon until dough comes together.
- 4** Generously sprinkle additional flour onto clean surface, turn dough out onto the flour and sprinkle with more flour. knead dough until it becomes a smooth elastic ball (approximately 5 minutes).
- 5** Transfer the dough to the baking sheet and press out into an oval shape about 1-2 inches thick. Dock the surface of the dough with a fork.
- 6** Bake for 30-35 minutes or until golden brown. Serve warm or cooled with your favourite jam



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



nijcfs.com

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BOYS ON THE LAND: DROP IN SESSION

DRINKS AND SNACKS PROVIDED

Each drop-in session will be focused on a specific theme and will be announced closer to the programming dates.

AGES 13+

DECEMBER 17, 2024
JANUARY 21, 2025
FEBRUARY 18, 2025
MARCH 18, 2025
4:30-5:30 PM

LOCATION:

12 SERENITY LN WEST,
NORTH BAY, ON

To register, please contact your AC or CIC worker or send to registration@nijcfs.com



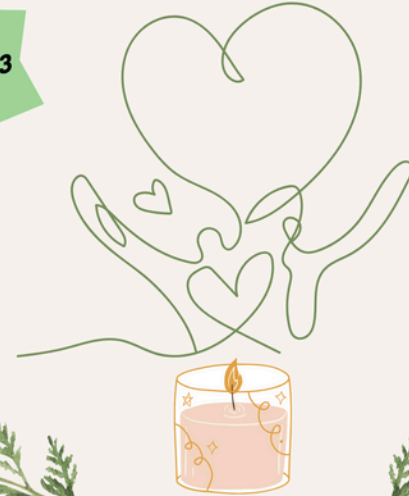
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Girls Night

Each drop-in session will be focused on a specific theme and will be announced closer to the programming dates.

Drinks and snacks provided!

Ages 8-13



December 18, 2024
January 22, 2025
February 19, 2025
March 19, 2025
4:30-5:30 PM

Location: 12 Serenity Lane W, North Bay ON (Arbor)
To attend any Cultural program or event, registration is required, please ask your worker or send to registration@nijcfs.com



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AGES 10+

BBOON NISHNAABE NAADZIWIN WINTER CULTURE CAMP

12 SERENITY LANE, NORTH BAY
JANUARY 25 & 26TH, 2025
9:00-4:00 PM

Topics: Trapping & Skinning, Snowshoeing, Rabbit Snaring, Traditional Foods, Arts & Crafts

Facilitators: Gimaa Gerry Duquette, Dokis First Nation

Perry Mcleod-Shabogesis and Niijaansinaanik Culture Services Team

Lunch & Snacks Provided

Registration is required
registration@nijcfs.com



Child and Family Services

OUR WAYS YOUTH PROGRAM

After School Drop-in
4:00-6:00 pm with a snack

Ages 7-12

upcoming themes:

Session 1: Nature explorers

January 29, 2025

Session 2: Cultural games & stories

February 26, 2025

Session 3: Outdoor adventures

March 26, 2024

Location: Wasauksing Arbor

**PLEASE REGISTER FOR EACH SESSION AT
REGISTRATION@NIJCFCS.COM**



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Lil' Cooks Academy

Ages 7-12

Dates

- December 9, 2024 @ 4:30pm - 6:00pm
- January 13, 2025 @ 4:30pm - 6:00pm
- February 3, 2025 @ 4:30pm - 6:00pm
- March 17, 2025 @ 4:30pm - 6:00pm

Christmas Cookies • Snowflake Bannock Bites • Spring Berry Smoothies • Harvest Veggie Pockets • Mini Taco Treats

Location:

Shawanaga Healing Centre
19 Shebeshekong Road North,
Nobel, ON POG 1G0

For More Information and Registration:
Registration@nijcfs.com



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Baby & Me

Join us monthly for Baby & Me, a series of fun, culturally focused activities for families with children aged 0-3.

Each session includes traditional teachings, art, and sensory play to strengthen parent-child bonds and support early development.

Parry Sound Dates

- November 25, 2024
- December 11, 2024
- January 15, 2025
- February 5, 2025

North Bay Dates

- November 13, 2024
- December 12, 2024
- January 8th, 2025
- February 6, 2025

From 2:00pm - 3:00pm

Locations:

10 Miller Street, Parry Sound
12 Serenity Lane W, North Bay

Register is required:
registration@nijcfs.com



NORTH BAY INDIGENOUS FRIENDSHIP CENTRE



Niijaansinaanik
Child and Family Services



CANADORE
FIRST PEOPLES' CENTRE

Information booths to be present

Community Drum Social

Come out for an evening of singing and dancing!
Grandfather drum, hand drums & dancers in regalia

Bring your hand drum
Practice singing!



Bring your regalia
Practice dancing!



Dinner & Beverages provided



January 28, 2025
5:00-8:00 PM

In partnership with North Bay Indigenous Friendship Centre and Canadore College!

NORTH BAY INDIGENOUS FRIENDSHIP CENTRE
980 CASSELLS STREET, NORTH BAY