



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



February 2025

WHAT'S INSIDE

Cultural Connections	2
Date Office will be closed	2
Family Day, Anti Bullying Day	2
Alternative Care Upcoming Training	3
Did you know....Incentives	3
Children's Colouring Contest	4
Family Engagement Activity	4
January 2025 Family Engagement	4
Heart Day Craft Ideas for Kids	5
January 2025 Art Work	5
Anishinaabembaa/ Let's Speak/Talk Ojibway	5
Cultural Events-February 2025	6
Wiisinaadaa! Let's Eat	7
Contact Us	7





CULTURAL CONNECTIONS

Mkwa Giizis - Bear Moon

Full Moon: February 12, 2025

Ahniin, Boozhoo Kina Weya,

This time in creation the bear cubs are being born in their dens of their mama bears. New life coming to the bears. This is the time that Anishnabek would petition to the spirit of the bear for healing from any hurts from the previous year. Also known as "Wey Web In Nay Gey Win" – Throw away. A time to begin to heal hurts that were done to you and hurts that you may have inflicted to others. It is time to ask the spirit of the bear to help heal relationships. A bear bundle is made to help let go of hurts. Bundles are made in bear clan colours, burgundy cloth for women and black cloth for men.

Prayers made with Seema (tobacco) are placed into the cloth, black stones representing strength and determination, your effort to work through the pain. The bundle is tied and you sit with your bundle and speak about it at the full moon in February with Nookmis dbik giizis (grandmother moon). The bundle is carried until the waters run fast in the spring time. The hard work to release the hurts are not only relying on spiritual work but attention to your physical, mental and emotional is required. Find strength from our bear relatives.

Na'how, Miigwetch,
Culture Team

Happy Family Day

February 17, 2025

We hope your household enjoys
a wonderful Family Day!

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

Anti-Bullying Day

February 26, 2025



Annually, on the last Wednesday of February people across Canada sport a pink shirt to show that kindness matters, and to raise awareness for an inclusive world where bullying is not tolerated.

Information and resources about: What is Bullying? Support for Youth, Support for Parents, Caregivers and Teachers, Cyberbullying and more are available at:

www.pinkshirtday.ca/resources

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

- Feb 5/6
- Feb 11/12
- Feb 18/19
- Feb 26/27
- Mar 6/7
- Mar 12/13
- Mar 18/19
- Mar 24/25
- Apr 1/2
- Apr 9/10
- Apr 15/16
- Apr 23/24
- Apr 29/30

Sudbury

2025

- Feb 5/6
- Feb 19/20
- Mar 5/6
- Mar 19/20
- Apr 2/3
- Aril 16/17
- April 30 – May 1
- May 14/15
- May 28/29

One Day Renewal

8:30am – 5:30pm

North Bay

- Feb 3
- Mar 21
- May 2
- June 27

Sudbury

- Feb 20
- Mar 20
- Apr 24
- May 22
- June 26

NOTE:
For a renewal you cannot have expired



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

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.



Cultural Competency

Offered by

Dnaagdawenmag Binnoojiyag Child & Family Services

- February 22, 2025: 10:00am – 3:00pm
- March 27, 2025: 10:00am – 3:00pm
- April 22, 2025: 6:00pm – 8:30pm
- April 24, 2025: 6:00pm – 8:30pm
- May 24, 2025: 10:00am – 3:00pm
- June 19, 2025: 10:00am – 3:00pm

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

ALTERNATIVE CARE ACTIVITIES

CHILDREN'S COLOURING

Prize: \$25 Walmart Gift Card

Submission Date: February 28, 2025

to your worker

Draw Date: March 3, 2025



[Download here](#)

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

FAMILY ENGAGEMENT ACTIVITY

Theme: Outdoor Activity, send a photo to your worker

Prize: \$50 Walmart Gift Card

Submission Date: February 28, 2025

Draw Date: March 3, 2025



JANUARY FAMILY ENGAGEMENT



Heart Day Craft Ideas for Kids

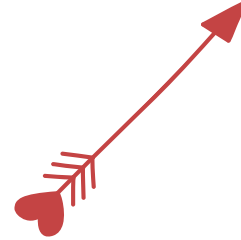


red ted art

Friendship Rock - Fingerprint Heart Rocks



10 Heart Day Crafts



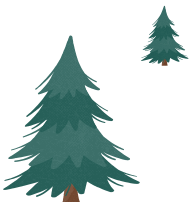
simple joy

Heart Shaped Bird Seed Feeders

Anishinaabemdaa Let's speak/talk Ojibway

- | | | |
|--------------------|-----|---------------------|
| love | ••• | zaagidwin |
| to love | ••• | zaagaa |
| i love you | ••• | zaagin |
| i love my child | ••• | nzaagaa niijaanis |
| i love my children | ••• | nzaagaag niijaansag |
| heart | ••• | o'de |
| bear | ••• | mkwa |
| black | ••• | mkadewaa |
| red | ••• | mskwaa |
| pink | ••• | waabi-mksowaa |

January Colouring Contest



FEBRUARY 2025 CULTURAL EVENTS



Lil' Cooks Academy (Ages 7 -12)

February 3 at Shawanaga First Nation Healing Centre
Time: 4:30 - 6:00 pm
REGISTRATION DUE: Monday January 27, 2025

Men's Fire Gathering Session 1 (Ages 10-15)

February 6 at 12 Serenity Lane Arbour, North Bay
Time: 5:00 - 6:00 pm
REGISTRATION DUE: Friday, January 31, 2025

Men's Fire Gathering Session 2 (Ages 16+)

February 13 at 12 Serenity Lane Arbour, North Bay
Time: 5:00 - 6:00 pm
REGISTRATION DUE: Friday, February 7, 2025



Community Drum Social (Everyone Welcome)

February 25 at North Bay Indigenous Friendship Centre,
980 Cassells Street, North Bay
Time: 5:00-8:00pm
no registration is required

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

Session 2: Cultural Games & Stories
February 26 at Niijaansinaanik Arbour in Wasauksing First Nation
Time: 4:00-6:00pm
REGISTRATION DUE: Friday, February 21, 2025



 see attached flyers for more dates

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

WIISINAADAA! LET'S EAT!

MAPLE GLAZED ROASTED ROOT VEGETABLES WITH CRANBERRIES (SERVES: 4)

This recipe connects to the **Bear Moon (Mkwa Giizis)** through its emphasis on seasonal, natural foods that support nourishment, introspection, and preparation for renewal:

Root Vegetables: These symbolize grounding and connection to the earth, echoing the bear's time spent in hibernation close to the land. Root vegetables sustain both bears and humans during winter.

Cranberries: A food source bears would naturally encounter, cranberries represent vitality and the ability to store energy for the colder months.

Maple Syrup: Maple syrup ties to teachings of gratitude and the sweetness of life, even in times of rest.

Seasonal Focus: Using hearty and warming foods reflects the importance of aligning with the natural cycle of the seasons, as the Bear Moon invites reflection and restoration.



INGREDIENTS:

- 2 medium sweet potatoes, peeled and diced
- 2 medium parsnips, peeled and sliced
- 1 large carrot, peeled and sliced
- 1 cup fresh or frozen cranberries
- 2 tbsp olive oil
- 3 tbsp pure maple syrup
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp fresh thyme leaves (optional)

INSTRUCTIONS:

- 1** Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
- 2** In a large bowl, toss the sweet potatoes, parsnips, carrots, and cranberries with olive oil, maple syrup, cinnamon, nutmeg, salt, and pepper.
- 3** Spread the mixture evenly on the prepared baking sheet.
- 4** Roast for 25-30 minutes, stirring half way through, until the vegetables are tender and slightly caramelized.
- 5** Garnish with fresh thyme leaves if desired, and serve warm.



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

7

Community Drum Social

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

Bring your hand drum
Practice singing!



Bring your regalia
Practice dancing!



Dinner and Beverages provided

January 28, 2025
February 25, 2025
March 25, 2025

North Bay Indigenous
Friendship Centre
980 Cassells Street,
North Bay, ON

5:00 - 8:00 PM

*Presented by: Niijaansinaanik Child and Family Services,
North Bay Indigenous Friendship Centre and Canadore College.*

MEN'S FIRE GATHERING & TEACHINGS



Light Snacks
& Drinks
Provided

Session 1:
February 6, 2025 (Ages 10-15)

5 - 6 P.M
6 Serenity Lane
North Bay, ON

Session 2:
February 13, 2024 (Ages 16+)

Facilitator Jacob Dayfox, Cultural Helper

Please register:

Registration@nijcfs.com

1-855-223-5558

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

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

Location:
Shawanaga Healing Centre
19 Shebeshekong Road North,
Nobel, ON P0G 1G0

For More Information and Registration:
Registration@nijcfs.com

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

Sesion 2: Cultural games & stories
February 26, 2025

Session 3: Outdoor adventures
March 26, 2024

Location: Wasauksing Arbor

**PLEASE REGISTER FOR EACH SESSION AT
REGISTRATION@NIJCF.S.COM**