



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



March 2025

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CULTURAL CONNECTIONS

Naabin Giizis - Snow Crust Moon

Full Moon: March 14, 2025

Ahniin, Boozhoo Kina Weya,

The snow begins to melt during the day and freezes at night. It signals the beginning of Spring. The crusted snow allows for some walking on top of the snow. The temperature changes also signal to Ninaatig (Maple tree) to flow sap. In other areas of Anishinaabek territory this time of year is also called Sugar Moon.

Mkwa showed man how to pierce the bark to allow the sap to flow by digging Mkwa's claws into the bark and slurp up the sap dripping from the tree. This was very helpful to Man who was learning how to survive the long cold winters. The sap was a welcome gift to give man strength after he was weakened from the harsh winter.

Na'how, Miigwetch,
Culture Team



Office Closure

- April 18 - Good Friday
- April 21 - Easter Monday
- May 19 - Victoria Day
- June 20 - National Indigenous Peoples 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

Standard First Aid + CPR C class

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

North Bay

2025

- 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
- May 5/6
- May 13/14
- May 21/22
- May 29/30
- June 4/5
- June 10/11
- June 16/17
- June 24/25

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
- June 11/12
- June 25/26

One Day Renewal

8:30am – 5:30pm

North Bay

- Mar 21
- May 2
- June 27

Sudbury

- 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

FAMILY ENGAGEMENT ACTIVITY

Theme: Family Movie night at home,
send a photo to your worker
Prize: \$50 Walmart Gift Card
Submission Date: March 28, 2025
Draw Date: March 31, 2025



CHILDREN'S COLOURING

Prize: \$25 Walmart Gift Card
Submission Date: March 28, 2025
to your worker
Draw Date: March 31, 2025



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

FEBRUARY Art Work



MARCH 2025 CULTURAL EVENTS

PA Day Wild Meat Cookout (Everyone Welcome)

March 7 at 12 Serenity Lane Arbour, North Bay

Time: 10:00am - 3:00 pm



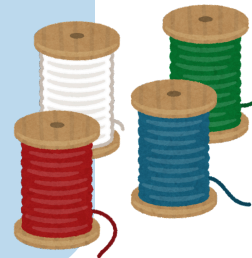
March Break Camp Ages 5+

(Age 5-12 MUST be accompanied by a caregiver or worker)

Session 1: March 10 & 11, 2025; 10 Miller Street, Parry Sound

Session 2: March 12 & 13, 2025; 12 Serenity Lane W, North Bay

Limited Spots – Participants can choose ONE project to create & MUST attend both days.



Lil' Cooks Academy (Ages 7 -12)

March 17 at Shawanaga First Nation Healing Centre

Time: 4:00 - 6:00 pm

REGISTRATION DUE: Thursday March 13, 2025

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

Session 3: Outdoor Adventures

March 26 at Niijaansinaanik Arbour in Wasauksing First Nation

Time: 4:00-6:00pm

REGISTRATION DUE: Friday March 21, 2025



Community Drum Social (Everyone Welcome)

March 25 at North Bay Indigenous Friendship Centre,
980 Cassells Street, North Bay

Time: 5:00-8:00pm

no registration is required

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!

CHEWY MAPLE COOKIES

This recipe connects to **Ziisbaakwad Giizis (the Sugar Moon)** through its use of pure maple syrup, one of the most sacred gifts of this season.

Making chewy maple cookies is a modern way to honor this tradition, incorporating the rich, natural sweetness of maple syrup into something that can be shared with family and community.

INGREDIENTS:

- 2 ½ cups all-purpose flour
- 1 tsp baking soda ½ tsp salt
- 1 cup unsalted butter, softened
- 1 cup brown sugar, packed
- ½ cup pure maple syrup
- 1 large egg
- 1 tsp vanilla extract

INSTRUCTIONS:

- 1 Preheat your oven to 350°F (200°C) and line a baking sheet with parchment paper.
- 2 In a bowl, whisk together the flour, baking soda, and salt. Set aside.
- 3 In another bowl, beat the butter and brown sugar until light and fluffy. Mix in the maple syrup, egg, and vanilla extract until smooth. Gradually add the dry ingredients to the wet mixture, stirring until just combined.
- 4 Chill dough for 30 minutes for best texture.
- 5 Scoop tablespoon-sized dough balls onto the baking sheet, spacing them apart.
- 6 Bake for 10-12 minutes or until edges are lightly golden. Let cookies cool on the baking sheet for a few minutes, then transfer to a wire rack.



Anishinaabemdaa Let's speak/talk Ojibway

Ziigwan	•••	Spring
Ninaatig	•••	Maple Tree
Ziisbaktowaaboo	•••	Sap
Ziisbaaktokaan	•••	Sugar Bush
Ziisbaakwad Giizis	•••	Sugar Moon
Aabwaa	•••	Mild
Ziisbaaktoke	•••	To make maple syrup



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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P.A Day

WILD MEAT COOKOUT

MARCH 7 TH, 2025 10 AM- 3 PM

JOIN US TO COOK WILD MEAT OVER THE FIRE!

● Sagabou

● Boiled Goose & Dumplings

● Fish Fry

● Moose Kebabs

Learn how to cook over the fire and prepare wild meat!



DROP IN STYLE AT:
12, SERENITY LANE W, NORTH BAY ON.



Niijaansinaanik
Child and Family Services

Lil' Cooks Academy Presents:

Shamrock Sweets & Treats

Ages 7-12



REGISTER NOW

Baking & Cupcake decorating

March 17, 2025
4:00pm - 6:00pm

Location:

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

For More Information and Registration:
Registration@nijcfs.com



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AGES 5+
AGES 5-12 MUST BE
ACCOMPANIED BY
CAREGIVER OR WORKER

Storytelling & Teachings

SEW MUCH FUN: March Break Camp

Join us for a March break crafting camp!
Meals & Drinks Provided



LIMITED SPOTS REGISTER NOW!

CHOOSE ONE PROJECT TO CREATE!
Split Toe Moccasins - Brooklyn- 3 spots
Shaker or Hand Drum - Jacob - 6 spots
Ribbon Skirt or Vest - Echo - 4 spots
Storytelling & Teachings - Pilar

MARCH 10TH 10:00 - 4:00 10 MILLER ST, PARRY SOUND
MARCH 11TH 9:00 - 4:00 10 MILLER ST, PARRY SOUND
MARCH 12TH 10:00 - 4:00 12 SERENITY LANE W, NORTH BAY
MARCH 13TH 9:00 - 4:00 12 SERENITY LANE W, NORTH BAY

MUST BE ABLE TO ATTEND BOTH DAYS

REGISTER WITH:
REGISTRATION@NIJCF.S.COM



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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



**NORTH BAY INDIGENOUS
FRIENDSHIP CENTRE**



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Information booths to be present

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!**



Guest Dancer
Brooklyn Sawyer



Guest Dancer
Cody McKenzie-Sackaney

Dinner and Beverages provided

March 25, 2025

5:00 - 8:00 PM

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

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