



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



April 2025



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CULTURAL CONNECTIONS

Ziisibaakadake Giizis - Sugar Moon

Full Moon: April 12, 2025

Ahniin, Boozhoo Kina Weya,

The Sugar Moon, or Ziisibaakadake Giizis, marks the time when the snow begins to melt, and life returns to Mother Earth. As the sun's warmth grows, the frozen waters flow freely once more, nourishing the land and awakening the roots and seeds that have rested through the winter. This melting is a gift, washing away the old and making way for new life.

The trees, especially the maple, share their sap—the blood of the earth—reminding us of the interconnectedness of all beings. Birds return with songs, animals stir from their slumber, and the scent of damp earth fills the air. Each drop of water carries the promise of growth, cleansing the land and our spirits alike.



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

This time teaches us to embrace change with gratitude, recognizing how each part of Creation works together to bring life back into balance. As we offer tobacco and give thanks, we are reminded to walk gently and respectfully, honouring the gifts of the Sugar Moon.

Na'how, Miigwetch,
Culture Team



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

- 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

- Apr 2/3
- Apr 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

- May 2
- June 27

Sudbury

- Apr 24
- May 22
- June 26

NOTE:
For a renewal you cannot have expired



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

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

To Be Determined

Car Seat Safety

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

Cultural Competency

Offered by

Dnaagdawenmag Binnoojiyag Child & Family Services

- 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: Earth Day kindness, send a photo to your worker

Prize: \$50 Walmart Gift Card

Submission Date: April 28, 2025

Draw Date: April 30, 2025



CHILDREN'S COLOURING

Prize: \$25 Walmart Gift Card

Submission Date: April 28, 2025 to your worker

Draw Date: April 30, 2025

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



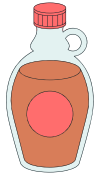
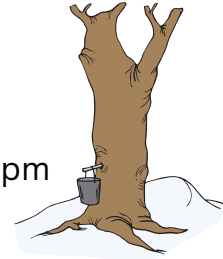
March Art Work



APRIL 2025 CULTURAL EVENTS

Maple Water Tapping (Everyone Welcome)

April 1, 2 & 3 at 12 Serenity Lane Arbour, North Bay Time: 4:00 - 7:00 pm



PA Day: Maple Syrup Boiling (Everyone Welcome)

April 4 at 12 Serenity Lane Arbour, North Bay Time: 4:00 - 7:00 pm

Rooted Traditions: Community Gardening, (Ages 5+)

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

- April 7, 2025 at 12 Serenity Lane West, North Bay Time: 4:00 - 6:00pm
- April 9, 2025 at 10 Miller St, Parry Sound Time: 6:00 - 7:30 pm
- April 10, 2025 at Wagamake Learning Centre, Henvey Inlet First Nation Time: 6:00 - 7:30 pm



REGISTRATION DUE: Friday April 4, 2025



Lil' Cooks Academy (Ages 7 -12) Happy Bakes Easter Treats

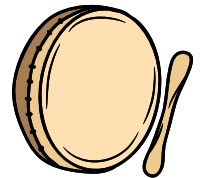
April 14 at Shawanaga First Nation Healing Centre

19 Shebeshekong Rd N, Nobel ON Time: 4:00 - 6:00 pm

REGISTRATION DUE: Thursday April 10, 2025

Community Powwow Social, Everyone Welcome!

April 16 at Dokis Complex, 129 Loop Street Dokis First Nation Time: 5:00 - 7:00pm



see attached flyers for more information

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



WIISINAADAA! LET'S EAT!

SUGAR MOON CORNBREAD

INGREDIENTS:

- 1 cup cornmeal
- 1 cup all-purpose flour (or swap for whole wheat flour for a heartier version)
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon (optional, for warmth)
- 1 cup milk (or a plant-based alternative)
- ¼ cup melted butter (or coconut oil)
- ⅓ cup pure maple syrup (Ziizibaakwad)
- 1 egg (or flax egg: 1 tbsp flaxseed meal + 2.5 tbsp water)
- ½ cup cooked wild rice (optional, for texture)

INSTRUCTIONS:

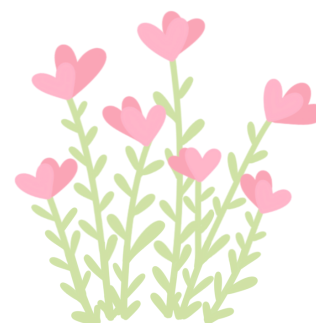
- 1 Preheat oven to 375°F (190°C). Grease a baking pan or line with parchment paper.
- 2 Mix dry ingredients: In a bowl, whisk together cornmeal, flour, baking powder, salt, and cinnamon
- 3 Combine wet ingredients: In a separate bowl, whisk together milk, melted butter, maple syrup, and egg
- 4 Blend together: Slowly add the wet mixture to the dry ingredients, stirring gently until combined. Fold in the wild rice if using.
- 5 Bake for 20–25 minutes or until golden brown and a toothpick inserted comes out clean
- 6 Cool & serve: Let sit for 5 minutes before slicing. Enjoy warm with a drizzle of maple syrup or a bit of butter

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.



Anishinaabemdaa **Let's speak/talk Ojibway**

Ziigwan	...	Spring
Noongam	...	Today
Jiinaago	...	Yesterday
Waabang	...	Tomorrow
Gimiwan	...	It is raining
Gwaankwad	...	It is cloudy
Gwajing	...	Outside
Gitgeng	...	Planting
Waabgowaniin	...	Flowers
Waabnong	...	East
Waawnowak	...	Spawn
Gzhaate	...	Sunshine



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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MAPLE WATER TAPPING

Everyone
Welcome!

Join us to tap some Maple trees in preparation for maple syrup boiling!

When & Where?
April 1-3, 2025

12 Serenity Lane West, North Bay, ON
4:00 - 7:00 PM



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P.A DAY MAPLE SYRUP BOILING

Everyone
Welcome!

Join us to boil our maple sap to make maple syrup!

When & Where?

April 4, 2025

12 Serenity Lane West, North Bay, ON
8:30 - 4:30 PM



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Lil' Cooks Academy Presents:

Hoppy Bakes:
Easter Treats for Lil' Cooks



**EASTER BAKING &
CUPCAKE DECORATING**



April 14, 2025
4:00 - 6:00 PM



Location:
19 Shebeshekong Rd N,
Nobel ON P0G1G0

Register By April 10th, 2025
Register with:
registration@nijcfs.com



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COMMUNITY POWWOW SOCIALS

ALL WELCOME, OPEN TO ALL AGES
SOCIALIZE. SING. DANCE!

Practice singing, try drumming, bring your regalia, dance,
learn more about powwow, visit with family and friends....

February 19th, 2025

March 19th, 2025

April 16th, 2025



5:00 pm - 7:00 pm

Dokis First Nation, Complex

Dinner will be provided

For more information Contact: **Nathalie Restoule**

This program is in partnership with
Niijaansinaanik Child and Family Services



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Child and Family Services

ROOTED TRADITIONS: COMMUNITY GARDENING AND FIRE-COOKED FOOD

Come grow with us!



Where & When?

12 Serenity Lane West, North Bay, ON

April 7, 2025 4:00 – 6:00 PM – Planting
May 5, 2025 4:00 – 6:00 PM – Repotting
June 2, 2025 4:00 – 6:00 PM – Prepping outdoor gardens
July 7, 2025 4:00 – 6:00 PM – Transplanting outdoors
August 11, 2025 4:00 – 6:00 PM – Caring for plants & harvest
September 8, 2025 4:00 – 6:00 PM – Harvest & clean up



Join us in beginning your own garden and cooking over the fire!

Includes traditional medicines, vegetables, fruits, flowers and more!

Multiple sessions to check in on your plants progress.

Ages 5+

Ages 5-12 MUST be accompanied by a caregiver or worker.

DEADLINE TO REGISTER:
APRIL 4, 2025

Register with:
registration@nijcfs.com



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ROOTED TRADITIONS: COMMUNITY GARDENING

Come grow with us!

Where & When?

10 Miller Street, Parry Sound, ON

April 9, 2025 6:00 – 7:30 PM – Planting
May 7, 2025 6:00 – 7:30 PM – Repotting
June 4, 2025 6:00 – 7:30 PM – Prepping outdoor gardens
July 2, 2025 6:00 – 7:30 PM – Transplanting outdoors
August 13, 2025 6:00 – 7:30 PM – Caring for plants & harvest
September 3, 2025 6:00 – 7:30 PM – Harvest & Clean up



Join us in beginning your own garden!

Includes traditional medicines, vegetables, fruits, flowers and more!

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Ages 5+

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APRIL 4, 2025

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ROOTED TRADITIONS: COMMUNITY GARDENING

Come grow with us!

Where & When?

Wagamake Learning Centre, Pickering River Rd
Henvey Inlet First Nation, ON, P0G 1J0

April 10, 2025 6:00 – 7:30 PM – Planting
May 8, 2025 6:00 – 7:30 PM – Repotting
June 5, 2025 6:00 – 7:30 PM – Prepping outdoor garden
July 3, 2025 6:00 – 7:30 PM – transplanting outdoors
August 14, 2025 6:00 – 7:30 PM – Caring for plants & harvest
September 4, 2025 6:00 – 7:30 PM – Harvest & clean up



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