



**Fort William
First Nation**

Weekly Newsletter for April 13-19

Flyers are to be delivered each weekend by 4pm Sunday evening.

Didn't receive your newsletter this weekend?

**Please call Kristy Boucher at 623-9543 ext.217 or
info@fwfn.com with your questions or concerns.**

Finance Information Page For:

- **Direct Deposit Forms for Member Distributions**
- **Youth Turning 18 – Direct Deposit Forms**
- **Late Banking Information – Annual Member Distributions**
- **Are You Making a Payment?**

Is now on Page 2 of our Weekly Newsletter

Stay informed, follow us on:



@fortwilliamfirstnation



@FWFN1

NOTICE TO ON RESERVE HOUSEHOLDS WITH DOGS

Letting your dog run loose, puts them and the community members in danger.

It is up to the pet owner to control their pets, and protect others from them. Pet owners can be held accountable if their pet hurts someone.

Please be advised that Flyer Carriers have the right to refuse delivery to the household in they encounter a dog or dogs in the area that makes them feel unsafe.



Direct Deposit Forms for Member Distributions

Please keep your banking information up-to-date with Finance. If you change your financial institution or have not yet provided any banking information to Finance, the following options are available to submit your Direct Deposit Information:

1. Mail in a sample VOID cheque from your chequing account that has your current address information on it. Please enclose a brief note such as **“Please update my direct deposit information”, sign and date** this note and provide your phone number in case we need to contact you.
2. If you have online banking, you can print out your own Direct Deposit form, **sign and date it**, print your address and phone number on it and mail it to FWFN Finance.
3. You can also visit your financial institution and have them fax FWFN Finance directly at (807) 623-5190 your direct deposit form after you signed and dated it. The fax must be faxed from the financial institution and cannot be faxed from a third-party fax number. Please note, some financial institutions provide this fax service and some do not. In the event they do not, you will need to mail this direct deposit form to us, as we will require your **original signature**.
4. Please note – Finance does not process any banking updates by e-mail or pictures.
5. If you are providing your banking information for FWFN employee payroll purposes, you will need to consent to release this information from FWFN Payroll to share this information to FWFN Accounts Payable and you will need to sign and date this form along with FWFN Payroll sign off.

Youth Turning 18 - Direct Deposit Forms

Please provide your direct deposit information as noted above at least 1-week in advance of your birthday to the attention of Finance to release FWFN youth funds held in trust. In addition, as the Specific Claim Housing Trust administers the remaining balance of youth funds, please also contact Michael Pelletier Jr, CEO directly at cell (807) 629-0471 to arrange any payment of these youth funds due to you, you will need to provide your banking information to them directly.

Late Banking Information – Annual Member Distributions

Any revised direct deposit information received after a member distribution will be processed on the 3rd – Friday of each month thereafter. Please provide no later than the Wednesday before the 3rd Friday to ensure any amounts owing to you are processed on the 3rd Friday. Otherwise, your payment may not be processed until the following month's 3rd Friday.

Are You Making a Payment?

Any member or customer making a payment (rent, ice rental, arena gym memberships, hall rental, hunting/fishing licenses, craft tables, Health Fair, Good Food Box, Pow Wow vendors, any other payments), Fort William First Nation Reception (2nd Floor of Band Office) must issue you an official pre-numbered FWFN receipt at the time of your payment.

FWFN Reception can now also process your payment by **debit/credit card** (Visa, MasterCard, American Express, and Discover). You may also make your payment FWFN Reception by cash or cheque, you may also mail in your cheque payment to the address noted below. Please reference your invoice number or rental unit address for rental payments.

FWFN Arena can process receipts if you are paying for your ice by cheque, debit or credit card. The Arena no longer processes cash. If you are paying your ice rental by cash, please see FWFN Reception to have your official pre-numbered FWFN receipt issued to you.

Fort William First Nation – Reception is located on the 2nd floor, Suite 200 at 90 Anemki Drive.

Questions regarding the above can be addressed to Lori Payne, CPA, CA – A/Director of Finance.

COVID-19 – Update from Finance

The health and safety of our people, partners, families and community are our priority. In response to the COVID-19 pandemic, we have temporarily closed our offices to the public. We are operating at minimum essential services only and will be working remotely, our response time to you may be delayed regarding non-essential inquiries and services and we ask for your understanding and patience as we work through these difficult times.

For up-to-date information on COVID-19, please visit:

- Ontario Ministry of Health's website: <https://www.ontario.ca/page/2019-novel-coronavirus>
- Public Health Services Canada website: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

You may also visit Fort William First Nation's COVID-19 Action Plan web page at: <https://fwfn.com/covid-19-action-plan/>

Any emergency calls to the Band Office reception should be redirected to essential services staff or FWFN Emergency Response Call Centre at (807) 623-3913 or by email at EmergencyResponse@fwfn.com.

In addition to being a part of the COVID-19 pandemic team, Finance will be onsite regularly to assist with business continuity such as checking mail and responding to COVID-19 needs as our primary focus in addition to doing our best to administer all of our Finance functions such as our payments.

Are you trying to make a payment on your account?

During this interim period, you may wish to inquire with your financial institution on ordering cheques and mailing your payments to us at 90 Anemki Dr, Suite 200, Fort William First Nation, ON P7J 1L3. Alternatively, you may call in your payment with a credit card (Visa, MasterCard, American Express and Discover).

Payments to our suppliers

During this interim period, we will continue to make our supplier and member-contractor payments as scheduled to the best of our ability, however, we are committed to responding to our COVID-19 priority needs first and foremost in order to serve our Community to ensure their health and safety during this time.

If you are a member-contractor with no current banking information on hand for EFT direct deposit payment, we will be mailing your payment by cheque to you. All regular supplier payments will be processed by cheque and mailed. There will be no picking up of cheques for personal delivery in order to uphold the physical distancing requirements by public health officials.

Banking updates – direct deposit forms

During this interim period, Finance will only be accepting direct deposit information by mail and by fax direct from your financial institution. Please see the previous page on the correct format.

Bingo Balls

Bingo Balls applications received up to the point of the Bingo operations shutdown due to COVID-19 effective March 12, 2020, will be processed by Friday March 27, 2020. Any applications received after the Bingo Operations shut down will not be processed. Once Bingo operations resume and reopen, applications will need to be resubmitted at that time and will be processed thereafter.

COVID-19 – Update from Finance (continued)...

Applying for EI Benefits and Emergency Response Benefit?

It is best to have all the following information with you before you start your online application in order to prevent delays:

1. Your ROE – if your employer submits electronically, you do not need a paper copy (Note: FWFN submits ROEs electronically)
2. Your Social Insurance Number (SIN)
3. ID – such as driver's license, birth certificate, passport for status card
4. Your complete bank account information (you can find this on your bank statement)

Apply online at: <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html>

Applying for Canada Emergency Response Benefit (CERB) with CRA

Based on information on the CRA website:

“The CERB supports Canadians by providing financial support to employed and self-employed Canadians who are directly affected by COVID-19.

It provides a payment of \$2,000 for a 4-week period (the same as \$500 a week) for up to 16 weeks.

After you apply, you should get your payment in 3 business days if you signed up for direct deposit. If you haven't, you should get it in about 10 business days.”

If you have already applied for EI, you will not need to apply for the CERB.

For more information about CERB, please visit: <https://www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html>

Canada's COVID-19 Economic Response Plan

If you are an individual, business or industry – you may qualify for support under Canada's COVID-19 Economic Response Plan.

For more information about Canada's plan, please visit: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

Meegwetch – Stay safe and well – We are all in this together, in kindness,
Your Finance Team



F O R T W I L L I A M F I R S T N A T I O N

APRIL 2020

Fort William First Nation

Ontario Works Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Family Food Bank 11am-5pm 	8	<div> FOOD BANK PICK UP GUIDELINES PLEASE READ THE FOLLOWING <ul style="list-style-type: none"> If you are <u>sick, have a cough, runny nose or fever</u> we ask that you or any member of your home- DO NOT come to pick up the food, please remain at home and call the office for assistance. If you have a Vehicle, <u>remain in the vehicle upon arrival</u> If you do not have a vehicle, <u>please practice safe social distancing- remaining 6ft away from one another.</u> Someone will take down your name and make sure you know you are on the waiting list Please do not come to the door or surround the door Food Banks will be put on curbside for individuals to load. Once you are done please leave the cart on the curb do not attempt to bring it in. We ask that when you get home to <u>wipe down/ wash</u> your food products before storing them </div>		
12	13	14 Singles Food Bank 11am-3pm 	15			
19	20		22			
	Income Statement LAST DAY					
26	27	28	29			

****REMINDER: INCOME STATEMENTS ARE DUE ON OR BEFORE THE 20TH OF EACH MONTH****

****YOUR MONTHLY ISSUANCE WILL BE CONSIDERED LATE IF YOU DON'T HAND IN ALL DOCUMENTATION SUCH AS BILLS AND INCOME VERIFICATIONS ****



FWFN Health Centre

You may find yourself in need of services

Some helpful supports are listed below:

APS-Anishinabek Police Service FWFN Detach: 807-625-0232

Child & Youth Crisis Support Line Thunder Bay: 807-346-8282

Thunder Bay Counselling Centre: 807-684-1880

Thunder Bay and Area Victims Services: 807-684-1051

Youth Outreach Worker: 807-623-8511

Beendigan Inc. Crisis Line: 807-346 HELP (4357)

Dilico Anishnabek Family Services: 623-8511

Safe Alternatives: 1-800-366-8288

Kids Help Phone: 1-800-668-6868

Thunder Bay Crisis Response Services: 1-888-269-3100 or 346-8282

Crisis Services Canada: 1-833-456-4566

Balmoral Detox Centre: 623-6515

Talk4Healing Help Line: 1-855-554-4325

FWFN Health

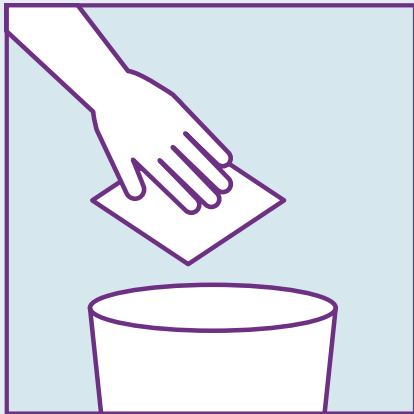
90 Anemki Drive
FWFN, ON
Phone: (807) 622-8802

Cover Your Mouth and Nose

Stop the Spread of Germs!



Use a tissue. If a tissue is not available, cough or sneeze into your sleeve.



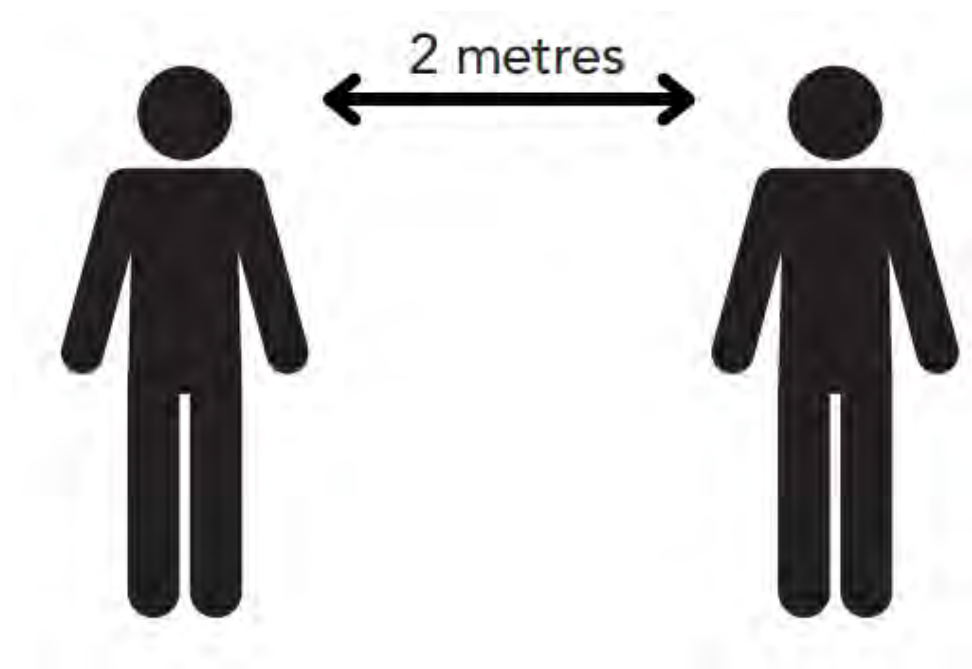
Throw used tissues into the garbage right away.



Clean your hands with soap and water or hand sanitizer (minimum 60% alcohol-based).

Help stop the spread of COVID-19

Please keep your physical distance



For more information, visit tbdhu.com/coronavirus



FORT WILLIAM FIRST NATION

VOLUNTEERS NEEDED!

COVID-19

RESPONSE TEAM

During the COVID-19 pandemic we
are seeking volunteers to help in
any means necessary to support our
emergency response team

FOR MORE INFO CONTACT:

**Bess @ 252-7038 or
besslegarde@fwfn.com**



Fort William First Nation Essential Services

In response to the prevention of the spread of the COVID-19 Virus- Effective Immediately

Fort William First Nation will be following recommendations from the Public Health Officer. Including physical distancing to reduce the exposure of COVID-19, we will be providing essential services only. The Fort William First Nation main office and Health Centre will remain closed to the public.

The following is direct service being provided by department:

Family Support/Child Welfare Services

The FSW's will continue to be available for children, families and the community in partnership with Dilico.

- Family/ Elder's wellness checks.
- 24 Hour on call support – 472-7701.
- Investigation support in partnership with Dilico

If you have reasonable grounds or suspect a child in need of help or protection please call (807) 623-8511 or toll free 1 (855) 623-8511.

Health Services

- Staff are working to ensure food security is being addressed, ordering and stock piling non-perishable food.
- Food boxes/Well baby bundles are being collected and stock-piled for distribution.
- PPE supplies continue to be in demand, staff are in constant contact with supplier and we have orders on backlog.
- The Medical van is not in operation, doctor's appointments are restricted to telephone and/or virtual visits.

Mental Health Services

The Mental Health and Addictions staff will continue to be available to the community.

A Mental Health support group has been created to support those who require immediate support. <https://www.facebook.com/groups/658816321545731/>

Addiction Services

Opioid Addiction Treatment (OAT) continues to plan to implement and deliver Medical Assistance Treatment (MAT) for Methadone/Suboxone clients who require these programs.



Fort William First Nation

Social Services/Wellness Hub

The Social Service/Wellness Hub office will remain closed to the general public. There will be one staff member in the office Monday to Friday 9am-4pm to answer calls and provide essential services to participants as the need for essential services occur.

- Ontario Works caseworkers will be doing intakes via telephone or virtually if available.
- All required information requested for intake verification is to be sent via email directly to the case worker or can be sent to SSreception@fwfn.com for verification.
- Caseworkers will be only doing essential service requests at this time.
 - Intake applications- package will be emailed to potential applicant if applicable.
 - Essential TSF requests- Utility Bill payments and disconnections/reconnection requests to be emailed to workers.
 - Essential Services- Food Security, Water and Sewer, Basic needs and Shelter requests at discretion of the Ontario Works administrator.
 - Food Bank- Staff will continue to be provide food bank to recipients with proper precautions in place for the protection of participants and staff.
- COVID-19 discretionary temporary relief support will be continued to be issued until further notice to active Ontario Works recipients and ODSP recipients residing in the Geographical location of the First Nation and will be mailed out to address on file.
- Employment and Training Services will be on temporary hold until social distancing bans are lifted by the Ontario Government.

Any further inquiries are need for the services provided call the Ontario Works office @ (807)622-6791 or email SSreception@fwfn.com

Education Services

The Education Department provides support to Post Secondary Students on a daily basis, maintaining the payment files and offering outreach to our students. Brittany and I have access to our emails and respond as quickly as possible to issues/concerns raised by students. We are in contact with the School Board and continue to monitor the current situation closely.

The Education Department in partnership with the Health Center, delivered 350 snack boxes to each house in our community. Thank you to our bus drivers/monitors for carrying out this endeavour. Currently we are completing year end work with the nutrition program offered by FWFN and Nokiiwin to deliver the service to our students from grade JK-12. We are also in the initial stages of organizing our very successful backpack program.



Department: Office of the Chief

Date Prepared: April 8, 2020

Subject: New Access Restrictions

Prepared by: Kristy Boucher, Communications Officer
& Executive Assistant Office of the
Chief.

COVID-19 ADDITIONAL DETAILS & PLANNING FOR THOSE AFFECTED

In the interest of helping to prevent further spread of COVID-19 for the health of our community, staff, and the general public, Fort William First Nation (FWFN) will be increasing restrictions to access of First Nation, effective Friday, April 10th, 2020 for a duration of two weeks and will reviewed further for possible extension. This decision was extremely difficult to make and, at the heart of it, was done in the spirit of protecting the health for everyone, in and out of the community. FWFN Chief and Council are strongly standing by the message of staying home to stay safe; with the exception of workers to access to their essential services employment. Help us to help you by practicing physical distancing during this unprecedented time.

This new vitally important public health measure was decided at a duly convened council meeting this week and was unanimously passed by the following motion and BCR:

Starting on April 10th, 2020 at 6:00p.m., the FWFN territory will be shut down to all non FWFN residents. Those working for essential businesses operating on and off reserve will be allowed in and out but must be identified by their employer. FWFN members and residents are strongly encouraged to avoid leaving FWFN territory unless for essential medical purposes and to limit social interactions to people who reside within their residence only. All retail outlets will also be required to close on this effective date. The Mission Road security checkpoint will be moved to Bannon's Gas Bar and the intersection of Mountain Road and Chippewa Road. This motion will be reviewed in 14 days to determine a further COVID-19 response from Chief and Council.

We would recommend our residents that will be affected by this directive to prepare for the next two weeks by getting your needed essential supplies such as:

- Food supplies – try to get enough for two weeks. Our Emergency Response Group has also developed a food distribution for on-reserve residents to help alleviate concerns. Details about this program will be released in the coming days.
- Medical supplies – request prescriptions fills to last 30 days to ensure you can stay home for the duration of the two weeks.

FWFN Emergency Response: The Community Control and the Pandemic Planning Groups have been working together and meeting almost everyday to develop an appropriate response while at the same setting up alternative services to assist on and off reserve members during this pandemic. For those living off reserve, thank you for your patience as we work on announcing supports that will help to assist your family.



We would like to also take this time to announce our new FWFN Emergency Response Call Centre. If you are in need of assistance and require additional information related to COVID-19, reach out to our call centre:

Main Phone Line: 807.622.3913 – Active Monday to Friday, 9:00 a.m. to 4:00 p.m.
Family Support On-Call Line: 807-472-7701 – Active 24 hours a day
Email: covid19@fwfn.com – Active 24 hours a day

Information, as we receive it, is published on our website daily at www.fwfn.com and clicking on the COVID-19 Pandemic Action Plan on the home page. The Emergency Response Group meeting minutes will also be posted here to inform the community of their discussions. Alternatively, if you have access to social media, please follow us on Facebook as information is posted there too.

Essential services will continue to be provided and the Emergency Response Team will be providing updates as they happen.

I wish to thank all of the employees, especially those assisting on the front lines where ever you call home, for the tireless and important work you do.

Respectfully,

**Chief Peter Collins
Fort William First Nation**

2019 Novel Coronavirus (COVID-19)

What you need to know to help you and your family stay healthy



**Wash your hands with soap
and water thoroughly and often.**

**Cough and sneeze into your
sleeve or a tissue. Dispose of tissue
immediately and wash your hands.**



Keep surfaces clean and disinfected.

Stay home when you are sick.



If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

For more information,
visit **Ontario.ca/coronavirus**

1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler

- > Copy their facial expression and sounds
- > Sing songs, make music with pots and spoons
- > Stack cups or blocks
- > Tell a story, read a book, or share pictures



Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- > Talk about something they like: sports, music, celebrities, friends
- > Cook a favorite meal together
- > Exercise together to their favorite music

Ideas with your young child

- > Read a book or look at pictures
- > Make drawings with crayons or pencils
- > Dance to music or sing songs
- > Do a chore together – make cleaning and cooking a game
- > Help with school work

**Listen to them, look at them.
Give them your full attention.
Have fun!**

For more information click below links:

Parenting tips
from WHO

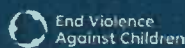
Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



unicef
for every child



Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, CIDA, the National Research Foundation of South Africa, Ififa Labantwana, Rand Merchant Bank Fund, the Apextri Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID/PEPFAR, the Wellcome Trust Grand Challenges Canada and WellSpring Advisors.

2 COVID-19 PARENTING Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

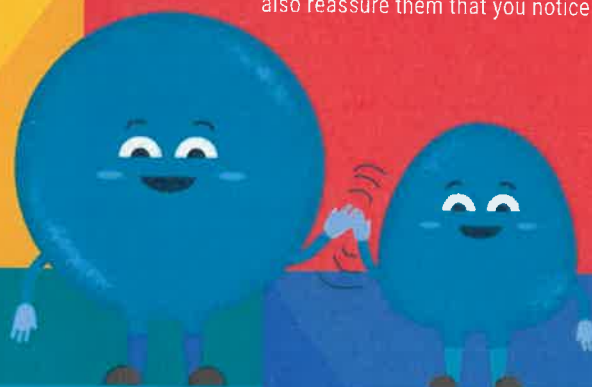
- Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

It's all in the delivery

- Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well

Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



Get real

- Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Help your teen stay connected

Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!



For more information click below links:

Parenting tips from WHO

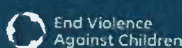
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3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine

- > Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- > Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- > Include exercise in each day - this helps with stress and kids with lots of energy at home.



You are a model for your child's behavior

- > If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

Teach your child about keeping safe distances

- > If it is OK in your country, get children outside.
- > You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- > You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

- ✓ Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.
- ✓ Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

Praise yourself for what you did well today. You are a star!



For more information click below links:

Parenting tips from WHO

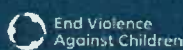
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unicef
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All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

- Catch bad behavior early and redirect your kids' attention from a bad to a good behavior.
- Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."

Feel like screaming?
Give yourself a 10-second pause.
Breathe in and out slowly five times. Then
try to respond in a calmer way.
Millions of parents say this helps - A LOT.

Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

Keep using Tips 1-3

- > One-on-One time, praise for being good, and consistent routines will reduce bad behaviour.
- > Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!

- Give your child a choice to follow your instruction before giving them the consequence.
- Try to stay calm when giving the consequence.
- Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.
- Once the consequence is over, give your child a chance to do something good, and praise them for it.

For more information click below links:

Parenting tips from WHO

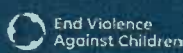
Parenting tips from UNICEF

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for every child



The high "TSS" is caused by the 100-foot of depth and thermal bar and is associated with processes. Out of the lake is not as understood by 1980 to 1985, it was surface profile, water

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5 COVID-19 PARENTING

Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
 - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
 - Ask yourself, "What am I thinking now?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or not.
 - Notice how your body feels. Notice anything that hurts or is tense.

- Step 3: Focus on your breath**
 - Listen to your breath as it goes in and out.
 - You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "It's okay. Whatever it is, I am okay."
 - Then just listen to your breath for a while.

- Step 4: Coming back**
 - Notice how your whole body feels.
 - Listen to the sounds in the room.

- Step 5: Reflecting**
 - Think "do I feel different at all?"
 - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference.

You can also Take a Pause with your children!

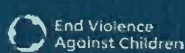
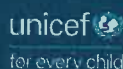
For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, Rand Merchant Bank Fund, the Apexhi Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.

6 COVID-19 PARENTING Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

Be open and listen

Allow your child to talk freely. Ask them open questions and find out how much they already know.

Be honest

Always answer their questions truthfully. Think about how old your child is and how much they can understand.

Be supportive

Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

It is OK not to know the answers

It is fine to say "We don't know, but we are working on it; or we don't know, 'but we think'." Use this as an opportunity to learn something new with your child!

Heroes not bullies

Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them.

Look for stories of people who are working to stop the outbreak and are caring for sick people.

There are a lot of stories going around

Some may not be true. Use trustworthy sites:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and

<https://www.unicef.org/coronavirus/covid-19> from WHO and UNICEF.

End on a good note

Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

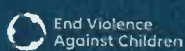
For more information click below links:

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In worldwide
languages

EVIDENCE-BASE



FAMILY FUN ACTIVITIES

AROUND THE HOUSE INDOOR SCAVENGER HUNT

- SOMETHING YOU USE TO EAT FOOD
- A SHOE
- SOMETHING YOU WEAR ON YOUR HEAD
- A PIECE OF UNUSED PAPER
- A MAGNET
- A TOY ANIMAL
- SOMETHING SOFT
- SOMETHING HARD
- A NAPKIN
- SOMETHING WITH WHEELS
- SOMETHING SQUARE
- SOMETHING ROUND
- 2 THINGS THAT ARE RED
- 2 THINGS THAT ARE BLUE
- SOMETHING THAT MOVES
- SOMETHING SMOOTH
- SOMETHING ROUGH
- SOMETHING USED TO PLAY A SPORT
- SOMETHING THAT MAKES NOISE
- SOMETHING WITH WORDS ON IT
- SOMETHING MADE OF WOOD
- 5 PENNIES
- A QUARTER
- A KEY CHAIN
- A TOOTHPICK
- A STAMP
- A BAND AID
- A PLAYING CARD OR GAME CARD
- A BABY PICTURE
- A PET PICTURE

****MAKE IT INTERESTING****
AND TIME YOURSELF

****MAKE TEAMS****

****WINNER PICKS THE****
NEXT FAMILY MOVIE

****CREATE YOUR OWN****
LIST OF ITEMS

PLAYDOUGH RECIPE

- 1 CUP OF FLOUR
- ½ CUP OF SALT
- 1 CUP OF WATER
- 2 TBSP OF OIL
- 2 TBSP OF CREAM OF TARTAR
- A FEW DROPS OF FOOD COLOURING

COMBINE INGREDIENTS AND COOK OVER MEDIUM HEAT, STIRRING CONSTANTLY UNTIL A BALL FORMS. KNEAD ON TABLE TOP UNTIL SOFT AND PLIABLE. PLACE IN SARAN WRAP OR A BAG. WHEN FULLY COOLED, UNWRAP AND PLAY!!!
USE WITH COOKIE CUTTERS, POPSICLE STICKS, PLASTIC UTENSILS, SMALL CUPS AND SMALL KITCHEN UTENSILS.

GOOP RECIPE

INGREDIENTS: CORNSTARCH, FOOD COLOURING AND WATER

PUT CORNSTARCH IN A BOWL AND ADD WATER SMALL AMOUNTS AT A TIME. THE CONSISTENCY NEEDS TO BE MORE ON THE DRYER SIDE SO THAT WHEN YOU SQUEEZE IT....IT WILL STAY FORMED....BUT WHEN YOU RELEASE IT...IT WILL SEEP THROUGH YOUR FINGERS. YOU CAN ADD FOOD COLOURING OF YOUR CHOICE. NO NEED TO COVER AS YOU CAN JUST ADD BITS OF WATER TO REPLENISH IT.

MAGAZINE COLLAGE

**MATERIALS NEEDED: MAGAZINES, PAPER, SCISSORS,
AND GLUE.**

IDEAS....

AN "ALL ABOUT ME" COLLAGE. WHERE YOU LOOK THROUGH MAGAZINES AND PICK OUT THINGS THAT YOU LIKE OR THAT HAVE TO DO WITH YOUR INTERESTS. SHARE AND TALK ABOUT YOUR PICTURE WITH YOUR FAMILY.

LOOK THROUGH MAGAZINES TO FIND THE LETTERS TO SPELL THE NAMES OF EVERYONE IN YOUR FAMILY.

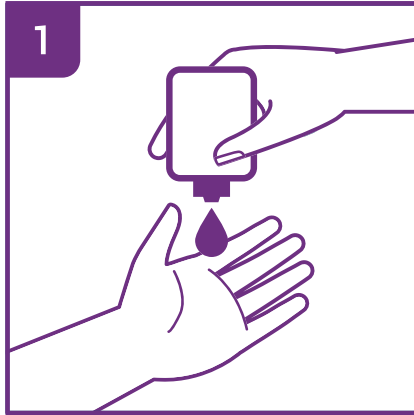
LOOK THROUGH MAGAZINE AND PICK LETTERS TO WRITE A NOTE, KIND WORDS OR A SILLY SAYING TO SOMEONE IN YOUR FAMILY AND LEAVE THE NOTE IN RANDOM SPOTS FOR THEM TO FIND.

LOOK THROUGH MAGAZINES TO CUT AND PASTE THE ALPHABET. IF YOU WANT TO REALLY CHALLENGE YOURSELF, FIND A PICTURE THAT STARTS WITH EACH LETTER.

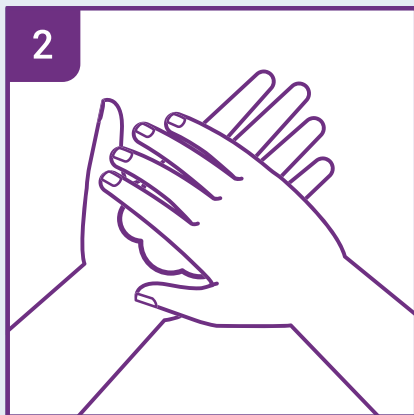
LOOK FOR NUMBERS 1 TO 10. ADD PICTURES FOR EVERY NUMBER. FOR EXAMPLE, 1 APPLE, 2 FLOWERS, 3 CIRCLES....AND SO FORTH.

Sanitize Your Hands

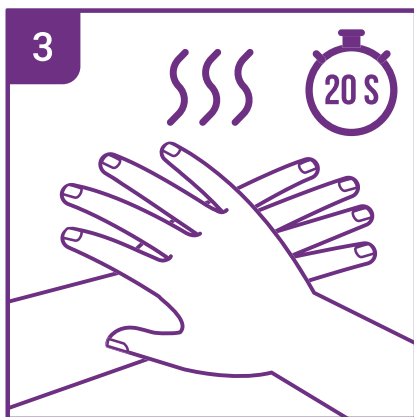
Stop the Spread of Germs!



Apply sanitizer
(minimum 60% alcohol-based).



Rub hands together.



Work sanitizer between fingers,
back of hands, fingertips, under nails.
Rub hands until dry.

Practice Physical Distancing

COVID-19



SAFE

- Go for a walk or hike *
- Activities in your yard
- Activities within your home
- Go for a drive
- Group video chats
- Check on elderly neighbours or friends by phone/text
- Take an online class
- Do an online exercise video
- Read a book
- Tour a virtual museum/art gallery
- Virtual worship/church services



USE CAUTION

- When answering the door *
- When picking up food from a restaurant *
- Get groceries and household supplies *
- Pick up medications *
- On trails *
- When checking on those who are at higher risk *
- When delivering supplies to those in self-isolation *

Offer to do these things for elderly, immunocompromised, or other high risk people.



AVOID

- Non-essential travel
- Playdates
- Parks and play structures
- Sleepovers
- Group gatherings
- Visitors in your house
- Non-essential workers in your house
- House parties
- Group celebrations eg. birthday parties, weddings, showers, etc.
- Worship/church gatherings

* Avoid crowds and maintain a distance of 2 metres from those around you.

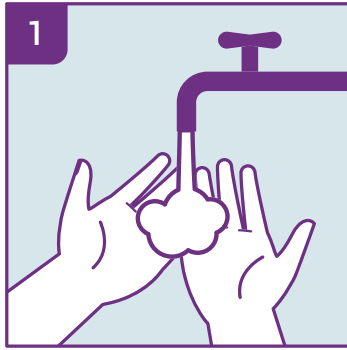
While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others.

Take care of yourself. It's OK to NOT be OK. Please know that help is available. Call 211 or visit 211north.ca to find out what resources are available in our community.

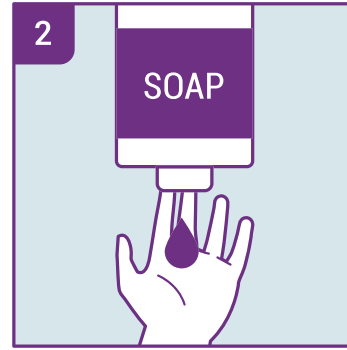
We are all in this together. For more information, visit **TBDHU.COM/StopGerms**

Wash Your Hands

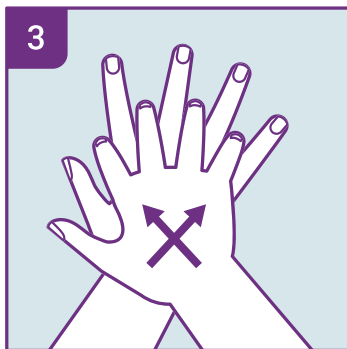
Stop the Spread of Germs!



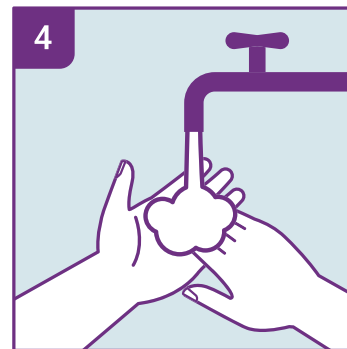
Wet hands.



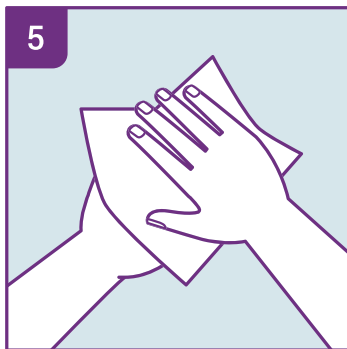
Apply soap. Lather for 15 seconds.



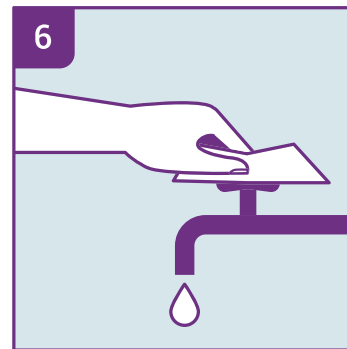
Rub between fingers, back of hands, fingertips, under nails.



Rinse well under running water.



Dry hands well with paper towel.



Turn taps off with paper towel, if available.

YOUTH & SOCIAL DEVELOPMENT

- Youth Centre, Culture & Recreation -

UPCOMING **20** **EVENTS** **20**

VISIT FACEBOOK: FORT WILLIAM FIRST NATION YOUTH & SOCIAL DEVELOPMENT

YOUTH PROGRAM TO GO

Registered Youth Centre Participants & Household

10-12yrs DIY Studio Pottery Kits & Mini Pizza Kits. 13+ Tye Dye Kits & Mini Pizza Kits.
Will be delivered April 17th, Between 2-5pm.

Mini Pizza Kits for Youth (10-17yrs) :
Limited Supplies.
Maximum 3 Per House Hold

To Register Contact :
Marnie Greenwald: (807) 630-6302
Email: marniegreenwald@fwfn.com

Date : Wed
Time: 7-9 pm

ONLINE ANISHNAABEMOWIN

Are you a First Nation Member wanting to know the language?
To register with the program, please contact Gail.

Online 18+ weekly program
Online: [Zoom.us](https://www.zoom.us)

Contact: Gail R Bannon: (807) 629-8521
Email: gailrbannon@fwfn.com

Date : Fri April 17
Time: 6-9 pm

ONLINE PAINT NIGHT

Connecting Online for the Night Program with your family.
Supplies will be delivered 1 per household.
FWFN members only.

Limited registrations
Online: [Zoom.us](https://www.zoom.us)

Must Register : Bess Legarde: (807) 252-7038
Email: besslegarde@fwfn.com

BIGGEST LOSER "HOME EDITION"

FWFN members only

Starts April 14- June 5 2020

Weekly Incentives Online Classes offered at: [Zoom.us](https://www.zoom.us)

Bi-weekly Weigh ins
Prizes for 1st, 2nd, 3rd for Men & Woman.

Must Register: Bess Legarde: (807) 252-7038
Email: besslegarde@fwfn.com

Draw For FWFN Community Only

In order for us to serve you better, we are requesting all on reserve members, to register your household for our future programming & FWFN Activity Packages. Please register your names(s), address, Family members(s) with age & contact information. MUST Register in order to be eligible for the BBQ Draw!

Draw will take place on Wednesday April 22nd 2020.

Contact: Marnie Greenwald : (807) 630-6302 or Email: marniegreenwald@fwfn.com

Indigenous Living



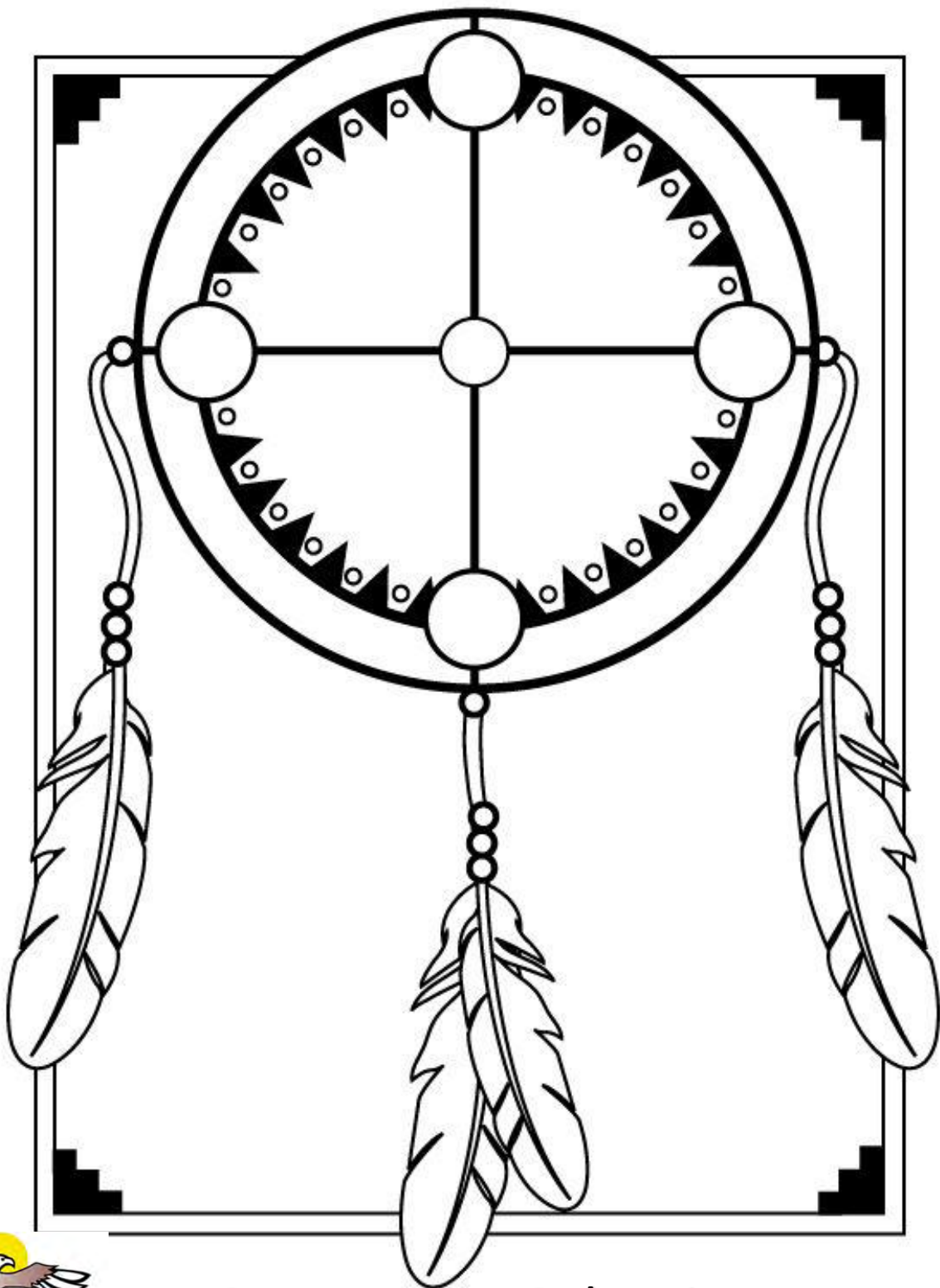
-SAFEST AT HOME-



- Community Colouring -
- FWFN YOUTH & SOCIAL DEVELOPMENT -

Indigenous Knowledge

- THE MEDICINE WHEEL -



- Community Colouring -
- FWFN YOUTH & SOCIAL DEVELOPMENT -

Notice

Clients on the Medical Assistance Treatment (MAT) program who are receiving services from OATC must access the RAAM Clinic located on Fort William First Nation, 200 Anemki Place

RAAM clinic will be operating on Saturday April 11, 2020 until further notice. Bring proper identification

**The hours of operation are:
Monday-Friday: 9:00am-11:00am
Saturday-Sunday: 9:00am-11:00**

For further information call On-call: 472-7702
Or
Emergency Response Call Center: 622-3913



FORT WILLIAM FIRST NATION