

## **Weekly Newsletter for January 25-31**

**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.**

## **Christmas Boundary Interest Distribution**

Further to the November 25, 2020 Chief and Council meeting your December 4, 2020 distribution details are as follows:

- \$500 per adult (aged 18 and older) member from the Boundary Trust Income Allocation
- \$35 per adult (aged 18 and older) member from the Boundary Trust Income Allocation
- \$50 for Elders aged 55-plus (at December 31, 2020) from the OFNLP funds

The above will be paid by EFT (electron funds transfer) and was uploaded to the RBC on Friday December 4, 2020. Funds may take up to 5-days to be deposited in your account so if you have not received your funds by Friday December 11, 2020 then please contact us at that time. Please contact Esther Pervais, Finance Officer for these inquiries.

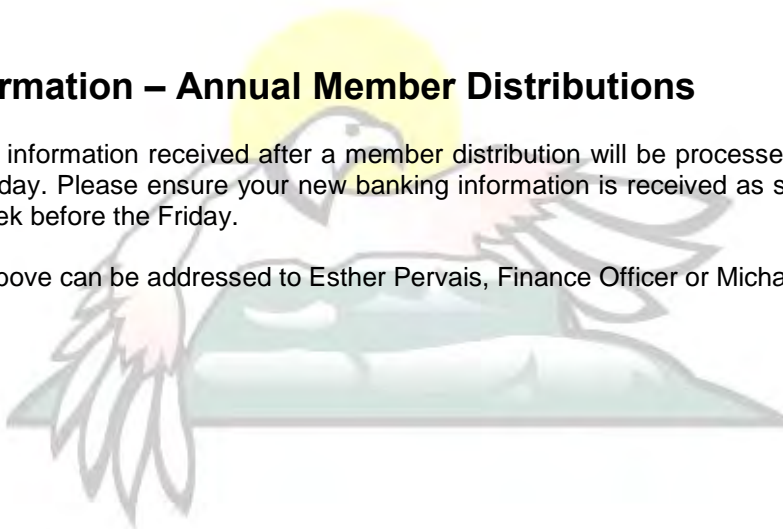
All payment are issued by EFT. The only exception is for those members who are not a resident in Canada. Non-resident members will be issued a cheque and it will be mailed to your last updated mailing address.

If your banking information has changed then you should refer to the first Finance page of our weekly Newsletter. We will require a new direct deposit form, please see the previous Finance page for the required format.

## **Late banking information – Annual Member Distributions**

Any revised direct deposit information received after a member distribution will be processed on a weekly basis until the Christmas break, each Friday. Please ensure your new banking information is received as soon as possible and no later than Wednesday each week before the Friday.

Questions regarding the above can be addressed to Esther Pervais, Finance Officer or Michael D. Pelletier, CEO.



## 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 that is pre-populated with your name and bank account information already on it, **sign and date it**, print your address and phone number on it and mail it to FWFN Finance. Finance will not process a manually filled out/hand-written direct deposit form that is not bank-stamped and bank-dated by your branch.
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 or hand-written account information.
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 3<sup>rd</sup> – Friday of each month thereafter. Please provide no later than the Wednesday before the 3<sup>rd</sup> Friday to ensure any amounts owing to you are processed on the 3<sup>rd</sup> Friday. Otherwise, your payment may not be processed until the following month's 3<sup>rd</sup> Friday.

## Are You Making a Payment? **\*\*NEW UPDATE Effective June 3, 2020\*\***

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 (2<sup>nd</sup> Floor of Band Office) must issue you an official pre-numbered FWFN receipt.

**\*\*Effective June 3, 2020\*\*** FWFN can accept payments by autodeposit/e-transfer from your personal smartphone banking app. You can register FWFN as a recipient by adding our Accounts Receivable email: [accountsreceivable@fwfn.com](mailto:accountsreceivable@fwfn.com). Please include a brief message before sending your payment such as: rent, ice rental (include organization name if applicable), invoice IVC#. A receipt will then issued to you by mail.

We can also debit/credit card (Visa, MasterCard, American Express, and Discover). 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. **During the pandemic we are not processing any cash deposits.**

FWFN Arena can process receipts if you are paying for your ice debit or credit card. The Arena no longer processes cash. FWFN Arena customers can now set up [accountsreceivable@fwfn.com](mailto:accountsreceivable@fwfn.com) to send in an autodeposit/e-transfer payment – please include a brief reference to your organization if applicable and invoice IVC#.

Fort William First Nation – 2nd floor, Suite 200 at 90 Anemki Drive – for mailings.

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## COVID-19 – Update from Finance

As COVID-19 numbers continue to increase during the second wave in Ontario it is more important than ever for everyone to remain vigilant in their efforts to prevent the spread of COVID-19. This includes maintaining physical distancing with one another, practicing good hand hygiene and wearing masks when in enclosed public spaces.

Please continue to visit our local Thunder Bay Health Unit website for the most current COVID-19 data at: <https://www.tbdhu.com/coviddata>.

You may also visit our COVID-19 Action Plan web page for Community Updates, Resources and Important Contact Information at: <https://fwfn.com/covid-19-action-plan/>.

In addition to being a part of the COVID-19 pandemic team, Finance continues to work onsite in order to maintain continuity of services. Responding to COVID-19 pandemic needs and our Community's health and safety remains our primary focus while we continue to do our best to administer all of our Finance functions and as a result, our response times may continue to be delayed. We sincerely appreciate your continued patience and understanding during this time.

## Payments to our suppliers

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 limit contact and uphold the physical distancing requirements by public health officials.

You may wish to set up direct deposit, if so, please refer to the previous page for the correct format to submit this information to us.

## Bingo Balls

Until further notice, Bingo Balls applications are not being accepted at this time, as a result of limited Bingo Operations during the pandemic.

# **2ND ANNUAL LET'S TALK MENTAL HEALTH**

**Thursday, January 28th**

**5:00 PM - 7:00 PM**

*FWFN Health Centre invites you to our 2nd Annual  
Let's Talk Mental Health Session in Support of  
Mental Health Awareness  
-Hosted through Zoom-*



We kindly ask that you register for the event to better coordinate day-of services, such as food, drink, or any supplies/materials required for the meeting.

Register with Health Reception by Jan 21, 2021

Phone: 622-8802

Emailing: [healthreception@fwfn.com](mailto:healthreception@fwfn.com)

*Join us to share your message or story and to benefit from our conversations supporting mental health . A zoom link will be provided closer to the event.*

If you have any questions about this event, please contact Stephanie MacLaurin:  
622-8802 ext. 240  
[stephaniemaclaurin@fwfn.com](mailto:stephaniemaclaurin@fwfn.com)







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

## JOB POSTING

**Position Title:** Bus Driver(s)

**Position Description:** Under the general direction of the Director of Health & Social Services, with direct supervision provided by the Education Manager, transports children between school and home via school bus.

**Major Responsibilities:**

- Transport children between school and home and/or an excursion as needed
- Ensure children's safety when boarding and leaving the bus and crossing the street while bus is stopped
- Report delays, mechanical problems and accidents to Education Department
- Complete accident/incident reports and distribute these to proper school and Education Department
- Additional duties as required

**Qualifications/ Conditions of Employment:**

- Must be able to work on short notice
- Completion of secondary school diploma is preferred
- A minimum of one year of safe driving experience is required
- Copy of Driver's Abstract required
- Class "G" driver's license required
- Criminal Reference Check required
- Bus drivers require a Class "B" license in Ontario (copy to be provided with application)

**FWFN is willing to train qualified applicants for class "B" license.**

**Job Posting Closing Date:** Posting open until position is filled. Please direct your application, consisting of a cover letter and resume with three (3) references to the attention of:

**Donna Mullen**

**Human Resources Assistant**

**P: 807-623-9543 ext. 806**

**F: 807-623-5190**

**Email: [donnamullen@fwfn.com](mailto:donnamullen@fwfn.com)**

When hand delivering, ensure that your application is date stamped and a copy provided to you.

*We appreciate all applications. Only those selected for an interview will be contacted.*



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

## JOB POSTING

**Position Title:** Bus Monitor

**Position Description:** Under the general direction of the Director of Health & Social Services and direct supervision of the Education Coordinator, the bus monitor will enforce the bus transportation policies and procedures to ensure students safety while travelling on the bus.

**Major Responsibilities:**

- Ensure students follow FWFN bus safety protocols and procedures while travelling on the bus
- Report any behavioural issues, incidence and injuries of a child to the Principal of the school as well as the Education Coordinator
- Set and maintain rules for students to abide by while travelling on the bus
- Provide incident reports in the event of an accident/incident
- Attend meetings as required
- Additional duties as required

**Qualifications/ Conditions of Employment:**

- Completion of secondary school diploma preferred
- Criminal Reference Check required
- First Aid Certificate required

**Job Posting Closing Date:** Posting open until position(s) is filled. Please direct your application, consisting of a cover letter and resume with three (3) references to the attention of:

**Donna Mullen**  
**Human Resources Assistant**  
**P: 807-623-9543 ext. 806**  
**F: 807-623-5190**  
**Email: [donnamullen@fwfn.com](mailto:donnamullen@fwfn.com)**

When hand delivering, ensure that your application is date stamped and a copy provided to you.

*We appreciate all applications. Only those selected for an interview will be contacted.*



# YOUTH & SOCIAL DEVELOPMENT UPCOMING 20 EVENTS 21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HAPPY NEW YEAR	2
3	4	5	Online Yoga Yoga	7	8	9
10	11	12	Online Yoga Anishnaabemowin	14 Book Club	15	16
17	18	19	Online Yoga Anishnaabemowin	21 Book Club	22	23
24	25	26 ONLINE ZUMBA	Online Yoga Anishnaabemowin	28 Book Club	29	30
31						

## • Online Yoga4all



- Yoga will be Wed Jan 6<sup>th</sup> & 13<sup>th</sup> 2020 @5-6pm
- Online through Instructors website Zoom Link.
- Yoga instructor will be video taping herself so you could review multiple times at your convenience.

**Must Register with Marnie Greenwald**

[marniegreenwald@fwfn.com](mailto:marniegreenwald@fwfn.com)

## • Anishnaabemowin



Online Zoom Language Program

Every Wednesday 7pm-9pm

Must Contact : [gailrbannon@fwfn.com](mailto:gailrbannon@fwfn.com)

(Indigenous Language Teachings & Stories)

## Our Program Details

## • Online ZUMBA

Testing to see if this is an interest in our community!

Tues Jan 26<sup>th</sup> 2021 @8pm

If Interested Email with  
Marnie Greenwald

[marniegreenwald@fwfn.com](mailto:marniegreenwald@fwfn.com)

## • Book Club



4<sup>th</sup> book : Keeper'n Me – Richard Wagemesse

Registration participants will meet once a week

Thursdays @5-7pm to discuss the book.

The book is yours to keep.

Suggestions for upcoming book are encouraged.

Please send suggestions to Shayalayne at

[ShayalayneSabourin@fwfn.com](mailto:ShayalayneSabourin@fwfn.com)

## UPCOMING FEBRUARY

Annual Family Day Event

Snow Sculpture Contest

Mon. Feb. 15<sup>th</sup>, 2021

More details coming!





Starting Back  
up Again

# ANISHINAABEMOWIN PROGRAM

Wednesday's Jan 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> 2021

Time: 7:00PM – 9:00PM

Online Zoom Program

To register contact: [gailrbannon@fwfn.com](mailto:gailrbannon@fwfn.com)



Youth & Social Development



# ONLINE YOGA

Extended 4 Weeks

5-6pm  
**Jan 20<sup>th</sup>**  
2021

5-6pm  
**Feb 3<sup>rd</sup>**  
2021

5-6pm  
**Jan 27<sup>th</sup>**  
2021

5-6pm  
**Feb 10<sup>th</sup>**  
2021



***Instructor  
Records Herself  
For you to  
Never Miss  
Out! Join Now  
& Yoga  
anywhere!!***

***Must Register with: Marnie Greenwald***  
[marniegreenwald@fwfn.com](mailto:marniegreenwald@fwfn.com)



*Yoga 4 All*





# ZUMBA

**ALL AGES** FITNESS

Youth & Social Development

FWFN RECREATION WANTS TO SEE IF THIS IS OF  
INTEREST FOR OUR COMMUNITY

**IF YOUR INTERESTED ?**

**JOIN IN OUR TRIAL RUN**

**DATE: JAN 26TH 2021**

**TIME: 8-9PM**

**Must Register with**  
**marniegreenwald@fwfn.com**

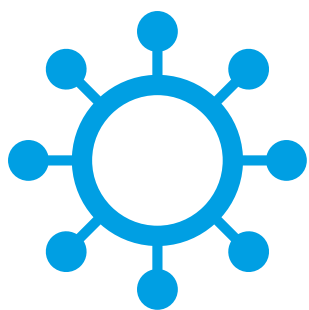
**1 FREE  
TRIAL  
SESSION**

The ZOOM Link

<https://www.zumba.dance/class/online/60084d55-1420-4916-b7ae-04fe0a010b49>

The Password:

Zumba



# COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19

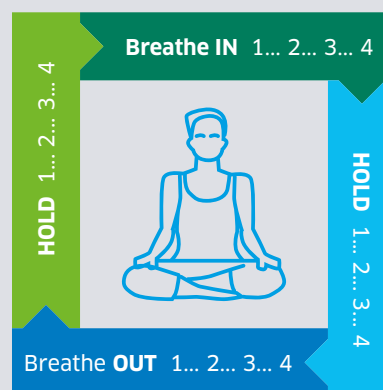
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

## What you'll experience if you're feeling stressed or anxious

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual







## Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

## What you can do to cope

-  **Stay active and keep yourself busy** with activities you enjoy.
-  **Stay connected** with friends and family while still practising physical distancing.
-  **Find balance** by staying informed but know when to take a break from COVID-19 news and topics.
-  **Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
-  **Take care of your body** by eating and sleeping well, exercising, and meditating.
-  **Reach out for help!** Talk to a family member or friend, and seek professional support if needed.

## If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Follow *Canada's Low-Risk Alcohol Drinking Guidelines*.
- 3 Follow *Canada's Lower Risk Cannabis Use Guidelines*.
- 4 Avoid stockpiling alcohol, cannabis, and other substances.
- 5 Reach out for help if you feel your use is becoming a problem.

For more information, visit [www.ccsa.ca](http://www.ccsa.ca) or [www.mentalhealthcommission.ca/English/covid19](http://www.mentalhealthcommission.ca/English/covid19)



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Financial contribution from



Health  
Canada

Santé  
Canada



Canadian Centre  
on Substance Use  
and Addiction

Evidence. Engagement. Impact.



# ***Fort William First Nation***

***You are invited to attend the  
Inauguration Ceremony  
Councillor Bonnie Pelletier***

***Monday January 25, 2021  
6:00 p.m.***

*Ceremony will be streamed via Facebook Live*

*Also at [www.fwfn.com](http://www.fwfn.com) on the members only section*







## COMMUNITY ADVISORY

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

# Stay-at-Home Order

January 20, 2021

Ontario has officially entered a state of emergency again due to COVID-19 and will be subject to a **stay-at-home order** beginning at 12:01 a.m. on Thursday, Jan. 14. At this time there is no curfew set for Fort William First Nation. If you are out in the community you may be stopped by the by-law officer or APS just to identify your reason for being out.

### **What does this mean?**

This means you must stay at home. You should only go out for necessities, such as:

- getting food, beverages or medication
- going to medical appointments
- supporting vulnerable community members
- child care
- attending school or a post-secondary institution
- going to a bank
- accessing government services
- getting exercise or walking pets
- going to work, if you can't do it remotely
- Businesses must ensure that all employees work from home if they can.
- Do not travel outside your region or the province unless absolutely necessary.

### **Gatherings**

- Limit close contact to only members of your household (the people you live with). If you live alone, you may consider having close contact with one other household only.
- Up to 5 people may gather outdoors, as long as you can keep 2 meters physical distance from each other. You should also wear a mask or face covering.
- You may attend a funeral, religious service or wedding of up to 10 people.
- 

### **If you do not follow these rules for gatherings:**

- organizers may be fined \$10,000
- each attendee may receive a \$750 ticket
- enforcement personnel may break up the gathering or temporarily close the premises

You can also [download the COVID Alert mobile app](#) to protect yourself and your community.

**Updated information will be posted as it becomes available, please check the website and watch for community notices to keep updated.**

Thank you

Michael D. Pelletier, CEO  
Fort William First Nation



## COMMUNITY ADVISORY

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

# COVID-19 Community Information

January 20, 2021

Fort William First Nation has implemented the following measures for the safety and wellbeing of our community and its members.

1. **Security Check-points**: all those accessing Fort William First Nation will be expected to provide the following information: for Members including community members, your name and phone number, you will also be screened for COVID-19 symptoms. Non-members accessing the First Nation for work purposes will be asked to provide their address of work and your employer name.
2. **Return from Travel, work outside of the Thunder Bay area or incarceration**: Those members who are returning to Fort William First Nation due to travel, working outside the Thunder Bay Area or who have been incarcerated are requested to self-isolate for 14 days upon return and to identify that they are self-isolating to the checkpoint staff upon entry to the First Nation. This is done to enable the First Nation to provide follow up services to these members.
2. **Chief and Council letters of authorized access**: for those members who have requested letters for non-members to gain access to the First Nation, these letters have specific identifying information (the name of the individual, the address they are accessing and the purpose for access), those that are going outside of their stated purpose will be subject to being charged with trespassing and their letter for access will be revoked. This means that these individuals are to access only the home specified on the letter they are not to be wandering the community for any other purpose other than that stated in the letter.
3. **By-Law enforcement**: By-law officers will be completing rounds of the community and enforcing the by-law orders in place for Fort William First Nation. These officers will also be patrolling the areas outside of the security checkpoint and will be issuing trespass notices to those non-members accessing areas of the First Nation without a letter signed by Chief and Council approving their access.

We thank you for your co-operation in working together to keep our community safe during this trying and difficult time.

Sincerely,

Michael D. Pelletier, CEO

# NOTICE TO FWFN COMMUNITY

## Update on Treatment Referrals during Residential Lockdown Procedure as of January 18, 2021 through until Provincial Residential Lockdown is lifted

Due to the Provincial Residential Lockdown Procedures our Addictions Team will continue to provide service and intake for Treatment Referrals to clients. However, please keep in mind that with the Lockdown, Intake and Admissions through Provincial Treatment Centers may be delayed or on hold depending on the discretion of the Center.

We look forward to supporting you and your needs throughout this difficult time.

Also please keep in mind that due to the Lockdown and the closure of our office contact with Addictions Workers for Intake and Referral will be limited to emails.

We encourage you to continue to reach out for help and support and our Addictions Team looks forward to working with you and your families in 2021.

For Intake and Referral assistance to Detox or Treatment please feel free to contact our Addictions Workers @

[AddictionsWorker@fwfn.com](mailto:AddictionsWorker@fwfn.com) for Allie Joe Pelletier (Last Names A-H)

[LorettaCollins@fwfn.com](mailto:LorettaCollins@fwfn.com) for Loretta Collins (Last Names I-Z)

# PARENTING DURING COVID-19

Parents, caregivers and children across the country are facing new challenges as the COVID-19 pandemic affects our daily work and home routines. Schools, daycares and most workplaces have closed, and children and parents are suddenly at home full-time.

The ideas and tips below can help parents and caregivers adjust to this new and unexpected situation.



## SUPPORT AND ENGAGE WITH YOUR CHILDREN

- ▶ **Create opportunities for quality one-on-one time with each child**, whenever possible. One-on-one time makes children feel loved and secure, and shows them that they are important.
- ▶ **Help your child stay virtually connected** with their friends, neighbours and extended family members through email, phone calls, video chats and social media platforms. This can be a reassuring way for them to interact with people they love.
- ▶ **Create a flexible but consistent daily routine**, and involve your children! Asking for their input and allowing them to make decisions helps build their self-confidence. Set up a schedule that includes structured activities, physical activity, as well as free time. This can help children feel more secure.
- ▶ **Play and engage with your children**. It helps them to learn, express their feelings and build their self-confidence. Spend time with your children by taking part in their preferred activities. If you are not in **quarantine (self-isolation)** or **isolation**, **get fresh air** while keeping a distance of least 2 metres from other people.

## BE KIND, CALM AND PATIENT WITH YOUR CHILDREN'S BEHAVIOURS

- ▶ **Listen to your child's concerns**. Acknowledge and validate their thoughts and feelings. Be honest, open and supportive. Provide clear, factual information in a reassuring and age-appropriate way. Ask them how they are feeling. Let them know you are there for them.
- ▶ **Encourage positive behaviours**. Children are much more likely to do what is asked if they are given positive instructions and praise for their efforts.
- ▶ **Be a positive role model**. Model healthy and positive behaviours as children learn almost everything by watching what other people do.
- ▶ **Take steps to calm down before you react**. Children may respond to stress and anxiety by acting out. They need you the most when they are misbehaving.
  - Before you respond, take three deep breaths or count to ten. Staying calm helps you stay in charge of the situation.
  - If you can safely leave your child, take a step back from the situation to calm down, and reassure your child that you will be back.
  - Respond in a calm and thoughtful way, and redirect your child's attention to a good behaviour.

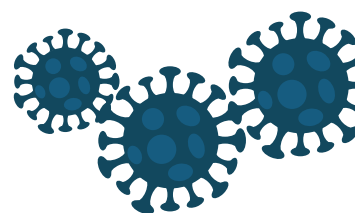


## TAKE CARE OF YOURSELF

- ▶ **Self-care is important.** Parents and caregivers take better care of their children when they **take care of themselves**, too. Eat well, get enough rest, take breaks, and do something fun or relaxing. Be kind to yourself. Some individuals may use substances, such as alcohol and cannabis, as a way to cope with stress and anxiety during difficult times. However, substance use presents potential health risks and can negatively impact your mental health and wellbeing. If you use substances, do your best to minimize the amount and frequency that you consume, and try to avoid using substances around children.
- ▶ **Connect virtually with others.** You are not alone. Find support and relieve stress by talking about your feelings and concerns with your friends and family.
- ▶ **Recompose yourself.** Practice a one-minute mindfulness activity. Notice your thoughts. 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. This will help you relax and feel grounded.

It is normal if you or your children feel overwhelmed, stressed, confused, scared or angry during this time. For additional support, or someone to talk to about your feelings and concerns, reach out to:

- ▶ **Kids Help Phone**
- ▶ **Canadian Paediatric Society – Community-Based Supports for Parents**
- ▶ **Families Canada – Family Support Centres**
- ▶ **Crisis Services Canada – Resources and Supports**
- ▶ **Wellness Together Canada: Mental Health and Substance Use Support**
- ▶ **Support for individuals**
- ▶ **Provincial and territorial resources for COVID-19**



## WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT

.....  
**Canada.ca/coronavirus** or contact **1-833-784-4397**





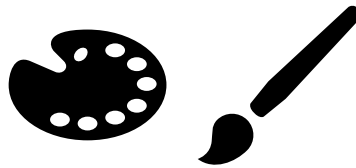
# Poster Contest



\*\*Extended\*\*

Come on!! F.W.F.N Time to get  
your art on!

“One Life” Campaign



F.W.F.N addiction and wellness workers together with  
mental health worker are teaming up to launch a new  
campaign titled One Life

*During this time of the stay-at-home order if you are  
looking for something to do with your family show us  
your art work and you will have your art displayed on  
the F.W.F.N website and Facebook page.*

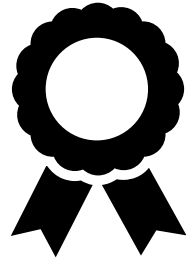
We are asking all those that are interested to submit a poster representing positive motivational messages through art that we can use as our logo and poster.

There will be

1<sup>st</sup> prize

2<sup>nd</sup> prize

3<sup>rd</sup> prize



Deadline: **February 19<sup>th</sup> 2021**

Call: 622-8802 for drop off

Email: [LorettaCollins@fwfn](mailto:LorettaCollins@fwfn)

Email: [AddictionsWorker@fwfn.com](mailto:AddictionsWorker@fwfn.com)



## Call out to Community Members

***\*\*Due to the pandemic and recent stay at home order we are extending the date for testimonials for the ONE LIFE campaign \*\****

**Deadline: February 19<sup>th</sup> 2021**

Addiction and Wellness workers as well as Mental Health worker are looking for a few people to share their addiction/mental health testimonials. We are requesting a short 5 min or less video sharing your testimonial. Your video will appear in our “ONE LIFE” campaign that we will be launching to the community



Once your video is finished you will then email it to one  
of the Addiction Workers

[lorettacollins@fwfn.com](mailto:lorettacollins@fwfn.com)

[AddictionsWorker@fwfn.com](mailto:AddictionsWorker@fwfn.com)

# Restorative Justice & Cultural

Present through Zoom

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Cultural Teaching With  
Elder

*Laura Calmwind*

Starting: Monday January 25<sup>th</sup> 2021  
6:00pm – 7:30pm

To register email

[Reneepervais@fwfn.com](mailto:Reneepervais@fwfn.com)

Registration will be closed  
at 3 pm on Jan 25<sup>th</sup> 2021  
for this session.







# FEBRUARY GOOD FOOD BOX!

Standard food boxes \$22.00 each

This month's orders due by February 9/2021.

EFT: [accountreceivable@fwfn.com](mailto:accountreceivable@fwfn.com) boxes

can be picked up on Feb/17/21 after 3pm@ health center. \*\* please wear mask when picking up!

# WHERE TO GET FOOD IN THUNDER BAY

## ***Food Banks – Northward***

### **Gathering Table Food Cupboard**

*228 Pearl Street, 345-6898*

- Second and fourth Sunday of the month, 11:30am - 12:15pm

### **Thunder Bay Indigenous Friendship Centre**

*401 Cumberland Street North, 345-5840*

- Third Tuesday of the month,  
1:30 - 3:30pm
- By appointment only

### **Elevate NWO**

*102-106 - Cumberland St N, 345-1516*

- For active clients, phone for details
- Available every Wednesday

### **Current River Churches Food Cupboard**

*361 Hodder Ave, Unit C, 344-3391*

- Every second Tuesday  
8:30 - 11:30am
- Register via 211

### **Salvation Army Food Bank**

*545 North Cumberland Street, 345-7319*

- Every Thursday, 11:00am – 2:00pm
- Register via 211

## ***Affordable Fresh Produce***

### **Good Food Box** via Northwestern

Ontario Women's Centre

*73 N. Cumberland St. #101, 345 - 7802*

- A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.
- Order Deadlines & Pick-Up Dates 2021:  
Jan: Order by Jan 11<sup>th</sup>, P/U 20<sup>th</sup>  
Feb: Order by Feb 8<sup>th</sup>, P/U 17<sup>th</sup>  
Mar: Order by Mar 15<sup>th</sup>, P/U 24<sup>th</sup>

### **Community Food Market** via Roots to

Harvest & NorWest CHC

*Held @ Limbrick Resource Center, 97*

*Limbrick Place, 285 0189*

- Every Tuesday from 1:00 - 4:00pm
- Fruits & vegetables at wholesale cost
- NorWest CHC has offered some clients "greens prescriptions" for food purchases at the market; call NorWest's Registered Dietitian 626 8484.

## **For more information**

## **Call 211**

Pamphlet created January 2021 by  
Thunder Bay & Area Food Strategy

## ***Additional Food Banks***

### *Students*

### **Lakehead University Food Bank**

*955 Oliver Road, UC-2014B, 343-8850*

*foodbank@lusu.ca*

- Email to schedule a pick-up on Wednesday or Friday, 2:00 – 3:00pm
- Lakehead University students only; allowed one package per week

### **Confederation College Food Bank, SUCCI Office**

*Shuniah Rm 160, 475-6226*

- Call or register online for pick up Monday to Friday, 11:00am - 3:00pm
- Confederation College students only

### *Rural*

### **Rural Cupboard Food Bank**

*19 Holland Rd, Conmee Community*

*Complex, 285-0836*

- For rural residents outside of Thunder Bay west to Upsala and South to Pigeon River only
- Must show I.D. of each family member, social insurance number, and verification of address
- Open every third Wednesday 9:00 – 11:00am

## ***Free Daily Meals***

### ***Southward***

#### **Shelter House Soup Kitchen**

*420 George Street, 623-8182*

- Breakfast, lunch and dinner served daily to clients
- Daily take-out lunch 1:30 - 2:30pm and dinner 7:00 - 8:00pm available to the public

#### **Salvation Army Soup Van**

- Dinner meal provided daily @ Minnesota Park 6:00 – 6:30pm

#### **Grace Place**

*235 Simpson Street, 473-3538*

- Meals for shelter residents only

#### **Hope for Change Community Group**

- Provides weekend snacks, soup, etc.
- Saturday's 3:00 – 5:00pm @ Blake Funeral Home

### ***Northward***

#### **St. Andrew's Dew Drop Inn**

*292 Red River Road, 345-0481*

- Open to the public daily
- Take home lunch 9:00am – 3:30pm
- Hot meal 12:30 – 3:30pm

## ***Free Daily Meals***

### ***Northward (cont'd)***

#### **Salvation Army Soup Van**

- Dinner meal provided daily @ Wilson Park 7:00 – 7:30pm

#### **Urban Abbey/The Habit**

*308 Red River Rd, 633 3052*

- Open to the public
- Lunch Monday to Friday 12:30pm
- Dinner Saturday 5:30pm

#### **Hope for Change Community Group**

- Provides weekend snacks, soup, etc.
- Sunday's 3:00 – 5:00pm @ Parking Lot across On Deck

## ***Food Banks - Southward***

#### **Thunder Bay Food Bank**

*129 Miles Street East, 626-9231*

- Every second Friday 9:00 - 11:00am
- Register via 211

#### **Family Giving Centre @ St. Thomas Anglican Church**

*1400 South Edward Street, 623-3608*

- Every second Friday 10:00 - 11:30am
- Register via 211

## ***Food Banks – Southward (cont'd)***

#### **Redwood Park Food Bank @ New Hope Church**

*532 North Edward St West, 577-3463*

- First & third Thursday 12:30 -2:30pm
- Register via 211

#### **The Losier Centre @ Thunder Bay Methodist Church**

*920 Sprague Street 622-7686*

- Emergency food available from the storage container (just off Christina)

#### **The Gathering Place**

*239 Amelia Street West, 623-8184*

- Every second Tuesday 10:00am - 1:00pm
- Register via 211

#### **PACE**

*510 Victoria Ave. E., 343-4760*

- Emergency food hampers available
- Contact for more info.

#### **St. Agnes - St. Vincent de Paul Society**

*1019 Brown Street, 475-7489*

- Every second Friday 9:00 – 10:30am
- Register via 211