



**Fort William
First Nation**

Weekly Newsletter for June 6 - 12

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.



Department: Office of the CEO

Date Prepared: May 6th, 2022

Subject: FWFN Offices Open to the Public

Prepared by: Michael D. Pelletier, CEO

Good day Fort William First Nation Members,

With Covid-19 restrictions easing across the Province and Country, Fort William First Nation is happy to announce that the administration offices will be open to the public once again.

As of Monday May 9th, 2022, the offices are open for in-person business.

Some important changes to mention are that the Lands & Properties Department, Economic Development, Administration (which includes Membership, Governance, Human Resources, Community Consultation and Communications) have moved Suite 200, 100 Little Lake Rd office.

Programming has also shifted to in-person as of April 4, 2022, so keep an eye out for special events happening in and around the community.

We look forward to serving you in person once again.

Thank you for your patience and support throughout the past 2+ years.

Sincerely,

Michael D. Pelletier
Chief Executive Officer

COVID-19 – Update from Finance

Following the Ontario Government's Covid reopening plan, our administrative offices will once again be open to the public soon, once an announcement is made by the CEO. The health and safety of our people, partners, families and community continue to be our priority as we move forward.

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>

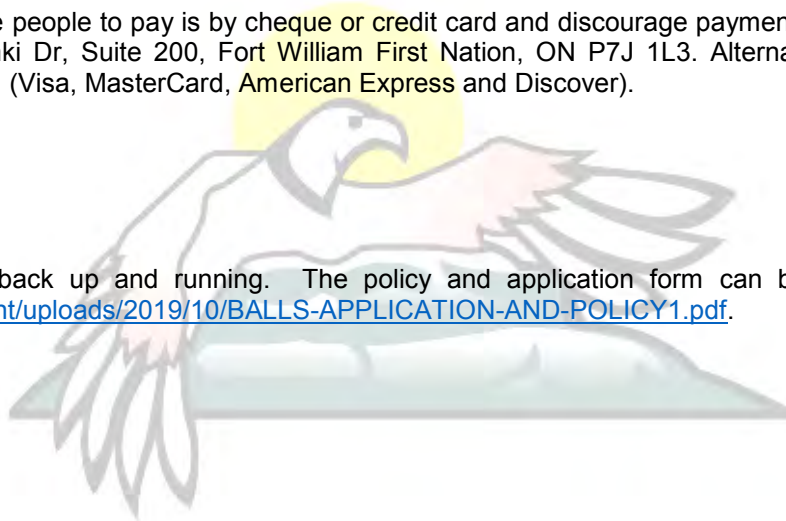
You may also visit Fort William First Nation's COVID-19 Action Plan web page at: <https://fwfn.com/covid-19-action-plan/>

Are you trying to make a payment on your account?

We continue to encourage people to pay by cheque or credit card and discourage payments by Cash. Cheques can be mailed 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).

Bingo Balls

Bingo Balls program is back up and running. The policy and application form can be found on the website at <https://fwfn.com/wp-content/uploads/2019/10/BALLS-APPLICATION-AND-POLICY1.pdf>.



Fort William First Nation

Garbage Pick-up Schedule

Monday

Mountain Road, Chippewa Road, City Road, Anemki Drive, Lynx Court, Fox Court, Wolf Court, Wolf Street, Little Lake Crescent

Arena, Community Centre, Office Buildings

Tuesday

Back Street Road, Mission Road, Squaw Bay Road

Arena, Community Centre, Office Buildings

Wednesday

Chippewa Trailer Park

Arena, Community Centre, Office Buildings

Thursday

Mountain Road, Chippewa Road, City Road, Anemki Drive, Lynx Court, Fox Court, Wolf Court, Wolf Street, Little Lake Crescent

Arena, Community Centre, Office Buildings

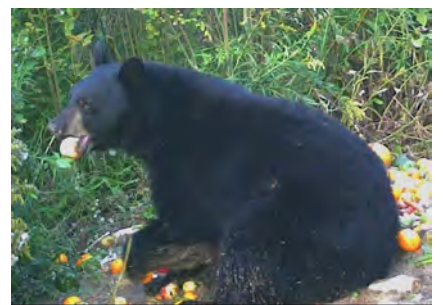
Friday

Back Street Road, Mission Road, Squaw Bay Road

Arena, Community Centre, Office Buildings

Garbage Pick up is scheduled between 8:00 a.m. – 4:00 p.m.

****Please be advised that this schedule is subject to change based on holidays and equipment breakdowns****



Respectfully,

Wyatt Bannon

By-Law Enforcement / Animal Control / Community Safety



**Fort William
First Nation**

FWFN SCHOOL BUS MEMO COLOR CODING OF SCHOOL BUSES

Please see below color coding system for the FWFN school buses. Each bus will have a colored square(s), with school name, in the window indicating which schools that bus picks up.



1. NEON GREEN: St. Ann

2. WHITE: Kingsway



3. YELLOW: Westmount

4. PURPLE: St. Martin



5. LIGHT PINK: St Elizabeth

6. LIGHT ORANGE: FWFN Kindergarten Classroom



7. NEON ORANGE: Kindergartens from all schools

8. BLUE: Pope John Paul II



9. RED: Westgate

10. LIGHT GREEN: ST PATRICK



IMPORTANT NOTES

- Please make note of the colour for your child's school. In some instances, you may have more than one bus servicing your home.

Questions or inquiries; contact Myra Bannon or Brittany Collins

807 623 9543 ext 225 or 205 / Myra@fwfn.com or education@fwfn.com

YOU MUST COMPLETE THIS FORM AND RETURN TO FWFN EDUCATION DEPARTMENT OR THERE WILL BE NO SCHOOL BUS SERVICE PROVIDED!



**Fort William
First Nation**

2022-2023



**FORT WILLIAM FIRST NATION
SCHOOL BUS REGISTRATION FORM**

Registration forms are mandatory to ride the FWFN school bus and must be submitted Friday August 5, 2022

This information is required for administrative, safety issues, as well as planning purposes.

Questions or concerns, please email: Myra@fwfn.com or PostSecondary@fwfn.com

STUDENT INFORMATION - one form for each child

Legal Last Name:		Legal First Name:	
Preferred Name (if different from above)		Date of Birth:	
School:	Grade:	Status Card #: (If applicable)	
Medical Conditions: IS AN EPI-PEN REQUIRED FOR THIS STUDENT? YES [] NO []			
Will you require us to pick up your child/ren in morning: YES [] NO [] Address for pick up:		Will you require us to pick up your child/ren after school: YES [] NO [] Address for drop off is same as pick up [] or:	

The start date for JK student: _____ Let Us Know As Soon as Possible

NUTRITION PROGRAM

I give permission for my child/ren to participate in the FWFN Student Nutrition Program. Inform staff, in writing, if student has any allergies. YES [] NO []

Allergies:

REQUIRED INFORMATION

Are you and the children listed on this form status members of Fort William First Nation? (Circle one)	If you are not a status member of Fort William First Nation, do you own or rent a home on FWFN? (Circle one)
Yes or No	Yes or No

If the child listed on this form is NOT a status FWFN member, please select ONE of the following to indicate how they are affiliated to FWFN (*we need to know this information for tuition purposes*):

Biological or Adopted [] Step Child [] Foster Child []

PARENT/GUARDIAN INFORMATION

Relationship to Student: Mother [] Father [] Grandparent [] Foster Home [] Other: _____			
First Name:	Last Name:	Home #	Cell #
Mailing address:			
Parent Status Card Number (if applicable):			

Additional forms are available by contacting Myra Bannon or Crystal Donohue, 623-9543

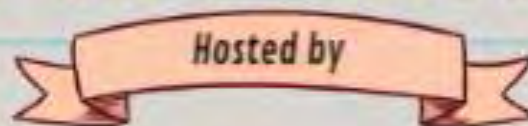
Please return form by Friday August 5, 2022:

- by emailing the completed form to Myra@fwfn.com or PostSecondary@fwfn.com
- or by dropping it off at the Band Office/ or mail to: Fort William First Nation Education Department 90 Anemki Drive, Suite 200
Fort William First Nation, ON P7J 1L3
- or by fax: 807.623.9150



You must register to get one

BACK TO SCHOOL **BACK PACK PROGRAM**

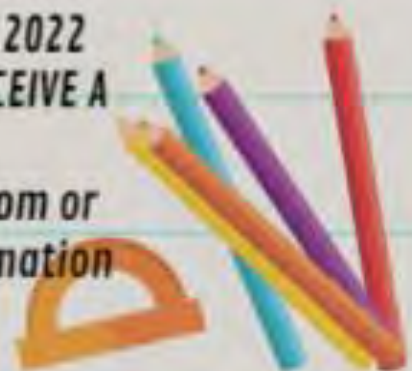


FORT WILLIAM FIRST NATION AND NOKIIWIN



DEADLINE TO REGISTER IS JUNE 30, 2022
ONLY THOSE WHO REGISTER WILL RECEIVE A
BACK PACK

contact postsecondary@fwfn.com or
myra@fwfn.com for more information



BACK PACK REGISTRATION FORM**STUDENTS IN JK TO GRADE 12**

For Students of Fort William First Nation Only

Deadline for submission June 30, 2022

STUDENT INFORMATION**1st STUDENT NAME**

Grade

School

Band #

2nd STUDENT NAME

Grade

School

Band #

3rd STUDENT NAME

Grade

School

Band #

4th STUDENT NAME

Grade

School

Band #

5th STUDENT NAME

Grade

School

Band #

STUDENT'S ADDRESS

STREET #

CITY

POSTAL CODE

PARENT/GUARDIAN INFORMATION**NAME #1****PHONE NUMBER****NAME #2****PHONE NUMBER**

email address:

We will use this email address to send photo of the backpacks that are available.



**Fort William
First Nation**

COMMUNITY REMINDER

For those community members that require transportation to medical appointments, Monday to Friday. The medical van is available for bookings. Appointments **MUST** be called into the Health Centre **24 HOURS** before your appointment. If there is no staff member to take your call, there is an answering machine available for you to leave a message.

Taxi rides will be issued after-hours.
(4:00pm to 8:00 am and on Weekends)
To Status members living on reserve.
Taxi rides will only be issued to
Thunder Bay Regional Health Sciences Centre.

Anyone that requires a ride to the Emergency Room will be **required** to come to the Health Centre to sign a release of information form **BEFORE** they are allowed to ride. **(NO EXCEPTIONS)**.

Failure to sign the R.O.I will result in suspension of further taxi services.

(The release of information form is so that we can confirm that you have in fact attended the Emergency Room). If you have not you will be required to pay back the **FULL** amount for your ride.

Anyone with questions please feel free to contact the Health Centre at 622-8802.

MEDICAL VAN TRANSPORTATION IS BACK & AVAILABLE



Call the Health Centre to book your appointment (24 hours in advance). If no answer please leave a detailed message with the following information: Name, Appt date & time, status card number, physician & clinic name, address of pickup and a contact number.

PLEASE NOTE: you must reside on Fort William First Nation & be a registered status card holder.

807-622-8802

**DENTAL, HARM REDUCTION, PHYSICIAN,
MENTAL HEALTH & DIAGNOSTIC
APPOINTMENTS ONLY**

Dependable and safe transportation

Wake with Postel/Walton



Important Public Health Alert #7: Monkeypox

To: Chiefs, Health Directors, Pandemic Leads

Date: May 27, 2022

Since May 14, 2022, more than 200 cases of monkeypox have been reported in multiple countries. Typically, cases outside of Africa are associated with travel to countries where the infection is found. Most of the current cases of monkeypox do not have a history of travel to Africa. This fact, along with the large number of cases distributed across the world, makes this outbreak unusual.

Monkeypox is a zoonotic infectious disease, meaning it is a disease that spreads from animals to humans. It is found in parts of Central and West Africa causing occasional human infections usually associated with exposure to infected animals or contaminated materials. When humans are infected, they often - but not always - have flu-like symptoms before a characteristic rash appears in one place (localized) or all over (generalized) the body.

Person-to-person spread of monkeypox occurs through close contact with an infected individual, such as through contact with body fluids, respiratory droplets, or the rash, or by sharing clothing, bedding or other contaminated items from a person with the infection.

As with many other diseases that are spread through close contact, people can lower their risk by maintaining physical distance, washing their hands frequently, and wearing masks around people who are suspected of having monkeypox.

As of today, monkeypox remains extremely rare in Canada. Monkeypox is not transmitted anywhere near as easily as COVID-19. These factors and our current understanding of risk factors for infection, mean that the risk to the general public is low.

FNIHB-OR continues to work with partners, communities, and local public health authorities to provide advice and to respond to any emerging public health events.

Respectfully,

Dr. James Brooks MD, FRCPC

Regional Public Health Physician and Director, Health Protection Unit

First Nations and Inuit Health Branch, Ontario Region, Indigenous Services Canada / Government of Canada

Please note: This advice is intended to supplement, not replace, the advice of local public health authorities.



May 19, 2022

IMPORTANT INFORMATION FOR PHARMACY PROVIDERS

Non-Insured Health Benefits Program: Coverage of Alternatives to Similac Alimentum Infant Formula

Due to the temporary closure of a large manufacturing plant in the United States, there is currently a shortage of Similac Alimentum infant formula in Canada. Listed alternatives include **Nutramigen**, **Neocate**, **Pregestimil**, and **Puramino** infant formulas. To access these alternatives, pharmacy providers must call the NIHB Drug Exception Centre at 1-800-580-0950.

The Non Insured Health Benefits (NIHB) program provides coverage of multiple types of infant formula for medical reasons for infants up to one year of gestational age. Eligible products and criteria can be found in the Drug Benefit List located on the Express Scripts Canada NIHB Provider and Client Website at [nihb-ssna.express-scripts.ca/en > provider > pharmacy > drug benefit list](https://nihb-ssna.express-scripts.ca/en/provider/pharmacy/drug-benefit-list).



PRO BONO STUDENTS CANADA INDIGENOUS HUMAN RIGHTS CLINIC

This document was created by PBSC for service providers that may wish to make referrals to the Indigenous Human Rights Clinic. Please do not distribute or share this document publicly.

WHO WE ARE AND WHAT WE DO

Pro Bono Students Canada (PBSC) and the Ontario Federation of Indigenous Friendship Centres (OFIFC) launched the [Indigenous Human Rights Program](#) in September 2020. PBSC is a law student organization that provides free legal services in partnership with community organizations. The OFIFC is a provincial Indigenous organization representing the collective interests of 29 member Friendship Centres located in towns and cities throughout Ontario.

The purpose of the Indigenous Human Rights Program is to combat anti-Indigenous racism and discrimination in Ontario by providing free human rights legal services at Friendship Centres. Through our free Indigenous Human Rights Clinics, we provide free summary legal advice and legal information about human rights, including at the **Thunder Bay Indigenous Friendship Centre (TBIFC)**.

The Indigenous Human Rights Program is guided by an [Advisory Council and two Elders](#). It is supported by other program partners the Canadian Human Rights Commission, the Ontario Human Rights Commission, the Human Rights Legal Support Centre, McCarthy Tétrault LLP, and participating law schools, including the Bora Laskin Faculty of Law.

ELIGIBILITY FOR LEGAL SERVICES

Clients are eligible for legal services if they:

1. Self-identify as Indigenous, and
2. Live in Thunder Bay, and
3. Believe they have been discriminated against and seek summary (basic) legal advice, OR
4. Want to learn more about discrimination and/or human rights from a lawyer.

LEGAL SERVICES

Our legal services complement the many social, cultural, and other services already provided by TBIFC. All our lawyers and law students are trained by the OFIFC in their Indigenous Cultural Competency Training program. We provide the following services:

SUMMARY LEGAL ADVICE

We give summary advice under the *Human Rights Code* and the *Canadian Human Rights Act* to anyone that meets our eligibility criteria, no matter the human rights ground. For example:

- If an Indigenous person believes that they have been discriminated against in employment due to disability, they can get advice at the Clinic.



- If an Indigenous person believes that they have been discriminated against at a hospital due to their Indigeneity, they can get advice at the Clinic.

Summary advice may include basic advice about:

- Human rights under Canadian law;
- Discrimination under Canadian law;
- The legal options that may be available in the **federal or provincial** human rights systems;
- Advice on next steps, including referrals.

LEGAL INFORMATION

We meet one-on-one with anyone that meets our eligibility criteria to share information about human rights. These "legal information consultations" are informal and conversational, and are for anyone that wants to learn more about human rights.

Legal information consultations are designed to:

- Build individuals' knowledge about discrimination and human rights;
- Empower individuals to:
 - Make decisions about their own human rights,
 - Protect themselves,
 - Support others,
 - Spot discrimination, and
 - Make referrals to the Clinic.

Information may include:

- The human rights systems in Ontario and Canada;
- Social areas and grounds;
- The test for discrimination and harassment, and examples;
- The process for filing a human rights complaint and going through the commission or tribunal processes;
- Limitation periods;
- Examples of cases brought by Indigenous people to human rights tribunals across Canada.

REFERRALS

Before or after providing summary legal advice, we try to make meaningful referrals for Clients. We work closely with the Human Rights Legal Support Centre's Indigenous Service and Outreach Committee to refer individuals to the HRLSC.



INDIGENOUS HUMAN RIGHTS PODCAST

Outside of the Clinic, we build knowledge about Indigenous human rights amongst the broader Canadian public through our Indigenous Human Rights Podcast, which shines a light on the real experiences of Indigenous people who have fought for their human rights at Tribunals across Canada. We invite you to listen to this podcast, and to share it with others.

Listen on Spotify: <https://open.spotify.com/show/5gY06Yg50xYPX6ZZ0mB1JW>

Listen on Apple Podcasts: <https://podcasts.apple.com/ca/podcast/indigenous-human-rights/id1542839284>

CONNECT WITH US OR MAKE A REFERRAL

Clinic at Thunder Bay Indigenous Friendship Centre:

Email: intake.thunderbay@indigenoushumanrights.ca

Phone: [807-698-9571](tel:807-698-9571)



FORT WILLIAM FIRST NATION *FIRST RESPONSE TEAM*

YIELD FOR **AMBER** LIGHTS!

Our First Responders use flashing **Amber** lights when responding to emergency calls within our community. Yielding to vehicles approaching with flashing **Amber** lights allow our First Responders to arrive to the scene of an emergency more rapidly!

When safe to do so, yield the right of way to vehicles approaching with flashing **Amber** lights in the community! By doing this, you are helping your community members receive rapid medical care!

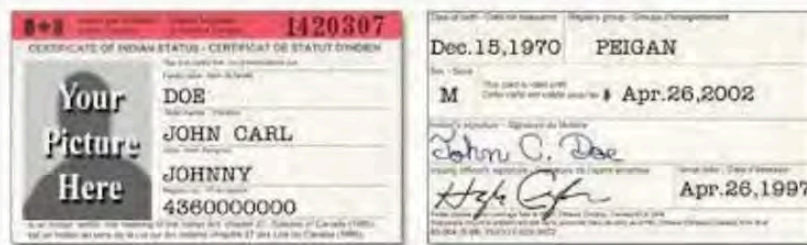
FORT WILLIAM FIRST NATION FIRST RESPONSE TEAM

www.fwfnfirstresponse.com

FORT WILLIAM FIRST NATION

MEMBERSHIP NOTICE

Need a status card? And you're
a FWFN member?



Call the band office
to book your appointment!

NO WALK-INS

APPOINTMENT ONLY

Please remember - book
an appointment before
coming in.



807-623-9543

Increase in Drug Activity In the community of FWFN



We are experiencing increased concern and anonymous complaints from our community in regards to the amount of drug trafficking and activity on our first nations. Members are tired of the amount of crime, overdoses and traffic that are believed to be associated with the drug trafficking that is taking place in our community. Be part of the solution, if you see suspicious activity call the number provided.



The Thunder Bay Police Service has formally launched a new program that aims to give residents the tools and information that they need to help police in ongoing investigations into the drug trade.

Police say drug trafficking targets some of the most vulnerable in the community, leading to increased violent crime and creating serious safety risks in and around the neighbourhoods in which they operate.

If you are suspecting of drug activity and trafficking taking place in your community you can contact the Thunder Bay police service and submit anonymously information to the non-emergency line at (807)684-1200, or you can submit tips through Crime Stoppers at 1-800-222-8477, or online at www.p3tips.com

Community Drug Alert



NITAZENES

What Are Nitazenes?

- > Nitazenes are potent synthetic opioids from a drug class known as benzimidazole-opioids
- > some nitazenes are estimated to be several times more potent than fentanyl
- > They were developed 60 years ago as potential pain relief medication, but were never approved for clinical use.
- > They were first identified in the unregulated drug supply in Canada in 2019
- > They typically appear unexpectedly in drugs expected to contain other, more traditional opioids (e.g. fentanyl, oxycodone tablets or “down “often alongside non-medical benzodiazepines (NMBs)

Why They Are a Concern?

- The presence of nitazenes in the unregulated drug supply is rising. The frequency with which they are detected is increasing, but there is also an increasing number of nitazene analogs.
- They tend to be used unintentionally and in unknown quantities because the contents of drugs from the unregulated supply are unpredictable.
- Nitazenes can increase the risk of accidental overdose, especially when combined with other substances that suppress breathing and heart rate such as other opioids or benzodiazepines.

- Overdoses involving nitazenes may be difficult to reverse, potentially requiring additional doses of naloxone, but protocols around this are not yet clear.
- Fentanyl test strips cannot detect nitazenes, and detection of nitazenes by point-of-service drug checking requires sensitive equipment that is not always available.
- Nitazenes are not routinely tested for in post-mortem or urine toxicology, so their relationship to health risks and overdose deaths is difficult to monitor.

If you or someone you know is experiencing a overdose please call 911

If available, administer Naloxone and wait for help to arrive



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: Food Bank Support Staff - Contract Work

Position Description: Help the food bank manager and coordinators to ensure smooth operations of the food bank.

Major Responsibilities:

- Assist food bank managers in receiving and packing orders
- Prepare food distribution area, making sure that received food is sorted, stocked, and stored in an appropriate manner
- Ensure that food quality is maintained through appropriate sorting activities, and communicate any issues to a food bank manager
- Ensure maintenance and cleanliness of food pantry area
- Welcome, collect appropriate data, and distribute food items to participants of the food bank program
- Create and submit invoice for time of work
- Other duties as requested

Qualifications:

- Knowledge of food safety and food handling practices
- Able to lift and carry up to 60 pounds
- High School diploma not required but considered an asset

Terms of Employment:

- Work hours determined by the food distribution schedule maintained by FWFN Social Services Food Bank.

Wage: To be negotiated.

Job Posting Closing Date: OPEN UNTIL POSITIONS ARE FILLED

Please make sure applications consists of a cover letter and resume with three (3) references.

Please direct your application to the attention of:

Donna Mullen
Human Resources Assistant
P: 807-623-9543 ext. 806, F: 807-623-5190
Email: 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: Relief Receptionist

Position Description: The Relief Receptionist is needed to quickly fill short-term leaves of absences for the positions of Administration, Social Services and Health Centre Reception.

Major Responsibilities:

- Respond to telephone, e-mail, and in-person inquiries from clients, business partners, and other parties.
- Refer all inquiries to the appropriate individuals, divisions, or departments across the organization.
- Administer and manage inbound/outbound mail, including priority post, packages, courier services, and other correspondence.
- Organize, maintain, and coordinate office records and files in their proper locations, including some scanning and photocopying.
- As a front-line worker, present a positive and professional image of the organization to all visitors, suppliers, inquiries, and other interactions.
- A full job description is available upon request.

Qualifications:

- High school diploma or GED, or an acceptable combination of education and experience.
- Clear Criminal Background Check.

Wage Rate: To be negotiated

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
Ph: 807-623-9543 ext. 806, Fax: 807-623-5190
Email: donnamullen@fwfn.com

When applying online, please ensure to reference the Job Posting title in the Subject Line.

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.



FWFN ONTARIO WORKS, EMPLOYMENT & TRAINING

ENTREPRENEURSHIP TRAINING

**TO REGISTER CALL:
807-622-6791**

DATE: TBD





FWFN ONTARIO WORKS/EMPLOYMENT & TRAINING

ADMINISTRATIVE ASSISTANT TRAINING

TO REGISTER CALL:

807-622-6791

DATE: TBD





**Fort William
First Nation**

****CATERING OPPORTUNITY****

The Fort William First Nation Health Centre is currently inviting quotation submission from Community Member's to provide **CATERING SERVICES** for the Fort William First Nation Annual Health Fair at our community centre for approximately 300 people.

Catering Event:

The scheduled date for this event will be ***Monday July 25, 2022*** with the menu being:

Indian Tacos (sour cream, salsa)
Muffins, Yogurt
Spoons, Forks, Knives, Plates, Napkins, Cups
Coffee, Tea, Juice and Water (*all day service*)
Salt & Pepper
Sugar, Milk, Cream, Sugar twin,
Fruit & Vegetable Trays
Desserts/Cake

IMPORTANT NOTIFICATION: Catering services include meal preparation, service and clean-up.

Interested individuals are asked to submit your quote by 3:30pm on **Thursday, June 30, 2022** addressed to Health Centre Manager Luanne Maki. Any quotes received after this time will not be accepted.

90 Anemki Drive, Suite 100
Fort William First Nation, ON P7J 1K3
Telephone: (807) 622-8802
Fax: (807) 623-8312



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

*****CATERING CONTRACT OPPORTUNITY*****

FWFN Annual Summer Pow Wow Feast
Saturday July 2nd 2022

Fort William First Nation is currently inviting Quotation Submission from Members of the Fort William First Nation Community to provide all the necessary materials, labour and equipment to provide **CATERING SERVICES** for the **Fort William First Nation 2022 Summer Pow Wow Feast**

The scheduled date for this event will be Saturday July 2nd 2022.
Interested individuals are asked to submit a quote for the following menu:

Traditional feast with / tea / juice / water

600 people.
served at 5 pm

IMPORTANT NOTIFICATION

Keeping our community safe is priority.
Food must be served with sealed cutlery.

CONSIDERATION WILL BE GIVEN TO YOUR QUOTATION IF RECEIVED
SEALED or EMAILED NO LATER THAN 12:00 p.m. (noon) on
Wednesday, June 15th 2022

At Fort William First Nation Administration Office, open Monday – Friday, 9 am – 4 pm.

Should you have any questions or require additional information, please do not hesitate to contact Gail R Bannon at (807) 629-8521 or email at gailrbannon@fwfn.com

SHOUTOUT!

FWFN SUMMER EMPLOYMENT OPPORTUNITY

JOIN OUR TEAM

**WE'RE
LOOKING FOR:**

**Youth aged 14-18. Must be
in High School, or continuing
education (College, University,
trades, etc.) Program runs for
6 weeks July/August 2022**

**** FINAL DEADLINE TO
APPLY ****

JUNE 10, 2022

*****Must have Social Insurance Number; be currently enrolled in
High School Aged 14-18; or continuing education (acceptance
letter/proof of enrolment required)*****

**FOR MORE INFO CONTACT STUDENT PLACEMENT
COORDINATOR: TIANA LAGUILLONA**

807-622-6791 ext. 317

TianaLaguillona@fwfn.com



FORT WILLIAM FIRST NATION

FIRST RESPONSE TEAM

JOIN OUR TEAM TODAY!

- ✓ No Experience, Qualifications or Training required!
- ✓ Must be at least 18 years old.
- ✓ Must have a valid driver's license.

The Fort William First Nation First Response Team is actively looking for interested and dedicated individuals to join our team of First Responders! Visit our website to apply today or give us a call to learn more information about the team!

Apply at <http://www.fwfnfirstresponse.com/application>

FORT WILLIAM FIRST NATION FIRST RESPONSE TEAM

www.fwfnfirstresponse.com

Mino-niigaanendmowin

Training: 6 weeks

- Work on your spiritual, emotional, physical and mental well-being
- Earn certificates and get ready to work

Job Placement: 12 weeks

- A paid placement arranged according to your skills and interests



This program includes full supports: training allowance, transportation, childcare, and start-up costs.

Offered in multiple locations. Flexible delivery options.

Open to participants 18-30 who are not currently employed.



Nokiiwin
TRIBAL COUNCIL

Federal Indian Day School Claim Applications

Deadline: July 13, 2022



**Eligible claimants receive from
\$10,000 to \$200,000 in
compensation**

Eligible individuals must have
attended a "Schedule K" School
during the listed dates and suffered
abuse or harm while attending the
school

For **Class Counsel**, contact
Gowling WLG at **1-844-539-3815**

Nokiiwin Tribal Council is able to
provide assistance with claim applications
for members of:

- Animbiigoo Zaagi'igan Anishinaabek (Lake Nipigon Ojibway)
- Biinjitiwaabik Zaaging Anishinaabek (Rocky Bay First Nation)
- Bingwi Neyaashi Anishinaabek (Sandpoint First Nation)
- Netmizaaggamig Nishnaabeg (Pic Mobert First Nation)
- Fort William First Nation

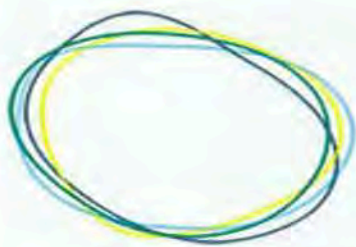
To receive assistance please contact

Mitch Lavoie (Gladue Writer)

by phone at: **(807) 252-0223** or

email: **gladuewriter@nokiiwin.com**

For a list of eligible "Schedule K" Federal
Indian Day Schools or for further
information, visit indiandayschools.com



FEDERAL INDIAN DAY SCHOOL CLASS ACTION

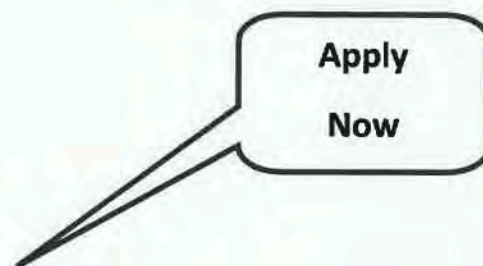


DEADLINE FOR CLAIM APPLICATIONS

July 13, 2022

Please call Liz, Community Coordinator FWFN

Call 622-8802 Ext.240



Some Indigenous students were required to attend Federal Indian Day School that was funded, managed and controlled by the Federal Canadian Government.

The Federal Indian Day Schools Class Action Settlement Agreement provides compensation to former students who attended a Day School and who suffered abuse or harm while attending.

A list of eligible Day Schools, is also available online at:

www.indiandayschools.com



**Fort William
First Nation**



Nokiiwin
TRIBAL COUNCIL

**FOR LEGAL ADVICE ON FAMILY LAW,
CRIMINAL LAW & General Inquires:**

Please Contact Nokiiwin's Community Legal Worker

Work Cell: 807-633-7404

Email: Legalworker@nokiiwin.com

Work Line (goes to email): 807-699-6215

The Community Legal Worker will assist in scheduling an appointment with Nokiiwin's Duty Counsel/Lawyer, or other appropriate services.

For the safety of our community members and staff, all in-person meetings will adhere to strict COVID-19 safety protocols (maintaining social distancing, wearing masks).



Fort William
First Nation



Anishinabek Family Care
Family Health Team

Now Accepting New Patients

Are you an expectant mother, a student or suffering from a chronic illness? Our team of family physicians, nurse practitioners, nurses and our registered social worker are now accepting new patient applications.

To drop off an application, please send an email to DilicoFHT@dilico.com or visit our clinic at 200 Anemki Place (North Entrance) on Fort William First Nation.

Please note: Patient applicants will be chosen and notified by our selection committee.



**NOTE: *APPLICATION WILL NOT BE ACCEPTED IF ENTIRE
FORM IS NOT COMPLETED***

DATE: _____

SURNAME: _____

FIRST NAME: _____

BIRTH DATE: _____ / _____ / _____ Gender Identity _____
Day Month Year

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

PHONE: (Home) _____ (Alternate) _____

HEALTH CARD #: _____ Version Code _____ Expiry Date: _____

ALLERGIES: _____

NAME OF PARENT/GUARDIAN: _____ DOB: _____
(Applicable to children under 18 years of age)

.....
Do you currently have a primary care provider (Doctor/Nurse Practitioner): Yes ☐ No ☐

Who is/was your primary care provider (Doctor/Nurse Practitioner): _____

Address of Primary Care Provider: _____
(Include city and Postal code)

When did you last see them? _____

Where have you been receiving your health care? _____

Optional: Are you: Status ☐ Non Status ☐ Métis ☐

Status # _____ Band: _____

Primary Language: English ☐ Ojibway ☐ Cree ☐ Ojicree ☐ Other: _____

PLEASE PROVIDE A PRESCRIPTION SUMMARY FROM YOUR PHARMACY

PLEASE PROVIDE A SUMMARY OF YOUR CURRENT MEDICAL HISTORY

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



*Fort William
First Nation*

VACCINE CLINIC

FOURTH DOSE
ADMINISTRATION

EVERY WEDNESDAY
STARTING APRIL 13th

WHO IS ELIGIBLE?

INDIVIDUALS 60+ WHO
HAVE RECEIVED THEIR 3rd
DOSE UP TO 3 MONTHS (84
DAYS) PRIOR

INDIVIDUALS 18+ WHO
HAVE HAD THEIR 3rd DOSE UP
TO 5 MONTHS (154 DAYS)
PRIOR.

CHILDREN (12+) WHO ARE MODERATE
TO SEVERELY IMMUNOCOMPROMISED &
HAVE RECEIVED THEIR 3rd DOSE UP TO 6
MONTHS (180 DAYS) PRIOR.

| TO BOOK NOW CALL |

807-622-8802

| HEALTH CENTRE | 9 AM - 4 PM |



**Fort William First Nation
Casino Rama Funds Education Awards**

Programs:

Award Category	Award Amounts
Secondary (High School)	A maximum of three awards of \$750.
Post Secondary - College	A maximum of three awards of \$1000.
Post Secondary - University	A maximum of three awards of \$1500.
General Educational Development (GED) Programs	A maximum of three awards of \$350.
Post Secondary – Community College	A maximum of three awards of \$400.
Apprenticeships	A maximum of three awards of \$500.
Special Needs	A maximum of three awards of \$750.

Program Award Descriptions:

The Fort William First Nation Education Award program has been created as an incentive and reward for students who are graduating from a respective award category. More information on each category is available. The Casino Rama Education awards are separate from the regular FWFN graduating awards.

Program Award Eligibility:

- ✓ Member of the Fort William First Nation.
- ✓ Selection is based primarily on academic excellence. Awards will be given to the highest three grade mark averages in each award category.
- ✓ Everyone is encouraged to apply.

Closing Date:

Students must complete an application package by Sunday, July 31st, 2022.

How to apply:

Application packages can be mailed, faxed or emailed to:

Fort William First Nation
C/O: Michele Blais
Suite 200, 100 Little Lake Rd
Fort William First Nation, ON, P7J 0L2
Email: MicheleBlais@fwfn.com
Phone: (807) 623-9543 ext. 239 Fax: (807) 623-5190

Deadline: Sunday, July 31st, 2022

FORT WILLIAM FIRST NATION CASINO RAMA FUNDS EDUCATION AWARD PROGRAM APPLICATIONS:

Student Name: _____ **Award Category:** _____

Name of School/College/University: _____

Band #: _____ **Student #:** _____

Have you applied for or received any other type of **incentive grant** from the FWFN Education Department for completing **this** diploma/degree:

Yes: _____ No: _____

If yes, indicate date applied/received and amount:

Please be sure to include copies of the following documentation:

- ☐ Graduation Diploma/Degree
- ☐ Official Transcripts
- ☐ Awards/Honors Certificates
- ☐ Letter of Reference
- ☐ Brief Essay (100 words) stating why you should receive this award

SIGNATURE OF STUDENT

DATE

NOTE: Please review the Education Award program information sheet for program description, eligibility criteria and application closing date.

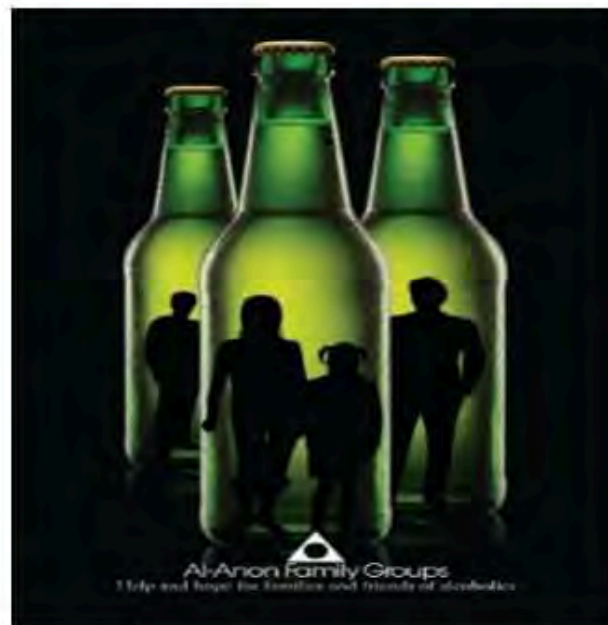
ADDRESS: _____ **PHONE #** _____



**Fort William
First Nation**



Al-Anon Family Groups
Help and hope for families and friends of alcoholics



**NOT EVERYONE
TRAPPED
BY ALCOHOL IS AN
ALCOHOLIC.**

.....
Families and friends
are suffering too.

.....
Al-Anon and Alateen
can help.

807-622-1906 • alanonthunderbay.org

1-888-4AL-ANON • <http://anon.org/>

Join us on Zoom EVERY Tuesday from 7-8 p.m.

ID number: 867 3574 3058.

Password: 101468.



YOUTH & SOCIAL DEVELOPMENT/FAMILY CENTRE PRESENTS

NIIBIN DAY CAMP 2022

Week 1 : July 18th - 21st 2022

Week 2 : July 25th - 28th 2022

Week 3 : August 1st - 4th 2022

Week 4 : August 8th - 11th 2022

Group

4-6yrs

JK/SK
Room

Group

7-9yrs

Arena
Gymnasium

Group

10-13yrs

Youth
Centre

Completed Registration sent to marniegreenwald@fwfn.com or drop off forms to Health Centre Reception 9am-4pm.

REGISTRATION DEADLINE: JUNE 3rd 2022

Limited Spots Per Age Group

- Pre Registration is Required.
- Transportation will not be Available to and from day camp sites.
 - Parent/Guardians are responsible for Drop off/Pick up.
 - Peanut and Nut Safe.
- If your child has a disability we welcome them to come with a psw or Parent/Guardian

Community Resource Call-out

Interested in joining our
community resource list?

We are looking for individuals who are willing and able to facilitate programming in the community. Examples of community resource persons are Elders, Knowledge Keepers, Drum Keepers, Specialized Professions and any other Skilled Persons willing to share teachings.

**To Register Contact Health Centre Receptionist
807-622-8802
or E-mail Baileymeawasige@fwfn.com**

Fort William First Nation

Parents & Tots *Program*

We would like to invite families with children
0-6 years of age to come & join us for lunch



Date: Wednesday, June 15th 2022

Time: 11am - 1pm

Place: Community Centre

We will have crafts for the children

Gift cards will be drawn for attendance

NOTICE TO FWFN MEMBERS!!!

THE GFL BINS WILL BE IN THE COMMUNITY FROM MAY 27TH – JUNE 24TH!!

**BIN LOCATIONS WILL BE CHANGED ON JUNE 1ST FOR BETTER MANAGEMENT AND
YOUR STATUS CARD WILL BE REQUIRED TO ACCESS THEM!**

PLEASE REMEMBER WE ENCOURAGE ALL COMMUNITY MEMBERS TO UTILIZE THE BINS FOR THEIR LARGER WASTE ITEMS. IE) OLD FURNITURE, MATTRESSES, ETC. WE **DO NOT** ALLOW THE DUMPING OF HAZARDOUS OR RECYCLABLE MATERIAL THAT IS FREE TO DUMP AT THE THUNDER BAY LANDFILL OR THE METAL RECYCLER ON GORE STREET.



**ANY ELDERS NEEDING ASSISTANCE PLEASE REACH OUT TO BESS LEGARDE AT 807-252-7038 AND
ARRANGEMENTS WILL BE MADE FOR LARGE ITEMS TO BE PICKED UP. SCHEDULED ELDER PICK UPS WILL BE
ON THURSDAYS!**

BIN LOCATIONS WILL BE:

- 4 BINS AT THE WEIGH SCALE OFF OF SQUAW BAY ROAD
- 1 BIN AT THE OUTDOOR RINK IN SQUAW BAY

REACH OUT TO BESS LEGARDE @ BessLegarde@fwfn.com IF YOU HAVE QUESTIONS!



Party

Canada Games
Complex

MONDAY JUNE 13, 2022

5:00pm - 7:30pm

AGES 4-12 | PARENTS MUST

ATTEND WITH CHILDREN

FOOD/DRINKS PROVIDED

PREREGISTER WITH HEALTH RECEPTION @

622-8802

**NO TRANSPORTATION PROVIDED MEET AT THE
COMPLEX**

HARM REDUCTION

COMMUNITY SPEAKERS
SNACKS/REFRESHMENTS
PRIZES



Wednesday June 15th, 2022

5:00-6:30pm

Arena GYM



Walk with Doc is Back!

For 19 years, Northern Hearts, a local non-profit organization has been organizing a "Walk with Doc" program during the month of June to encourage healthy and active lifestyles for participants. Walkers are invited to attend for an opportunity to enjoy a social walk with local doctors to discuss their health and get some exercise.

- The Walk with Doc program will run throughout the **month of June (6-30th)**.
- **Monday to Thursday, 7-8:30pm @ Marina Park** (Celebration Circle – see map)
- It will include all of the elements that make the Walk with Doc program a success, such as physician participation, daily walks, and chances to win a weekly prize!
- Please come out and enjoy some social walking with physicians, local organizations, and other community members. Registration is not required.

It is important to note that COVID-19 is still very present in the community and to make this event as safe as possible, **we ask that you self-screen when you come to the event and wear your mask when gathered together before the Walk begins**. For those uncomfortable with participating in an in-person event, or cannot make the Walk evenings, a virtual walk, similar to previous years will take place over virtual platforms (Facebook and Email) where participants can comment and post pictures featuring the walk they went on.

Northern Hearts mission is to provide the public with educational resources and heart healthy programs to reduce the impact of heart disease in NWO. It is with hope that the Walk with Doc program will encourage active participation and spread awareness of the physical and emotional benefits of exercise.

Please contact Kayla Waddington, Program Coordinator if you have any questions, at kcwaddin@lakeheadu.ca or 807-630-3117



Meet at the Celebration Circle
across from the boat launch



@NorthernHeartsThunderBay



northernhearts@tbaytel.net



northernhearts.org



JUNE GOOD FOOD BOX

- *Orders Due on JUNE 6TH
before 2pm
- * pay cash @ 2nd floor
reception Band office or EFT
- * accountsreivable@fwfn.com
- *Pick up date JUNE 15TH @
3pm FWFN Health Centre

FWFN Health Centre
juliefair@fwfn.com

BOXES
CONSIST OF A
VARIETY OF
FRESH FRUIT
& VEGGIES

\$23.75

FWFN Recreation Presents 2nd Year of :

**Promoting
Land Based
fun!**

2022 FISHING CHALLENGE

4 weeks to Fish & Submit to WIN!

**Starting
May 12th - June 17th 2022**

Age Group Categories:

- **0 - 12yrs**
- **13 - 17yrs**
- **18 - 49yrs**
- **50+ yrs**

**SUBMIT A PICTURE OF YOUR
BIGGEST CATCH BESIDE A
MEASURING TAPE & SEND IN TO WIN!**

ALL ENTRIES MUST BE
- ALL AGES FWFN Members
- SUBMIT THRU EMAILED
BY June 17th 2022.



Need a Fishing rod ? We got a donation of fishing rods coming!

Also have Limited Fish Measuring stickers

Register/Submit photos to Marnie at marniegreenwald@fwfn.com

WINNERS WILL BE POSTED ON MONDAY JUNE 20TH 2022 AT 3PM

ON YOUTH & SOCIAL DEVELOPMENT FACEBOOK PAGE & IN OUR FWFN NEWSLETTER

Hope you have a "REEL" good time!



Fort William First Nation

Niibin Day Camp 2022

Registration Form

**Participant Information**

Child/Youth Name:		Age:	Birthdate: (YYYY/MM/DD)
Gender:	Health Card Number:		Doctors Name:
Medical Issues: (Allergies, Medication etc.)		Behavioural Concerns: (Anxiety, sleep disorders, Learning Difficulties etc.)	

If your child has a disability we welcome them to come with a Personal Support Worker or Parent/Guardian.

Parent/Guardian Information

Name:		Relationship to Child/Youth:
Full Address:	Home Phone:	Work Phone:
	Cell Phone:	Email:

Emergency Contact

This contact is mainly a back-up measure in case we cannot reach you. For this reason, the emergency contact must be someone other than the parent/guardian listed above.

Contact Name:	Relationship to Child/Youth:
Home Phone:	Cell Phone:

Authorized to Pick-up my Child

Name:	Phone:	Relationship to Child/Youth:



Permission to Walk Home	Yes	No
I agree that Fort William First Nation Niibin Day Camp may use Photos/Videos of my child whole or in part, with or without their name. (These Photos/Videos will potentially be used in reports, social media and or website format to provide information about Fort William First Nation Community Programs and Events).	Yes	No

Parental Expectations

Parents will be responsible for their children before & after scheduled times;
1.To drop child (ren) off at designated site & time scheduled. We are not



Permission to Walk Home	Yes	No
I agree that Fort William First Nation Niibin Day Camp may use Photos/Videos of my child whole or in part, with or without their name. <i>(These Photos/Videos will potentially be used in reports, social media and or website format to provide information about Fort William First Nation Community Programs and Events).</i>	Yes	No

Parental Expectations

Parents will be responsible for their children before & after scheduled times;

- 1.To drop child (ren) off at designated site & time scheduled. We are not responsible for children dropped off earlier than 10:00am
- 2.To be available or have designated emergency contact should child suffer injury or be discharged.
- 3.To be at designated pick up location; no later than 3:00pm

Transportation will not be Available to and from day camp sites. Parent/Guardians are responsible for Drop off/ Pick up.

Please note Niibin Day Camp is not liable for lost, stolen or damaged personal property.

Dates/Availability

Niibin Day Camp Schedule will be based on Registration. Limited Spots Available. Four Weeks of Day Camp are not guaranteed.

If your child will be missing a week due to other commitments please let us know.

Week#1	Week#2	Week#3	Week#4
July 18-21	July 25-28	Aug 2-4	Aug 8 - 11

All children/youth are required to have a registration form completed before attending Niibin Day Camp. If the registration is not fully completed it will not be accepted and sent back.

I _____ have read and completed the registration form above and agree to adhere by all parental expectations.

Parent/Guardian Signature: _____ Date: _____



ONTARIO WORKS
EMPLOYMENT & TRAINING

ONE STOP

HUNTER EDUCATION & FIRE ARMS COURSE

**JUNE
6-10**

JOIN US AND BOOK YOUR SEAT NOW
LAUREN OR JANELLE @ 622-6791

STARTS AT 6PM | LIMITED SEATS | 12 YEARS PLUS

RESOURCE ROOM
AT FWFN COMMUNITY HALL

REGISTRATION IS A MUST

FORT WILLIAM FIRST NATION

NEW DAYS



FREE SKATE

Weekly Hours

Starting: April 25 2022

Ending: June 6th 2022

Mon & Wed 3:00-5:00pm

200 Mission Rd FWFN Rink #2

Closed May 23rd 2022

- ALL AGES FWFN COMMUNITY MEMBERS ONLY!
- HELMETS & SKATES ARE REQUIRED
- AGES 10 & UNDER MUST BE ACCOMPANIED BY AN PARENT/GUARDIAN



REC

NIGHTS

OPEN TO ALL FWFN COMMUNITY MEMBERS

FWFN GYMNASIUM

200 MISSION RD LOCATED AT FWFN ARENA LEFT SIDE OF RINK#2



Starting
April 26th
2022



50+
REC NIGHT

4:00PM – 6:00PM

Gymnasium (left to Rink#2)

Come out be social & have fun!

KARATE
Classes

5:00PM – 6:00PM

Gymnasium (left to Rink#2)

7+ yrs – First Come First Serve

Sensei Instructor: James & Lynn

19+
REC NIGHT

7:00PM – 10:00PM

Gymnasium (left to Rink#2)

Come out be social & have fun!

7-12YRS
REC NIGHT

6:00PM – 8:00PM

Gymnasium (left to Rink#2)

First Come First Serve

Come out be social & Lets have fun!

13-18YRS
REC NIGHT

8:00PM – 10:00PM

Gymnasium (left to Rink#2)

First Come First Serve

Come out be social & Lets have fun!

WEAR
COMFORTABLE
CLOTHING

Email Concerns or Questions:

Marnie Greenwald: marniegreenwald@fwfn.com

Kalem Goodchild: kalemgoodchild@fwfn.com



Anishinabek Family Care

NEW MENTAL HEALTH AND ADDICTIONS ON-LINE REFERRAL SYSTEM



REFERRALS FOR ALL MENTAL HEALTH, ADDICTION AND CULTURAL SERVICES
CAN NOW BE EASILY MADE THROUGH THE FOLLOWING LINK:

[HTTPS://DILICO.AZUREWEBSITES.NET/](https://dilico.azurewebsites.net/)

YOUTH
PROGRAMS

CLINICAL
COUNSELLING

CULTURAL
SUPPORT

RESIDENTIAL
TREATMENT

POST
TREATMENT
SUPPORT

OUR MENTAL HEALTH AND ADDICTIONS SERVICES PROVIDE STRONG SUPPORT AND
TREATMENT SERVICES, ASSISTING CHILDREN, ADULTS AND FAMILIES WITH COMPLEX
MENTAL HEALTH ISSUES, STRUGGLES WITH SUBSTANCE MISUSE AND THE CHALLENGES
OF DAILY LIFE. IF YOU NEED SUPPORT WITH A MENTAL HEALTH OR ADDICTIONS ISSUE,
OUR TEAM IS HERE TO HELP

CLICK TO SEE REFERRAL FORM



1-855-623-8511 TOLL FREE

WWW.DILICO.COM



Dilico

Anishinabek Family Care

WALK-IN COUNSELLING CLINIC

Fort William First Nation
Every Wednesday from 4-8 PM

LOCATION:

200 Anemki

Family Health Team

RAAM back Entrance



VOLUNTEERS NEEDED



RENEWED CALL *This is a renewed call. COVID ER response put a temporary hold on our activity. If you volunteered previously, please reaffirm participation via email.*

FWFN is looking for community members, both on and off reserve to volunteer their time and voice on our Comprehensive Community Planning Advisory Committee. We are looking for Elders, Youth/Children, Women and Leadership to get involved. We are in the pre-planning phase of a monumental project that will establish a clear vision for our future and implementation of actions and projects to achieve this vision.

INTERESTED? Send email to address above
for more information.

Mental Health and
Addiction

Newsletter

Upcomming Events

The mental health and addiction department will be holding various prevention, education and aftercare programming.

Come join us on July 8th from
4:30-7:00pm at the Band Office!

Prizes, food, fantastic castles,
information booths and more!

Wellness
BBQ



COMMUNITY EVENT

FRIDAY JULY 8TH
90 ANEMKI DRIVE (BAND OFFICE)
4:30-7:00PM

REFRESHMENTS | FOOD | PRIZES
AND MORE!

Women's Book Club

Come join us for our Adult Mental Health Women's Book club! We will be working through various coping mechanisms and ways to reflect.

June 9th, 23rd, 30th, 2022
Location: Mount McKay

Outdoor Book Club *Womens Mental Health*

Join our self care book club focusing on mental health and rebuilding!

Date: Thursday June 9th, 23rd, 30th

Time: 1:30-3pm

Location: Mount McKay

BRING YOUR OWN LAWN CHAIR!



Limited spots available. Must be an existing client or an individual interested in mental health services. Intakes required upon registration. Call: (807) 622-8802 to register!

Mental Health and
Addiction

Newsletter

Men's Healing Circle

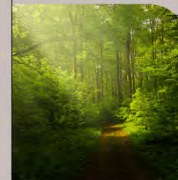
Come join us on July 5th,
and 11th for our men's
healing circle. It will take
place from 1:30-3pm at
the Arena Gym on FWFN.

MENS



Healing Circle

Mental Health and Addictions



July 5th and 12th

From 1:30-3pm
Arena Gym

Register with Health Reception (807) 622-8802

Women's Healing Circle

Come join us on July 7th,
and 14th for our women's
healing circle. It will take
place from 1:30-3pm at
the Arena Gym on FWFN.

WOMENS



Healing Circle

Mental Health and Addictions



July 7th and 14th

From 1:30-3pm
Arena Gym

Register with Health Reception (807) 622-8802

Mental Health and
Addiction

Newsletter



Outdoor Yoga

Come join us on August 3rd, 10th, 17th, and 24th on Mount McKay for our aftercare yoga program. We will be partnering with the Body and Mind Centre.

Register by calling the health centre at (807) 622-8802

Move With The Beat Youth Prevention Program

Come join our Youth Prevention program! The Mental Health and Addiction team have collaborated with Youth and Social for a beginner hip hop dance program!



WATERMELON FETA SALAD *light and refreshing*

SERVINGS: 4

PREPPING TIME: 7 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 2 cups 1" watermelon cubes
- 9 oz Arugula
- 14 Basil, fresh leaves
- 2 tbsp Olive oil, extra virgin
- 1/4 cup Pistachios
- 1 6oz block Feta

DIRECTIONS

1. Bring balsamic vinegar to a boil in a small saucepan then turn heat down slightly and boil until consistency is like thin maple syrup, 15-20 minutes. You should have 3 - 4 Tablespoons reduced vinegar. Let vinegar cool slightly then pour into a mason jar, add garlic, extra virgin olive oil, salt, and pepper, and then shake to combine and set aside.
2. Divide lettuce among plates then top with watermelon, feta, pistachios, and basil, and then drizzle with Reduced Balsamic Vinaigrette.

For the Reduced Balsamic Vinaigrette:

- 1 cup balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- 1 garlic clove, minced
- salt and pepper



HAWAIIAN CHICKEN KABOBS

Tender & juicy

SERVINGS: 8

PREPPING TIME: 30 MIN

COOKING TIME: 13 MIN

INGREDIENTS

- 4 large boneless skinless chicken breasts
- 1 cup mushrooms halved
- 1 red bell pepper
- 1 orange bell pepper
- 1 cup pineapple diced
- 1 green bell pepper
- 1 purple onion
- 1 package KC Masterpiece® BBQ Sauce & Dry Rub Sweet Honey
- 1 ¼ cup pineapple juice divided

DIRECTIONS

1. Combine ¼ cup pineapple juice and 1 pouch KC Masterpiece® BBQ Sauce & Dry Rub. Set aside.
2. Cut chicken into bite-sized pieces. In a large zipper bag combine 1 cup pineapple juice and 1 pouch KC Masterpiece® BBQ Sauce & Dry Rub and chicken. Marinate 30 minutes.
3. Preheat grill to medium-high.
4. Thread chicken and vegetables onto skewers and brush with BBQ Sauce.
5. Grill 12-16 minutes or until cooked through.

Mental Health and
Addiction

Newsletter



SAY THIS:

i am a winner.
i am capable of everything i set my mind to.
i take every setback and use it to my advantage.

i am confident in who i am.
i am confident in what i have to offer the world.
i am confident in my abilities and my purpose.

i am not held back by fear,
doubt, or disappointment.

i am daringly showing up to
contribute something beautiful and
meaningful to this world.

Mental Health and
Addiction

Newsletter



At first, addiction is
maintained by the
intensity of the
gradually diminishing
addiction is the
by the avoidance
- Frank

Fall in love with taking care
of yourself. Fall in love with
the path of deep healing. Fall in
love with becoming the best
version of yourself but with
patience, with compassion and
respect to your own journey.

— s. mcnett

GreetingId

A GOAL
WITHOUT
A PLAN
IS JUST
A WISH
—>>



be
yourself

Fall in love with taking care
of yourself. Fall in love with
the path of deep healing. Fall in
love with becoming the best
version of yourself but with
patience, with compassion and
respect to your own journey.

— s. mcnett

Mental Health and
Addiction

Newsletter



HAPPY BRAIN CHEMICALS: HOW TO HACK THEM

DOPAMINE

THE REWARD
CHEMICAL



- Try something new
- Listen to music
- Make a small list of tasks and complete them

SEROTONIN

THE MOOD
STABILIZER



- Get some sunlight
- Exercise
- Meditate
- A healthy diet

OXYTOCIN

THE LOVE
HORMONE



- Get or give a massage
- Spend time with friends
- Show affection
- Do something nice for someone

ENDORPHINS

THE PAIN
RELIEVER



- Regular exercise
- Yoga and meditation
- Create music or art
- Laughter

AMBITIOUSLYALEXA.COM

Mental Health and
Addiction

Newsletter



Crisis Response

Canada Suicide Prevention Service
Crisis Line: 1-833-456-4566

Canadian Mental Health Association
Youth Crisis Support Line: 807-346-8282
Toll Free: 1-888-269-3100

Kids Help Phone
Toll Free: 1-800-668-6868
Website: kidshelpphone.ca

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

Assaulted Women's Hotline
Phone: 1-866-863-0511

Thunder Bay Sexual Assault/Sexual Abuse Counselling & Crisis Centre
(14 years and older)
Phone: 807-344-4502

Mental Health and
Addiction

Newsletter



Mental Health and Addiction Youth and Adult Treatment Resources

**Children's Centre- Short Term Assessment and Treatment
Unit (Youth)**
Phone: 807-343-5000

**Sister Margaret Smith Centre- Adult Addiction Program and
Youth Addiction Residential Program**
Phone: 807-684-5100

Dilico Adult Treatment Centre -Adult Residential Program
Phone: 807-623-7963

**St Joseph's Care Group - Mental Health Outpatient Program
(MHOP)**
Phone: 807-624-3400

**Alpha Court Community Mental Health and Addiction
Services - Walk-in Services**
Phone: 807-683-8200



Mental Health and
Addiction

Newsletter



Housing Resources

Shelter House-Emergency Shelter
Phone: 807-623-8182

The Salvation Army- Emergency Shelter
Phone: 807-345-7319

Marantha House- Sober Living Facility
Phone: 807-344-3285

Faye Peterson House - Women's Emergency Shelter
Crisis Line: 807-345-0450
Toll-free: 1-800-465-6971

**Faye Peterson House - Transitional and Housing Support
Program**
Crisis Line: 807-345-0450
Toll-free: 1-800-465-6971

**Three C's Reintroduction Centre- Dilico's Long Term
Residential Recovery Facility**
Phone: 807-767-4172

Crossroads- Recovery Home
Phone: 807-622-2730



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24/Hour Phone Services

Dilico 24/7 Access
Phone: 1-855-265-7317

Lesbian, Gay, Bisexual, Transexual Youth Line
Phone: 1-800-268-9688

National Indian Residential School Hotline
Phone: 1-866-925-4419

First Nation + Inuit Hope for Wellness Help Line
Phone: 1-855-242-3310

Emergency Health Services Branch
Phone: 1-866-532-3161

Thunder Bay Counselling Centre
Phone: 807-684-1880



self-discovery JOURNALING PROMPTS

KNOW YOURSELF!



WHAT'S SOMETHING THAT'S BEEN A LOT ON MY MIND LATELY?	WHAT DO I THINK ABOUT MY DAILY HABITS?	WHAT'S MY DREAM LIFE?	WHAT MAKES ME LIKE PEOPLE IMMEDIATELY?	WHAT DO I DISLIKE THE MOST ABOUT MY LIFE?
NAME AT LEAST THREE THINGS THAT MAKE YOU FEEL PROUD.	WHAT'S THE MOST IMPORTANT THING TO ME RIGHT NOW?	WHAT'S MY MOST RECURRENT FEELING?	HOW DO I WANT TO FEEL ON A DAILY BASIS?	WHAT'S PREVENTING ME FROM PURSUING MY DREAMS?
WHAT MAKES ME FEEL USEFUL AND THAT I'M HELPING OTHERS?	HOW DO I FEEL TODAY, REALLY? WHY?	WHEN HAVE I FELT THE MOST MOTIVATED?	WHAT DO I LIKE THE MOST ABOUT MY LIFE?	WHAT DO I NEED TO LET GO OF?
WHICH POSITIVE THINGS COULD I SAY TO ABOUT MYSELF?	WHAT BOTHERS ME?	WHAT DO I SEE IN OTHERS OR OTHER'S LIFE THAT I WANT FOR ME?	WHAT DO I VALUE IN RELATIONSHIPS?	WHAT'S THE ROOT OF MY MOST RECURRENT FEELING?
WHERE WILL MY CURRENT HABITS TAKE ME?	DO I LIKE WHAT I DO DAY AFTER DAY? WHY?	WHAT DO I NEED MORE OF IN MY LIFE? WHY?	WHAT DO I NEED LESS OF IN MY LIFE? WHY?	WHAT DO I LOVE THE MOST ABOUT MYSELF?

7 POSITIVE THINGS TO TRY THIS WEEK

 **MONDAY** 



FOCUS: Self Care

Take a bath, exfoliate, do a face mask, meditate

 **TUESDAY** 



FOCUS: Clean

Tackle a drawer or shelf you've been putting off

 **WEDNESDAY** 

FOCUS: Digital Detox

Give yourself the night off from any screen time

 **THURSDAY** 



FOCUS: Delete

Go through old emails or messages and delete

 **FRIDAY** 



FOCUS: Donate

Donate items that you no longer use or need

 **SATURDAY** 

FOCUS: Health

Make a healthy dinner tonight from scratch

 **SUNDAY** 

FOCUS: Energize

Take a 20 minute walk or get outside into fresh air

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Recovery

Don't feel disillusioned by where you are now
your progress is good enough
it's meaningful
it's on time
though everything may go unacknowledged
every silent step is movement
in the right direction

when it feels as though
everyone is going forward
and you're being pulled back by
your own demons or your past
remember that every moment in this journey
will play its part in the greater narrative —
what a beautiful story to share one day
written just by living your life.

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SURRENDER THE STRESS, WORRY, AND ANXIETY —

lay it all down. you don't need it.

we yearn to have control over everything around us,
but, often, as we clench our fists, holding onto the
reigns of dominance over our work, lives, and
situations — we find ourselves slipping.

instead of stabilizing us, our tight grip wears us down
and causes us to fall from our secure vantage point
of Peace.

and without Peace, we cannot forge ahead with the
clarity, wisdom, and audacious confidence that we
need to accomplish our purpose.

we need Peace,
more than we need control.

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How to register/find upcoming events



**Check our social media or the
newsletter**



**Register with Health
Reception (807) 622-8802**



**Meet with one of our workers to
complete an intake**

Upcoming Mental Health and Addiction Events Bellow



Outdoor Book Club.

Womens Mental Health

Join our self care book club focusing on mental
health and rebuilding!

Date: Thursday June 9th, 23rd, 30th

Time: 1:30-3pm

Location: Mount Mckay

BRING YOUR OWN LAWN CHAIR!



Limited spots available. Must be an existing client
or an individual interested in mental health
services. Intakes required upon registration.
Call: (807) 622-8802 to register!