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Community Flyer
Wednesday, June 10, 2020



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Community Information
Contacts & Resources
Current Programs/Comm. Garden
Virtual Wellness Group
Ceremony

Land Use Planning
Demonstration and Vigil
Tie Blankets
ATV-Off road vehicles
Rainy Day Fund
COVID-19 Update

Librarian Posting—MFN
Norpro Job Posting
Maamwesying Health Services
Dilico June Calendar
Dilico Video Challenge
Dilico Men's Fitness

Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th	Monday 15th	Tuesday 16th
19°C	10°C	10°C	17°C	20°C	22°C	23°C
9°C	7°C	3°C	5°C	7°C	12°C	13°C
13NW	23W	19N	14NE	13NE	10E	14SW
15 mm	5mm	—	—	—	—	-

COMMUNITY INFO



Meals on Moccasin



Delivered every Thursday to Elders & disabled citizens on reserve.
For more information, contact Lena Andre at: (705) 856-1993 ext. 224

RENT

Members: To pay your rent, please contact Roberta Day by phone at:
(705)856-1993 #233
She will arrange a time to meet at the Band Office.



Information on Wawa's Businesses

Please visit the link below for a list of Wawa's businesses and community services. The link offers their hours of operation and contact information.



<http://edcwawa.ca/wp-content/uploads/2020/05/Business List 2020 CVD19.pdf>

Walking Poles



For anyone wanting to walk for exercise, we have the Urban Poles available for members of the Community.

To sign them out contact Lena at the medical centre!

705-856-1993 ext. 224 or 705-943-0816



Contacts & Resources

Kids Help Phone Line

1-800-668-6868 | 24/7 services

Website: kidshelpphone.ca

Melody Hawdon—Maamwesying
Registered Psychotherapist

705-904-4158 | Monday-Friday 830-6

Email: Melody.hawdon@nmninoeyaa.ca

Please email or call if you are interested in making appointments outside of the above hours

Children's Aid Society Wawa

705-856-2960 | 24/7 services

The North East Mental Wellness
and Crisis Team

1-866-209-9582 | 24/7 services

Facebook: facebook.com/NorthEastWCT

Dilico Anishinabek Family Care

Emergency child welfare line

1-855-623-8511 | 24/7 services

First Nation Inuit Hope for Wellness
Help Line

1-855-242-3310 | 24/7 services

Online chat: hopeforwellness.ca

Dilico Mental Health and Addictions

807-629-7554 | Mondays, Wednesday &
Fridays 9:00am – 4:30pm

807-624-7908 | Tuesdays and Thursdays
12:00pm – 7:30pm

Chadwic Home Women's Shelter

1-800-461-2242 | 24/7 Services

Website: <https://chadwichome.com/>

Box 1, Site 8, RR 1, Wawa, ON P0S 1K0
Phone (705) 856-1993 Toll Free 1-888-303-7723 Fax (705) 856-1642
www.michipicoten.com



Tia Kusic – Family Support Worker

Monday-Thursday

8am-4:30pm

Friday 8am-1:30pm

t.kusic@michipicoten.com

705-914-0430

Joanne Wilson – Band Representative

Monday-Thursday

8am-4:30pm

Friday 8am-1:30pm

j.wilson@michipicoten.com

705-914-0004

AA and NA online meetings and support chatrooms

2 Step Online

12step-online.com/meetings/online-aa-meetings/

AA Chat

<https://aachat.org/>

Step Chat

<https://stepchat.com/>

Wellness Together

Government of Canada – Mental Health and Substance Use Support

<https://portal.gs/>



Current Programs

Michipicoten First Nation Health & Social Services

Drum Circle—Tuesday Nights, 6pm-8pm

- ⇒ Learn traditional songs and connect with the community with host Ashley Berry, Family Well-being Worker
- ⇒ To join please go to the Facebook group <https://www.facebook.com/groups/1640707029411065/?ref=share>

or, contact Ashley at a.berry@michipicoten.com, 705-297-0392

Live Ojibwe Lessons & Pre-recorded Story Telling—Wednesday Nights, 6pm-7pm

- ⇒ Learn our language with Brian Outinen, Ojibwe Teacher and Translator
- ⇒ Live lessons will be offered once a week from May 13th – June 17th
- ⇒ Story telling will be pre-recorded for you to listen to whenever you like!
- ⇒ To join, please contact our Community Health Promotor, Nancy Andre at nandre@michipicoten.com, 705-852-1094

Wellness Group—Thursday Nights, 6pm-8pm

- ⇒ A private group sharing circle for community members hosted by Ashley Berry, Family Wellbeing Worker
- ⇒ To join please contact Ashley at a.berry@michipicoten.com, 705-297-0392

Dilico Anishinabek Family Care

Please see [the attached June 2020 calendar](#) for programs including:

<http://tiny.cc/uxs6nz>

OR the Bimaadiziwin Wildookaagewin Facebook Page

<http://tiny.cc/vvs6nz>



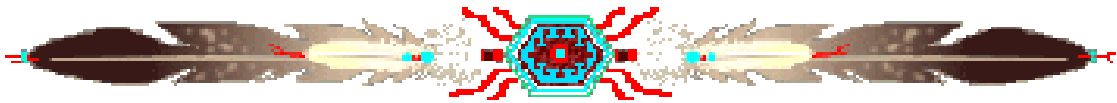
Current Programs

For programs including:

- ⇒ Morning Smudge and Prayer
- ⇒ Body Mindfulness
- ⇒ Craft Corner
- ⇒ Grandfather Drum Teachings
- ⇒ Children's Programming
- ⇒ Men's Group and More!!

Red Table Wisdom

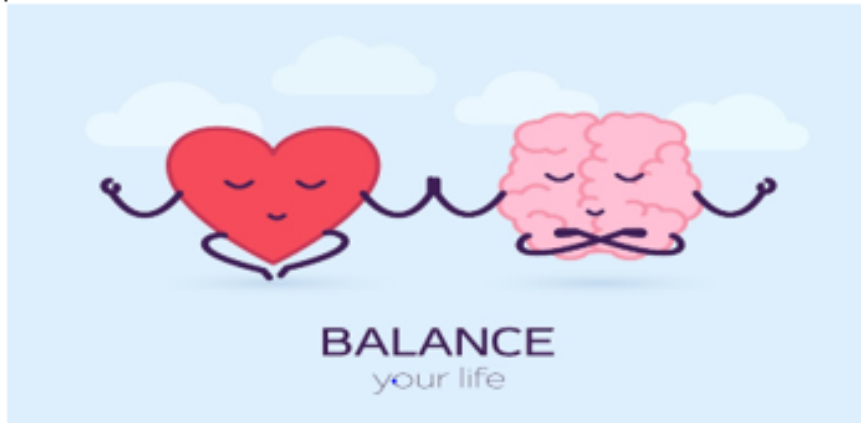
- ⇒ Join Elder Diane Longboat—ceremonial leader, traditional teacher and healer—Thursdays at 8pm for Indigenous teachings through Zoom
- ⇒ To participate, please go to the website below and click on the zoom meeting link
<https://www.reachyogalifestyle.ca/red-table-wisdom-talks-2/>



Our community garden has been started behind the medical center, if you would like to help with the garden, stop by the medical center and see Lena or call 705-856-1993 ext. 224



Virtual wellness group



During COVID-19 we will be continuing our Thursday night wellness group through Zoom.

To participate in the virtual wellness group Download Zoom and create an account, a link will be sent every week to everyone who would like to join us Thursday nights from 6PM-8-PM.

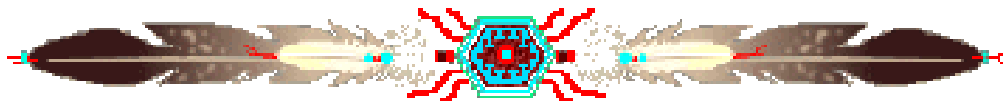
To join us Thursday night or for more information contact

Ashley Berry @705-297-0392
a.berry@michipicoten.com

OR

Gretchen Weicht @ 705-856-7208 ext. 6008





Join us for a Community Pipe Ceremony
and cook out on June 21 at 11:00am
at the Sacred Area end of the beach.
If you would like to contribute to the pot,
bring food down around 10am.
(could be anything).

Weather Permitting
(will reschedule if raining)

Contact Evelyn at 705-856-7442 for more info



Become a Michipicoten Land Use Planning Champion or Join a Land Use Planning Committee in Your Region!

Michipicoten First Nation is developing a **Community Land Use Plan** and wants you to get involved. Michipicoten is seeking 4 citizens interested in land planning to sit on the **Land Use Planning Advisory Committee**, each representing one of the following regions:

Chapleau



Sudbury

Sault Ste Marie

Wawa/Gros Cap

CONTACT: Alex Marques (905)-746-8274

a.marques@michipicoten.com

Advisory Committee Member:

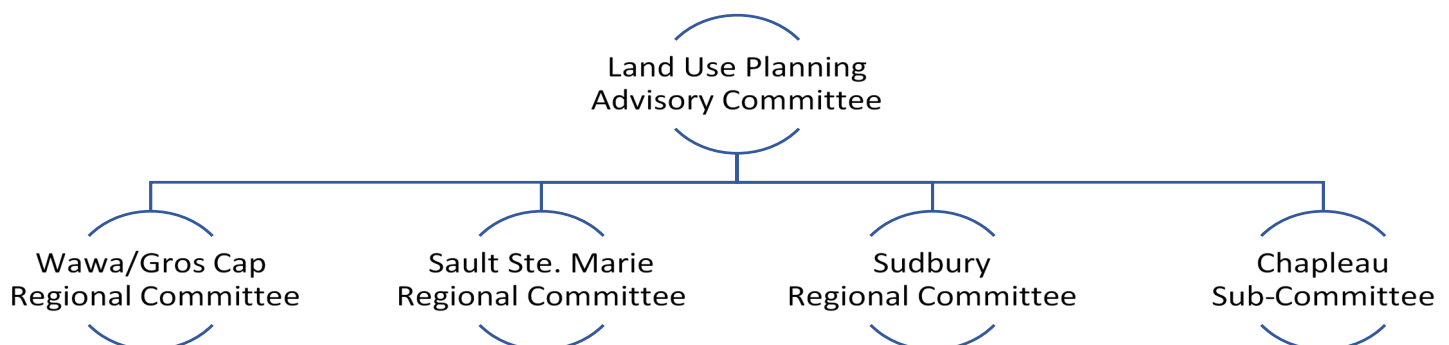
4 Temporary Part-Time Positions Available. Paid.

Commitment Required: Attend *1 virtual meeting per week* for two 3-month periods. Review and comment on the Land Use Plan Terms of Reference and Final Plan. Be a link between your regional community and Michipicoten First Nation. Communicate developments in the Land Use Planning process and provide feedback from your community to the Land Use Planning Advisory Committee. Take notes, review plans and provide comments, communicate issues between Regional Committee and Land Use Planning Advisory Committee.

Regional Committee Member:

12 Volunteer Positions Available. Honorarium for attending up to 12 meetings.

Commitment Required: Attend *2 virtual meetings per month* for two 3-month periods. Review and comment on the Land Use Plan Terms of Reference and Final Plan. Take notes, review plans and provide comments.



Black Lives Matter Peaceful Demonstration and Vigil

Friday, June 12 @ 3:30pm

For a ride there and back meet at the medical centre at 2:30pm.

OR meet us there at Broadway Ave – between Ontario and Ganley Street.

As concerned community members, we acknowledge and share in the outrage of the police brutality that resulted in George Floyd's death in Minneapolis Mn. We recognize as well, the systemic racism that continues to impact all Black and Indigenous People and People of Colour (BIPOC) in this country.

THIS WILL BE A PEACEFUL AND GUIDELINE RESPECTING PROTEST.

We encourage that the attached Algoma Public Health Guidelines be referred to and followed, as any person attending is responsible for their own health and safety!

Please bring signs and water and adhere to physical distancing while standing on the sidewalks (2m apart).

MASK WEARING IS MANDATORY.

If you do not have one contact Joanne Wilson at 705-914-0004 or visit the medical centre any day this week.

We will observe an 8:46 second silent vigil at 3:30 to honour the life of George Floyd, a 46 year old Black man, who was killed May 25, by police in Minneapolis, Mn. This silence may also represent years of silence and complacency toward the deep seated pain of this country's' Black, Indigenous and people of colour (BIPOC) population.

To all BIPOC coming to this demonstration, we encourage you to contact us. Please contact Mary Harbocian, Dawn Charbonneau or Allison Rousseau on Facebook or call the CHADWIC Home at 705-856-2848 if you have an experience that you would like to share. We will ensure that you have time and a platform to speak freely, and that your voice is heard.

If you cannot attend and would like to share distantly, we can do this on your behalf, crediting your name if you so choose. **We stand with you!** #westandwithyou #BlackLivesMatter

Solidarity.

Justice.

Peace.

#BlackLivesMatter

We will be continuing the conversation about racism and how it affects our community next week (Wednesday, June 17th).

Please see the attached Community Anti-Racism Initiative document for details.

Community Anti-Racism Initiative

Michipicoten First Nation is hosting the first meetings for our Adult and Youth Anti-Racism Initiatives on zoom

Wednesday June 17th

7:00pm for Adults

8:00pm for Youth

EVERYONE is welcome. We want to bring all of our community members together for a roundtable discussion to explore ideas for combating racism in our community.

Join us online or by calling in.

Please contact Joanne Wilson (705-914-0004, j.wilson@michipicoten.com) or Ashley Berry (705-297-0392, a.berry@michipicoten.com) with any questions or if you need help joining the meeting.

Meeting Link & Dial-in Info

<https://us02web.zoom.us/j/84029020507?pwd=Zlg1a3lPRHp4b1EySUNGc1A3ZzhwQT09>

Meeting ID: 840 2902 0507

Password: 681088

One tap mobile

+16475580588,,84029020507#,,1#,681088# Canada

+17789072071,,84029020507#,,1#,681088# Canada

Participate Safely.

If you are joining a march, please do so responsibly by taking steps to keep yourself and others safe.

BEFORE

- Bring your mask/face covering
- Plan on how to get there and back safely, only share a private vehicle with those in your household, wear a mask/face covering if taking public transit
- Bring hand sanitizer

Participate Safely.

If you are joining a march, please do so responsibly by taking steps to keep yourself and others safe.

DURING

- Wear your face covering at all times
- Keep 2 metres apart
- Clean your hands regularly
- Avoid sharing with others (food, water, posters)
- Avoid touching your face
- Show support virtually from home if you are sick!

Participate Safely.

If you are joining a march, please do so responsibly by taking steps to keep yourself and others safe.

AFTER

- Track any instance of close contact (person, place, and time)
- Monitor yourself for symptoms and if any develop, get tested at your local assessment centre & stay home
- Disinfect any materials that you may have carried

Tie Blanket Kits

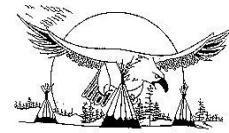
Staying home to stop the spread of Covid-19 can be challenging. Thank you for doing your part.

In order to help with the stress, boredom and isolation, The North East Mental Wellness and Crisis Team is providing 15 Tie Blanket Kits to MFN community members on a first come first serve basis. Please contact Nancy Andre 705-852-1094 or nandre@michipicoten.com to reserve your kit!



The North East Mental Wellness and Crisis Team





**Attention ATV, 4 Wheelers &
Side by Side Drivers**

**Council has received many noise complaints late at night
from recreational vehicles.**

**We are asking all recreational vehicle riders not to drive
in the community after 10:00pm.**

**Miigwetch,
Gimaa Kwe & Council**





**Shine
Through
the Rain**
Foundation

Supporting
families through
life threatening
illnesses.

Rainy Day Fund

Please Contact Lena Andre if you believe you qualify and would like to apply

l.andre@michipicoten.com (707)-856-1993

Details found here: <https://www.shinethroughtherain.ca/rainydayfund/>

People suffering illness often face financial difficulties. Suddenly, household bills become overwhelming; utilities are in jeopardy of being shut-off or an eviction notice is received. The Rainy Day Fund provides emergency payments directly to the utility companies and landlords, ensuring that each patient has a warm, safe place to call home while recovering.

The Rainy Day Fund also provides grocery gift cards & hospital transportation and parking costs. Shine Through The Rain also reviews special requests for consideration above and beyond the scope of services already covered.

Program Guidelines

The Rainy Day Fund is a monthly program that works directly with your Community Health Worker. They will work with you and your family to complete the application and to include the additional documentation needed.

*All Applications are due on the 15th of each month.

If you are interested in applying for funding through the Rainy Day Fund, here are a few guidelines to consider. A full set of instructions will accompany the actual application.

- The Rainy Day Fund is a monthly distribution program.
- Deadline for applications is the 15th day of each month.
- All patients must be currently receiving active treatment to qualify for consideration.
- A maximum of \$1,000 may be approved per family, per year.
- You can apply for funding to help with transportation, rent, utility, phone costs, and to get a grocery card.

Box 1, Site 8, RR 1, Wawa, ON P0S 1K0
Phone (705) 856-1993 Toll Free 1-888-303-7723 Fax (705) 856-1642
www.michipicoten.com



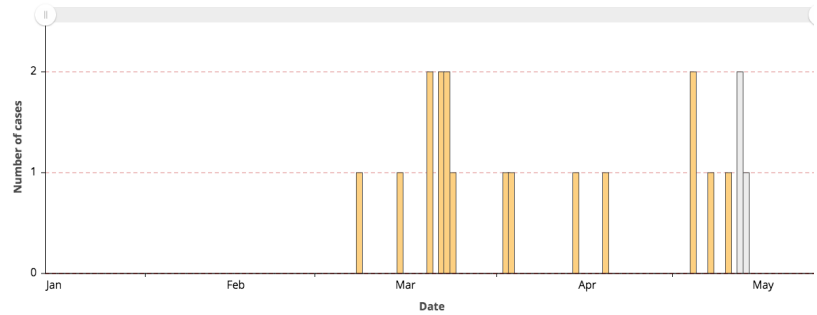
- Transportation is defined as parking, taxi, bus, and train expenses. Please provide proof of original receipts and record of appointments which must correspond to the date on the original receipts. STTRF reserves the right to reimburse for transportation expenses for the current year and up to January of the following year.
- Only utility and rental fee bills 30 days overdue will be considered. A utility request is defined as a heating, electrical or water bill.
- Cell phone bills are NOT eligible for funding unless it is the ONLY phone being used in the home. Cable payments, mortgage payments, car payments, insurance or tax bills and medical payments are not eligible for funding.
- Copies of all bills or rental agreements being requested must be submitted with application.
- A brief narrative describing the patient's situation and the family's need must be included and written by the social worker or hospital personnel.
- If the application is approved, cheque(s) will be made payable to each utility company and mailed directly to the family on or before the last day of each month.

Case Update

As of June 9, 2020, there are 21 confirmed COVID-19 cases in Algoma.

There are no known cases in Wawa, however, the number of cases is expected to increase as restrictions are lifted.

Count of COVID-19 cases by episode date in Algoma Public Health



Did you know?



Health records show that 1 in 2 on-reserve MFN citizens have a **HIGH** or **VERY HIGH RISK** of getting COVID-19 and/or developing severe illness which can result in death.

Risk factors include Diabetes, heart conditions, asthma, age (>65), smoking, etc.



**RESPECT YOUR ELDERS,
PROTECT YOUR LOVED ONES,
WEAR A MASK.**

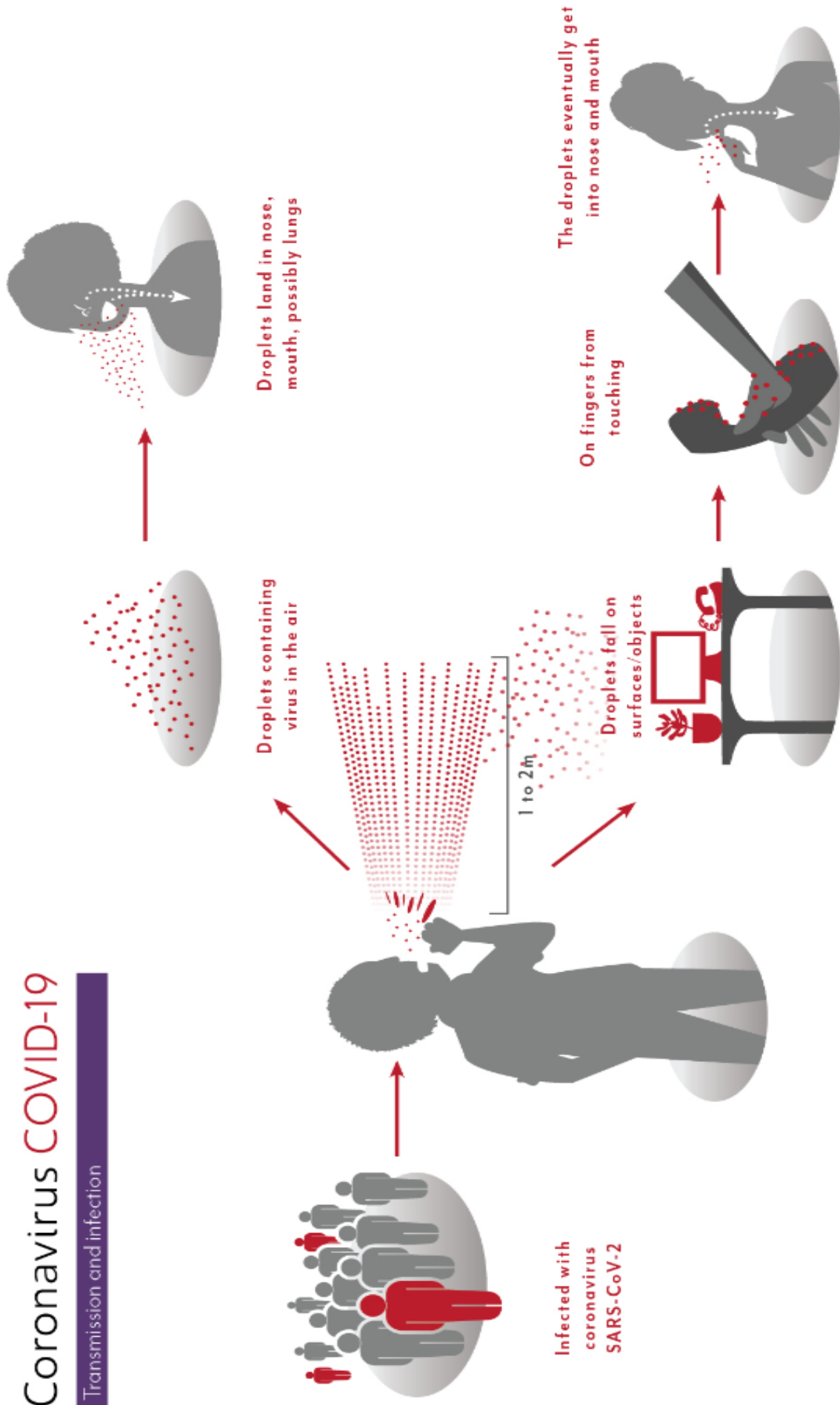
If you have one or more of the following symptoms:

fever, tiredness, a (new) dry cough, new aches & pains, nasal congestion, runny nose, sore throat, and diarrhoea

please SELF-ISOLATE and call MFN Health & Social Services Manager, Sadie Puddister, at 705-914-0967 or MFN Community Health Representative, Lena Andre, at 705-856-1993 ext. 224 so we can support you in your isolation and get you tested as soon as possible.

Coronavirus COVID-19

Transmission and infection



MICHIPICOTEN CITIZENS:

ARE YOU LOOKING FOR EMPLOYMENT? WE WANT TO HEAR FROM YOU!

Chief and Council know the value of developing the skills of our citizens. We know that providing you opportunities to gain valuable work experiences, builds our community.

We are developing a number of positions and want to make sure that your skill sets, and interests, are considered in the planning process.

If you are looking for work, don't wait for a posting! **Please submit your resume and your areas of interest to:**

Lisa Belanger, Interim Manager, Human Resources
hr@michipicoten.com

Areas of interest may include, but are not limited to:

- Office Administration
- Communications
- Project Management
- Accounting/Finance
- Health & Social Services
- Natural resources (energy, mining, forestry)





MICHIPICOTEN FIRST NATION EMPLOYMENT OPPORTUNITY

LIBRARIAN

(Internal/External Posting – May 28, 2020)

Michipicoten First Nation is a vibrant Ojibway First Nation community located on the white sands (north east shores) of Lake Superior. The registered population is approximately 1,100 with 70 members living on reserve. With a strong sense of community and cultural identity, Michipicoten First Nation strives to maintain harmony and balance with Mother Earth, neighbouring First Nations and surrounding communities.

Reporting to the Executive Officer, the **Librarian** will manage the library ensuring citizens have a safe and comfortable space to access community computers, borrow books, DVD's and other resources, work on personal crafts, and to participate in various programs and activities. This position is also responsible for designing print publications, updating MFN's website, and utilizing social media to ensure MFN citizens receive up to date information about programming, events, gatherings and traditional ceremonies offered through all departments.

RESPONSIBILITIES

Manage daily operations of MFN library

- Act as a first point of contact within library and provide general information to MFN citizens and staff relating to their questions, concerns, or suggestions
- Keep the library organized and have items easily accessible for patrons
- Work with the JASI software to locate and track book loans
- Rotate books based on the interests of patrons
- Order new books, research upcoming authors, research new Indigenous authors etc.
- Check books /library material in and out to patrons
- Purchase program and library materials
- Attend training that enhances knowledge regarding cultural traditions, library systems, programs, networking etc.
- Act as a liaison between MFN and Ontario Library Services – North
- Network with organizations, schools and online businesses
- Present a positive and professional image of the organization when interacting with employees, MFN citizens and other external stakeholders
- Assist with the progress of the Artifact Project

Administration and Reporting

- Compile data and prepare various reports
- Organize, maintain, and coordinate office records and files
- Prepare funding applications and reports
- Monthly reports of library status
- Keep a daily record of library usage (patrons, visitors, program attendees) and report monthly on library status

Provide computer support to MFN staff and citizens

- Maintain library equipment: computers/printers/scanners
- Monitor equipment usage and assist citizens with computer-related tasks: research, letters, resumes etc.

Communications

- Design, create and edit content for the Community Weekly Flyer and quarterly Newsletters
- Create flyers/posters to promote various events
- Coordinate distribution of Newsletters and Flyers through print, email, online and social media.
- Update MFN website, Facebook and Twitter
- Photocopy and organize documents for distribution, mailing, binding, and filing
- Network with organizations, schools, local service providers, etc. for details on community programming

Lead and support the facilitation of community programs

- Coordinate the logistical aspects of library meetings, seminars, workshops, special projects, and events
- Work both independently and collaboratively with MFN Health Staff, to design and implement programming for citizens

QUALIFICATIONS:

- Minimum High school diploma, GED, or equivalent
- Diploma in Office Administration preferred
- Clean vulnerable sector check
- Three years of experience in a similar role
- High level of proficiency with a variety of software applications: MS office, Graphic design, website administration, Outlook
- Experience with Social media: Facebook, Twitter
- Excellent writing skills, including proper spelling, grammar, editing and proofreading
- Ability to adapt to new technology
- Ability to deal with people sensitively, tactfully, diplomatically, and professionally
- Ability to work individually as well as part of a team

JOB TYPE: Full-time, permanent

WAGES:

Michipicoten First Nation offers a comprehensive employee benefit package and competitive salary based upon experience and qualifications.

TO APPLY:

Interested persons may submit their cover letter & resume **as one document** by email to Lisa Belanger hr@michipicoten.com. This position will remain open until filled. **Please include the job title in the email subject line.**

Michipicoten First Nation (MFN) is an equal opportunity employer. MFN will attempt to provide reasonable accommodation for known disability for an applicant or employee if requested. Since this position is engaged primarily in serving the interests of Aboriginal people, Michipicoten First Nation shall give preference to MFN citizens or Aboriginal people who possess the requisite skill sets and experience.

Security Guards Required

Norpro Group

Salary: \$17.21 per hour

Hours of work: 24/7

Shift rotation: 12-13 hours shifts

Start Date: to be determined

Term of employment – full-time

Location of work – Northern Ontario

Qualifications required:

- Current valid Security Guard Licence
- Current Standard First Aid/CPR
- Valid Class G Ontario Drivers Licence and clean drivers abstract
- Clean and current criminal background check
- Physically fit
- Proficiency with Microsoft Office and experience using computer programs to generate shift logs, incident reports, etc

Responsibilities may include:

- Undertaking frequent patrols of the property either by foot or by vehicle
- Conducting surveillance of locations and areas
- Undertaking access control procedures
- Enforcing Company policies and procedures
- Responding to situations
- Observe and report suspicious activity

If this you are interested in this opportunity and meet the qualifications please send your resume to:

Tammy Bingley CHRP, PCP
tbingley@norpro.ca
Payroll & Human Resources Officer
Norpro Group
Office 705-942-8110 X 220

NORTHERN CLINIC

Feeling Overwhelmed? Confused? Angry? Battery Low?



Reach out to Melody Hawdon, Mental Health Wellness Worker

Melody is available by phone or use of technology for face to face appointments with extended hours Monday to Friday 8:30 am to 6:00 pm

Contact Melody directly @ 705-904-4158 or melody.hawdon@nmninoeyaa.ca

Appointment Line: 1-833-564-2726 x 241

Do you have any questions about COVID-19 screening or require information?

Call: Diedre Dupuis, Client Care Coordinator:

705-856-0129 x 241 or/ 705-914-0296 or/ Toll free 1-833- 564-2726

If you are experiencing symptoms of COVID-19 Contact:

<p>Telehealth Ontario 1-866-797-0000 Algoma Public Health: 705-759-5404 or 1-866-892-0172 Ext 5404</p>	<p>CHAPLEAU COVID-19 Assessment Centre. By appointment only: 1-705-864-2568 Mon. to Fri. 9:00am – 5:00pm</p>	<p>WAWA & AREA COVID-19 Assessment Centre. By appointment only: 705 856 2244 ext. 244 or 246 Mon. to Fri. 8:30am – 4:30pm</p>
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June

Ode-miini-Giizis – Strawberry Moon

The sixth moon of Creation is the Strawberry Moon, where all plants display their spirit sides for all the world to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our spiritual essences. (Ontario Native Literacy Coalition 2010)



2020



Dilico

Anishinabek Family Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	2 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	3 *Hand Drumming @ 4pm (send PM to register) *Teachings & Tea with Grandma Bea @ 6pm	4 *Children's Story Time & Song @ 2pm *Men's Group @ 7pm (send PM to register)	5 *Body Mindfulness @ 11am *Ojibwe Words at Home @ 2pm *Full Moon Ceremony Teachings @ 4pm-ZOOM	6
7	8 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	9 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	10 *Hand Drumming @ 4pm (send PM to register) *Teachings & Tea with Grandma Bea @ 6pm	11 *Children's Story Time & Song @ 2pm *Two Spirit Teachings @ 7pm	12 *Ojibwe Words at Home @ 2pm *Two Spirit Sharing Circle @ 7pm-ZOOM	13
14	15 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	16 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	17 *Hand Drumming @ 4pm (send PM to register) *Teachings & Tea with Grandma Bea @ 6pm	18 *Children's Story Time & Song @ 2pm *Rattle making @ 7pm (pre-order your own rattle kit)	19 *Body Mindfulness @ 11am *Ojibwe Words at Home @ 2pm	20
ABORIGINAL DAY	21 STAT STAFF HOLIDAY *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	22 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	23 *Hand Drumming @ 4pm (send PM to register) *Teachings & Tea with Grandma Bea @ 6pm	24 *Children's Story Time & Song @ 2pm	25 *Body Mindfulness @ 11am *Ojibwe Words at Home @ 2pm	26
28	29 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	30 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm				27

All programs accessed via Facebook

*** Note: Virtual Programming may be subject to change***

Be sure to add Bimaadiziwin Wiidookaagewin as a friend on Facebook to view our updated calendar weekly!



Record a 20 - 30 second video of yourself sharing a positive message on how you are dealing with the stress of Covid-19

Please Read Rules & Disclaimer Sheet...

No videos will be excepted without the Disclaimer Information requested.



MENTAL
HEALTH
COMMUNITY
AWARENESS
VIDEO
CHALLENGE!

Four submission Draws of \$25 Gift Certificates will be awarded to 4 lucky people. So get out there and start yours today! Have fun and Be Safe!

This challenge is open to all members on and off Reserve of Michipicoten First Nation.

Get out there and get them cameras rolling. Have Fun and Be Safe!

Questions and Submission of videos can be sent by email to the Cultural Counsellor of the NE Wellness and Crisis Team:

carmela.moses@picriver.com

or upload your video to Carmela Moses on FB Messenger
807-229-1836 Ext. 618

Please submit videos and disclaimer no later than 4:30pm on June 17, 2020

Brought to you by the NE Wellness and Crisis Team



MENTAL HEALTH COMMUNITY AWARENESS VIDEO CHALLENGE RULES & DISCLAIMER SHEET



Open to all member On/Off Reserve of Michipicoten First Nation

- Record a 20 – 30 second video of yourself explaining how you are dealing with the effects of the Pandemic, Covid-19. It can also be a video of a message you want to share, a quote, positive affirmation or a life lesson you would like to share.
- The video also can be done alone or together as a family.
- If there are more than one person in the video please keep in mind that if your video is randomly selected for the \$25 gift certificate not everyone will receive a gift certificate.
- Email video to carmela.moses@picriver.com or uploaded through Facebook VIA Messenger to Carmela Moses. Questions or concerns can be brought to Carmela's Attention by calling 807-229-1836 Ext. 618
- All videos must be submitted no later than June 17, 2020 at 4:30pm
- All videos will be compressed into one video and shared on the Michipicoten First Nation Facebook Page. This final video will be made and share all of the positive messages that come from everyone's videos.
- Draw Winners will be announced on the Week of June 23rd.
- This challenge is open to all Michipicoten First Nation Band members either on or off Reserve.
- Each video submitted must include the following on the email or in messenger for your video submission:
 - Subject Line – "Mental Health Video Challenge"
 - Name of the one person submitting their video (on behalf of self or family)
 - Name and Birthdays of every person in the video
 - The video submitter's contact number.

By submitting your video you allow The NE Wellness and Crisis Team to combine your video with others to create one final video to help spread the positive wellness to your community. You give all rights to the NE Wellness and Crisis Team to post your video on the BN Entertainment Page and The Social Service Facebook site. Any personal information will be kept confidential. Final Video will be aired on the FB Sites the weeks of June 23rd.

COVID-19 MENS WORKOUT

TAKE IT UP A NOTCH.



Join Nathan Davis, HBK, DOMP, for a weekly, men's only workout through zoom Fridays at 7pm. This workout is intended for men who previous to COVID-19 used the gym.

It is not a beginners group.

e-mail carly.gingras@picriver.com to sign up




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**Mondays, Wednesdays
& Fridays**
9:00am - 4:30pm
(last call begins at 3:30pm)

**Tuesdays and
Thursdays**
12:00pm - 7:30pm
(last call begins at 6:30pm)

**YOUR REQUEST FOR SUPPORT WILL BE PASSED ALONG
TO A COUNSELLOR OR CULTURAL WORKER ON A FIRST
CALL-FIRST SERVE BASIS.**