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**Community Flyer**  
**Wednesday, June 24, 2020**



**STRAWBERRY MOON - JUNE**

The sixth moon of Creation is Strawberry Moon. The medicine of the strawberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self righteousness.

The strawberry is the first berry to ripen it is thought to be a good medicine for the heart and the teeth.



Community Information
Community Resources
Community Programs
Virtual Wellness Group

Community Notices
Ceremony
Youth Coordinator Job Posting
COVID-19 updates/information

Opioids and Addictions Info
Maamwesying Community Info
Dilico June Calender
Take it up a notch

**Minode'edaa**

**Let's be good-hearted/kind**

Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th	Monday 29th	Tuesday 30th
16°C	18°C	20°C	19°C	22°C	25°C	27°C
6°C	9°C	13°C	13°C	13°C	11°C	16°C
13SW	18SW	15SW	16N	10W	7NE	8NE
-	-	~ 15mm	< 1mm	-	-	-

# COMMUNITY INFO



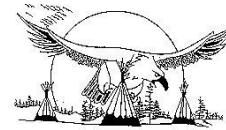
## Meals on Moccasin



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.



All band offices and buildings will be closed Wednesday July 1

### 5 Ways to Keep Your Kids Safe This SUMMER

- 1 Water safety**  
Maintain constant eye contact on kids in or around water, without distraction.
- 2 Child safety helmet**  
Make sure your kids wear a properly fitted bike or multi-sport helmet every time they ride.
- 3 Hydration**  
Encourage children to stay well-hydrated by drinking plenty of water before, during and after play.
- 4 Playground safety**  
Visit parks with impact-absorbing material under equipment, and actively supervise them while they play.
- 5 Hot cars**  
Never leave your child alone in a car, not even for a minute.



## **MICHIPICOTEN FIRST NATION**

### **CONTACTS AND RESOURCES**

#### **Kids Help Phone Line**

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

Website: [kidshelpphone.ca](http://kidshelpphone.ca)

#### **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](https://www.facebook.com/NorthEastWCT)

#### **First Nation Inuit Hope for Wellness Help Line**

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

Online chat: [hopeforwellness.ca](http://hopeforwellness.ca)

#### **CHADWIC Home Women's Shelter**

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

Website: <https://chadwichome.com>

#### **Melody Hawdon—Maamwesying Registered Psychotherapist**

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

Email: [Melody.hawdon@nmninoeyaa.c](mailto:Melody.hawdon@nmninoeyaa.c)

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

#### **Dilico Anishinabek Family Care**

Emergency child welfare line

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

#### **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*

## **Tia Kusic—MFN Family Support Worker**

705-914-0430 | *Monday-Thursday 8-4:30; Friday 8-1:30*

Email: [t.kusic@michipicoten.co](mailto:t.kusic@michipicoten.co)

## **Joanne Wilson—Band Representative**

705-914-0004 | *Monday-Thursday 8-4:30; Friday 8-1:30*

Email: [j.wilson@michipicoten.co](mailto:j.wilson@michipicoten.co)

## **AA & NA Online Meetings & Support Chatrooms**

2 Step Online

[12step-online.com/meetings/online-aa-meetings](https://12step-online.com/meetings/online-aa-meetings)

AA Chat

<https://aachat.org>

Step Chat

<https://stepchat.com>

## **Wellness Together**

Government of Canada—Mental Health & Substance Use Support

<https://ca.portal.gs>



You are living through a pandemic and a historical revolution – please do not beat yourself up if your mental health isn't the best rn.



## 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](mailto: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 13<sup>th</sup> – June 17<sup>th</sup>
- ⇒ 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](mailto: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](mailto: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>





For programs including:

## Current Programs

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

## Red Table Wisdom

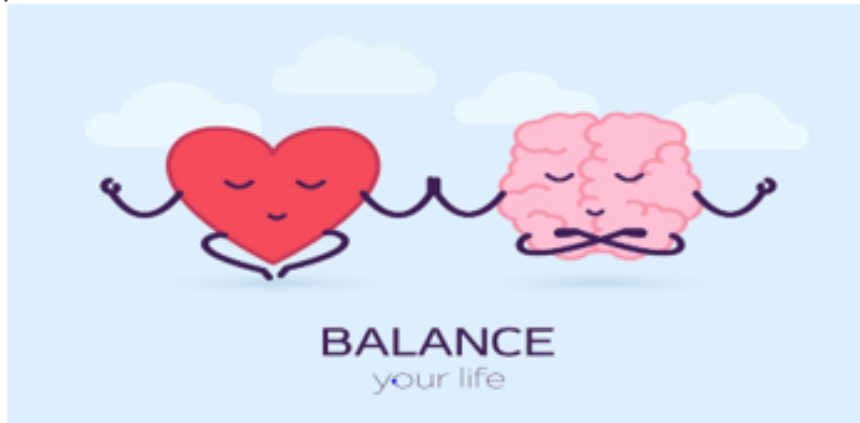
- ⇒ Join Elder Diane Longboat—ceremonial leader, traditional teacher and healer—Thursdays at 8pm for Indigenous teachings through Zoom
- ⇒ To participate, please go to the website below and click on the zoom meeting link <https://www.reachyogalifestyle.ca/red-table-wisdom-talks-2/>

**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](mailto:a.berry@michipicoten.com)

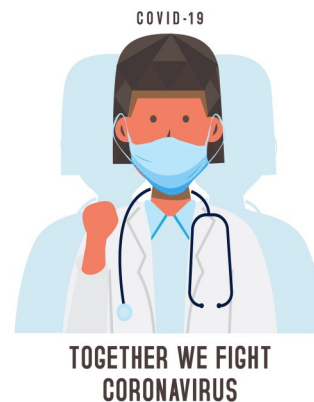
OR

Gretchen Weicht @ 705-856-7208 ext. 6008



From the desk of Mary-Lou  
Community Health Nurse

If anyone requires Mary-Lou's assistance  
or has any questions,  
please call or text her at 705-852-0243.



**Do you need some help with activities for your son  
or daughter during the day?**

**Here is a registration link for Sensory Kits for Northern  
Indigenous families in partnership with Nishnawbe Aski Nation.**

**Registration will open Monday June 29th 12pm EST.**

**[https://www.autismontario.com/civicrm/event/info?  
reset=1&id=3837](https://www.autismontario.com/civicrm/event/info?reset=1&id=3837)**

**Gitigaaning!**  
(In the garden)



Gitigaan – Garden	Moonikaan – root cellar
Bimijaagaakwad – Hoe	Opin – Potato
Gichi-ogin – Tomatoe (big rosehip)	Gitige – S/he plants, gardens
Moozhaginan – Pick it	Badakidoon – plant it
Moozhagin – Pick him/her	Badakizh – plant him/her
Okosimaan – Pumpkin	Okanakosimaan – squash
Binaakwe'igan – Rake	Adite – it ripens
Mandaamin – Corn	Adiso – she ripens
Mandaaminaak – Ear of corn	Bipakoombens – cucumber
Nibiwakik – Water pail	Wiisagijiibikoons – radish
Miinikaan – Seed	Okaadaak – carrot
Mashkodesimin – bean	Gichi-aniibiish – cabbage
Aniijiimin – pea	Moozhagipinii – S/he picks potatoes





We have rescheduled the  
**Community Pipe Ceremony**  
to this **Thursday, June 25 at 11:00am**  
at the Sacred Area end of the beach.

Community members are invited to  
stop by Agnes' to pick up a plate of stew  
between 3pm - 6pm.

Moose meat, chicken and dumplings.  
We will also have scone and bannock.

**Rain or shine.**

Contact Evelyn at 705-856-7442 for more info





## SUMMER EMPLOYMENT OPPORTUNITY

# YOUTH COORDINATOR

(Internal/External Posting)

June 22, 2020

**Due to COVID-19 restrictions, only applicants living on the Michipicoten First Nation reserve will be considered**

Michipicoten First Nation has a temporary opportunity for an enthusiastic leader with a passion for working with youth. Under the supervision of the Manager, Health and Social Services, the Youth Coordinator will organize and supervise a variety of creative, cultural, and entertaining activities to be held on evenings and weekends. Programs will be designed to steer youth away from harmful activities and provide them with positive alternatives.

The Youth Coordinator will set a positive example and act as a role model for Michipicoten youth (ages 10-18) by assisting them with goal setting, and identifying creative ideas for programs and activities to align with the goals. The Youth Coordinator will recruit program participants and help keep them engaged by including them in the planning and decision making process.

This is a part-time, temporary position based on 20 hours per week for up to 8 weeks (July & August).

### **DUTIES AND RESPONSIBILITIES**

#### ***Recruiting and Retaining Program Participants***

- Reaches out to youth and finds ways to engage them in programming
- Works to keep youth motivated and involved
- Achieves participant buy-in through inclusion in planning and decision making

#### ***Program Planning***

- Works with youth participants to generate creative ideas for youth programs
- Ensures activities are safe, age appropriate and fall within budget restrictions
- Plans a variety of different activities including (creative, cultural, leisure/entertainment, physical)
- Identifies equipment and supplies needed to implement activities
- Works with manager to coordinate purchase of supplies and involve other leaders and instructors

#### ***Implementation***

- Ensures that health and safety policies and guidelines are followed at all times
- Works to effectively resolve conflicts
- Seeks help and responds quickly and correctly to incidents, accidents, or emergencies

#### ***Reporting***

- Takes attendance when running programs
- Maintains regular communication with manager
- Provides thoroughly completed incident reports when required

## COMPETENCIES

- Accountability
- Coaching/mentoring
- Problem solving
- Conflict management
- Cultural sensitivity
- Initiative
- Energetic/positive attitude

## QUALIFICATIONS

- Working knowledge of Microsoft Word & Outlook
- Ability to create posters and/or advertisements
- Must be able to provide a clean vulnerable sector check
- Previous experience working with youth and First Nations (preferred)
- Knowledge of challenges and social issues affecting First Nations Youth (asset)

**WAGE:** \$15 per hour

**TERM:** Temporary contract

**HOURS:** 20 hours per week

**TARGET START:** July 6, 2020

## TO APPLY

Interested persons may submit their cover letter & resume **as one document** by email to Lisa Belanger [hr@michipicoten.com](mailto:hr@michipicoten.com) no later than **July 2, 2020**. **Please include the job title in the email subject line.**

**Indigenous applicants and citizens of Michipicoten First Nation are encouraged to self-identify\***

*\*Michipicoten First Nation is dedicated to promoting equity and diversity and serving the interests of Indigenous people. The successful candidate will be primarily engaged in serving the interests of Indigenous people. Michipicoten may give preference to Indigenous candidates who possess the necessary qualifications.*

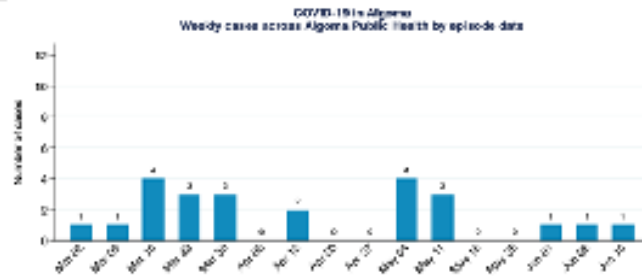


# Weekly COVID-19 Situation Report 23/06/2020

## Case Update

As of June 23, 2020, there are 24 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.



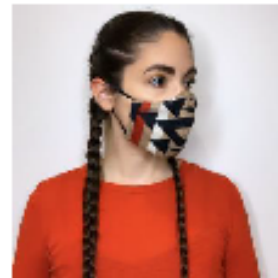
## Did you know?



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.



2019 Novel Coronavirus (COVID-19)

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



Wash your hands with soap  
and water thoroughly and often.

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



Keep surfaces clean and disinfected.

Stay home when you are sick.



If you have symptoms,  
take the self-assessment at [ontario.ca/coronavirus](https://ontario.ca/coronavirus).  
Or call your primary care provider or  
Telehealth Ontario at 416-797-0000 (TTY: 416-797-0007)

For more information,  
visit [ontario.ca/coronavirus](https://ontario.ca/coronavirus)

Ontario 

## Taking Care of your Mental Health in the Face of Uncertainty

Dr.Doreen Marshall, PHD

Human beings like certainty. We are hard-wired to want to know what is happening when and to notice things that feel threatening to us. When things feel uncertain or when we don't generally feel safe, it's normal to feel stressed. This very reaction, while there to protect us, can cause all sorts of havoc when there is a sense of uncertainty and conflicting information around us.

A large part of anxiety comes from a sense of what we think we should be able to control, but can't. Right now, many of us are worried about COVID-19, known as the "Coronavirus". We may feel helpless about what will happen or what we can do to prevent further stress. The uncertainty might also connect to our uncertainty about other aspects of our lives, or remind us of past times when we didn't feel safe and the immediate future was uncertain.

In times like these, our mental health can suffer. We don't always know it's happening. You might feel more on edge than usual, angry, helpless or sad. You might notice that you are more frustrated with others or want to completely avoid any reminders of what is happening. For those of us who already struggle with our mental wellness, we might feel more depressed or less motivated to carry out our daily activities.

It's important to note that we are not helpless in light of current news events. We can always choose our response. If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

- 1. Separate what is in your control from what is not.** There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren't on?).
- 2. Do what helps you feel a sense of safety.** This will be different for everyone, and it's important not to compare yourself to others. It's ok if you've decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.
- 3. Get outside in nature--even if you are avoiding crowds.** I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.
- 4. Challenge yourself to stay in the present.** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.
- 5. Stay connected and reach out if you need more support.** Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

# ***Overdose deaths have increased by 25% in Ontario for March to May 2020 compared to last year.***

## ***Naloxone***

Naloxone/Narcan is a drug that can temporarily stop the effects of opioid drugs and can help prevent death from opioid overdose.

**FREE Naloxone Kits** are available at :

**Fenlon's Pharmacy** gives out free kits and will train you on how to use them.

Call 705-856-2800 or go to 88 Broadway Ave, Wawa, ON

Monday-Friday 9am-5:30pm or Sat 9am-2pm *Please bring your health card*

**MFN Health Centre** please visit or call Lena Andre at 705-856-1993 ext. 224

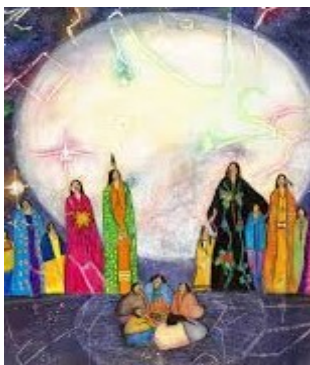
## ***Other Resources***

### **Rapid Access to Addiction Medicine (RAAM) Clinic—705-856-1313**

Access to this program is by self-referral, physician referral, counselling referral. It is open to all. This program is not limited to opiate use disorders, but all substance use disorders that have clinically proven outcomes to medication.

### **Community Alcohol and Drug Assessment Program (CADAP) – 705-856-7208**

Assessment (GAIN Q3), treatment referrals, pre-treatment counselling, post-treatment aftercare, 1:1 counselling, group therapy, case management, and harm reduction.



**If you have any questions about accessing resources or seeking treatment contact**

Community Health Rep Lena Andre at 705-856-1993 ext. 224  
OR 705-943-0816 (cell)

OR

Family Support Work Tia Kusic at 705-856-1993 ext. 228  
OR 705-914-0430 (cell)

*If you do not get through, leave a voicemail and your call will be returned as soon as possible.*

# 5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

STEP

1



**SHOUT & SHAKE**  
their name & their shoulders

STEP

2



**CALL 9-1-1**

If unresponsive.

STEP

3



**GIVE NALOXONE:**

1 spray into nostril or inject 1 vial or ampoule into arm or leg.

STEP

4



**PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS.**

STEP

5



**IS IT WORKING?**

If **no** improvement after 2-3 minutes, repeat steps 3 & 4.  
**Stay with them.**

## RECOVERY POSITION

If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.

head should be tilted back slightly to open airway



hand supports head ..... knee stops body from rolling onto stomach

## SIGNS OF OPIOID OVERDOSE

- Person can't be woken up
- Breathing is slow or has stopped
- Snoring or gurgling sounds
- Fingernails and lips turn blue or purple
- Pupils are tiny or eyes are rolled back
- Body is limp



## 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](mailto: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 &amp; 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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Aanii,

If you are living with diabetes, looking after your feet is an important part of diabetes management to ensure that your feet stay healthy. During these pandemic measures, a lot of services have been temporarily put on hold, such as foot care appointments.

**We can still take care of are feet at home by:**

- Looking at them at least once or twice a day, usually after a shower or right before bed - don't forget to look in between the toes!
- Another way to help keep your feet looking healthy is applying cream or lotion (but not in-between the toes) to prevent the skin from becoming dry or cracked.
- Remember if cutting your own toenails, make sure you don't cut the nails to short, try to cut straight across and file any sharp edges.

Making sure that your blood sugars are well controlled can help prevent any foot complications (such as infections, dry skin, ulcers) and can help with healing if a cut, wound or ulcer is present.

**Would you like a phone appointment wellness check?  
Please call 705-856-0129 x 241 or Toll Free 1-833-564-2726**

Kasey Bissaillon, RPN  
Diabetes Nurse Educator  
Maamwesying North Shore Community Health Services Inc.

# 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
<b>ABORIGINAL DAY</b>	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!



Bimaadiziwin  
Wiidookaagewin  
WISDOM. RESPECT.

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](mailto:carly.gingras@picriver.com) to sign up



Dilico

Anishinabek Family Care

## **DISTRICT CALL IN COUNSELLING AND CULTURAL SERVICES NOW AVAILABLE 1-833-919-4240**

**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.**