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Community Flyer

Wednesday, July 1, 2020

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MSKOMINI GIIZIS

July — Raspberry Moon

The seventh moon of Creation is Raspberry Moon, when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its bush and harvest its fruit, knowledge that will help in raising our families.

Community Information
Community Resources
Community Programs
Virtual Wellness Group

Meet the Health Team
Raspberry Jam
Youth Coordinator Job Posting
COVID-19 updates/information

Opioids and Addictions Info
Maamwesying Community Info
Love Your Feet
Take it up a notch

Aaniish ezhiwebag agawajiing?
What's the weather like outside?

Aaapjigo gizhaate.
It's very hot and sunny.

Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th	Monday 6th	Tuesday 7th
29°C	25°C	29°C	26°C	26°C	27°C	26°C
14°C	17°C	14°C	15°C	14°C	13°C	15°C
2ESE	12SW	10N	12SW	7N	12WNW	13SW
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COMMUNITY INFO



Meals on Moccasins

Date Change!

Starting July 8, delivery will be every Wednesday 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



TIPS TO STAY COOL
DURING HOT WEATHER

- Stay in the shade from 11am to 3pm
- Wear lightweight clothing
- Limit outdoor activities
- Keep your curtains or blinds closed
- Stay hydrated and eat cooling foods



MICHIPICOTEN FIRST NATION

CONTACTS AND RESOURCES

Kids Help Phone Line

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

Website: 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

First Nation Inuit Hope for Wellness Help Line

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

Online chat: 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

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.com

Joanne Wilson—Band Representative

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

Email: j.wilson@michipicoten.com

AA & NA Online Meetings & Support Chatrooms

2 Step Online

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

AA Chat

<https://aachat.org>

Step Chat

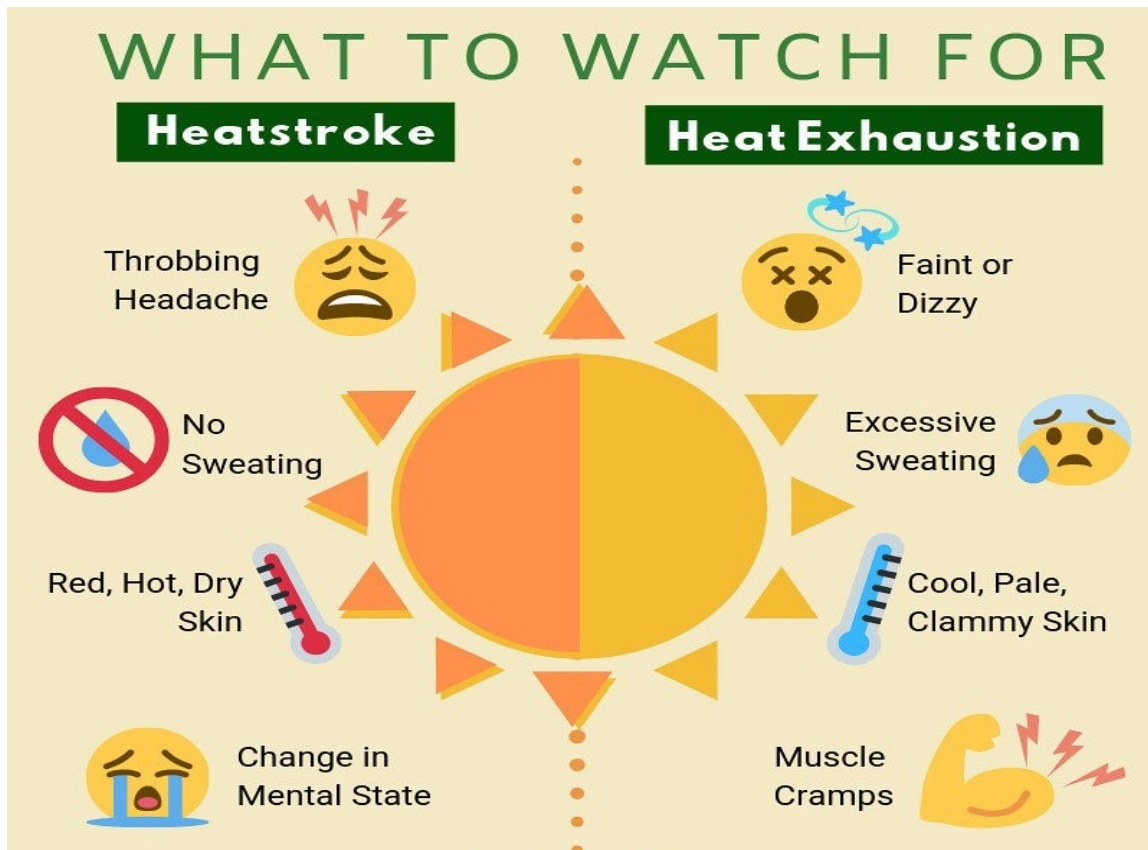
<https://stepchat.com>



Wellness Together

Government of Canada—Mental Health & Substance Use Support

<https://ca.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 Wellbeing 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

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

For programs including: <http://tiny.cc/uxs6nz>

OR the Bimaadiziwin Wildookaagewin Facebook Page <http://tiny.cc/vvs6nz>

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**



Community Anti-Racism /Inclusivity Initiative

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

Wednesday July 8th

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 and being proactive.**

Join us online or by calling in.

We will continue to meet the first Weds. of each month

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.



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



Meet the MFN Health and Social Services Team

WIN a \$5 Tim Hortons Gift Card

If you can guess which of the “Two Truths and a Lie” statements are false for one of our team members.

A limit of one prize per person.

Call **Family Support Worker Tia Kusic** at **705-914-0430** with your answers until Wednesday July 8th.

Leave a message with your name, phone number and your guess!



SADIE PUDDISTER—Manager, Health & Social Services

I came to work for MFN because...

Although I am proud to be Canadian, I am not proud of part of our history and how First Nations People in Canada to this day do not have the same access to health and healthcare as the general population. I believe that all people have a right to health and it is my goal contribute to making this happen by improving health equity in our nation.

My role at MFN is to...

Coordinate/oversee the health and social services departments at MFN. This includes program leadership and quality management, health and social services, human resource management, Health Centre operations and maintenance, developing and maintaining partnerships with service providers and other stakeholders, securing funding and administration.



Skating at camp with Aussie my family's dog



Whale Watching in Australia

You should come to me ...

- If you have concerns about your health and wellbeing or the health and wellbeing of a MFN citizen
- If you have questions, comments, concerns, or suggestions about health and social services and programs available to MFN citizens
- If you have COVID-19 symptoms or are concerned that you have been exposed to COVID-19
- If you have any questions about COVID or the measures being taken by MFN to protect the community from COVID

Two Truths and a Lie

1. I went bungee jumping in New Zealand
2. I swam with bull sharks in the wild
3. I know how to say thank you in 10 different languages

LENA ANDRE-Community Health Representative (CHR)

I came to work for MFN because...

I was offered the position of health clerk in 1992. In 1994, for a challenge, I decided to enter a two-year training program to become the CHR and I'm still here!

My role at MFN is to...

- Support citizens in applying for non-insured health benefits, getting to and from medical appointments and refilling and picking up prescriptions
- Make home and office visits
- Make reservations for medical travel, and
- Run health programs like Meals on Moccasins and Diabetes Bingo.



Preparing fried fish for Meals on Moccasins



Making a snowman with her granddaughter Olivia

Two Truths and a Lie

1. I don't like my boyfriend
2. I'm scared of heights
3. I love my job

You should come to me ...

- If you have health related questions
- If you need help scheduling appointments or getting a prescription refilled
- If you need a ride to an appointment or need a prescription or other medical supplies picked up
- If you need to apply for non-insured health benefits

JOANNE WILSON—Band Representative

I came to work for MFN because...

After I finished college and graduated from the Native Community Worker – Child and Family Program I wanted to help Anishnaabe families like my own. As I grew up next to the reserve, I had a personal connection to MFN.

My role at MFN is to...

Advocate for and work with children and families who are involved with child welfare agencies.



Practising respiratory etiquette!



At a Turtle Crossing in Woodstock, ON

You should come to me ...

- If you have questions about Child and Family Services and CAS involvement with families
- If you need someone to go with you to court proceedings regarding child welfare, placement of children
- If you want support setting up alternative dispute resolutions or family team gatherings

Two Truths and a Lie

1. I have been in 4 car accidents
2. I love mornings
3. I have been to Rochester New York

NANCY ANDRE—Community Wellness Worker (CWW)

I came to work for MFN because...

My children are from Michipicoten and I grew up in the area and participated in many aspects of MFN over the years and I wanted to give back.

My role at MFN is to...

Provide health promotion and prevention programming and support, plan and organize the Youth and Elders Gathering, and give referrals to different agencies or other staff members at MFN relating to family violence prevention, cultural supports, and more!



Nancy with her daughter Rhaina



Nancy with her grandson Kalum

You should come to me ...

- If you want guidance in healing or wellness or need referrals to different agencies
- If you have ideas for future youth and community programs and workshops (fitness recreation, healing, wellness, violence prevention, suicide prevention, children's mental health)
- If you need to talk

Two Truths and a Lie

1. I love seafood
2. I love fishing
3. I love cooking

ASHLEY BERRY—Family Wellbeing Worker (FWB)

I came to work for MFN because...

I moved to Wawa 4 years ago and was instantly drawn to Michipicoten. I got to know the people while participating in activities and ceremonies. They were all so welcoming to me and made me feel at home. When the position for family wellbeing worker opened, I immediately jumped on the opportunity to work for Michipicoten. I love that I am able to share my gifts while providing support to my people. I have always been actively involved in the culture and First Nations communities (including my own). I have a lot of experience working with and supporting families and youth and I enjoy doing it. For me working for Michipicoten is an honor and I am grateful for the opportunity.

My role at MFN is to...

Provide culturally based programming pertaining to each aspect of the medicine wheel (physical, spiritual, emotional, mental), information about programs and upcoming events within the community, emotional support, direction to supports within MFN and the community, and a safe and positive environment.

Ashley with her sons Seth and Noah



Ashley with her son Noah at Whitefish Island

You should come to me ...

- If you need information about what is going on in the community
- If you are interested in attending cultural programs at the 3 Maple center or need to use a computer or telephone
- If you need emotional support

Two Truths and a Lie

1. I love to travel
2. I hate rainy days
3. I love to spend quality time with my friends and family

TIA KUSIC—Family Support Worker (FSW)

I came to work for MFN because...

I was born and raised in Wawa but have lived away for 10 years. During those 10 years I was away at school and worked at Dilico Anishinabek Family Care in Children's Mental Health and Child Protection. More recently worked I on Six Nations of the Grand River working with child, youth and families. I felt that it was time to come back home to Wawa to be with my family.

My role at MFN is to...

Assist Michipicoten citizens facing personal challenges by providing them with support and linking them to programs and services.



Hunting in Wawa



Vacationing in Peru

You should come to me ...

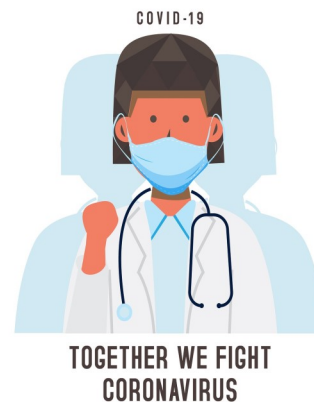
- If you need help or need to talk.
- If you need support accessing services for yourself or family in areas such as school support, treatment and/or healing lodges, mental health support, addictions supports, housing, grief, family violence etc.
- If you want help setting goals and establishing action plans to address challenges
- If you need help applying for funding (i.e. Jordan's Principle), housing, etc.

Two Truths and a Lie

- I am an only child
- I had braces
- I was a figure skater for 10 years

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.



Ingredients

- 9 c already mashed raspberries - (about 14 cups whole berries)
- 4 c sugar
- 4 Tbsp no sugar powdered pectin
- 12 jar(s) canning jars and lids - half-pint size, sterilized
- 1 Tbsp lemon juice

Directions

1. Mash about 14 cups whole berries
2. add powdered pectin and lemon juice , stir until dissolved
3. Boil berry/pectin mash on medium high heat - 5 mins
4. Keep mash on heat and add Sugar, stir in to dissolve and then stir occasionally to keep from scorching
5. Bring back to boil for another 3 minutes - ensure you get at least 1 minute of a 'hard boil' - the kind that you can't stir away.
6. Test jam for consistency. For this step I keep a tablespoon in a glass of ice water near the stove. spoon out about a half tablespoon of the jam out of the boiling pot, and let it cool on the spoon. Then turn the spoon up on edge. If the jam either sticks to the spoon or falls off in a lump (as you would expect jam to do!), then it's ready. If it runs off like liquid, keep boiling another 1-2 mins and try again.
7. Remove from heat and ladle off any foam. The foam won't hurt anything, it just looks more appealing in the jar without it.
8. Let stand for 5 mins. This little trick prevents the seeds/fruit from floating to the top of the jar, plus it's about the right amount of time to get your jars and lids out of the pot/dishwasher and set them up to fill.
9. Fill jars to within 1/4 inch of the top. Be sure wipe the top edge of the jar with a clean cloth to remove any jam or it will prevent proper sealing.
10. Add metal sealers and rings and tighten down fully.
11. Within 1-2 hours all the seals should 'pop' on the jars. A good way to check is to try and push down the center of the metal sealer lid. If it flexes it's not sealed, if it has no give...you're good!
12. Keeps for 1-2 years





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 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 30/06/2020

Case Update

As of June 30, 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.

PHYSICAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Here's how you can practice physical distancing:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ grocery shop once per week
- ▶ take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family



If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home

Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often
- ▶ self-monitor for symptoms of COVID-19 including:
 - cough
 - fever
 - difficulty breathing

If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ If you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention



NOTE: The Government of Canada has implemented an Emergency Order under the *Quarantine Act*. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- ▶ If you have travelled and have no symptoms, you must [quarantine \(self-isolate\)](#)
- ▶ If you have travelled and have symptoms, you must [isolate](#)

FOR MORE INFORMATION:

 canada.ca/coronavirus

 1-833-784-4397



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

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

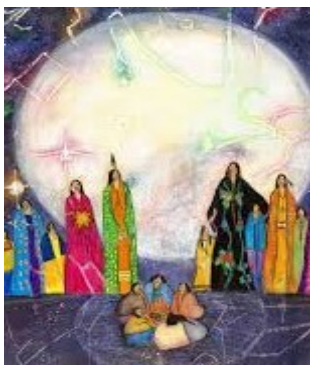
Other Resources

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

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:

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

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




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.**