

March 2024

Important dates/workshops/meetings:

- Daylight Savings begins Sunday March 10
- Offices Closed on Friday March 29th for Good Friday and Monday April 1st for Easter Monday
- Employment Opportunities
- Wind Farm Legacy Trust payment schedule
- Easter Breakfast & Bike Raffle on Saturday March 30
- March Break Activities March 11-15
- Spring Craft- March 7
- Self Care Day March 8
- Men's Circle March 12 & 26
- Storytelling Gathering- March 5
- Foot Care- March 6 & 7
- RSV Vaccine for those 60 yrs and older- March 5
- Regalia Making Registration



MARCH BREAK EVENTS 2024

March 11-15, 2024

Please call the Health Centre to sign up!!!

All March Break Event deadlines are February 29th

with an exception of Prize Bingo

Prize Bingo sign-up deadline is March 4th

March Break Community Breakfast



Wiisinidaa!!

Monday March 11, 2024 9:00 am Fire Hall No Sign-up needed!!



CATERER NEEDED!

To provide Breakfast on March 11, 2024. For approximately 80 people. Breakfast to be ready for 9:00AM @ Fire Hall

Menu: scrambled eggs, boiled eggs, pancakes and syrup, sausages, bacon, toast with margarine, various fruit, juices, coffee and tea (creamer, milk, sugar). Must also include plates, utensils, cups and napkins

<u>Deadline to Submit Bids is Tuesday March 5, 2024 @</u>
3:00 PM

Please include in the bids a breakdown of Catering Fee, Mileage, and Grocery costs. Caterer must posess current Safe Food Handlers Certificate and is responsible for clean up after, including taking out the garbage

SUBMIT TO:

Stan or Darcy @ Health Centre 705-857-1221 admin@henveymedicalcentre.com



FIREHALL

Join in celebrating March Break with Community Pizza Lunch followed by Prize Bingo for School-Aged Children. Please contact Darcy to register @ 705-857-

1221 by March 4 @ 12:00 PM

Everyone is welcome!



MARCH BREAK EVENT Tuesday March 12th

DAY @ THE LITTLE NHL HOCKEY TOURNAMENT IN MARKHAM, ON

SIGN UP WITH DARCY@ HEALTH CENTRE RIDES ARE LIMITED TO TWO VANS TRANSPORTATION (LIMITED), ADMISSION AND FOOD PROVIDED

VANS WILL LEAVE AT 6:45AM FROM THE FIREHALL AND RETURN ABOUT 10PM THAT EVENING

ALL YOUTH ATTENDING MUST BE ACCOMPANNIED BY A PARENT OR GUARDIAN AT ALL TIMES

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MARCH BREAK KINGS BUFFET & BOWLING

Wednesday March 13, 2024

Bus to depart at 10:00am.

Lunch @ King's Buffet at 11:00am to 12:30pm
then to Plaza Bowl for 1:00pm to 3:00pm and
return home for 4pm

PLEASE CALL DARCY AT HEALTH CENTRE TO SIGN-UP BY FEBRUARY 29TH! NO OTHER NAMES WILL BE ACCEPTED AFTER THIS DATE. CHILDREN ARE TO BE ACCOMPANIED BY AN ADULT!!



THURSDAY MARCH 14th

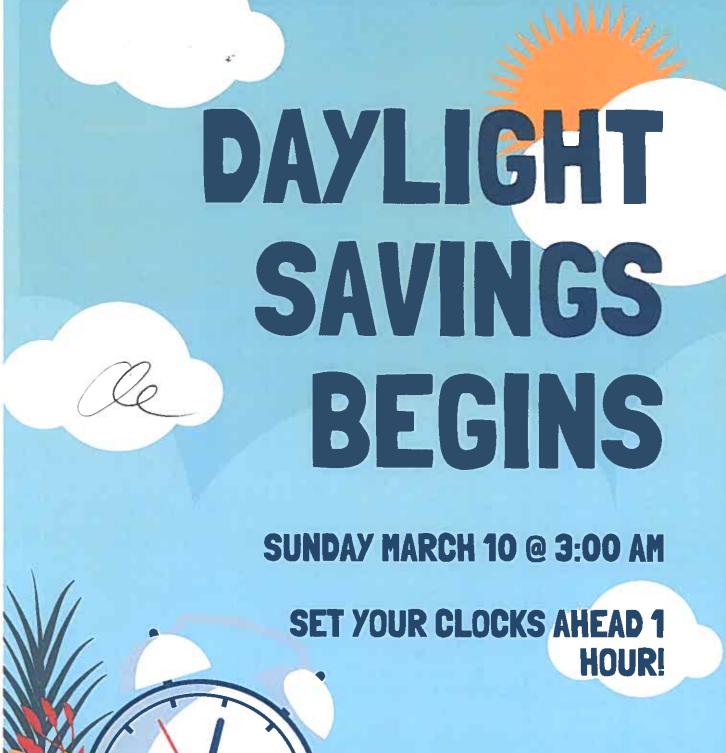


Orban Air 8:30-10:30am



Science North 11:30-2:30pm

Sign up with Darcy at the health centre Transportation and brunch provided Bus leaves the firehall at 7:30am and returns at 3:30pm





HENVEY INLET FIRST NATION WINDFARM LEGACY TRUST

Quarterly Payments to Eligible Members 2024 ANNUAL PAYMENT SCHEDULE

If you have not submitted your banking information, or have new/updated bank accounts Please follow the instructions below:



Status Card



Submit Deposit



MUST include:

form or Void Cheque in





Await Transfer

Payments are made every 3 months in:

March, June, September & December

Refer to the Payment Schedule for details

Email your information to: Lyndy McQuabbie, Trust Coordinator trustcoordinator@henveyinlet.com



Quarterly Payments to Eligible Members 2024 ANNUAL PAYMENT SCHEDULE

HENVEY INLET FIRST NATION WINDFARM LEGACY TRUST

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Monday, December 1, 2024	QUARTER 4:	Friday, September 6, 2024	QUARTER 3:	Friday, May 31, 2024	QUARTER 2:	Friday, March 1, 2024	QUARTER 1:	Eligible Member Info Submission Deadline
TBD: during the week of December 16 - 20 th		Friday, September 27, 2024		Friday, June 28, 2024		Thursday, March 28, 2024		Quarterly Payment Date

- Late submissions after the deadline will be included at the next Quarterly Payment Date.
- contact the Trust Coordinator @ 705-857-2331 Payment questions and submissions send to trustcoordinator@henveyinlet.com, or please



Henvey Inlet First Nation

Pickerel, ON POG 1J0

Administration 295 Pickerel River Road T 705-857-2331 F 705-857-3021 1-800-614-5533

Health Centre 354A Pickerel River Road T 705-857-1221 F 705-857-0730 1-866-252-3330

Day Care 354B Pckerel River Road T 705-857-0957 F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Patrick D. Brennan
Brenda D. Contin
Lionel R.M. Fox
Carl Ashawasagai
Stanley K. Moses
Deborah Newton
Maureen A. Kagagins

MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: February 27, 2024

Re: Employment Opportunities

Henvey Inlet First Nation is currently accepting applications for the following positions:

- 1) Ontario Works Administrator 1 Position
- 2) Secondary School Bus Driver 1 Position
- 3) Adult Education Teacher 1 Position
- 4) Community Access Worker 1 Position
- 5) Administration Manager 1 Position

See attached job postings for more information.

Be sure to check local communication boards or our website at www.hifn.ca/community-2/job-postings-2.html for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP Human Resources Coordinator



EMPLOYMENT OPPORTUNITY

ONTARIO WORKS ADMINISTRATOR

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Ontario Works Administrator** to join our Administration. The Ontario Works Administrator reports to the Director of Finance/Administration and is responsible for the financial management and administration of the Social Assistance Program to ensure effective, efficient and accurate operations in accordance with the Ontario Works (OW) directives and current legislation. The Ontario Works Administrator is also responsible for assessing eligibility requirements of applicants seeking assistance based on the Ontario Works Act. This position requires exceptional organizational and interpersonal communication skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Ontario Works Administrator will be responsible to:

- Research, develop and plan OW program structure and seek and apply for program funding
- Assist in the coordination and delivery of workshops, info sessions and other Social Assistance Program events
- · Carry out interviews and complete applications to assess and determine eligibility of clients under the Ontario Works Act
- Refer and help clients apply for other available sources of income including CPP, EI, ODSP, etc.
- · Connect with external agencies and program sponsors to develop employment opportunities for OW clients
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Build and maintain trusting and supportive client relations
- Prepare and send written correspondence to clients
- Conduct annual reviews to ensure on-going client eligibility and facilitate and monitor operation for an effective appeal process
- Monitor client's monthly expenditures on bill payments and provide budget assistant in accordance with policies and procedures as required
- Order and purchase appliances, beds and other approved items for eligible clients
- Prepare funding submissions for reimbursement
- Provide current information to clients related to available services including changes to existing services
- · Monitor and verify the monthly client reporting requirements and ensure adherence to applicable policies and legislation
- Ensure all Ministry reporting requirements are met in a timely manner, including the completion and submission of all required agency forms, agreements, budgets and reports
- · Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop and maintain professional working relationships with external agencies and program sponsors including but no limited to Aboriginal Affairs and Northern Development Canada (AANDC), Indigenous Services Canada (ISC), Employment and Social Development Canada (ESDC), Ministry of Community, Children and Social Services (MCSS), Canada Revenue Agency (CRA)
- Liaise and consult with the Ministry Program Supervisor on issues and available opportunities to enhance the OW program
- Ensure the ongoing assessment of community needs are identified and appropriate adjustments to program goals and objectives are recommended
- · Ensure newly revised services based on prior assessment and recommendations are implemented where possible
- Liaise with federal and provincial representatives and other First Nations on OW negotiations and update the Director of Finance/Administration and Chief and Council on new negotiation developments
- Work collaboratively and cooperatively with all community professionals, departments and colleagues including Economic Development and Finance

- Prepare and monitor annual program budget and present quarterly program financial reports to the Director of Finance/Administration
- Prepare full briefing notes for the Director of Finance/Administration and Chief and Council on program issues and concerns
- · Develop and maintain accurate, up-to-date and concise work files
- Create and maintain a secure filing system with gathered information on all clients accessing support services in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Attend and actively participate in external continuous learning opportunities that affect the delivery of the OW program and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in team, staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Grade 12 diploma or equivalent required; Post-secondary degree or diploma in Social Services, Human Services or other related field preferred
- 3-5 years of experience working in a social services setting, preferably managing the delivery of income maintenance and employment programs
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Full understanding of the Ontario Works Social Assistance Program, the Ontario Works Act, and other relevant legislation and government programs
- Excellent financial literacy and working knowledge of financial processes
- Ability to process financial transactions for clients per OW regulations
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients, community agencies and affiliates
- Ability to mentor clients and intervene when additional support services and referrals are needed
- Knowledge of relevant community-based, and external support programs and services available
- Strong public speaking and advocacy skills
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Ability to collaboratively with colleagues in all departments to support client needs
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time - up to 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Open until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 130 Tel: (705) 857-2331 Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



EMPLOYMENT OPPORTUNITY

SECONDARY SCHOOL BUS DRIVER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a **Secondary School Bus Driver** to join our Administration for a temporary, short-term contract up to six months. The Secondary School Bus Driver reports to the Education Counsellor and is responsible for transporting students of various ages to and from their homes and respective schools in a timely and safe manner and in accordance with MTO driving regulations, Ontario traffic laws and safe driving practices. This position requires excellent organization, communication and customer service skills.

MAIN RESPONSIBILITIES

The Secondary School Bus Driver will be responsible to:

- Ensure bus is well-maintained and operational by conducting daily safety checks on both interior and exterior of school bus prior to operating vehicle
- Report any bus malfunctions or needed repairs
- Safely deliver students to and from their homes and schools, following the assigned time schedule.
- · Assist students with boarding and exiting the bus and while crossing the street as needed
- Adhere to and enforce bus safety rules and standards
- Comply with traffic regulations to operate vehicles in a safe and courteous manner
- Resolve any conflicts in a positive, respectful and proactive manner
- Complete an Ontario School Bus Inspection Log Book and Drivers Time Log Book on a daily basis
- Fuel the bus at HIFN Gas Bar as required, notifying the Gas Bar Attendant which bus they are fueling to ensure the correct account is charged
- Transport busses to maintenance and service appointments as required
- Cleaning of the interior of the bus daily and restocking bus supplies when necessary
- Regularly report on the operations of daily runs to the Education Counsellor
- Be available by phone at all times during the school day
- Be informed on protocols for the bus's ability to transport students when weather or safety conditions are a concern
- Other duties as assigned from time to time by the Supervisor, Chief and Council or the Director of Finance/Administration.

QUALIFICATIONS

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class B or E Driver's License required
- Clear Driver's Abstract
- Clear CPIC Vulnerable Sector Police Check
- Current First Aid and CPR Level C

- Previous school bus driver experience preferred
- Knowledge of the Ontario Highway Traffic Act and school bus regulations
- Knowledge of First Nations customs, traditions and language an asset
- Excellent driving skills and habits
- Ability to remain attentive when faced with distractions
- Excellent customer service and written and verbal communication skills
- Exceptional organization and time-management skills
- High level of personal integrity and accountability

HOURS OF WORK

Full-Time - 40 hrs/week

REMUNERATION

Based on experience.

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume, cover letter, driver's abstract and CPIC in confidence to:

Henvey Inlet First Nation - Human Resources

295 Pickerel River Rd. Pickerel, ON P0G 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

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EMPLOYMENT OPPORTUNITY

ADULT EDUCATION TEACHER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a temporary, part-time **Adult Education Teacher** to join our Administration for a six-month contract. The Adult Education Teacher reports to the Education Counsellor and is responsible for planning, organizing and implementing an appropriate instructional program in a learning environment that guides and encourages adult students to develop and fulfill their academic potential. The Adult Education Teacher is also responsible for supervising and evaluating students' progress and understanding of the school board's curricula while maximizing student-learning experiences. This position requires excellent interpersonal communication skills and strong leadership skills.

MAIN RESPONSIBILITIES

The Adult Education Teacher will be responsible to:

- Maintain a welcoming, safe and healthy learning environment for all staff and students
- Prepare course objectives and outline for course of study following curriculum guidelines or requirements of the school board
- Deliver planned and approved curriculum to students in an age-appropriate manner
- Instruct students using various teaching methods that support the individual learning styles of each student
- Develop realistic learning goals that challenge the student
- Assign lessons and homework to aid and enforce comprehension and retention
- Administers tests to evaluate student's progress, record results and issue progress reports
- Meet with students to discuss progress and counsel students on areas needing academic improvement
- Assist student with establishing routines while providing them with positive guidance and building their confidence
- Keep and maintain attendance records and provide monthly progress reports to the Education Counsellor and Chief and Council
- Update all necessary records accurately and completely as required by laws, district policies and school board regulations
- Develop and maintain current, accurate and confidential student files in a secure location
- Ensure that classroom and teaching areas are clean, organized and safe at all times
- Set up and put away teaching materials needed to facilitate program objectives
- Keep up-to-date with developments in subject area, teaching resources and methods and make relevant changes to instructional plans and activities to incorporate emerging best practices
- Participate in and attend all training, meetings and functions as required for work or requested by supervisor, Director of Finance/Administration or Chief and Council
- Deal tactfully with colleagues, students, membership and the public
- Present a positive and professional image of the organization at all times
- · Adhere to all HIFN Policies and Procedures
- Perform other duties as assigned from time-to-time by supervisor, the Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Bachelor's of Education degree from an accredited institution required; University or College degree in a teachable subject preferred
- 1-3 years previous teaching experience in an adult education environment preferred

- Knowledge and understanding of school board policies, curriculum, compliance regulations and appropriate legislation
- Exceptional knowledge of the traditions of the First Nation Community preferred
- Strong knowledge of adult teaching methods and the ability to recognize individual learning styles and the characteristics of learners
- Current satisfactory CPIC Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle preferred
- Current First Aid and CPR Level C an asset
- Strong working knowledge of Microsoft Word, Excel and PowerPoint
- Excellent interpersonal communication skills and the ability to inspire and encourage students in achievement of academic excellence
- Excellent written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proactive approach to problem solving with strong decision-making capability
- Excellent negotiation and mediation skills
- High levels of patience and energy
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Willingness to participate in ongoing learning

HOURS OF WORK:

Part-Time - 16 hours per week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume, cover letter, driver's abstract and CPIC in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON P0G 130 Tel: (705) 857-2331 Fax: (705) 857-3021

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EMPLOYMENT OPPORTUNITY

COMMUNITY ACCESS WORKER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Community Access Worker** to join our Administration. The Community Access Worker reports to the Band Representative Lead and is responsible for facilitating and supervising access visits for families with children in care. This position requires strong observational and analytical skills and exceptional interpersonal communication skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Community Access Worker will be responsible to:

- Assist with the development of a program structure for Henvey Inlet First Nation in collaboration with the Band Representative Team
- Assist with the establishment of a Child Welfare Committee and collaboratively develop Henvey Inlet First Nation child welfare laws, regulations and practices
- Develop a goals-based Family Access Plan in collaboration with the Band Representative Team and child welfare agency
- Set-up and facilitate family access visits, ensuring safe arrival and departure of children at the access centre
- Transport families and children to community and family access visits, including activities and services to achieve case plan objectives
- Open and close the access centre, including setting-up and cleaning-up of required equipment
- Inspect and/or clean centre equipment and toys as per recommended health and safety standards
- Provide continuous supervision to non-custodial/visiting persons with their children during access visits
- Monitor access visits, recording objective, accurate and factual observations of visits and exchanges in case files and logs
- Ensure the health & safety of all parties involved and end a visit if there is a safety risk
- Assess, report, and update the status of the set goals to the Band Representative, protection worker or other relevant assigned case worker
- Provide guidance, support and modeling for families in visit settings and troubleshoot and address any issues as required
- Complete all required agency forms and all paperwork associated with visits and client contact as per policies and procedures
- Provide feedback to child and youth, and protection workers as required
- · Provide information to Band Representative Lead concerning client needs, requests or complaints
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Work collaboratively and cooperatively with all levels, including community professionals, in order to help families in providing safe and nurturing environments for children
- Provide opportunities for the enhancement and development of positive cultural identities of children, families and community members served
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council

- Assist with coordinating, setting-up and cleaning-up for departmental programming, including picking up and shopping for supplies when requested
- Build and maintain trusting and supportive client relations
- · Attend all court proceedings related to band member child welfare cases as required
- Maintain an empathetic and supportive demeanor to band members and their families
- Develop and maintain accurate, up-to-date and concise work files
- Create and maintain a secure filing system with gathered information on all our members with open files with each child welfare agency throughout Canada in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Participate in continuous learning and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in team, staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Post-secondary certificate or diploma in Social Services, Family Services, Child and Youth Services or other related field
- 1-2 years of experience working with parents and children in a social services setting preferred
- Current and satisfactory Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Knowledge of the history of child welfare as it pertains to First Nations' communities
- Full understanding of the Child and Family Services Act (CFSA), Bill C92, federal and provincial child welfare laws and regulations and Customary Care Agreements
- Previous experience developing detailed plans and critical path timelines
- Knowledge of family dynamics and intervention models
- Knowledge of child development and effective parenting skills
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- · Ability to supervise and mentor parents and provide insightful feedback of behavioural dynamics
- Strong public speaking and advocacy skills
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- · Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Ability to work independently and as part of a team
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time - 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Open until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

ADMINISTRATION MANAGER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Administration Manager** to join our Administration. The Administration Manager reports to the Director of Finance/Administration and is responsible the overall planning, coordination and continuous development of Henvey Inlet First Nation administrative support, operations and shared services departments. The Administration Manager will directly supervise and support the administrative support staff during day-to-day operations to ensure Henvey Inlet First Nation membership and clients are served in a timely and professional manner. This position requires exceptional interpersonal communication and organization skills and a high-level of professionalism.

MAIN RESPONSIBILITIES

The Administration Manager will be responsible to:

Administration

- Promote HIFN vision and values while presenting a positive and professional image of the organization at all times
- · Greet all clients, guests and visitors on arrival and escort them to their meetings and appointments
- Develop and implement a process for gathering continuous feedback from clients
- Assist Human Resources with the recruitment of new administrative support staff by participating in the interview process as requested
- Supervise and support the administrative support staff during day-to-day operations through mentorship and coaching
- Ensure productivity remains a priority by delegating work tasks for administrative support staff
- Create goals and expectations for administrative support staff to facilitate their success
- Oversee work projects and evaluate administrative support staff performance
- Coordinate training activities and oversee staff development
- Encourage open employee communication by facilitating regular one-on-one meetings with subordinate administrative support staff to give and receive feedback
- Identify and monitor the organization's culture so that it supports the attainment of the HIFN goals and promotes employee satisfaction
- Work directly with Human Resources to identify, develop and implement succession and learning development programs to prepare successors with formal training, job rotation and one-on-one development coaching
- Oversee time and attendance records for the administrative support staff, including the approval and signoff of time sheets and time-off requests
- Participate in performance management and progressive discipline processes for the administrative support staff within the Administration Manager capacity
- Maintain strict workplace confidentiality at all times
- Attend and participate in training workshops, seminars, webinars and conferences as deemed essential or mandatory by HIFN
- Maintain up-to-date knowledge on current laws, policies and industry regulations, trends and practices that may affect the operations of Henvey Inlet First Nation
- Identify any concerns, inconsistencies or changes with new and current regulations and notify leadership of recommended policy and procedural updates needed to ensure HIFN compliance
- Work collaboratively with department managers to assist in the development and implementation of operational policies and procedures

- Oversee the adherence to HIFN policies and procedures, operating instructions, confidentiality standards and code of ethical conduct
- Keep the Director of Finance/Administration and leadership informed about business activities, potential threats, opportunities, and recommended actions
- Prepare and present proposals and recommendations in a clear and logical manner
- Assist with the planning and coordination of departmental workshops, programs, events, meetings and special projects
- Facilitate and oversee the completion of inter-department reporting as required to maintain corporate compliance
- Act as backup support to the administrative team by performing general office administration tasks in their absence
- Answer and direct inbound telephone/email inquiries to key personnel
- Manage inbound/outbound mail/postage and oversee the production and distribution of membership information packages and other print materials including flyers, posters and newsletters
- Assist senior management to arrange travel accommodations for leadership, staff and members in an economical and timely fashion, including hotel bookings, car rentals, flights and so on
- Attend and actively participate in all other mandatory staff and community meetings
- Update and maintain HIFN website with current information, news, and events
- Complete and submit an annual work plan on behalf of the administration team
- Coordinate catering requests, food and gift card orders/pick-ups and pick up order when requested

Operations

- Work collaboratively with the Maintenance Supervisor to coordinate office seating arrangements for new employees including the ordering of new office furniture as necessary
- Work collaboratively with IT to ensure new/existing employees have access to working phones, internet, computers and email accounts at all times
- Request IT support when technology and/or connectivity issues arise
- Improve organizational capability by assisting with the development of organizational assessment mechanisms, interpreting results and developing recommendations, interventions, and action plans
- Create and direct long- and short-term departmental goals and objectives and continually assess the department for areas of improvement
- Act as a liaison between HIFN and outside agencies and maintain a good public relations program that serves the best interests of both HIFN administration and the community
- Ensure administrative support staff are acting in accordance with set professional standards and code of conduct policies at all times
- Collaborate with other departments to align the goals of client services with other areas of the administration
- Enhance the quality of service to the membership through innovative practices and team leadership
- Investigate and resolve high-level membership needs or complaints
- Communicate with Director of Finance/Administration and leadership about client services issues, as well as successes, through informal channels, written reports, and formal presentations
- Handle interdepartmental issues with tact and diplomacy
- Represent the Administration Department at various community, staff and band council meetings as requested
- Manage and participate in various workplace committees including the wellness, health and safety, social and other committees as requested
- Evaluate and implement recommendations from a variety of committees and working groups with the approval of Chief and Council
- Assist in the management of building security by restricting building access to authorized external guests, facilitators, contractors, service providers and staff only
- Work collaboratively with the Maintenance Supervisor to coordinate the assignment of building/office keys and alarm codes for approved key personnel
- Perform weekly backups of all HIFN security camera footage
- Maintain detailed records on client services and up-to-date visitor log book

- Ensure that all employees, visitors and third-party contractors understand and adhere to all HIFN health, safety, security and other facility policies and procedures by modeling and enforcing safe workplace practices
- Work collaboratively with fire, maintenance and other departments to ensure office facilities are in compliance with safety regulations such as fire codes and accessibility requirements and report any infractions to leadership
- Assist with various workplace investigations as required
- Assist the Director of Finance/Administration and leadership in negotiating contracts and service level agreements for third party suppliers and providers
- Manage resource allocations while keeping in mind company fiscal responsibilities
- Oversee ordering of office supply inventory to ensure adequate supplies remain available at all times
- Monitor inbound shipping/receiving, distributing packages to appropriate department personnel and following-up on lost/damaged or delayed orders
- Assist with vehicle insurance and plate renewals and insurance claim submissions as requested

Finance

- Monitor and adhere to office and facilities management departmental operating budgets
- Allocate and record incoming invoices and expenses to the appropriate account/budget
- Receive and issue receipts for third-party cash and cheque payments, remitting payments to the finance department
- Assist with the review and interpretation of monthly financial statements and take appropriate corrective action in response to variances and trends
- Ensure the strict confidentiality and privacy of financial records as they relate to the organization and its clients, as well as payroll and housing financial records
- Assist finance department with collections issues by advising clients/business partners of A/R policies and procedures
- Investigate and resolve department billing discrepancies and misapplied transactions
- Make arrangements for payment of outstanding invoices, escalating late accounts to the Director of Finance/Administration for immediate attention
- Collaborate with the Director of Finance/Administration to prepare and submit departmental financial records and cost reports to authorized government agencies as required
- Communicate with internal/external sales representatives, vendors, accountants, government agencies and auditors as necessary to complete job duties
- Assist the Director of Finance/Administration with finance meeting preparation, including gathering financial records and reports and printing/copying meeting materials
- Perform other duties as assigned from time-to-time by the Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Grade 12 diploma <u>required</u>; University Degree or College Diploma in Business Administration, Finance, Accounting, or a related field *preferred*
- 3+ years of management experience with direct work experience in an office management/administration setting
- A strong understanding and ability to represent and promote First Nations' cultures, values and history
- Knowledge of Henvey Inlet First Nation history, community and practices
- Previous experience working within a First Nations organization preferred
- Demonstrated ability to manage third-party vendors, contractors, and providers
- Strong financial literacy and budgeting skills and working knowledge of internal controls, business planning and asset management procedures
- Proficiency with Simply Accounting software preferred with the ability to adapt to and learn new software when required
- High level of proficiency with Microsoft Office Suite including Word and Excel
- Excellent verbal, written and interpersonal communication skills; Demonstrated ability to effectively communicate with all levels of the organization and its leadership team
- Strong public speaking and customer service skills
- A well-defined sense of diplomacy, including solid negotiation, conflict resolution, and people management skills
- Exceptional organization and time-management skills

- High level of critical and logical thinking and exceptional problem-solving skills
- High level of attention to detail and a high degree of accuracy
- Ability to multi-task and manage competing priorities
- Ability to respond appropriately to high-pressure situations with a calm and steady demeanor
- · Strong work ethic and team building skills
- Ability to work independently and cooperatively with others as a member of a multidisciplinary team
- Ability to build and maintain lasting, respectful and professional relationships with other departments, key business partners, and government agencies
- High level of personal integrity, confidentiality and accountability
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C an asset
- Willingness to travel for work as needed
- Willingness to work flexible hours, including on-call, evenings and weekends as needed

HOURS OF WORK

Full-Time – 35.5 hrs/week

<u>REMUNERATION</u>

Based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Open until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation - Human Resources

295 Pickerel River Rd. Pickerel, ON POG 1J0 Tel: (705) 857-2331 Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.

Please make copies and post on your Community Bulletin Board



National Centre for Centre national pour la Truth and Reconciliation vérité et la réconciliation UNIVERSITY OF MANITOBA

February 15, 2024

As you are no doubt aware, in 2017, the Supreme Court of Canada ordered that all of the confidential records relating to the claims for abuse made by former Indian Residential School students in the Independent Assessment Process under the IRSSA will be destroyed on September 19, 2027, unless the individual expressly consents to preserving their records or requests a copy of the records for themselves.

The National Centre for Truth and Reconciliation (NCTR) has received very few inquiries from individuals or families about the options for preserving IAP records.

Attached is a pamphlet that explains the choices for former students and provides phone numbers and websites for people to obtain more information. As noted in the pamphlet, you can obtain more IAP information online at www.MyRecordsMyChoice.ca.

The records that can be preserved are:

- IAP Application Form
- Printed record or voice recording of the testimony
- Decision on the claim

If any member of your community is interested in learning more about preserving their records at the NCTR, we would be pleased to speak to them. They can reach us by calling us toll-free at 1-855-415-4534 or by email at <a href="https://nctrue.org/nctrue

Sincerely,

Raymond Frogner

lonto

Senior Director of Research and Head of Archives

nctr.ca

Chancellor's Hall

Telephone/Téléphone: (204) 474 - 493

Toll-free / Sans-frais

NCTR@umanitoba.ca

Winnipleg MB Canada RBT 2N2



What are my records?

- Your records are:
- your IAP or ADR application form
 the printed record (transcript) of your testimony
 - the voice recording of your testimony, and
- the decision on your daim.

And my other records?

The IAP Secretariat was required to destroy other records after the end of your daim, such as your medical and employment records and other documents used in deciding your claim.

Anyone else who had copies of your records because they were involved with your hearing—such as the Government of Canada or a church—is required to keep them confidential and destroy their copies after they are no longer needed for your daim.

Why am I being asked about my records now?

In October 2017, the Supreme Court of Canada decided what happens to IAP and ADR records after claims are finished.

The Supreme Court ruled that you were promised confidentiality and that promise is being kept. As a dalmant, you and you alone choose what happens to your records.

For more information

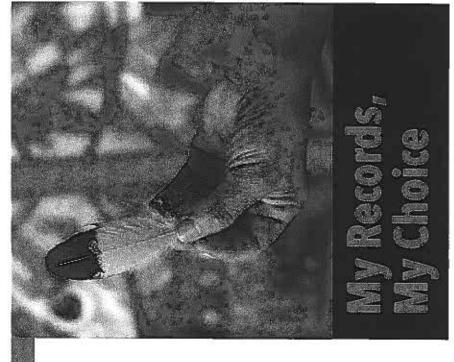
For more information about your choices, or for help with forms, contact:

- IAP Information: call toll free (877) 635-2648 online: www.MyRecordsMyChoice.ca
- Assembly of First Nations: call toll free (833) 212-2688 email: lapdesk@afn.ca online: www.afn.ca
- Inuit Representatives:

 Contact for the Inuvialuit:
 Contact: Gayle Gruben, Project Administrator
 Telephone enquiries: (867) 777-7018
 Emall: ggruben@inuvialuit.com
 Website: http://www.irc.inuvialuit.com/

Contact for Makivilt:
call toll-free (800) 369-7052
Electronic communications can be submitted at:
http://www.makivik.org/contact/
Website: http://www.makivik.org

National Centre for Thuth and Reconciliation (NCTR):
call toll-free (855) 415-4534
email: NCTRrecords@umanitoba.ca
online: www.NCTR.ca



If you made a claim in the

- Independent Assessment Process (IAP) or
- Alternative Dispute Resolution process (ADR)

This booklet has important information about your confidential records.

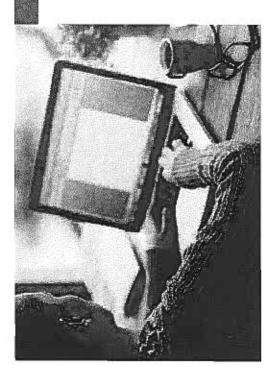
The IAP is the process for compensating claims of Indian residential school abuse. The deadline for IAP applications was in 2012.

The ADR was the earlier process for the same types of daims

If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line: Residential Schools Crisis Line: 1-866-925-4419

ices please call the free This booklet is **no**Payment (CEP).

This booklet is **not** about the Common Experience Payment (CEP),



What are my choices?

- You may do nothing. Your records will remain confidential. On September 19, 2027 they will be automatically destroyed.
- You may get a copy for yourself, to keep or to share with others.
- You may choose to preserve your records at the National Centre for Truth and Reconciliation (NCTR) for history, education, and research.
 - You may choose to get a copy for yourself and also preserve them at the NCTR.

THE CHOICE IS YOURS, AND YOURS ALONE.

Privacy of other people

If you get a copy of your records for yourself, or have them preserved at the NCTR, information that identifies other people will be blocked out. That way, you control what happens to your records and the privacy of others

Preserving the history of Indian residential schools The NCTR was created to preserve the history and

The NCTR was created to preserve the history and legacy of Canada's residential schools. It has a responsibility to toster truth, reconciliation, and healing.

Hosted at the University of Manitoba, it is the permanent home for the records of the Truth and Reconciliation Commission (TRC).

The NCTR welcomes those who made IAP or ADR claims to add their records to this collection. Preserving your records at the NCTR will help future generations understand the history and impacts of residential schools.

How would my records be used at the NCTR?

NCTR records will be used for education and research. If
you choose to include your records, you may choose either
restricted or open access.

- Restricted access means your personal information will not be available to the public. It will be available to the NCTR and authorized researchers but won't be available to the public or to your family, and won't be published.
- Open access means that your records and personal information may be shared with the public, which may include your family.

Your personal information is your name and other information that could be used to identify you.

The NCTR is committed to the respectful use of your records. Records are kept in a secure database managed by carefully trained staff. However, there is always some risk of unauthorized use or disclosure.

What do I need to do?

To keep your records confidential you don't need to do anything. On September 19, 2027 they will be destroyed.

To get a copy of your records you must complete a request form.

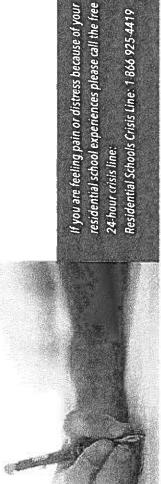
To ask that your records be sent to the NCTR, complete a consent form and send it to the office listed on the form. To get these forms or more information, use the contact information on the back of this booklet.

If you choose to get a copy of your records or preserve them at the NCTR, you have until September 19, 2027. But you don't have to wait until then. If you die or become unable to make decisions for yourself, nobody else can make the choice for you.

to get help

Resolution Health Support Workers (RHSWs) can answer questions and help with forms. To find an RHSW in your area, call the toll-free lines listed on the back, or ask your band office.

For emotional support and crisis referrals, the free, 24-hour Residential Schools Crisis Line is available until September 19, 2027.







Ist annual Mental Health SYC Symposium



FEATURING



Olivia Scobie #shamefreeparenting



Michael Ungar, PhD **Keynote Speaker**



Kendra Fisher Thriving with Mental Illness

AND MORE INCREDIBLE SPEAKERS

Saturday May 4, 2024 in Parry Sound

TAILORED SESSION STREAMS:

Caregivers **Educators & Professionals Community Members**

SPECIAL OFFER:

FREE Parry Sound Forest School program for children of attendees

PARTNERSHIP OPPORTUNITIES

EXHIBIT HALL



SOUNDYOUTHCOUNSELLING.CA/SYMPOSIUM

Caregiver Program Stream



OLIVIA SCOBIE (she/her) MSW, RSW, MA

Olivia is a social worker who specializes in parental mental health reproductive trauma, and provider burnout. She is the author of the book "Impossible Parenting: Creating a New Culture of Mental Health for Parents" and is currently completing a PhD in Health Policy and Equity. Olivia is the co-founder and executive director at Canadian Perinatal Mental Health Trainings and co-leads the psychotherapy placement program at Perinatal Wellbeing Ontario.

Most importantly, she believes in eating dessert every day, barrier free access to mental health services, and reminding parents they are doing a great job as often as possible.

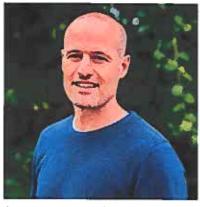
SESSION: Protecting yourself from burnout

Join Olivia for a participatory workshop designed to help parents who are struggling with feelings of exhaustion, overwhelm, and a constant sense of urgency. She promises not to tell everyone the answer is to start their day at 5:00am or take more bubble baths. Instead, participants will learn how to support their nervous systems, explore community care strategies, and shift some blame to the social systems that contribute to making parents so tired (instead of blaming themselves).

SESSION: Taking care of yourself while taking care of your kids

It can be hard for parents to support the mental health of their teens while also taking care of their own mental health. Olivia offers an enriching session that promises to provide practical tools, valuable insights, and a supportive community. She will delve into five key areas that significantly impact your well-being and ability to support your teens effectively:

- Taking care of tired bodies: You'll get validation and some hot tips about how to navigate the physical demands of everyday life.
- Tackling negative thoughts and anxiety: Gain insights into addressing thoughts that contribute to self-doubt and anxiety.
- Shifting identities and relationship dynamics with teens: As your teens grow, so do you. Examine the evolving identities within your family unit and explore ways to navigate changing relationship dynamics.
- Amplifying self-compassion for challenging life-circumstances: Acknowledge and unpack
 the life circumstances that are nobodies' fault but do contribute to the complexities of
 parenting.
- Navigating social pressures: Explore the myriad of social narrative and harmful pressures impacting both teens and parents.



TRENT SIMONS, Registered Psychotherapy & MDiv Clinical Counselling

Trent is a Registered Psychotherapist with a Master's Degree in Clinical Counselling (Indigenous Studies emphasis) from Tyndale University and Seminary. Trent brings diverse personal, educational and professional experiences to the room, having received his first Master's Degree in 2002 in Community Economic Development, spent time in over 25 countries, and was born and raised in the Philippines. He also worked for five years as a Family

Services Worker for the Children's Aid Society, ten years as an Associate Pastor of a local church, where he became an ordained minister, and three years at Chigamik Community Health Centre as a therapist and team manager. Trent has extensive training in Eating Disorder treatment, Cognitive Behaviour Therapy and Dialectical Behaviour Therapy (DBT). He has provider status for Cognitive Processing Therapy (CPT) and has been trained in DBT Prolonged Exposure and DBT for cPTSD, with additional training in Radically Open DBT and Narrative Therapy. He specializes in working with PTSD, Eating Disorders, anxiety and mood disorders.

SESSION: Understanding eating disorders: What they are and how to support

During this session, Trent provides a background on eating disorders, highlights ways to recognize early signs, discusses what treatment might look like, and shares strategies to support a young person who might have an eating disorder.



ANNE TONG, MSW RSW

Anne has over a decade of experience working with youth in multiple capacities. She brings her experience working in adventure-based therapeutic summer camps, coaching competitive rock climbers, and working within the children and youth mental health sector to Pine River Institute.

Anne has also felt privileged to be a part of the Sound Youth Counselling team for the past couple of years supporting in a virtual capacity. She is passionate in supporting individuals to tap

into their own resources, to find the strength in their voice, and to take self-responsibility in living a whole and authentic life. Anne's diverse academic background includes a Master of Social Work from the University of Toronto, a Bachelor of Therapeutic Recreation from Brock University, and a Bachelor of Fine Arts from OCAD University.

SESSION: Addictive behaviours: What can parents/caregivers do?

This session will support you in developing an understanding of addictive behaviours through the framework of adolescent development. We will explore ways in which to intentionally parent in order to promote maturity and healthy and effective tolerance for discomfort.

Educator & Professional Program Stream



DIANA CLEMENTS

Diana is the Founder and Director of the Parry Sound Forest School. She was a classroom teacher for over twenty-five years and took early retirement to allow her to pursue her dream of starting an outdoor learning program in Parry Sound. She is a wife, mother, and grandmother and recognizes that being outdoors is key to her mental health.

SESSION: As Safe As Possible..

During this session we will unpack the benefits of allowing children to have generous amounts of unstructured outdoor play. Diana will focus both on current research and on her personal experiences as a forest school facilitator.



AMANDA LAMB

Amanda began her career at Pine River in 2010 and brought with her a strong passion for working with youth and their families to support positive communication and relationships. Through her time at Pine River she has worked with countless families that struggle with mental health and addictions, first as a Youth Counsellor and then as our Aftercare Coordinator. In 2018 Amanda returned to school and has since completed her training as a

Relational Psychotherapist. She lives in Peterborough with her two young children.

As our newest Director of the Center for Family Initiatives, Amanda brings a deep commitment to the wellbeing of youth and their families through empathy, acceptance and compassion. She is experienced in working with families who find themselves in crisis as well as with those that are just starting to explore the field of mental health. Amanda hopes that by educating and supporting families early on, they can foster greater resilience and sustain their mental wellness through difficult life transitions and the challenges we all face.

SESSION: Emotional development & Mental health

Understanding our child's behaviours and development: How can we respond with intention to promote mental wellness and growth? This session will look at a child's "emotional milestones", how to track mental health and what to when kids get stuck.



JACKLYN FRIAS, MSW RSW

Jacklyn is a Register Social Worker and Certified Personal Trainer with years of experience working in both fields in Parry Sound. From her interactions at her fitness studio and in the larger community she noticed the commonly perceived disconnect between mental and physical health in a person's overall well-being. Many people were open and active in pursuing their physical health goals, but when it came to the larger and deeper

aspects of well-being they neglected self-care. It is from these observations that JF Fitness and Therapy was born and her passion to counsel real people, going through the everyday issues, with no stigma attached became a reality. She has created a safe, open, caring community of strong and empowered people looking to take control of their own happiness.

SESSION: Taking care of you!

Tips and tricks for taking care of your mental and physical health while doing all the things (drinking water, packing lunches, kids drop off etc.), being everything to everyone (a partner, a parent, a good friend, an employee etc) and at the same time giving yourself the grace, compassion and kindness you give to everyone else.



ADRIA TAYLOR, CRPO

Adria is a Registered Psychotherapist with the Ontario College of Registered Psychotherapists (CRPO) and currently in private practice located in North Bay, Ontario. Adria has clinically supported children, youth and families impacted by developmental trauma, and attachment difficulties for the last fifteen years of her career. She has also lead teams of child and youth workers, and consulted on school programs with regards to these populations.

SESSION: Developmental Trauma and Attachment in Child & Youth Behaviour: A Bottom Up, Integrative Approach

There is the need for a lens shift when working with children and youth who have experienced trauma and attachment disruption. Adria discusses the pillars that drive this type of work and the integration of the neuro-sequential model of therapeutics (Bruce Perry), polyvagal theory and circle of security. Adria highlights that it's really about how to make connections, coregulate and develop a sense of safety to allow the intervention to occur.

Community Program Stream



KENDRA FISHER

As a past member of Team Canada's hockey program, motivational speaker, and firefighter; Kendra shares her personal journey with mental illness and the isolation that cost her the dream of playing in the Olympics. Her ability to invite people into her recovery through vulnerability, authenticity and passion, leaves people understanding our inherent needs for connection and kindness.

SESSION: Thriving with mental illness - more details to come!



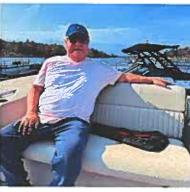
SETH COMPTON

Seth is the founder of OUTLoud North Bay, a brave space for youth. Seth is an established educator, trainer, advocate, mentor and leader with many years of experience working with children, at-risk youth, and those in the 2SLGBTQ+ community. Seth holds a diploma as an Early Childhood Educator and a Child and Youth Worker. Seth was previously a 2SLGBTQ+ Outreach Worker with the Near North District School Board. Seth has had the

opportunity to build relationships with a number of organizations, people and places over the last few years that really moves this work forward. Seth is currently employed with the Aids Committee of North Bay as a 2SLGBTQ+ Seniors Program Coordinator. Seth is trained in a number of areas including ASSIST, Mental Health First Aid First Nations, First Aid & CPR, Safe Talk, Anger Solutions, Naloxone, U.M.A.B (Understanding & Managing Aggressive Behaviour), and Crisis Prevention and Intervention. Seth is a certified Peer Support Trainer. Seth is looking forward to providing some intergenerational education and workshops with the seniors and youth in our community.

SESSION: Fostering empathy, kindness and understanding in a forever evolving society Compassionate spaces are designed to foster empathy, kindness, and understanding, providing safe and supportive environments where individuals can thrive emotionally, socially, and academically. Compassion extends beyond physical spaces—it's about creating connections, promoting empathy, and fostering kindness wherever we go.





ELAINE & VINNY KICKNOSWAY

Respected members of Shawanaga First Nation, Elaine and Vinny are experienced speakers and community leaders. Milgwech to the Shawanaga First Nation Healing Centre for their sponsorship of this session.

SESSION: Talking Circle, Rites of Passage

Join Elaine and Vinny in this participatory session that explores the roles and responsibilities of community members in supporting young people in their growth, development, and mental health journey.

SESSION: Fostering empathy, kindness and understanding in a forever evolving society Compassionate spaces are designed to foster empathy, kindness, and understanding, providing safe and supportive environments where individuals can thrive emotionally, socially, and academically. Compassion extends beyond physical spaces—it's about creating connections, promoting empathy, and fostering kindness wherever we go.

an SC mastery cours

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Sunday March 24, 6-8pm

IMPORTANT COMMUNITY WARNING

New Drug in Ontario Increases Overdose/Toxicity Risk

Medetomidine/dexmedetomidine was identified in drugs also containing opioids and, in some cases, xylazine and benzodiazepines. These drugs may interact to increase the risk of harms, including loss of consciousness and cardiac, circulatory, and/or respiratory system depression.

Naloxone can temporarily reverse the effects of opioid toxicity but not of medetomidine/dexmedetomidine, xylazine, or benzodiazepines.



CARRY A
NALOXONE KIT

KNOW THE SIGNS AND SYMPTOMS OF AN OVERDOSE/ TOXICITY

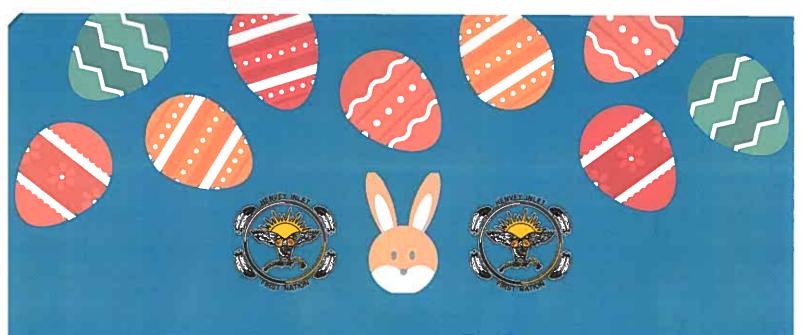
CALL 9-1-1 IF YOU THINK SOMEONE IS OVERDOSING

DON'T USE DRUGS ALONE. USE WITH SOMEONE YOU TRUST OR CALL 1-888-688-6677 NORS

NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT

345 Oak St. W. North Bay 90 Bowes St. Parry Sound 1-800-563-2808





Easter Breakfast & Bike Raffle

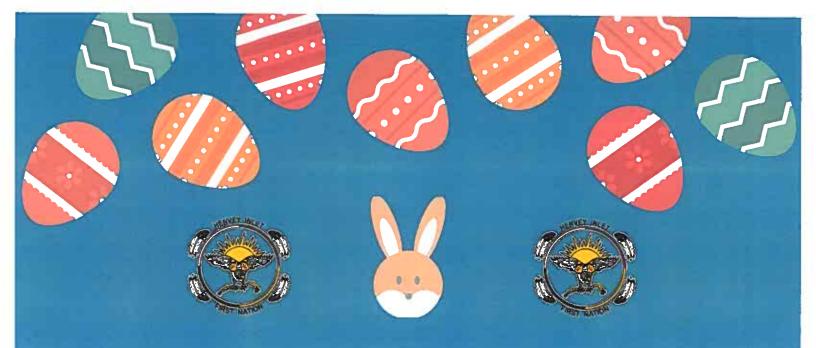
SATURDAY MARCH 30, 2024 9:00AM TO 12 NOON HIFN FIREHALL

Easter Basket Giveaway! Off Reserve members please call Darcy @ Health Centre 705-857-1221 to register your children by March 18!

No third party calls will be accepted, responsibility of Parents/Guardians to call!

All Children On Reserve have been added to list!





Easter Breakfast Agenda

SATURDAY MARCH 30, 2024

BREAKFAST STARTS AT 9:00 AM

EASTER GOODIES TO BE HANDED OUT AT 10:30AM

BIKE RAFFLE TO BEGIN AT 11:30AM









And just like that February has left and March has arrived. We have had lots of fun activities in the month of February like, Making valentine playdough using red and whites to make various shades of pink, we also had a construction day where we took various different materials such as block, books, boxes and created different structures of varying sizes.

March Break is March 11-15 2024 if you are wishing to attend the daycare that week or are planning on being away please contact the daycare BY MARCH 4TH 2024! This will ensure we have ordered enough food for the children that are attending and so we have approximate numbers to help with activity planning!

Some activities we are planning for the month of March are:

March 4th: Green/Gold Sensory Day (On this day we will be making playdough, slime, water, paint to explore)

March 7th: Making Suncatchers (Using paint and food colouring to create each of their own suncatchers)

March 19th: Making bird feeders (using seeds and honey to make own bird feeder to welcome spring)

March 22nd: Grass Head Planting (using soil and seeds to explore and observe the grass heads as they begin to grow)

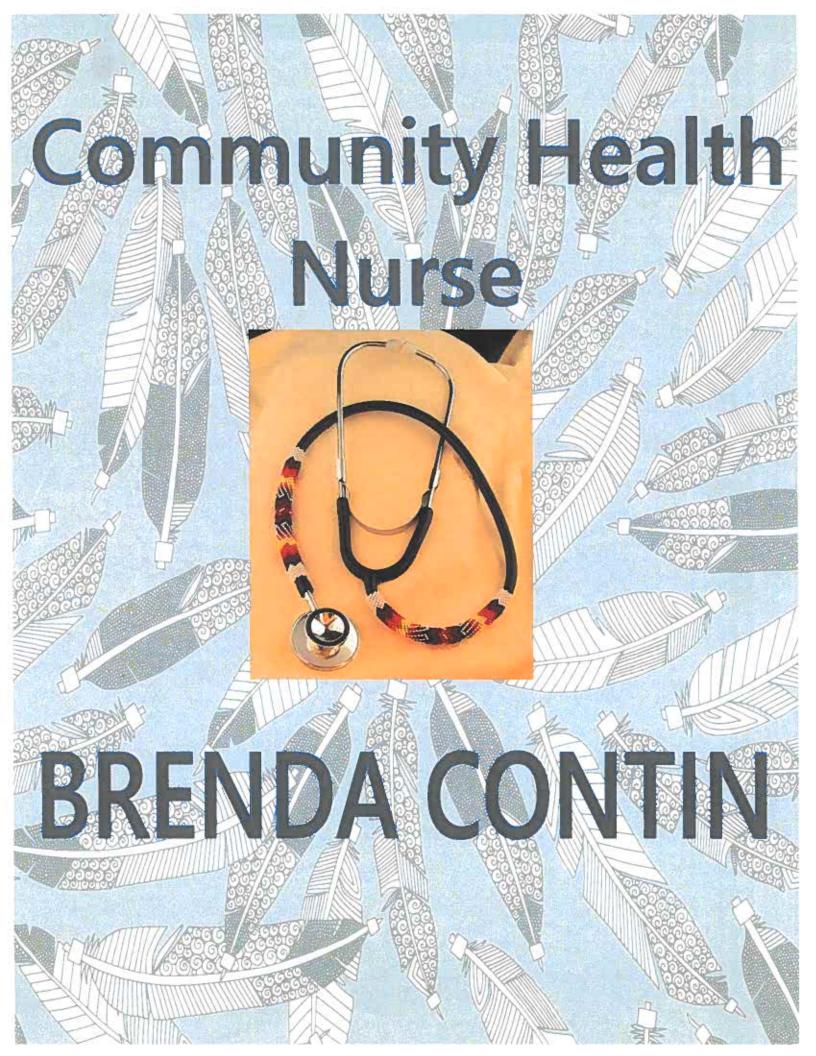
March 25th: Easter Sensory Day (Using coloured pasta/rice and other various materials to create easter sensory activities)

Please make sure you are not attending the daycare when you are sick! We have been lucky so far to keep those horrible colds/flus away and want to ensure anyone who is sick remains at home UNTIL SYMPTOMS HAVE CLEARED. This is for the safety of the both the children and staff!

Please inform Ashley/Daycare staff in the event you are not attending daycare,

Any questions or concerns please don't hesitate to call the daycare (705-857-0957)

Ashley (RECE), Kathy (RECE), Nancy (RECE), Dariene (Cook)



Brenda Contin, CHN

March 2024

Fri	NOT IN OFFICE	8 Methadone Clinic	15	22	29 Methadone Clinic
Thu		7 Methadone Clinic/ OFFICE	14 D A Y S	21 D A Y S	28 Methadone Clinic/ OFFICE
Med		6 Methadone Clinic/ OFFICE	13 H O L I	20 H O L I	27 Methadone Clinic/ OFFICE
Tue		5 Methadone Clinic/ RSV CLINIC	12 U A L	19 U A L	26 Methadone Clinic/ OFFICE
Mon	CALENDAR SUBJECT TO CHANGE!	4 6 Methadone Clinic/ Methadone Clinic/ OFFICE RSV CLINIC	7 Z	7 Z	25 Methadone Clinic/ Methadone Clinic/ OFFICE
Sun					

RESPIRTORY SYNCYTIAL VIRUS (RSV) VACCINE

FOR ANY INDIVIDUALS 60 YEARS OF AGE OR OLDER

TUESDAY MARCH 5, 2024 @ 1-3PM

O & M BUILDING OFFICE 1 PLEASE CALL DARCY AT HEALTH CENTRE TO BOOK APPOINTMENT TIME! 705-857-1221



FOOT CARE

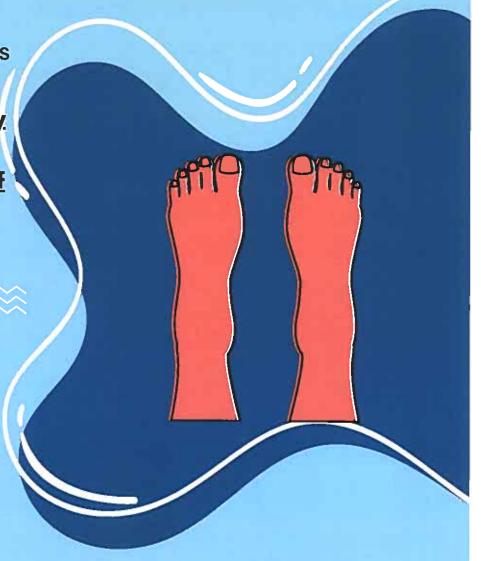


For Elders & Diabetics

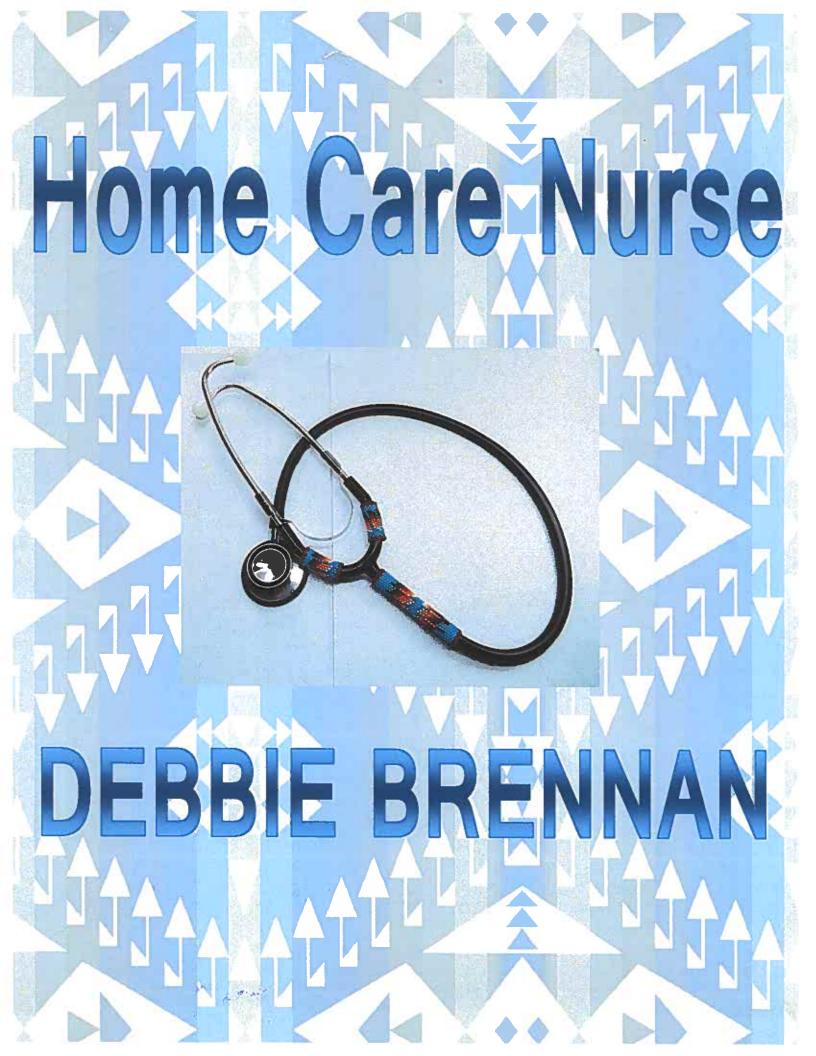
Wed. March 6 - Full Day
&
Thurs. March 7 for Half
day (Morning)

Appointments will be approximately 30 minutes, First appointment at 9am & last appointment is 2:30pm

Call Darcy at the Health Centre to book your appointment time!



Brenda Contin-C.H.N. 705-857-1221



Sun

DEBBIE BRENNAN HCN

March 2024

	- Hill				
Sat	N	S	9	23	
Fri	Methadone Clinic	8 Holidays	16 Methadone Clinic	Methadone Clinic	29 Good Friday! Office closed
Thu		7 Holidays	Methadone Clinic Medical Consultations	Methadone clinic Medical Consultations HCC	28 Holidays
Wed		6 Holidays	Methadone clinic Home visits HCC	Methadone clinic Home visits HCC	27 Holidays
Tue		5 Holidays	Methadone Clinic Medical HCC	Methadone clinic Medical HCC	26 Holidays
Mon		4 Holidays	Methadone clinic Medical Follow-up HCC	Methadone clinic Medical Follow-up HCC	25 Holidays
Sun		e0	0	11	24

Addressing the drug poisoning crisis in Ontario

Current federal and provincial drug policies have contributed to:

- disturbingly high rates of fatal drug poisonings
- unprecedented demand on Emergency Medical Services (EMS) and Emergency Departments (EDs) that are already working over capacity
- insufficient health care funding to provide appropriate and timely services to people who use substances
- unsustainable demand on municipal budgets facing increasing policing and EMS costs for substance-related

What are the costs of continuing with the current approach to drug policy?

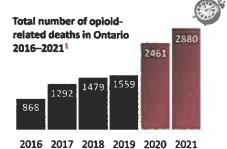
Human costs



8 people per day died

from opioid overdose in Ontario¹. In Canada, this rate is 21 people per day2.

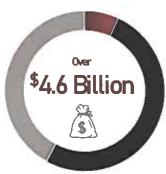
The death toll in Ontario increased by 232% from 2016-2021, with higher rates of death in the North.



Societal costs

Costs associated with substance use in Ontario, 20173

■ Healthcare ■ Lost productivity ■ Criminal justice



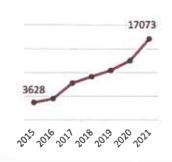
This includes opioids, other Central Nervous System (CNS) depressants, cocaine, other CNS stimulants, and other substances excluding alcohol, tobacco, cannabis.

Healthcare costs include inpatient hospitalizations, day surgeries, ED visits, specialized treatment events, physician time and prescription drugs.

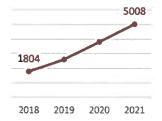
Lost productivity costs include potential years of productive life lost, long-term and short-term disability.

Criminal justice costs include policing, courts and corrections.





Number of EMS responses to suspected opioid-related overdoses in Ontario²



- 1. Public Health Ontario Interactive Opioid Tool. Cases of opioid-related morbidity and mortality. Available: https://www.publichealthontario.ca/en/data-and-analysis/substance-use/interactive-opioid-tool. Accessed December 2022.
- Special Advisory Committee on the Epidemic of Opioid Overdoses Public Health Agency of Canada. 2022. Oploid- and Stimulant-related Harms in Canada. Available: https://health-infobase.canada.ca/substance-related-harms/oploids-stimulants/ Accessed December 2022.
- Canadian Substance Use Costs and Harms Project. CSUCH Visualization Tool. Available: https://csuch.ca/explore-the-data/. Accessed December 2022.

EST. **Drug Strategy** 2008

Network of Ontario CHOOSING A NEW DIRECTION 1





Additional harms resulting from current drug policies



an active unregulated market for illicit drugs which generates profit for criminal organizations



burnout, moral injury and secondary trauma for health and social service providers, further depleting the limited supply of healthcare providers in Ontario



immeasurable loss of human potential and disintegration of family and community, driving an ongoing cycle of grief and trauma

What actions need to be taken to address the drug poisoning crisis?



Drug policy reform at the federal and provincial levels is a key necessary intervention to end the drug poisoning crisis.

public health framework with specific regulations for all psychoactive substances, including

Until such an umbrella drug policy framework is established, the following activities are suggested to reduce costs and harms:



ensure access to pharmaceutical-grade opioids, obtained within a model of care that includes medical and psychosocial supports, is available for people with opioid dependencies



offer a range of evidence-informed treatment and harm reduction services 4,5,6 that are responsive to the identified need in each community, including services to reduce drug poisoning fatalities, such as consumption and treatment sites to oversee safe injection and inhalation, and drug checking services



ensure that people who use drugs are meaningfully included and engaged in all decisions on proposed solutions⁶



engage in efforts to eliminate the systemic stigma that discourages people who use drugs from seeking and accessing health services4.7



maximize investments in prevention and early intervention services that provide foundational support for the health, safety and wellbeing of individuals, families and communities4 (e.g., housing, basic income, employment, childcare, food security, education, other services designed to address the social determinants of health)

- 4. Drug Strategy Network of Ontario. 2022. Solutions to End the Drug Poisoning Crisis in Ontario: Choosing a New Direction. Available: https://www.drugstrategy.ca/uploads/5/3/6/2/53627897/dsno_policy_solutions_final_2022-04-20_v2.pdf. Accessed December 2022.
- 5. Health Canada Expert Task Force on Substance Use. Report 2: Recommendations on the federal government's drug policy as articulated in a draft Canadian Drugs and Substances Strategy (CDSS). 2021. Available: https://www.canada.ca/en/healthcanada/corporate/about-health-canada/public-engagement/external-advisory-bodies/expert-task-force-substanceuse/reports/report-2-2021.html#a7. Accessed December 2022.
- 6. Centre for Addiction and Mental Health. 2021. Statement on the decriminalization of substance use. Available: https://www.camh.ca/en/driving-change/influencing-public-policy?query-statement-pn+decriminalization Accessed December 2022.
- 7. Community Addictions Peer Support Association (CAPSA). Understanding Substance Use Health: A Matter of Health Equity. 2021. Available: https://capsa.ca/wp-content/uploads/2022/10/CAPSA-Substance-Use-Health-EN-1.pdf Accessed December 2022.

MEDICATIONS FOR OPIOID

overdose, withdrawal, & ADDICTION

Medications for opioid overdose, withdrawal, and addiction are safe.

effective and save lives.

The National institute on Drug Abuse supports research to develop new medicines and delivery systems to treat opicid use disorder and other substance use disorders, as well as other complications of substance use (including withdrawal and overdose), to help people choose treatments that are right for them.

FDA-approved medications for opioid addiction, overdose, and withdrawal work in various ways.

- Opioid Receptor Agonist

Medications attach to opioid receptors in the brain to block withdrawal symptoms and cravings.

- Opioid Receptor Partial Agonist
 Medications attach to and partially
 activate opioid receptors in the brain to
 ease withdrawal symptoms and crawings.
- Opioid Receptor Antagonist
 Medications block activity of opioid
 receptors in the brain to prevent euphoric

effects (the high) of opioids and alcohol and help reduce crawngs.

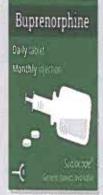
Adrenergic Receptor Agonist
 A medication that attaches to and activates adrenergic receptors in the brain

and helps affeviate withdrawal symptoms.

Methadone

REDUCES OPIOID USE AND CRAVINGS







TREATS WITHDRAWAL SYMPTOMS



REVERSES OVERDOSE







Words Matter: Preferred Language for Talking About Addiction

Addiction is a chronic but treatable medical condition. Often unintentionally, many people still talk about addiction in ways that are stigmatizing—meaning they use words that can portray someone with a substance use disorder (SUD) in a shameful or negative way and may prevent them from seeking treatment. With simple changes in language harmful stigma and negativity around SUD can be reduced or avoided. Read on to learn more about what stigma is, how it affects people with SUD, and how you can help make a change.

Stigma and Addiction

What is stigma?

Stigma is a discrimination against an identifiable group of people, a place, or a nation. Stigma about people with substance use disorders might include inaccurate or unfounded thoughts like: they are dangerous, incapable of managing treatment, or at fault for their condition.

Where does stigma come from?

Stigma around addiction may come from old and inaccurate ideas, or fear of things that are different or misunderstood. Today, we know that addiction is a chronic, treatable medical condition. We also know that people can recover and continue to lead healthy lives.

How does it affect people with SUD?

- Feeling stigmatized can make people with SUD less willing to seek treatment.
- Negative stereotypes about people with SUD can make others feel pity, fear, and even anger.²

How can we make a change?

 When talking to or about people with SUD, make sure to use words that aren't stigmatizing. See the table below for some helpful tips to get started.

- Use person-first language, which focuses on the person—not their illness. It focuses on removing words that define a person by their condition or have negative meanings.⁴ For example, "person with a substance use disorder" has a neutral tone and separates the person from his or her disorder.⁵
- Let people choose how they are described.³ If you're not sure what words to use, just ask! Check in with friends or loved ones about how they refer to themselves and how they would like others to refer to them.

Read more from NIDA Director Dr. Nora Volkow:

- Nora's Blog: What Does It Mean When We Call Addiction a Brain Disorder? (March 2018)
- Nora's Blog: Addressing the Stigma that Surrounds Addiction (April 2020)

Learn about preferred language for health professionals with NIDAMED:

- Health Professions Education:
 - Words Matter Terms to Use and Avoid When Talking About Addiction
 - Your Words Matter Language Showing Compassion and Care for Women, Infants, Families, and Communities Impacted by Substance Use Disorder

Terms to use, terms to avoid, and why

The chart below can help you choose words to reduce stigma and use person-first language when talking about addiction.

Talking About Yourself or Others with Substance Use Disorder

Use	instead of	Because
 Person with a substance use disorder¹⁰ Person with an opioid use disorder (OUD) or person with opioid addiction 	 Addict User Substance or drug abuser Junkie 	 Using person-first language shows that SUD is an illness. Using these words shows that a person with a SUD "has" a problem/illness, rather than "is" the problem. The terms avoid elicit negative
 Person with alcohol use disorder Person who misuses alcohol/engages in unhealthy/hazardous alcohol use 	■ Alcoholic ■ Drunk	associations, punitive attitudes, and individual blame. ⁶

Use	Instead of	Because
Person in recovery or long- term recovery/person who previously used drugs	Former addictReformed addict	
 Testing positive (on a drug screen) 	DirtyFailing a drug test	 Use medically accurate terminology the same way it would be used for other medical conditions. These terms may decrease a person's sense of hope and self-efficacy for change.

Talking about Using Substances

Use	Instead of	Because
Substance use disorderDrug addiction	■ Habit	 "Habit" implies that a person is choosing to use substances or can choose to stop. This implication is inaccurate. Describing SUD as a habit makes the illness seem less serious than it is.
 Use (for illicit drugs) Misuse (for prescription medications used other than prescribed) 	■ Abuse	 The term "abuse" was found to have a high association with negative judgments and punishment. Use outside of the parameters of how medications were prescribed is misuse.

Talking about Recovery and Treatment

Use... Instead of... Because...

Use	Instead of	Because
 Medication treatment for OUD Medications for OUD Opioid agonist therapy Pharmacotherapy Medication for a substance use disorder 	 Opioid substitution Replacement therapy Medication-assisted treatment (MAT) 	 It is a misconception that medications merely "substitute" one drug or "one addiction" for another. The term MAT implies that medication should have a supplemental or temporary role in treatment. Using "MOUD" aligns with the way other psychiatric medications are understood (e.g., antidepressants, antipsychotics), a critical tools that are central to a patient treatment plan.
 Being in remission or recovery Abstinent from drugs Not drinking or taking drugs Testing negative (on a drug screen) 	■ Clean	Use of medical terminology (the same way you would for other illnesses) can help reduce stigma.

Talking about Babies Born to Parents Who Used Drugs

Use	Instead of	Because
 Baby born to a parent who used drugs while pregnant Baby with signs of withdrawal from prenatal drug exposure 	 Addicted baby 	 Babies cannot be born with addiction because addiction is a behavioral disorder. Using person-first language can reduce stigma.
 Newborn exposed to substances Baby with neonatal abstinence syndrome 		 Use of medical terminology (the same way you would for other illnesses) can help reduce stigma.

References

- 1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5937046
- 2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5854406
- 3. https://www.ncbi.nlm.nih.gov/pubmed/31140667
- 4. https://apastyle.apa.org/6th-edition-resources/nonhandicapping-language 🗷
- 5. https://obamawhitehouse.archives.gov/sites/whitehouse.gov/files/images/Memo%20-%20Changing%20Federal%20Terminology%20Regrading%20Substance%20Use%20and%20Substance%20Use%20Disorders.pdf
- 6. www.thenationalcouncil.org/wp-content/uploads/2016/10/Substance-Use-Teminology.pdf
- 7. https://journals.sagepub.com/doi/abs/10.1177/002204261004000403 [2]
- 8. https://jamanetwork.com/journals/jama/article-abstract/1838170 🗷
- 9. https://pubmed.ncbi.nlm.nih.gov/29863411/
- 10. https://pubmed.ncbi.nlm.nih.gov/31551647/

updated on June 23, 2021

GOOD SAMARITAN DRUG OVERDOSE ACT?

The Good Samaritan Drug Overdose Act can protect you and others at the scene from being charged for having or using drugs, if you seek medical help for yourself or for someone else who has overdosed.

The law protects against charges for:

- Having drugs for your own use ("simple passession")
- Violating any condition of your parole, ball probation or conditional sentence ("house arrest") from it provious simple possession charge

The law does not protect against charges for:

- Selling illegal drugs (trafficking): Police may suspect this if you have a large amount of drugs cash, or items like scales, baggies and debt lists.
- . Offinces other than simple possession
- Any outstanding arrest warrants
- Violating any condition of your parole buil, probation, or conditional sentence for an offence that is not simple possession



Police may not always know about the law's protections.

History hallow, socied munity lieses





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Henvey Inlet First Nation Health Centre 354A Pickerel River Road- Pickerel, ON PoG 1J0

(705)857-1221 EXT: 229



TUESDAY MARCH 12, 2024

MEN'S CIRCLE

WITH STAN MOSES & ARLEN TULLOC

REGULAR PROGRAM

TRAILER #4

Starting at 5:00 PM

PLEASE CALL TO SIGN UP ASAP!!! 10 SPOTS AVAILABLE

FOR FURTHUR INFORMATION OR IF A RIDE IS NEEDED WITHIN COMMUNITY, CONTACT:

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



TUESDAY MARCH 26, 2024

MEN'S CIRCLE

WITH STAN MOSES & ARLEN TULLOC

REGULAR PROGRAM

TRAILER #4

Starting at 5:00 PM

PLEASE CALL TO SIGN UP ASAP!!!

10 SPOTS AVAILABLE

FOR FURTHUR INFORMATION OR IF A RIDE IS NEEDED WITHIN COMMUNITY, CONTACT:

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



Band Rep. Programs & CHE/HBHC Programs



Band Rep Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kerri Campbell	Band Rep Lead				1	
5	4	5	6	Spring Craft	8	9
10	March Break Bingo	12	13	14	15	16
	Self Care Day	19	20	21	22	- 39
24,	25	Band Reviews	27	28	29	30

Band Representative On-Call Schedule

Start Date	End Date
2024-02-26 16:30	2024-03-04 8:30
2024-03-04 16:30	2024-03-11 8:30
2024-03-11 16:30	2024-03-18 8:30
2024-03-18 16:30	2024-03-25 8:30
2024-03-25 16:30	2024-04-01 16:30
	2024-02-26 16:30 2024-03-04 16:30 2024-03-11 16:30 2024-03-18 16:30

All On-Call Shifts are from day of week @ 4:30 PM to day of week @ 8:30 AM Holidays are all day until 4:30 for Mondays

Contact Numbers:	
Kerri	(705) 921-5202
Naomi	(705) 690-6829
Jodi	(705) 690-9146
Erin	(705) 698-2935

^{*} Our office is open Monday-Thursday from 8:30 - 4:30 and Friday from 8:30 - 12 to provide necessary items (food, diapers, etc.). On-Call is for Child Welfare emergencies ONLY *



MARCH 7 @ 10 AM

Learning Centre
Limit of 10 people
*Nonworking Band
Members have priority





Join in celebrating March Break with Community Pizza Lunch followed by Prize Bingo for School-Aged Children. Please contact Darcy to register @ 705-857-

1221 by March 4 @ 12:00 PM

Everyone is welcome!



Self-care Day MARCH 18 @ 1 The Soll of the So

Limit of 20 people

and non-work Band Members have priority *People who haven't received a reading

Band Representative Program Staff offsite All-day BAND REVIEWS



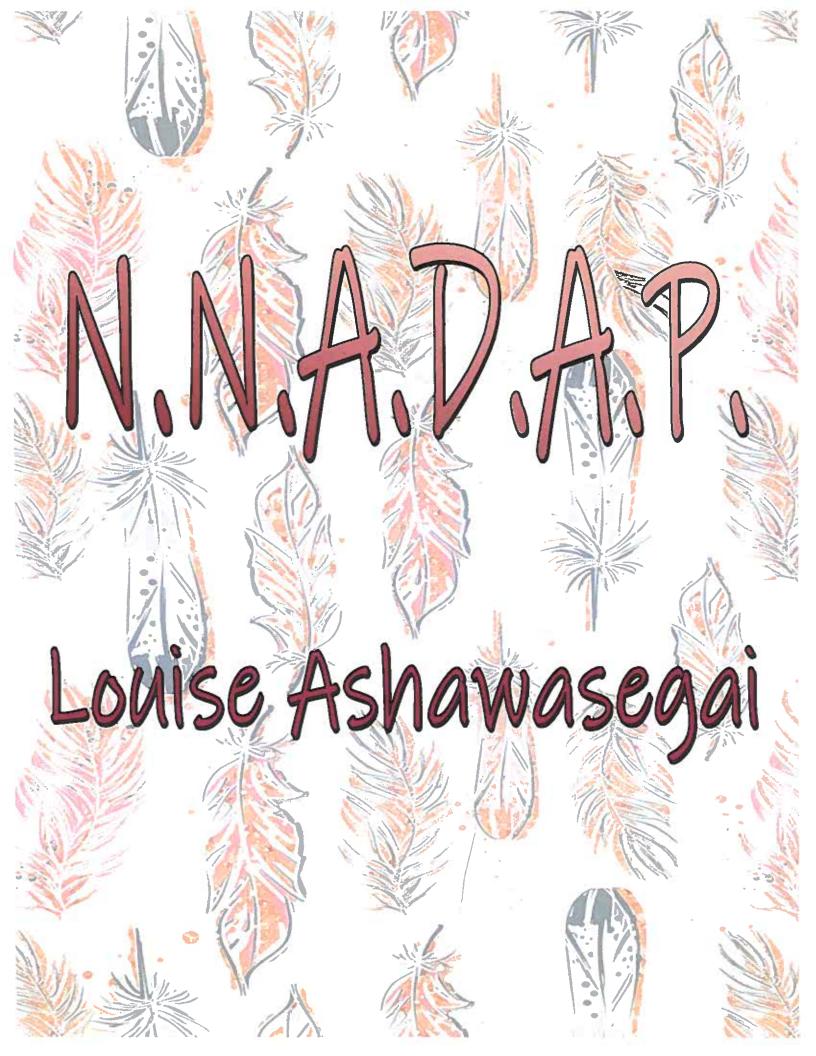
March 26, 2024

10.00 - 4.00 PM



North Bay





"Winter forms our character and Spring brings it out"

March 2024

_						
Sat	2	ത	16	23	30	
Fri	1	8 Office	15 Office	22 Closed	29 Closed	
Thu		7 Office Home vis- its	14 Office Home vis- its	21 Office Home vis- its	28 Office Home vis- its	
Wed		Office	13 Office	20 Breakfast	27 Office	
Tue		Office Home vis- its	12 Office Home vis- its	19 Office Home vis- its	26 Office Home vis- its	
Mon		Staff meeting Meeting B'S at 10	11 Office	18Staff meeting	25 Office	29
Sun		က	10	17	24	31



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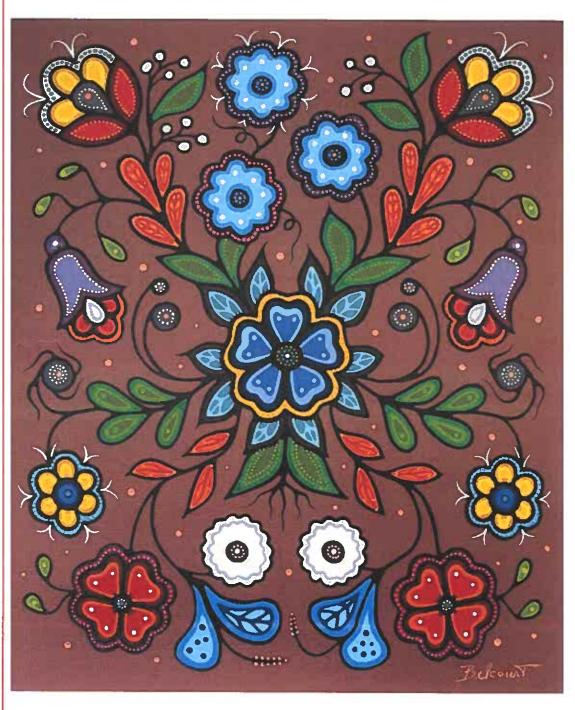


Community Breakfast

Wednesday March 20 @ 8am - 10am Health Centre Kitchen trailer No Sign-up Needed!



COMMUNITY WELLNESS PROGRAM NEWS



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



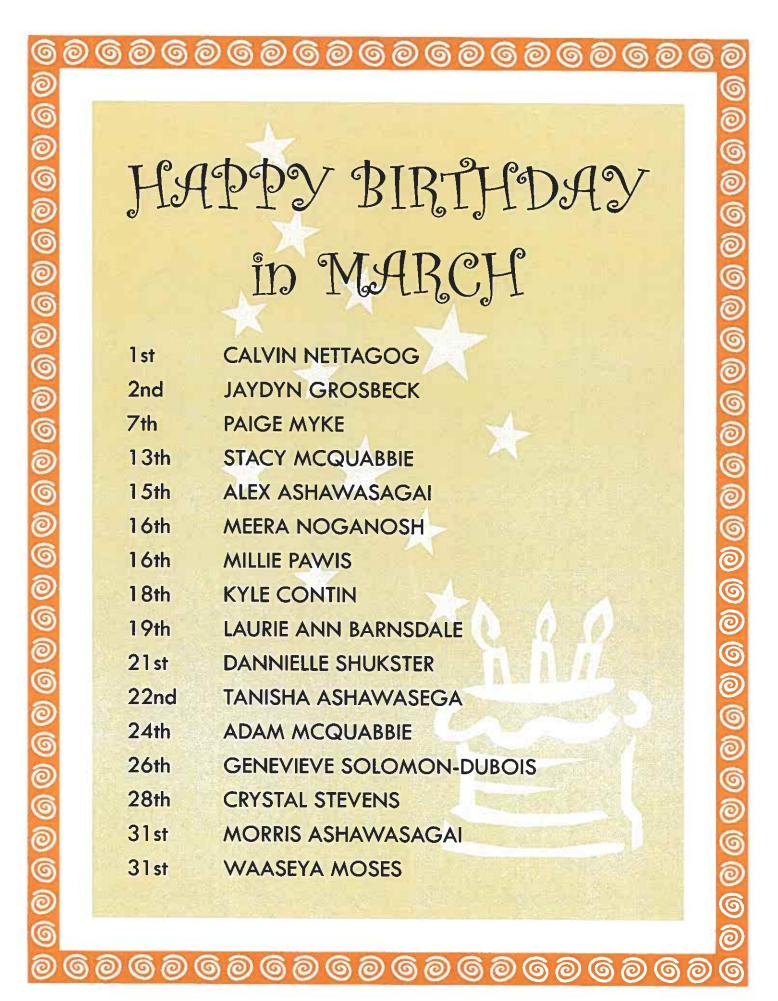
COMMUNITY WELLNESS PROGRAM

A negative mind will never give you a positive life.



MARCH 2024

Saturday		6	10	a	30
Friday	I IN OFFICE CLIENT APPT.	8 IN OFFICE MARCH BREAK BEGINS	15 OUT OF OFFICE	22 IN OFFICE	29 GOOD FRIDAY
Thursday		7 OUT OF OFFICE DEADLINE FOR REGALIA MAKING	OUT OF OFFICE	21 IN OFFICE	28 OUT OF OFFICE
Wednesday		6 HOME VISITS	OUT OF OFFICE R C H B R E	20 HOME VISITS	27 HOME VISITS
Tuesday		S OUT OF OFFICE	12 OUT OF OFFICE M A	19 IN OFFICE	26 IN OFFICE
Monday		4 OUT OF OFFICE	OUT OF OFFICE	18 STAFF MEETING	25 IN OFFICE
Sunday		S CLIFNT APPT.	2	14	24/31



REGISTRATION CLOSES

MARCH 7, 2024



CWW LUANA MCQUABBIE 705 857-1221 EXT 227 **HEALTH CENTRE/TRAILER #3**

REGALIA MAKING REGISTRATION PACKAGE

INSTRUCTOR: CWW LUANA MCQUABBIE

PARENT/GUARDIAN MUST CONTACT THE HEALTH CENTRE TO REGISTER THEIR CHILD.
PARENT/GUARDIAN MUST BE AVAILABLE TO ATTEND THE APPROPRIATE CLASSES WITH OR
FOR THEIR CHILD.

REGALIA MAKING MATERIAL AND SUPPLIES WILL BE GIVEN TO PARTICIPANTS WHEN THEY ARE IN ATTENDANCE OF THE APPROPRIATE CLASSES.

CLASSES WILL BE ON TUESDAY, THURSDAYS, FRIDAYS AND SOME WEEKENDS. CHECK THE MONTHLY NEWSETTER FOR EXACT DATES AND TIMES. CLASSES WILL BE STARTING UP IN EARLY APRIL OF 2024.

MOCCASINS, HEAD ROACH KITS, PLUMES, BREASTPLATES, BELTS AND OTHER ACCESSORIES WILL NOT BE AVAILABLE THIS YEAR AS PART OF REGALIA MAKING DUE TO THE HIGH COSTS AND MORE TIME NEEDED TO MAKE THE ACCESSORY ITEMS. MOCCASINS MAKING AND BELT MAKING CLASSES WILL BE ORGANIZED THROUGH ANOTHER STAFF MEMBER IN THE UPCOMING MONTHS BEFORE THE HIFN POWWOW.

EACH ADULT PARTICIPANT MUST BE ABLE TO MAKE THEIR OWN REGALIA UNDER THE DIRECTION OF THE CLASS INSTRUCTOR.

ONCE REGISTERED FOR REGALIA MAKING THIS PACKAGE WILL BE HANDED OUT TO THE PARTICIPANT. PLEASE FILL OUT AND RETURN THE PACKAGE TO THE HEALTH CENTRE BY MARCH 21. PACKAGES WILL BE AVAILABLE AT THE FRONT DESK OF TRAILER #1 ONCE THE PARTICIPANT HAS SIGNED UP FOR REGALIA MAKING.

DEADLINE TO REGISTER IS MARCH 7th, 2024 at 4PM.

Phone: 705 857-1221 Ext: 227 Email: luana.mcquabbie@henveymedicalcentre.com

NAME:			

CREATING YOUR OWN PERSONAL FAMILY TREE

"GETTING STARTED WITH AncestryDNA"

MARCH 2024 (ON-GOING), HIFN HEALTH CENTRE/TRAILER #3

Gathering family history involves tracing a continuous line of descent from a given ancestor. In past times many First Nation people were taught to memorize their genealogy and this data was recited at marriages, funerals and at other feasts and ceremonies. Over time, the ability to trace one's ancestry by memory became a lost art.

Today anyone wishing to trace his or her ancestry must search through vital statistical records such as births, marriages and deaths, and through various government and private records as well as ancestry research through on-line sites and AncestryDNA testing kits to obtain information on their own family lineage. Testing kits available. Come start your family tree today.



TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227