



April 2025



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IMPORTANT **ANNOUNCEMENT**

Health Centre only has 1 DRIVER
for medicals!!

We cannot accommodate
appointments that are not booked
according to our schedule!!

Please be sure to book your
appointments according to our
schedule below!

Monday- Sudbury

Tuesday- Parry Sound

Wednesday- Britt

Thursday- Sudbury

Friday- No appointments





**Henvey Inlet
First Nation**

Pickeral, ON P0G 1J0

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

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

Day Care
354B Pickeral 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: March 19, 2025
Re: Employment Opportunities

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

- 1) Adult Education Teacher – 1 Position
- 2) Band Representative – 2 Positions
- 3) Community Wellness Worker – 1 Position
- 4) Delivery Driver/Chauffeur – 1 Position
- 5) Early Childhood Education Worker – 1 Position
- 6) Gas Bar Attendant – 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
ADULT EDUCATION TEACHER

RE-POST

POSITION SUMMARY

Hervey 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 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.



EMPLOYMENT OPPORTUNITY

BAND REPRESENTATIVE

*** 2 POSITIONS ***

POSITION SUMMARY

Henvey Inlet First Nation is seeking two (2) full-time **Band Representatives** to join our Administration. The Band Representative reports to the Band Representative Lead and is responsible to represent and advocate for Henvey Inlet First Nation members that are involved with any child welfare agencies throughout Canada. This position requires exceptional interpersonal communication skills and strong organization 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 Band Representative 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
- Provide support services to Henvey Inlet First Nation members that are currently or may be involved with child welfare agencies
- Establish and develop an active working relationship with all child welfare agencies throughout Canada
- Respond to all child welfare agencies when notified of any members being involved with their agency
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop a plan of care for HIFN members and ensure that a legal representative is aware of all court files as necessary
- Ensure that customary care is practiced with all band members before court is considered
- Participate in all Service Plans, Plans of Care or Service Development for Henvey Inlet band members
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council
- Review CCAs prior to seeking Chief and Council's approval for BCRs
- Present in-camera sessions with a report to Chief and Council monthly or when required
- Build and maintain trusting and supportive client relations
- Attend all court proceedings related to band member child welfare cases as required
- Act as a representative of Chief and Council when they are unable to attend courtroom proceedings for child welfare cases
- Present information and documents to the courts on behalf of Chief and Council for child welfare cases
- Act as a support system to band members required to attend child welfare court proceedings
- Maintain an empathetic and supportive demeanor to band members and their families
- Liaise with Chief and Council regarding court proceedings and outcomes
- Maintain a log of activities that are participated in on behalf of the band
- 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
- Take interest 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 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, degree or diploma in Social Services, Family Services, Child and Youth Services or other related field
- 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 courtroom and public speaking experience
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- 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

Posted 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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

COMMUNITY WELLNESS WORKER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Community Wellness Worker** to join our Administration. The Community Wellness Worker reports to the Health Director and is responsible for providing culturally appropriate programs and services to address and respond to existing and emerging family violence, health, healing and wellness issues, including intergenerational trauma. The Community Wellness Worker will work directly with clients to achieve and enjoy healthy and balanced lives through the promotion of positive change in values, attitudes and behaviours. This position requires exceptional interpersonal communication and advocacy skills and strong knowledge of First Nations culture, language and traditional ceremonies and practices.

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 Wellness Worker will be responsible to:

- Support the reduction and prevention of family and community violence through 1-on-1 client support and group support initiatives
- Assist in planning, designing and facilitating various group-based workshops and activities focused on improving indigenous health and enabling participants to achieve and enjoy a healthy and spiritually balanced life
- Work collaboratively with HIFN colleagues and community partners to bring family violence and human trafficking awareness and prevention campaigns and resources into the community
- Build and maintain trusting and supportive client relations
- Assist with client intake and needs assessments, ensuring all necessary forms and documents are completed and inputted into appropriate files and electronic databases
- Maintain up-to-date electronic and paper-based client files, ensuring they are securely stored with restricted access
- Provide client-based services that utilize case management techniques such as establishing trusting relationships, case noting, advocacy and referrals
- Conduct home visits and provide home outreach services as appropriate
- Support clients to establish and maintain independent, safe and stable living environments where their basic needs are being met
- Assist clients with scheduling appointments and securing or providing transportation to/from appointment destinations
- Assist clients with applying for and obtaining personal identification such as birth certificates, health cards, status cards, etc.
- Encourage and support clients to make healthy choices and practices through methods such as harm reduction
- Support clients through their journey to healing traumas and assist them to connect with after-care support programs designed to help them achieve overall wellness
- Incorporate indigenous culture into healing and wellness activities
- Provide focused education and information to members seeking to learn about and participate in their indigenous culture through individual and group counselling sessions
- Work collaboratively with the Cultural Coordinator to coordinate and facilitate ceremonial and traditional activities, including sewing and beading groups, healing/cultural teaching circles and/or support groups
- Provide culturally appropriate life skills training, support services, resources, educational materials, and workshops to address community wellness needs
- Help to organize and facilitate all major community events such as the Community Christmas Party, Easter Breakfast, Loonie Auction, Community Powwow, Remembrance Day Ceremonies, etc.
- Establish committees to help coordinate all major community events and recruit and train volunteers

- Work collaboratively with staff, band members and Elders to establish and maintain documentation of HIFN historical projects, events, family histories and other relevant historical archives
- Assist members with establishing and maintaining up-to-date ancestry records when requested
- Provide members with culturally centered support services for funeral and estate planning when requested
- Plan the annual Seven Grandfather Teaching awards ceremony and oversee the nomination and selection process
- Prepare and submit grant proposals to funding agencies for community wellness and fitness initiatives
- Order and purchase supplies required to facilitate community events, workshops and other approved items for clients as needed
- Distribute information on community wellness workshops, community events and other departmental initiatives via the community newsletter, website, bulletin boards and other multi-media platforms as required
- 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
- Prepare and monitor annual community wellness program budget and present quarterly program financial reports to the Director of Finance/Administration
- 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 the Union of Ontario Indians
- Liaise and consult with the Union of Ontario Indians on issues and available opportunities to enhance the community wellness program
- Prepare and submit all mandatory reports required on behalf of the community wellness program to the appropriate government ministry and funder
- Work collaboratively and cooperatively with all community professionals, departments and colleagues
- Prepare full briefing notes for the Health Director, Director of Finance/Administration and Chief and Council on program statistics regarding program participation and attendance, and other 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 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 community wellness 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 Health Director, 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
- 2-3 years of experience providing health and social support services to clients, preferably in an Indigenous setting
- Previous experience working with volunteers in a non-profit setting an asset
- 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
- Current NVC training certificate an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Knowledge of current social issues affecting Indigenous people including trauma and addictions
- Previous experience working within a First Nations organization an asset
- A strong working knowledge of traditional ceremonies and practices
- 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 time-management, organization and administrative skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent problem-solving, critical thinking and conflict resolution skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Effective financial literacy and budgeting skills
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Ability to work 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 – 35.5 hrs/wk

WORK LOCATION

In-office

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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

DELIVERY DRIVER/CHAUFFEUR

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Delivery Driver/Chauffeur** to join our Administration. The Delivery Driver/Chauffeur reports to the Health Director and is responsible for purchasing, picking up, and delivering program supplies and packages to all Henvey Inlet First Nation departments. The Delivery Driver/Chauffeur will also assist in the transport of passengers to and from Henvey Inlet First Nation on a pre-determined schedule. This position requires excellent customer service and time-management 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 Delivery Driver/Chauffeur will be responsible to:

- Perform pre-trip inspection of Henvey Inlet First Nation vehicle
- Ensure overall vehicle safety by checking that the lights, brakes, windshield wipers, and tire pressure are in proper working condition
- Maintain logs of working hours, mileage and of vehicle service and repair status, following applicable provincial and federal regulations
- Ensure vehicle interior and exterior are well maintained and kept clean
- Operate motor vehicle to pick up and deliver program supplies and packages and to transport passengers
- Operate vehicle in a safe manner, obeying all rules of the road
- Coordinate various program supply pick-ups and deliveries with department personnel including delivering or picking up mail and other packages from postal services and other stores or providers
- Coordinate passenger pick-up and drop-off schedules in alignment with delivery schedule to ensure only one vehicle run to and from Henvey Inlet First Nation occurs each day within regular work hours
- Assist in loading and unloading of vehicle deliveries in a timely manner
- Complete and submit all necessary paperwork at the end of the shift including daily logs, inspection logs, vehicle inspection, hours of service, travel and expense claims and shopping receipts
- Pick up and transport passengers to and from Henvey Inlet First Nation meetings, appointment and events on a pre-determined schedule
- Assist all passengers with entering and exiting the vehicle when necessary
- Ensure seat belts are operational and used by all passengers
- Apply defensive driving techniques to uphold the safety of all passengers
- Complete accident reports when necessary
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Participate in mandatory training workshops as required
- Attend and actively participate in team, staff and community meetings
- Other duties as assigned from time to time by the Health Director, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class F Driver's License or equivalent required
- Clean Driver's abstract
- Current First Aid and CPR Level C an asset
- Exceptional organization and time-management skills
- Ability to multi-task and manage competing priorities
- High level of personal integrity and a strong work ethic
- Demonstrated ability to exercise necessary cost control measures
- Must be able to work with little supervision; must be self-directed

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

April 28, 2025

APPLICATION DEADLINE

April 6, 2025

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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

EARLY CHILDHOOD EDUCATION WORKER

RE-POSTED

POSITION SUMMARY

Henvey Inlet First Nation is seeking a qualified full-time **Early Childhood Education Worker** to join our Administration. The ECE Worker reports to the Daycare Supervisor and is responsible for providing supervision and direct childcare to children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE worker will help to plan and implement developmentally appropriate activities and experiences for the children using a variety of teaching techniques in alignment with HIFN Daycare Philosophy. This position requires excellent interpersonal communication skills and the ability to adapt and respond to all childcare needs.

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 Early Childhood Education Worker will be responsible to:

- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and plan activities that recognize these individual differences
- Initiate referral for additional services for parents and children as needed
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible
- Maintain positive and ongoing communication with parents
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Take interest 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 staff and community meetings
- Perform other duties as assigned from time-to-time by the Daycare Supervisor, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Post-secondary diploma or degree Early Childhood Education, Child and Youth Worker, Social Services or other related field plus 1-3 years related professional experience working with children preferred
- Current Ontario RECE License in good standing and registration with the College of Early Childhood Education preferred
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C
- Membership in good standing with the College of Early Childhood Educators
- Knowledge of the Child Care and Early Years Act, 2014
- Professional and responsible attitude
- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours

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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

GAS BAR ATTENDANT

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is a casual **Gas Bar Attendant** to join our Administration. The Gas Bar Attendant reports to the Gas Bar Manager and is responsible for the sale of fuel and other automotive products and in-store merchandise, including tobacco products. The Gas Bar Attendant is also responsible for processing all point-of-sale transactions via cash, credit or debit card using an electronic scanner and cash register. This position requires a high level of personal integrity and superior customer service skills.

MAIN RESPONSIBILITIES

The Gas Bar Attendant will be responsible to:

- Greet Gas Bar customers and refuel vehicles
- Answer customer inquiries
- Assist with the sale of automotive products, in-store merchandise and tobacco products, ensuring restricted products are sold only to customers that are of the required age by requesting appropriate identification
- Process sales transactions, receive payments and issue correct change and receipts
- Count money in cash drawer at the beginning and end of shifts, dropping end of shift deposits in Finance deposit box
- Maintain clean and orderly checkout areas and Gas Bar exterior by sweeping service station and shoveling, sanding and/or salting service in winter and picking up/removing garbage and debris
- Stock shelves and price merchandise
- Change fuel prices on signage
- Assist with placing and receiving fuel and merchandise orders
- Maintain accurate sales and purchase records
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Must be 18 years of age or older
- Grade 12 diploma or equivalent preferred
- Customer service and/or retail experience preferred
- Current First Aid and CPR Level C an asset
- Excellent customer service and interpersonal communication skills
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Professional appearance and manners
- High level of personal integrity and a strong work ethic
- Basic mathematical skills
- Strong attention to detail
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours, including occasional weekends, **a must**

HOURS OF WORK

Varies – up to 40 hours per week as needed

REMUNERATION

\$18.52/hour

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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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HENVEY INLET FIRST NATION WINDFARM LEGACY TRUST

Quarterly Payments to Eligible Members

2025 ANNUAL PAYMENT SCHEDULE

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



Photo/Image of
Member's
Status Card

Provide a photo/image of
your Status Card



Submit Deposit
Form

Complete a direct deposit
form or Void Cheque in
your name from your bank



Contact
Information

- MUST include:
1. Legal name
 2. Address
 3. Phone #
 4. Email address



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



HENVEY INLET FIRST NATION WINDFARM LEGACY TRUST

Quarterly Payments to Eligible Members **2025 ANNUAL PAYMENT SCHEDULE**

Eligible Member Info Submission Deadline	Quarterly Payment Date
QUARTER 1: Friday, February 28, 2025	Friday, March 28, 2025
QUARTER 2: Friday, May 30, 2025	Friday, June 27, 2025
QUARTER 3: Friday, September 5, 2025	Friday, September 26, 2025
QUARTER 4: Monday, December 1, 2025	Friday, December 19, 2025

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

Save the Date

Library Community Meet & Greet!

Snacks!

Refreshments!

**Thursday April 3, 2025
9:30am – 4:30pm**

Complimentary Lunch 11:00-12:00

Snacks throughout the day!!

Contact Anisha Jeanveau HIFN Librarian Anisha.jeanveau@henveyinlet.com

The Library is now fully Accessible!

Library Hours

**The library is open from 8:30 - 4:30 Mon to Thurs
Friday from 8:30 - 12:00**

**The library offers free access to Wi-Fi and Phone.
Printing and copying services are available.
Any other services available upon request.**

Contact Anisha Jeanveau HIFN Librarian Anisha.jeanveau@henveyinlet.com

**HIFN Library Invites You to Come and
Check out new Book Arrivals**



**Explore Children and Young Adult/Adult Titles like Freddie The
Flyer, Smudging and The Four Sacred Medicines, An Then She
Fell, Once The Smudge is Lit and more...**



MEALS ON WHEELS NOTICE

Clients are asked to please let Dannielle know when they won't be home or if they require their food to be left with someone if they are not home. This will help Dannielle in knowing how much she needs to cook and to avoid wasting food.

Your assistance would be appreciated!!

ROAD TO FREEDOM AND HENVEY INLET YOUTH
present...

FUN HOUSE

Horror Movie Screening

APRIL 11TH



FILM SHOWING AT THE SUDBURY
THEATRE CENTRE
170 SHAUGHNESSY ST
DOWNTOWN SUDBURY

EVERYONE WELCOME

5:30-7PM

DINNER WILL BE INCLUDED BUT
IS LIMITED TO THOSE WHO SIGN UP
BEFORE WEDNESDAY MARCH 26TH

TEXT ANGELE @ 705-918-1590 TO
RESERVE DINNER

COME SUPPORT OUR LOCAL YOUTH
THIS IS A DRUG AND ALCOHOL FREE EVENT



JOIN US FOR EARTH DAY!!

Tuesday April 22, 2025

10:00am - 2:00pm

HIFN Fire Hall

Lunch will be provided!

We will have presentations by:
Hydro One, Moore's Propane, Pattern
Energy, N.G.I.G, Joe Burley and more!
There will also be a Q & A sessions
after each for members to ask
questions.

For more info, contact Eileen Morin- 705-857-2331



FROM THE LANDS OFFICE



SPRING COMMUNITY CLEAN-UP

FRIDAY APRIL 25

9 AM TO 12 PM

Everyone (including HIFN staff) please come out and clean up the rez.

Rules for participating in Clean-up Day

- 1) Up to 5 garbage collectors on each team
- 2) Everyone that signs up must work at garbage pick-up for most of the morning to qualify for a gift card for the most bags collected
- 3) Sign-up sheet is posted at the Band Office or you may also be at the Fire Hall at 9 am to sign up to join a team or be your own team
- 4) **So please be at the Fire Hall at 9 am** to get your assigned number, garbage bags, gloves, and stickers/markers
- 5) Each team gets stickers/markers for identifying the Team Number on each filled garbage bag
- 6) Only the garbage bags provided by the Lands Office will be counted, so please remember to put your team number on the bags
- 7) If possible move any large items to the side of a nearby road for pick-up
- 8) Each team's garbage bags will be counted starting at 11:45 am or as soon as each team is done picking up garbage

PRIZES: Teams coming in 1st, 2nd, and 3rd for most bags will get gift cards of \$100 (1st), \$75 (2nd) and \$50 (3rd). Remaining participants will get other \$25 gift cards.

LUNCH (HAMBURGERS, HOT DOGS, SALADS, BEVERAGES) SERVED AT NOON.

A decorative border surrounds the page, featuring various colorful flowers (purple, yellow, pink, blue) and a globe in the top right corner with a red banner that says "HAVE EARTH DAY".

April

The days have been moving by so quickly that it is already April! The month of March was a blast! We got to make our own yellow and green slime/ playdough, we finally got to be outside to enjoy the nice weather and finally some sunshine! We explored various materials in our sensory bins such as:
Dried Pasta, Rice and Beans.

With the changing of the seasons we are kindly reminding families to ensure they are **packing appropriate clothing** for the day! This means being sure to have extra clothing incase they get wet, rain boots for outdoors as it can get muddy, along with a coat, SPLASH PANTS, hat and mitts. The mornings tend to still be cool/ wet and want to be sure each child is dressed in the appropriate attire. Also a pair of indoor shoes if you have already not brought in a pair!

Some activities we have planned for this month are:

Community/Nature walks,

Planting/Making our own seeds and green houses,

Painting/Dying Eggs,

Easter Egg Hunt,

Easter crafts,

Earth Day Activities and Crafts,

Acid Rain Experiment,

Reduce, Reuse, Recycling crafts/building.

We are now beginning to start summer enrollment for the summer 2025! If you are looking to have your child(ren) attend the Daycare for the months of July and August we are asking to come fill out an enrollment form and once it has been returned to the Daycare we will add your name to the Summer list. This is to help the rush at the end of the school year with enrollments and so that we are able to start making activities/plans for the summer months!

If you have any questions you can contact the Daycare (705-857-0957) or by email (Ashleyannehouckley@outlook.com)

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

APRIL ONTARIO WORKS

NOTE: If I am not in the office, please leave a message with the administration at the front desk.

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1 Office Hours 8:30 AM to 4:30 PM	2 Office Hours 9:30 AM to 4:30 PM Food Bank Bingo 5:30 PM	3 Office Hours 9:30 AM to 4:30 PM	4 Office Hours 8:30 AM to 12:00 PM	5
6	7	8	9	10	11	12
	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM	Office Hours 9:30 AM to 4:30 PM Food Bank Bingo 5:30 PM	Office Hours 9:30 am to 4:30 PM	Office Hours 8:30 AM to 12:00 PM	
13	14	15	16	17	18	19
	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM	Office Hours 9:30 AM to 4:30 PM Food Bank Bingo 5:30 PM	Office Hours 9:30 AM to 4:30 PM	Office Closed Good Friday	Henvey Inlet Easter Party! 
20	21	22	23	24	25	26
	Office Closed Easter Monday	Office Hours 8:30 AM to 4:30 PM	Office Hours 9:30 AM to 4:30 PM Food Bank Bingo 5:30 PM	Office Hours 9:30 AM to 4:30 PM	REINDER Last Day to Submit Income Statement without delay.	
27	28	29	30			29
	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM	Office Hours 9:30 AM to 4:30 PM Food Bank Bingo 5:30 PM			

Important

FOOD BANK



Wednesday, April 2, 9, 16, 23, 30, 2025

Wagamake Learning Centre

Doors open at 5:30 PM

Bingo starts at 6:00 PM



Toonie Pot!

Henvey Inlet Ontario Works



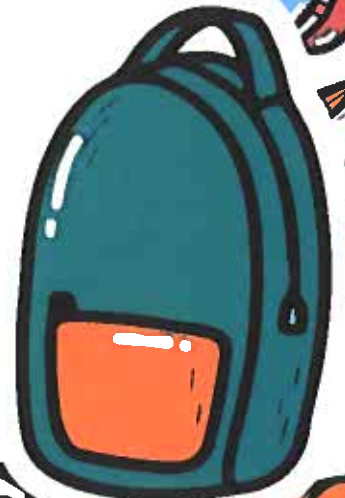
**ST. PATRICK'S DAY
HAT CONTEST
WINNER!**



Elsie Ashawasagai



Education News



Education News April 2025

Nmebin Giizis - S u c k e r M o o n

PARENT REMINDER: PLEASE TEXT OR CALL OUR BUS DRIVERS

- ✚ WHEN your child will not be getting on the bus in the morning and;
- ✚ If they will not be getting on the bus from school in the afternoon.
 - ✚ BRITT SCHOOL - Larry's number: 705-773-2570
 - ✚ NOBEL & PSHS - George's number: 226-789-6625

BRITT SCHOOL: JK & SK REGISTRATION

- ✚ JK students must be 4 on or before December 31, 2025
- ✚ For SK s/he must be 5 on or before December 31, 2025.
- ✚ Please register online at <https://www.nearnorthschools.ca/schools/registration/>

In late May, Larry Olds will bring the JK/SK students and their parents for a bus ride so the children will have an idea of what to expect in September. Contact Genevieve for more info.

PARRY SOUND HIGH

- ✚ Reminder: in order to get a summer job with HIFN, students must have a 75 % attendance rate.
- ✚ It's never too early to start recording your 40 hours of Community Involvement Activities. If you need an official recording sheet, stop by to get one from the Education office.
- ✚ July 2 - July 30th: Grade 8 Graduates and high school students can earn an Anishnaabemowin/ Ojibwe credit online. See flyer for registration details.
- ✚ Check out these other flyers too: Cultural Supports Grant; National Lifeguard Course and free online courses at Indigenousestech.ai.

Mno-Ziigwan ~ Happy Spring



**REGISTER
NOW!**

Virtual Ojibwe Course Level A - LNOAO

July 2nd - July 30th, 2025

The VSS will be offering LNOAO Level A Ojibwe from July 2nd to July 30th. Students who have recently graduated from Grade 8, or who are already in high school and would like an Ojibwe language credit are encouraged to sign up.

The course is offered through an asynchronous format however, the instructor will also provide Zoom sessions if students would like to join to receive face to face instruction.

**Open to Grade 8
graduates to
Grade 12
students!**



For more information
please contact:

Marlo Beaucage – Principal
Marlo.beaucage@a-e-s.ca



Anishinabek
Education System

FREE Online Courses At:



<https://lms.indigenoustech.ai/m/>

Create an account
and away
you go!

Self
Registered

And

Self Paced

IndigenousTech.ai

Canadian Government (PSIB) Certified Indigenous Controlled Company

E-Learning Platform

100+
First Nations
Communities
across Canada
have participated

**500+ Participants in
2024**

For More Information, Please Contact:
Cheyenne Aitken
cheyenne@indigenoustech.ai



3-Fires.com

NATIONAL LIFEGUARD

8 DAY CONDENSED MULTI-COURSE

PHYSICAL REQUIREMENTS

- Endurance Challenge: Swim 400 metres within 10 minutes (400 yd. within 9:10 minutes)
- Sprint Challenge: Starting in the water, swim 50 metres within 60 seconds (50yd. within 55 seconds)
- Rescue Drill: Starting in water, swim to recover a submerged manikin located 20 metres away; carry manikin 20 metres.

WHY CHOOSE US

Course Costs Includes:

- All-Inclusive package.
- Lifesaving Society material, pocket mask & whistle.
- Bronze Medallion, Bronze Cross & National Lifeguard Lifesaving Society Training - transferable Nation Wide.

Accommodations:

- Continental breakfast, full lunch, full dinner
- Shared tent accommodations.
- Use of beautiful Rainbow Lodge-Whitefish River First Nation, ON equipped with Wifi, dining hall, fireplace, BBQ and oversized deck!

DATE: JULY 16 TO 23, 2025

PROGRAM PREREQUISITES

- Must be Permanent resident.
- Must be at least 16 years old.
- Must have Standard First-Aid/CPR-C Certification (or be able to obtain prior to training date).

CONTACT

- Website www.3-Fires.com
- Email: jessica@3-fires.com
- Phone number: 519-472-5586

Certified National Lifeguards are in high demand throughout Canada! Employment opportunities within your region. Some Employers pay up to \$21 an hour with your NL certification!

 Phone
519-472-5586

 Email
jessica@3-fires.com

 Website
www.3-Fires.com

Anishinabek Nation Students

CULTURAL SUPPORTS GRANT



MIGIZI DODEM
ANISHINABEK NATION
EDUCATION



REGISTRATION OPEN

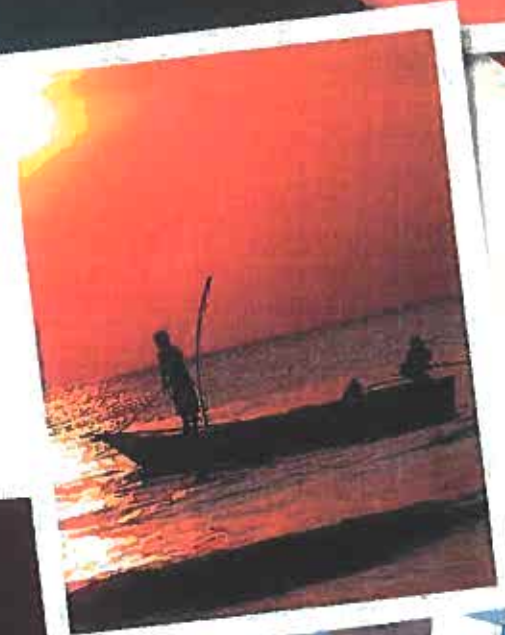
Applications will be accepted until:

May 30, 2025

(or until full)

.....

Successful applications will receive a reimbursement for a maximum of \$300 per student per year for projects and activities between September 1, 2024 – August 30, 2025.



Learn more about eligibility and the application process by visiting the link below:

**APPLY
TODAY**



<https://www.surveymonkey.com/l/2025CSG>

Questions: natasha.george@anishinabek.ca



Student Cultural Supports Grant 2024-2025 GUIDELINES

Description

The Cultural Supports Grant is a grant established by the Anishinabek Nation Education Secretariat. The objective of the grant is to provide financial assistance to Anishinabek Nation students pursuing language, cultural, and/ or land-based opportunities outside the classroom that enhance their educational experience.

This grant will provide a reimbursement for a maximum of **\$300 per student per year** for projects/ activities that happened/ will happen within September 1, 2024 – August 30, 2025.

Students or caregivers are invited to complete an application for eligible activities. All applications will be reviewed and assessed; applications will be accepted until full or deadline date and are subject to available funding.

The Cultural Support Grant will have one intake period.

Eligible Activities

Activities or resources must endorse learning and fit within one of these 3 categories:

1. Language Learning:
 - First Nation language learning course / class
 - First Nation language learning resources
 - Language equipment / supplies
2. Land-based Learning:
 - Land-based learning course / class
 - Land-based learning resource
 - On-the-land learning equipment / supplies
3. Cultural Learning:
 - Cultural learning course / class
 - Cultural learning resource
 - Cultural learning equipment / supplies

A. About the Anishinabek Nation

The Anishinabek Nation represents 39 First Nations throughout the province of Ontario from Golden Lake in the east, Sarnia in the south, Thunder Bay and Lake Nipigon in the north. The 39 First Nations have an approximate combined population of 65,000 citizens, one third of the province of Ontario's First Nation population. Anishinabek Nation has four strategic regional areas: Southwest, Southeast, Lake Huron, and Northern Superior. Each region is represented by a Regional Deputy Grand Council Chief.

Anishinabek Nation First Nations:

Aamjiwnaang First Nation	Dokis First Nation	Netmizaaggamig Nishnaabeg
Alderville First Nation	Fort William First Nation	Nipissing First Nation
Algonquins of Pikwakanagan First Nation	Garden River First Nation	Pays Plat First Nation
Atikameksheng Anishnawbek	Henvey Inlet First Nation	Red Rock Indian Band
Aundeck Omni Kaning First Nation	Long Lake #58 First Nation	Serpent River First Nation
Beausoleil First Nation	M'chigeeng First Nation	Sheguiandah First Nation
Biigtigong Nishnaabeg	Magnetawan First Nation	Sheshegwaning First Nation
Biinjitiwaabik Zaaging Anishinaabek	Michipicoten First Nation	Thessalon First Nation
Chippewas of Georgina Island First Nation	Mississauga #8 First Nation	Wahnapiatae First Nation
Chippewas of Kettle and Stony Point FN	Mississaugas of Scugog Island FN	Wasauksing First Nation
Chippewas of Rama First Nation	Moose Deer Point First Nation	Whitefish River First Nation
Chippewas of the Thames First Nation	Munsee-Delaware Nation	Wiikwemkoong Unceded Territory
Curve Lake First Nation	Namaygoosisagangun First Nation	Zhiibaahaasing First Nation

B. About the Cultural Supports Grant

In 2021, the Cultural Supports Grant was established by Anishinabek Nation Education Secretariats Lifelong Learning program. This Grant has been designed to support Anishinabek Nation students, on and off reserve, in areas of individual interests that fit into one of the three categories outlined.

The grant will provide a maximum reimbursement of up to \$300 for students that have accessed or will access land-based, cultural, and/or language learning opportunities.

C. Eligibility

Interested applicants who meet all of the following requirements are eligible to apply.

- Must be enrolled as a student within the 2024-25 school year (caregivers can apply for their student)
** Preference will be given to projects involving Anishinabek Nation youth under the age of 21*
- Must be a registered member of one of the 39 Anishinabek Nation First Nations
** see the First Nations listed in section "A"*
- Activity must fall into one of these categories:
 - i. Language
 - ii. Land-based learning
 - iii. Culture
- Activity will or did take place within September 1, 2024 – August 30th 2025
- Must provide a **receipt** of costs for approved activity
- Application was submitted by student or caregiver of student
- Ontario residents only

Other terms:

- All applications are subject to available funding and are not guaranteed
- One successful grant per student per school year
- One gas mileage reimbursement per household for the same activity, proof of attendance is required
- If receipt(s) are not received before the identified date, the approval will be withdrawn
- This grant is intended for individual student submission

D. Activities Eligible for Reimbursement:

Activities or resources must endorse learning and fit within one of these three categories:

1. Language Learning:
 - First Nation language learning course / class
 - First Nation language learning resources
 - Language equipment / supplies
2. Land-based Learning:
 - Land-based learning course / class
 - Land-based learning resource
 - On-the-land learning equipment / supplies
3. Cultural Learning:
 - Cultural learning course / class
 - Cultural learning resource
 - Cultural learning equipment / supplies

More examples:

- Registration fees e.g. immersion camp, land-based learning course fee, etc.
- Anishinaabemowin (language) learning resources e.g. text books or dictionaries
- Material for culture-based workshops e.g. regalia making, lodge building etc.

- Land-based learning equipment / supplies i.e. gardening, harvesting, etc.
- Travel costs associated with the activity / project

E. Ineligible Activities

- employment training
- costs associated with sports
- post-secondary tuition

F. Application Process for Applicant

- **Step 1: Review Documents**
 - *Student Cultural Supports Grant 2024-2025 Guidelines and Student Cultural Supports Grant 2023-2024 Application*
- **Step 2: Complete Application**
 - Direct questions to Natasha George at natasha.george@anishinabek.ca
- **Step 3: Submit Application**
 - Completed applications must be sent to the Anishinabek Nation Education Secretariat, via online application, email or mail before deadline date
- **Step 4: Await Decision**
 - Successful and unsuccessful applicants will be contacted with application decision
- **Step 5: Send in Requirements**
 - Successful applicants will be required to send in receipt(s) for their approved project/ activity
 - Successful applicants will be asked to send a photo of project/ activity and/ or feedback
 - Confirm name for the payment
- **Step 6: Payment**
 - Cheques will be mailed to the successful applicant. Payment will only be released following submission of receipt(s)

G. Selection

- All applications will be reviewed and assessed for:
 - Application completeness
 - Responses to application questions
 - Eligibility
- Decisions will be made taking into consideration diversity of recipients with respect to Anishinabek Nation regions, and student grade level
- Applicant selection will take place after the closing date; all applicants will be informed if their application was successful or not

H. Payment information:

- Payments will only be released following submission of receipt(s) (copy/ or original)
 - Receipts can be sent via email or mail to Natasha George at the Anishinabek Nation Education Secretariat, see contact info below
 - Applicants who do not send receipts before identified due date will be withdrawn from consideration
- A follow up email will be sent to verify the name for payment
- Successful applicants will be mailed a cheque for reimbursement

I. Important Dates

Applications will be accepted until full or deadline date:

Deadline Date: **May 30, 2025**

CONTACT INFORMATION

Please submit inquiries or applications to:

Natasha George, Lifelong Learning Coordinator
Anishinabek Nation Education Secretariat
natasha.george@anishinabek.ca

1 Migizii Miikan
PO Box 711
North Bay, Ontario P1B 8J8



HELLO —

April

Band Rep. Programming

Band Representative On-Call Schedule

Staff Member	Start Date	End Date
Kerri	2025-03-17 16:30	2025-03-31 8:30
Kara	2025-03-31 16:30	2025-04-07 8:30
Kerri	2025-04-07 16:30	2025-04-28 8:30
Kara	2025-04-28 16:30	2025-05-12 8:30
Kerri	2025-05-12 16:30	2025-05-26 8:30
Kara	2025-05-26 16:30	2025-06-09 8:30
Kerri	2025-06-09 16:30	2025-06-23 8:30
Kara	2025-06-23 16:30	2025-07-06 8:30

All On-Call Shifts are from Monday of week @ 4:30 PM to Monday of week @
8:30 AM

Holidays are all day; until 4:30 for Mondays

Contact Numbers:	
Kerri	(705) 921-5202
Kara	(705) 921-5205

* 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 *

HIFN Child and Family Wellbeing Community Event



PLEASE JOIN US

April 12, 2025
11:30 am @ Alban Community Centre

796 Highway 64, Alban ON

Transportation leaving from Henvey Fire Hall at 11:00 am - Driver: Larry Olds

Call Erin at (705) 857-1963 to sign up for a ride!

Logo Contest Winner will be unveiled

LUNCH TO BE SERVED
Door prize

Community Health Nurse



BRENDA CONTIN

Brenda Contin, CHN

April 2025

S	Mon	Tue	Wed	Thu	Fri
	1 Methadone Clinic/ OFFICE	2 Methadone Clinic/ OFFICE	3 Methadone Clinic/ OFFICE	4 Methadone Clinic/OFFICE	5 Methadone Clinic
7	8 Methadone Clin- ic	9 Methadone Clinic/OFFICE	10 Methadone Clinic/OFFICE	11 Methadone Clinic/OFFICE	12 Methadone Clinic Leave for Rama
14	15 RAMA: C&C	16 PLANNING	17 WEEK	18 OFFICES CLOSED	19
21	22 OFFICES CLOSED	23 Methadone Clinic/OFFICE	24 Methadone Clinic/OFFICE	25 SUDZ: SKHC BOARD MTG	26 Methadone Clinic
28	29 Methadone Clinic/OFFICE	30 Methadone Clinic/OFFICE			

FOOT CARE

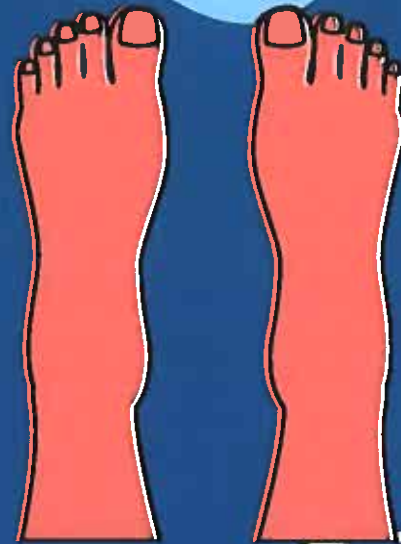


For Elders & Diabetics

Wednesday
April 2, 2025

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

Home Care Nurse



DEBBIE BRENNAN

April 2025



DEBBIE BRENNAN
HCN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Methadone clinic Medical follow -ups	2 Home visits HCC	3 Home visits HCC	4 Methadone clinic	5
6	7 Home visits HCC	8 Home visits HCC	9 Methadone clinic Medical follow -ups	10 Methadone clinic Medical follow- ups	11 Methadone clinic	12
13	14 Home visits HCC	15 Methadone Clinic Home visits HCC	16 Methadone clinic Medical follow -ups	17 Home visits HCC	18 GOOD FRIDAY Offices closed	19
20	21 EASTER Offices closed	22 Home visits HCC	23 Methadone clinic Medical follow -ups	24 Home visits HCC	25 Methadone clinic	26
27	28 Home visits HCC	29 Methadone clinic Medical follow -ups	30 Home visits HCC			

HAPPY WORLD HEALTH DAY

Depression

APRIL 7TH



Strategies for Managing Depression



Practice Gratitude:

- I am grateful for...
- I am thankful for...
- A strength of mine for which I am grateful is...

Practice Gratitude:

- One good thing that happened today was...
- A reason to be excited for the future...
- A moment I am grateful for is...

Practice Gratitude

- One relationship I am grateful for is...
- Something beautiful I saw was...
- An act of kindness I witnessed or received...

Challenge Negative Thoughts

Negative thought = "I'm never going to make friends"

Replacement thought = "I have good relationships with my family and there's no reason I can't apply these skills to developing friendships"

Name it to Tame it

- Identify my emotions
- Give them a name (use a feelings wheel if this is hard)
- Identify where and how I feel them in my body (racing heart, closed fists, sweating, etc.)

Opposite Action

Do the opposite of my normal behavioral response

Ex: If I'm depressed in bed, get up and walk out the door

Positive Self-Talk

- Today is going to be a great day
- I choose to think positively
- I can get through anything
- Everything will be okay
- Every day is a fresh start

Tips for Practicing Self-Care for Depression

- Start with small, manageable changes
- Treat yourself to a gift for your mental health
- Practice opposite action
- Stick to a sleep schedule
- Try to maintain a balanced diet
- Get regular exercise
- Treat any physical illnesses or symptoms
- Practice daily gratitude
- Avoid mind-altering substances
- Have someone hold you accountable

How to Help Someone with Depression

- **Help him or her** get an appropriate depression diagnosis and treatment.
- **Encourage the person** to stay with treatment or to seek different treatment if no improvement occurs.
- **Use understanding**, patience, affection, and encouragement to offer emotional support.
- **Encourage participation** in some activities that once gave pleasure, but do not push the depressed person to undertake too much too soon.
- **Encourage the person** to join a depression support group where they can share in a non-judgmental environment.
- **Remember** that depression is not something a person can 'snap out of' nor can he or she 'choose to be happy instead.'

Depression is a mental illness, not a choice.



Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



- Do you often feel sad, anxious, worthless, or even "empty"?



- Have you lost interest in activities you used to enjoy?



- Do you get easily frustrated, irritable, or angry?



- Do you find yourself withdrawing from friends and family?



- Are your grades dropping?



- Have your eating or sleeping habits changed?



- Have you experienced any fatigue or memory loss?



- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?



- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.



- **Try to spend time with friends or family**, even if you don't feel like you want to.



- **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



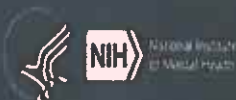
- **Try to keep a regular sleep schedule.**



- **Eat healthy foods.**

You're not alone, and help is available. You can feel better.

To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.



nimh.nih.gov/depression

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline

Call or text 988
Chat at [988lifeline.org](https://www.988lifeline.org)

Crisis Text Line

Text "HELLO" to 741741



NIH National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 22-4316



N.N.A.D.A.P.

Louise Ashawasegai

Warning Signs of Suicide

Talking about killing or harming one's self

Expressing strong feelings of hopelessness or being trapped

An unusual preoccupation with death or dying

Acting recklessly, as if they have a death wish (e.g. speeding through red lights)

Calling or visiting people to say goodbye

Getting affairs in order (giving away prized possessions, tying up loose ends)

Saying things like "Everyone would be better off without me" or "I want out"

A sudden switch from being extremely depressed to acting calm and happy