



WASAUKSING FIRST NATION NEWSLETTER



MAY 2025

Next Issue: June 1, 2025

Submissions Due: May 23, 2025

Please Visit Our Website: www.wasauksing.ca to see
Employment Opportunities, Special Events, And More...

UPCOMING MEETINGS

Community Council Meeting - Tuesday May 06, 2025

6:00 p.m. — 9:00 p.m. Administration Meeting Room

Citizenship Committee Meeting - Wednesday May 14, 2025

7:00 p.m.— 9:00 p.m. Gathering Center Meeting Room

Education Committee Meeting - Monday May 12, 2025

5:00 p.m.— 8:00 p.m. Administration Meeting Room

Business Council Meeting - Tuesday May 20, 2025

5:00 p.m. — 9:00 p.m. Administration Meeting Room

Health Committee Meeting - Tuesday May 13, 2025

5:00 p.m. — 7:00 p.m. Health Spiritual Room

Housing Committee Meeting - Thursday May 22, 2025

6:00 p.m.— 8:00 p.m. Administration Meeting Room

Restorative Justice Committee Meeting - Tuesday May 27, 2025

5:30 p.m.— 7:30 p.m. Gathering Center Meeting Room

Social Committee Meeting - Monday May 26, 2025

6:00 p.m.— 8:00 p.m. Gathering Center Hall

LARC Committee - Wednesday May 07, 2025

7:00 p.m.— 9:00 p.m. Gathering Center Meeting Room

IN THIS ISSUE

- ♦ JOB POSTINGS
- ♦ ADMINISTRATION
- ♦ EDUCATION
- ♦ HEALTH DEPARTMENT
- ♦ SOCIAL DEPARTMENT
- ♦ PUBLIC WORKS
- ♦ COMMUNITY VOICE



MMIWG

COMMUNITY Announcements

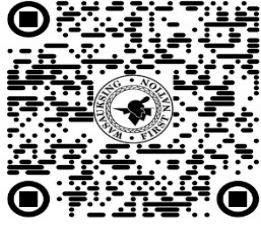
Wasauksing Fire Department - For Fire Emergencies please **Call 911.**

Anishinabek Police Services - For All Emergencies **Call 1-888-310-1122 or 911.**

Water Treatment Plant - During Office Hours staff can be reached at **705-746-7799.** After Hour Emergencies and/or During the Weekends Please Contact **705-774-3110**



WE ARE HIRING

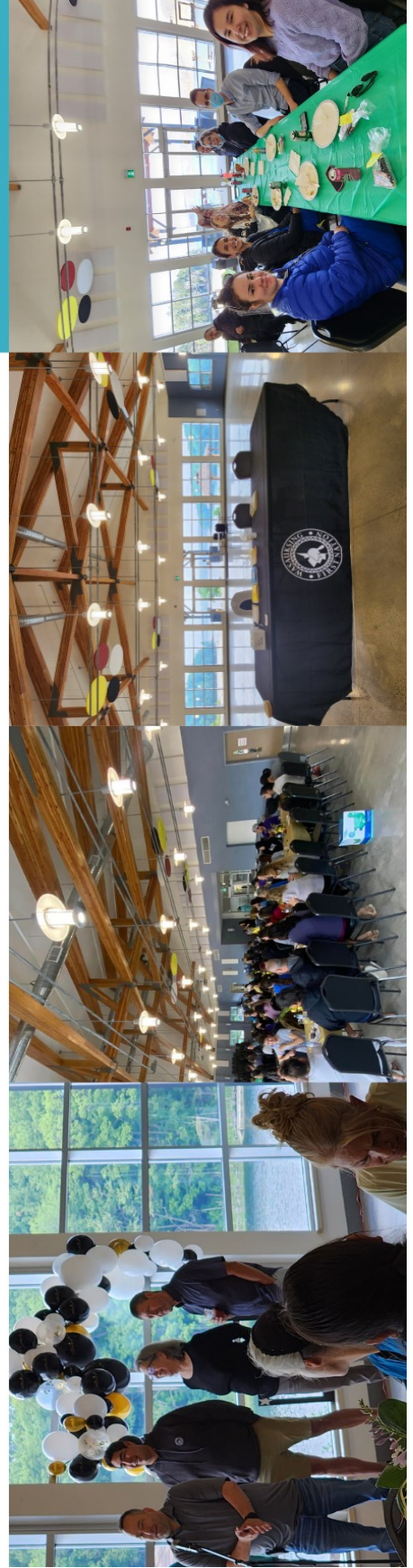


POTENTIAL SUMMER POSITIONS



- Health Summer Students
- Administration Or Reception Summer Students
- Land Based Summer Students
- Waste Transfer Summer Students
- In-Door & Outdoor Support
- Day Care Summer Students
- Maintenance Summer Students
- Beach Patrol Summer Students
- Field Tech
- Housing Maintenance
- Youth Worker

JOIN OUR TEAM



JOB POSTINGS

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JOB POSTINGS

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Summer Student - Employment Application Form – 2025

Please complete the requested information below (please print or type).

Applicant Information		
Full name:		
Address:		
City:	Province:	Postal code:
Primary number: ()	Cell phone number: ()	
E-mail address:		
Are you legally authorized to work in Canada? (circle) Yes No		
Are you of legal age to work in (insert province)? (circle) Yes No		
Have you ever interviewed with Wasauksing First Nation in the past? <input type="checkbox"/> Yes <input type="checkbox"/> No		
If yes: Location _____ Date (mm/yy) _____		
Have you worked for us before? (circle) Yes No		
If yes: Location _____ Years _____		
Have you been convicted of a criminal offence for which a pardon has not been granted? (circle) Yes No		
Are you bondable? (circle) Yes No		

Position Desired

Please provide your weekday hours availability below. (Your unavailability to work on any particular day will not necessarily disqualify you from employment with Wasauksing First Nation)								
	All Days	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning								
Afternoon								
Evening								
Night								



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Education

Type of School	Highest Grade or Year Completed	Name of School and Course of Study or Major	Date Attended (dd/mm/yy)
High school or equivalent	9 10 11 12 13		
College or university	1 2 3 4		
Vocational or trade school			
Graduate school			
Other			

List any other certifications or licences you currently possess:

-
-
-

Work History

Please see attached resume & references

(Summer Students: References can be work, educational, personal and sports equivalent)

OR

Start with your most recent employer. You may include as part of your employment history any work performed on a volunteer basis, but please do not include specific information concerning membership in organizations which are identified by religion, cultural, ethnic background, or any other prohibited grounds of discrimination.

Position One	
Employer name:	
Employer phone number:	
Start date (mm/yy):	End date (mm/yy):
What was your position or job title?	
What were your duties or responsibilities in this position?	



JOB POSTINGS

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Why did you leave?	
May we call your previous supervisor? (circle) Yes No	Supervisor name:
	Phone number:

Position Two	
Employer name:	
Employer phone number:	
Start date (mm/yy):	End date (mm/yy):
What was your position or job title?	
What were your duties or responsibilities in this position?	
Why did you leave?	
May we call your previous supervisor? (circle) Yes No	Supervisor name:
	Phone number:

If you wish to add additional positions to your employment history, please ask for an additional application.

Applicant Signature

Please read carefully before authorizing. This application is not valid unless your name as authorization is signed or written in the signature space provided below. <i>(Note: If this application is submitted electronically, it is not valid unless your name is keyed in the signature space provided below).</i> Your authorization on this application form is your consent that as a condition of being considered for employment at Wasauksing First Nation references about past work performance that have been provided and authorized on this form will be contacted at the information provided. <i>I certify that the information provided in this application or attachments or resume is true and complete. I understand that if any information in this application or its attachments or resume is found to be untrue or incomplete, my application may be rejected, or I may be terminated for just cause if I am the successful applicant.</i>	
Applicant signature:	
Date signed: (dd/mm/yy)	Earliest available start date:



Notice

Please be advised that
the Administration,
Nursing Station, Day
Care, School, WACC, &
Gathering Center will be
Closed:

**Monday, May 19, 2025
for Victoria Day**



NEWSLETTER NOTICE:

Due to the rising costs of postage and paper, we will no longer be able to mail the Wasauksing Monthly Newsletter.

In order to receive a emailed copy of the newsletter, please forward your email address to:

newsletter@wasauksing.ca

Additionally, you can view the monthly newsletter on our website:

wasauksing.ca

Miigwetch for your understanding.





ADMINISTRATION

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Treaty Annuity Payments



May 7, 2025
11:00 AM - 2:00 PM
@ The Gathering Building

Bring two pieces of ID

Bring two pieces of ID



CALL OUT FOR TRUSTEES

* THE MTIGO MIN TRUST IS REQUESTING SUBMISSION OF RESUME'S FORM INTERESTED WASAUKSING FIRST NATION CITIZENS (ON/OFF RESERVE), TO APPLY FOR POTENTIAL TRUSTEE CANDIDACY.

* THE SELECTION COMMITTEE WILL HOLD INTERVIEWS AND SELECT NEW MEMBERS TO JOIN THE TRUST POOL.

* APPLICATION CLOSING DATE: TILL TRUST POOL IS FULL.



PLEASE SEND YOUR RESUME WITH A COVER LETTER, CONTACT INFORMATION TO:

ADAM GOOD, CHIEF EXECUTIVE DIRECTOR
EMAIL: ced@wasauksing.ca

OR PACKAGE MAY BE DROPPED OFF AT THE FOLLOWING PHYSICAL ADDRESS:
ADMINISTRATION OFFICE
1508 GEEWADIN ROAD LANE G
WASAUKSING FIRST NATION

NOTE: THIS HAS NOTHING TO DO WITH THE RHT TRUST



Bus License Training



The Wasauksing Education Department is encouraging community members to obtain their bus license! All fees would be covered and training can be arranged to be done in Parry Sound with Hammond.

What you need to begin?

- ✓ Criminal Background & Vulnerable Sector Check (Via APS)
- ✓ Medical Form (Completed by a Doctor or Nurse Practitioner)
- ✓ Once documents are obtained, submit forms to MTO

A blank medical form can be obtained by contacting Dave!

Next steps:

- ✓ Complete training (Online video training & 21 hours behind wheel/observation)
- ✓ Pass written & road test



For questions or if you're interested in applying, please contact Dave McDougall at: doe@wasauksing.ca



EDUCATION

Legend:

☐ C and C Designated Holiday
 ☐ Professional Development
 ☐ Stat. Holiday
 ☐ Early Closure



Mon. May 5th
3:30 - 5:30 PM

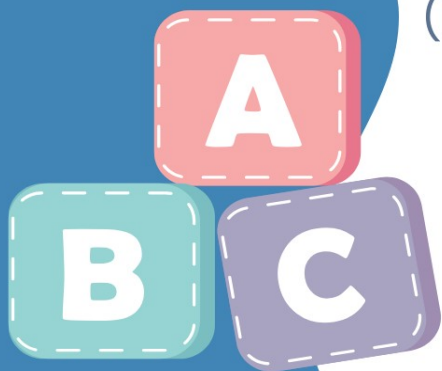


Kindergarten Registration

Is your child entering school this fall?

Come to Wasauksing Kinomaugewgamik to "Meet the Teacher" and register your child for Kindergarten! Please bring ID (birth certificate, health card, status) for registration.

Registrants will receive a swag bag!
Snacks and pizza will be available.





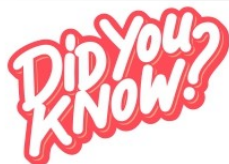
HEALTH DEPARTMENT

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Wasauksing Nursing Station

May 2025



Health has a website!
wasauksing.health
another way to keep up to date!

Whole Life Counselling

Evi: May

Aislinn: May 12, 14, 26, 28

Alex: May 2, 16, 30

Call Melissa to book an
appointment 705-746-2033

Zach- Tread Orthopaedics:

May 28

June 25

July 23

Call Terri to book an
appointment: 705-746-2033

Doctor Visit Dates:

Dr. K. Knight: May 7, 14, 21, 28

Dr. J. Hamby: May 5 & 9

Call Terri to book an
appointment 705-746-2033

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May				1 Craft Night	2 Anishinaa- bemowin	3
4	5 MMIW Memorial Circuit Workout	6	7	8 Craft Night	9 Anishinaa- bemowin	10
11	12 Circuit Workout Full Moon Ceremony	13	14 Lunch & learn Bingo	15 Esstin McLeod	16 Esstin McLeod	17
18	19 Office Closed	20 Co-Ed Slo Pitch Registration Closes	21	22 Craft Night	23 Anishinaa- bemowin	24
25	26 Circuit Workout	27	28	29 Craft Night	30 Anishinaa- bemowin	31



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CARA Programming:

Contact Liz Tabobondung for additional
information:

cra@wasauksing.ca
705-746-2033 ext. 305



REMINDER

Co-Ed Slo-Pitch League

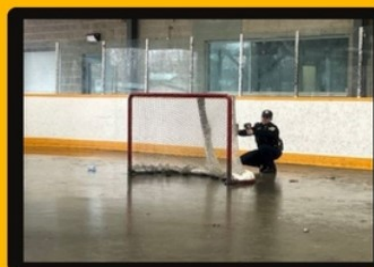
Registration Closes:
Tuesday, May 20th, 2025!!

Ages 16+
\$300/team
Contact Liz to register!

MIIGWETCH



*Miigwetch to all our volunteers,
who helped out with the 2025
Wasauksing Maplefest!*



CIRCUIT WORKOUT

Mondays
6:00pm-7:30pm
Circuit training with Ryan

Ages 16+
Contact Liz Tabobondung for
more information
cra@wasauksing.ca
705-746-2033 ext 305

DELTA
SHANNON
MARISSA
TRISTIAN
AHSOKA
KELLIE
VICTOR
SOPHIA
LIZ & DOUG



BOBBI
KATE
CAGE
JOHN
JESSE
NAOMI
BRITTANY
SHERRI-LYN
JEN & CHRIS

WASAUKSING CHIEF AND COUNCIL
ANISHINABEK POLICE SERVICES
CHIEF TABOBONDUNG AND FAMILY



HEALTH DEPARTMENT

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CARA Programming:

Contact Liz Tabobondung for additional
information:

cra@wasauksing.ca

705-746-2033 ext. 305

Ball Hockey Tournament



\$200.00
per team

Youth Tournament
(U11, U13, U15)

Saturday May 10th 2025

Youth/Adult Tournament
(U18 & 18+)

~ Alcohol Free Event ~

Saturday May 24th 2025

Call or email Liz Tabobondung
for more information or to register a team

All are
Welcome!!

YOUTH SLO-PITCH

STARTING FRIDAY JUNE
6TH 2025

AGES 10-13

4-5PM

AGES 14-16

5-6PM

T-BALL

Starting Wednesday June 4th

Ages 3-5 5pm-6pm

Ages 6-9 6pm-7pm

SOCCER

STARTING
TUESDAY JUNE 3RD 2025

AGES 3-5 5PM-6PM

AGES 6-9 6PM-7PM

AGES 10-13 7PM-8PM

ADULT SUPERVISION REQUIRED

Email or call Liz Tabobondung
for more information
705-746-8022
cra@wasauksing.ca

Co-Ed Slow Pitch League

ALCOHOL
FREE EVENT

FRIDAY NIGHTS STARTING JUNE 6TH
2025

AGES 16+

***REGISTRATION CLOSES MAY 20TH
2025***

Registration
\$300.00 Per
Team

CALL OR EMAIL LIZ TABOBONDUNG FOR MORE
INFORMATION OR TO REGISTER
705-746-8022 EXT 305
CRA@WASAUKSING.CA



HEALTH DEPARTMENT

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Traditional Wellness Programming:

Contact Faith: twkk@wasauksing.ca
705-746-2033 ext. 312



Wasauksing kwewkok miinwaa kwezehnsag,
please join us for a

Full Moon Ceremony

Monday, May 12
9-11 pm
Wasauksing Health Centre
Wellness Room



WASAUKSING HEALTH STATION

ESSTIN MCLEOD

TRADITIONAL MEDICINE PRACTITIONER

MAY 15TH AND 16TH 2025

Limited number of spots available



Call the Health Station to schedule
an appointment 705-746-2033



WASAUKSING HEALTH

CRAFT NIGHT

MAY 1, 8, 22 & 29
6-9 PM

Bring a crafting project to work
on or there are some crafting
materials available for you to
get creative with

Wasauksing Health Centre
Wellness Room



AMBE-NISHNAABEMDAA

Anishinaabemowin

MAY 2, 9, 23 & 30
10AM-12PM
WASAUKSING HEALTH
CENTRE WELLNESS ROOM

Light lunch
provided

For more info,
please call
705-746-2033



HEALTH DEPARTMENT

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Nursing Updates

Contact Emma: iipctrn2@wasauksing.ca
705-746-8022

KO eHEALTH

Telemedicine services with KO eHealth, offers convenient access to your healthcare provider from the comfort of your own home, health center, or anywhere with internet access.

Transform in-person appointments into virtual appointments with the help of our dedicated KO eHealth team.



MORE INFORMATION:

Regional Telemedicine Navigator

msm@kochiefs.ca

1-800-387-3740



ONTARIO TELEMEDICINE NETWORK

VIRTUAL CARE FOR PATIENTS

Did you know Wasauksing Health Station is able to help you connect with your doctor/specialist through video visits? Ask your doctor today if this is an option for your next visit!

MEDICAL TRANSPORTATION



UPDATE FOR YOUR MEDICAL TRANSPORTATION REQUESTS
FOR IN TOWN APPOINTMENTS PLEASE CALL TO BOOK WITH **24 HOUR NOTICE**
FOR OUT OF TOWN APPOINTMENTS PLEASE CALL WITH **2 WEEKS NOTICE**

Dr. Appointments

WPSHC Appt.

Eye Doctor

Dentist Appointments

Bloodwork

MORE INFORMATION

CALL HEALTH STATION 705-746-8022

email: healthstation@wasauksing.ca

Health811

Connect to free health information and services,
24/7

Call 811 or chat online at
ontario.ca/health811

Ontario Health811



HEALTH DEPARTMENT

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Dietitian & Diabetes Programming

Contact Natalie: rd1@wasauksing.ca
705-746-2033 ext. 325

Contact Danette: cdern@wasauksing.ca
705-746-2033 ext. 309

**Book an
appointment**

Do you want to book
an appointment with
Natalie or Danette to
learn more?

Please call
705-746-2033



Wellness Lunch and Learn Bingo

**Wednesday, May 14, 2025
12 - 2 PM**

Please contact
WFN Health Station to
Register
705-746-2033





HEALTH DEPARTMENT

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CHR Updates

Contact Audrey-Anna: chr@wasauksing.ca
705-746-2033

Safe sharps handling and disposal kits available at the Health Unit.

SAFE SHARPS DISPOSAL

Your kit will include:

- Safety instructions
- Hard-sided container with a lid
- Puncture-resistant or disposable gloves
- Tongs
- Cleaning wipes



myhealthunit.ca/sharps

- 345 Oak St. W, North Bay
- 90 Bowes St. Suite 201, Parry Sound

Community safety. That's the point!

SAFE SHARPS DISPOSAL

Found sharps can be placed in a hard-sided, puncture-resistant container such as a pop bottle, if a biohazard container is not available.

Dispose of sharps at a:

- Community sharps bin
- Participating pharmacy
- Hazardous waste depot
- Local health unit



myhealthunit.ca/sharps



The Canada Healthy Communities Initiative
Funded by
Canada

North Bay Parry Sound District
Health Unit
Bureau de santé
du district de North Bay Parry Sound

MMIW Memorial

MAY 5TH, 2025
HEALTH STATION SPIRIT ROOM



JOIN US FOR
LUNCH & DOOR PRIZES, 12:00-2:00 PM
MEMORIAL FEAST, 7:00-10:00 PM



LET'S GET VACCINATED

Call to book
**FLU, RSV,
COVID-19**

DON'T let the bugs get you down!

As the weather warms up the bugs will be out. TICKS, FLEAS, and MOSQUITOS.

Ways to prevent bites,

- Wear light coloured clothes.
- Use bug spray with DEET or Picaridin.
- Tuck your pants into your socks.
- Walk on cleared pathways.
- Make sure your pets are treated for fleas and ticks.
- Do a full body check on yourself, your kids, and pets when back inside.



705-746-2033 | WASAUKSING.HEALTH |
[HTTPS://WWW.ONTARIO.CA/PAGE/TICK-BORNE-DISEASES](https://www.ontario.ca/page/tick-borne-diseases)



Home & Community Care Updates

Contact Vanessa: hssrn@wasauksing.ca
705-746-8022 ext.302



SAFESPACE NETWORKS

EVERY HEALTHCARE ORGANIZATION NEEDS A SAFESPACE FOR CHANGE. WE CAN HELP.

What is the Safespace Network?

The Safespace Network is a platform that works to address barriers to reporting in healthcare by providing a safe and anonymous way to share experiences without fear of retaliation. This data collection allows systems to do more than react to negative experiences but prevent them from happening by assessing patterns and trends within healthcare and acting accordingly.



This allows for the power of the individual's voice to be amplified through the connection of experiences and producing patterns that can be analyzed and understood by healthcare institutions and those who can influence change within the system.

Anyone can report into the platform, individuals who may have experienced racism or harm within the healthcare system, as well as individuals who may have witnessed such experiences.

There are three ways to report into the platform:

- 1** A secured hotline: 1-416-477-4627
- 2** A secured email: report@safespacenetWORKS.ca
- 3** Online: www.safespacenetWORKS.ca/report



The Safespace Network is not meant to replace formal complaints processes that are in place locally, but rather to amplify voices and capture patterns and trends within the system to influence change.

If you need to go through a formal complaints process, IPHCC strongly encourages you to reach out to a provider you trust that can support you through this process.





HEALTH DEPARTMENT

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Mental Health & Addictions

Contact Steve: mwtmsw@wasauksing.ca
705-746-2033 ext. 314

Contact Melissa: nnadap@wasauksing.ca
705-746-2033 ext. 315



SEE AN OVERDOSE?
CALL 911.

Even if you've taken drugs or have some on you,
the **Good Samaritan Drug Overdose Act** can protect you.

THIS LAW IS SUPPORTED BY THE ONTARIO PROVINCIAL POLICE
OPP.CA/OVERDOSE



NALOXONE TRAINING

Available anytime at the Health Centre,
call us for more information! 705-746-2033



ONTARIO REGION OF NARCOTICS ANONYMOUS

IN PERSON / VIRTUAL MEETING INFO


MONDAY | 6:30 PM-7:30 PM
Parry Sound Friendship Centre
25 Church St, Parry Sound, ON

FRIDAY | 6:30 PM - 7:30PM
Parry Sound Friendship Centre
25 Church St, Parry Sound, ON

VIRTUAL MEETINGS | VISIT LINK BELOW FOR TIMES
<https://virtual-na.org/>

Information obtained from <https://www.orscna.org/home>

FOR ADDITIONAL SUPPORT WITH YOUR JOURNEY TO HEALTHIER LIVING CONTACT
MELISSA AT 705-746-2033 OR, EMAIL nnadap@wasauksing.ca



NALOXONE SAVES LIVES.

Get Trained.

Get a Kit.

SIGNS AND SYMPTOMS OF AN OPIOID OVERDOSE

- Cannot be woken up
- Slow, shallow or no breathing
- Blue lips or nails
- Choking or gurgling sounds
- Limp body, cold skin
- Small constricted pupils

How to Help If You See This Signal

THE VIOLENCE AT HOME SIGNAL FOR HELP

1. Palm to camera and tuck thumb

2. Trap thumb

Reach out to them safely to find out what they need.
They may ask you to listen and be there for them.
They may ask for help finding services. They may want you to call someone to help them. Let the person using the Signal take the lead.

If someone is in immediate danger, call 9-1-1



Mental Health & Addictions

Contact Steve: mwtmsw@wasauksing.ca |
705-746-2033 ext. 314

Contact Melissa: nnadap@wasauksing.ca
705-746-2033 ext. 315

How you THINK determines how you FEEL and how you BEHAVE

Submitted by Steve Koptie, Social Worker - Mental Wellness Team

The Cognitive Model

Thoughts → Emotions → Behaviors

Cognitive behavioral therapy ("CBT") is based on the idea that **how you think determines how you feel and how you behave**. The diagram and example below show us this process:



Example: Mark

Situation: A stranger scowls at Mark while passing him on the street.

Mark's Thoughts: "I must've done something wrong... I'm so awkward."

Mark's Emotions: Embarrassed and upset with himself.

Mark's Behaviors: Mark apologizes to the stranger and replays the situation over and over in his head, trying to understand what he did wrong.

In this example, you might've noticed that Mark's thought wasn't very rational. The stranger could've been scowling for any number of reasons. Maybe the stranger just got dumped, or maybe he scowls at everyone. Who knows?

As humans, we all have **irrational thoughts** like these. Unfortunately, irrational or not, these thoughts still affect how we feel, and how we behave. Consider how Mark might've responded to the same situation if he had a different thought:

Thought	➡	Emotion	➡	Behavior
"What a jerk!"		Angry		Mark shouts: "What's your problem?!"
"He must be having a bad day..."		Neutral		Mark walks away and forgets the incident.

Using the cognitive model, you will learn to identify your own patterns of thoughts, emotions, and behaviors. You'll come to understand how your thoughts shape how you feel, and how they impact your life in significant ways.

Once you become aware of your own irrational thoughts, you will learn to change them. The thoughts that once led to depression, anxiety, and anger will be replaced with new, healthy alternatives. Finally, you will be in control of how you feel.



OW Newsletter

MAY 2025

OPEN HOUSE

Join us for our Monthly Open House on **Thursday, May 15th** from **10am to 2pm** at the **Gathering Centre**.

Drop off your Income Statement and Employment Participation Forms.

We will be having a BBQ lunch!

Service Canada

Service Canada will be at the Open House to assist with applications for OAS, CPP, EI, Passports, Dental, etc

ODSP

ODSP will also be available during the Open House for applications and questions.

Income Tax

Amanda King is here to help with your Income Tax filing.
She can be reached at 705-996-6910 ext 212

Appointments are recommended for these services

REMINDER

Please ensure your full name is on your income statement when submitting.

Income statements are due on **May 15th**.

Any statements received after this date will be issued a cheque for pickup instead of direct deposit.

CONTACT US

Bobbi Verstraten
OW Income Support
705-996-6910 ext 206
owinc@wasauksing.ca

Patricia Rice
OW Employment Assistance
705-996-6910 ext 204
owemp@wasauksing.ca

Just one small positive
thought in the morning can
change your whole day.

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SOCIAL DEPARTMENT

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Aanii -

I'm Bobbi Verstraten
(ne: Anderson), the new
Ontario Works Income
Support Worker at the
Gathering Place.

I am new to Wasauksing however
was born and raised in Parry
Sound.

I am married, and a busy Mom of
3 children and 6 fur babies.
I am a creator at heart and am
always crafting or creating in the
kitchen.

I am an avid reader as well, with
Bearly Used Books being a favour-
ite place to spend time and of
course, money!

I am truly grateful to be part of
the Wasauksing community.
Everyone has been so warm and
welcoming. I love the diversity of
my days! I could be assist clients,
packing lunches, picking up trash
for Earth Day , and working with
other agencies for the better-
ment of the community members.
**It is never dull in the Social
Department.**



Fun Facts:

I speak Swedish :)

I prefer Starbucks over Tim's

Love to travel with my kids,
especially to the Maritimes.

2025 goals—

- Get out on the water more in my kayak
- Learn Anishnaabemowin
- Get the filing done in my office



Social Wellbeing Manager: Kellie King

Aanii, aanii!

I have started a new position with WFN Social Wellbeing. Some of you may know I have been working with Wasauksing for almost 30 years in a variety of capacities.

My son will be 31 this year and my Nooshen just turned 12! Yes, I was blessed to be a Nokomis at a younger age and I wouldn't have it any other way. I am happy "my kids" have had the opportunity to grow up in community and benefit from our programs and services. I just love our home.

I am a member of Wasauksing. My late father was Gerald King (aka GK) and we spent our childhood in the GTA with my late Momma Maryellen, until I came back on my own as a teen.

I remember my first experience here was as the Relief Band Office Receptionist. I was called in to work while Maggie was away at LNHL! During my years here, I have had the opportunity to attend many different trainings and events that compliment our work here as Community Helpers. I also completed an Indigenous based Early Childhood Education Diploma program and an Indigenous based Social Work Degree.

I am super grateful that I have been able to work for and support all of our stages of life in the community, from Infancy through Elderhood and assisting families to help their Families Walk on to be with our Ancestors.

Chi miigwech and I welcome our continued work and partnerships together. It definitely "takes a village"!





SOCIAL DEPARTMENT

WFN NEWSLETTER
MAY 2025



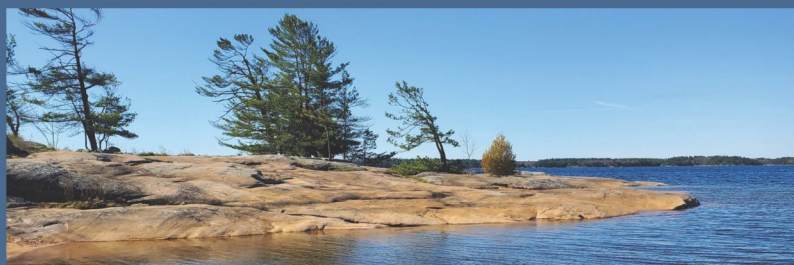
B'saanibamaadsiwin Indigenous Mental Health

connect with us

A SERENE AND PEACEFUL LIFE.



**Mental Health
& Addiction
Services**



About Us

Our program is committed to providing mental wellness care that is culturally safe. We help to build skills, knowledge and respectful attitudes that lead toward empathy and advocacy for you, your family and your community.

On your healing journey, we walk alongside you, offering support that is free of judgment and recognize that wellness is a community-centered path.

More Information:

www.cmhamps.ca



Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services

**Intake/Crisis Support @ Gathering Center in
Wasauksing First Nation**

Wednesdays 9:00 am - 12:00 pm

Walk in appointments are based on availability of worker,
please call (705) 746-2512 to confirm an appointment or if immediate crisis support is required.



SOCIAL DEPARTMENT

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Become a Wiidookdahwin We-Wina Chi B'maadizeyin Committee member

Open to Wasauksing First Nation Members

- **What we do:** Focus on community healing, education & awareness to promote community healing
- **Our responsibilities:** Members understand and role model the Seven Grandfather gifts.
- Keep the circle strong by preparing and attending all meetings.
- Be an ambassador of the program during educational or community events.



Contact the Wiidookdahwin Coordinator for more information about how to become
a Wiidookdahwin Committee member.

wiidookdahwin@wasauksing.ca

705-996-6910 x 205



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What is the difference? :

Sharing Circle: is used to teach important lessons about the sanctity of all of life: the trees, water, the sky, plants, animals, all four races and balance in life.

Healing Circle: is symbolic of the cycle of life; all beings are interrelated. Participants are able to work on helping themselves, which has a ripple effect on family, community, and land.

Justice Circle: is where a person takes responsibility for his/her actions & makes amends to the harm caused.

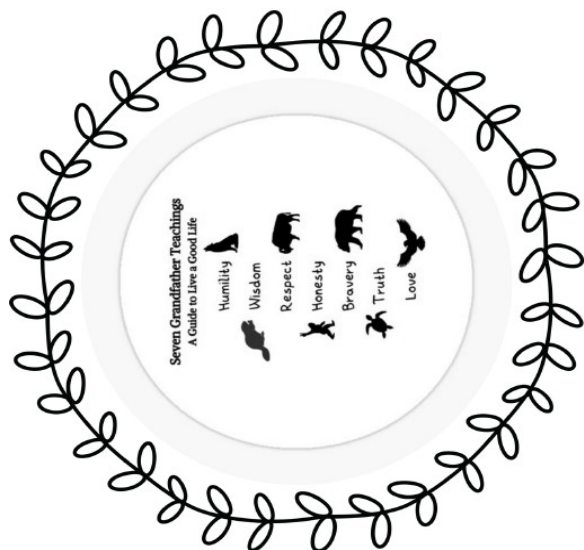


Who is Wiidookdahwin We-wina Chi B'maadizeyin for?

For: Wasauksing First Nation community members. Or, residents who have been harmed & their supporters, the person(s) who harmed, family and supporters, and the community.

Why would I access the Wiidookdahwin We-wina Chi B'maadizeyin program?

For: You may be an Individual with criminal diversions or for individuals who have caused harm in their families, relationships, and community.



What is Wiidookdahwin We-wina Chi B'maadizeyin?

Wiidookdahwin We-Wina Chi-

B'maadizeyin means:

"Helping each other to live a good life, or helping each other walk a good life."

Wiidookdahwin We-wina Chi

B'maadizeyin's mission:

To provide a community-based holistic healing circle to encourage support and help each other to have a good life.





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Wiidookdahwin We-Wina Chi B'maadizeyin Program



How do I access the program?

Contact the Wiidookdahwin
Coordinator @ :

Email us:

wiidookdahwin@wasauksing.ca

Phone us:

705-996-6910 extension #205

Visit us:

Civic Address for the
Wasauksing Social Services,
Wasauksing First Nation
Administrative and
Gathering Centre
1126 Geewadin Road,
Wasauksing First Nation

Write to us:

(Mailing Address)

PO Box 250, Parry Sound,
ON P2A 2X5



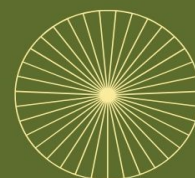
Wiidookdahwin We-
Wina Chi B'maadizeyin

*"Helping each other
to live a good life."*





Counselling & Mindfulness with Brian Slegers BSW, MSW, RSW



★ Brian Slegers is a native of northern Ontario and has a bicultural background. He has primarily Indigenous ancestry with French and Russian roots as well. He started his studies in 1998 in Traditional Indigenous Healing Methods Program at St Clair College in Windsor. He later studied at Laurentian Universities in the Indigenous Human Services Program receiving an Honors Degree in Social Work.

★ While working as an emergency room Crisis Counselor and raising his sons he studied part time working towards his Master's Degree in Social work. He is also a recent Graduate from the Buddhist Wat Po Traditional Medical School in Bangkok Thailand. He is a provider for NIHB (Non-Insured Health benefits) ensuring that Indigenous people can access cultural safe and informed therapy at no cost to the client.

★ Brian is up to date and qualified in the most recent evidence based therapy practices and continues to learn. He has been providing therapy, staff training and certification in therapy and research consulting services since 2004.

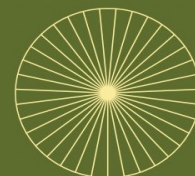


9:30am - 3:30pm
Counselling @ The
Gathering Centre:
May 22, June 12 & 26,
July 10 & 24

Booking:
Waab King 705-996-
6910x. 205



Thai Massage Healer: Meya Monwipa



Sawadee Ka (Greetings)

My Name is Meya Monwipa, I am from Nakhon Si Thammarat, the south of Thailand.

I am a proud Indigenous woman that was raised in a small fishing village on the sea. I come from a long line of Buddhist healing traditions passed down from my grandmother, mother and aunties. I have studied the practice and teachings of Buddhism all of my life and have lived as a Buddhist Nun at the temple on and off throughout my life.

I specialize in the healing tradition of Thai massage

Thai traditional healing has become very much its own system. Its core principles are built upon the foundation of an intertwined body and mind, of which a harmonious equilibrium between both is the key to good health.

I have over 20 years of experience practicing the art of Healing. I worked for several years in Rabat Arzana in Morocco, a 5 star luxury healing spa where I worked in the royal palace of the King. I worked with the Princess and her family members. I was selected to work with royal ambassadors, and royal dignitaries from other countries.

In Thailand I worked in a high end luxury spa providing many different types of treatments for movie stars and other celebrities .

Over my career I have been selected to work in Niger, and Oman in some of their most prestigious luxury spas. I am very excited to have an opportunity to share our healing tradition in North America.



Thai Healing Massage :
9:30am - 3:30pm
At: The Gathering Centre
May 22, June 26, July 24

Booking:
Waab King 705-996-6910
x. 205



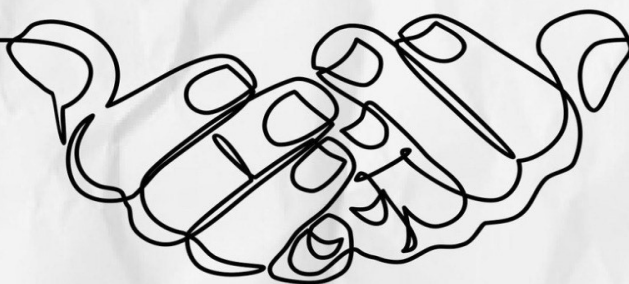
SOCIAL DEPARTMENT

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REMEMBER. REFLECT. DEMAND ACTION.

MMIWG2S+

#RedDressDay



Sunday May 4th @ 9:30 am starting @ the monument by the bridge.

9:45 AM Honour Song/ Jingle Dance

10am March in solidarity to The Gathering Place

11 AM Bracelet & vamp activities.

Lunch: @ 11:15

12 PM Travelling Song

WEAR: RED dresses, RED shirts, RED sweaters, scarves, walking shoes, bug nets & Moose Hide pins to show your support in ending violence against women.



Waste Pick-Up Reminders

All waste must be securely bagged and tied shut

Recycling must be securely bagged in clear bags and tied shut

Garbage bags must not exceed 25 kg / 55 lbs

Bags must be standard, household sized garbage bags (no oversized or contractor bags) - bag limits are based on standard 75L garbage bags or 75L garbage cans

Please have your waste and recycling out for 10 a.m. on your scheduled day for pick up

Residents with pick up collection:

- 2 garbage bags weekly
- 2 recycling bags weekly

Waste Transfer Hours of Operation:

Sunday- 9:00am to 4:00pm

Wednesday - 5:00pm to 8:00pm

Saturday - 9:00am to 4:00pm

*For questions or more information, please contact:
pws@wasauksing.ca*



COMMUNITY VOICE

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***URGENT:* Indigenous families needed to provide in-home care for indigenous children and youth.**

Keep Our Children in Our Communities!



Niijaansinaanik
Child and Family Services

Become an Alternative Caregiver Today.

1-855-223-5558

niijcfs.com



Niijaansinaanik
Child and Family Services

SIGN UP TODAY

VOLUNTEER DRIVERS

Volunteers provide empowering opportunities for people of all ages and help build community.



Our Volunteer Drivers:

- Create a positive impact on the overall well-being of children, youth, and families
- Receive free training
- Are reimbursed a competitive mileage rate for use of their vehicle

1-855-223-5558

volunteerservices@nijcfs.com

nijcfs.com/volunteer