



Kunuwanimano.com

KUNUWANIMANO CHILD & FAMILY SERVICES

Spring 2019 Newsletter

FEATURED IN THIS EDITION:

Pg. 1 Message from Senior Manager | Pg. 2 2018 Holiday Events
| Pg. 4 Ottawa Trip | Pg. 5 Upcoming Events and more...

Last Page—Colouring Contest!



KUNUWANIMANO CHILD & FAMILY SERVICES

Spring 2019 Newsletter

CONTENTS:

Pg. 2

Christmas Float

Pg. 3

Christmas CIC Party

Pg. 4

Ottawa Trip

Pg. 5

Upcoming Events

Pg. 6

Health Tips

Pg. 7

New Services

Pg. 8

Full Moon

Ceremony

Pg. 9

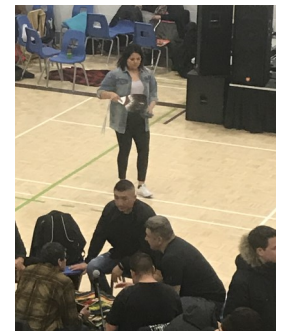
Employment
Opportunity

Pg. 10

Colouring Contest



2019 Northern College Powwow



Greetings to All:

As the season changes and we move toward Spring, our minds turn to new life, as seedlings begin to push up toward the sun, stronger every day, with the inherent knowledge of what they can become and why.

The same metaphor can be used for the Agency. Kunuwanimano continues to move forward, building greater capacity among staff with new or significantly altered programming to offer families, be it Child First, TAY or Clinical Services, as examples. We know that our families need and deserve these supports, that together we will be able to make positive changes, and ultimately our families, our children and our Communities will be stronger, happier and safer.



Carla Cavalheiro,
Senior Manager of
Protection and Training

2018 Holiday Events

Season of Giving

Kunuwanimanos Prevention Team did a 'Season of Giving' program to provide Christmas gifts to families who are accessing prevention services. With the generous donations from our sponsors, 11 families with a total of 39 children were provided age appropriate Christmas gifts. Presents included Dental kits in Christmas stockings for every child provided by Dr. Kelly and team from Riverside Dental. Northern College was able to donate gift cards for older children. Lastly, a donation of \$500.00 from OPG, along with sponsoring a family of six. A huge thank you to our sponsors Northern College, Riverside Dental and Ontario Power Generations!



Left to right, Kate Floreani, Cynthia Sullivan, Dr. Lisa Kelly, Hope Kooseses, Agnes Hunter

12 Days of Christmas



The prevention team in Timmins hosted a Christmas Dinner for our families who access our services. With our hard work and dedication, we had over 50 individuals attend the Christmas Dinner including the children.. The children had the opportunity to decorate their own ornaments and stockings with the help of their parents. We have received so many compliments regarding our event. However, I did not take photos as we were busy, but I do have couple ornaments gifted to me by the children.

Kunu Christmas Float!

The Toyland Themed Santa Clause Parade drew a large crowd despite the chilly temperatures. The parade was held on November 17, 2018 in Timmins. A committee of Kunuwanimano employees came together designed and built many of the props. Our Kunu float featured a life size Barbie and Ken, a Rubix cube, Blocks, Crayons, Play-Doh containers, Legos and teddy bears. The Kunu float was filled with jolly children and employees, waving and spreading holiday cheer.

Special thanks to the Float Committee, volunteers and to Dana Cosgrove for taking on the role as Barbie. Overall it was great event, and we look forward to participating in next year's parade!



2018 Holiday Events

Toy Drive

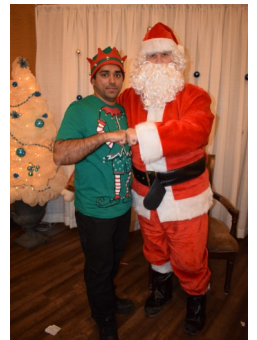


Kunuwanimano Child and Family Services collected toys and gifts for children and families in need this past December. The main event was held in Timmins with toys and donations being accepted at each of the district offices as well. We would like to thank all those who have donated and participated in the toy drive; your care and consideration for the children and families is greatly appreciated! A special thank you goes to Eclipse Financial for their participation and donation.

Children's Christmas Party



Kunuwanimano Child and Family Services held their annual Children in Care Christmas Party in December 2018. This year we saw an increase in participants filling the Ramada Inn ballroom with over 100 individuals. The Kunuwanimano team planned for several months leading to the Christmas party which all came to fruition upon seeing the smiles and hearing the laughter of the children and caregivers who were in attendance. There was a lunch served, activities (including Ginger Bread Making, Cedar Ribbon Teaching, personalized key tags and more), karaoke and dancing. We had special guest appearances from Sleepy Beauty and Santa Clause who handed out gifts to the children. We would like to thank all of our children and caregivers for such a joyful experience as well as the staff team who helped make this day possible.



Holiday Turkey Baskets

Prevention team members Julianna Morin, Priscilla Linklater, Jason Shawana and Theresa Gillis organized the 2018 holiday turkey basket deliveries. These baskets ensured that 47 families in the Timmins community had access to a holiday feast with some added nutritious groceries.

Chi-Meegwetch to Goldcorp, No Frills and Walmart for all of their support for this initiative, and the Kunu staff for all of their help in making this happen!



Kunu Takes Over Ottawa



Kunuwanimano Child and Family Services attended a Ottawa vs Toronto Hockey Game at the Canadian Tire Centre March 16, 2019. This trip contained 37 youth and 14 chaperons. Every moment of this excursion was a memorable one, from arcade games at Fun Haven, to a CINE+ Movie at the Canadian Museum of History, to Jumping at the Trampoline Park. The children and chaperons felt like a unified family as all 51 attendees gathered for meals together. The bus was a sea of blue jerseys cheering for the Toronto Maple Leafs, who unfortunately did not win, but that did not dampen the spirit of Team Kunu! Ottawa will hold a special place in our hearts, and this trip will forever be in our memories.



Upcoming Events

Mattagami

Birch Tree Tapping

Date: Wednesday, May 15, 2019

Time: 4:30pm—6:00pm

Location: Mattagami First Nation

Contact: Sydney Constance, Family Support Worker: 705-288-2012

Lil Tykes Safety Workshop— Stranger Danger

Date: Friday May 24th, 2019

Time: 5pm to 7pm

Location: Mchigeeng Health Services Centre

Ages: 5 to 8 years old

A small snack will be provided

To Register your child please contact Viviane Esiner
705-864-1600 ext. 1501.

Pre registration is required.

Food as a medicine

Mattagami First Nation

Date: Monday, May 27 2019

Time: 10:00 am

Location: Mattagami First Nation

Contact: Tammy Matton
268-9033 ext. 1296

Brunswick House First Nation

Date: Thursday, May 30 2019

Time: 1pm

Location: Brunswick House FN

Contact: Tammy Matton
268-9033 ext. 1296

Toxic Free-Living Info Session

Date: Tuesday, May 7,, 2019

Time: 4:00pm—6:00pm

Location: Wahgoshig First Nation

Introduction—5 easy steps to removing toxins from your home!

DIY projects—All-purpose cleaner, dish soap, hand soap

Light supper provided

Families with children are welcome

Info Contact:

Lorelei Matthews Child and Youth Worker
705-288-3758

Tree of Life Program

The goal of the Tree of Life Program is to develop and cultivate health communication, relationships and emotional intelligence in youth as a means of navigating life in an effective and efficient manner. This program consists of 8 modules where youth will develop their creativity, express ideas, experiences, and feelings from their understanding of the world around them. Youth will engage with a variety of art forms/techniques, including drawing, painting, sculpting, and digital media as a means to enhance their skills and capacities. Based on the teachings of the Seven Grandfathers – Respect, Honesty, Courage, Truth, Love, Wisdom, and Humility, youth participants will be able to create an art portfolio to enhance their self-esteem and confidence within their communities.

For More information on how to bring the Tree of Life Program into your community, contact Darryl Neegan at 705-268-9044 ext. 1236.

Women's Circles

The Family Wellness Coordinator currently facilitates Women's Circles that focus on providing a foundation of identity and an awareness of self in order to create safety and wellbeing within the family unit.

Through these women's circles, participants will be able to realize their potential for self-determination while integrating effective healing practices into their daily lives. This is a 7 module program designed to empower and strengthen the support systems within the eleven (11) First Nations communities within the Kunuwanimano district.

The communities that the Women's Circle will be delivered to later this Spring, will be: (1) Chapleau Cree First Nation, and (2) Mattagami First Nation. Dates to be determined.

For more information, contact Kimberly Edwards, Family Wellness Coordinator at 705-268-9033 ext. 1251.

Kunuwanimano Health Tips

Cold and flu season is here!

The GOOD PRACTICES

To protect yourself + your co-workers:

Practicing good hygiene can reduce average hot spot germ counts by

59%

1 Speak Up

Ask management to stock up on supplies that break the chain of germ transmission, i.e. hand sanitizer, disinfecting wipes, soap, paper towels, and tissues



Encourage your office to hold an in-house flu shot clinic to make it easy for workers to get vaccinated



2 Lead by Example



Sneeze into your elbow



If you're sick, stay home!



3 Wash, Wipe, Sanitize

This protocol reduces the probability of infection from colds and flu in the workplace by about

80%

The use of disinfecting wipes can reduce the number of surfaces contaminated by viruses by

62%

The flu shot is your best defence!

The flu shot is recommended for everyone 6 months old and older. It is:

- safe (including for kids and if you are pregnant or breastfeeding)
- free
- available from your doctor or nurse practitioner, and at participating pharmacies and local public health units across the province
- proven to reduce the number of doctor visits, hospitalizations and deaths related to the flu
- different each year because the virus changes frequently – so you need to get it every fall

Children and youth between 2 and 17 years old can get the flu vaccine as a shot or nasal spray. about which option is best for your child.

What is influenza?

Influenza is an acute respiratory illness that is caused by a virus. People who get influenza may have a fever, chills, cough, runny nose, sore throat, headache, muscle aches, extreme weakness and fatigue. Children can also have ear-aches, nausea, vomiting and diarrhea.

Influenza spreads through respiratory droplets from infected persons, for example, through coughing or sneezing. It is also spread through direct contact with surfaces and objects contaminated by the influenza virus, such as toys, unwashed eating utensils and unclean hands

Where to get the flu vaccine

6 months to 4 years old

- doctor or nurse practitioner
- local public health unit

5-64 years old

- doctor or nurse practitioner
- local public health unit
- participating pharmacy

65 and older

For the 2018/2019 season, if you're 65 and older, there are two different flu shots available – standard dose and high-dose.

Both shots are effective – do not delay getting vaccinated. Your doctor or nurse practitioner can answer any questions you might have. To get the standard-dose vaccine, which protects against 4 strains of flu virus:

- visit a doctor or nurse practitioner
- contact your local public health unit
- visit a participating pharmacy

To get the high-dose vaccine, (also called "Fluzone® HighDose"), which protects against 3 strains of flu virus, but in higher doses:

- visit a doctor or nurse practitioner
- contact your local public health unit

New Services & Meet New Staff

Did you know
Timmins has
an App!?

Download for
free to keep up
with Kunu-
wanimano
Events and
Youth Events
in Timmins!



Transitional Aged Youth Program

The Transitional Aged Youth (TAY) Program offers transitional planning coordination to youth between 12 to 21 years of age as they navigate into adulthood. The TAY Program offers supports for life skills enhancement, community referrals, activities of daily living, cultural programming, healthy active living, arts-based programming, and one-to-one supports. The TAY program will be available in all eleven (11) First Nations communities that Kunuwanimano Child & Family Services currently provides service to, including the greater Timmins area. The TAY Program is dedicated to implementing a holistic approach to programming to ensure that youth have the necessary skills to transition into adulthood where they can effectively implement their skills to increase their opportunities for success and independence.

Stay connected with Kunuwanimano for upcoming events and programming with the TAY Program, starting this spring!

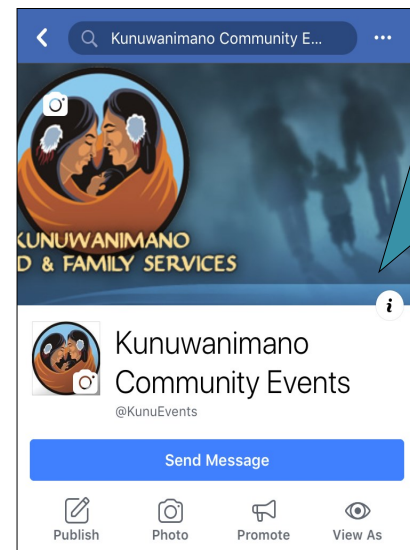


Cultural Lead Position

Kunuwanimano Child & Family Services is proud to announce the addition of the Cultural Lead position within the agency. The Cultural Lead is a position that is responsible for providing a variety of services focused on ensuring the programs and services provided by Kunuwanimano are delivered with cultural relevancy and integrity. The Cultural Lead works with all eleven (11) of the First Nations communities services by Kunuwanimano to ensure that we are working respectfully with the values, beliefs, traditions and perspectives of each distinct community.

Through service provisions, the Cultural Lead assists with ongoing support to the agency team members, assists with program development, and delivers cultural programming, including healthy relationships, addressing domestic violence, hand drum workshops, drumming nights, land-based activities, and creating connections to Elders, traditional knowledge keepers, and language speakers. The goal of the Cultural Lead is to increase family safety, unity and relationships, while ensuring that Kunuwanimano is able to provide fair, equitable, respectful, and culturally relevant service to our communities.

For more information, contact Gerald Chum, Cultural Lead at 705-272-2729.



Are you
on Face-
book? So
is Kunu-
waniman
o, join
our page
today to
keep up
with our



KUNUWANIMANO CHILD & FAMILY SERVICES

Full Moon Ceremony Schedule 2019 (Timmins)

Date	Time
Saturday May 18, 2019	7:00 PM
Monday June, 17 2019	7:00 PM
Tuesday July 16, 2019	7:00 PM
Thursday August, 15, 2019	7:00 PM

Everyone is invited to participate in the Full Moon Ceremonies and women are asked to bring a skirt to wear during the ceremony. Please bring tobacco and yellow broadcloth as an offering. Moon time protocols will be followed and children are welcome.

LOCATION: The location will be determined on a monthly basis. Please contact Mary or Alice to confirm location.

Contact Information:

Mary Boyden 705-266-3215 or at mary.boyden@gmail.com

Alice Sutherland 705-365-0459 or at asuther1@outlook.com

Winter Treat

Prep Time: 5 minutes Cook Time: 10 minutes Total Time: 15 minutes Yield: 2

Ingredients

1 cup old fashioned oats
1 banana, sliced (save a few for topping)
1 Tablespoon chia seeds
1 teaspoon cinnamon
pinch of sea salt
3 cups of water, non-dairy milk or a blend of both
2 Tablespoons peanut butter or another type of nut butter

Nutrition Facts
Serving Size: 1 bowl Calories: 369 Sugar: 10g Fat: 12g Carbohydrates: 61g
Fiber: 17g Protein: 11g

Directions

Add oats, banana slices, chia seeds, cinnamon and sea salt to a pot. Add water and stir to combine. Heat over medium-high heat for 8-10 minutes or until all the liquid has been absorbed. Be sure to stir the oats several times while cooking to make sure the banana slices melt into the oats and the chia seeds don't clump. You'll know the oatmeal is done when all the liquid is absorbed and the oats are thick and fluffy.

Portion oats into two bowls and serve with peanut butter, banana slices, and a sprinkle of chia seeds. Add a splash of non-dairy milk and/or maple syrup on top before serving, if desired.





KUNUWANIMANO CHILD & FAMILY SERVICES

Employment Opportunities

We are always interested in hearing from passionate Social Workers with an interest in protecting our children and serving our families with our 11 First Nation communities. Interested individuals are invited to submit resumes and cover letters, regardless of any current vacancies listed.

To apply, please send your cover letter and resume to

HR@kunuwanimano.com

Benefits of Joining our Team

- Contribute to a unique service model
- Opportunity to learn First Nation cultures and traditions
- Personal Gratification
- Competitive Salary
- Employer-Paid Medical/Dental Benefits
- Employee and Family Assistance Programs
- OMERS Pension Plan
- Corporate Wellness & Fitness Membership Rates

OACAS Training Opportunities

To review current employment opportunities, please visit our website at www.kunuwanimano.com



Alternative Care

We are currently looking for Caregivers within Kunuwanimano, if you have room in your heart you have room in your home. Kunuwanimano means “Keeping Our Own” to strengthen our communities by respecting, practicing, and teaching the traditional ways passed on by our Elders.

Making a Difference—
Everyday, caregivers make a real difference in our communities. You can make a difference—join our team!

If you are interested in becoming a caregiver please contact our agency at 705-268-9033 and request to speak to Intake.



KUNUWANIMANO CHILD & FAMILY SERVICES

Colouring Contest



Enter for a chance to win a \$50 Giant Tiger gift card!

Age Categories

2-6 & 7-11

Name: _____

D:O:B: _____

Address: _____

E-mail: _____

Phone #: _____

To enter the colouring contest please submit your colouring page to the Kunu office nearest you, scan and email to Jessie.st.jean@kunuwanimano.com or mail to

Jessie StJean - 38 Pine Street North Unit 120, Timmins, ON, P4N 6K6

On or before June 1st, 2019



KUNUWANIMANO CHILD & FAMILY SERVICES

Colouring Contest

