



Mental Wellness & Community Meeting

Boozhoo Members! After the tragic events this past week in Tumbler Ridge, we would like to remind everyone out there that may be struggling to please reach out for support. There are many resources available over and above the ones listed on page 3. The February Community Meeting will be held on Tuesday Feb. 24th- all are welcome. If you have anything you would like to include in the Newsletter, please contact Lauren Hyatt- lauren.hyatt@manitourapids.ca



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REGALIA MAKING

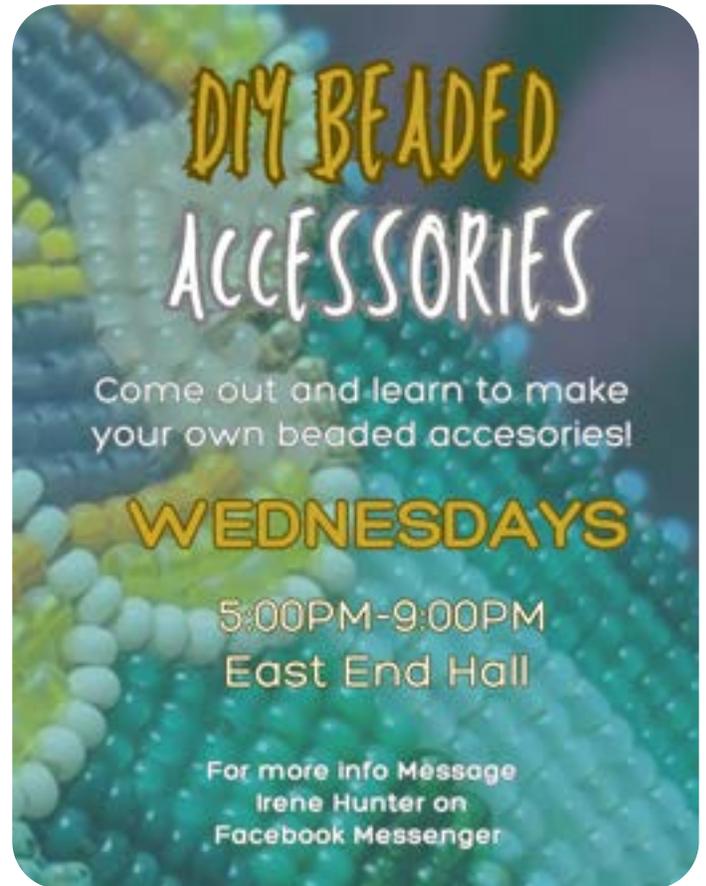
With Instructor Danica Medicine

Open to All Youth ages 0-18.
Get Ready for Pow Wow Season!
Boys: Headbands and Cuffs
Girls: Hair accessories, Earrings, Jewelry

Modays 4:30pm to 6:30pm
Starting Monday, February 2nd, 2026
RRFN Band Office(Drum Room)

* For Children under 8, parents are asked to attend to help their children with the beading.

TO REGISTER PLEASE CONTACT
Amber Vanasse
E: amber.vanasse@manitourapids.ca
PH:807-482-2479



DIY BEADED ACCESSORIES

Come out and learn to make your own beaded accessories!

WEDNESDAYS

5:00PM-9:00PM
East End Hall

For more Info Message Irene Hunter on Facebook Messenger



LITTLE EXPLORERS PLAY GROUP

RAINY RIVER FIRST NATIONS

Parents and Infants 0-18 months are welcome to join us for songs, sensory play, social interaction and more!

FOR MORE INFORMATION PLEASE CONTACT KATIE SADEWASSER AT KATIE.SADEWASSER@MANITOURAPIDS.CA

FEBRUARY 5TH & 19TH, 2026
10:00 AM - 12:00 PM
AT THE RRFN DRUM ROOM

GIISHKAANDAGO'IKWE
HEALTH SERVICES
Childs First Initiative



PD DAY FUN!

DOG SLEDDING AND BBQ

FRIDAY FEB. 27
RRFN FIREHALL

ALL AGES, FAMILY & COMMUNITY WELCOME

ACTIVITIES
11AM: DOG SLEDDING
12NOON: BBQ

CALL REKHA FOR MORE INFO!



TRAPPING WITH THE ELDER

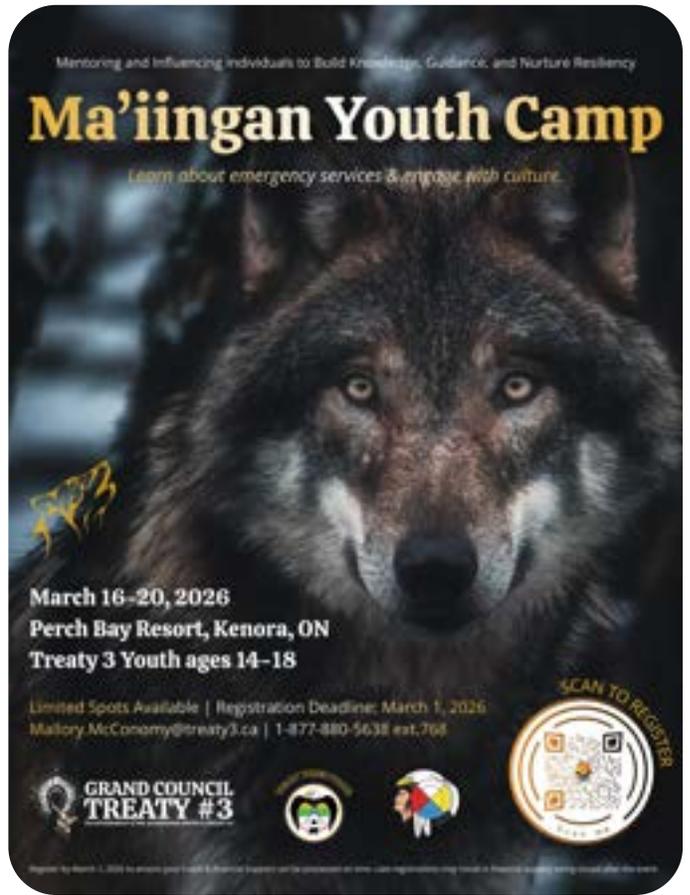
WITH GARY SMITH & TERRY SMITH

FEBRUARY 18&19
9AM-4PM

LUNCH AND SUPPLIES PROVIDED
AGES 12+
LIMITED SPOTS

LEARN TRADITIONAL TRAPPING SKILLS ALONGSIDE GARY SMITH AND TERRY SMITH. THIS LAND-BASED EXPERIENCE SHARES KNOWLEDGE, TEACHINGS, AND STORIES ROOTED IN TRADITIONAL KNOWLEDGE & PRACTICES

TO REGISTER OR FOR MORE INFORMATION CONTACT
BRAD FYFE
807-274-3201 EXT 1016
BRAD.FYFE@WEECHN.CA



Mentoring and Influencing Individuals to Build Knowledge, Guidance, and Nurture Resiliency

Ma'iingan Youth Camp

Learn about emergency services & engage with culture.

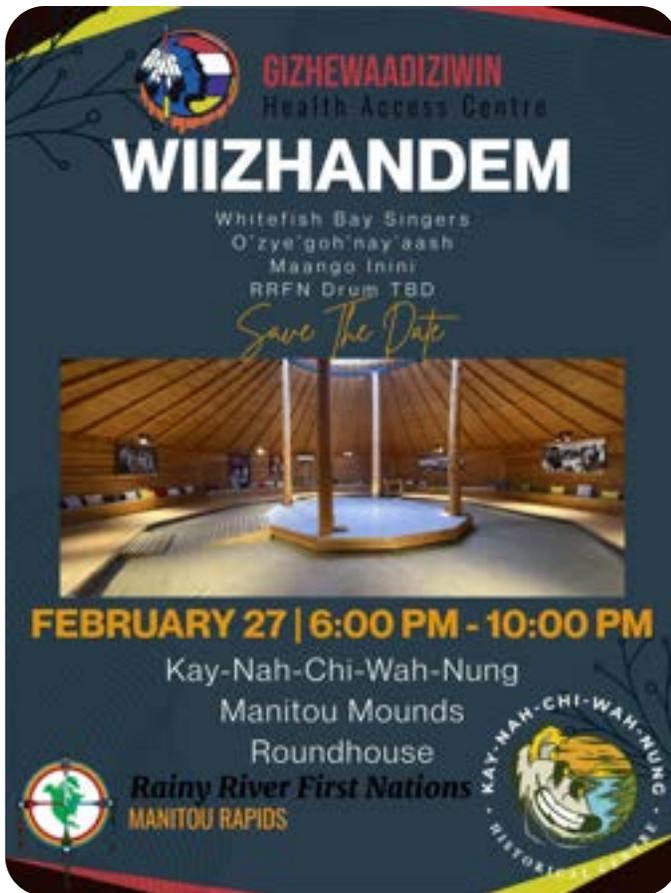
March 16-20, 2026
Perch Bay Resort, Kenora, ON
Treaty 3 Youth ages 14-18

Limited Spots Available | Registration Deadline: March 1, 2026
Mallory.McConomy@treaty3.ca | 1-877-880-5038 ext.708

SCAN TO REGISTER

GRAND COUNCIL TREATY #3

Register by March 1, 2026 to ensure your health & financial support can be processed at time your registration is complete. Payment is only being received after the event.



GIZHEWAADIZIWIN
Health Access Centre

WIIZHANDEM

Whitefish Bay Singers
O'zye'goh'nay'aash
Maango Inini
RRFN Drum TBD

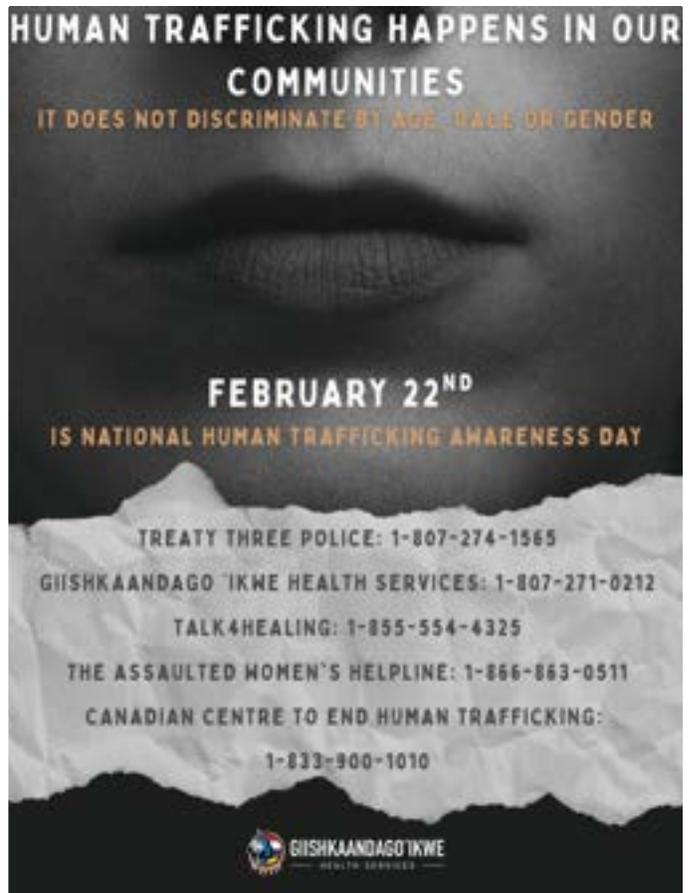
Save The Date

FEBRUARY 27 | 6:00 PM - 10:00 PM

Kay-Nah-Chi-Wah-Nung
Manitou Mounds
Roundhouse

Rainy River First Nations
MANITOU RAPIDS

KAY-NAH-CHI-WAH-NUNG
HISTORICAL SOCIETY



HUMAN TRAFFICKING HAPPENS IN OUR COMMUNITIES

IT DOES NOT DISCRIMINATE BY AGE, RACE OR GENDER

FEBRUARY 22ND
IS NATIONAL HUMAN TRAFFICKING AWARENESS DAY

TREATY THREE POLICE: 1-807-274-1565
GIISHKAANDAGO 'IKWE HEALTH SERVICES: 1-807-271-0212
TALK4HEALING: 1-855-554-4325
THE ASSAULTED WOMEN'S HELPLINE: 1-866-863-0511
CANADIAN CENTRE TO END HUMAN TRAFFICKING:
1-833-900-1010

GIISHKAANDAGO 'IKWE
HEALTH SERVICES

Announcements & Services

IT'S OKAY TO ASK FOR HELP.

Don't fight your battle alone.
Call these helplines for support.

CRISIS RESPONSE SERVICES FOR
NORTHWESTERN ONTARIO
Call 1-866-888-8988

SUICIDE CRISIS HELPLINE
Call or Text 988
988.ca

KIDS HELP PHONE
Call 1-800-668-6868
Text CONNECT to 686868
Chat Online kidshelpphone.ca

ZSLGBTQ+ PEER SUPPORT
Text 647-694-4275
Chat Online youthline.ca

TRANS LIFELINE'S HOTLINE
Call 1-877-330-6366
translifeline.org

TALK 4 HEALING: SUPPORT FOR
ABORIGINAL WOMEN
Call or Text 1-855-554-HEAL
Chat Online beendlgen.com

MMIWG CRISIS LINE
Call 1-844-413-6649
mmiwg-ftada.ca

HUMAN TRAFFICKING HOTLINE
Call 1-833-900-1010
Chat Online humantraffickinghotline.ca

NATIONAL INDIAN RESIDENTIAL SCHOOL
SURVIVORS & FAMILIES CRISIS LINE
Call 1-866-925-4419

MENTAL HEALTH & ADDICTIONS HELPLINE
Call 1-866-531-2600
Text CONNEX to 247247
Chat Online connexontario.ca



CMHA NWO CRISIS HELPLINE
Call 1-807-346-8282
cmha.ca

MEN'S MENTAL HEALTH HELPLINE
Call 1-833-327-6367
menand.ca

NODIN'S CRISIS RESPONSE PROGRAM (SLFNHA)
Call 1-800-446-7863
slfnha.com

HOPE FOR WELLNESS
Call 1-855-242-3310
Chat Online hopeforwellness.ca

ONTARIO HELPLINE
Call or Text 211
Chat Online 211ontario.ca

GOOD 2 TALK: POST-SECONDARY
STUDENT SUPPORT
Call 1-866-925-5454
Text GOOD2TALKON to 686868
Chat Online good2talk.ca

YOUTH AGAINST VIOLENCE
Call 1-800-680-4264
Email info@youthagainstviolenceline.com
youthagainstviolenceline.com

YOUTH SPACE ONLINE SUPPORT
Text 788-783-0177 (6pm-Midnight PST)
Chat Online youthspace.ca

GIISHKAANDAGO'IKWE HEALTH SERVICES
MENTAL HEALTH DIRECT LINE
Call or Text 1-807-271-0212
(Monday-Friday - 8:30am-4:30pm CST)

"BE SAFE APP" FOR DEVICES - besafeapp.ca
Create a safety plan, find local resources
for support, and be prepared if you find
yourself in a crisis.



Rainy River First Nations
MANITOU RAPIDS

**ADMINISTRATION
OFFICES WILL BE**

closed

ON MONDAY FEBRUARY 16

FOR FAMILY DAY.
WE WILL BE BACK IN THE
OFFICE, TUESDAY FEB 17TH
8:30AM-4:30PM

LAPTOPS & COMPUTERS AVAILABLE

- First Come First Serve
- Onsite • Admin Offices or sign out a laptop
- Email access
- Resume writing & support
- Printing

Contact Patrick Morriseau for more info • 807-482-2479 ext. 256

“DO NOT SUFFER IN SILENCE. SOMEBODY SOMEWHERE IS WILLING AND PREPARED TO HELP IN ANY WAY TO ENCOURAGE, EMPOWER, AND SUPPORT YOU.”
– GERMANY KENT

EMPLOYMENT OPPORTUNITIES



Rainy River First Nations MANITOU RAPIDS

Current Opportunities:

- Overall Responsible Operator
- Claims Implementation Coordinator
- CCP On-Call Worker
- Youth Centre Coordinator
- Home and Community Support Worker

JOIN OUR TEAM

Send your cover letter and resume to:

hr@manitourapids.ca

For more information please visit our
website: www.rainyriverfirstnations.com

EMPLOYMENT OPPORTUNITIES

Rainy River First Nations Community Care Program



Live In Foster Parent

Rainy River First Nations Community Care Program Mission Statement

The community's raising of children is to maximize a family's ability to be independent and self-sufficient through effective collaboration and support.

We recognize that there will be family breakdowns due to different life stressors which may include grief, drug and alcohol addictions, poverty, family violence, separation and divorce, physical and mental health issues. Our paramount purpose is to keep children safe from these situations with the goal to support the healing and recovery of parents so families can be reunited.

PRIMARY ACCOUNTABILITIES

- Ability to live in a home full-time with children in care.
- Support children with self-identity, cultural identity, unique identity, personal growth and special needs.
- Work collaboratively with the Community Care Program team to provide holistic services to children and youth.
- Promote positive, progressive and empathetic relationships with the children and youth we support.
- Provide a daily routine for the children, such as waking up, daily hygiene, attending school, meals, and bedtime.
- Plan and prepare healthy meals and snacks for the children and youth.
- Participate in community events with the children and youth.
- Maintain accurate case notes for the children in care.
- Housekeeping Duties

POSITION REQUIREMENTS

- You must have your own vehicle, with 2-million-dollar liability insurance.
- Provide Criminal Record Check and Vulnerable Screening Sector Check.
- Valid driver's license and Drivers Abstract Check.
- CPR/First Aid Certificate or willing to obtain CPR/First Aid Certificate.
- Willing to take training as required.
- Experience in working with children and youth with special needs.
- Excellent written and verbal communication skills.

How to apply:

Please submit applications with cover letter and current resume along with three references to: michelle.loveday@manitourapids.ca.

If you have any questions, please contact the Alternative Care Coordinator, Michelle Loveday, at 807-482-2479 ext. 278 or 807-271-5452.

EMPLOYMENT OPPORTUNITIES



TREATY THREE POLICE SERVICE Employment Opportunity

Detachment Operations Clerk (4) - Agency One Detachment

We are currently seeking four motivated individuals to provide essential operational and administrative support to our detachment. In this role, you will assist Detachment personnel in coordinating and processing various administrative services to ensure smooth operations. These positions will be assigned to a uniform officer platoon. Rotations will include day and night shifts. For example, 12 hour shifts, 2 days followed by 2 nights followed by 4 rest.

Requirements for this position:

- Possess a high school diploma or equivalent;
- Be a Canadian citizen or permanent resident;
- Be of good moral character with no criminal record for which a records suspension (pardon) has not been received or an absolute/conditional discharge that has not been sealed;
- Ability to work 12 hour shifts in a 24-hour rotating shift environment;
- Previous work experience with courts / law enforcement would be an asset;
- Proficient with computers and related software MS Office (Outlook, Word, Excel);
- Familiarity with use of office equipment (i.e. photocopiers, facsimile machines, printers);
- Ability to type minimum 50 WPM;
- Excellent verbal and written communication skills;

Key Responsibilities:

- Retrieve and verify data from niche RMS and CPIC databases.
- Enter, update, and maintain relevant information in police systems
- Transcribe statements, audio, and video files.
- Manage and file court and detachment documents.
- Assist officers in preparing court documents and Crown Briefs.
- Handle administrative tasks such as correspondence, scheduling, and document distribution.
- Act as a commissioner of oaths, authenticating investigative evidence.
- Other duties as assigned.

Entry Level Rate \$35.31/hr, with potential for progression to \$41.00/hr

Interested applicants must submit a cover letter, detailed resume, and a Treaty Three Police Service Consent to Disclose Form by **Friday, February 26th, 2026 @ 4:00pm.**

Please e-mail your complete package to hring@t3ps.ca using "JP002-2026" in your subject line to indicate the position that you are applying for. Visit <https://www.t3ps.ca/> to obtain a Consent to Disclose Form.

The Treaty Three Police Service appreciates the interest of all applicants; however, only those who receive an interview will be contacted.

As an Indigenous employer we encourage First Nations, Inuit and Métis applicants to apply.



Current Employment Opportunities Wednesday, February 11, 2026

At New Gold you can be part of a team of professionals focused on responsible mining, workplace health and safety, and building sustainable communities.

Our Values drive every decision and action we take at New Gold:

Innovation:	To make things better
Collaboration:	As one company
Accountability:	For our shared success
Respect:	For all people
Excellence:	At every step

Current available positions at the Rainy River mine:

- HR Coordinator - Temporary 1 year
- Career Development Officer - Temporary 1 year
- Mine Technician (Ventilation)
- Summer Student (various departments)
- Human Resources Indigenous Trainee - Temporary 2 Years
- Intermediate Long Term Planner
- Intermediate Geotechnical Engineer
- Procurement & Contracts Supervisor - Relocation Required
- Finance Controller - Relocation Required
- Site Services Maintenance Planner
- Chief Engineer - Open Pit - Travel & Camp Provided
- Health, Safety & Training Manager - Camp & Travel Available (within 350kms) or Relocation Avbl

For more information or to view the full job descriptions, visit our website:
<https://newgold.com/careers>



“THE DIFFERENCE BETWEEN
ORDINARY AND EXTRAORDINARY
IS THAT LITTLE EXTRA.”
— JIMMY JOHNSON



RAINY RIVER FIRST NATIONS

OFF RESERVE MEMBERS

WE WANT TO HEAR FROM YOU!

What are your needs?

How can we help you?

What are your skills?

**Please reach out to Councillor Lyn
Blackburde to start the conversation!**

lyn.blackburde@manitourapids.ca

OFF RESERVE MEMBERS

OFF RESERVE MEMBERS ONLINE TEAMS MEETING

WEDNESDAY

FEBRUARY 18TH @ 6PM

Direct Teams Link:

[https://teams.microsoft.com/meet/28730486685771?
p=ctwxaMNUcP9yeesMjS](https://teams.microsoft.com/meet/28730486685771?p=ctwxaMNUcP9yeesMjS)

Meeting Login Info

Meeting ID: 287 304 866 857 71

Passcode: f4Xn7q6p



RRFN LANDS & RESOURCES COMMITTEE

The RRFN Lands Department is seeking Expressions of Interest from Members who would like to be appointed to the RRFN Lands & Resources Committee

What is the Lands & Resources Committee? The RRFN Lands & Resources Committee is an advisory committee that assists with the implementation of the *Rainy River First Nations Land Code*. Some of the responsibilities of Committee Members include researching and recommending land laws, resolutions, policies and practices respecting RRFN lands and resources to Council, facilitating communication between Members, staff and Council, assisting with annual reporting to Members, and other tasks associated with land administration and management.

We are seeking a minimum of 3 (three) full Members of RRFN, residing on or off-reserve, who fit the following eligibility criteria:

- Must be an eligible voter of RRFN
- Available to participate in RRFN Lands & Resources Committee meetings (at least quarterly; ToR and meeting schedule to be set by the Committee)
- Knowledge of RRFN community and land/resource issues
- Collaborative, team player, positive, solution-oriented

To apply, please submit an Expression of Interest application form that can be requested from Nicole Cochrane, Land & Natural Resources Manager – nicole.cochrane@manitourapids.ca or (807)482-2479, ext. 235. If you have any questions, please direct them to Nicole by email.

HOUSING COMMITTEE

WE NEED MEMBERS FOR THE

HOUSING COMMITTEE



We are looking to fill **4 spots** on the RRFN Housing Committee

Duties:

- Review & Recommend Housing Policies & Procedures
- Housing Allocation Recommendations
- Receive Update on Major Projects
- Provide Insights & Reports to C&C
- Meet Once Per Month

Who are looking for:

- Someone with an interest in On Community Housing
- A Registered over 18 Full Member of RRFN
- A Member with No outstanding Arrears to the Nation.

Housing Committee Makeup

- 1 Youth 18-29 years
- 1 Member 55+
- 2 Members @ large preference for 1 to be off reserve

Please hand in your letter of interest to Kyle Kellar Public Works Manager or via email: kyle.kellar@manitourapids.ca



Post Secondary Education

New and Returning Students need to apply for Post Secondary Funding

Fall 2026 application deadline May 29, 2026

Learning is a lifelong journey. Let's celebrate the joy of learning.

Apply at rainyriverfirstnations.com post-secondary application

Applications accepted are based on funding availability for the 2026-2027 school year

Any questions contact Hope Mosbeck hope.mosbeck@manitourapids.ca RRFN Education Department

ACADEMIC ATTENDANCE ATTITUDE

3 A'S PROGRAM

Students may be eligible to receive a student allowance while attending full-time studies at the Fort Frances High School. The following monthly allowances will be paid based on the following:

What to Expect

RRFN Student Allowances & Incentives - Quick Guide
Grades 9-12 - RRFN Community Members

Attendance
Reports must be submitted to the Education Director on the last Wednesday each month. Must attend 17/20 days each month to receive allowance- First week of the month will be delivered.
Up to 2 unexcused absences allowed - more than that means no allowance. School/Community Events count as attendance if the Education Director is informed.

Seven Generations HS & UNFC
Eligible for allowance while attending full-time or part-time.
\$100 per completed credit (20 lessons)
Principal must provide a written completion letter to the Education Director.

Academic Awards
Honor Roll: \$200 per term (max \$400/year).
Graduates on Nominal Roll: \$500.

Attitude Incentives
For students demonstrating positive behaviour in: Community events, volunteering & service
Bus expectations
School & community involvement

The 3 A's Draw
Students who achieve Attendance, Academics & Attitude will be entered into up to 3 prize draws each year.

How to Achieve
Attendance must be provided to the Education Director at the end of each month. Honor lists will be posted to the Education Direct from the Guidance Counsellors. Students are required to complete Community Hours signed and handed in to the Fort Frances High School. This form is also required to be sent to the Education Director. Bus expectations are reviewed by the Bus driver.

More Info: hope.mosbeck@manitourapids.com Education Department

Jordan's Principle & the Education Dept. Bring you

STUDY NIGHT

SNACKS | DRINKS

Jan 14
Jan 28
Jan 26-29
Exam week Information to follow
Feb 11
Feb 25

6:00-9:00pm Grades 7-12
in the DRUM ROOM

Come study in a quiet, relaxed space.
Support will be available to assist with any course work!



KAY-NAH-CHI-WAH-NUNG



Trails are
officially open!



Community Call Out

We are working on a Jingle Dress Exhibit
and we need your help!

Do you have a Jingle Dress with
sentimental value you wish to show off?

Contact us!

jessie.richard@manitourapids.ca



RRFN MEMBERSHIP CODE AMENDMENTS REMINDER

On May 7th, 2025, the 5 Amendments were voted on by the Members of Rainy River First Nations and all were passed. Thus, when applying for Membership or if you have already applied, please note the following:

STATUS NUMBER

In order to apply to be a Member of Rainy River First Nations, applicants of **all ages must have a status number** issued to them by Indigenous Services Canada.

REMOVAL OF NON-STATUS MEMBERS

Individuals who were on the Membership List that have Full Membership, but **not status**, were **removed from the Membership List** effective May 7th, 2025.

NO CONDITIONAL MEMBERSHIP

Conditional Membership was **removed as a category** of membership from the Membership Code and **Conditional Members** were **removed from the list**.

ADOPTEEES INELIGIBLE FOR MEMBERSHIP

Adopted Children of RRFN Members are **not eligible** to apply to be Members of RRFN.

NO PROBATIONARY PERIOD

There is **no longer a probationary period** of any length of time once an applicant is approved to be a Member.

PLEASE NOTE

Persons who have applied for themselves or their children without status cards, please send in a copy of your/their status cards. A copy of the letter from Indigenous Services Canada with their Registry Number will also suffice if they have not yet received their status card.

FOR MORE INFO:

Lauren Hyatt: lauren.hyatt@manitourapids.ca
Gwen Medicine: membership@manitourapids.ca



First Nations Child and Family Services
and Jordan's Principle Settlement



The Claims Period for the Removed Child Class and Removed Child Family Class opened on **March 10, 2025.**

Eligibility



The Removed Child Class

- First Nations individuals who, while under the Age of Majority, were removed from their homes between April 1, 1991, and March 31, 2022, by Child Welfare Authorities
- The removal from home happened while the Child or their Caregiving Parents or Caregiving Grandparents were Ordinarily Resident on Reserve or living in the Yukon
- The placement was funded by Indigenous Services Canada (ISC)



The Removed Child Family Class

- Caregiving Parents and Caregiving Grandparents of a Removed Child who:
- Are the biological or adoptive parents, biological or adoptive grandparents, or Stepparents who are First Nations
 - Lived with, assumed and exercised parental responsibilities over the Removed Child at the time the Child was removed
 - Were the ones the Removed Child was first removed from

How to submit a Claim

Submit your Claim Form, copy of your valid government-issued identification and any required documents to the Administrator at [Portal.FNChildClaims.ca](https://portal.fnchildclaims.ca) or by email, fax or mail.

The Administrator cannot accept Claims submitted on behalf of another person unless:

- The Claim is submitted by a legally appointed Personal Representative on behalf of a Person Under Disability
- The Claim is submitted on behalf of a deceased person by the executor of their estate or an eligible heir

If you believe you are eligible under more than one Class, submit a separate Claim Form for each Class.

Timelines

Adult Class Members have until March 10, 2028, to submit their Claim. Minors can submit two years before reaching Age of Majority and have three years from the date they become an adult to submit their Claim. Adult Family Class Members must submit their Claim by March 10, 2028, regardless of the age of the associated Removed Child.

Representatives of Class Members who passed away after March 10, 2025, while under the Age of Majority, have three years from the date of death to submit a Claim.

Removed Child Class Claims will be assessed on an ongoing basis. Removed Child Family Class Claims will be assessed four years after their Claims Period opened to ensure competing Claims for the same associated Removed Child can be resolved.

Support

You do not have to pay anyone to submit your Claim or to receive payment under this Settlement.



Visit www.FNChildClaims.ca for information and resources to help complete your Claim Form, including guides and instructional videos.



If you have questions about your Claim, call the Administrator toll-free at 1-833-852-0755.

If you need additional support, the Administrator may connect you to a Claims Helper.

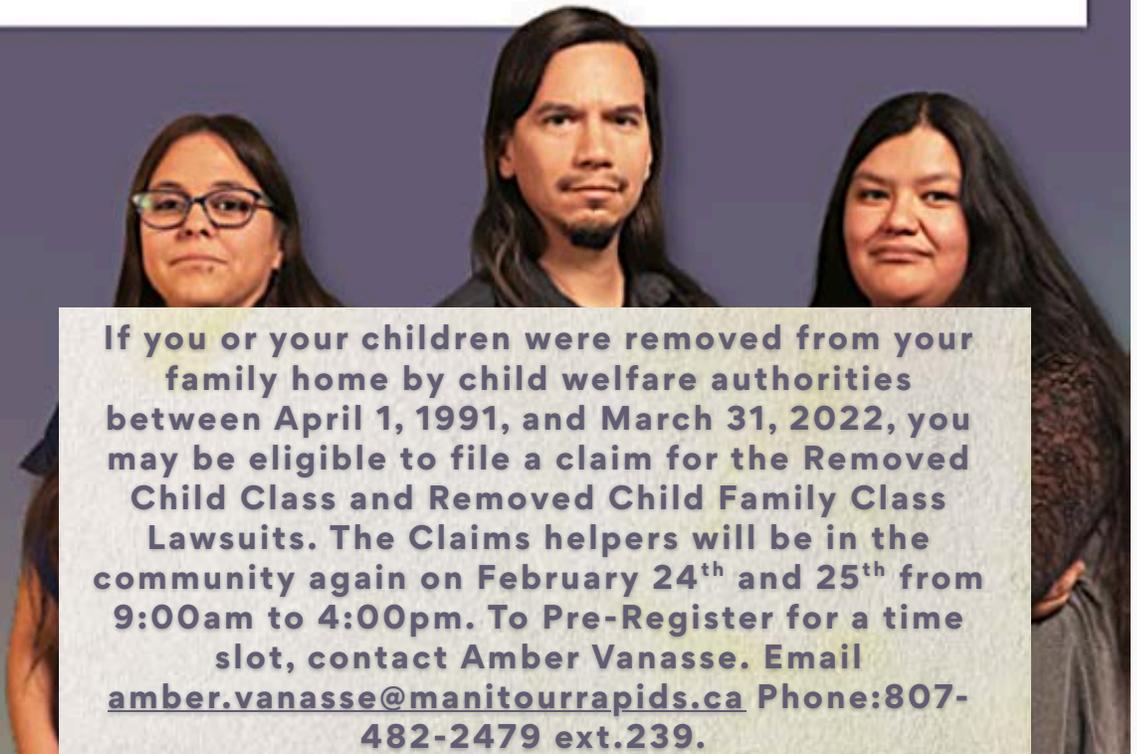


Free mental health and wellness support is available 24 hours a day through Hope for Wellness at 1-855-242-3310 or www.HopeForWellness.ca and through the Kids Help Phone at 1-800-668-6868 or by texting FIRSTNATIONS to 686868.

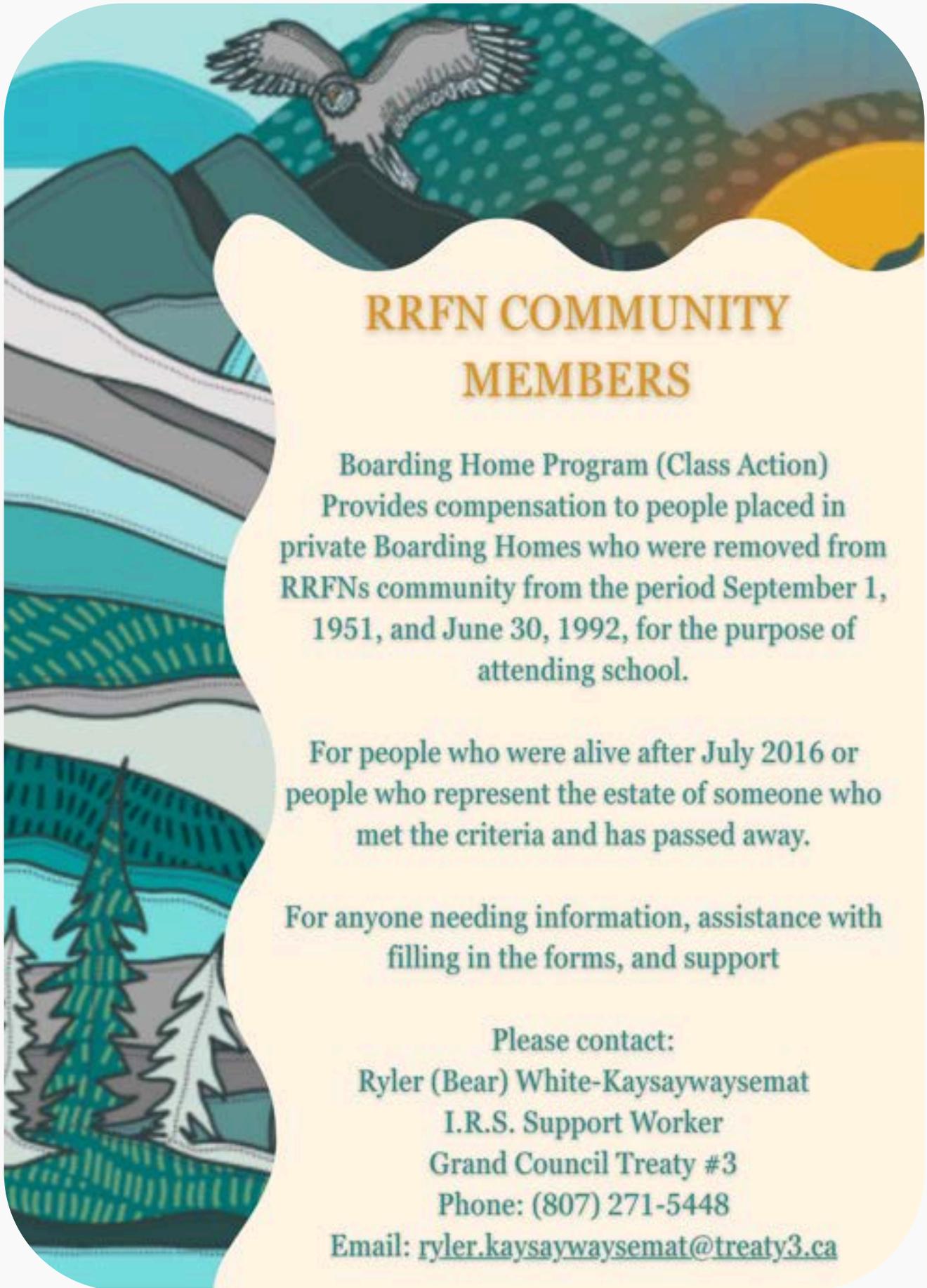
Scan here:



www.FNChildClaims.ca



If you or your children were removed from your family home by child welfare authorities between April 1, 1991, and March 31, 2022, you may be eligible to file a claim for the Removed Child Class and Removed Child Family Class Lawsuits. The Claims helpers will be in the community again on February 24th and 25th from 9:00am to 4:00pm. To Pre-Register for a time slot, contact Amber Vanasse. Email amber.vanasse@manitourapids.ca Phone: 807-482-2479 ext.239.



RRFN COMMUNITY MEMBERS

Boarding Home Program (Class Action)
Provides compensation to people placed in private Boarding Homes who were removed from RRFNs community from the period September 1, 1951, and June 30, 1992, for the purpose of attending school.

For people who were alive after July 2016 or people who represent the estate of someone who met the criteria and has passed away.

For anyone needing information, assistance with filling in the forms, and support

Please contact:

Ryler (Bear) White-Kaysaywaysemat
I.R.S. Support Worker

Grand Council Treaty #3

Phone: (807) 271-5448

Email: ryler.kaysaywaysemat@treaty3.ca

COMMUNITY CARE PROGRAM

RAINY RIVER FIRST NATIONS COMMUNITY CARE PROGRAM

We are looking for **FULL-TIME
CAREGIVERS/FOSTER PARENTS** and **RESPITE
HOMES** that...



- ✓ Able and willing to provide a loving, stable home for Anishinaabe children and be open to learning the Culture and Traditions.
- ✓ Have good problem-solving skills, child management skills, patience, compassion, sensitivity towards cultural needs, and an ability to work well as part of a team.

If you would like more information on becoming a Caregiver/Foster Parent, please call the Alternative Care Coordinator, Michelle Loveday, at (807)271-5452 or (807)482-2479 ext. 278

**Make a difference in a child's life,
become an Alternative Caregiver**

RAINY RIVER FIRST NATIONS COMMUNITY CARE PROGRAM



**RAINY RIVER FIRST NATIONS COMMUNITY
CARE PROGRAM IS LOOKING FOR COMMUNITY
MEMBERS TO PROVIDE PLACEMENTS
EMERGENCY PLACEMENTS FOR MULTIPLE
CHILDREN IN CARE.**

**WE ARE DESPERATELY ASKING FOR YOUR
HELP IN PROVIDING A SAFE AND LOVING
HOME FOR THE CHILDREN AND TO KEEP THE
CHILDREN IN OUR COMMUNITY.**

**LET'S WORK TOGETHER AS A COMMUNITY TO
KEEP OUR CHILDREN SAFE.**

**IF YOU ARE ABLE TO HELP, PLEASE CALL ME,
MICHELLE LOVEDAY, AT 807-482-2479 EXT.
278 OR 807-271-5452.**

MIGWECH!

YOU HELP IS GREATLY APPRECIATED!



HEALTH AND WELLNESS



Rainy River First Nations
MANITOU RAPIDS

Menopause Tea

A come-and-go gathering to discuss ways to manage menopause.

- Discover strategies using both Western and Traditional medicines
- Explore community resources and support
- Enjoy soup, sandwiches, and conversation



RRFN Drum Room

Friday, February 20th, 2026 from 11 am - 1 pm



GIZHEWAADIZIWIN
Health Access Centre

*For questions please contact
Juanita at 807-482-2479 ext
232*

FRIENDLY REMINDER

**FRIENDLY REMINDER THAT LONG DISTANCE
MEDICAL APPOINTMENTS MUST BE HANDED IN
AT LEAST 2 WEEKS IN ADVANCE OF THE
APPOINTMENT DATE.**

NIHB requires all applications to be submitted 2 weeks (10 business days) in advance of the appointment date. The only exception is urgent/emergency appointments.

Fax to: (807) 482-1502

Email: juanita.connon@manitourapids.ca or
laura.cridland@manitourapids.ca

If you have any questions, please feel free to reach out to Juanita Hunter-Connon @ (807) 482-2479 ext. 232. Or if you are in urgent need **AFTER HOURS**, please call or text (807) 271-6481.

HEALTHY LIVING FOOD BOX

ORDERING OPTIONS

Due 1st Wednesday of the month

Online

You can now submit your order via our online form!

**ORDER FORM &
EMT REQUIRED**

COST - \$25 via EMT

In-Person

- At GHAC (1460 Islayfield Dr) on the 1st Wednesday of each month
9:00 AM - 4:00 PM | \$25 Cash

- At 714 Armit Avenue during Food Box pick up (3rd Wednesday of each month)
12:00-4:00 PM | \$25 Cash

BOX PICK UP

Every 3rd Wednesday of the month
12:00 - 4:00 PM

**Metis Hall
714 Armit Avenue**

Immunization Walk-In Clinic FLU, COVID-19 & RSV VACCINES NOW AVAILABLE

RAINY RIVER FIRST NATIONS

Drop in clinics to receive Flu, COVID-19 and RSV immunizations are now available at the Health Office

**MONDAYS
&
WEDNESDAYS**

9:30AM - 2 PM

For more information contact
Heather- Community Health Nurse
hsinclair@fftahs.org
807-271-1358 (text)



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HEALTH SERVICES