



THE RAPIDS REVIEW

VOL. 2 ISSUE 7 APRIL 10-26

Taking Care of Our Community

Boozhoo Members! Here's your reminder to get involved where you can! Water Walks, Community Clean Ups, Youth Programming, pot luck meals, Fish Fry- all these are instances that bring us together. Sharing in beautifying our Community, taking care of our resources, or simply sharing a meal make us grow & gain strength as a Community!

Rainy River First Nations
MANITOU RAPIDS

*Chief & Council
Community Meeting*

WEDNESDAY MARCH 29TH/2026
RRFN DRUM ROOM & TEAMS
5PM: DINNER IS SERVED.
6PM-8PM: COMMUNITY MEETING

Can't be there in person?
Teams Link will be posted & emailed closer to the date.
All Members Welcome!

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**TINY TOTS
AGES 0-6**

BOSTON PIZZA PARTY

**6:00 PM
23 APRIL**

LTD. RIDES AVAILABLE

PLEASE SIGN UP WITH
KATIE OR REKHA

807-482-2479 EXT. 254 OR 226



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](mailto:katie.sadewasser@manitourapids.ca)

APRIL 2ND & APRIL 16TH, 2026
10:00 AM - 12:00 PM
AT THE RRFN DRUM ROOM



GIISHKAANDAGO'IKWE
HEALTH SERVICES
Childs First Initiative



ART AND CRAFT WORKSHOP



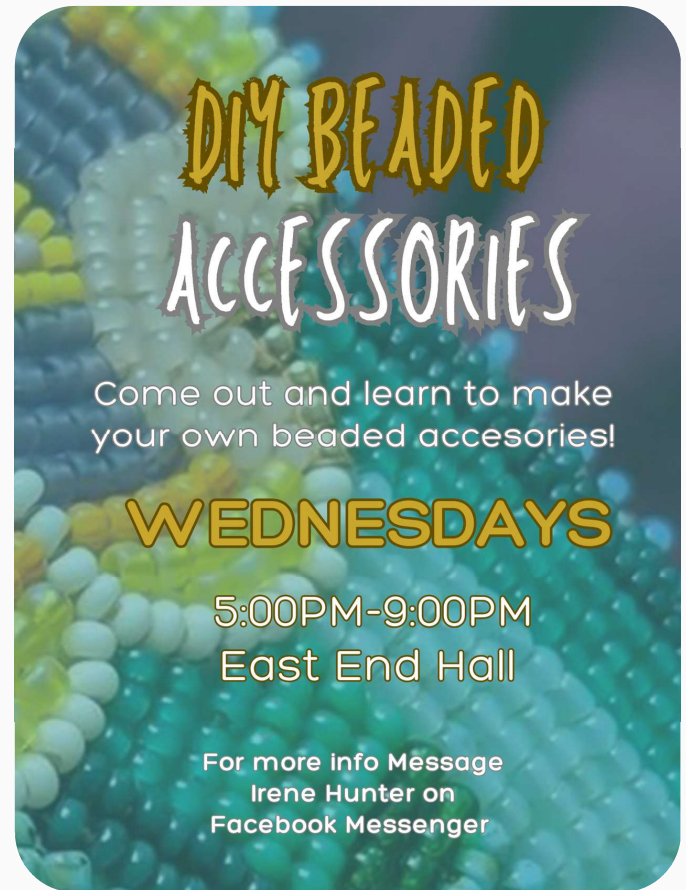
SEVEN GENERATIONS MARKETSPACE WILL BE HERE
TUESDAY APRIL 28, 4:00-6:00PM

WHAT WE HAVE IN HOUSE:
DRUM CRAFT - BEADING RED DRESS - DRAWING & PAINTING

**RRFN
MMIWG2S
WALK MAY 5TH**

COME MAKE POSTERS AND SIGNS FOR THE COMMUNITY WALK

EDUCATION DEPARTMENT



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




Rainy River First Nations
MANITOU RAPIDS

ANNUAL FISH FRY

YOU ARE INVITED FRIDAY MAY 15 @ 4 PM

POW WOW GROUNDS
NORTH OF JUNCTION 11/71

PLEASE DRESS FOR THE WEATHER
OPENING REMARKS @ 3:30PM
VOLUNTEERS NEEDED & DONATIONS WELCOME



RAINY RIVER FIRST NATIONS
ANNUAL **MMIWG2S**
AWARENESS WALK

**HONOURING
MISSING AND
MURDERED
INDIGENOUS
PEOPLE OF ALL
GENDERS
ACROSS ALL
LANDS**

TUESDAY MAY 5 TH AT 11:00AM

WALK WILL START AT THE RRFN ADMINISTRATION BUILDING FOLLOWED BY A LUNCH AT THE POW WOW GROUNDS




GIZHEWAADIZIWIN
Health Access Centre

CAREGIVERS SHARE & PLAYGROUP

Thursdays
April 16th - June 18th
9am-11:30am

Join us for a share and playgroup with your little ones aged 0-6
Everyone is welcome!
Snacks provided

308 Butler Avenue
HOSTED BY DONNA HEYENS
Child Nutritionist / FASD Coordinator
For more information call (807) 274-3131 Ext. 315




GIZHEWAADIZIWIN
Health Access Centre

TIKINAGAN WORKSHOP

April 21st - 23rd
10:00 AM - 5:00 PM
308 Butler Avenue Fort Frances, ON

Must be able to attend all 3 days!
Breakfast starts at 9:30!

Workshop Highlights

- ✓ The cultural significance and teachings behind the tikinagan
- ✓ Traditional materials and design
- ✓ How to safely and securely construct the frame
- ✓ Padding, wrapping, and decorative elements

Couples welcome to attend together!

Facilitator
PETER SHEBAGABOW SR.

REGISTER NOW

807-274-3131 ext. 247 ccoordinator-1@gizhac.com




APRIL REC HOURS



April 2026 Recreation Hours

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4 COMMUNITY EASTER DINNER
5 GYM CLOSED	6 EASTER MONDAY GYM CLOSED	7 Open Gym 5:00 – 7:00	8 Open Gym 6:30 – 8:00	9 Nerf Games 5:00 – 7:00	10 GYM CLOSED	11 Archery 10:00 -12:00 Nerf 1:00 -2:00
12 Open Gym 7:00 – 9:00	13 SEIKIDO GYM CLOSED	14 Open Gym 5:00 – 7:00	15 Open Gym 6:30 – 8:00	16 Nerf Games 5:00 – 7:00	17 GYM CLOSED	18 Archery 10:00 -12:00 Nerf 1:00 -2:00 Human Trafficking
19 Open Gym 7:00 – 9:00	20 SEIKIDO GYM CLOSED	21 TALENT SHOW	22 Open Gym 6:30 – 8:00	23 Nerf Games 5:00 – 7:00	24 GYM CLOSED	25 Archery 10:00 -12:00 Nerf 1:00 -2:00
26 VOLLEYBALL TOURNEMANT	27 SEIKIDO GYM CLOSED	28 Open Gym 5:00 – 7:00	29 Open Gym 6:30 – 8:00	30 Nerf Games 5:00 – 7:00		

ATTENTION RRFN YOUTH

**FILL OUT A SURVEY TO
SHARE WHAT YOU WANT
TO SEE FROM THE
RRFN YOUTH CENTRE &
BE ENTERED FOR
A CHANCE TO WIN A
\$100 AMAZON GIFT CARD**



YOUTH CENTRE UPDATE

FROM THE DESK OF JAY MCFARLANE, YCC

Boozhoo and Good Day,

I want to start this update by sending a CHI MIIGWECH to all the youth of RRFN who have taken the time to complete our online survey. This space will be designed with your input in mind.

For any youth who have not yet completed the survey, please take a moment to do so for your chance to win a \$100 Amazon gift card.

During my first week as Youth Centre Coordinator, I shared my goal of having the Youth Centre operating by the end of April. As we continue planning, I want to be transparent that we will need additional time to ensure the space meets all health and safety standards and is fully ready for the youth to enjoy from day one.

We are currently collecting quotes from contractors, reviewing survey feedback, and making sure everything is done properly and effectively. As we move forward, we will begin painting, setting up activity areas, and organizing the space.

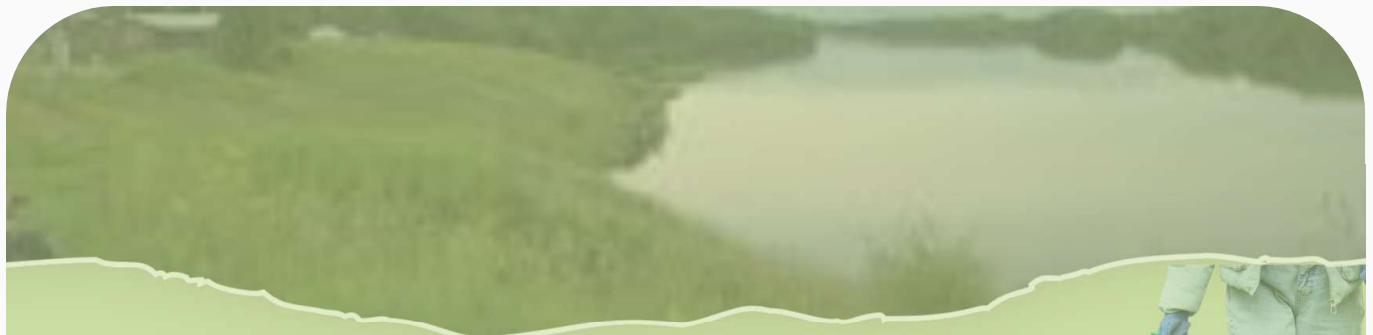
If any youth are interested in volunteering their time and earning volunteer hours, please reach out to me at jayson.mcfarlane@manitourapids.ca.

Looking ahead, we are planning a space that will be functional for a variety of programming based on youth interests, including recreational activities, games, and opportunities to learn new skills and hobbies. Our goal is to create a space where youth feel welcome, supported, and excited to spend their time.

I am sharing this update to remain transparent with the community. I recognize the importance of this space and the needs it will meet, and I am committed to ensuring it is safe, welcoming, and fully prepared before opening our doors.

Thank you for your continued support—I'm looking forward to seeing this space come to life.





RRFN COMMUNITY CLEAN UP

APRIL 22-2026

9:30am to 1:00pm

**Pick up Supplies & Start @
the Fire Hall.**

**ALL ARE WELCOME TO
COME & HELP OUT!**

WHY PARTICIPATE?

Care for our land & people.

Protect wildlife & nature.

**Create a cleaner &
healthier environment.**

**Followed by lunch for all the hardworkers!
All supplies will be provided.**

**For more information contact Nicole at:
nicole.cochrane@manitourapids.ca**

EMPLOYMENT OPPORTUNITIES



Rainy River First Nations MANITOU RAPIDS

Current Opportunities:

- Overall Responsible Operator
- Claims Implementation Coordinator
- CCP On-Call Worker
- Home and Community Support Worker
- Director of Addictions, Treatment and Recovery
- Early Intervention and Aftercare Worker
- Residential Support Worker (1 full-time and 1 part-time)
- First Nations Representative
- Indian Residential School Survivors' Coordinator (Kay-Nah-Chi-Wah-Nung Historical Centre)
- Tour Guide (Kay-Nah-Chi-Wah-Nung Historical Centre)
- Communications Assistant

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

**KAY-NAH-CHI-WAH-NUNG
HISTORICAL CENTRE**

**We are
Hiring!**

We are looking for the perfect fit!
Join a growing team here at the
Mounds and help us make History!

TOUR GUIDE
We are looking for 2 full-time Tour
Guides to join the centre!

Send your resume to:
hr@manitourapids.ca

Questions?
Call us at 1.807.483.1163
340 Ross Rd, Stratton, ON P0W 1N0

**KAY-NAH-CHI-WAH-NUNG
HISTORICAL CENTRE**

**We are
Hiring!**

We are looking for the perfect fit!
Join a growing team here at the
Mounds and help us make History!

**Indian Residential School
Survivors' Coordinator.**
12-month term.

Send your resume to:
hr@manitourapids.ca

Questions?
Call us at 1.807.483.1163
340 Ross Rd, Stratton, ON P0W 1N0

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



Current Employment Opportunities

Wednesday, April 8, 2026

At Coeur Rainy River 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 Coeur:

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:

- Senior Underground Geologist
- Underground Mine Planner / EIT (FIFO with camp & flights provided)
- Health, Safety & Training Manager (Camp & Travel Available or Relocation Avbl)
- Heavy Duty Mechanic Journeyperson
- Haulage Miner - 6 Month Temporary
- **ENTRY LEVEL**
- Human Resources Indigenous Trainee - Temporary 2 Years
- Underground Electrical Engineer
- Temporary Construction Fuel & Lube Technician
- Supply Chain Administrative Assistant
- Underground Surveyor
- Mobile Maintenance Welder - 7/7 Rotation 1
- Assay Lab Trainee (3 Month Temporary)
- **ENTRY LEVEL**
- Mill Operations General Supervisor
- Mill Operations Control Room Supervisor
- Underground Maintenance Short Term Scheduler (Dispatch)

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



Job Title: Human Resources Indigenous Trainee - Temporary 2 Years

Make an impact at Canada's premier mining company.

When you advance your career at New Gold, you are joining a Canadian-focused intermediate gold mining company engaged in the operation, development and exploration of mineral properties. Our mission is to be a leading intermediate gold producer, driving responsible and profitable mining in a way that creates sustainable value for our employees, shareholders, the communities in which we live and work and our environment. New Gold would like to acknowledge the lands and resources of the Treaty 3 Territory and respect the traditional values of our First Nation partners. To learn more about New Gold, visit our website at www.newgold.com. To learn more about our culture and people practices, visit the [Career page](#).

New Gold attracts and hires highly skilled individuals. By joining our team, you can look forward to:

- A stimulating values-based work environment
- A culture of collaboration and inclusion
- Inspiring colleagues and approachable leaders
- Career development opportunities
- A deeply rooted commitment to responsible mining, health and safety and community engagement
- A competitive total compensation program
- A comprehensive benefits package including a retirement savings plan

Rainy River Mine

Situated in beautiful northwestern Ontario, 65 km northwest of Fort Frances, the Rainy River Mine is an open pit and underground, gold and silver producing, residential mine site.

The Rainy River Mine, located adjacent to the Ontario / Minnesota border is 65 Kilometers northwest of Fort Frances, Ontario and is situated half way between

EMPLOYMENT OPPORTUNITIES

Winnipeg, Manitoba and Thunder Bay, Ontario. The area is home to more than 130 species of birds and large populations of moose, black bear and deer. If you enjoy outdoor activities including hunting, fishing, winter sports and lake country then this is an area you will love to live and work in.

Applicants who reside in Northwestern Ontario and have experience working in a cross-cultural environment, coupled with knowledge of the unique challenges and opportunities presented to those living in the Northwest Ontario, are assets. Hiring priority will be given to qualified applicants who are beneficiaries of the Impact Benefits Agreement (IBA) and to qualified applicants residing in the Northwest Ontario communities. (Indigenous) Members must clearly identify their status on the online job application and resume if they wish to receive priority consideration.

About The Role

Schedule: 5days in /2days off, followed by 4days in /3days off – 9 hour days

Position Reports To: HR Supervisor

Position Overview:

As a member of the New Gold Rainy River team, this is an opportunity for an entry level professional with post-secondary education to join and learn the working of Human Resources

within a mining setting. The successful incumbent must be indigenous. This role is a temporary 2-year contract.

Key Responsibilities

- - Provide administrative support to the team such as filing, scanning, entering and processing invoices, and drafting employment verification letters
 - Develop and maintain a professional relationship with employees by ensuring a sense of confidentiality, mutual trust, concern, respect and teamwork
 - Facilitate new hire orientations
 - Provides support in scheduling and organizing HR trainings, presentations
 - Attend career fairs
 - Maintain organizational charts and HR Page on the SharePoint

EMPLOYMENT OPPORTUNITIES

- Maintain employee files which includes scanning and uploading documentation in their files
- Assist with, plan and execute HR initiatives and participate in HR Projects
- Exposure to various HR areas

Qualifications:

- - High School Diploma or GED
 - Diploma or Certificate in Business Administration or Human Resources preferred
 - Proficient in Microsoft Office – Word, Outlook and advanced knowledge of Excel
 - Excellent organizational skills and attention to details
 - Ability to work under pressure and produce high quality work within time constraints
 - Excellent multi-tasking skills – able to prioritize
 - Analytical thinking skills
 - Exceptional interpersonal skills
 - Team player
 - Takes initiative and ownership for work
 - Excellent verbal and written communication skills

Compensation

The anticipated salary range for this position will be between \$55,000 to 65,000.

*Note: this employment opportunity is based on an actual current vacancy, not just for future consideration.

Why New Gold?

- - Highly competitive base salary, and an incentive plan
 - Health & Dental Benefit
 - Transportation available from Rainy River district

We thank all applicants for their interest but will only contact candidates selected to advance in the hiring process. New Gold does not accept resumes from employment placement agencies, head-hunters or recruitment suppliers that are not in a formal contractual arrangement with the Company. Any resume or other information received from a supplier not approved by New Gold will be considered unsolicited and will not be considered.

Inclusion, Equal Opportunity, Accessibility

New Gold is an equal opportunity employer committed to diversity and inclusion. We are pleased to consider all qualified applicants for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, age, disability, protected veterans' status, Indigenous status or any other legally protected factors. Disability-related accommodations during the recruitment process are available upon request.

INTERESTED IN AN ... 8 WEEK CARPENTRY TRAINING SKILLS PROGRAM ?

We are looking for Members who would be interested in taking an 8-week Carpentry Training Skills Program. The first 4-weeks of the program will be classroom training and focus on Health and Safety Training, Introduction to Carpentry Trades Math, Employment Readiness and Carpentry Theory. The last 4-weeks will be practical Carpentry training.



- ✓ **On Community**
- ✓ **Potential Start: Mid-Late May**
- ✓ **Classroom Training - 1st 4 weeks**
- ✓ **Practical Training - last 4 weeks**

LET US KNOW

If you are interested in participating please contact Tracy Oshie-Horton, Training and Employment Coordinator at 482-2479 Ext: 244 or tracy.oshie-horton@manitourapids.ca by **April 15th**.

OFF RESERVE MEMBERS



RAINY RIVER FIRST NATIONS

OFF RESERVE MEMBERS

WHERE CAN YOU ACCESS INFO ABOUT RRFN?

RRFN Facebook Page

One Feather Emails

RRFN APP

RRFN Website

RRFN Recreation Group (FB)

RRFN Jordan's Principle

RRFN Addictions & Outreach

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 ONLINE TEAMS MEETING

THURSDAY

APRIL 16TH @ 6PM

Direct Teams Link:

[https://teams.microsoft.com/meet/22834834480236?
p=WX7R2wMDblnvfGmCp1](https://teams.microsoft.com/meet/22834834480236?p=WX7R2wMDblnvfGmCp1)

Meeting Login Info:

Meeting ID: 228 348 344 802 36

Passcode: Ny9Hz7A2

**206 KM OVER 4 DAYS
POSTERS TO BE OUT SOON**

MANIDOO BAAWITIGONG ANISHINAABEKWEG

Alongside Rainy River First Nations Lands & Resources
And with full support of Rainy River First Nations Chief and Council.

**We are pleased to announce the planning phase of a
Water Walk for our beautiful river we call home!**
Rainy River connects Rainy Lake and Lake of the Woods.

We invite all!

with much emphasis towards our youth, our young men
and women who may be interested in learning roles and
responsibilities of Water Carriers, Water Protectors, and
sharing love and protection for our Lands and Waters.

Learning together.

For more information & interest in participating please contact:
Nicole Cochrane- Grover - Lands and Resources Manager – 807-482-2479 ext. 235,
nicole.cochrane@mantiourapids.ca or
Kathy Bombay- kbombay@icloud.com

If emailing interest, in subject line: Water Walk
Names will be taken up until April 6, 2026 for planning venue, food,
and other essentials moving forward.



SPRING
2026



Nibi Walks




Join us in Kenora, Musk-kosiminiziibing, and Dryden! Teachings, ceremony, and walking will help us celebrate and honour the sacred relationship we all have with Nibi.

Refreshments and snacks will be available.

 **Kenora**
CJ School Site

 **April 29th**
 **10 AM**

 **Dryden**
Dryden Regional Training
and Cultural Centre

 **May 5th**
 **10 AM**

Please register to let us know which walk you will be joining us for!



 **Musk-kosiminiziibing**
Pegamigaabo School, co-hosted by Musk-kosiminiziibing & Naongashiing

 **April 30th**
 **10 AM**



Please wear your ribbon skirt/attire if you are joining us for the day. You are also encouraged to bring your copper cups, hand drums, rattles, and tobacco.

Contact us for more information:

 **807-548-4214 ext.538**

 **kevan.sumner@treaty3.ca**



RRFN EDUCATION EXPERIENCE TRIP

RRFN STUDENTS IN GRADES 9-12 ARE INVITED TO

MONTREAL JULY 6-10, 2026



WHO IS ELIGIBLE

Eligible students in Grades 9-12
Who are: Current RRFN members
or on the Nominal Roll. Between
the ages of 14-18 during the
trip week
Students in Alternative
programs must successfully
complete 6 of 8 credits in the
academic year for attendance
qualification.

TRIP PARTICIPATION REQUIREMENTS

To participate, students
must meet at least 2 of
the 3 "A's":



Attendance



Academics:



Attitude

CONTACT TO JOIN

HOPE.MOSBECK@MANITOURA.PAIDS.CA



STUDENT LUNCH SUPPORT PROGRAM

Rainy River First Nations
DRUM ROOM

Donald Young, Our Lady of Way and Fort Frances High School

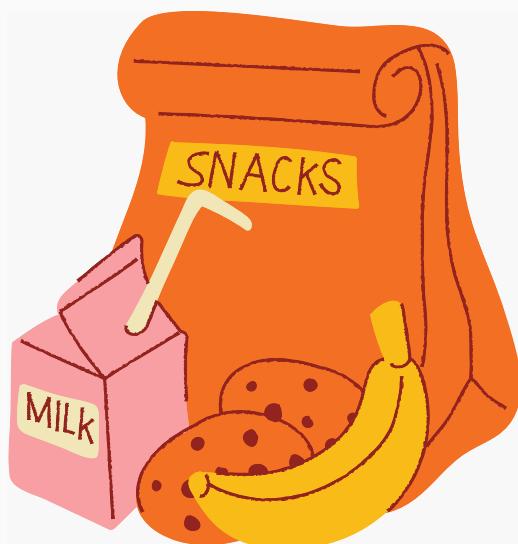
Wednesday April 22, 2026 3:00-5:00pm

Parents and families of students attending DYS, OLOW, and FFHS are invited to come down to the Drum Room to receive a gift card to help support student lunches.



FOOD FUND PROGRAM SUPPORT
\$50 CAFE CARD- TESS KITCHEN- FFHS STUDENTS
\$100- CLOVERLEAF GIFT CARD- DYS AND OLOW STUDNETS

EDUCATION DEPARTMENT
EARLY YEARS LEARNING PROGRAM



EDUCATION SURVEY

This survey is to better understand the educational backgrounds and career paths of our members.

Access to survey here:
<https://forms.gle/4LhhDi8enzoNpkn9>



Education Department

STUDY NIGHT

SNACKS | DRINKS

March 11
March 25
April 8
April 22
May 6
May 20
June 3
June 17
June 22-25
(Exam Week 9-3:30pm daily)

5:30-8:30pm Grades 7-12
in the DRUM ROOM

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

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
RNFN Education Department



APRIL 2026 SENIOR 55+

Cloverleaf gift cards available for pick up.

9th

SEWING & LANGUAGE 1-4PM EE

16th

POTLUCK 2-4PM EE

21th

CRAFTS-BRACELETS 1-3PM EE

23th

SEWING & LANGUAGE 1-4PM EE

28th

MEETING 1PM EE

29th

BAKE SALE DRUMROOM 12-2PM

30th

ELDER ARTIFACT ID DAY. MOUNDS
10:30AM-1:30PM



Made with PosterMyWall.com



Enjoy a Long
Shore Lunch
at
The Mounds!

ELDERS ARTIFACT ID DAY

APRIL 30TH, 10:30 - 1:30

In partnership with
Rainy River First Nations
we invite elders of Manitou Rapids
to assist in identifying artifacts in the
collections of Kay-Nah-Chi-Wah-Nung
Historical Centre

Questions?

call or email kncwn@manitourapids.ca

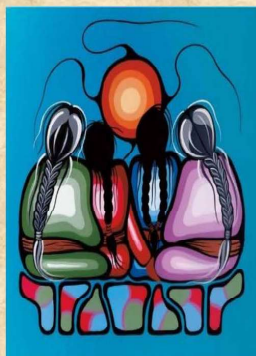


*“The more you know the past, the
better you are prepared for the future”*

COMMUNITY CARE PROGRAM

RAINY RIVER FIRST NATIONS COMMUNITY CARE PROGRAM

We are looking for **FULL-TIME
CAREGIVERS/FOSTER PARENTS** and **RESPIRE
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

****EMERGENCY****

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!



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 #: **(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.

* FRIENDLY REMINDER FOR MEDICAL VAN USE *

Please provide **24 hours notice** of appointments, if possible. Seats are booked on a **FIRST COME – FIRST SERVE BASIS!!** If you require someone to travel with you for medical reasons (mobility impairment, translation, child 16 years and under), please inform Laura or Juanita. Please **DO NOT** call the medical van driver directly – you must book with Laura or myself.

If you no longer require a ride on the van, please be courteous and cancel your booking. This will assist other community members who may require transportation during that time slot. We make every effort to accommodate all appointments but, do experience scheduling difficulties with times and location from time to time.

Clients will be brought to their appointment and picked up at the same location. We will **NOT** pick you up at a friend's house, downtown or at a restaurant. Please do not ask our driver to bring you to different stops – he is not a taxi.



Any individuals who are under the influence of alcohol **WILL NOT** be transported to or from their appointment. **NO EXCEPTIONS!!**

Also, the medical van driver **WILL NOT** pick up any prescriptions. We will be happy to provide a ride for you, or a designate, to pick up your medication. Exceptions are made on a case-by-case basis.

Lastly, please call 9-1-1 and request an ambulance in the event of an emergency. For non-life threatening emergencies, the medical van will transport if there are no scheduled appointments OR the van is scheduled to be in Fort for an appointment.

THANK YOU FOR YOUR COOPERATION!!

RAINY RIVER FIRST NATION

YOUTH MENTAL HEALTH

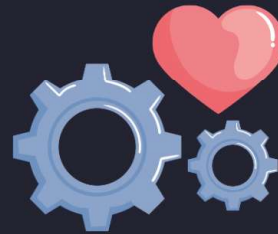
W O R K S H O P

Presented by...



NorthWest Ontario
Counseling & Consulting

Topics include mental health challenges youth face today, coping strategies & self-care.
For ages 10-25



PD DAY

APRIL 27TH

9:00am - 3:00pm

RRFN Drum Room

Contact Juanita Connon at
juanita.connon@manitourapids.ca



GIZHEWAADIZIWIN
Health Access Centre



Sakej River First Nations
MANITOU RAPIDS

This program is accessible to children with special needs. Please let us know if your child requires additional supports or accommodations.

SEEDS OF WELLNESS

Youth Gardening Program

Program Goals

- Teach youth basic gardening and plant care skills
- Encourage healthy eating and connection to fresh foods
- Build patience, responsibility, and teamwork
- Introduce youth to simple food preservation skills
- Open to all ages. Children under 7 require parental supervision.
- April 14-planting indoor seeds 4:00pm -5:30pm
- May 19th and 26th-painting garden boxes 4:00-5:30pm
- Starting June 2nd we will plant our gardens and meet every Tuesday from 4:00pm-5:30pm until harvest time at the end of September

After-school refreshments will be provided!

Max 10 spots

RSVP Amber Vanasse

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E: amber.vanasse@manitourapids.ca