

THE RAPIDS REVIEW

VOL. 2 ISSUE 6 MARCH 27-26



Spring is Here!

Boozhoo Members! Spring is finally here, bringing with it warmer weather & new beginning's. A much needed water walk will be taking place this year so if you would like to become involved in this incredible journey, please reach out to the contacts below!

**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 - 807-462-2479 ext. 235,
nicolecochrane@mxrtiorapids.ca or
Kathy Bombay- kbombay@icloud.com

If emailing interest, in subject line: Water Walk.
Names will be taken up until April 5, 2026 for planning venue, food,
and other essentials moving forward.

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& Events

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**BIMIBATOO
BIMOSE
MOVE YOUR MOOD
RUN OR WALK CLUB**



Boost your mood one step at a time.

Water & Snacks provided
Weekly Attendance Prizes

Fridays 12-1pm
April 10th to June 12th
1460 Idylwild Drive

*Meet behind Gishwaadizwin Health Access Centre
Contact Health Education Department:
Lori-Lynn: healthed-1@qzhaoc.com
Christa: cbruyere@qzhaoc.com
Shauna-Leigh: scarlson@qzhaoc.com
Cherie: cmcleod@qzhaoc.com
Phone: (807)274-3131



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



ADDICTIONS SUPPORT

AA & NA MEETINGS

**MONDAYS 6-7PM
@ EAST END HALL**

March 9: AA
March 16: NA
March 23: AA
March 30: NA

MORE INFORMATION

Adam @ 807-482-2479 ext. 261 or adam.ali@manitourapids.ca

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

Book your BROWS- any style

I camouflage and treat:

- Surgical scars
- Self harm scars
- Stretchmarks
- Keloids
- Acne scars

Permanent Makeup



Paramedical Tattoo



Hi ALL- I'm Shana AKA Dream. I'm a Global Investment Banker managing billion dollar entities worldwide and I'm also a licensed Paramedical Tattoo Artist and PMU Artist. I specialize in camouflaging stretchmarks, scars due to injury, surgery, self harm, burns, keloids, etc. Ive mastered tattoing brows of any style, lip blushing and can do mini tattoos. I'm passionate about helping people and helping them transform their scars so they feel confident in their own skin again. My mission is to serve my people by offering beauty services, health, wellness and healing resources, a Legal Roadmap as I learned military law and family law, and financial empowerment. I can travel to you and perform these services in the privacy of your own home. You can book your appt via DM on FB or IG

IG: [houseofdreams_mn](#)

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**





**Serenity McGinnis-
daughter of
Natasha & Ian
McGinnis-
wins the
bantamweight
championship at Lil
NHL 2026. Congrats
to a member of our
RRFN Youth!**





BUILDING A COMMUNITY OF PROFESSIONALS



CERTIFIED PROGRAMS

- Certified Aboriginal Financial Manager**
The CAFM program is designed to support Indigenous professionals to meet the growing need for financial leadership tailored to Indigenous culture.
- Certified Aboriginal Professional Administrator**
The CAPA program supports the development of highly qualified senior managers able to meet today's unique challenges in Indigenous administration.
- Certified Indigenous Leadership**
The CIL program enhances the knowledge and skills of selected Indigenous officials to enable community prosperity and financial wellbeing.
- Certified Indigenous Human Resources Professional**
The CIHRP program addresses the competency needs of human resource working in Indigenous environments.
- Certified Emerging Indigenous Leaders**
The CEIL program empowers Indigenous youth with the skills and knowledge necessary for impactful community business.

ABOUT US

AFOA Canada was founded in 1994 by a group of visionaries to support the growth of Indigenous business and professional development opportunities. Our organization is a not-for-profit, non-partisan, and non-political organization. We are committed to providing high-quality, evidence-based, and culturally relevant programs and services to support the professional growth and development of Indigenous professionals across Canada.

Professional development created by Indigenous people for Indigenous people

All our certification and leadership programs are developed through research and innovation by AFOA Canada's Education Committee. They follow standards of (Ethical Conduct) based on competence and integrity that surpasses all other professional accreditations.

All certified programs potentially offer transfer credit to relevant programs at participating post-secondary institutions/organizations.

Methods of Delivery

- Online**
The CAFM and CIHRP programs are available online for individual study. CAPA courses are available in two 12-week sessions per year.
- Experiences / PLM**
Senior level professionals who meet the learning competencies can apply to fast-track their designation through the Experience Path (CAPA) or by submitting a Prior Learning Assessment (CAFM, CIHRP).
- Cohort**
Anyone interested in the CAPA, CIHRP, CIL or CEIL programs can register for a scheduled cohort to complete the full program in under twenty learning days. CAPA, CIHRP and CEIL programs are delivered in a hybrid or asynchronous method, while the CIL program is delivered exclusively in-person.
- Community Cohort**
We can work with communities and organizations to deliver a custom cohort to their staff online or in-person.
- CAFM in Person Program**
In addition to the accelerated online courses, CAFM courses are available across Canada in partnership with select post-secondary institutions.

Workshops

AFOA Canada offers over 40 workshops in the areas of management, finance and government, designed for Indigenous communities and organizations.

These workshops can be delivered directly to your community or organization, in-person or online. We also have several workshops available before our National Conference and Pre-Conference Workshops.

Micro Certifications

For anyone eager to bolster their skills with essential core competencies, we've collaborated with a diverse network of partners to create specialized skill sets to help propel your professional journey to new heights.

Project Financing
Equip participants with the essential financial skills to support the successful delivery of large infrastructure and capital projects.

First Nations Taxation
Coming soon.

Credentialed with MACCA
Three exclusive micro-credentials built to empower staff working in Indigenous Financial Institutions (IFI): Understanding the Business and Client, Understanding the Financial and Legal Landscape, and Enhancing Your Leadership and Organizational Management Skills.



National Conference

AFOA Canada's National Conference is Canada's premier conference for Indigenous management, finance and government professionals that focuses on building capacity and creating wealth in our communities. Each year, over 1,500 Indigenous leaders and decision-makers, professionals, Corporate partners and government representatives come together in a new location to explore emerging challenges, innovative tools, and best practices.



Individual Membership

AFOA Canada and its Chapters connect members to mentoring, professional development, resources, and an exclusive Indigenous professional network. Memberships based on four pillars of service: Savings, Fellowship & Networking, Thought Leadership, and Member Ship Engagement. Discover how you can benefit from Membership, visit afoa.ca

Corporate Membership

Create opportunities for Indigenous and non-Indigenous business-to-business and build partnerships. Corporate Members support capacity building in Indigenous finance, management, and government across Canada while gaining meaningful visibility within Indigenous markets. Please contact communications@afoa.ca for more information.

Financial Wellness

Indigenous Financial Wellness is a lifelong journey of balancing income, saving, investing, and spending to support one's goals and wellbeing for their present stage of life. It is an ongoing and ever-evolving process, and communities, helping build confidence and awareness for generations.

AFOA Canada makes financial wellness and literacy accessible and achievable through market leading tools and resources:

- Custom & tailored Financial Wellness Training for youth
- Managing Lump Sum Payments for individuals
- Money Smart's Toolkit
- Working Smart, Study and Smart Financial Wellness Bureau
- Resources for recipients of settlement payments

HARVARD EXECUTIVE EDUCATION

Leading finance and investment to build sustainable communities is a certificate program created through the collaboration of AFOA Canada, the Harvard Business School, and MACCA.

This four-week program provides participants with the opportunity to immerse themselves in a broader context. While it is important to understand investment tools, strategies and products, it is equally important to understand how governments in practice can shape the management of the investments with a longer-term view toward building sustainable communities.



AFOA CHAPTERS

AFOA Chapters across the country provide a vital, direct link between AFOA Canada and its Indigenous members and professionals. They organize events, training and networking opportunities that facilitate capacity building across a broader constituency in a way that is tailored to regional needs.

Each Chapter is governed by a Board of Directors composed of senior professionals within that region, and they appoint a representative local to the AFOA Canada Board of Directors.



Awards & Scholarships

- MNP-AFOA Canada Indigenous Community Excellence Award** recognizing an Indigenous community that does meaningful things.
- AFOA Canada Indigenous Leadership Award** recognizing an exceptional Indigenous professional whose made an impact in Indigenous management, finance or government.
- Nation/Indigenous Youth Financial Management Awards** for Indigenous youth Grade 11-12 who are pursuing post-secondary education in financial management related fields. Includes a trip to the AFOA Canada National Conference and a scholarship.
- TD Scholarship for Indigenous Peoples** for First Nations, Métis and Inuit post-secondary students in any 7-year education program. Includes \$10,000 in tuition, \$5,000 in living allowance and an internship with TD annually for a maximum of four years.
- Chapter Recognition Award** recognizing the contributions of an AFOA Chapter member who demonstrates excellence in Indigenous management, finance and government.

When you become a member of AFOA Canada, you automatically become a member of your local provincial/territorial Chapter.

To learn more about getting involved with your local Chapter please visit afoa.ca



Find us on social media



 #afoacanada
  #afoa

 1-800-363-2880
 Toronto, ON M7P 2S4
  416-752-2940 (toll-free)
 416-752-2848



WHY CEIL?

Grow as a leader and trusted decision-maker, creating lasting governance, finance, and community impacts through the Certified Emerging Indigenous Leaders program.

Designed by Indigenous professionals for young Indigenous professionals, this certification is a launch pad for excellence that equips you with tools, skills, and connections to shape your future as stewards of our communities.



CEIL CAREER PATHWAYS

UNLOCK JOBS IN:

- Program Management
- Entrepreneurship
- Administration
- Policy Analysis
- Leadership & Supervision

CEIL Designed by Indigenous professionals for young Indigenous professionals



CERTIFIED EMERGING INDIGENOUS LEADERS

Join a generation of emerging Indigenous visionaries.



GROW AS A

LEADER

Join a generation of emerging Indigenous visionaries (ages 20-29) who are accelerating their careers and bringing meaningful change to their communities.

● STEWARDSHIP AND RESPONSIBILITY

Emerge as a leader who reflects Indigenous values and guides their community with integrity and accountability.

● CULTURAL REVITALIZATION AND COMMUNITY CONNECTION

Connect to the strength of cultural roots and values that reflect the collective and collaborative vision of those you serve.

● MENTORSHIP, INTERPERSONAL AND COMMUNICATION SKILLS

Gain the confidence to communicate across cultures, professions, and communities, fostering collaboration and trust.



CEIL COMPETENCY SUMMARY

- Collaboration and Networking
- Decolonization and Indigenous
- Indigenous Leadership Practices
- Respectful Relationships
- Community Decision Making
- Holistic Health and Wellness Practices
- Trauma-Informed Practices
- Critical Thinking
- Research and Inquiry Skills
- Conflict Resolution
- Communication Skills
- Historical, Legal and Political Understanding

HOW TO BECOME A CEIL

● NATIONAL COHORT

Learners must complete all nine courses, delivered at various locations across Canada.

● CEIL COMMUNITY COHORT

Learners must complete all nine courses convened by a specific community or organization.



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
- First Nations Representative
- Indian Residential School Survivors' Coordinator (Kay-Nah-Chi-Wah-Nung Historical Centre)
- Tour Guide (Kay-Nah-Chi-Wah-Nung Historical Centre)

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, March 25, 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.

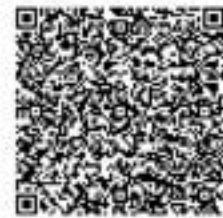
Our Values drive every decision and action we take at Coeur:

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:

- Freight Logistics Coordinator
- Procurement & Contracts Supervisor -
Camp & Travel Available (within
350kms) or Relocation Available
- Mobile Maintenance Light Vehicle
Labourer - Temporary
- Open Pit Mine Planner / EIT

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



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

Meeting notes Off Reserve Meeting March 17, 2026

Purpose

Rainy River First Nation meeting to discuss off-reserve member support and programming.

Takeaways

1. Future meetings will require cameras on and status card ID for verification.
2. Next meeting is scheduled for April 16, 2026, at 6:00 PM CST.
3. Day Scholar Revitalization Society grant applications are due by May 15, 2026.
4. Friendship centers offer funding and support for off-reserve members.
5. Membership backlog is nearly complete, with only seven applications pending.
6. Finance is exploring direct deposit and faster mail options for U.S. members.
7. Addictions and mental health support is available for off-reserve members.
8. Trust funds may assist with emergency needs, but not regular expenses.
9. Communication improvements are underway, including a potential portal on the website.

Meeting logistics

1. Future meetings will require cameras on and status card ID for verification.
2. Next meeting is scheduled for April 16, 2026, at 6:00 PM CST.
3. Meeting agenda and summary notes were reviewed.

Day Scholar Revitalization Society grant

1. Grant applications are due by May 15, 2026.
2. Eligible applicants can receive up to \$10,000 for healing and cultural activities.
3. Members are encouraged to apply and seek support if needed.

Friendship centers

1. Friendship centers offer funding and support for off-reserve members.
2. Members are encouraged to explore available resources in their area.
3. Further research will be conducted to provide more information.

Membership processing

1. Membership backlog is nearly complete, with only seven applications pending.
2. Letters will be sent to applicants with updates on their status.
3. Registrar Gwen Medicine will attend the next community meeting for questions.

OFF RESERVE MEMBERS

Financial and emergency support

1. Finance is exploring direct deposit and faster mail options for U.S. members.
2. Trust funds may assist with emergency needs, but not regular expenses.
3. Members are encouraged to contact the band office for specific needs.

Addictions and mental health support

1. Support is available for off-reserve members through the band's addiction department.
2. Members can contact Adam at the addiction department for assistance.
3. Treatment centers are available across Canada and the U.S.

Communication improvements

1. Communication improvements are underway, including a potential portal on the website.
2. Members are encouraged to use existing platforms for updates and information.
3. Suggestions for better communication methods are welcome.

Action items

1. **Research Friendship center resources and report back to members.**
Lynn Blackburde
2. **Ensure programming document is available on all communication platforms.**
Lauren Hyatt
3. **Organize support meeting for Day Scholar grant applicants.**
Lynn Blackburde
4. **Explore direct deposit and faster mail options for U.S. members.**
Finance Department
5. **Complete membership backlog and send letters to applicants.**
Gwen Medicine

Day Scholars

This revitalization society is for "Day Scholars". Day Scholars are individuals who attended a Residential School during the day but did not sleep at the schools overnight. The lists of Residential Schools that had, or may have had, Day Scholars are listed in Schedule E in the Settlement Agreement.

Day School

This settlement is for individuals who attended one of the identified Federal Day School listed on the List of Federal Day Schools (Schedule K of the Settlement Agreement) and experienced harm.



Please check to see if your school is listed Under Schedule E. Click on "Am I eligible" to find out more on our website at www.dsr society.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



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



Rainy River First Nations
MANTOU RAPIDS

The 3 A's Draw

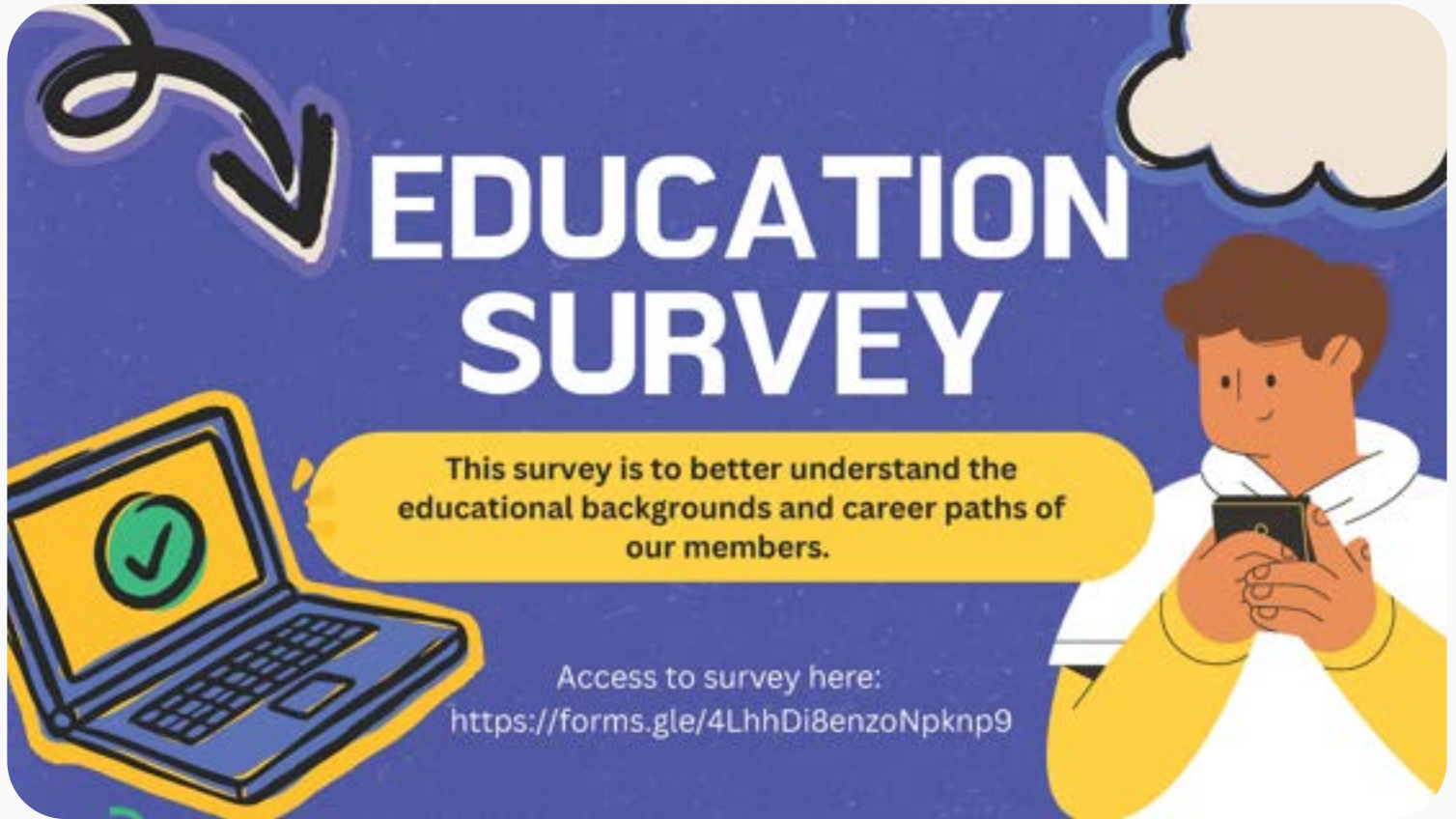
Students who achieve Attendance, Academics & Attitude will be entered into up to 3 prize draws each year

How to Achieve

Attendance must be provided to the Education Director at the end of each month. Honor lists will be provided to the Education Director 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@manitourapdis.com

Education Department



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 Maxbeck
hope.maxbeck@manitowapdx.ca
Education Department

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!



Respect for Private Property – Recreational Vehicles

Community members operating four-wheelers and other recreational vehicles are reminded to be respectful of other people's property and yard spaces.

It has been brought to our attention that some yard areas, including septic fields, have been driven on. These areas are sensitive and can be easily damaged, leading to costly repairs.

We kindly ask all riders to be mindful of where they are traveling and to avoid driving through yards or private areas unless permission has been given.

Miigwech for your cooperation in helping keep our community safe and respectful for everyone.

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!!



 
GIZHEWAADIZIWIN Health Access Centre
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
PH: 807-482-2479
E: amber.vanasse@manitourapids.ca