



GIISHKAANDAGO'IKWE

HEALTH SERVICES

NEWSLETTER

NIIBIN (SUMMER) 2026

OUR MISSION, VISION & VALUES

MINO AYAWIN - GOOD HEALTH

We are a leader in innovative health care guided by the Grandmother and Grandfather teachings of the Anishinaabeg inspiring knowledge, strength and empowerment for the purpose of lifelong Mino Ayawin (good health).



Truth



Wisdom



Love



Respect



Bravery



Honesty



Humility



Forgiveness

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Truth
DEBWEWIN

CORPORATE HIGHLIGHTS



SPRING CEREMONY 2026

On Friday, May 1st our Annual Spring Ceremony was held with our drum Aazhawii Giizhik and members of our Elder's Advisory Council present.

Along with Aazhawii Giizhik, our personal bundles, sacred items and cedar ties were feasted.

Following the ceremony, we enjoyed the traditional practice of a shared meal.



Pictured L-R: Meredith Kusnierczyk, Audrey Marquis, Cassandra Lapointe, Katja Karhi, Carla Smith - Cultural Coordinator

NOSM STUDENTS

On April 27th, we welcomed four students from the Northern Ontario School of Medicine for their Indigenous Cultural Placement.

During their placement, the students participated in ceremonies and cultural learnings, visited communities, and spent time learning from Elders.

At a farewell luncheon on May 21st, they shared a final presentation with staff, reflecting on their experiences and discussing how they plan to carry these teachings forward in their future professional practice.

We wish the students success in their educational endeavours!



EMPLOYEE RECOGNITION

We are honoured to share that one of our own, Jennifer Ward – Mobile Crisis Worker, was recognized with a prestigious award at the 17th Annual First Nations Chief of Police Association Conference and Awards on May 20th, in Victoria, BC.

Congratulations to Jennifer, who received the Lifesaving Award, which is given to those who defy the instinct for self-preservation and risk his/her own life to protect others, and as a result have saved a life or lives.

During a high risk and emotionally charged situation, Jennifer demonstrated exceptional communication and critical thinking skills while supporting an individual through crisis remotely. Through her calm control and compassionate dialogue, she successfully de-escalated the situation and helped ensure a safe outcome.

Jennifer's ability to remain composed, gather vital information, coordinate effectively with responding officers, and provide reassurance during a critical moment reflect high standards of professionalism, compassion and effectiveness under pressure.



Pictured L-R – Deputy Chief Trish Rupert, Jennifer Ward

Thank you, Jennifer, for your commitment to the safety and wellbeing of others and congratulations on your well deserved award.



Corporate Referral Form

We've updated our Corporate Referral Form! And it's better than ever!

- Super easy to fill out
- Faster & more efficient
- Available online AND at all office locations

At Giishkaandago'lkwe Health Services, we're always working to improve how we support you!

Ready for a referral?

Visit www.fftahs.com/accessing-our-services to download the referral form today!



HONOURING MMIWG2S+

On May 5th, 2026, Giishkaandago'ikwe Health Services joined a powerful collective of community partners in recognizing Red Dress Day, the National Day of Awareness and Action for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ people (MMIWG2S+). This day serves as an important reminder of the ongoing crisis of violence experienced by Indigenous women, girls, and gender-diverse people, and the need for continued advocacy, healing, and systemic change.

In collaboration with Weechi-it-te-win Family Services, United Native Friendship Centre, Canadian Mental Health Association Fort Frances Branch, Grand Council Treaty 3, Rainy River District School Board, Rainy River District Social Services Administration Board, Northwestern Health Unit, Shelter of Hope, Northwestern Ontario Métis Child and Family Services, Ontario Provincial Police, and Treaty Three Police Service, the event brought together community members, leadership, and service providers in a shared commitment to remembrance and action.

The gathering featured a community awareness walk, where participants walked together in solidarity to honour the lives of those lost and to support families and survivors. The walk was followed by a community barbecue, providing space for connection, conversation, and collective reflection in a supportive and welcoming environment.

Throughout the event, participants were invited to reflect on the significance of Red Dress Day and the importance of continued community-led action to address violence, strengthen safety, and support healing for families and communities.

The day served not only as a remembrance, but also as a reaffirmation of shared responsibility to listen, learn, and act toward meaningful change.





COHI UPDATE

This past April, the Children's Oral Health Initiative (COHI) celebrated National Dental Hygienists Week™ (April 4–10) with a "Tooth Fairy Trivia" social media campaign. We loved seeing so many of you test your knowledge and learn more about preventive care!

Chi-Miigwech to everyone who participated and congratulations to our trivia grand prize winner: Courtney Gibbins! Courtney took home an Oral Health Wellness Basket filled with tools to keep those smiles bright at home.



Looking Ahead: Summer Screenings & Cleanings are BACK!

We are thrilled to announce that our Screenings & Cleanings Event returns this July and August.

- **Who:** Children aged 4–13.
- **Where:** Living in the 10 First Nations communities served by COHI.
- **The Bonus:** Every child who receives a screening or cleaning in July/August will be entered into our Summer Giveaway!

Contact your community COHI Aide or call the team directly at: 274-2042 or 271-1652 to book or arrange an appointment for your child to receive a screening & cleaning.

MENTAL HEALTH AWARENESS WALK

The Mental Health Awareness Week Walk took place May 6th, 2026.

The morning began with a sacred fire, hand drummers and traditional prayers to honour Mental Health Awareness Week.

Despite the cold day, a small group walked from the BHS building to the HOPE Centre to collaborate with the Canadian Mental Health Association on their free BBQ.





SUMMER SAFETY

ENJOY THE SEASON, PROTECT WHAT MATTERS MOST

Summer is a great time to enjoy the outdoors, but it's important to stay safe while making the most of the warm weather. Here are some simple tips to help you and your family stay healthy and protected this season:



STAY COOL & HYDRATED:

Hot weather can lead to dehydration and heat-related illnesses. Drink plenty of water throughout the day, even if you don't feel thirsty. Take breaks in the shade or indoors and avoid strenuous activity during peak heat hours (typically between 11am – 3pm).



WATCH FOR SYMPTOMS OF HEAT ILLNESS:

- Dizziness & fainting
- Nausea & vomiting
- Headache
- Extreme thirst
- Decreased urination
- Changes in behaviour – especially in children (sleepiness, temper tantrums)



PROTECT YOUR SKIN:

Apply sunscreen with SPF 30 or higher before going outside, and reapply every 2 hours – or more often if you are swimming or sweating. DO NOT use sunscreen on a child less than 6 months old. Wear a hat, sunglasses and lightweight clothing to protect against harmful UV rays.



PREVENT BUG BITES:

Use insect repellent when spending time outdoors, especially in wooded or grassy areas. Check for ticks after being outside and wear long sleeves and pants when possible to reduce exposure.



WATER SAFETY:

Never leave children unattended near water. Whether at the lake, pool or beach, ensure proper supervision at all times and encourage the use of life jackets.



TRAVEL SAFETY:

Never leave children or pets in a parked vehicle, even for a short time. ALWAYS check the back seat before locking your car.



Wisdom



SAVE A LIFE



July 19th - 25th

National Drowning Prevention Week

Drowning is Silent: Prevention Starts With You

DROWNING CAN HAPPEN FAST AND OFTEN WITHOUT WARNING



LEARN TO SWIM

- EQUIP YOURSELF AND YOUR CHILDREN
- SWIMMING LESSONS/SKILLS SAVE LIVES



SUPERVISE CHILDREN

- ALWAYS KEEP EYES ON KIDS NEAR WATER
- NEVER LEAVE THEM UNATTENDED, EVEN FOR A MINUTE



NO DRUGS OR ALCOHOL NEAR WATER

- STAY ALERT WHEN SUPERVISING
- DRUGS AND/OR ALCOHOL REDUCES REACTION TIME AND INCREASES RISK



USE SAFETY EQUIPMENT

- LIFE JACKETS SAVE LIVES
- ENSURE PROPER FIT AND USE FOR ALL WATER ACTIVITIES



**IN THE SECONDS THAT MATTER,
YOUR CHOICE CAN SAVE A LIFE**

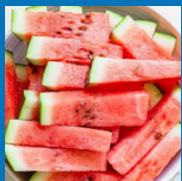


SUMMER FUN 'STICK' FOODS FOR A SUMMER PICNIC & FUN OUTDOOR ACTIVITIES



BREADSTICKS & TZATZIKI DIP OR HUMMUS

More fun to dip and eat than a cracker.



WATERMELON STICKS

Game changer for smaller appetites, and it reduces food waste.



TURKEY OR BEEF PEPPERONI STICKS

Great source of protein to keep you full!



GREEK SALAD SKEWERS

More convenient way of eating salad than with a fork.



FROZEN BANANA POPS

Place a stick into a frozen banana then dip into melted chocolate and top with nuts or sprinkles. Refreeze. Enjoy a cold treat without having to worry about it melting.



GIANT BUBBLES



NATURE BRACELETS



TP ROLL BINOCULARS

- ★ 6 cups water
- ★ ½ cup corn starch
- ★ ½ cup blue Dawn dish detergent

- ★ 1 tbsp baking powder
- ★ 1 tbsp Glycerine

- ★ Tape
- ★ Leaves or flowers

- ★ Toilet paper rolls
- ★ String
- ★ Markers
- ★ Tape/Glue
- ★ Stickers



Love
ZAAGI'IDIWIN



INTERNATIONAL SELF CARE DAY

July 24th is International Self-Care Day, an opportunity to raise awareness about self-care and the important role it plays in leading a healthy lifestyle.

Self-care is about taking care of yourself, and making choices that help your physical and mental health, like eating healthy, getting enough sleep and exercising.

**JULY 24TH,
2026**

WAYS YOU CAN PARTICIPATE IN SELF CARE:

SPIRITUAL



- Offer tobacco
- Smudge your house
- Feast your sacred items
- Attend sweat lodge ceremony
- Pray while out in nature

MENTAL



- Do daily journaling
- Take an online course
- Read a book
- Limit screen time
- Learn something new

EMOTIONAL



- Reconnect with a friend
- Practice self affirmations
- Set healthy boundaries
- Spend time with family
- Practice gratitude

PHYSICAL



- Get into a good sleep routine
- Try yoga
- Get regular exercise
- Establish healthy eating
- Ride a bike



Love

INTERNATIONAL YOUTH DAY

International Youth Day is a day that brings attention to the challenge young people face, and to celebrate how important young people are in shaping our world.

This day is also a chance to listen to young people, support their ideas and actions, and make sure they are included in fair and meaningful ways in their communities and beyond.



DID YOU KNOW?

- Half of the people on our planet are 30 or younger, and this is expected to reach 57% by the end of 2030.
- Survey shows that 67% of people believe in a better future, with 15 to 17 year-olds being the most optimistic about this.
- By 2050, the people who are under 25 today will compose more than 90% of the prime-age workforce.
- 13% of the young labour force is unemployed. This number from 2023 marks the lowest rate in 15 years.

**AUGUST
12TH, 2026**

Stats obtained from:
<https://www.un.org/en/observances/youth-day>



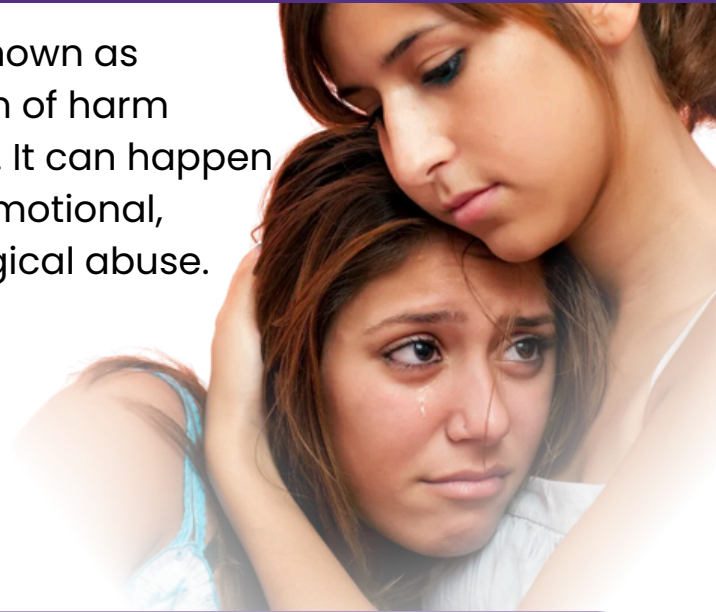
INTIMATE PARTNER VIOLENCE (IPV)



Intimate partner violence (IPV), also known as domestic or spousal violence, is a form of harm caused by a current or former partner. It can happen in any relationship and may include emotional, physical, sexual, financial or psychological abuse.



IPV is not always visible. It can build over time and often involves patterns of control, fear, and harm.



Did you know?

- **78%** of IPV victims were women & girls
- **44%** of women report experiencing some form of IPV in their lifetime
- Most incidents are not reported, with about **80%** going unreported

IMPACTS OF IPV

IPV can have serious and lasting effects, including:



Physical injury & long term health concerns



Anxiety, depression, & trauma



Financial stress and loss of income

HOW TO RESPOND

If you or someone you know may be experiencing IPV:



Talk to someone you trust



Listen without judgement, and respect each person's choice



Report the incident to authorities

Everyone deserves to feel safe and respected in their relationships. Support is available when you are ready.

<https://www.canada.ca/en/women-gender-equality/gender-based-violence/intimate-partner-violence.html>



Respect
MANA'AJI'IDIWIN

LET'S LEARN ANISHINAABEMOWIN

MONTHS



Ode'imini-giizis June
Mii o'apii giizhiging ode'iminan.
That is when the strawberries
begin to ripen.



Abita-niibino-giizis July
Mii aabitawiseg niibin.
It is halfway through summer.



Manoominike-Giizis August
**Mii o'apii manoominiked aw
anishinaabe.**
August is the ricing moon. This is
when we harvest wild rice.

WEATHER



Mino-giizhigad. It is a nice day.



Mino-giizhigad endasogiizhig.
Every day is a nice day.



Gizhaate. It is sunny.



Gizhide. It is hot.



Aabawaa. It is warm, mild.



Zaagaate. It is partly sunny.



Gimiwan. It is raining.



Anangokaa. It is a starry night.

FATHERS DAY - Odedewi-giizhigad

ANEWEN? - WHO?

Nindede
My father

Nimishoomis
My grandfather

Inzhishenh
My uncle (mother's brother)

Nimishoomenh
My uncle (father's brother)

Nisayenh
My older brother

NICE THINGS TO SAY TO HIM

Gizhawenimin. I love you.

Gimiigwechiwenimin. I am thankful for you.

Gimiikawaadiz. You are handsome.

Gigizhewaadiz. You are kind.

Gigikendaas. You are smart.

Giwawiyadendaagoz. You are funny.

Giminode'e. You have a kind/decent heart.

Gimashkawizii. You are strong.





Respect



JUNE is National Indigenous HISTORY MONTH



A time to celebrate the contributions and achievements of First Nations, Inuit and Métis peoples in Ontario and across Turtle Island.

WHAT CAN I DO TO HONOUR THIS MONTH?



LEARN AND EDUCATE YOURSELF

Read books

Watch movies and documentaries

Listen to podcasts & webinars

Sit with an elder

Visit museums or cultural centers



SUPPORT INDIGENOUS COMMUNITIES

Shop from Indigenous-owned businesses

Attend Indigenous events and festivals: Participate in powwows, cultural celebrations, and other events.

Volunteer with Indigenous organizations: Offer your time and support to organizations working with Indigenous communities.

Donate to Indigenous charities and foundations: Support Indigenous initiatives and projects



EMBRACE INDIGENOUS CULTURE

Learn The Anishinaabe language: Explore the diversity of Indigenous languages and dialects. Attend language tables.

Participate in Indigenous cultural activities: Learn traditional dances, crafts, or other cultural practices.

Connect with Indigenous Elders and knowledge keepers: Seek guidance and wisdom from Indigenous leaders



Respect



HONOURING OUR OWN

INTERNATIONAL DAY OF *the Midwife*



Celebrating Anishinaabe Midwife, Elaine Ross

May 5th was the International Day of the Midwife, we extend our deepest gratitude to Elaine Ross, Anishinaabe Midwife and member of Northwest Angle #33 who is revitalizing traditional birthing care within our Territory.

Formally acknowledged by Grand Council Treaty #3 as a Traditional Midwife in 2023, Elaine brings a powerful "birthing bundle" to her work. Her practice is deeply rooted in the land, drawing from her years spent learning from plants, trees, and the teachings of Mother Earth.

Elaine's dedication to "bringing birth home" is evident through her leadership in providing culturally rooted midwifery services for families in Southern Treaty #3 through Giishkaandago'lkwe Health Services Indigenous Midwifery Program. She supports Birth Work partnerships ensuring Anishinaabe families receive care that honours their culture. As we celebrate midwives worldwide, we are especially proud of Elaine for her role in decolonizing healthcare and restoring birth as a sacred, normal life event for our communities.

Miigwetch, Elaine, for your wisdom, your medicines, and your unwavering commitment to our next generations.





Respect



TREATY #3 ANISHINAABE NATION POW WOW TRAIL 2026

Sakatchewan Anishinabe School (Grassy Narrows) | May 2

Dryden High School | May 29

Anishinaabe Abinoojii Family Services - Location TBC | May 30-31

Fort Frances High School | June 3

Beaver Brae Secondary School | June 10

Mitaanjigamiing First Nation | June 12-14

Northwest Angle 33 First Nation (Dogpaw) | June 12-14

Red Lake Anishinaabe - Keesic Beach | June 13

Rainy River (Manitou Rapids) First Nation | June 19-21

Lac des Mille Lacs FN - Savanna River Resort | June 20-21

Nishnawbe-Gamik Friendship Centre Sioux Lookout | June 21

Couchiching First Nation | June 26-28

Ojibways of Onigaming First Nation | July 3-5

Naotkamegwaning First Nation | July 10-12

Seine River First Nation | July 17-19

Wauzhushk Onigum Nation | July 17-19

Niisaachewan Anishinaabe Nation | July 24-26

Naicatchewenin First Nation | July 24-26

Migisi Sahgaigan (Eagle Lake) First Nation | July 31- August 2

Sagkeeng First Nation | July 31 - August 2

Iskatewizaagegan #39 Independent First Nation | August 7-9

Musk-kosiminiziibing First Nation | August 7-9

Asubpeeschoseewagong (Grassy Narrows) First Nation | August 14-16

Lac Seul First Nation | August 14-16

Naongashiing (Big Island) First Nation | August 14-16

Gakijiwanong Anishinaabe Nation | August 21-23

Wabaseemoong Independent Nations | August 21-23

Washagamis Bay First Nation | August 21-23

Nigigoonsiminikaaning First Nation | September 4-6

Waabigonii Zaaga'igan Wabigoon Lake Ojibway Nation | September 4-6

Orange Shirt Day GCT3 - Kenora Whitecap Pavilion | September 30

Information Provided by First Nation Communities | Updated on April 24, 2026
(Pow Wows listed are within Treaty #3 territory. Details may be updated as needed.)



Bravery
ZOONGIDEWIN

HEALING SPIRIT

MINO AYAA TA WIN TREATMENT CENTRE WITHDRAWAL MANAGEMENT RAAM

MEDICALLY SUPERVISED WITHDRAWAL MANAGEMENT (DETOX)

- ♥ 3 beds available; first come, first serve basis
- ♥ Nursing staff on duty 24 hours a day, 7 days a week
- ♥ Short term; length of stay varies by individual
- ♥ For adults 18 years and older
- ♥ Case management; referrals to RAAM, assist with aftercare plans
- ♥ Clients must complete a pre-screen questionnaire with nurse to determine eligibility

To complete a pre-screen please call
(807) 274-7373
to speak with the on duty nurse

RAPID ACCESS ADDICTION MEDICINE

- The overall goal of the RAAM model is to stabilize patients in the short term and subsequently link them to community care provider(s) for ongoing monitoring, support and rehabilitation of their substance use disorder
- ♥ RAAM is accepting of all clients 16+ - no referral is necessary
- RAAM provides evidence based addiction medicine, which includes Buprenorphine (Subobone/Sublocade), and alcohol urge reduction medication



To make an appointment, please call
(807) 274-2042 ex. 6230
or text/call (807) 789-2025

MENTAL HEALTH DIRECT LINE

If you are in need of urgent same day/walk-in mental health stabilization supports, please call the Mental Health Direct Line.

1-807-271-0212

Available Monday – Thursday 8:30 a.m. – 4:30 p.m.

Friday 8:30 a.m. – 4:00 p.m.

If you are in a crisis outside of business hours, please call **1-866-888-8988** or text **741741**

In the event of an emergency, call 911 or the emergency service number in your community



Bravery



INTERNATIONAL OVERDOSE AWARENESS DAY

AUG 31

marks International Overdose Awareness Day, a time to reflect and remember those who are no longer with us, and to honour the families and communities who carry the weight of this crisis in visible and invisible ways.



This year also marks **ten years since the toxic drug crisis was declared**. Over this time, our region has experienced profound loss of life. For many Anishinaabe families and communities, these losses are felt within a much longer history of harm rooted in colonialism, displacement, and ongoing health inequities. **Each person lost was someone's child, parent, sibling, friend, a valued member of their community whose life mattered.**



Giishkaandago'Ikwe Health Services **acknowledges the strength of the Elders, knowledge keepers, families and community members who continue to hold space for grief and remembrance**, often while supporting others and working towards healing themselves. As a health service organization, we recognize **healing is not linear and hope is only sustained through collective responsibility and care**. For the Anishinaabeg, healing and wellness are often rooted in culture and deeply connected to relationships and community.



The principles of trauma stewardship remind us that **caring for others, requires care for ourselves and the entirety of creation**. Each of us has a role to play in creating spaces of compassion and support, by noticing when others may be struggling, by attending to our own well-being and by fostering workplaces and communities where people feel valued and supported.



We also **recognize and stand with people who use substances, whose lives are often shaped by stigma, isolation and systemic barriers to care**. Therefore, safety, dignity and autonomy are essential. Creating change requires listening without judgement, meeting people where they're at, and to ensure care is accessible, respectful and rooted in relationships.



On International Overdose Awareness Day, **we honour each person who has lost their life, and stand alongside those who grieve**. We encourage community members to learn about overdose prevention, carry naloxone where possible, know how to use it and check in on one another.

Giishkaandago'Ikwe Health Services **remains committed to approaches that reduce harm, challenge stigma/discrimination and support the sacred breathe of life today, and for generations yet to come**. Together, we can build a community where people are not alone in their struggles, where healing is supported and where life is valued.

STAY PREPARED

Carry Naloxone and know how to use it:

Naloxone kits are
available from your
Community Health Nurse

Monday to Friday
8:00am - 4:00pm
807-274-2042

Outside normal business
hours, contact your
closest pharmacy.



GUIDING IMPROVEMENT

Your feedback assists us to guide some of the actions shared with you in our Strategic Plan.

CLIENT SATISFACTION SURVEY

“

The Anishinaabeg will lead the organization so that Giishkaandago' Ikwe successes are the communities' successes

To achieve this, we will:

- Be a partner in advocating for an improved and connected Anishinaabe health system.
- Engage and action the direction from community leadership, workers, and members in all aspects of our work...

~ 2023-2028 Strategic Plan (Direction One)

”



Scan the QR code to
share your thoughts
on **how best to**
support you.

NEWSLETTER SURVEY



Scan the QR code to
share your thoughts
on **what is most**
valuable to you.

“

Deepen the mutual understanding and relationships between the Anishinaabeg and Giishkaandago' Ikwe

To achieve this, we will:

- Promote education and awareness of Giishkaandago' Ikwe services, so that more clients access the full scope and balance of services available to them...

~ 2023-2028 Strategic Plan (Direction Two)

”



Hamility
DABASENDIZOWIN

CONTACT US

LOCATIONS & HOURS

 (807) 274-2042

Administration

1458 Idylwild Drive
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Human Resources

540 Kings Hwy (Unit B)
Mon. to Thurs. 8:00am–4:00pm
Friday 8:00am–3:30pm

Home & Community Care

300 Sinclair St
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Diabetes & Foot Care

540 Kings Hwy (Unit D)
Mon. to Thurs. 8:00am–4:00pm
Friday 8:00am–3:30pm

Child's First Initiative

780 Kings Hwy
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Maternal Child Health

375 Scott Street
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Children's Oral Health Initiative

375 Scott Street
Mon. to Thurs. 8:00am–4:00pm
Friday 8:00am–3:30pm

Public Health

540 Kings Hwy (Units E & F)
Mon. to Thurs. 8:00am–4:00pm
Friday 8:00am–3:30pm

Behavioural Health Services

601 Kings Highway
Mon. to Thurs. 8:30am–4:30pm
Fri. 8:30am–4:00pm

Mino Ayaa Ta Win Healing Centre

Fire#1107 Highway 11
Mishkiki Miikaan Road
Mon. to Fri. 8:00am–4:00pm



To find our Newsletters and more on our website, www.fftahs.com scan the QR Code.
To request a copy of the Newsletter by mail or e-mail, please call (807) 274-2042, press 0.



JOIN OUR TEAM

At Giishkaandago'Ikwe Health Services our competitive compensation, work schedule, opportunities for training and development, and our benefit plans provide our employees with an incredible work life balance.



- Full-time, permanent positions
- 100% Employer Paid Benefits
- Pension Program (HOOPP)
- 4 Weeks Vacation (to start)
- Cultural Learning Opportunities
- Excellent work/life balance



For current postings and details on how to apply visit: www.fftahs.com/careers or scan the QR code.