



MICHIPICOTEN FIRST NATION



Community Flyer



Community Christmas Dinner	2
Community Flyer Bingo-On Hold	3
Scratch Ticket Fundraiser	4
Special Christmas Bingo	5
Community Christmas Tree decorating	6
Diabetes Program - A1C Lab Testing	7
The Wellness Group - Every Thursday	8
Heron Bay Singers	9

Monday, Dec 12, 2016



Today the sights, sounds and smells of the season fill me with joy!



~2016~	Monday Dec 12	Tuesday Dec 13	Wednesday Dec 14	Thursday Dec 15	Friday Dec 16	Saturday Dec 17	Sunday Dec 18
Weather Conditions 6am-6pm							
	A mix of sun and clouds	A few flurries	A few flurries	A few flurries	Light snow	A mix of sun and clouds	Mainly sunny
High	-5°C	-13°C	-16°C	-20°C	-8°C	-13°C	-19°C
Low	-14°C	-16°C	-23°C	-22°C	-13°C	-26°C	-21°C
24 hr snow	1cm	5-10cm	~5cm	~1cm	5-10cm	—	~1cm

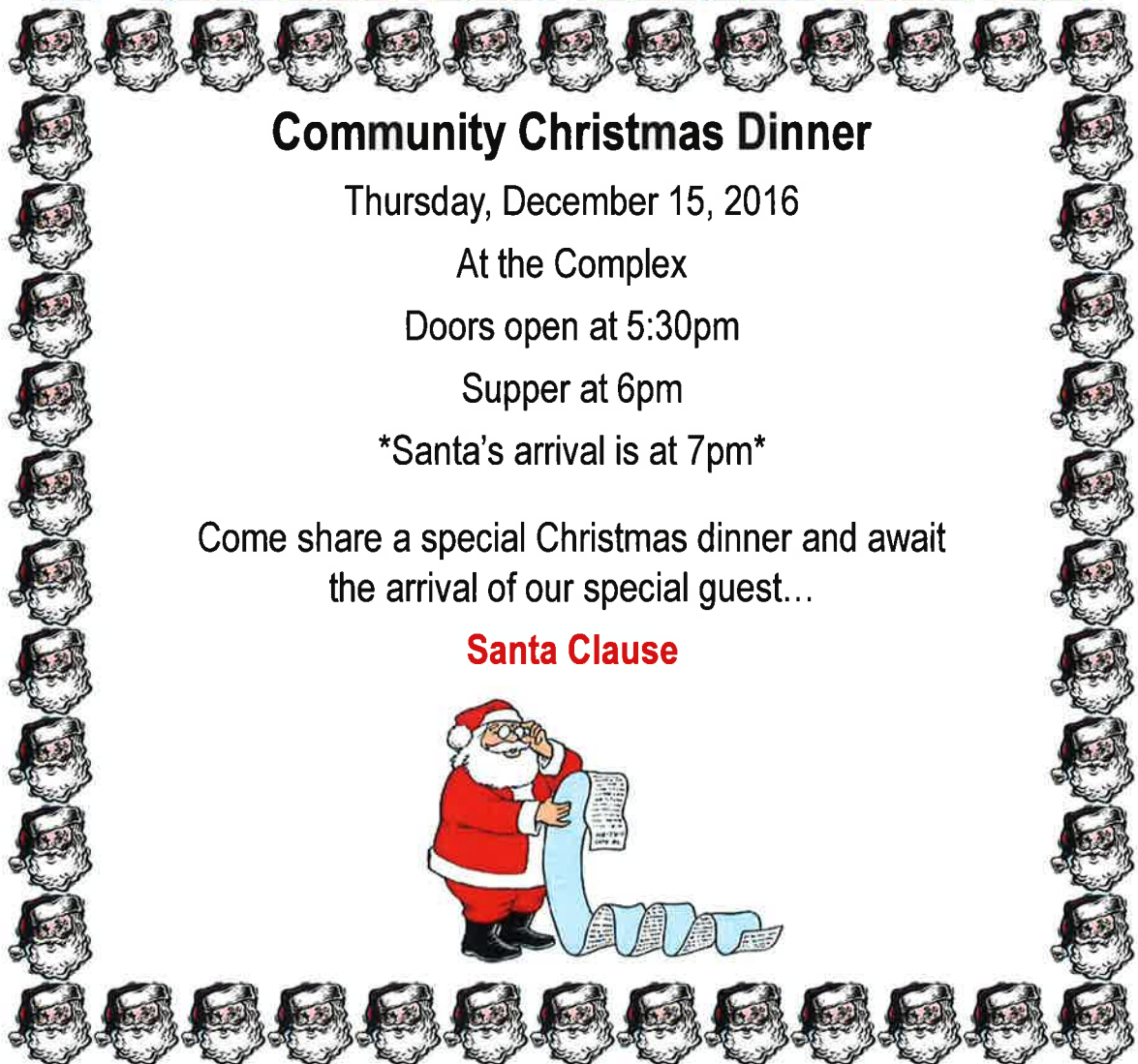
**B
TUESDAYS
I
6:30PM
N
COMPLEX
G
BE THERE
O**

24/7 First Nations and Inuit Hope for Wellness Line

The First Nations and Inuit Hope for Wellness Help Line began taking calls 24/7 as of September 21, 2016. The toll-free phone number for the line is **1-855-242-3310**. This information will be posted on our First Nations and Inuit Health Branch website as well as being shared through social media in the very near future. The purpose of the Help Line is to provide immediate culturally competent telephone-based crisis intervention counselling to First Nations and Inuit young people and adults experiencing distress. Help Line calls will be answered by experienced crisis Intervention counsellors, and service will be available in English and French. Callers may also ask about the availability of service in Cree, Ojibway and Inuktitut. Work will continue regarding how best to further promote the Help Line.




**The MFN Fundraising
Community Flyer
Bingo** will be on hold until after the Christmas Holidays!
See you in January!!



Community Christmas Dinner
Thursday, December 15, 2016
At the Complex
Doors open at 5:30pm
Supper at 6pm
Santa's arrival is at 7pm

Come share a special Christmas dinner and await the arrival of our special guest...

Santa Clause



MFN 2017 GATHERING FUND-RAISING

\$100.00 IN SCRATCH TICKETS

ON SALE NOW UNTIL DEC.20, 2016

**BEING SOLD AT BAND HALL
& TUESDAY EVENING BINGO SOCIALS**

DRAW TO BE HELD AT DEC.20, 2016 BINGO

\$2.00 EACH OR 3 FOR \$5.00

**JUST
IN
TIME
FOR
CHRISTMAS**



**JUST
IN
TIME
FOR
CHRISTMAS**

B
TUESDAYS
I
6:30PM
N
COMPLEX
G
BE THERE
O

SPECIAL CHRISTMAS BINGO

TUESDAY, DEC. 20TH

POTLUCK AT 5:30

HAM AND BAKED BEANS FOR STARTERS



TURKEY DINNER DRAW

DOOR PRIZES

SPECIAL DRAWS



'TIS THE SEASON

COME ON OUT

HAVE A GOOD TIME

SEE AND BE SEEN



Merry
Christmas

*Community Christmas
Tree Decorating*

Wednesday, December 14th,
4-6pm @ the Complex!

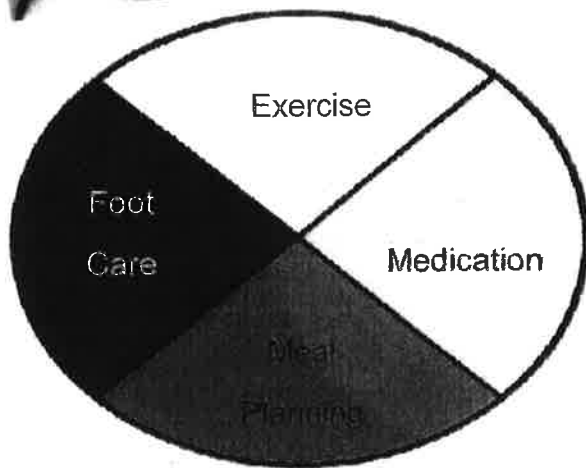
~Come spread the Christmas
spirit and join us for a snack of
Pizza & refreshments!~

Everyone Welcome

Dilico Health Services

Diabetes Program


Dilico
Anishinabek Family Care



In-home and community based services committed to clients who require diabetes education for prevention of diabetes and diabetes care for individuals diagnosed with pre-diabetes, diabetes and gestational diabetes.

**A1C lab testing available.
Receive your result within
minutes.**

Visit the Diabetes Educators at the Michipicoten Health Centre:

December 15th 9:00am – 4:30pm

Call Lena at 856-1993 ext. 224 to book a visit with the Diabetes Educator.



Michipicoten First Nation

THE WELLNESS GROUP

***This group is open to all
Adults/ Elders!***

*Learn strategies, traditionally and
non traditionally to walk a healthier
life.

**Every Thursday- 6-8pm
@ the Michipicoten First Nation
Cultural Lodge in Wawa.**

Sign up at the Band Office with Laverne
Lewis Ext #229/ Teresa Black Ext #228 or
with Gretchen Belanger- APH-
gbelanger@algotmapublichealth.com or call
705-856-7208. Miigwetch!

EVERYONE WELCOME!

Come join the Heron Bay Singers for an evening of drumming, singing and drum teachings

Date: December 13, 2016 starting at 7 pm

Location: Michipicoten High-school Auditorium

Follow the sign's and balloons
Refreshments and Bannock will be provided

Open to all community members and family



Biimaadiziwen
Wiidookaagewinini
CULTURAL PROGRAM




Dilico

Amishinabek Family Care

