

KZA_GBFN DECEMBER 2018 NEWSLETTER



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Happy Holidays

from KZA_GBFN



December 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 3 | 4 | 5 | 6 OW Workshop Rec Centre 10:00am | 7 |
| 10 Smudging Turtle Room – Health Centre 11:00am-12:00pm Nokiiwin Math Bingo Rec Centre 4:30pm-6:30pm | 11 Clean Energy Bingo Rec Centre 6:00pm-8:00pm | 12 APS Night Rec Centre TBD | 13 Community Sharing Circle Turtle Room – Health Centre 11:00am-12:00pm Adult Game Night Rec Centre 7:00pm-10:00pm | 14 OW Cheque Dis. Government Office 9:00am |
| 17 OW Workshop Rec Centre 10:00am Smudging Turtle Room – Health Centre 11:00am-12:00pm | 18 | 19 Christmas Open House with the Nurses Health Centre 12:00pm | 20 Community Sharing Circle Turtle Room – Health Centre 11:00am-12:00pm | 21 |
| 24 Christmas Parade 7:00PM Meeting Place: TBD | 25 CHRISTMAS DAY | 26 | 27 | 28 OW Cheque Dis. Government Office 9:00am |
| Staff Holidays – All Buildings Closed – Mail Days DEC 24 & 28 from 9:30am to 10:30am | | | | |
| 31 NEW YEARS EVE | 1 NEW YEARS DAY | 2 | 3 | 4 |
| Staff Holidays – All Buildings Closed – Mail Days JAN 2 & 4 from 9:30am to 10:30am | | | | |

Biggest Snowman Competition – Dec 15
See Poster for Details (Page 17)

Bingo Night – Dec 29
See Poster for Details (Page 22)





The Anishinabe of Wauzhushk Onigum and Gull Bay First Nation partner with the Government of Canada to invest in water infrastructure

News release

November 9, 2018 — Kenora, Treaty 3 Territory, ON — Indigenous Services Canada

The Government of Canada is committed to working in partnership with First Nation communities to build water and wastewater facilities that will ensure improved and reliable access to clean water.

Today, Bob Nault, Member of Parliament for Kenora, on behalf of the Honourable Jane Philpott, Minister of Indigenous Services, announced funding for two infrastructure projects; one in Wauzhushk Onigum Nation and one in Gull Bay First Nation.

Canada has committed to fund the design and construction of water and wastewater connections between the Wauzhushk Onigum Nation and the City of Kenora. Once completed, the project will provide safe drinking water to all 377 residents that live on the reserve and will eliminate two long-term drinking water advisories in the community.

In addition, Canada has also committed to fund the design and construction of a new centralized water treatment plant in Gull Bay First Nation. The water treatment plant will bring safe drinking water to 404 people that live on the reserve, and will eliminate a long-term drinking water advisory that has been in place since April 2009.

“Building reliable infrastructure is critical for the health and wellbeing of any community. These projects in the Wauzhushk Onigum Nation and Gull Bay First Nation will provide reliable drinking water to residents and eliminate long-term drinking water advisories. I look forward to following the progress of these important infrastructure projects.”

The Honourable Jane Philpott, P.C., M.P.
Minister of Indigenous Services

“Without the availability of consistent drinking water in Kiashke Zaaging Anishinaabek - Gull Bay First Nation for nearly two decades, our Nation and its Citizens have been negatively impacted on so many levels.

Today’s announcement represents a significant improvement to the infrastructure in our Nation and will facilitate construction of other priority community projects, such as a new school, and allow those projects to move forward more quickly.

I am happy to have worked side-by-side with the representatives from Canada to ensure that the provision of safe and reliable drinking water comes to the citizens of our Nation in a way that limits negative impacts to the Land and the environment.”

Chief Wilfred King
Gull Bay First Nation

First Nation Administrator

Accountable to the government of GBFN, being the duly elected chief and council, the roles and responsibilities of the First Nation Administrator include, but are not limited to: the implementation of Council's decisions in regards to the management, administration and completion of audit/reporting requirements for all programs and services under the jurisdiction of Council; the advisement and provision of information and the identification of programs, opportunities and initiatives that may contribute to sustainable social and economical development of the community; the maintenance of operational requirements which ensure the health, security and well-being of GBFN members; the planning, organization, directions and controls of the operations along with the human, financial and material resources of all the sectors of FN activities; as well as many other tasks involving community and intergovernmental relations.

Desired applicants should possess base core competencies of; thinking capabilities, leadership effectiveness, self-management and social awareness. To be successful in this position, individuals should emote the personal attributes of: knowledge; education; experience; personal suitability; abilities. Skills and aptitudes; occupational and literacy/numeracy proficiency.

The successful candidate should have a relative university degree and a minimum of 5 years of service in a similar position. Compensation will be commiserative with education and experience. Since the FN Administrator must live in the community and work Monday through Friday, Council is prepared to offer staff accommodation to the candidate at no cost during their tenure. In accordance with GBFN equity hiring practices, the Nation will give priority standing to candidates who are members of the community first, then to any person of FN status, and finally to all others expressing interest.

Resumes, along with 3 letters of reference from previous employers and/or business contacts, may be faxed to the GBFN Government Office at (807) 982-0009.

School Bus Driver

For all persons interested in receiving training as a school bus driver OR any licensed and qualified persons interested/available to work as an alternate driver, this information is for your use.

Kiashke Zaaging Anishinaabek – Gull Bay First Nation requires the services of an alternate school bus driver for the GBFN / Armstrong Public School daily route, as well as for community events such as powwows, children's activities and other such occasions.

Successful training candidates will be paid during the course of their learning experiences and for scheduled and on-call driving times. GBFN will pay the cost of the associated required checks.

To be considered, please note that you must possess the following:

- An unrestricted valid drivers license and current driving abstract
- A physician's medical in accordance with MTO standards
- A Criminal record check including a vulnerable sector check (for more info, please refer to www.thunderbaypolice.ca/service/criminal-records-search)

Any interested person should submit a copy of their resume and drivers license to Herman Lee (in Armstrong) or Chief Wilfred King (in GBFN).

Miigwetch



Medical Van Driver

For all persons interested applying as a Medical Van Driver, this information is for your use. Kiashke Zaaging Anishinaabek – Gull Bay First Nation requires TWO (2) qualified staff to operate the van in accordance with the GBFN Medical Transportation Protocol. In association with GBFN/Health Referral Staff, the driver will be responsible for conducting the various associated activities such as:

1. Report any vehicle malfunctions or needed repairs.
2. Report delays, accidents, or other traffic and transportation situations, using telephone or mobile two-way radios.
3. Drive gasoline or diesel powered multi-passenger vehicles to transport clients between the community, the Thunder Bay designated drop spot, and return, AND drive without passengers or other related activities (for example prescription and Health Centre cleaning supply pick ups).
4. Check the condition of a vehicle's tires, brakes, windshield wipers, lights, oil, fuel, water, and safety equipment to ensure that everything is in working order.
5. Comply with traffic regulations in order to operate vehicle in a safe and courteous manner.
6. Follow safety rules as clients are boarding and exiting vehicle, and as they cross streets near vehicle stops.
7. Regulate heating, lighting, and ventilation systems for passenger comfort.
8. Escort clients into and out of vehicle as required.
9. Keep vehicle interiors clean for passengers.
10. Maintain knowledge of first-aid procedures.
11. Maintain order among clients during trips, in order to ensure safety.
12. Prepare and submit reports that may include the number of passengers or trips, hours worked, mileage, fuel consumption, and/or pick up activities etc.

To be considered, please note that you must possess the following:

- Candidates require a competent level of literacy and numeracy skills (Grade 12)
- Candidates should possess a valid unrestricted drivers license
- Candidates must submit to an MTO physicians physical and provide the report
- Candidates must provide a criminal records check (GBFN will support/pay)
- Candidates should be prepared to work flexible hours

This is the LAST opportunity to maintain a vital service to community members. GBFN has lost its van drivers due to the failure of certain community members to follow the simple safety protocol and place undue stress and hardship on the drivers.

Any interested person should submit a copy of their resume and drivers license to Chief Wilfred King by fax (807) 982-0009 or in person at the Government Office in GBFN.



Water Treatment Plant/ Waste Water Operator

For all persons interested in receiving training as a Water Treatment Plant/Waste Water Operator, this information is for your use. Upon completion of the construction of the new Kiashke Zaaging Anishinaabek – Gull Bay First Nation Water Treatment facilities, GBFN will require the services of TWO (2) qualified staff to operate the system. Under the supervision of Marcel Shonias, certified staff will be responsible for conducting the various associated activities. To prepare for this upcoming need, Council has authorized the identification and financial support of interested candidates.

Candidates will have their travel, certification and testing fees paid for by the FN. GBFN would like to send at least 4-6 candidates to the Entry-level course for Drinking Water Operators. This program is delivered over two weeks:

1st week – facilitated self-study with face-to-face instructor support;

2nd week – classroom instruction and a 'hands-on' training component delivered by two certified instructors.

Only those who are successful in passing the course will be given an interview and offered PRIORITY CONSIDERATION FOR FULLTIME EMPLOYMENT IN GBFN.

To be considered, please note that you must possess the following:

- Candidates require a competent level of literacy and numeracy skills (Grade 12)
- Candidates should possess a drivers license
- Candidates should be prepared to work flexible hours

Any interested person should submit a copy of their resume and drivers license to Marcel Shonias or Chief Wilfred King by fax (807) 982-0009 or in person at the Government Office in GBFN.



Community Mental Health & Addictions Worker (Dilico)

Mental Health & Addictions

COMMUNITY MENTAL HEALTH & ADDICTIONS WORKER

District Mental Health Services

1-Permanent Full-time

Location: Kiashke Zaaging Anishinaabek First Nation (Gull Bay) Closing Date: Open Until Filled

The Community Mental Health and Addictions Worker will provide clinical assessments, planning, treatment and counselling to children and their families, and consultations regarding community behavior assessments and intervention. The primary responsibility is the provision of mental health and addictions counselling services with a holistic approach for children and their families that is consistent with the vision, mission and core values established by Dilico Anishinabek Family Care.

Hours of Work: 60 hours bi-weekly (2 weeks working rotation – 10 hour days x 6 per week for 2 weeks followed by 2 weeks off)

Qualifications and Requirements: A minimum two-year Social Work diploma and/or five years experience working in a Social Service field in a First Nation Community. A minimum of two or more experience in the provision of counselling services to Anishinabek children, youth or their families with a combination of training and work experience with Anishinabek people, communities, culture, traditions and teachings. Candidates without the specific education qualifications and where the position does not require certified qualification to practice, but who possess an appropriate combination of experience and other academic qualifications will also be considered.

Must have: the ability to work flexible hours, valid Standard First Aid/CPR Certificate, a valid Class “G” Driver’s License; access to a reliable, personal vehicle; and \$1,000,000 liability vehicle insurance, medical and up-to-date immunization recommended but not mandatory.

Please forward cover letter, resume and employment application to:

Recruitment
Dilico Anishinabek Family Care
200 Anemki Place

Employment Opportunities

District Case Manager (Dilico)

Child Welfare

DISTRICT CASE MANAGER

1-Permanent Full Time,

Location: Gull Bay First Nation, ON

Closing Date: Open Until Filled

The District Case Manager is responsible for providing the protection of children by performing duties of Protection, Child Care and Emergency After Hours as may be required, in accordance with provisions of the Child and Family Services Act, Ministry Regulations and Standards, Abuse Protocols, Risk Assessment Tool and Dilico Anishinabek Family Care policies and procedures..

Qualifications and Requirements: a minimum Native Child and Family Services or Social Service Worker diploma is required. A four-year HBSW is preferred. A BA in a related discipline will also be considered with a combination related work experience. Child welfare experience preferred; a minimum two years experience with Anishinabek children, youth, individuals and families; preferably Child Welfare experience; Candidates without the specific education qualifications and where the position does not require certified qualification to practice, but who possess an appropriate combination of experience and other academic qualifications will also be considered.

Hours of Work: 60 hours bi-weekly (2 week working rotation – 10 hour days x 6 days per week for 2 weeks followed by 2 weeks off)

Must have: a satisfactory criminal records check; required to work flexible hours, travel regularly and to act on an “on-call” basis as determined by the respective Service Manager in relation to service requirements ; a valid Class “G” Driver’s License; access to a reliable vehicle; and \$1,000,000 liability vehicle insurance.

For a detailed job description please visit: ([/upload/documents/district-case-manager-mich.-may-1-2017.pdf](#)) or contact human resources.

Please forward cover letter, resume and employment application to:

Recruitment
Dilico Anishinabek Family Care
200 Anemki Place
Fort William First Nation, ON P7J 1L6
Telephone: (807) 623-8511
Email: recruitment@dilico.com

Only Those Considered For An Interview Will Be Contacted

Dilico is committed to diversity in the workplace and encourages applications from all qualified candidates.

Dilico gives preference to Anishinabek people



@KZA_GBFN

www.gullbayfirstnation.com

Employment Opportunities

Amik Catering

We are looking to increase the manpower on site, since the camp is getting busy and numbers are rising. At least 2 positions are open.

The positions I am looking to add are General help positions between camp cleaners, and site cleaners.

Site Cleaners should have a valid G license, and be comfortable clean the common washrooms on site.

Work rotations will be either 14/14 or 7/7.

If you have any names, please forward them to me ASAP.

Miiigwitch and have a good day

Mohammed

Camp Manager
Mohammed Borji / Madison Boudreau
Amik Catering, LP
Lac Des Iles Mine Site
Fax: 807-448-2089
Email: eastcoastcatering@tbaytel.net





Anishinabek Family Care

Smudging For Healing the Mind, Body & Spirit

The use of sage is for healing. The smoke is used to bless, cleanse and heal the person or object being smudged. Sage is used to 'wash off' the outside world when one enters ceremony or other sacred space.

Date(s): Mondays 2018

Time: 11:00 a.m. – 12:00 Noon

Location: KZA Healing Centre, Turtle Room

For Information Contact: Larry 982-2121 or 583-2013 Ext. 207

Requirements: (The desire to learn about smudging practice and for the healing of self)



Anishinabek Family Care

Community Sharing Circle

What is said in the Circle stays in the Circle. A Circle is used to discuss issues of personal importance. Confidentiality assured.

Date(s): Thursday, December 6 & 13, 2018

Time: 11:00 to 12:00

Location: KZA Health Centre Turtle Room

To Register Contact: Larry 583-2013 Ext. 207 or 982-2121

Requirements: (Participants are expected to be respectful, no alcohol or drugs and motivated to work on personal healing.)

NOKIIWIN NIGHT!!!!

EDUCATIONAL

BINGO

WHEN: MONDAY DECEMBER 10TH 2018

WHERE: KZA-GBFN REC HALL

TIME: 4:30 PM

THIS ISN'T ANY ORDINARY BINGO. **CHILDREN WILL NEED HELP FROM THEIR PARENTS**

COME OUT AND HAVE SOME FUN

PRIZES FOR THE CHILDREN!!!



FOOD WILL BE SERVED AFTER BINGO



@KZA_GB FN

www.gullbayfirstnation.com



CLEAN ENERGY

BINGO

**TUESDAY, DECEMBER 11 2018
RECREATION CENTRE
6:00PM – 8:00PM**

**THIS IS A FREE EVENT, SO COME
ON DOWN WITH THE FAMILY FOR
SOME CLEAN ENERGY FUN!**

POPCORN AND JUICE WILL BE AVAILABLE

ADULT GAME NIGHT

Thursday, December 13

Recreation Centre

Event begins at 7:00pm

Adults Only (18+)

Games Include:

TEXAS HOLD'EM POKER (**\$10, 1 rebuy \$10**)
SETS (**\$10**)

SKI BO TOURNAMENT (**\$10**)*

CRIB TOURNAMENT (**\$10**)*

For more information, please contact
the Government Office @ **807.982.0006**

** = if there are enough players & interest*

Biggest **Snowman** Competition

You can start building **now!**

Judging Day

Saturday
December 15

at **2:00 PM**

Prize: **TBD**

This is a fun event
for the entire family!

For more information, please contact
the Government Office @ **807.982.0006**



@KZA_GB FN

www.gullbayfirstnation.com



We will be offering MONTHLY services at the
Gull Bay Health Centre:

[Wednesday December 19](#)

[Hours are 9:30-1:00 OPEN DURING LUNCH](#)

Appointments are available.

[Walk-ins Welcome](#)

Please bring your lab req with you or have
DR/NP fax to Nurses.

[COME OUT AND USE THIS GREAT SERVICE](#)



Christmas Open House
with the Nurses!

December 19th at 12:00 pm

Come for Soup and Sandwiches
And Christmas Wishes with
Lori and Jo-Ann and the other
Health Centre Staff.

All are Welcome



CHRISTMAS PARADE

DECEMBER 24TH
STARTING AT 7:00PM

COME OUT AND LETS LIGHT UP THE
COMMUNITY AND SHOW YOUR
CREATIVITY

CASH PRIZE **\$300.00**
FOR THE MOST DECORATED FLOAT

CRYSTAL NOWEGEJICK

HOUSE CHRISTMAS LIGHTS COMPETITION

Kiashke Zaaging Anishinaabek – Gull Bay First Nation residents are invited to enter the House Christmas Lights Competition.

WINNERS PRIZE: \$100.00

ANY decorated house in Gull Bay is automatically entered in the contest! No registration required

Judging will be on December 24, 2018 at 10:00pm!

Prize given following the judging!

BingoNight

Saturday, December 29 2018

KZA_GBFN Recreation Centre

Doors Open at 6:00pm • **Bingo Starts at 7:00pm**

ADMISSION

Regular Book (strip of 3): **\$25.00**

Bonanzas: **\$2.00**

Additional Jackpot Cards: **\$2.00 each**

JACKPOT STARTS AT **\$500.00**

For more information, please contact
the Government Office @ **807.982.0006**

EVERYONE IS WELCOME!

NOVEMBER 22, 2018

The Battery Energy Storage System (BESS) arrives in Gull Bay



Well isn't that nice! A welcome greeting from Synchro to Councillor Kevin King and AJ Esquega as they arrived to check out the Gull Bay First Nation Micro Grid Project E-House at Niagara Falls before it gets shipped to Gull Bay. The E-House is expected to arrive in the second week of December.





Merry Christmas & Happy New Year

From the KZA Clean Energy Team

WHATS HAPPENING THIS MONTH

ON **DECEMBER 10, 2018**

The E-House is expected to arrive in Gull Bay!

ON **DECEMBER 21, 2018**

All the components are expected to be constructed!

The Testing and Commissioning is scheduled to take place in the **new year!**

Good Food Box



Individual

- Cost \$15
- Available 12 months/year
- Eat Healthier!
- Sized for an individual



Family

- Cost \$25
- Available 12 months/year
- Add Healthy produce to your diet
- Save Money!

Individual **\$15.00** Family Size **\$25.00**

For more information or to order, please contact **Stacey Barry** at the KZA_GBFN Government Office at **(807) 982-0006**

Payment Date: **Thursday, December 6 2018**

Delivery Date: **Thursday, December 20 2018**



CONGRATULATIONS TO THE FOLLOWING GBFN STUDENTS:

**AZZMARIAH PENAGIN
ELIJAH PENAGIN**

THESE STUDENTS ACHIEVED PERFECT ATTENDANCE FOR THE
MONTH OF OCTOBER 2018

**Perfect
Attendance!** 

COLD OR FLU

KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

COLD

You may feel chills but fever is rare

Cough, chest discomfort
(mild but may last a while)

Body aches & pains
(mild)

Tiredness
(you can still do your daily activities)

Headache
(mild)

Sore throat

Stuffy, runny nose, sneezing



FLU

Fever

Cough, chest discomfort
(dry cough can be severe)

Body aches & pains
(can be severe)

Bedridden
(you may feel extremely exhausted)

Headache
(can be severe)

Sore throat

Stuffy, runny nose



COMPLICATIONS CAN INCLUDE...

- ✦ Lung infections
- ✦ Throat infections
- ✦ Ear infections
- ✦ Sinus infections

COMPLICATIONS CAN INCLUDE...

- ✦ Pneumonia
- ✦ Pre-existing health conditions getting worse (such as asthma)
- ✦ Hospitalization
- ✦ Death

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



KNOW THE FLU FACTS

THE FLU CAN BE SERIOUS.

- ♦ The flu is very contagious and can spread **quickly and easily**.
- ♦ Before you even know you are sick, you can **pass the flu on to others**.
- ♦ In Canada, an average of **12,200 hospitalizations and 3,500 deaths** related to the flu occur each year*.

THE FLU CAN AFFECT ANYONE.

- ♦ Even healthy people can get the flu, and it can be serious.
- ♦ People at **higher risk of serious complications*** are:
 - > *adults aged 65 and over*
 - > *young children*
 - > *those living with one or more chronic health conditions*
 - > *pregnant women*
 - > *those residing in nursing homes or other facilities*
 - > *Indigenous peoples*

YOU NEED TO GET VACCINATED EVERY YEAR.

- ♦ **Flu viruses change each year. Experts create a new vaccine to protect you each flu season.**

YOU CAN'T GET THE FLU FROM THE FLU SHOT.

- ♦ The viruses in the **flu shot** are either killed or weakened and **cannot give you the flu.**

THE FLU SHOT IS SAFE.

- ♦ The **flu shot** has benefited millions of Canadians since 1946.
- ♦ Most people don't have reactions to the **flu shot**; those who do may have soreness, redness or swelling at the injection site.
- ♦ Severe reactions to the vaccine are **extremely rare.**

EVERYBODY WINS WHEN YOU GET VACCINATED.

- ♦ If you do get the flu, the **flu shot** may reduce the **severity of your symptoms.**
- ♦ By getting the **flu shot**, you protect yourself and others because you are less likely to spread the flu.
- ♦ It's a simple action that can prevent complications and save lives.

* An Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI), Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2018-2019.

TO LEARN MORE, VISIT CANADA.CA/FLU

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2018 | 2018 | 978-0-662-28532-9 | 1-877-947-2263 | 1-877-947-2263

Stopping the Flu

GET THE FLU VACCINE

There are some important steps that you can take to prevent getting and spreading the flu: Other tips to avoid getting – and spreading – the virus



Wash your hands often

even after getting the flu shot, washing with soap and water for at least 15 seconds helps prevent the spread of the virus, which can live on your hands for up to 3 hours



Cover your mouth when you cough or sneeze

- use a tissue and throw it out rather than putting it in your pocket, on a desk or table
- if you don't have a tissue, cough into your upper sleeve



Don't touch your face

the flu virus spreads when people with the flu cough, sneeze or talk and droplets enter your body through your eyes, nose or mouth



Stay at home when you're sick

- viruses spread more easily in group settings, such as businesses, schools and nursing homes



Clean (and disinfect) surfaces and shared items

- viruses live on hard surfaces like countertops, door handles

Do I need to call the Nurse when my Child has a Fever??

Usually you can take care of your child at home without calling the Nurse

Simply put your child to bed and make them comfortable.

You may want to give them some Tylenol/Advil to help lower the fever or to make them feel better while the body is working to get well.


A fever usually isn't dangerous as long as it isn't very high or come on very quickly,

And as long as any water that the body loses is replaced.

- Keep your child lightly dressed in the house
- Don't cover the child with heavy blankets or quilts
- Don't cover the child with wet towels or sheets
- Keep the child's room cool (not cold)
- Give lots of cool, clear liquids like apple juice, ginger ale, ice water, popsicles
- Do not sponge bath (shivering may make fever rise)
- Do not give your child an enema for fever

Call the Nurse right away if :

- Oral temperature is 38.3 Celsius or 101 Fahrenheit for more than 24 hours
- Oral temp of 39.4 Celsius still 30 minutes after Tylenol or Advil given
- Fever lasting for more than 3 days
- If child is really fussy, sleepy, cranky or unusually quiet with fever
- Child has convulsions, or lots of shaking with fever
- Inability to move or has stiff neck
- If child is confused or hallucinating with the fever

A large, dark red hand is shown from the top right, holding a small orange pill dispenser. A stream of black and white capsules is falling from the dispenser, creating a vertical line of pills that runs down the right side of the page. The background is a solid, lighter red color.

Sorry, but no amount of antibiotics will get rid of your cold.

The best way to treat most colds, coughs or sore throats is with plenty of fluids and rest. Talk to your health care provider.

Jo-Ann & Lori at the Health Centre

I/we pledge to provide patients with the highest quality of care by avoiding unnecessary antibiotic use.

Signature



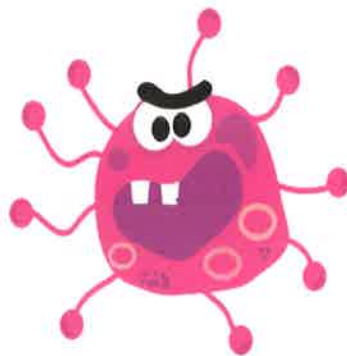
@KZA_GBFN

www.gullbayfirstnation.com

DO ALL BUGS NEED DRUGS???



NO



NO

NO

Common colds, coughs, sorethroats and earaches usually get better with rest and fluids. NOT ANTIBIOTICS. Talk with your Health Care Provider.





Anishinabek Family Care

District Early Intervention and Aftercare Services

The District Early Intervention/Aftercare Worker provides mental health and addictions counselling. Priority is given to clients who have substance abuse dependence or disorder and/or a concurrent disorder. Services include but not necessarily limited to:

- providing counselling and information to individual communities regarding alcohol and drugs,
- promoting healthy lifestyles within the First Nation communities by information sharing, liaison activities, agency promotion and relapse prevention activities
- administering Ministry required standardized mental health and addictions assessments; providing pre-treatment services to clients requiring residential treatment
- processing aftercare plans, relapse prevention counselling, networking with community resources and acting as an outreach/resource to communities
- attending case reviews with the team in order to provide current information regarding progress of the individuals and communities;
- providing aftercare follow-up to clientele within the district communities
- applying Anishinabek culture, values, traditions and teachings into programming where possible
- ensuring accuracy, confidentiality and safekeeping of agency records

Servicing the First Nation Communities in and surrounding areas.



