



# Wahnapitae First Nation Community Newsletter

Inside this issue:

October 2022

## P4: ECM Monument



WFN honours those who never returned and those still affected by the Residential School system .

## P6: Joan Recollet



Miigwetch to Joan for her many years of service. We hope you enjoy your retirement.

## P12: 90's Throwback



Check out photos from our totally awesome 90s party at MDG on September 17.

## P21: Meet Marlene Roque



Meet the newest member of our Education team, C&Y Worker Assistant. Marlene Roque



## A Message to Members



September 22 was an important day for Wahnapitae First Nation, as the community unveiled its Residential School Memorial Garden and Monument at the front of the Centre of Excellence.

Created to provide a place of healing, reflection, and remembrance, it honours those who never returned and those still affected by the residential school system.

This is a small but meaningful step towards reconciliation and a recognition of our past, and it was wonderful to see the community gathered for this unveiling. Chi-miigwetch to Marilyn and Beatrice for all their hard work spearheading this project. It was truly a very meaningful day – one that I will carry forward as a cherished memory.

We celebrated the retirement of Myles and Wendy Tyson last month, and now we've celebrated another: thank you, Joan Recollet, for your many years of service to WFN. You've kept us tidy and organized, and you looked after us very well. You will be greatly missed.

As you look to all that October has to offer, I want to remind you all to keep safety top of mind. Hallowe'en will be here at the end of the month, so please be alert on the roads as children venture out to trick-or-treat in the community.

As hunting seasons open this month, please be safe and take proper precautions when out in our forests. Remember to let others know where you will be and what time to expect you back make sure your tree stand is set up properly, remember to wear your hunter orange, and practice proper firearm safety.

And, finally, as some of you may know, the community has been seeing some bear activity: please remember to put your garbage out the morning of pick-up, keep meat scraps in the freezer until then, use tight-fitting lids on your garbage cans, and wash your garbage can with disinfectant often.

Miigwetch,

Chief Larry Roque

# WFN NOTICE



# THANKSGIVING WEEKEND

**WFN OFFICES WILL BE CLOSED ON**  
*Monday, October 10, 2022*

The Wahnapitae First Nation Community Newsletter is published the 1st Wednesday of every month.

Wahnapitae First Nation  
259 Taighwenini Trail Road  
Capreol, Ontario | P0M 1H0  
Phone: (705) 858-0610  
Fax: (705) 858-5570

## Stay Connected

For the most up-to-date information and updates about Wahnapitae First Nation, including safety measures, check us out online as below:



**WEBSITE:** [www.wahnapitaefirstnation.com](http://www.wahnapitaefirstnation.com)



**MAIN PAGE:** [www.fb.me/wahnapitaefirstnation](https://www.fb.me/wahnapitaefirstnation)



**YOUTH PAGE:** [www.fb.me/WFNYouthPage](https://www.fb.me/WFNYouthPage)



## Chief and Council Regular Meeting

Wednesday, October 26, 2022  
6 P.M.  
In-person and via Zoom

Members wishing to attend via Zoom must register at:

**[cutt.ly/WFN\\_CouncilMeeting\\_Oct2022](https://cutt.ly/WFN_CouncilMeeting_Oct2022)**

The deadline to register for the web version is October 19.

No registration is required for those wishing to attend in person.

Registration only open to WFN members, who must also be over the age of 18. Virtual attendees must use their real names when signing in.

# EVERY CHILD MATTERS

## RESIDENTIAL SCHOOL MEMORIAL GARDEN & MONUMENT

*Unveiling*  
September 22, 2022



Miigwetch to all who attended and to all who helped create this beautiful spot.



# EVERY CHILD MATTERS



# COMMUNITY SHOUTOUT

## ***HAPPY RETIREMENT, JOAN!***

Chi-Miigwetch for all your years of service to  
Wahnapiatae First Nation.



# ANISHINABEK POLICE SERVICE

## IF YOU SEE IT REPORT IT



**1-888-310-1122**

**1-800-222-TIPS(8477)**

"Our communities are suffering at the hands of outsiders taking advantage of our people. We are plagued by drugs, gangs, shootings, overdoses, and violence. Let's not forget that these same people are responsible for taking away young women from our communities for human trafficking. These people prey on us because we have been silenced by our own fears. Police need actionable information.

If you see it, report it.

You will remain anonymous, but your information will not go unheard."

### What is actionable information?



#### DO

Call a dispatcher  
Alert Crime Stoppers  
File a police report  
Provide first hand info

#### DON'T

Call the Band Office  
Tell info for a friend  
Wait too long to call  
Post on social media

## ATV Laws and Regulations

According to the Highway Traffic Act and the Off-road Vehicles Act.

### Ages, Permits, Licenses

- All drivers must have valid permits (drivers, trails, etc.).
  - To drive on roads and highways, you must be 16 years or older with a valid license.
  - To drive on off-road trails, you must be 12 years or older with a valid permit.
  - To be a passenger, you must be 8 years old or older.

### Speed Limits

- When the speed limit is 50Km/h or higher, ATV must drive 50Km/h.
- When the posted limit is 70Km/h, ATVs/off-road vehicles can drive 50 Km/h.
- When the speed limit is 50Km/h or less, you must drive 20Km/h.
- Posted limit is 50Km/h you drive 20Km/h.

### Times of the Year

The municipal roads on which ATVs are permitted changes depending on the time of year. Please check City of Greater Sudbury website for further details.



# COMMUNITY UPDATES



## NORMAN RECOLLET HEALTH CENTRE DENTAL CLINIC

### Whitening Kit Refills

\$10/syringe

Contact Jessica  
705-858-7700

[jessica.baillargeon@wahnapitaefn.com](mailto:jessica.baillargeon@wahnapitaefn.com)



## Keep Your Pets Safe

Please respect your neighbours and remember to

- keep your animals in your yard
- keep them leashed on walks
- "poop and scoop"
- avoid letting them bark for long periods of time

For stray or loose dogs, please call:

Stray or nuisance dogs and cats and dogs and cats for adoption.



Call: 705-673-DOGS(3647)  
or  
Toll Free: 1-800-836-6661

411 St. Agnes St. West  
Box 640  
Azilda ON  
P0M 1B0

[www.rdshelter.ca](http://www.rdshelter.ca)

# COMMUNITY EVENTS



## Come Join the Conversation

Men's Group | Women's Group  
Thursday, October 20 | Thursday, October 27

6:30 P.M. to 8:30 P.M.  
Maan Doosh Gamig

**Questions?  
Please contact:**

Men's Group with Bradley  
705-858-7700 ext.221  
[bradley.steele@wahnapi'taefn.com](mailto:bradley.steele@wahnapi'taefn.com)

Women's Group with Tammy  
705-920-9488  
[tammy.chevrette@wahnapi'taefn.com](mailto:tammy.chevrette@wahnapi'taefn.com)

Child care available but MUST R.S.V.P  
Refreshments and snacks provided

# COMMUNITY UPDATES



## Participants Needed

**TUESDAY, OCTOBER 25  
5:30 P.M. TO 7 P.M.  
MAAN DOOSH GAMIG**



**PLEASE JOIN US FOR A FOCUS GROUP PRESENTED BY NTAM  
NISHNAABEG JIIGBIIG'S ANNA-MARIE RECOLLET.  
CATERED MEAL AND DOOR PRIZES!**

**FOR INFORMATION, CONTACT JESSICA AT  
[JESSICA.BAILLARGEON@WAHNAPIITAEFN.COM](mailto:JESSICA.BAILLARGEON@WAHNAPIITAEFN.COM)**



**FINANCE DEPT.**

## Financial Administration Law Community Consultation 2

**Date: Wednesday, October 12**

**Time: 6 to 8 P.M.**

**Location: [cutt.ly/WFN\\_FALConsultation2\\_October2022](https://cutt.ly/WFN_FALConsultation2_October2022)**

Join us online for Part 2 of WFN's proposed Financial Administration Law introduction. This follow-up session will let members review and discuss the proposed law, its purpose, how it will impact WFN's future, and how it will be rolled out in the coming years.

Presented by Ed Tyson, WFN Director of Finance, and Austin Armstrong, WFN Projects & Funding Officer.

For WFN members only. Must pre-register by October 5 at the above link.

# COMMUNITY EVENTS



## MEET AND GREET PIZZA PARTY

TUESDAY, OCTOBER 11  
5 P.M. TO 7 P.M.  
MAAN DOOSH GAMIG

For all community members and kids! Come and find out more about WFN's new Jordan's Principle and Student Support programs.

kids activities, food, fun, and more!



Wahnapitoe First Nation  
Education Department

## BOYS' DRUM GROUP

BRANDON PETAHTEGOOSE  
WILL BE TEACHING

TUESDAY NIGHTS  
6 TO 8 PM  
@ THE GAZEBO

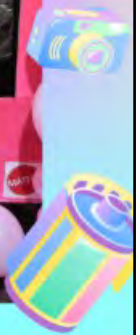


IF YOU WOULD LIKE TO TAKE PART, CONTACT MARILYN OR BEATRICE AT THE ADMINISTRATION OFFICE OR BY CALLING 705-858-0610

## Come on, Barbie, let's go party

Miigwetch to all who came out to our 90s party on September 17.

We hope you all enjoyed your flash back to the 90s.



INSIDE OUT

# MENTAL HEALTH MOVIE NIGHT

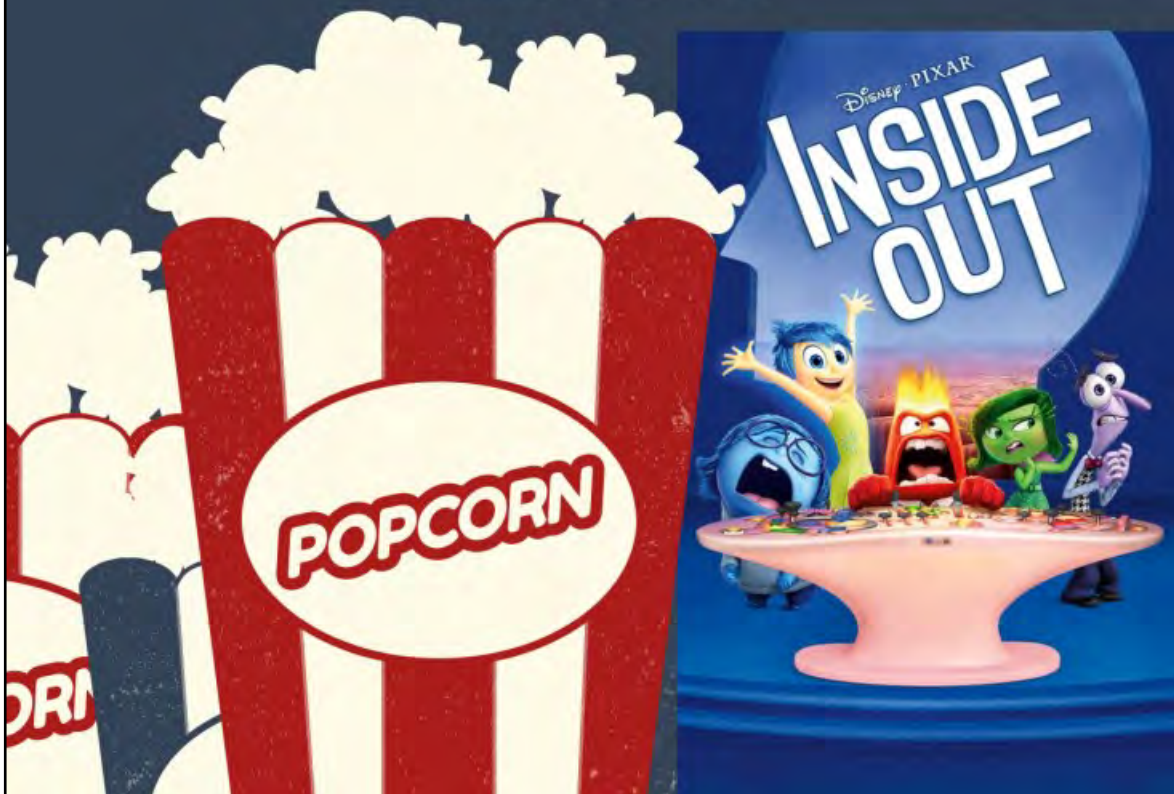
OCT. 19, 2022 - 6:30 PM TO 8:30 PM  
MAAN DOOSH GAMIG

Snacks and drinks will be provided!

Door prize for attending

Please RSVP by emailing

Bradley.Steele@wahnapietaefn.com or  
calling 7058587700



# COMMUNITY PARTNERS



## The Glencore - WFN Environmental Working Group (EWG) wants you to know:

**What is an ECA..?** An Environmental Compliance Approval (ECA) is a binding legal document issued to businesses by the Ontario Ministry of Environment, Conservation & Parks (MECP) that governs aspects of air emissions, noise and vibration.

**Why have an ECA..?** The Glencore Sudbury INO Nickel Rim South Mine (NRS) has exhausts from underground mining operations, ore and waste-rock handling, and gas-fired equipment for heating and emergency generators. Sudbury INO must possess an ECA to ensure that releases to air are within allowable provincial limits.

**How is an ECA granted..?** The application process includes submitting site information to be reviewed by government experts. All components of the operations that may impact air quality, including noise and vibration are considered.

**What happens with an ECA..?** By law, Sudbury INO must demonstrate that the specific requirements listed in their ECA are met. The NRS Mine can also be inspected by the MECP to ensure continued performance and compliance with the ECA.

## Did you know..?

- The Glencore Sudbury INO's NRS Mine ECA for air compliance expires on August 6, 2023; however, the mine has capacity for production into mid-2024.
- Sudbury INO submitted an application to renew the ECA on August 23, 2022 to meet the MECP's timeline for a 1-year review ahead of the expiry.
- The application includes a review of activities undertaken for Indigenous Consultation and Notification.
- The application maintains status-quo for the facility production limit (no increases in discharges to air). All existing mine operations would continue as normal until final production.
- The EWG is an on-going partnership between WFN and the Smelter that provides a bi-monthly forum to share meaningful exchange of information with respect to all Smelter and NRS activities pertaining to environmental aspects of mineral exploration, development, and temporary suspension or closure activities within WFN's Traditional Territory. The EWG is promoting the Indigenous Consultation and Notification for Sudbury INO's ECA Application.

Sudbury Integrated Nickel Operations, Sudbury Smelter  
2 Longyear Drive, Falconbridge, Ontario, Canada P0M 1S0  
Tel +1 705 693-2761 Fax +1 705 699-3431

Glencore Canada Corporation  
100 King Street West, Suite 6900, P.O. Box 403, Toronto, Ontario, Canada M5X 1H3  
Tel +1 416 775-1500 Fax +1 416 775-1744 www.glencore.com

# COMMUNITY PARTNERS

SUDBURY  
INTEGRATED NICKEL  
OPERATIONS  
A GLENCORE COMPANY



Sudbury Integrated Nickel Operations, Sudbury Smelter  
2 Longyear Drive, Falconbridge, Ontario, Canada P0M 1S0  
Tel +1 705 693-2761 Fax +1 705 699-3431

Glencore Canada Corporation  
100 King Street West, Suite 6900, P.O. Box 403, Toronto, Ontario, Canada M5X 1E3  
Tel +1 416 775-1500 Fax +1 416 775-1744 www.glencore.com

## COMMUNITY NOTICES

# Rain Barrels Available

Free rain barrels are available to all members (on and off-reserve).

Non-members may purchase one for \$20 per barrel.



Contact Sara Lehman for your barrel  
705-858-0610 EXT 204 [sara.lehman@wahnapietefn.com](mailto:sara.lehman@wahnapietefn.com)



Lands & Resources  
Department



# COMMUNITY NOTICES

## Good News Department

Have something wonderful to share?

Submit it to our Good News Department. Whether it's a graduation, wedding, birth, etc., email us your good news so we can share it.

Submissions will be featured in the WFN Community newsletter.



Send your good news to:  
[taylor.bertrim@wahnapitaefn.com](mailto:taylor.bertrim@wahnapitaefn.com)



### LANDFILL NOTICE

FORBIDDEN DUMP MATERIALS

ROOFING SHINGLES ARE  
NOT PERMITTED IN OUR  
LANDFILL.

MIIGWETCH FOR YOUR COOPERATION



## COMMUNITY VOLUNTEERS WANTED

to participate on a Community Events Planning committee. This committee will be responsible for organizing and executing the following events:

- Hallowe'en
- Orange Shirt/National Truth & Reconciliation Day
- National Indigenous Peoples Day
- Easter
- Pink Shirt/Anti-Bullying Day

CONTACT MONICA TO LEARN MORE  
[MONICA.DORION@WAHNAPIITAEFN.COM](mailto:MONICA.DORION@WAHNAPIITAEFN.COM)

# HEALTH DEPARTMENT

## October Monthly Mental Health Message

**By Bradley Steele, HBISW, RSW**  
***WFN Mental Health and Addictions***  
***Counsellor***

**A**niin, Boozyhoo, Hello! It's another mental health memo! This month we are going to look at some positive coping strategies and the great things they can bring to your life! Coping is important to deal with life's stressors and be conscious of negative emotions we are having.

The first coping strategy we will talk about is journaling! Journaling is a way to externalize your thoughts and feelings so that you are able manage anxiety, reduce stress, and cope with anxiety. Journaling while completing therapy is the best way to measure growth over time and track your day-to-day emotions so that you are able to better see the progress you are making.

Here are some tips to add journaling to your routine:

1. Allow your journal to be a judgement free zone! All your emotions are valid so don't judge yourself for feeling the way you do.
2. Journal whichever way is comfortable for you! Journaling doesn't need to be pen to paper. Get creative, make a video journal, write a song, write a letter, draw, or paint.
3. Try to journal every day! Writing anything, good, bad, or neutral is important for keeping a journal!

The next coping strategy is exercise! Exercise is extremely important especially when living with mild to moderate depression and anxiety. Exercise helps kick in the brains' feel good chemicals which helps reduce stress and improves cognition so that you are better able to address stressful events. Here are some tips to help incorporate exercise into your life! 1. Start small! Exercise doesn't need to be a one-hour intense high impact work out! It can be as easy as incorporating it into your chores and spending 5 minutes walking around your house/ yard. 2. Don't do it alone! Join walking groups, gyms, or other activities with friends or other support! 3. Create a plan and schedule to help you stay on track and dedicate time to your physical needs.

Some more coping strategies to add to your bundle are

- Practicing meditation and relaxation techniques.
- Having time to yourself; Reading.
- Spending time with friends.
- Finding humor.
- Spending time on your hobbies.
- Engaging in spirituality.
- Spending quality time with your pets.
- Getting a good night's sleep.
- Eating healthy.



**NORMAN RECOLLET  
HEALTH CENTRE**

D E N T A L   C L I N I C



**OUR NEXT CLINIC DAY IS  
OCTOBER 17**

**No dental insurance? No problem - we can help!**

**All patients seen in October will be entered to win a gift card.**

Call the health centre to book your appointment:

**(705) 858-7700**

# EDUCATION DEPARTMENT



# OCTOBER

# 2022

## AFTER SCHOOL & YOUTH LEADERSHIP PROGRAM



*Autumn*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 <b>ASP</b> Personal Pan Nacho Night 3:30-5:30PM	4 <b>Sisters in Spirit Day</b> <b>Photoshoot</b> (Open to Youth of All Ages) 3:30-4:30PM	5 <b>ASP &amp; EY</b> DIY Fall Arrangements 3:30-5:30PM	6  <b>YLP</b> Master Chef Wahnapiatae 3:30-5:30PM	7	
	10 <b>BAND OFFICE</b> <b>CLOSED</b>	11	12 <b>ASP</b> 5 Senses Walk & Nature Collage 3:30-5:30PM	13 <b>YLP</b> Beading with Shannon 3:30-5:30PM	14	
	17 <b>ASP</b> This is Halloween! 3:30-5:30PM 	18	19 <b>ASP &amp; EY</b> Oral Health Presentation 3:30-5:30PM	20 <b>YLP</b> Puzzled Escape Rooms Outing 3:30-7PM	21	
	24 ←	25 <b>RIGHT TO PLAY:</b> <b>FALL TRAINING</b>	26 <b>NO PROGRAM</b>	27 →	28	
30	31 <b>ASP</b> Candy Walk 3:30-5:30PM					

# EDUCATION DEPARTMENT

## Meet Our New Child & Youth Worker Assistant

**A**anii, my name is Marlene Roque and I am a community member who lives on reserve.

I have a Bachelor of Arts with a concentration in English and a teaching degree. As assistant to WFN's Child & Youth Worker, Sierra Larocque, I look forward to working with her to make this year's After School program a fun and rewarding experience for the children.



Miigwetch,  
Marlene

## IT'S NOT TOO LATE! Register For Our Gazebo Programs

### Our Programs

After School Program  
Mondays & Wednesdays  
Ages 7 to 11

Time 3:30 P.M. to 5:30 P.M.

Youth Leadership Program  
Thursdays  
Ages 12 to 18

Time 3:30 P.M. to 5:30 P.M.

To register, contact:

Sierra at [sierra.larocque@wahnapitaefn.com](mailto:sierra.larocque@wahnapitaefn.com)

Marlene at [marlene.roque@wahnapitaefn.com](mailto:marlene.roque@wahnapitaefn.com)

# COMMUNITY EVENTS



## MONTHLY SHUTTLE SERVICE

to Capreol's Bread & Roses Food Bank  
Third Thursday of Each Month

### How it works:

On-reserve members must book their spot on the shuttle with Heather. Registered participants will be picked up at their homes, starting at 9:30 a.m. The shuttle will then head to Capreol. Participants will be returned to their homes via the shuttle.

Reserve your spot with Heather

705-858-7700 x226 | [heather.roy@wahnapiitaefn.com](mailto:heather.roy@wahnapiitaefn.com)



OCTOBER RUN  
THURSDAY, OCTOBER 20, 2022

COMMUNITY EVENTS

# HALLOWEEN DANCE PARTY

Friday, October 28  
7 P.M. to 10 P.M.  
Maan Doosh Gamig



Activities for the whole family!  
Prizes, food, and candy, of course!

# EARLY YEARS PROGRAM

Ages 0 to 6

## WFN's Early Years Program

Every Tuesday 3:30 P.M. to 5:30 P.M. at the Gazebo  
Parents/Guardians must be present

### Schedule for October

**Wednesday, October 5**

Pine cones decorations with EY & ASP

**Tuesday, October 11**

"Turkey hunt" 😊

**Wednesday, October 19th**

Oral Health presentation with Jessica EY &  
ASP

**Tuesday, October 25**

Halloween Fun





# EARLY YEARS PROGRAM

## Early Years Activity Kits

**OCTOBER**  
**BNAAKWII GIIZIS**  
**FALLING LEAVES MOON**

**NOVEMBER**  
**BAASHKAAKODIN GIIZIS**  
**FREEZING MOON**

Each activity kit contains 3 to 4 activities  
per month/topic

TO RESERVE YOUR FAMILY'S KITS,  
PLEASE CONTACT NATALIE GORING AT  
[NATALIE.GORING@WAHNAPIAEFN.COM](mailto:NATALIE.GORING@WAHNAPIAEFN.COM).

Natalie will contact you when the kits are ready for delivery.

### BLUECHEESE'S



### RECIPE OF THE MONTH CLUB FOR KIDS

Blue Cheese decided to change things up  
and offer a Recipe of the Month Club  
for Kids!

Registration deadline is  
Friday, October 28

To place your order for November's cooking  
activity kit, please contact Natalie Goring at  
[natalie.goring@wahnapiataefn.com](mailto:natalie.goring@wahnapiataefn.com).

### Early Years Program Anishinaabemowin Kit

FOR NOVEMBER 2022

Would you like to learn a little bit of  
Anishinaabemowin?  
Natalie Goring (HBHC) has prepared a kit  
containing a language booklet, with  
videos/links to help, on Facebook  
(search Nat HBHC).

Hello

Aanii

Bonjour

**Registration deadline:**

**October 31**

to  
[natalie.goring@wahnapiataefn.com](mailto:natalie.goring@wahnapiataefn.com)

Natalie will contact all pre-  
registered participants when  
the kits are ready.

FOR BEGINNERS

# COMMUNITY EVENTS

## TRAUMA INFORMED CARE PRESENTATION

Presentation with Reseau Access & Nurse Jenna  
Followed by a shaving cream paint workshop  
October 19 from 1 P.M. to 3 P.M.  
Maan Doosh Gamig

Trauma-Informed Care (TIC) is an approach in the human service field that assumes that an individual is more likely than not to have a history of trauma. Trauma-Informed Care recognizes the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life.

**RSVP BY OCT 17**

Heather Roy  
[heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com)  
705-858-7700 x226

Are you ready to rock, live and in person?

Get your act together and prepare to knock your neighbour's socks off. Prizes will be awarded by audience vote.

### Categories

- Tater Tots: 0 to 6 years
- Disney Juniors: 7 to 11 years
- Fortnite Squad: 12 to 18 years
- Weekenders: 19 to 29 years
- One Hit Wonders: 30 to 50 years
- Happy Timers: 51+ years

Contact Heather for a registration form and contest rules.  
[heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com)  
705-858-7700 x226



## LIP SYNC BATTLE

Register by November 11, 2022

## COMMUNITY EVENTS

# *It's a bit Queer, Isn't it?*

October 12 | 6 P.M. to 8 P.M. | Maan Doosh Gamig

Join us for guest speaker Lewis Perdicou's presentation called *It's a bit Queer, Isn't it?* This presentation is about Queer folks and access to mental health, counselling, and psychotherapeutic services.

Following Lewis' presentation, participants will take part in a Pride Paint Social with Heather and Bradley.

RSVP By Oct 10 to ensure adequate supplies for everyone

Contact Heather  
[heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com) | 705-858-7700 x226

OCTOBER  
11 IS

# NATIONAL COMING OUT DAY

October 11  
2 P.M. to 4 P.M.  
Maan Doosh Gamig

Leisha Neuman, a Two-Spirit Outreach Worker from Ontario Aboriginal HIV/AIDS Strategy (OAHAS) will be at WFN to share their story of coming out & gender and sexuality before contact. Their presentation will be followed with beading session led by Leisha.

Please RSVP with Heather by October 6  
[heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com) | 705-858-7700 x226

# COMMUNITY EVENTS



# MOVEMENT MONDAYS

WITH HEATHER & JENNA  
11 A.M. TO 12 P.M.

**LOOKING TO GET MOVING AND ADD SOME  
EXERCISE INTO YOUR DAILY ROUTINE?**

Join us in  
Maan Doosh Gamig

# COMMUNITY EVENTS



## WELLNESS WEDNESDAYS @ Maan Doosh Gamig

These sessions will focus on a number of health and wellness topics. Participants will gain new skills and learn prevention strategies to implement in their daily lives.

### October 5

1 P.M. to 2:30 P.M.

This session will be fitness focused with a weigh in and social walk in the MDG hall.

### October 12

5 P.M. to 7:30 P.M.

Medicine Picking with Perry and teachings in the Teepee

### October 19

1 P.M. to 4 P.M.

This session will focus on :  
Trauma Informed Care course  
in the MDG hall.

### October 26

1 P.M. to 3 P.M.

What You Need To Know about  
Fatty Liver workshop with Lisa  
in the MDG hall.

### Movement Monday

11 A.M. to 12 P.M.

Every Monday Jenna and Heather will be running workout classes in the MDG Hall . Anyone is welcome to participate.

If you are interested in attending any of these sessions, please RSVP to Line Baillargeon @  
(705)858-7700

*Coping with Stress*

*Positive Motivation*

*Understanding Emotions*

*Supportive Relationships*

*Confidence and Identity*

*Resilience*

*Faith and Spiritual Wellbeing*

# COMMUNITY EVENTS



**WEDNESDAY, OCTOBER 19**  
**4 P.M. - 6 P.M.**

Please let Rochelle or Line know if you will not be participating this month to help us avoid waste.

**PICK-UP: 259 TAIGHWENINI TRAIL RD**  
**BRING YOUR OWN BAGS!**

## **NUTRITION BINGO**



**Thursday, October 20**  
**5:30 P.M.**

via Zoom

*Prizes are the same. Cards will be bagged for pickup. Payment due on pickup.*

**Call Heather to reserve your spot:**  
**(705) 858-7700**



## **SOUP'S ON!**

**TUESDAYS**

Call by 11 A.M. | Pick up by 12 P.M.  
Call Heather to place order:  
(705) 858-7700

Soup's On cancelled on October 18

# COMMUNITY EVENTS



Small Box: \$10 | Large Box: \$19

## GOOD FOOD BOX

CALL HEATHER TO ORDER:  
(705) 858-7700

**OCTOBER 2022**  
**ORDER: OCTOBER 6**  
**DELIVERY: OCTOBER 13**



## CONGREGATE DINING

ELDERS 55+

THURSDAY, OCTOBER 6  
BETWEEN 5 P.M. - 6 P.M.

*To join via delivery*  
CALL HEATHER TO RESERVE YOUR  
MEAL: (705) 858-7700



## CONGREGATE DINING

ELDERS 55+

THURSDAY, NOVEMBER 3  
BETWEEN 5 P.M. - 6 P.M.

*To join in-person or via delivery*  
CALL HEATHER: (705) 858-7700



Small Box: \$10 | Large Box: \$19

## GOOD FOOD BOX

CALL HEATHER TO ORDER:  
(705) 858-7700

**NOVEMBER 2022**  
**ORDER: NOVEMBER 3**  
**DELIVERY: NOVEMBER 10**



# WFN EVENT CALENDAR - OCT 2022

Please be sure to use this calendar as your official reminder for these events, and to help plan your month.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 <b>Soup's On</b> Sue Chartrand Sisters in Spirit	5 <b>Wellness</b> Wednesday	6 <b>Congregate</b> Dining <b>GFB Order</b>	7 <b>CLOSED</b>	8
9	10 <b>CLOSED</b>	11 <b>Soup's On</b> National Coming out Day Pizza Party	12 Queer Presentation <b>Wellness</b> Wednesday	13 <b>GFB Pickup</b>	14 <b>CLOSED</b>	15
16	17 Dental Clinic	18 Sue Chartrand	19 <b>HROTM</b> Trauma Presentation <b>Wellness</b> Wednesday Movie Night	20 <b>Nutrition Bingo</b> Foodbank Run	21 <b>CLOSED</b>	22
23	24	25 <b>Soup's On</b>	26 <b>Wellness</b> Wednesday	27	28 <b>CLOSED</b>  Halloween Dance	29
30	31 <b>HALLOWEEN</b>					

Sue Chartrand will be here for footcare and massages per the calendar.  
If interested, contact Line @ 705-858-7700 ext 218.