

# URBAN • INDIGENOUS • PROUD

PRESENTED AT THE NORTH BAY INDIGENOUS FRIENDSHIP CENTRE  
980 CASSELLS STREET, NORTH BAY  
JANUARY 11, 2019 AT 6PM IN NBIFC GYM

## ★ FULL CIRCLE ★

WITH KRISTI LANE SINCLAIR

## ★ PLACES TO GATHER AND LEARN ★

WITH DAWN CNE NAPUVSE

## ★ SOME STORIES... ★

WITH CLAYTON WINDATT

## ★ THAT OLD GAME LACROSSE ★

WITH JAMIE WHITECROW

## ★ ZAGI'IDIWIN ★

WITH TRACHE LOUITIT

WITH KRISTI LANE SINCLAIR MICHELLE DESROSIER SARAH CHARLES DECARLO

WITH ANDRE PICARD KATE VOLLUM

WITH ONTARIO FEDERATION OF INDIGENOUS FRIENDSHIP CENTRES

WITH THE NATIONAL FILM BOARD OF CANADA ONTARIO FEDERATION OF INDIGENOUS FRIENDSHIP CENTRES



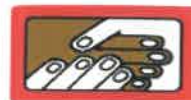
### \*NOTE\*

Please use the extension list on page to register/follow-up on who to contact for each event and/or activity.



Each activity will have an extension  
Example - Pilates (#223) @ 10am (Every Mon) =  
"(#223) Trina Rickard -UAHLP"

EXT	NAME	PROGRAM
200	Krystal Meawasige	Reception/Admin.
201	Kathy Fortin	Executive Director
202	Steve Guilbeault	Apatisiwin Emp. Councillor
203	Shelly Storie-Gregorie	Community Counsellor Probation
204	Jennifer Simpson	Healthy Babies
205	Brenda Roberts	FAS Community Support
206	Lori Anne Stanger	Administrative Assistant
207	Shelly Boucher	Community Justice
208	Adrian Trudeau	Youth Life Promotions
209	George Hughie	Health Outreach Worker
210	Tammy Cayer	Family Support
210/212	Michele Longshaw	Prenatal/Family Support Assistant
<b>211</b>	<b>Board Room</b>	<b>Board Room</b>
212	Annette Manuel	Prenatal Nutrition Program
213	Theresa Hall	Nishnawbe Aski Legal
214	Lily Couchie	Life Long Care Program
215	Bernice Kooses	Life Long Care Program
216	Dan Desrochers	Kizhaay Anishnaabe Niin
217	Lois Demers	Drug & Alcohol Worker
<b>218</b>	<b>Kitchen</b>	<b>Kitchen</b>
219	May Recollet-Goulais	Healing & Wellness
220	Simon Mathias	Wasa Nabin
221	Serena Koostachin	Akwe:Go
222	Jennifer Seguin	Akwe:Go Enhancement
223	Trina Rickard	Healthy Living Program
224	Ruth Rozicki	Bookkeeper
<b>225</b>	<b>Employment</b>	<b>Employment</b>
226	Vacant	Bookkeeping Assistant
227	Syke Matthews	Waaban
228	Alex Degagne	Urban Aboriginal Strategy
207	Shelley Boucher	Community Justice
230	Roger Assiniwe	Cultural Resource
242	Michelle Fuerst	Medicine Wheel Healthy Way Clinic
243	Mary Pearce	Suswin Housing
244	Janie Kataquapit	Suswin Housing
245	Lori Hatch	Family Court Worker
246	Angela Neault	Criminal Court Worker
247	Maria Milne	Children's Mental Health
248	John Gore	Children's Mental Health
253	Andrew Smith	UAHLK Kids



**NORTH BAY  
INDIGENOUS  
FRIENDSHIP  
CENTRE**

980 Cassells Street  
North Bay, ON, P1B 4A8  
☎ (705) 472-2811  
☎ (705) 472-5251  
🌐 www.nbifc.org

# January NEWSLETTER

NORTH BAY INDIGENOUS FRIENDSHIP CENTRE

## VOLUNTEER DAY

JANUARY 17th, 2019

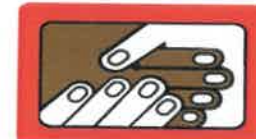
We will be taking Volunteer Applications and updating with our current Volunteer.

3:00 pm - 7:00 pm

**NBIFC Booth Displays**



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**NORTH BAY  
INDIGENOUS  
FRIENDSHIP  
CENTRE**

*"To improve the quality of life for First Nation, Metis, and Inuit people in the urban environment"*

# January 2019

January 7 <sup>th</sup> - January 13 <sup>th</sup>	January 14 <sup>th</sup> - January 20 <sup>th</sup>	January 21 <sup>st</sup> - January 27 <sup>th</sup>	January 28 <sup>th</sup> - January 31 <sup>st</sup>
<p><b>JANUARY 7<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>DRUMMING</b> (Ages 7-12) from 4-5 pm/ (Ages 13+) From 5-6 pm (Ext. 221/222)</li> <li>- <b>BEADING LANYARDS/BOWTIES</b> (Ages 13-24) from 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> </ul> <p><b>JANUARY 8<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>OPEN GYM</b> (Ages 7-12) starting at 3:30-4:30 pm (Ext. 221/222)</li> <li>- <b>JUI JITSU</b> (Youth ages 6-12) From 5-6 pm</li> </ul> <p><b>JANUARY 9<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>COOKING FOR KIDS</b> (Ages 7-12) from 4-6 pm (Ext. 221/222)</li> <li>- <b>BALL HOCKEY</b> (Ages 13-24) from 7-9 pm (Ext. 208)</li> </ul> <p><b>JANUARY 10<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>GLOVE MAKING</b> (Ages 13-24) From 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> <li>- <b>KARAOKE</b> (All ages) From 6-9 pm (Ext. 209)</li> <li>- <b>CRAFT CIRCLE</b> From 6-8 pm (Ext. 219)</li> <li>- <b>WELLBRIETY: NA/AA Native Spirituality</b> (7-week program) From 4-6 pm (Ext. 219)</li> </ul> <p><b>JANUARY 13<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>YMCA SWIMMING</b> (Ages 7-12) From 1-2 pm (Ext. 221/222)</li> </ul>	<p><b>JANUARY 14<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>DRUMMING</b> (Ages 7-12) from 4-5 pm/ (Ages 13+) From 5-6 pm (Ext. 221/222)</li> <li>- <b>BEADING LANYARDS/BOWTIES</b> (Ages 13-24) from 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> <li>- <b>RENT SMART</b> Part 1 of 2 from 8:30am-3:30pm</li> </ul> <p><b>JANUARY 15<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>OPEN GYM</b> (Ages 7-12) starting at 3:30-4:30 pm (Ext. 221/222)</li> <li>- <b>JUI JITSU</b> (Youth ages 6-12) From 5-6 pm</li> <li>- <b>RENT SMART</b> Part 2 of 2 from 8:30am-3:30pm</li> </ul> <p><b>JANUARY 16<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>COOKING FOR KIDS</b> (Ages 7-12) from 4-6 pm (Ext. 221/222)</li> <li>- <b>VOLLEYBALL</b> (Ages 13-24) from 7-9 pm (Ext. 208)</li> <li>- <b>HEALING THE SPIRIT: Childhood Abuse Program</b> (13-week program) From 1-3:30 pm (Ext. 219/216)</li> </ul> <p><b>JANUARY 17<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>GLOVE MAKING</b> (Ages 13-24) From 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> <li>- <b>WOMENS SHARING CIRCLE</b> from 6-8 pm (Ext. 219)</li> </ul> <p><b>JANUARY 20<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>YMCA SWIMMING</b> (Ages 7-12) From 1-2 pm (Ext. 221/222)</li> </ul>	<p><b>JANUARY 21<sup>st</sup></b></p> <ul style="list-style-type: none"> <li>- <b>DRUMMING</b> (Ages 7-12) from 4-5 pm/ (Ages 13+) From 5-6 pm (Ext. 221/222)</li> <li>- <b>BEADING LANYARDS/BOWTIES</b> (Ages 13-24) from 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> </ul> <p><b>JANUARY 22<sup>nd</sup></b></p> <ul style="list-style-type: none"> <li>- <b>OPEN GYM</b> (Ages 7-12) starting at 3:30-4:30 pm (Ext. 221/222)</li> <li>- <b>JUI JITSU</b> (Youth ages 6-12) From 5-6 pm</li> </ul> <p><b>JANUARY 23<sup>rd</sup></b></p> <ul style="list-style-type: none"> <li>- <b>COOKING FOR KIDS</b> (Ages 7-12) from 4-6 pm (Ext. 221/222)</li> <li>- <b>VOLLEYBALL</b> (Ages 13-24) from 7-9 pm (Ext. 208)</li> <li>- <b>HEALING THE SPIRIT: Childhood Abuse Program</b> (13-week program) From 1-3:30 pm (Ext. 219/216)</li> </ul> <p><b>JANUARY 24<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>BEADING NIGHT</b> (Ages 7-12) from 4-6 pm (Ext. 221/222)</li> <li>- <b>GLOVE MAKING</b> (Ages 13-24) From 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> <li>- <b>HAND DRUM CIRCLE</b> From 6-8 pm (Ext. 219)</li> </ul> <p><b>JANUARY 27<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>YMCA SWIMMING</b> (Ages 7-12) From 1-2 pm (Ext. 221/222)</li> </ul>	<p><b>JANUARY 28<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>DRUMMING</b> (Ages 7-12) from 4-5 pm/ (Ages 13+) From 5-6 pm (Ext. 221/222)</li> <li>- <b>BEADING LANYARDS/BOWTIES</b> (Ages 13-24) from 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> </ul> <p><b>JANUARY 29<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>OPEN GYM</b> (Ages 7-12) starting at 3:30-4:30 pm (Ext. 221/222)</li> <li>- <b>JUI JITSU</b> (Youth ages 6-12) From 5-6 pm</li> </ul> <p><b>JANUARY 30<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>- <b>BEADING NIGHT</b> (Ages 7-12) from 4-6 pm (Ext. 221/222)</li> <li>- <b>OPEN GYM</b> (Ages 13-24) from 7-9 pm (Ext. 208)</li> <li>- <b>HEALING THE SPIRIT: Childhood Abuse Program</b> (13-week program) From 1-3:30 pm (Ext. 219/216)</li> </ul> <p><b>JANUARY 31<sup>st</sup></b></p> <ul style="list-style-type: none"> <li>- <b>GLOVE MAKING</b> (Ages 13-24) From 4-6 pm (Ext. 208/227/223) *LIMITED SPACE*</li> <li>- <b>TWO SPIRITED HEALING CIRCLE</b> From 6-8 pm (Ext. 219)</li> </ul>