



## **SOPFEU—Call for Return**

TO:

**ALL Previously Trained Auxiliary SOPFEU FIREFIGHTERS**

It's that time of year again to start the refresher training for this firefighting season!

All interested firefighters who have **previously followed the 32 hour SOPFEU training**, and wish to RETURN to the SOPFEU firefighting project this year, please contact

**Jonathan Cote or Amy Morin, at 819-449-5170 by April 3, 2026, in order to put your name on the SOPFEU list.** Please note all firefighters who take the refresher training

must be available for the fires this season. Dates for the refresher training will be provided at a later date.

**Please note that a mandatory medical certificate, on SOPFEU medical forms, is required before commencing work with SOPFEU.** Once you confirm you will be returning to take the refresher course, a SOPFEU medical form package will be sent to you, or can be picked up at the Community Services Administration Office. It is best that you start now to obtain the medical Certificate, by calling your Doctor's office for an appointment. All medical certificates must be received by May 1, 2026.

**DEADLINE: April 3, 2026**





## NEW SOPFEU TRAINING COURSE

### TO: All KZA Band Members

There will be a new 32-hour SOPFEU firefighter course, which will be starting April (dates to be determined), 2026.

**At this time SOPFEU is interested in training 15 new firefighters. Interviews will not be held. Names will be chosen based on certain criteria, and preference will be given to those who don't hold a guaranteed seasonal position in the community.**

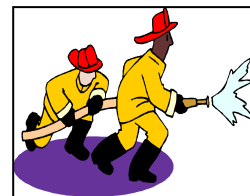
. Please note the following criteria:

- ◇ 18 years of age and over
- ◇ Good health condition
- ◇ Good physical shape
- ◇ **Availability for fire season—(strict criteria)**
- ◇ Previous work history with KZA.

**Please note that a mandatory medical certificate, on SOPFEU medical forms, is required to work with SOPFEU.**

Those who meet the above criteria and are interested in taking this course are asked to call **Amy Morin** at **819-449-5170 ext: 1802**, by **Friday, April 3 at 12:00 p.m.** (Please leave a message with your name and phone number for call-back).

**DEADLINE: FRIDAY, APRIL 3, 2026 @ 12:00 p.m.**





## **\*\*\*NOTICE\*\*\***

**TO: ALL Previously Trained SOPFEU FIREFIGHTERS**

It's that time of year again to start the refresher course for this firefighting season! The 8 hour and 16 hour Refresher courses for firefighters **who have previously received the 32 hour training within the last two years, will take place during the week of April (dates to be confirmed) 2026.**

Therefore, all interested firefighters who have previously followed the 32 hour training course, and wish to take the refresher training, please contact **Jonathan Cote 819-449-5170 or Amy Morin at the Forestry office, at 819-449-5170, in order to put your name on the SOPFEU list.**

**Please note that a mandatory medical certificate, on SOPFEU medical forms, is required before commencing work with SOPFEU.**

Once you confirm you will be taking the refresher course, a SOPFEU medical form package will be provided to you, or can be picked up at the **FORESTRY OFFICE**. It is best that you start now to obtain the medical Certificate, by calling your Doctor's office for an appointment. All medical certificates must be received by May 1, 2026





# Community conference - Women's Heart Health

*Presented by KZHSS Nursing Team*

Guest speaker, Judy Spence, will share her knowledge through her lived experience in collaboration with CWHHA

- Learn what heart disease is and how it affects men and women differently
- Learn the key signs, symptoms and treatments
- Discover ways to keep your heart healthy and prevent heart disease



**Community Hall  
(upstairs)**



**March 16, 2026**



**4:30 pm - meal  
5 - 6 pm - presentation**

**Free entry • Catered meal • Door prizes**



For inquiries : 819-449-5593



**HER HEART MATTERS**  
WEAR RED CANADA • FEB 13





**JOB OPPORTUNITY**  
**INCLUSIVE CARE WORKER**  
**2<sup>nd</sup> POSTING**

March 5, 2026

<b>POSITION:</b>	<b>INCLUSIVE CARE WORKER</b>
<b>LOCATION:</b>	Kitigan Zibi Health and Social Services Building
<b>WORK SCHEDULE:</b>	35 hours a week
<b>TERM:</b>	Indeterminate – Full Time (6-month probationary period)
<b>SALARY:</b>	Level 4 (range based on experience)
<b>DUE DATE:</b>	March 19, 2026

---

The Inclusive Care Wellness Worker provides direction and support for adapted and inclusive wellness programming for children with special needs (including diverse abilities and developmental differences), outside of the Education Sector.

**PREAMBLE**

If you are interested in applying for this position and can demonstrate that you meet the mandatory basic requirements, please forward your: **cover letter, updated resume, copy of your diplomas, three (3) work references** and any documentation that will support you meet the mandatory qualifications. A police reference check will be required if considered for the position.

Please provide your job application package to the attention of Myra Dumont, Human Resources Advisor, at the Human Resources Department by March 19, 2026.

**Contact information:**

**Email:** [Myra.Dumont@kza.qc.ca](mailto:Myra.Dumont@kza.qc.ca) or [hr.advisor@kza.qc.ca](mailto:hr.advisor@kza.qc.ca)  
**Phone:** 819-315-0667 ext. 1601  
**Location:** Human Resources Department – 315 Fafard, Maniwaki QC, J9E 3B4

**Only persons meeting the mandatory requirements will be considered for an interview. Failure to provide all the necessary documentation before the deadline will be considered an incomplete application. Preference will be given to Kitigan Zibi Anishinabeg Band members in accordance with the Kitigan Zibi Anishinabeg's Preferential Hiring Policy. Applicants must possess the basic requirements at the time of the deadline. Band Council reserves that right to recruit the most suitable and competent employee(s) who can best serve the interests of KZA as well as provide quality services to its members regarding the candidates who pass the interview.**



## KITIGAN ZIBI HEALTH & SOCIAL SERVICES

### Inclusive Care Wellness Worker Job Description

#### GENERAL INFORMATION

**Job Title :** Inclusive Care Wellness Worker  
**Category :** Professional  
**Sector :** Kitigan Zibi Health & Social Services  
**Location :** Ōde Wīdōkāzowin  
148 Paganakomin Mikan, Maniwaki, Quebec  
**Terms :** Full Time—Indeterminate  
**Hours :** 35 hours per week  
**Salary :** KZA Salary Scale Level 4 (*Range negotiable*)  
**Immediate Supervisor :** Ōde Wīdōkāzowin Coordinator  
**Date of Job Description :** January 2026

#### KZHSS MISSION STATEMENT

Kitigan Zibi Health and Social Services offers a safe, equitable, and quality current service practice with qualified community professionals to encourage Kitigan Zibi Anishinabeg community members to take charge of their own health.

#### CLIENT SERVICE RESULTS

The Inclusive Care Wellness Worker provides direction and support for adapted and inclusive wellness programming for children with special needs (including diverse abilities and developmental differences), outside of the Education Sector.

#### KEY DUTIES

- Develops, coordinates, and delivers adapted and inclusive wellness programs for children and youth with special needs across KZA, outside of the Education Sector.
- Promotes awareness and understanding of the strengths, abilities, and unique needs of children and youth with special needs, fostering inclusive, respectful, and supportive environments.
- Works collaboratively with families, caregivers, staff, community partners, participants, and the public to support the holistic wellness of children and youth with special needs.
- Provides guidance, recommendations, and support related to specialized and inclusive training, including strategies that promote emotional regulation, social development, and positive participation.
- Offers practical suggestions and assistance regarding behaviour support and management approaches that are developmentally appropriate, trauma-informed, culturally grounded, and strengths-based.
- Plans, coordinates, and implements specialized activities, events, and information-sharing opportunities (e.g., community events, wellness fairs, and awareness initiatives) that support inclusion and child and youth wellbeing.
- Participates in all required meetings, case discussions, training sessions, and professional development activities related to child, youth, and family wellness.

- Collaborates closely with the Kitigan Zibi Education Sector to ensure coordinated, consistent, and complementary supports for children and youth with special needs.
- Ensures that all programs and activities align with and uphold the principles of Healthy Child Development, inclusion, safety, and holistic wellness in their planning and delivery.

**KNOWLEDGE AND SKILLS**

- Theories, principles, and practices of program planning, monitoring, and reporting.
- Theories, principles, and practices of Special Education.
- Effective interpersonal communications skills, ability to build rapport with others.
- Able to uphold and promote KZHSS values, philosophy, ethics and integrity.
- Ability to maintain professionalism, discretion and confidentiality at all times.
- Knowledge of all relevant KZA/KZHSS policies: KZA Code of Ethics, KZHSS Code of Professional Ethics, KZHSS Policies and Procedures Manual, KZA Human Resources Manual and applicable Accreditation standards.
- Knowledge of governing provincial and federal legislative, regulatory and policy requirements specific to children and youth with special needs.

**CONTACTS**

- Briefs Director of issues/concerns; provides input on policy and procedural changes;
- Collaborates with front line workers within the community, families, caregivers, staff, community partners, participants;
- Coordinates and collaborates community wide initiatives;
- Establishes and maintains working relationships with community members, internal and external stake holders and KZA sectors;
- Maintains positive relationships with clients, co-workers and community members.
- Liaises and networks with local service providers.

**MANAGERIAL/SUPERVISORY**

<b>Human Resources:</b>	<ul style="list-style-type: none"> <li>▪ May be required to recruit volunteers, provide them with technical expertise, and oversee their activities.</li> </ul>
<b>Financial Resources:</b>	<ul style="list-style-type: none"> <li>▪ Not applicable in this position.</li> </ul>
<b>Material Resources:</b>	<ul style="list-style-type: none"> <li>▪ Responsible to monitor and maintain activity materials.</li> <li>▪ Assists with maintaining an inventory of all program equipment and ensures that it is kept in good condition.</li> </ul>

**ENVIRONMENTAL FACTORS**

<b>Psychological and Physical Effort:</b>	<ul style="list-style-type: none"> <li>▪ has access to sensitive information, must respect professional guidelines regarding client/family confidentiality.</li> <li>▪ May be called upon to provide crisis intervention/emergency services.</li> </ul>
<b>Working Conditions:</b>	<ul style="list-style-type: none"> <li>▪ Works mainly within an office setting.</li> <li>▪ Required to make home visits;</li> <li>▪ May be required to use KZHSS vehicles.</li> <li>▪ Required to make inspections within the community (e.g. playgrounds, lakes, band buildings).</li> </ul>

<b>INCUMBENT QUALIFICATIONS</b>	
<b>Education and Experience</b>	<ul style="list-style-type: none"> <li>▪ College diploma or university studies in human services or a related field.</li> </ul> <p style="margin-left: 20px;"><b>AND</b></p> <ul style="list-style-type: none"> <li>▪ One (1) year of work experience in a related field.</li> </ul> <p><i>Preferred Qualifications:</i></p> <ul style="list-style-type: none"> <li>▪ Post-secondary coursework, training, or demonstrated experience related to special needs, inclusive education, child development, disability studies, or neurodevelopmental differences.</li> <li>▪ Experience supporting children and/or youth with special needs in a community-based, wellness, education, or support setting.</li> </ul>
<b>INCUMBENT COMPETENCIES</b>	
<b>Knowledge:</b>	<ul style="list-style-type: none"> <li>▪ Knowledge and awareness and the KZA culture and community.</li> </ul>
<b>Abilities:</b>	<ul style="list-style-type: none"> <li>▪ Research, analytical, and decision-making skills.</li> <li>▪ Planning and organization skills.</li> <li>▪ Monitoring and reporting skills.</li> <li>▪ Ability to communicate orally and in writing.</li> <li>▪ Ability to plan and manage project teams</li> </ul>
<b>Personal Suitability:</b>	<ul style="list-style-type: none"> <li>▪ Discretion and diplomacy</li> <li>▪ Reliability</li> <li>▪ Ability to withstand or support emotionally-charged or potentially unpleasant and/or disturbing situations;</li> <li>▪ Ability to maintain healthy professionalism and respect for staff, colleagues and clients while working in a stressful environment;</li> <li>▪ Ability to establish and maintain effective working relations with multiple stakeholders.</li> </ul>
<b>Certification/Licenses to maintain for duration of employment:</b>	<ul style="list-style-type: none"> <li>▪ Valid driver's license for the duration of employment; An employee must have three years driving experience and the age of 21 in order to be an insured driver with a KZA band vehicle.</li> <li>▪ Criminal record verification will be required if considered for the position. The incumbent must not possess any criminal record (s) related to working in the profession and maintain throughout employment;</li> <li>▪ Must provide medical certificate of good health if considered for the position;</li> <li>▪ Valid First Aid and CPR Training Certification, ASIST Training or ability to undergo training within 3 months of being hired;</li> <li>▪ Must follow all safety precautions and protocols .</li> </ul>
<b>Assets:</b>	<ul style="list-style-type: none"> <li>▪ Strong communication skills in English (written and spoken).</li> <li>▪ Ability to communicate in Algonquin and in French.</li> </ul>



## **JOB OPPORTUNITY**

OPEN UNTIL FILLED

June 12, 2025

<b>POSITION:</b>	<b>NNADAP Substance Abuse Worker</b>
<b>LOCATION:</b>	Kitigan Zibi Health and Social Services
<b>WORK SCHEDULE:</b>	35 hours a week (varied schedule)
<b>TERM:</b>	Indeterminate – Full Time (6-month probationary period)
<b>SALARY:</b>	Level 5 (range based on experience)
<b>DUE DATE:</b>	Open until filled

---

The NNADAP Substance Abuse Counsellor supports individuals, families and the community through all stages of addictions by providing individualized comprehensive tools, resources, education and counselling, as well as promoting healthy lifestyle choices through various organized activities.

### **PREAMBLE**

If you are interested in applying for this position and can demonstrate that you meet the mandatory basic requirements, please forward your: **cover letter, updated resume, copy of your degrees and/or diplomas/certificates, three (3) work references** and any documentation that will support you meet the mandatory qualifications. A police reference check will be required if considered for the position.

Please provide your job application package to the attention of Myra Dumont, Human Resources Advisor, at the (KZHSS) Health Center.

### **Contact information:**

**Email:** [Myra.Dumont@kza.qc.ca](mailto:Myra.Dumont@kza.qc.ca) or [hr.advisor@kza.qc.ca](mailto:hr.advisor@kza.qc.ca)  
**Phone:** 819-449-5593 ext. 2015  
**Location:** KZ Health Centre (8 Kikinamage Mikan, Maniwaki, QC J9E 3B1)

Only persons meeting the mandatory requirements will be considered for an interview. Failure to provide all the necessary documentation before the deadline will be considered an incomplete application. Preference will be given to Kitigan Zibi Anishinabeg Band members in accordance with the Kitigan Zibi Anishinabeg's Preferential Hiring Policy. Applicants must possess the basic requirements at the time of the deadline. Band Council reserves that right to recruit the most suitable and competent employee(s) who can best serve the interests of KZA as well as provide quality services to its members regarding the candidates who pass the interview process.



## KITIGAN ZIBI HEALTH & SOCIAL SERVICES

### NNADAP Substance Abuse Counsellor Job Description

GENERAL INFORMATION
<b>Job Title :</b> National Native Alcohol & Drug Abuse Program (NNADAP) Substance Abuse Counsellor
<b>Category :</b> Professional
<b>Sector :</b> Kitigan Zibi Health & Social Services
<b>Location :</b> Kitigan Zibi Health Centre 8 Kikinamage Mikan, Maniwaki, Quebec
<b>Terms :</b> Full Time–Indeterminate
<b>Hours :</b> 35 hours per week (Varied schedule)
<b>Salary :</b> KZA Salary Scale Level 5 (Range negotiable) in accordance with the <i>KZA Human Resource Policy</i>
<b>Immediate Supervisor :</b> KZHSS Director
<b>Date of Job Description :</b> May 2025

KZHSS MISSION STATEMENT
Kitigan Zibi Health and Social Services offers a safe, equitable, and quality current service practice with qualified community professionals to encourage Kitigan Zibi Anishinabeg community members to take charge of their own health.
CLIENT SERVICE RESULTS
The NNADAP Substance Abuse Counsellor supports individuals, families and the community through all stages of addictions by providing individualized comprehensive tools, resources, education and counselling, as well as promoting healthy lifestyle choices through various organized activities.
KEY DUTIES
<ul style="list-style-type: none"><li>▪ Counsels, mentors, and supports families, groups, and/or target individuals (e.g. persons struggling with addictions, pregnant women, at-risk individuals, individuals in crisis) dealing with various stages of addictions (pre-treatment, during treatment, aftercare).</li><li>▪ Develops individualized treatment/recovery plans and provides educational tools and resources (e.g. self-management skills).</li><li>▪ Coordinates referral process (as received by individuals, families or other agencies) to appropriate regional facilities: treatment centres, detox/withdrawal management service institutions, processes admission forms and oversees logistical details (e.g. transportation and escort arrangements); maintains contact and follow-up with health care professionals regarding client's well-being.</li><li>▪ Arranges transportation and provides information for community members wanting to access local resources/support groups (e.g. AA, NA, Al-Anon groups).</li><li>▪ Coordinates and develops culturally-appropriate content for program promotion documentation, community prevention activities around addiction-free lifestyles and healthy living (e.g. monthly newsletters, CKWE broadcasts, National Awareness Week, school presentations), hosts alcohol-free events, recreation and social activities, secures guest speakers and other resources.</li><li>▪ Intervenes in a crisis/emergency situation at the request of KZPD and other partner organizations.</li><li>▪ Liaises and partners with regional, provincial and federal counterparts to share leading practices and keeps abreast of leading practices and/or work scenario experiences.</li></ul>

### KNOWLEDGE AND SKILLS

- Theories, principles, and practices of crisis intervention strategies, effective counselling methods, sound therapeutic techniques with persons and families dealing with addictions.
- Knowledge of effects of alcohol and drugs and various underlying causes (e.g. trauma, abuse) of addictions.
- Effective interpersonal client-centered communication and interpersonal skills to work with diverse client groups of varying education levels.
- Effective case management and confidential record keeping practices.
- Ability to plan, organize and facilitate group information sessions and community events.
- Knowledge of safety-oriented skills when dealing with intoxicated or aggressive clients; ability to effectively analyze situations quickly and apply sound judgment, and to work as a team.
- Knowledge of KZA/KZHSS policies, including KZHSS Policies and Procedures Manual, KZA Human Resources Manual, and KZA Code of Ethics, KZHSS Professional Code of Ethics, Privacy Laws (PIPEDA), and applicable Accreditation standards.
- Knowledge of community resources, treatment centers, social service networks and organizations and prevention and support services offered locally and provincially.

### CONTACTS

- Briefs Director of NNADAP program delivery.
- Maintains positive relationships with clients, co-workers and community members.
- Liaise and networks with local service providers, treatment and detox centres, health care agencies/facilities as well as other First Nations.
- Collaboration with the KZPD and other partner organizations when crisis situations arise.

### MANAGERIAL/SUPERVISORY

Human Resources:	Not applicable for this position.
Financial Resources:	Not applicable for this position.
Material Resources:	Not applicable for this position.

### ENVIRONMENTAL FACTORS

Psychological and Physical Effort:	<ul style="list-style-type: none"> <li>▪ Manages medium to high level stress and multi-tasks daily;</li> <li>▪ Mental alertness to changing and challenging situations;</li> <li>▪ Strong interpersonal mental health;</li> <li>▪ May be required to intervene in precarious situations.</li> </ul>
Working Conditions:	<ul style="list-style-type: none"> <li>▪ Works within an office setting;</li> <li>▪ Required to make home visits;</li> <li>▪ May be required to transport a client;</li> <li>▪ Required to attend professional workshops, staff meetings, workplace safety training within KZA and may be required to travel outside of the community.</li> </ul>

<b>INCUMBENT QUALIFICATIONS</b>	
<b>Education and Experience</b>	<ul style="list-style-type: none"> <li>▪ Proof of completion of College Level training in Addictions Studies or related studies with experience in human sciences.</li> </ul>
<b>INCUMBENT COMPETENCIES</b>	
<b>Knowledge:</b>	<ul style="list-style-type: none"> <li>▪ Knowledge and awareness and the KZA culture and community.</li> </ul>
<b>Abilities:</b>	<ul style="list-style-type: none"> <li>▪ Ability to communicate orally and in writing in English.</li> <li>▪ Computer literacy skills.</li> </ul>
<b>Personal Suitability:</b>	<ul style="list-style-type: none"> <li>▪ Honest, non-judgmental, and non-intrusive.</li> <li>▪ Discretion and diplomacy.</li> <li>▪ Strong interpersonal skills and objectivity.</li> <li>▪ Reliability.</li> <li>▪ Ability to develop a trusting relationship with clients and staff through open, honest communication and genuine caring for the client situation.</li> <li>▪ Mental caliber to withstand or support emotionally charged or potentially unpleasant and/or disturbing situations.</li> <li>▪ Ability to maintain healthy professionalism and respect for staff, colleagues and clients while working in a stressful environment.</li> <li>▪ Ability to establish and maintain effective working relations with multiple stakeholders.</li> </ul> <p><i>*Due to the specific nature of this job position, an incumbent should have and maintain an exemplary standing in the community in regards to having a clean and healthy lifestyle (i.e. not abusing drugs or alcohol).</i></p>
<b>Certification/Licenses to maintain for duration of employment:</b>	<ul style="list-style-type: none"> <li>▪ Valid driver's license for the duration of employment; An employee must have three years driving experience and the age of 21 in order to be an insured driver with a KZA band vehicle.</li> <li>▪ Criminal record verification will be required if considered for the position. The incumbent must not possess any criminal record (s) related to working in the profession and maintain throughout employment.</li> <li>▪ Must provide medical certificate of good health if considered for the position.</li> <li>▪ Valid First Aid and CPR Training Certification or ability to undergo training within 3 months of being hired.</li> <li>▪ Must follow all safety precautions and protocols.</li> </ul>
<b>Assets:</b>	<ul style="list-style-type: none"> <li>▪ Ability to communicate in French and Algonquin.</li> </ul>



# **FAMILY WELLNESS LEATHER DREAMCATCHERS WORKSHOP**



**MARCH 11 AND MARCH 18, 2026  
6PM TO 8PM  
ÒDE WÌDÒKÀZOWIN ACTIVITY ROOM**

---

**CHILD CARE AVAILABLE**

**SNACKS AND REFRESHMENTS SERVED**

**PLEASE CALL LAURIE (ÒDE RECEPTIONIST) AT 819-449-2323  
TO REGISTER.**

Family Wellness **Double Workshop**

# BABY-LED WEANING

*with Nutritionist Marie-Eve Gagne*

# CHILD/INFANT CPR & CHOKING PREVENTION

*with AC First Nation First Aid & CPR  
Instructor Andrew Commanda*

**Tuesday March 24, 2026**

**5pm to 7pm**

Òde Wìdòkàzowin Activity Room

Supper provided + childcare available



**Please call to register  
with Laurie (Receptionist) at  
819-449-2323.**

# NALOXONE EDUCATION + OVERDOSE RESPONSE

## TRAINING



Naloxone (Narcan), given as a nasal spray, can reverse the effects of an opioid overdose/drug poisoning and save a life. Learning to use it is a way of caring for our relatives and protecting our community. Together, we honour life and look out for one another.

## SECOND SESSION

 **Community Hall**

**No registration required  
Light meal will be served**

 **March 14, 2026**

 **1:00pm–3:00pm**



**For more information,  
please contact:**  
Darren McGregor  
NNADAP Substance Abuse Counsellor  
(819) 449-5593 ext 2017  
darren.mcgregor@kza.qc.ca



# WE'RE HIRING

## JOIN OUR TEAM



««« WE'RE LOOKING FOR CERTIFIED »»»

Early Childhood Educators (ECE)  
Elementary Teachers (B.Ed)  
High School Teachers (B.Ed)  
Specialized Teachers (B.Ed)  
Pedagogical Advisor  
Special Education Support  
Education Assistants

### PERKS & BENEFITS »»»

- Competitive salary
- 35 hours / week
- PD opportunities
- Land-based learning & mentorship
- Employment Assistance Program
- Learn about Indigenous culture
- ...and so much more!



37 Kikinamage Mikan  
Kitigan Zibi/Maniwaki QC  
(819)449-1798

**APPLY NOW!**

SEND YOUR CV TO :  
[HR.advisor@kza.qc.ca](mailto:HR.advisor@kza.qc.ca)

*Connect with us for a visit!*

**“Come Walk in Our Moccasins”**



uOttawa

Faculté de médecine  
Faculty of Medicine

# Indigenous Mini-Med School

**Indigenous Students are invited to the Faculty of Medicine at uOttawa!**

**When: Saturday, March 28<sup>th</sup>, 2026 from 9 am to 4 pm.**

“Come Walk in Our Moccasins” Mini-Medical School is hosted by the Indigenous Program at the uOttawa Faculty of Medicine. It was initiated in 2010 as a way to inform and inspire First Nations, Metis, and Inuit peoples to consider a career in medicine.

Our Indigenous medical students will share their personal journeys and will be with you the entire day. Dr. Darlene Kitty, our Indigenous Program Director, will talk about what it’s like to be a physician practicing in the Cree community of Chisasibi.

## EXPLORE A CAREER IN MEDICINE

Mini-Med participants will learn how doctors:

- Do a medical history and physical exam
- Put on a cast
- Suture or do stitches
- Optional visit to anatomy lab

## LEARN ABOUT MED SCHOOL

We will speak about the application process and the requirements to successfully apply to Ontario Medical Schools. Current student volunteers will also share their application experiences.



**REGISTER NOW BEFORE SPOTS FILL UP!**

**LAST DAY TO REGISTER IS MARCH 20<sup>TH</sup> AT 4 PM**

Location: University of Ottawa Faculty of Medicine, Guindon Building  
451 Smyth Rd., Ottawa

Lunch and refreshments provided throughout the day. Participants from outside the region are responsible for their own travel and accommodation.

**FOR MORE INFORMATION, PLEASE CONTACT:  
LUC BRISEBOIS,  
INDIGENOUS PROGRAM COORDINATOR**



[mdindig@uottawa.ca](mailto:mdindig@uottawa.ca)

MINO BIMADIZOWIN



# WOMAN'S

Monday Evenings

# DRUM GROUP

Calling all women and girls to sit together and learn songs.

6:00 pm- 8:00 pm

Kitigan Zibi Education Sector  
Building  
37 Kikinamage Mikan

Let's come together Monday Evenings as women, to sit, learn and to listen to one another.

Together we will learn social and ceremony songs to sing in that good way.

You are encouraged to bring your personal drums and rattles and if you don't have one, we will have some to share with you.

Scheduled back to Monday evenings, with a new location for the month of March.

For any further information or questions about this program, please contact  
[Mariah.Smith-Chabot@kza.qc.ca](mailto:Mariah.Smith-Chabot@kza.qc.ca).



# March Grammar Contest



Complete the crossword puzzle below and drop it off at the Cultural Center or email it to [odaminowin2021@gmail.com](mailto:odaminowin2021@gmail.com) before March 30<sup>th</sup>.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

**\$100 KZ STORE GIFT CARD**

**RANDOM DRAW**

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

### Grammar Note

This is in 2<sup>nd</sup> Person- Past tense and means YOU WERE DOING THAT VERB.

### Across

- 1. You played
- 3. You drank
- 6. You ate
- 7. You went
- 9. You chopped wood
- 10. You made fire
- 11. You sat down
- 12. You slept

### Down

- 1. You cooked
- 2. You sang
- 3. You walked
- 4. You were tired
- 5. You were sick
- 7. You fished
- 8. You played

kigiminikwe	kiginibà	kigìdodamin	kigìbimose	kigìgìgonzke	kigìdàkoz
kigìdòdamità	kigìdijà	kigìdayekoz	kigìdashkihise	kiginigam	kiginamadab
kigiwisin	kigibodawe	kigichìbakwe			

**HOLY ROSARY**  
**MARCH 15 /26**  
**11: 00 AM**



**WELCOME**

**MASS FOR:** Michelle Dumont Cooko from your Godmother.

Claudette Commanda from family & friends.

Norman Whiteduck from family & friends.