



SAGAMOK ANISHNAWBEK

**NEWS**

# **Binaakwii Giizis**

Falling Leaves Moon | October 2025

# SAGAMOK ANISHNAWBEK NEWS

*Binaakwii Giizis | Falling Leaves Moon | October 2025*

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- Little NHL Callout
- Jingle Dress Making Series
- Fall Fun Day
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- Free Tax Clinics
- Sagamok Big Buck Bingo
- Maajtaadaa Intro to Anishinaabemowin
- Mino Clinic Hours
- Heavy Equipment Operator Screening
- Belt Making
- Community Calendar Photo Callout

## Sagamok Members Portal



# RHT UPDATE

Legal Fees Case - Updates Posted!

[www.SagamokAnishnawbek.com/log-in](http://www.SagamokAnishnawbek.com/log-in)

## DECORATING TENDER CHRISTMAS GATHERING



**MEC**

**DECEMBER 15, 2025**

**Anticipated Guests: 250**

Full details are available online.



**SUBMISSION DEADLINE: NOVEMBER 10 AT 12:00PM**

**[www.SagamokAnishnawbek.com](http://www.SagamokAnishnawbek.com)**

*Fall  
Fun Day*



**HELP  
WANTED!**

**FOOD & CRAFT VENDORS**  
10:00AM - 3:00PM

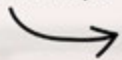
**SECURITY & GENERAL MAINTENANCE**  
8:30AM - 4:00PM

If you are interested, please email:  
[sonnenburg\\_susan@sagamok.ca](mailto:sonnenburg_susan@sagamok.ca)

**MIIGWECH DWAGI GIIZHGAT**

## SAGAMOK CAREERS

Scan the code  
for more info



[www.SagamokAnishnawbek.com/job-opportunities](http://www.SagamokAnishnawbek.com/job-opportunities)

## CATERING TENDER CHRISTMAS GATHERING

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## AGM & COMMUNITY FORUM

Departmental Booths • Door Prize  
& Draws • Meals All Day

**OCTOBER 17 | 10AM-6PM**  
Multi-Educational Centre

[www.SagamokAnishnawbek.com](http://www.SagamokAnishnawbek.com)



## Dgwaagik Zgakigeng





## Fall Harvest 2025





## KOOGNAASEWIN COMMUNITY ENGAGEMENT



*DRIVING THE PROJECT FORWARD THROUGH  
THOUGHTFUL QUESTIONS AND CRITICAL INPUT  
FROM MEMBERS OF SAGAMOK*

**September 11, 2025** – The Koognaasewin Project Team was at Sagamok's Multi-Educational Centre to conduct engagement sessions; with Sagamok staff and leadership in the morning, and with community members in the evening. This community session is just one of several that took place from the end of August to early October, outreaching to members on and off-reserve in Sudbury, Sault Ste. Marie, Toronto, and Ottawa.

Now in its fifth and final year, the Koognaasewin initiative is quickly becoming a reality in Sagamok. As a result of dedicated engagement, knowledge-sharing, and community capacity building, the responsibility for facilitating child welfare prevention services has already transitioned from Nogdawindamin to Sagamok over the past two years, and Sagamok has a Draft Child Well-Being Law and Draft System Design. This was all made possible by past community participation in engagement sessions and interviews, including Leadership, Staff, Elders, Youth, and people with lived experience.

The purpose of this specific round of engagement

sessions was to give community members an opportunity to see how their knowledge and experiences have been incorporated into Sagamok's prevention services, Draft Law, and Draft System Design. It was also an opportunity to provide additional feedback. The turnout and participation during the September 11 session at the MEC was outstanding!

The following members of the Koognaasewin Team were on site for the session:

- Roger Jones, Project Operations Coordinator
- Shelly Pascall, Regional Coordinator
- Kelly Solomon, Koognaasewin Worker

They were supported by members of Sagamok's Family and Community Support Services (FCSS) Team:

- Juanita Skruibis, Director of FCSS
- C. Marie Toulouse, System Navigator
- Carolyn Joly, Youth Support Services Manager
- Marissa Steinke, Post Majority Support Worker



After an opening prayer provided by Margaret Toulouse, Shelly invited every person in the room to introduce themselves. Some folks included an important professional connection to the session, for example, Councillor Arnelda Bennett identified herself as a member of Sagamok's Child and Family Wellbeing Committee. Others made sure to note their involvement at the grassroots, like members of the Grandmas and Aunties Group, who take on projects to support Sagamok's children in care. And, most importantly, many people introduced themselves with their primary role – mother, father, grandmother, grandfather, auntie, uncle, and sibling. Though simple, these introductions helped to start the evening in a good way and with a powerful reminder that each and every person in Sagamok has a role to play in the health and well-being of the community's children.

Before diving into the topic of Koognaasewin, Marie shared important updates about Jordan's Principle(JP). She cautioned that all JP applications will require proper documentation (for example, from a doctor or an Elder) but reassured the room that there remains a lot of support available for health needs and for children with disabilities. Marie also provided an update on the First Nations Child and Family Settlement, which is now open for claims in Classes I and II. Two days of assistance were recently held for members of Sagamok to receive support in understanding the eligibility criteria and application for the settlement. Given the popularity of the sessions, additional opportunities will be made available soon. Following a quick Koognaasewin introduction from Shelly, it was time to eat!



After everyone had enjoyed a delicious turkey supper, it was time to dive into Koognaasewin project updates. Juanita provided some statistics about Sagamok's children in care from 2017 to the present day. This helped to illustrate not only the demand for services but also delved deeper into the way that each family's unique situation helps to inform how Sagamok will use its autonomy through Koognaasewin to support families in a way that is meaningful and effective.

Shelly reminded the group about the research that serves as the foundation upon which the Koognaasewin project rests; research that includes the lived experiences of biological and foster parents, grandparents and extended family networks, youth, staff, and others. She also walked through some of the service models that will be open to Sagamok after the new law is ratified and the community takes on protective services as well. Councillor Petahtegoose was in the audience and took this opportunity to encourage everyone to see only the sky as the limit! "There's nothing stopping us from meeting every family where they need," she shared passionately.



Roger stressed the importance of operationalizing the law after it is passed. Koognaasewin has been in close contact with Peguis First Nation in Manitoba, as they have already gone through the process of rematriating child welfare in their community. Peguis has been generous to share their learnings with Koognaasewin and with Sagamok. Roger shared that one of the most helpful tools has been access to their policies and procedures, which Sagamok can use as a framework for developing its own set of tools for putting the law into action.

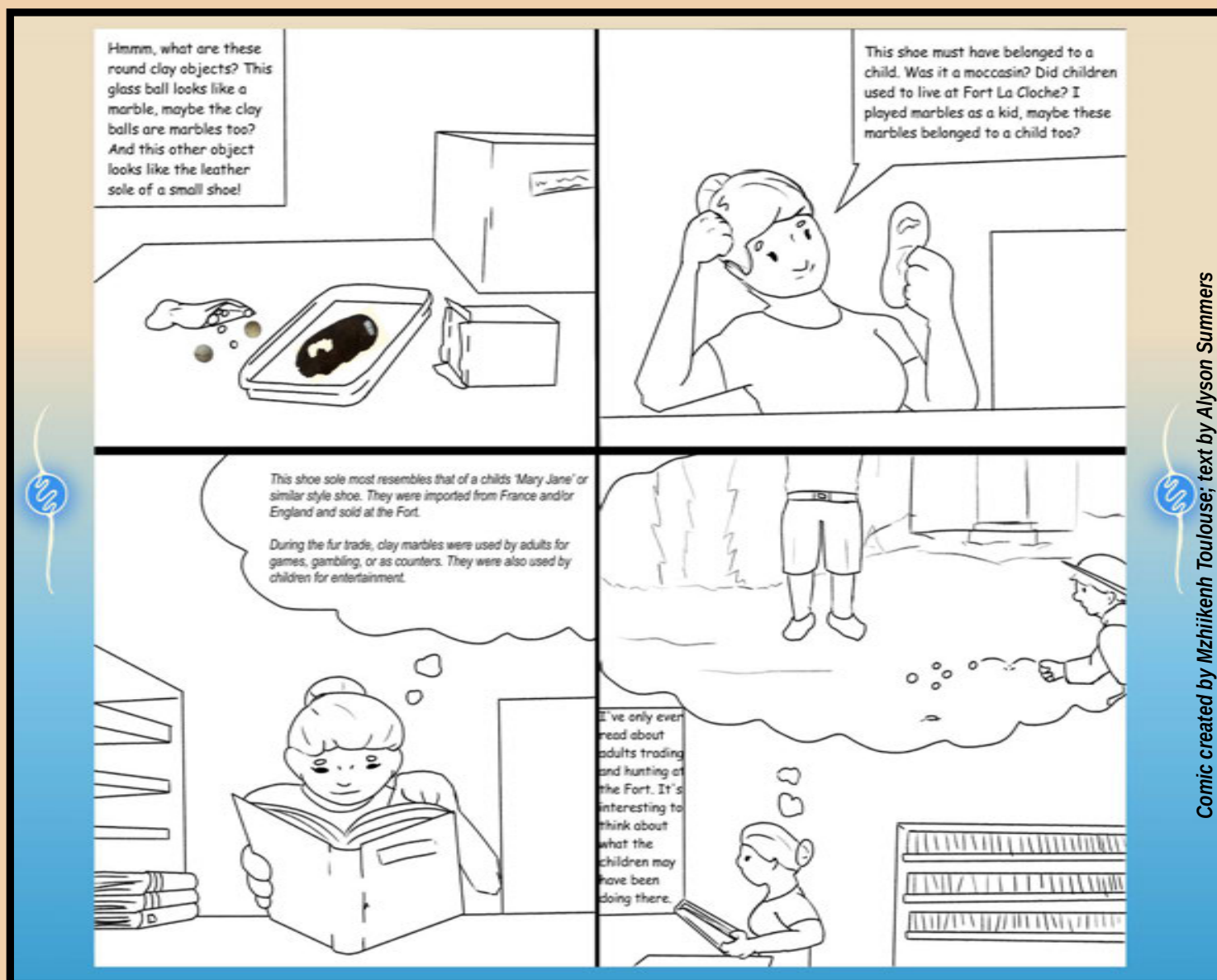
Sagamok's Draft Child Well-Being Law was printed on large poster paper, taped up around the perimeter of the MEC. After the presentation and question/answer portion of the evening concluded, everyone moved about the room to read, digest, and comment on elements of the draft law. Koognaasewin and FCSS team members were stationed at each section of the draft law to answer questions, facilitate discussion, and write down community member's input directly onto the posters. The room was buzzing with conversation! If you could not attend, rest assured, many of your neighbours, friends, and family members were there with a purpose: to listen, learn, and actively engage with the material and with each other. It was wonderful to see.



Throughout the evening, more tables and chairs were brought out to accommodate the growing number of community members in attendance. It was amazing to see a wide range of participants across many generations – from young families with little ones, to great-grandparents who have been following the evolution of the child welfare system for decades. In addition to the beautiful dinner, extra refreshments, and ample time for breaks that can be much needed during heavy topics of discussion; the room was also thoughtfully set up with a play area at the back for children in attendance. At one point, two Moms sat on the ground with their toddlers, giving them a chance to listen and be present at the session, while also keeping their children occupied with toys and games. Miigwech to Juanita for her tireless leadership and to the FCSS team members who supported the session. Miigwech to the members of the Koognaasewin Team – Roger, Shelly, and Kelly – who brought listening ears as much as they brought their expertise. And Miigwech to the Sagamonians who offered their time, presence, and deep engagement for this Koognaasewin session. Your willingness to keep showing up, to be curious, and to respectfully challenge what is still unclear is indispensable to the process of bringing Koognaasewin to life here in Sagamok.



In among the white quartzite hills of the La Cloche range, a creek connects La Cloche Lake to Naadowewigichigami, or Lake Huron. The land beside this creek has been a place of importance to Anishinaabe people since time immemorial, and ancestral belongings (archaeological artifacts) from about 2000 years ago, 600 years ago and 200 years ago have been found in this place, commonly known as Fort La Cloche. In the 1960s and 70s Ontario government archaeologists excavated thousands of these belongings. The belongings have a story to tell, but since their excavation they have mostly stayed in boxes. They are now being cared for by the Ojibwe Cultural Foundation in M'Chigeeng. Since 2022, community members from Sagamok and Mnidoo Mnising have been working with archaeologists to identify and learn about these belongings. Participants in these workshops have selected belongings that speak to them, and here we present some of the stories of those belongings.



Comic created by Mzhiikenh Toulouse; text by Alyson Summers

*Miigwech to Mzhiikenh Toulouse for creating this brilliant comic, and several others that we look forward to sharing with you in the coming months, as well as to Alyson Summers for helping draft the text, and to the numerous participants in the Reconnecting-Awakening project who shared their stories.*

# Elder's Trip

## *An Adventure to Niagara Falls!*

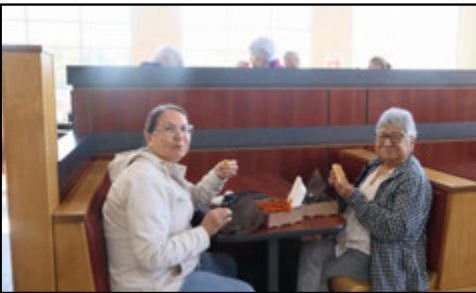
From September 16–19, a group of 50 Elders set off for this year's annual trip to Niagara Falls. With Darla Boston and McKenzie Toulouse leading the way, the group left early Tuesday morning from the Multi-Educational Centre, excited for a few days of fun, friendship, and adventure.

The itinerary was full of great activities — group breakfasts at Denny's, a Dinner Theatre show, sightseeing, and even ziplining for some of our more daring Elders! In between, there was lots of time for visiting, shopping, and enjoying each other's company.

"This trip was extra special because many of us used to work together for Sagamok," shared Grace Manitowabi. "There was lots of visiting!" Elders also enjoyed speaking Anishinaabemowin together throughout the week, shared Stanley Abitong.

Everyone shared their appreciation for Darla and McKenzie, who made sure the trip ran smoothly and that everyone was comfortable and cared for. Snacks, water, and smiles were never in short supply. "They did a perfect job!" Stanley shared. "I give them a thousand stars!" Grace added.

It was a trip to remember — full of good food, good company, and moments that reminded everyone just how special it is to spend time together as a community.







## MONTHLY MENTAL WELLNESS

*with Raven Hammond,  
Student Mental Wellness  
Specialist*

### **Staff Well-Being**

Staff well-being is a vital component of a healthy educational environment. When educators and school staff are mentally and physically healthy, they are better equipped to support their students.

Providing access to professional development, stress-relief programs, and wellness initiatives helps staff manage the demands of their roles. Encouraging work-life balance, offering mental health resources, and creating a culture of support can foster a positive and productive workplace, which ultimately benefits both staff and students.

Stay tuned for upcoming information sessions on wellness, where we'll dive into strategies for improving your physical and mental well-being. These sessions will offer valuable insights and tips to help you lead a healthier, more balanced life.



# KEEP OUT STAY SAFE!

Construction areas can change daily and hide serious dangers — unstable ground, sharp objects, and heavy equipment.

Even if no one's around, they're not safe places to explore.

**Find fun in safe spaces — and leave the hard hats to the pros!**



## Dementia Caregiver Support Group



### Upcoming dates:

**5pm Monday, October 20**

**Maamwesying Head Office, Board Room  
473B1 Highway 17, Cutler**

For more information contact Chelsea Grimard:  
Chelsea.Grimard@maamwesying.ca - 705-227-1877



# CONNECTING WITH BISCOTASING

## *A Summer Visit to the Northernmost Part of Sagamok's Territory*

**September 10, 2025** - Claims and Negotiations Director, Michelle Toulouse, and Lands, Resources, and Environment Director, Samantha Keysis, presented Gimaa with a beautiful painting brought to Sagamok from Biscotasing.

In the summer, the CNU's Michelle, Jordan, and Cora, LRE's Samantha and Mitchell, as well as Councillor Nelson Toulouse and his nephew and grandson, travelled up to Biscotasing with the purpose of reestablishing Sagamok's relationship with its members there.

Situated at the headwaters of the Spanish River, Biscotasing is the northernmost part of Sagamok's ancestral territory. In the 1950's, the population boomed to over 500 people – mills were operational and there was train service to and from the town multiple times a day. Today, only about 25 people live there full-time, but the area is also home to many more seasonal residents.



Biscotasing may be an unorganized town, but everyone knows Member of Sagamok, Raymond

Hatfield as its “unofficial mayor!” Michelle and her group met up with Ray, his sister Carol Ann Budd, and other Members of Sagamok for a meal outside the Biscotasing Community Centre. Ray presented the group with a gift – the beautiful painting, pictured below – to bring back to Sagamok's Chief and Council. “Sagamok has a lot of history up in Biscotasing,” shares Michelle. “It was a really meaningful trip for us to go up and connect with Sagamok Members living there.”



Michelle's long-term goal is to facilitate more opportunities for Members of Sagamok to visit Biscotasing. “It would be great if, as part of the Youth Mentorship program, we could plan a trip for the youth to get on the train, travel up to Biscotasing, learn the history, and be dropped off with their gear to canoe down the Spanish River,” she shares.

This summer's visit to Biscotasing marked an important step in reconnecting Sagamok with its northernmost community and the Members who continue to call it home. The gift of the painting serves as a meaningful reminder of these enduring relationships and the deep history shared across the territory. Looking ahead, Sagamok hopes to create more opportunities for Members—especially youth—to experience and learn from places like Biscotasing, strengthening the connection between the community, its people, and the land.

## Meet Your Councillor!

### MCKENZIE TOULOUSE



Councillor McKenzie Toulouse is serving on Council for the second time. Her first term was from 2022 to 2024. Born and raised here in Sagamok, McKenzie wanted to give back to her community through leadership. In 2005, McKenzie started Sagamok's Youth Council and helped it run until 2011. When she returned to Sagamok after many years away pursuing her education, McKenzie says it was Elders' encouragement that nudged her to run for leadership. "When the community sees that you have a voice," McKenzie shares, "you can't turn down the calling." Currently, McKenzie contributes to the Child & Family Advocacy, Education, Membership, and Cultural & Healing Lodge committees and sits on the Board of Directors for Nogdawindamin.

McKenzie holds a Bachelor's Degree in Health and Society, with a minor in Indigenous Studies, as well as a Master's in Indigenous Education from York University. She teaches people from across Canada through the Indigenous Friends Association, which she helped found in 2016. Her curriculum is centred on land-based teaching, identity, history and culture. The program has four intakes each year, with about 40 individuals enrolling each term. Students range from 18 to 65 years old.

This past summer, McKenzie poured her knowledge and experience as a student and as a teacher into a curriculum for Sagamok's Youth Mentorship Program. When developing the program, McKenzie focused on the 4 areas of health – physical, mental, social, and emotional – as well as Sagamok's community story, and a balance of land-based and Western education. By calling on every department to contribute to the summer program, she hoped to ignite team building within Sagamok's organization as well. The program was a huge success, with two 4-week sessions welcoming 20 youth each. McKenzie is now finalizing the program report to demonstrate its outcomes and hopefully garner support for its continuation in the future – not just in the summer, but with opportunities all year round.

McKenzie is passionate about instilling in young people that they have roles and responsibilities to play in their families and in their communities. One of the teachings she received when she was young is that Anishinaabe language and culture is not lost, it is sleeping. "We want to awaken it," she shares. Her own grandparents being healers, McKenzie recognizes the importance of each person's unique gifts. She wants to help provide opportunities for Sagamok youth to open their hearts and minds to what the land can teach us. "She nurtures us, houses us, and she provides for us. We are all connected to the land; she is in our DNA," McKenzie says. And for McKenzie, there is a place to find balance with Western education, too. That's why the Youth Mentorship curriculum also provides opportunities to explore interests, education, and career opportunities – something Sagamok Education and the Lifelong Learning Centre are striving for too.

***To the young people in SA that may (or may not!) be interested in pursuing a leadership position within the community, what do you think are the qualities that make a good leader?***

Over the past year or so, McKenzie has led by example, demonstrating to youth exactly what it means to take care of oneself in order to be of service to others. Around the time of this Council's election, McKenzie lost her best friend to cancer. "Council was very understanding," shares McKenzie. Decision-



making on behalf of the community is not a responsibility that McKenzie takes lightly; sometimes, it weighs heavily. While in the early days of grieving for her friend, she asked herself, “How can I make good decisions if my mental health isn’t strong?” So, she took a step back to care for herself, and she sought help – both professionally through therapy with Dr. Menzies, and also by connecting with herself spiritually.

With support, McKenzie began to find a way forward through her grief. “I gave tobacco and asked grandmother moon to help me find my place again,” she shares. After months of praying, the answer came in the form of a call to action from Juanita Skruibis, Director of Family and Community Support Services, who needed help with the upcoming summer Youth Mentorship Program. “Working on the Youth Mentorship Program really ignited me,” McKenzie says. All youth can learn from McKenzie’s example of leadership by following where your gifts and passions guide you, and remembering that caring for yourself is a critical part of your ability to care for the community.

***When you’re not at work, how do you like to spend your time? What are some of your hobbies or interests?***

You will most often find McKenzie at her home. Her grandfather was raised on the property where she now lives. “I feel a strong connection to my grandparents here,” she shares. McKenzie often tells community members to stop by anytime they want to talk. “My door is open!”

“I am a Mom, daughter, caretaker, and pillar of my home. I love spending time with my own Mom and being a Mom to my two sons. I am trying to teach them the role they have as a man, and they are very attentive to both their grandmothers.” McKenzie shows a lot of her love through food – she enjoys caring for her plants and medicines, canning, preserving, and cooking!

If she’s not at home – her safe space – you might find McKenzie travelling across Canada. As a big Toronto Raptors fan, she loves to attend live games, spend time with her friends in the city, and enjoy great food. This self-care time helps her recharge and return to the community ready to listen and lead. McKenzie always puts community first, including all our children in our Daycare and our Elementary school, Biidaabin. “Our children and youth are our future leaders who will lead us one day; we must mentor and be a leading example of how we want them to lead us when we one day are Elders in our community,” shares McKenzie.

***Who or what has had the greatest influence on your career and life choices, and why?***

McKenzie’s greatest influence has been her education. By learning about her history, colonization, and its impacts, and balancing that learning with the formative impact of how she was raised, McKenzie says she has a deep understanding of her responsibility to break the harmful cycles of the past. “We have the ability to rise above the stories that other people have been telling about us,” she shares. Her education has inspired McKenzie to prioritize her identity, culture, and Anishinaabe way of living. “Life is challenging,” she says. “But I believe that if we do good with good intentions, we will be blessed with goodness.”

McKenzie strives to always put community first. She truly has an open door, open ears and open heart. “When community members come to me with concerns, I know they are sometimes coming from a place of hurt, so I listen,” says McKenzie. The community is fortunate to have McKenzie sitting at the table on their behalf, grounded in her Anishinaabe identity and culture. McKenzie loves her community and shall keep striving to live life in a good way but most of all to keep doing the work for community.





# RENT-TO-OWN HOUSING PROGRAM

SAGAMOK IS LAUNCHING AN  
UPDATED HOUSING PROGRAM!

Designed to Support Members of Sagamok and Make  
Housing More Affordable – Key Features Include:

- ✓ Occupancy as early as December 2026
- ✓ No down payment required – at the end of the term, you own the home
- ✓ Option to make down payments or purchase outright at any time
- ✓ Five (5) different models to choose from with rents from \$1,025-\$1,750 per month

Apply now if you are interested in a home this year or next year.  
The deadline to apply is October 29, 2025.

MODELS FOR THIS YEAR ARE AVAILABLE ONLINE AT:  
**WWW.SAGAMOKANISHNAWBEK.COM/HOUSING**

\*MODELS SUBJECT TO CHANGE

Details and Applications:  
**market.housing@sagamok.ca**

## 2026 Pet Calendar

Send us pictures of your furry friends for a chance for your pet to be featured in **Sagamok's 2026 Pet Calendar!**

**Deadline: October 31st**



Send submissions to:  
**cada\_lindsey@sagamok.ca**



## SAGAMOK BIG BUCK



**October 18, 2025**

**Multi-Educational Centre  
Doors open at 2:00pm**



Go to **www.SagamokAnishnawbek.com**  
for full details.

## Elders Forum

I.T. Presentation – Using Personal Devices

**WEDNESDAY, OCT 15  
10:00AM – 3:00PM**  
New Community Hall

**BINGO  
AT LUNCH**

Darla Boston | 705-865-2421

## Dementia Caregiver Support Group



**Upcoming dates:**

**5pm Monday, October 20**

**Maamwesying Head Office, Board Room  
473B1 Highway 17, Cutler**

For more information contact Chelsea Grimard:  
Chelsea.Grimard@maamwesying.ca - 705-227-1877

**MAAMWESYING**  
FIRST NATIONS COMMUNITY DEVELOPMENT

**Alzheimer Society**  
SAGAMOK ANISHNAWBEK

**McMaster University**

**UNIVERSITY OF SASKATCHEWAN**

# Youth Mentorship Program

## *From a Nookomis' Perspective*

Councillor McKenzie Toulouse's curriculum made a big impact for Sagamok's youth and their families this summer. This year's Youth Mentorship program put a strong focus on Anishinaabe culture, traditions, and teachings that have always been part of the community. For one Nookomis, Donna Toulouse, this has been especially meaningful.

Donna's granddaughter, Emily, is 13 years old and began grade 9 this September. Donna shares that Emily recently committed to completing a berry fast, which is connected to a young woman's first moon cycle. The fasting young woman is taught the meaning of the berry fast teaching, which is shared through refraining from eating berries, swimming, and cutting her hair. When her fasting year is complete, a ceremony is conducted. These teachings are powerful, but Donna explains that many young people don't have someone close by - perhaps a family member - to share these teachings with them and bring them forward to the community. Emily was the only one in her class who was completing the berry fast, but by participating in the summer Youth mentorship Program, she was able to connect with her peers as they all learned more about Anishinaabe culture and tradition together.

Donna says Emily was proud to bring these teachings home. "They are there," Donna says, "but we need to bring them out and teach our young people." One special moment was when they held a sweat lodge for their spirit names. Donna went into the lodge with the students, and Emily, who already had her name, took part in the sweat. Respect and responsibility are also part of the learning, says Donna. During the sweat lodge, two girls were being loud and disrespectful. When the door opened, other students told them to be quiet. They were holding their peers accountable, showing leadership and care for the teachings.

Donna added how much she loves the curriculum and thanked McKenzie for making it possible. McKenzie shares that the goal is to continue offering opportunities for Youth Mentorship throughout the year, rather than limiting it to only the summer.

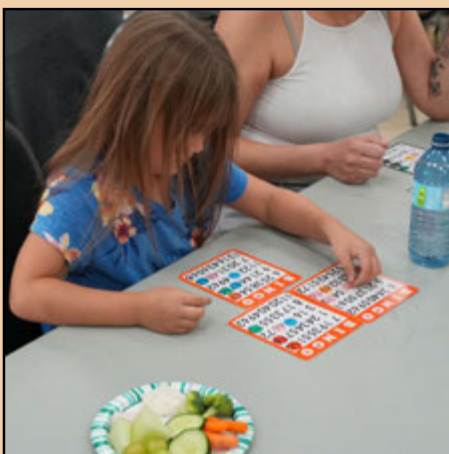
McKenzie recently polled 50 Elders on the trip to Niagara Falls to find out ways that youth and Elders can be connected, in other words, what are the Elders looking for? She says the number one answer was cultural and social nights, and the second most popular answer was assistance with challenging tasks at home, such as shovelling snow, preparing firewood, fall cleanup around the property, etc. With this information in mind, McKenzie is planning to set up opportunities for Sagamok Youth to give back to Elders in the community throughout the year, with a focus on intergenerational social connection and cultural learning. McKenzie also hopes to offer Youth Mentorship weekends throughout the year, in partnership with Mukwa Adventures, who heavily supported the land-based learning components of the summer program. The future is bright for Sagamok's Youth Mentorship program and we are excited to see it evolve!

## Meet & Greet

### *With NEW Children's Wellness Workers!*

Deanna Southwind and Darian Jones are the NEW Children's Wellness Workers! They join Sagamok's staff as part of the Family and Community Support Services (FCSS) Department. On the evening of Wednesday, September 17, Deanna and Darian hosted a Meet and Greet up at the New Community Hall. While this dynamic duo may be a set of familiar faces to many in the Sagamok community, this was an opportunity for Deanna and Darian to debut themselves in their new roles.

Every family was asked to complete a short survey, which aims to gather input from parents, caregivers, and even children themselves, about what types of programs and activities they are most interested in for 6 to 12 year olds, as well as opportunities they want to see offered for the whole family. "I'm having fun brainstorming ideas," shares Darian as she flips through her notebook full of jot notes. "But I'd rather know what the community wants!" The survey also asks families to detail their available days/times during the week, to ensure programming is as accessible as possible for those who are interested in participating. After all the families had arrived and helped themselves to something to eat – the spread was a beautiful selection of fresh fruits and vegetables, as well as charcuterie-style meats and cheeses – it was time for the main event: Healthy Snack Bingo! Deanna was the caller, the rules were established – 6 card max for each player – and the prizes were displayed on long tables across the south side of the room. The winner of each round stepped up to the prize table to collect a pre-made bundle of healthy snacks, and Darian helped them pack it into a grocery bag to carry home.



The Meet and Greet was a big success! Miigwech to Deanna and Darian for offering this fun and engaging evening activity for families to enjoy, and to Chason Toulouse who volunteered at the event to earn credit towards his high school diploma. Deanna and Darian already have more great activities coming up soon, including a Storytime with Elders, an outing to Urban Air, and Hapkido Karate Classes. Keep an eye on Sagamok's website, digital signs, and Members of Sagamok Facebook Group for more to come.

If you have a child between the ages of 6 and 12, we encourage you to connect with Deanna and Darian about the programming they have to offer. And, it's not too late to have your voice heard. You can access the survey online or reach out to one of the workers directly:

*Deanna Southwind*  
**[Southwind\\_deanna@sagamok.ca](mailto:southwind_deanna@sagamok.ca)**

*Darian Jones*  
**[Jones\\_darian@sagamok.ca](mailto:jones_darian@sagamok.ca)**

# Sagamok's Hockey Stars!

## *Support from Chief & Council*

Sagamok's Chief and Council would like to acknowledge the talent and hard work of some of our community's rising youth hockey stars!

### **Gregory Wells**

*Copper Cliff U15 AA*

### **Nyssa Solomon**

*National Indigenous Junior Hockey Championships  
U20*

### **Owen Lamothe**

*Sudbury Wolves U18 AAA*

### **Adriano Maiangowi**

*Espanola Minor Hockey*

### **Ariana Owl**

*Espanola Minor Hockey*

### **Kerenza Wells**

*Espanola Minor Hockey*

### **Kassiya Wells**

*Espanola Minor Hockey*

### **Padraig Courtney**

*Sudbury Wolves U15 AAA*

### **Bryce Courtney**

*Sudbury Wolves U13 AA*

### **Drake Desjardins**

*Espanola Minor Hockey*

### **Ocean Toulouse**

*Espanola Minor Hockey*

### **Paxton Toulouse**

*Espanola Minor Hockey*

### **Hunter Paibomsai**

*Espanola Minor Hockey*

### **Maddux Toulouse-Abitong**

*Espanola Eagles*

### **Howard Desjardins**

*Manitoulin Panthers U13*

### **Nolan Jones-Nashkawa**

*Manitoulin Panthers U11*

### **Dominic Loon**

*Wasaga River Dragons*

### **Adrian Courtney**

*Sudbury Lady Wolves U13B*

### **Anderson Bennett**

*Copper Cliff U15 AA*

### **Brody Ouimette**

*Espanola Minor Hockey*

### **Lianne Francis**

*Espanola Minor Hockey*

### **Jaycee Nashkawa**

*Sudbury Girls Hockey Association*

Sports play an important role in youth development by building confidence, teamwork, and leadership skills while promoting physical and mental well-being. We are proud to have provided over \$50,000 in sponsorships this year, ensuring our youth have the opportunity to pursue their passion in sports.

We wish them all the best in the upcoming hockey season!

# Gathering of the Eagle Staffs

## *Grade 8's Travel to M'Chigeeng First Nation*

**September 19** - Surrounding schools were invited to attend the Gathering of the Eagle Staffs held at the Powwow grounds in M'Chigeeng First Nation. Each school (approximately 8-10) arrived at the site with their school staff and stand. The sacred fire burned brightly and invitingly at the inner circle.

Biidaaban Kinoomaagegamik was represented by the Grade 8 students, their teacher Mr. Kevin Maracle, support staff, Ms. Jeanette Steinke, and Land-Based Lead, Michael Abitong. Staff and students were dressed in ribbon skirts and ribbon shirts to celebrate and honour this special occasion.

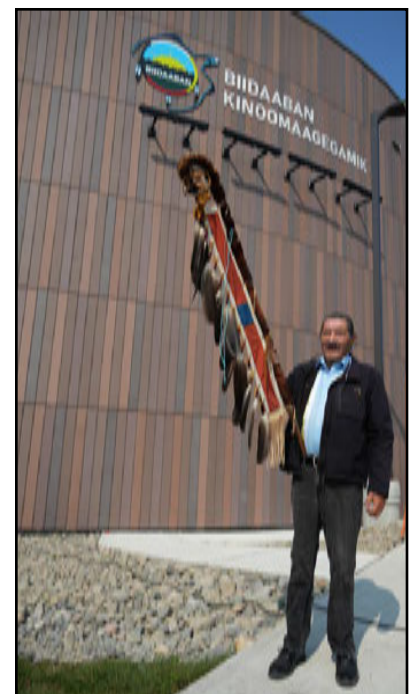
The schools gathered around the sacred fire; the ceremony began with an opening prayer and song. Each school was invited independently to come forward to the inner circle and place their school staff in its stand. Once Biidaaban was called, the staff carrier, Michael Abitong, called forward a student chosen as the candidate to carry the school staff to the inner circle and present it. This student was selected for their demonstration of commitment to their community, respect, responsibility, and how to conduct themselves as part of a team for the greater good of all. Michael passed the staff to ??? who proudly presented it and placed it alongside the others. Each staff was unique to its school and region.

Various organizations and community agencies were on site offering information display booths for students to visit and learn about the services available to them. Some vendors were also on-site offering culturally unique and hand-crafted items. It was an engaging ceremony for students and teachers alike, as well as for all community/family members who were in attendance. Miigwech to all who were involved in the collaborative efforts to bring together area schools and demonstrate this cultural solidarity through ceremony.

*Photography/video recording was not permitted during this ceremony.*



Grade 8's at the Gathering of the Eagle Staffs on September 19, 2025



Councillor Lawrence Solomon with Sagamok's Eagle Staff at the Biidaaban Grand Opening in September 2024



# Make & Take Program

## *Cooking and Connection Facilitated by the Food Bank Staff*



**September 13 & 25** - Food Bank Coordinator, Corinna Abitong, and Assistant, Sarah Jacobs, hosted two activities in the month of September: beet canning and pasta making! Corinna and Sarah both started in their roles in June as members of the Family and Community Support Services Department. They took a few months to get familiar with their weekly responsibilities - operating Sagamok's Food and Clothing Banks, as well as Soup Kitchen and Milk Program. Now, they have hit the ground running with community programming.

These two make a great team. Sarah is tech savvy and super organized, so she's the perfect fit to keep track of their programming details. Corinna has an educational background in Hotel & Restaurant Management, as well as some Chef Training, so she's bringing her knowledge of both small and large quantity cooking to the Sagamok community.

While beet canning was attended by seasoned pros, pasta-making from scratch was a new experience for most of the participants! Beyond practicing or learning a new skill and bringing home nourishing food for their families (and their freezers!), both activities offered an opportunity for healthy social connection.

Stay tuned for more opportunities to get in the kitchen with Corinna and Sarah. Rumour has it, meat pies might be next!



# Biidaaban Visits Ojibwe Cultural Foundation

## *Sagamok's History on Display*

**September 15-18** - Students from Biidaaban traveled to the Ojibwe Cultural Foundation (OCF) in September to view an archeological exhibit of Sagamok ancestral belongings. The exhibit was debuted at Sagamok's New Community Hall during Powwow Weekend and marks the culmination of the 5-year "La Cloche Cataloguing, Learning, and Sharing Project." The collection is now temporarily displayed at the OCF, which offered an exciting opportunity for young Sagamonians to see stories of their own history displayed in a professional museum setting. The LaCloche Project team includes Alicia Hawkins (University of Toronto Anthropology), Sarah Hazell (Canadian Archaeological Association and University of Toronto), Naomi Recollet (Ojibwe Cultural Foundation), and Allen Toulouse (Historical Researcher, Sagamok Anishnawbek).



Hostesses, Naomi Recollet, Collections Manager, and Shaelynn Recollet, Junior Curator & Cultural Programmer, from the Ojibwe Cultural Foundation, greeted students from Biidaaban as they entered the museum located in M'Chigeeng. "The history that is in this room is very important!" they exclaimed during their introductions. "Fort La Cloche, located in your community of Sagamok, had Archaeologists come to the Fort about 60-70 years ago and they did studies of the grounds surrounding it. They found materials and items in the ground after excavating. This exhibit at the OCF shows a small part of what was uncovered. The entire collection holds about 56,000 items. That's a lot of items! We are here today to view these items and learn about the history of Sagamok and why some of those items are significant," exclaimed Shaelynn enthusiastically.

"At first, we wanted to figure out how to start when we were developing this exhibit," explained Shaelynn. She began the tour with the belongings that ancestors had made by hand, for example, pottery. "Show of hands of how many knew that the Anishinaabe made pottery?" asked Naomi. "Unique designs, arrowheads, stone tools – all demonstrate how ingenious our people were to use these things from the earth to help us roam and survive," explained Naomi. She went on to describe how medicine people used to wear buffalo horns on their head to differentiate themselves, which is why you see some figures looking like that within the tapestries. Some of the oldest artifacts were contained in glass viewing cases which still allowed for an up-close and personal look by museum guests. They included different items that reflected what it was like to live at the fort. Over 5,000-year-



old artifacts and shards were shared with students to hold! “As Anishinaabe, we know it is important to hold items in order to reconnect with them [the item] and their ancestry,” noted Shaelynn as she passed the items around the room. She added, “there are over 46 boxes of ancestral material containing 57,000 items!” Students were given opportunities to hold the historic items, one of which was an axe head or chopping tool.

“As part of the exhibit, we want to show things that came from the ground, but we also had some artists recreate some of the items to see what they would fully look like - recreating the history of Anishinaabe”, Shaelynn supplied. She showed the students a spearhead. “What is it used for?” she enquired of the students. “It was used for protection and used to hunt animals for food.” A coin was passed around from 1857. “Now we are in 2025! That’s how old some artifacts are,” stated Shaelynn. Mr. J asked the students to figure out the difference to determine how old the coin was. With some quick math, it was determined to be 168 years old! Students thought perhaps it was a bitcoin! Next, they passed around a tool made of iron which was identified as a candle snuffer. Some students suggested ways the tool could be improved upon for modern times! Progress? A thinly carved bone with a small scoop on the end turned out to be an ear spoon. The kids were disgusted!

“How long did it take to find all these things?” the students asked. Belongings were dug up in the 60s and 70s. Archeologists spent a couple of years at the site. Today, as the host of these belongings, it’s important to know how to take care of them until they are returned to Sagamok where they come from. “We have small pieces of artifacts, but we are unsure how to utilize these,” added Naomi. Pieces of stone, pottery, bones, wood, nails, pipe, shards are typically found during an archaeological dig. Students were then asked to consider:

*What should we do with these small pieces?*

*Do we return them to the earth to put them to rest?*

*Or should we use them to make pieces of art?*

This group’s consensus was that the ancestral belongings should be returned to the earth to be put to rest. Students had another opportunity to look at the belongings in the display cases before breaking for lunch. “It makes me very happy that you came to visit us today,” said Shaelyn. “Our plan is that these artifacts will be returned to your community soon. These things at the Ojibwe Cultural Foundation are ready to come home,” she concluded. Students enjoyed a unique opportunity to view historical findings from within their home community, learning about themselves and their ancestry, and recording their experiences on the handout Mr. J had them complete as they explored the centre. Lunch was served and students boarded the bus once again for the long journey back to Biidaaban.



# Fire1 Training

## *Fire Education and Prevention at the LLC*

The Lifelong Learning Centre (LLC) organized a training program covering the fundamentals of firefighting, through an agency called FIRE 1. Dedicated to helping communities and founded in 2013, FIRE 1 has a mandate “to educate and train at the safest and highest quality level possible in forest fire suppression, mitigation and prevention.”

Lead Instructor Dave Cowan, along with Unit Instructor Clark Lemon of FIRE 1, delivered two days of training to program registrants in one of the newly furnished classrooms in the LLC. The program saw approximately a dozen participants from Sagamok and the region, with some attending from Atikameksheng. Some of the attendees are volunteer firefighters from within the community, others looking for recertification to meet industry safety guidelines, and others still looking to have the practical knowledge on how to save their house in the event of a fire.



The two-day program is a course designed to train individuals in firefighting and/or prevention skills, along with proper gear, developing familiarity with items commonly used, portable pump operation, and the importance of working together for safety and efficiency. Following a day of in-class instruction and demonstration, as well as exposure to terminology and equipment used in the realm of firefighting, the two trainers and their students travelled to Little Lake for some hands-on learning ‘in the field.’

Dave, having worked for 37 years with the Fire Management Program of the MNRF (Ministry of Natural Resources and Forestry), and Clark, having 35 years of service with Northern Development MNRF, are both experienced and confident leading groups through the training. They demonstrated proper techniques for pump assembly and operation, including priming and pull-starting (this requires a great deal of strength and coordination!). With safety boots and helmets on, each adult student tried their hand at placing and priming the portable pump in Little Lake, utilizing the nearby bush as the backdrop for the hose spray.

Instruction continued in the outdoor classroom throughout the afternoon of the hot, sunny day, with Dave and Clark interspersing stories from their years of service amidst the formal training. They shared that they met on the job and worked together for 30+ years. Dave mentioned, “firefighters are a very close-knit group,” so friendships continue well beyond when the career finishes. “A lot of enjoyment



from fighting fires comes from the camaraderie with the other firefighters”, Dave remarked. Dave and Clark are both retired from active duty but enjoy playing a role in helping students achieve their certification goals and helping communities build a team of trained individuals within the community, to be better prepared for circumstances where firefighting is involved.

Miigwech for coming to Sagamok to deliver this program, Fire 1. Chi miigwech to all our volunteer firefighters in Sagamok for dedicating your time to fire education and prevention in our community. You play an important role in the safety and wellbeing of all residents.



To reach the Food Bank,  
call **705-865-2421** and  
ask for **ext. 230**.

Alternatively, you can send  
an email to Corinna Abitong at  
**abitong\_corinna@sagamok.ca**.



**Do you have a  
child in grade 7  
to 12?**

They may be eligible for  
immunization against HPV,  
Hepatitis B, and meningitis.

For more information, please reach  
out to Sagamok's **Community Wellness  
Department** at **705-865-2171**.

## **COMMUNITY NOTICE**

**Increased Large Vehicle  
Traffic in Community**

DRIVE WITH CAUTION • LEAVE EXTRA SPACE • STAY ALERT

**COMMUNITY SAFETY IS OUR  
TOP PRIORITY**





## NON-EMERGENCY INCIDENT REPORTING

For all non-emergency incident reports or to follow up with an ongoing investigation, please call the **Provincial Communications Centre at 1-888-310-1122** and ask for the Sagamok Officer on duty.

When an incident is reported, an Incident Number is automatically created and the on-duty Sagamok Officer will be contact directly and dispatched. If there is no Sagamok Officer on duty, the Anishinabek Police Service Duty Officer will be contacted, followed by the OPP.

**For all emergencies, please call 911.**

For reporting information that you may wish to have kept anonymous but still responded to urgently, the 1-888-310-1122 number will **ensure confidentiality** upon request.

The Sagamok detachment administration line is for **administrative purposes only** on weekdays between the hours of 9am and 5pm; it should not be utilized for incident or emergency reports.

Crime stoppers can also be contacted; however, the response time can be longer.

**TO REPORT A NON-EMERGENCY INCIDENT, CALL:**

**1-888-310-1122**

Ask for the Sagamok Officer on duty.



## ***Introducing....***

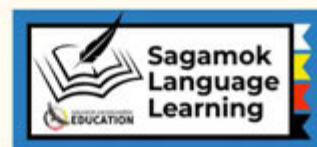
....our newest Language Revitalization project!

The Sagamok Education and IT & Communications Departments have been working collaboratively to develop a digitized version of the Sagamok Anishinaabemowin resource books.

These resources are a wonderful way to learn our beautiful language! You can hear proper pronunciation, read/spell the words in both Anishinaabemowin and English, and test your learning through interactive questions to support you at your own pace. Listen for the intro/outro recorded by our very own, Bradley Trudeau; reknowned host and voice of *Bimaadiziwin Radio - The Sagamok Hour*.

Whether you are new to learning Anishinaabemowin, want to refresh your memory, or want to teach your child/grandchild – this interactive learning resource is available for the first time **on-line** and was created by Elders and Staff right here in Sagamok!

The first book (Bineshii/Bird) can be found on the Education website at **[www.SagamokEducation.ca](http://www.SagamokEducation.ca)** by clicking on the Sagamok Language Learning icon. More books are being developed! Check back often and watch for announcements as new books become available.



# Opportunities, Events, and Programs



**FAMILY HALLOWEEN DANCE**  
COSTUME CONTESTS FOR ALL AGES!  
**THURSDAY, OCTOBER 30**  
**6-8pm at the MEC**  
Contact Susan at 705-863-2838  
or by email at [sonnenburg\\_susan@sagamok.ca](mailto:sonnenburg_susan@sagamok.ca)

**Strengthening Families**  
**10-WEEK PROGRAM**  
STARTS OCT 15  
Availability for 10 Families (Children Aged 3-18yrs)  
Wednesdays | 5-7PM  
Life-Long Learning Centre  
Dulcie Bob | 705-863-0703  
SAGAMOK ANISHNAWBEK  
Strengthening Families Program by Dr. Karol Kumpfer

**LITTLE NHL CALL OUT**  
Seeking all interested players, coaches and managers for Sagamok Anishnawbek Little NHL 2026 Hockey Teams  
Call or Text **705-770-0598**  
or email [sagamoklittlenhl@gmail.com](mailto:sagamoklittlenhl@gmail.com)

**Hapkido KARATE CLASSES**  
**6-Week Program**  
EVERY SUNDAY STARTING OCT 5  
Multi-Educational Centre  
Deanna Southwind | 705-863-2657  
Darian Jones | 705-863-0759  
Ages 6-9  
6:30-7:30PM  
Ages 10-12  
7:30-8:30PM

**Jingle Dress Making Series**  
Entering the Dance Circle - a Jingle Dress making series presented by Sophie Pheasant  
**First Session Tuesday, October 21!**  
More Information:  
705 863-2838 | [sonnenburg\\_susan@sagamok.ca](mailto:sonnenburg_susan@sagamok.ca)

**NIIGAANIIN**  
**FREE TAX CLINICS**  
Meet with tax professionals for assistance with getting up-to-date on your taxes!  
Current Upcoming Dates:  
**September 16 • October 16 • November 18**

**Fall Fun Day**  
**OCTOBER 25**  
9AM-3PM  
Multi-Ed Centre  
• FREE BREAKFAST • FREE HAIRCUTS • GAMES & CRAFTS  
• CRAFT VENDORS • PRIZES & GIVEAWAYS • AND MUCH MORE!  
[sonnenburg\\_susan@sagamok.ca](mailto:sonnenburg_susan@sagamok.ca)  
**MIIGWECH DWAGI GIIZHGAT**

**SAGAMOK BIG BUCK**  
**B I N G O**  
October 18, 2025  
Multi-Educational Centre  
Doors open at 2:00pm  
Go to [www.SagamokAnishnawbek.com](http://www.SagamokAnishnawbek.com) for full details.



# 2026 Community Calendar



Would you like a chance for one of your photos to be featured in the Sagamok 2026 Community Calendar?!

Submit your photos of our beautiful community for a chance for your photo to be featured in **Sagamok's 2026 Community Calendar!!**

**Deadline: October 31st**

Send submissions to:

[newsletter@sagamok.ca](mailto:newsletter@sagamok.ca)



New Training Opportunity: Construction Industry

## Heavy Equipment Operator Screening

**OCTOBER 21-22 | 10AM**

Lifelong Learning Centre

Register Online by Oct 20:

[www.SagamokAnishnawbek.com](http://www.SagamokAnishnawbek.com)



## Belt Making

With Adrian Klein

|       |                                            |
|-------|--------------------------------------------|
| NOV 7 | 11AM - 3PM   Sudbury                       |
| NOV 8 | 9AM - 1PM   Sagamok<br>2PM - 6PM   Sagamok |
| NOV 9 | 10AM-2PM   Sault Ste. Marie                |

Carolyn Joly | 705-863-2654



REGISTER ONLY EVENT

KENJGEWIN TEG

## MAAJTAADAA

*Introduction to Anishinaabemowin*

*With Amy Debarrige*

**OCTOBER 28 - JANUARY 27**

**Tuesdays 10:30am - 12:00pm**

*Life-Long Learning Centre*

To register, contact Kristy Bennett at [lllc\\_intake@sagamok.ca](mailto:lllc_intake@sagamok.ca)

Minobimaadizing  
Addiction

# CLINIC



Hours of Operation (10:00AM-3:00PM)

|          |                            |
|----------|----------------------------|
| MON, WED | Patient Care & New Intakes |
| TUE, THU | New Intakes Only           |
| FRI      | Walk-Ins & New Intakes     |



Please ensure you arrive on time for your scheduled appointment.

## RENT-TO-OWN HOUSING PROGRAM



Learn more at  
[www.sagamokanishnawbek.com/housing](http://www.sagamokanishnawbek.com/housing)



## SAGAMOK ANISHNAWBEK

### MENTAL HEALTH & ADDICTIONS

4005 Espaniel Street  
(705) 865-2171 or 1 (800) 727-5503

- 1-to1 Mental Health & Addictions Counselling
- Harm Reduction Supplies
- Naloxone Training
- Cultural Services and Resources
- Case Management
- Brief Services
- Family Counselling

### CHILD & FAMILY ADVOCACY SERVICES

610 Sagamok Road Unit#4  
(705) 865-3229  
(705) 863-2572 \*After Hours

- Band Representative
- Family Support Services

### COMMUNITY JUSTICE

610 Sagamok Road Unit#2  
(705) 865-1884 or (705) 863-0218

- Legal Aid Clinic
- Assistance applying for Legal Aid
- Pre and Post Diversion
- Victim Services Assistance
- Attend Court (via phone / Zoom)
- Record Suspension Applications
- Bylaw Enforcement (Dog, Land Trespass, Waste, Wildlife)

ByLaw Enforcement Officer  
(705) 863-0145

cada\_lindsey@sagamok.ca

### PLANNING & INFRASTRUCTURE

4007 Espaniel (Administration Bldg)  
(705) 865-2421 or 1 (800) 567-2896

- Fire & Emergency Services
- Meeting Space Rentals
- Housing & Infrastructure
  - Roads and Water

### EDUCATION DEPARTMENT

Administration &  
Education Supports  
717 Sagamok Road, Box 2203  
(705) 865-2421

#### Lifelong Learning Centre

- Secondary & Post-Secondary
- Waawaasnoode Adult Learning
- ISET Program
- Guidance & Career Coaching
- Training/Programming

717 Sagamok Road, PO Box 2203  
(705) 865-2421

#### Shki Waase-Aaban Binoojiinh Gamik

3042 New Subdivision Road  
PO Box 2230 Sagamok, ON P0P 2L0  
(705) 865-1180  
daycare@sagamok.ca

#### Biidaaban Kinoomaagegamik

1666 Toulouse Bay Road, Box 2217  
(705) 865-2387

#### Espanola High School

147 Spruce Ave  
Espanola, ON P5E 1S6  
(705) 869-1590  
espanola\_high\_school@rainbowschools.ca

### LANDS RESOURCES & ENVIRONMENT

5133 LaCloche Road  
(705) 863-0494

### MEMBERSHIP SERVICES

4007 Espaniel (Administration Building)  
(705) 865-2421 or 1 (800) 567-2896

### COMMUNITY WELLNESS

4005 Espaniel Street  
(705) 865-2171 or 1 (800) 727-5503

- Health Clinic

### ELDERS EAGLE LODGE

821 Wasacom Drive  
(705) 865-2926

- Long Term Care
- Home & Community Care

### FOOD BANK, MILK & SOUP KITCHEN

(705) 865-2421 ext. 230

### SAGAMOK DEVELOPMENT CORPORATION

Sagamok Post Office  
(705) 865-1233

Economic Development  
(705) 865-2421 or 1 (800) 567-2896

Sagamok Bingo  
(705) 865-2421    1 (800) 567-2896  
(705) 863-3250    (705) 863-0049

### Z'GAMOK ENTERPRISES INC

(705) 865-1134  
info@zgamok.ca

### RITCHIE FALLS

Tote Road, Massey  
(249) 500-2897  
ritchiefalls@sagamok.ca



## COMMUNITY PARTNERS

### NIIGAANIIN

575 Sagamok Road  
(705) 865-1395

### NOGDAWINDAMIN

#### Family & Community Services

53 Kokoko Miikan  
(705) 865-9938 or 1 (800) 465-0999

### JORDAN'S PRINCIPLE APPLICATIONS

Trina Abitong (705) 698-4623  
Marina Toulouse (705) 849-8769

## COMMUNITY BUSINESSES

### Buck 'N Up Variety / 420 North

1050 Sagamok Road (705) 865-1680

### Jones General Store

4027 Espaniel Street (705) 865-1633

### JVC Smoke Shack / Flint & Flower /Ms.

Vicki's Chipstand  
4040 Espaniel Street (705) 863-3479

### LaCloche Pizza & Variety

5002 Fort LaCloche Rd (705) 865-1979

### North Shore Dental

610 Sagamok Road,#3 (705) 865-1511

### Papa's Fish 'N Chip Truck

2009 River Crescent (705) 847-6269

### Riverview Variety /

#### Vinny's Smoke Shack / Tyson's Tokes /

Joey's On The River  
449 Reserve Road (705) 865-3030

### Rolling Convenience & Trading Post

Sagamok Road (705) 869-7646

### St. Jimmy's Cafe

610 Sagamok Road,#7

### Toulouse Gas & Grocery

581 Sagamok Road (705) 865-3066

## UTILITY / ENERGY

Hydro One 1 (888) 664-9376

• Report an Outage 1 (800) 434-1235

McDougall Energy Inc (705) 368-2085

New North Fuels (705) 865-2733

Superior Propane (866) 761-5854

Ultramar Energy (705) 692-5447

UP Energy (705) 869-6825

## POLICE SERVICES

### ANISHINABEK POLICE SERVICES

1159 Sagamok Road  
Non-Urgent Matters (705) 865-2868

### ONTARIO PROVINCIAL POLICE

Non-Urgent Matters 1 (888) 310-1122

### CRIMESTOPPERS

1 (800) 222-8477

### IN CASE OF EMERGENCIES DIAL 9-1-1

## HOSPITALS

### Espanola Regional Hospital & Health Centre

825 McKinnon Drive, Espanola  
(705) 869-1420

### St. Joseph's General Hospital

70 Spine Road, Elliot Lake  
(705) 848-7181

### Health Sciences North

41 Ramsey Lake Rd, Sudbury  
(705) 523-7100

## CRISIS LINES

### HSN Crisis Intervention

• Crisis Line 1 (877) 841-1101

### HSN Crisis Intervention

• Mobile 1 (705) 675-4760

### Indian Residential School Survivors and Family Crisis Line

1 (866) 925-5454

### Sudbury Warm Line (Pre-Crisis Peer Assistance)

1 (800) 721-0066

### Kid's Help Phone

Call 1 (800) 668-6868 / Text 686868

## ADVICE

### Poison Control

If you think someone has been poisoned,  
call immediately.

1 (800) 268-9017

Mental Health Helpline 1 (866) 531-2600

Drug & Alcohol Helpline 1 (800) 565-8603

Gambling Helpline 1 (888) 230-3505

### 8-1-1 Health Advice Made Easy

A free, secure and confidential service  
available 24/7 (call or online) for health  
advice from a Registered Nurse or find  
health services or information.

Phone

Dial 8-1-1

Chat

<https://health811.ontario.ca/>

### 2-1-1 Government Services

Canada's primary source of information for  
government and community-based non-  
clinical health and social services. This free  
and confidential service can be accessed  
24/7 in English and Anishinaabemwoin.

Phone

Dial 2-1-1

### Ontario 5-1-1

Information to help plan travel routes and  
arrive safely, including: traffic accidents  
and road closures, roadwork and  
construction, forecasted driving conditions,  
carpool lots, ferries, public rest areas

Phone Dial

5-1-1

### ConnexOntario

Mental Health, Addiction and Problem  
Gambling Services

Phone

1 (866) 531-2600

Text

"CONNEX" to 247247

Chat

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

## HELP & COMFORT LINES

### Assaulted Women's Helpline

1 (866) 863-0511

### Good 2 Talk (Post-Secondary Student) Helpline

1 (866) 925-5454

### Hope for Wellness (First Nation & Inuit) Helpline

1 (855) 242-3310

Chat

[hopeforwellness.ca](http://hopeforwellness.ca)

### LGBT Hotline

1 (888) 843-4564

### Youth Talkline

1 (800) 246-7743

### Senior Talkline

1 (888) 688-5428

### Talk 4 Healing (Aboriginal Women)

Helpline

1 (855) 554-4325

Chat

[beendigen.com](http://beendigen.com)

### Senior's Support Line

1 (866) 299-1011

### TalkSuicide

Text

1 (833) 456-4566

45645





**SAGAMOK ANISHNAWBEK**

***NEWS*** 

**CONTACT:**

I.T. and Communications Department  
[newsletter@sagamok.ca](mailto:newsletter@sagamok.ca)