

SAUGEEN FIRST NATION



MNIDOONS GIIZIS (BLUE MOON – BIG SPIRIT MOON) – DECEMBER

The thirteenth moon of Creation is Blue Moon or Big Spirit Moon. Its purpose is to purify us, and to heal all of Creation, a process which may take a three month long spiritual journey. During this time, we receive instructions on the healing powers of the universe and transform into our own vision of the truth.

NEWSLETTER

DECEMBER

2022

Notice to Electorate

Nominees on Ballot

For the Saugeen First Nation #29 By-Election to be held on December 9, 2022, the following names will appear on the ballot for **Councillor**:

BESITO, SYLVIA
GEORGE, KIM
KAHGEE, RANDALL
MANDAWOUB, MARK
MASON, THEODORE (TED)
MASON STARK, GAYLE
RITCHIE, BERT A.
ROOT, CLINTON E.
ROOT-ANOQUOT, VALENCIA I.
ROOTE, KEVIN J.

The Polling Station for the Election will be located at the James Mason Memorial Cultural Centre. Voting will be held for One Councillor position. Mail-out ballots to off-reserve members have been sent out as of November 4, 2022.

Thank You.

G. Scott Jacobs
Electoral Officer



Saugeen First Nation #29

BI-ELECTION DAY

Friday, December 9th, 2022.

At the James Mason Recreation Centre.

2022 Annual Christmas Gift Distribution

“For Saugeen First Nation Band Members Only”

DECEMBER 1ST, 2022

for those receiving a cheque, you can pickup at:

**COUNCIL CHAMBERS
GOVERNANCE BUILDING
9:00 am – 4:30 pm**

Direct deposits will be same day!





Community Health Needs Assessment Survey

The Mino Bimaadsawin Health Center is conducting a Community Health Needs Assessment (CHNA) survey to better understand the health concerns and needs in the community. The information obtained from the CHNA will be used in the development of an action plan to help improve the health of community members.

1. Please select the top three health challenges you face.

- | | |
|---|---|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Chronic pain |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Anxiety/depression |
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Alcohol use |
| <input type="checkbox"/> Lung disease | <input type="checkbox"/> Substance use |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Other (please specify) |
| <input type="checkbox"/> I not have any health challenges | |
-

2. Where do you go for routine health care?

- Doctor's office outside the Saugeen community
 - Mino Bimaadsawin Health Centre
 - SOAHAC
 - Emergency room
 - Other clinic
 - I do not receive routine health care
 - I would not seek health care
 - Other (please specify)
-

3. Where would you go for emergency medical services if you were able to take yourself?

- Doctor's office outside the Saugeen community
 - Mino Bimaadsawin Health Centre
 - SOAHAC
 - Emergency room
 - Other clinic
 - I do not receive routine health care
 - I would not seek health care
 - Other (please specify)
-



Community Health Needs Assessment Survey

4. Are there any issues that prevent you from accessing care? (Check all that apply)

- Cultural or religious beliefs
 - Don't understand the need to see a doctor
 - Fear (for example: not ready to face or discuss health problem)
 - Lack of availability of doctors
 - Negative past experiences with health care providers
 - Transportation
 - Other (please specify)
-

5. What is needed to improve the health of your family and neighbours

- Healthier food
 - Better housing
 - Job opportunities
 - Mental health services
 - Recreation facilities
 - Transportation
 - Wellness services
 - Specialty physicians
 - Safe places to walk or play
 - Substance use rehabilitation service
 - I don't know
 - Other (please specify)
-

6. What type of health screenings and/or services are needed to keep you and your family healthy?

- | | | |
|---|---|---|
| <input type="checkbox"/> Blood pressure | <input type="checkbox"/> Emergency preparedness | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Exercise/physical activity | <input type="checkbox"/> Prenatal care |
| | <input type="checkbox"/> Falls prevention | <input type="checkbox"/> Quitting smoking |
| Dental screenings | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Suicide prevention |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> HIV/AIDS & STIs | <input type="checkbox"/> Immunizations |
| <input type="checkbox"/> Drug and alcohol use | <input type="checkbox"/> Memory loss | <input type="checkbox"/> Eating disorders |
| <input type="checkbox"/> Mental health | <input type="checkbox"/> Weight-loss | <input type="checkbox"/> Stress management |
| <input type="checkbox"/> Other (please specify) | <input type="checkbox"/> Hearing | <input type="checkbox"/> Health education |
-



Community Health Needs Assessment Survey

7. Where do you get your health information? (Check all that apply)

- | | | |
|--|---|--|
| <input type="checkbox"/> Doctor/health care provider | <input type="checkbox"/> Hospital | <input type="checkbox"/> Church group |
| <input type="checkbox"/> Facebook or Twitter | <input type="checkbox"/> Internet | <input type="checkbox"/> School or college |
| <input type="checkbox"/> Other social media | <input type="checkbox"/> Library | <input type="checkbox"/> TV |
| <input type="checkbox"/> Family or friends | <input type="checkbox"/> Newspaper or magazines | <input type="checkbox"/> Worksite |
| <input type="checkbox"/> Health Centre | <input type="checkbox"/> Radio | |
| <input type="checkbox"/> Other (please specify) | | |

8. What additional health services need to be offered to meet the health challenges in your community?



Community Health Needs Assessment Survey

9. Please choose all statements below that apply to you

- I exercise at least three times per week
- I have challenges accessing nutritious affordable food
- I eat fast food more than once per week
- I use tobacco (smoke/chew)
- I use illegal substances
- I overuse prescription drugs
- I have more than 10 alcoholic drinks (if female) of 15 (if male) per week
- I receive a flu shot each year
- I have access to a wellness program through my employer
- None of the above apply to me

10. Which of the following preventive procedures have you had in the past 12 months?

- Mammogram (if woman)
- Pap smear (if woman)
- Prostate cancer screening (if man)
- Flu shot
- Colon cancer screening
- Blood pressure check
- Blood sugar check
- Skin cancer screening
- Vision screening
- Hearing screening
- Dental cleaning
- Physical exam
- None of the above

11. **Optional:** What is your gender?

- Male
- Female
- Non-binary

12. **Optional:** Which category below includes your age?

- Under 18
- 18-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80-89
- 90+

MINO BIMAADSAWIN COMMUNITY HEALTH NEEDS ASSESSMENT SURVEY

Mino Bimaadsawin Health Centre is conducting a Community Health Needs Assessment Survey (CHNA) to better understand the health concerns and needs in the community. The information obtained from the CHNA will be used in the development of an action plan to help improve the health of community members.



Find a copy of the survey
in the December Newsletter,
Fill one out at the Health Centre
or follow the link below

Complete the
survey for a
chance to win
1 of 3
\$50 Roote's Gas
Gift Cards



<https://www.surveylegend.com/app/#/preview/-NEfcl1f35AugkHK6kl1>

Draw on Dec 19th

December 2022

November '22							January '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 SOAHAC	29 Drop in Lunch: Perogies	30 Activity: Craft Day	1 RAAM Doctors	2 Activity: Traditional Medicines with Lori 11-12	3
4	5 SOAHAC	6 Drop in Lunch: Shepards Pie	7 Activity: Life Skills/Sharing Circle	8 RAAM Doctors Traditional Medicines with Lori 1-3pm	9 Activity: Making Cookies	10
11	12 SOAHAC	13 Drop In Lunch Grilled Cheese & Soup	14 Activity: Beading	15 RAAM Doctors Traditional Medicines with Lori 1-3pm	16 Activity: Card Games	17
18	19 SOAHAC	20 Drop in Lunch: Stir Fry	21 Activity: Ornament Decorating	22 RAAM Doctors Traditional Medicines with Lori 1-3pm	23 Activity: Ginger Bread Houses Christmas Movies	24
25	26 CLOSED	27 Drop In Lunch: Chilli	28 Activity: Building Snow Men/Women	29 RAAM Doctors	30 Activity: Vision Board/Painting	31
1	2 CLOSED	Notes RAAM Doctors are on site from 9-11:30 Drop in Lunch starts at 12:20 (First come, first serve) Activities start at 1pm				



CALLING ALL SELF-EMPLOYED MEMBERS!

The economic development department has a number of new programming initiatives underway that are focused on providing spaces and opportunities for our local artisans, crafters, painters, beaders, photographers, apparel makers, hairstylists, caterers, food producers, accommodations, retailers, etc. The department would like to confirm all home-based and retail businesses contact information at this time to ensure everyone has the opportunity to get notified of any upcoming opportunities for their business.

If you would like to be notified of these opportunities, please contact the office or fill out our online form.

Chi-Miigwetch!

Economic Development Dept
519-797-2781 Ext. 1137 / ec.dev@saugeen.org

Microsoft Forms link:

<https://forms.office.com/r/mtE3EREjd9>



Use the camera on your phone to open link



Employment Opportunity with Parks Canada



Parks
Canada

INDIGENOUS LIAISON OFFICER

Closing date: 7 December 2022 23:59, Pacific Time

Parks Canada:

This is a Parks Canada position that works closely with the Saugeen Ojibway Nation

Who can apply:

Only open to persons that are registered members of the Chippewas of Nawash Unceded First Nation and Chippewas of Saugeen First Nation.

Term Position:

December 2022 - December 2023
(with possibility of extension)

Salary:

\$65,747 to \$70,841
(salary under review)

DUTIES:

- Plans, organizes and hosts meetings and events related to conservation, restoration and Species at Risk projects, and cultural learning opportunities.
- Investigates opportunities for projects that support the mutual interests of Parks Canada and the Saugeen Ojibway Nation. Actively participates in the planning, development and consultation of these projects.
- Helps to administer agreements between the Parks Canada Agency and Saugeen Ojibway Nation.
- Supports consultation with the Saugeen Ojibway Nation related to communication/education programs, park management and other issues.
- Delivers presentations to the public or groups about Parks Canada's work, including partnership activities with the Saugeen Ojibway Nation.

Essential Qualifications:

EDUCATION:

- Graduation with a diploma or degree in a related field from a recognized college or university or an acceptable combination of education, training and experience.

EXPERIENCE:

- In providing administrative or program support;
- Providing advice and recommendations to clients, managers or boards;
- In developing and nurturing relationships with Indigenous individuals and communities; and
- Public speaking, organizing events, coordinating presentations and chairing meetings.

Apply through the Environment Office:

Email resume and cover letter to
manager.ri@saugeenojibwaynation.ca
subject line: "Parks Indigenous Liaison Officer Application"

OR

Apply through Parks Canada:

Reference number: CAP22J-011557-00034

<https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srfp/applicant/page1800?toggleLanguage=en&poster=186>



Environment
Office



Canada
Parks
Canada
Parcs
Canada

SAVE THE DATE



SON Community Campout

December 08 - 11

Cypress Lake Yurt Camping

Day trips or overnights are welcome - more details to follow.



SFN ELDERS 55+ Wood Crew Program

November 14, 2022 to March 31, 2023

2 FREE Cords per month – Additional cords \$50.00

You MUST have a wood stove in your home &

be a SFN band member on-reserve

All deliveries MUST be signed for upon delivery

We require 3 days NOTICE

Call Employment & Training center at 519.797.1224

leaving your name & 911 address

Funded by Huronia Area Aboriginal Management Board

& Indigenous Service Canada

Contact Employment Officer for more info. 519.797.1224



**Warmest Holiday Wishes to you & your family.
From ~ Hydro One Crew & Elders's Wood Crew,
"Logan, Charles, Chris, Jared & River"**

**Employment & Training Staff ~
"Jennifer, Richie & Leigha"**

**Office Closed - December 26 to January 6
Re-opening January 9, 2023**

Janice B

Brands
xoxo

~ Happy Holidays ~



Jeannette
;

From the

Finance Department

Benji

Jan

Kimber
xoxo





DECEMBER

Saugeen Food Bank

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Landline: 226-435-2210 Cell Phone: 519-372-5926				1 Open 9 - 4:30	2 Open 9 - 4:30	3
4 Perishables Week	5 All Day Walk Ins	6 Walk Ins 9:30 - 12 Delivery 1 - 4:30	7 All Day Walk Ins	8 Walk Ins 9:30 - 12 Delivery 1 - 4:30	9 All Day Walk Ins Toy Drive Application Deadline	10
11	12 Open 9 - 4:30	13 Open 9 - 4:30	14 Open 9 - 4:30	15 Open 9 - 4:30	16 Open 9 - 4:30	17
18 Perishables Week	19 All Day Walk Ins	20 Walk Ins 9:30 - 12 Delivery 1 - 4:30	21 All Day Walk Ins	22 Walk Ins 9:30 - 12 Delivery 1 - 4:30	23 Open 12 - 7 Christmas Dinner Handout 3 - 6	24
25	26	27	28	29	30	31
<p>← Christmas Holidays (CLOSED) → Re-Opening Jan. 9th</p>						

- Perishables are available on the 2nd and 4th weeks of the month on a first come first serve basis.
- Please book ahead for delivery, available Tuesday and Thursday of Perishable weeks.
- Clients may access food once per month, in an emergency, please speak with Food Bank Staff.



Open Monday - Friday
Closed Daily 12 - 1 for Lunch



We would like to thank Kodey Buchannan and his organization and sponsors of *Steel Dreams* for their support of the Saugeen Food Bank. We have received \$500.00 in donation which will go to the start of our Christmas Toy Drive shopping!

Your support helps us to continue to provide much needed items to the clients and community members of Saugeen First Nation!

Miigwetch – Thank you,
The staff of Saugeen Food Bank





Saugeen Food Bank &
Queen's Bar & Grill Present

ANNUAL CHRISTMAS DINNER HANDOUT

**DEC
23RD**

DELIVERY NOW AVAILABLE

Please Note:

**- Delivery is for those who do not have
transportation to pick up their dinners only -**

Pick-Up between 3 pm - 6 pm

at the Food Bank

Pre-Registration Required

Notice to Tenants Regarding Animals In the Rental Units

Please be reminded that unless you have written permission from the Housing Department according to your Rental Agreement, and **that you signed** upon moving into to any rental unit, such as an apartment/house, you may be in contravention of your legal Rental Agreement with Housing and subject to further action if you do not follow this policy. Tenants are required under section 12 Pets... to abide by the following:

12. PETS

- a) **NO** pets are permitted inside or outside the Rental Unit without the prior written approval of the Landlord, which approval shall be in the form of a pet policy addendum, as set out in the Housing Policy, signed by the Landlord and Tenant and appended to this agreement.
- b) The Tenant shall comply with the First Nation Animal Control Bylaw at all times.
- c) The Tenant shall meet his/her obligations for care of the Rental Unit and property as outlined in this agreement, the Housing Policy and the pet policy addendum to this agreement.
- d) The Tenant will be solely responsible for any damage to the Rental Unit that is caused by his/her pet(s).

Complaints have been received regarding animal waste and health and safety concerns. Please ensure that you have received written permission or may be subject to eviction.

All animals must be in the care and control of the owner of that animal. Even though your animal may be extremely friendly, doesn't ensure it may not bite someone.

Large dogs must be properly fenced in enclosures so no children get bitten if they attempt to pet them. Signage is required.

If this is not in place and you **if do not have written permission** to have that animal on the property outside or in, then you are not permitted to keep in or on this property at all.

Service animals are exempt but you must provide medical proof by a qualified physician.

Keep all areas clean and your animals confined.

This is a Health and Safety Matter.

Housing Department



Saugeen First Nation

Housing Dept.

Wednesday, November 30, 2022

Saugeen Housing Department

6 Cameron Dr.

Southampton, Ontario.

NOH 2LO

Attn: Tiny Homes Application and Process

This is a reminder that applications for Tiny Homes are now in the process of being finalized. Once the housing committee is established then the anticipated time frame for selecting applicants would be the middle of December. Please call or come to housing department to fill out the application so you do not miss the selection process. If you have already done so, then the application is already on file.

Thank you.

The Saugeen Housing Department

6 Cameron Dr, Administration Building
Southampton, Ontario NOH 2LO
519-797-2781 / Fax 519-797-2978

December

2022

Home & Community Care

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Falls Prevention 11-12:30	2 Owen Sound Shopping
5 Bus Training Jacquie Away	6 Aqua Fit 12:00-2:30	7 ELDERS BINGO Lunch 12, Games 1pm	8 Falls Prevention 11-12:30	9 EVENT PREPARATIONS
12 Falls Prevention 11-12:30	13 Aqua Fit 12:00-2:30	14 FISH & CHIPS AT ELDERS 12 noon	15 Falls Prevention 11-12:30	16 Port Elgin Shopping
19 Falls Prevention 11-12:30	20 Hamper Delivery	21 Hamper Delivery	22 Falls Prevention 11-12:30	23 SFN Holidays
26 SFN Holidays	27 SFN Holidays	28 SFN Holidays	29 SFN Holidays	30 SFN Holidays

Please call Jacquie for transportation or any questions 519-797-3336 EXT 1010 or 519-373-7274



The Festival of Northern Lights

Come out for a ride to see the lights, enjoy great
company and have a cup of hot chocolate.

December 14th 2022

5:30 – 8pm

OWEN SOUND



December 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dr. Horsfall Dr. Jeffery	2 Massage Therapy Good Food Box Orders Due	3
4	5 Probation Flu and Covid Clinic 10-4	6 Dr Horsfall Blood Clinic 9-1 Sharing Circle 1-2 SOAHAC 1 Day Retreat	7 Massage Therapy Foot Clinic Dietitian	8 Dr. Horsfall Dr. Jeffery	9 Massage Therapy Good Food Box Pick Up Day	10
11	12 Flu and Covid Clinic 10-4 Paramedic Clinic 10am-3pm Meditation with Heidi	13 Dr Horsfall Blood Clinic 9-1 Sharing Circle 1-2	14 Flu and Covid Clinic 10-4	15 Dr. Horsfall Dr. Jeffery	16	17
18	19 Probation	20 Blood Clinic 9-1 Sharing Circle 1-2	21 Dr. Horsfall	22 Dr. Jeffery	23	24
25	26 Closed	27 Closed	28 Closed	29 Closed	30 Closed	31

**Good Food
Box Orders**
Call Reni 519-
797-3792 Ext
1009

**Flu and Covid
Questions Call**
Melissa Ext 1011
App't's Call Tara
Ext 1001

**Massage
Therapy Call**
Elizabeth
519-389-1772

Blood Clinic
Walk in with
your
Requisition

**NNAPDAP
Coordinator**
Christine
Ext 1005

**Medical
Transportation**
Ext 1008
Work Cell
519-353-8351



Saugeen First Nation

Administration

HUMAN RESOURCES UPDATE FOR NOVEMBER 14TH TO PRESENT

RECRUITMENT:

Congratulations to the following:

Full-Time Positions:

1. Katrina Roote, Women's Shelter Support Staff (start date November 14th, 2022)
2. Rena Nadjiwon, Peer Support Worker, Transition House (start date November 14th, 2022)
3. Edna Christie, Medical Transportation Driver (start date November 14th, 2022)
4. Krista Busch, Home & Community Care Registered Practical Nurse, Internal Promotion (start date November 14th, 2022,
5. Shelby Stott, Social Worker, Transition House (start date November 21st, 2022)
6. Gary L. Mason, Housing Clerk (start date November 21st, 2022)
7. Julianne Brown, Library Support Worker (start date November 28th, 2022)

Term Contracts:

1. Roxanne Riley, Office Assistant, Women's Shelter (start date November 14th, 2022)

CURRENT POSTINGS:

1. Family Support Worker – Repost (deadline November 29th, 2022)
2. Transition/Human Trafficking Support Worker (deadline December 5th, 2022)
3. Gas Bar Attendant/Cashier (deadline December 7th, 2022)
4. Healthy Babies/Healthy Children General Clinic Nurse (deadline December 8th, 2022)



Christmas Wreath Workshop

Date: Wednesday

December the 7, 2022

Time: 10:00am to 3:00pm

Location: 6470 Hwy 21 Saugeen Ontario Works office. (Basement workshop room)

Only 5 spots open for either OW clients or ODSP clients. Don't delay, please call to reserve a spot at 519-797-1613.



Mandatory Information Session

Scheduled date:

Tuesday December 13, 2022

Tuesday December 20, 2022

Time: 1:30pm sharp

**Please check your mail for the letter with your
scheduled date.**

**If you cannot make it to your appointment, please
call the office at **519-797-1613** to reschedule. Must
have a legitimate reason for rescheduling a
Mandatory appointment.**

December

2022

Saugeen Social Services



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 VPI – Resume and Cover Letters with Tina Cassidy	7 Wreath workshop	8	9	10
11	12	13 Info. Session	14	15 Income Statement and Job Search	16	17
18	19	20 Infor. Session Late Income Statement and Job Search	21	22	23	24
25	26 Office closed	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31

**WISHING EVERYONE A
MERRY CHRISTMAS
AND HAPPY NEW YEAR
FROM THE ONTARIO
WORKS STAFF**



*Nicole
D'Atri*

[Signature]

Kym Cole

Tabitha John

*Falene
Burnstead*

*Ashton
Williams*

*Liz
Kewagesky*



Resume and Cover Letter Info. Session

With Carol Hafford from VPI Working Solutions program.

Time: 9:00 am to 12:00pm

1:00pm to 3:00pm working on your own.

Date: Tuesday December 6, 2022

Location: Saugeen Social Services, 6470 Hwy 21, Southampton ON. N0H2L0

Come out and join us. If you need to update an old Resume or learn how to make a resume. Carol Hafford will teach you the tools on how to make a professional Resume and Cover letter.

Each participant will be given hand outs, USB stick and a professional folder to store your paper copies of your Resumes and Cover letters in.

Carol will walk through each process on achieving the goal of making a resume stand out, so you have a better chance of getting hired for that dream job.

Please call the Ontario Works office at **519-797-1613** to reserve a spot. Transportation and light lunch are provided. Please let staff know if you need transportation.

Wellness Centre

We are with you every step of the way

The Wellness Centre is a place where people can meet with counsellors, outreach workers, nurses, and physicians in a place that will decrease the stigma of addiction and reduce barriers for people seeking support.

Where people can meet and benefit not only from support provided by staff, but also from their peers. There will be a chance for people to participate in programs that are based in culture and tradition as well.

9 Village Road
Southampton, On
NOH/2LO

SERVICES AVAILABLE

RAAM

(Rapid Access Addiction Medicine)

The RAAM program at Saugeen First Nation is unique for many reasons. One of those being the partnership between Grey Bruce Health Services and Saugeen First Nation. Staff and physicians work side by side to help connect community members with the RAAM physicians as well as deliver Methadone or Suboxone to community members unable to get to the Pharmacy each day for their dose.

Methadone and Suboxone are well researched medications used to treat opiate use disorder as well as provide some protection against opiate overdose. The harm reduction approach in this service encourages community members to build rapport with SFN and GBHS staff, meaning they are more likely to feel comfortable asking for help when ready to make a change

SERVICES AVAILABLE

Counselling Services

One on one counselling services are available at the Wellness Centre through GBHS by contacting any of the Wellness Centre staff, or SOAHAC (please call the Owen Sound office). SFN Outreach and Peer Support staff help with wrap-around services. All wellness center staff is happy to help in whatever way they can.

Drop-in Activities

Wellness Centre staff recognize the importance of filling leisure time during recovery from substance use. Increasing participation in pleasurable pastimes and finding joy in creative and traditional activities is one of the focuses of the Wellness Centre. Please check with staff for the most up to date calendar

MEET THE TEAM

Opioid Addiction Outreach Worker:

Kristina Mountain (226) 379-8045

Outreach Worker: Sandy Root (On Leave)

Registered Practical Nurse: Taylor Bran (519) 379-2583

Outreach Worker: Greg Ritchie

(519) 477-5327

Transition House Coordinator: Toni

McGregor-Callaghan

(226) 345-6192

(GBHS) Mental Health & Addiction

Services Manager: Amie Foster

(519) 372-6590

(GBHS) SOAHAC: Tracy Urquhart (519) 376-5508

(GBHS) Counsellor: Keri Aiken-Toby/Ian Heft

(GBHS) Registered Practical Nurse: Angela

McNaughton (519) 379-2125

(GBHS) Patient Care Assistant: Heidi Smith

(519) 379-2105