



Kebaowek First Nation

Mizi-dibàdjimowini-eshkwemag

Ode'imín Kizis / June 2026

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INDIGENOUS PEOPLES DAY CELEBRATION WEEK

All events will be held at the dome

Monday June 15: Crafts (dreamcatchers, medicine pouches, necklaces, earrings, etc.) from 1PM-4PM and 5PM-8PM

Tuesday June 16: Indigenous videos from 1PM-4PM and from 5PM-8PM

Wednesday June 17: Indigenous bingo (+prizes) from 2PM-4PM and 6PM-8PM

Thursday June 18: Fish dinner at 5PM

Please bring a non-perishable food donation for the food bank to participate in each activity

Kebaowek members who attend one session everyday will be entered in a draw for our grand prize

CONTACT US

Kebaowek First Nation
110 Ogima Street
Kebaowek QC J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428

Kebaowek Health and Wellness Center
172 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9060
Fax: (819) 627-1885

Kebaowek Police Department
104 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277

June is officially recognized as National Indigenous History Month in Canada, dedicated to honouring and celebrating the rich cultures, histories, and vital contributions of First Nations, Inuit, and Métis peoples. A cornerstone of this month is National Indigenous Peoples Day. The origins of National Indigenous Peoples Day can be traced back to 1982 when the National Indian Brotherhood, now known as the Assembly of First Nations, called for the creation of a national holiday to celebrate Indigenous cultures and achievements. This day also signifies the summer solstice as the longest day of the year. On June 13, 1996, the Governor General of Canada proclaimed June 21st as National Aboriginal Day, which was later renamed National Indigenous Peoples Day in 2017 to better reflect the inclusive nature of the celebration.

Kebaowek Powwow



HONOURING OUR SURVIVORS AND REVITALIZING OUR CULTURE



COMMUNITY GROUNDS
110 OGIMA ST, KEBAOWEK, QC, J0Z 3R1



JULY 25 & 26

SPECIAL APPEARANCE BY:

LOGAN STAATS

OPEN TO EVERYONE!

- MC: Rodney Stanger
- Arena Director: Lindsay Cote
- Host Drum: Ironstone
- Co-host Drum: Indian Road Singers
- Invite Drums: Spiritwolf Singers, Young Warriors, Whirlwind Singers
- Head Female Dancer: Francine Chevrier
- Head Male Dancer: Nahum Diabo
- Head (F) Youth: Queen Poueachiche
- Head (M) Youth: Niibin Nakogee
- Junior Youth: Sadie Doxtator
- Exhibition Hoop: Kaleigh Simpson
- Elder-Female: Noella Robinson
- Elder-Male: Barry Sarazin
- Fire Keepers: Lori Tepiscum & Derek Beck



CONTACT:

- [HTTPS://KEBAOWEK.CA/2026/05/21/KEBAOWEK-POWWOW/](https://kebaowek.ca/2026/05/21/kebaowek-powwow/)
- KEBAOWEK FIRST NATION POWWOW
- POWWOW@KEBAOWEK.CA

Registration and Membership Information

SECURE CERTIFICATE OF INDIAN STATUS



The new Secure Certificate of Indian Status (SCIS) is replacing Certificate of Indian Status, paper laminated. We are in the transition phase now. Registered persons are encouraged to apply for the new secure certificate (SCIS).

If you have been issued a secure certificate (SCIS) and it is expired or lost, you must apply for a renewal secure certificate (SCIS). Please check the valid until date on your secure certificate of Indian status and apply for a renewal secure certificate well before it expires.

Application forms for Secure Certificate of Indian Status (SCIS) are available at Indigenous Services Canada (ISC) offices or on-line at:

www.canada.ca/en/indigenous-services-canada



Get, renew or replace a status card → Application Forms

As well, application forms are available for pick-up at your First Nation/Membership Office.

****It takes approximately 14-16 weeks processing time for the SCIS, therefore if your card has expired I suggest that you apply for a TCRD (see information below).**

TEMPORARY CONFIRMATION OF REGISTRATION DOCUMENT (TCRD) is an official document issued by Indigenous Services Canada (ISC) that confirms registration under the *Indian Act* and eligibility to certain benefits, rights, programs and services. Registered persons may request a TCRD in emergency situations where proof of registration is required.

To request a TCRD, you must already be registered in the Indian Register. If the request is made on behalf of a child or dependent adult, you must provide the most recent legal documents proving custody or guardianship, if applicable. The TCRD document is valid for one year after the issue date.

Requests for a Temporary Confirmation of Registration Document (TCRD) must be made to Public enquiries by telephone at [1-800-567-9604](tel:1-800-567-9604) or by email at infopubs@sac-isc.gc.ca. Your TCRD will be sent to you by mail.

For an appointment, assistance or more information:

Laura Moore

IRA & Social Development Coordinator

Kebaowek First Nation

110 Ogima Street, Kebaowek Quebec J0Z 3R1

Phone: 819-627-3455 Ext 228

Email: lmoore@kebaowek.ca

**** NEW ****

Have you been appointed as the Executor of an Estate and need to do a Will search with the Chambre des Notaires des Quebec and Bureau du Quebec? Call me & I will be able to assist you with the search.



CENSUS

IF YOU HAVE NOT COMPLETED THE 2026 CENSUS AND NEED HELP [PLEASE NOTE THAT YOU WILL BE CONTACTED IN THE NEAR FUTURE BY A TRAINED COMMUNITY MEMBER WHO WILL BE AVAILABLE TO ASSIST YOU.]

SAVE THE DATE!
30TH ANNUAL
KEBAOWEK
BOAT RALLY



POKER RUN
 GATHER YOUR CREW. COLLECT YOUR CARDS.
 WIN GREAT PRIZES!



HAPPENING
JULY 18TH, 2026!

◆ BOATING ◆ FUN ◆ MEMORIES

CALLING VISUAL ARTISTS!
 THE GATINEAU ENERGY CENTER PROJECT

INVITING KEBAOWEK FIRST NATION ARTISTS TO CONTRIBUTE TO THE LANDMARK GATINEAU ENERGY CENTER PROJECT IN OTTAWA THAT INTERGRATES CLEAN ENERGY WITH CULTURAL STORYTELLING.



MEDICINE WHEEL
 A CENTRAL OUTDOOR INSTALLATION REPRESENTING SACRED TEACHINGS, WATER, ENERGY AND THE INTERCONNECTEDNESS OF ALL DIRECTIONS, SEASONS AND RACES.

TO APPLY PLEASE SEND A BRIEF ARTIST STATEMENT AND EXAMPLES OF YOUR ARTWORK TO:
 MICHELLE ST-DENIS AT
 MICHESTDENIS555@GMAIL.COM
 BEFORE MINDNIGHT ON SUNDAY JUNE 21, 2026



ANICINABE MIKANA
 • CULTURAL CENTRE •

SHARE YOUR STORY.
HONOUR OUR HISTORY.

As part of the Anicinabe Mikana Cultural Centre exhibits, we hope to feature short video interviews with community members reflecting on residential schools, their impacts, and what their legacy means today.

We are looking for community members who would like to be interviewed about their experiences with residential schools, day schools and their legacy.

- Are you a residential school survivor? Do you have relatives who are or were?
- Has the legacy of the residential schools or day schools affected you, your family, or your community?
- Would you like to share your experience?

We recognize that these are deeply personal and sometimes difficult stories. You are welcome to share as much or as little as you feel comfortable.

Interviews will be conducted by **Rodney St. Denis** at a time and place that works for you. Participants will have the opportunity to review and approve how their interview is used.

If you are interested in participating, please reach out to rjawbone@kebaowek.ca

*Your story.
 Your voice.
 Our future.*

A49 | B+H **ARCHI NORD | ARCHI NORTH**

Curious about a career in architecture, design, planning, or related creative fields?

The Future Designers and Creators Initiative is a funding program established to support Indigenous youth participation in the 2026 Archi North Summer Camp, a unique pre-university introduction to architecture experience in Northern Ontario! Sessions are offered in English and French and tailored to youth entering Grades 11 and 12 in September 2026.

The deadline to apply is Sunday June 14, 2026 at 11:59pm EDT
Applications are available here:



Funding for this initiative is being provided through the Transportation Safety and Technology Science (TSTS) Hub Indigenous Participation Plan (IPP).

Community Notes and Information

Kebaowek Members: Share a Piece of Our History!

We are currently looking for **old trapping gear, birchbark baskets, hunting gear, and railroad finds** to include in the **Anicinabe Mikana Cultural Centre (AMCC)**.

If you have any of these items and would like to share them, *we would greatly appreciate it!*

Please contact **npaul@kebaowek.ca** with any questions.

Help us preserve our heritage for future generations!

ANICINABE MIKANA CULTURAL CENTRE WALL OF FAME

As part of the Anicinabe Mikana Cultural Centre exhibits, we would like to feature a digital "wall of fame" with photos and stories of people who have had an impact on the life of the community.

THIS IS AN OPPORTUNITY TO SHOWCASE ACCOMPLISHMENT OF ALL DIFFERENT KINDS:

- People who have excelled at art, sports, school
- People who have made their mark by advocating for rights, Anicinabe language, culture
- People who practice Anicinabe traditions or who are creating modern versions of those traditions
- People who have doing innovative things with their businesses
- Events and milestones that the community is proud of: Country Fest, the Health Centre, community trips and camp outs
- People who have contributed outstanding volunteer services, military service, community services;
- Anyone else who is a standout member of the community and should have their accomplishments known.

PLEASE FEEL FREE TO NOMINATE YOURSELF OR SOMEONE ELSE FROM THE COMMUNITY.
We would like to arrange a brief interview and a portrait photograph of individuals.
CONTACT ROSE JAWBONE AT rjawbone@kebaowek.ca

VOLUNTEERS NEEDED

Fundraisers • Bingo • Pow Wow

Contact **Tori Barrer** or message this page

KEBAOWEK ECO-CENTRE

SCAN ME

JOIN THE KEBAOWEK WASTE MANAGEMENT & ECO-CENTRE FACEBOOK PAGE!



19^e ÉDITION
MUSIQUE COUNTRY. TOUT LE WEEKEND.

19TH ANNUAL
LIVE COUNTRY. ALL WEEKEND.

14-15-16 AOÛT | AUGUST 14-15-16, 2026 | KEBAOWEK [KIPAWA], QUÉBEC

TÊTE D’AFFICHE | HEADLINER
DEAN BRODY



TÊTE D’AFFICHE | HEADLINER
TIM & THE GLORY BOYS



INVITÉ SPÉCIAL | SPECIAL GUESTS
THE GIRLS



INVITÉ SPÉCIAL | SPECIAL GUEST
GORD BAMFORD

AUTRES PERFORMANCES DE | OTHER PERFORMANCES BY

Larry Berrio • The Plowboys • Khloe B • Eclectic Vinyl Outlaws • The County
Open Road • Quick Pick • Eastbound of Bytown • The Countryfest Crew

Musique | Bar | Vendeur Alimentaire
Navette | Brunch [Samedi et Dimanche]
Marché des artisans | Prix et Tirages 50/50
Zone Enfants : Gonflable pour enfants / Activités / Jeux

Music | Bar | Food Vendors
Shuttle Bus | Brunch [Saturday & Sunday]
Food & Artisan Vendors | Prizes & 50/50 Draws
Kid’s Zone: Kids Inflatables / Activities / Games

Camping RV disponible. Appelez pour réserver. | 705-499-7076 | RV camping available. Call to reserve.



Achetez votre bracelet en ligne!
Buy your wristband online!
www.kipawacountryfest.ca

Sound and Lighting By:



MC: Sam Harvey



POSTER COURTESY OF:



INFORMATION:

☎ 873-997-0482

🌐 www.kipawacountryfest.ca

📘 Kipawa Countryfest



JOB OPPORTUNITY - Full-time Permanent

Manager - Anicinabe Mikana Cultural Center

Deadline to Apply: Friday, July 3rd, 2026 by 4:30 p.m.
Start Date: As soon as possible
Salary: As per KFN Salary Scale
Hours: 40 hours a week

Description

Under the direction of the Director of Economic Development, and in accordance with the policies, orientations and priorities adopted by Kebaowek First Nation (KFN), the Manager is responsible for overseeing the development and operations of the Cultural Center galleries, coffee shop and employees. The Manager directs staff in areas of visitor services, historic resource management, and programme development and delivery; prepares and implements operational work plans; manages administration activities.

Leadership & Operations

- Oversee daily operations of the Cultural Center, including galleries, coffee shop, and staff management
- Develop and implement strategic plans aligned with the Anicinabe Mikana Cultural Centre Business Plan
- Manage budgets, operational plans, and financial oversight
- Ensure smooth administration and efficient organizational processes
- Lead and support Cultural Center employees, including recruitment, onboarding, and training

Programming & Cultural Development

- Ensure exhibitions, programs, and activities reflect and respect Algonquin and Kebaowek First Nation culture and heritage
- Support the development and delivery of meaningful cultural programming and visitor experiences
- Promote community engagement through impactful activities and partnerships

APPLY NOW



KEBAOWEK FIRST NATION

819-627-3455
kebaowek.ca
110 rue ogima

Partnerships, Funding & Community Relations

- Build and maintain strong relationships with community stakeholders, partners, government agencies, and cultural institutions
- Identify and pursue grants, sponsorships, and funding opportunities
- Prepare grant applications and ensure all reporting requirements are met
- Represent the Cultural Center in meetings, negotiations, events, and community initiatives

Marketing & Communications

- Oversee marketing initiatives that promote the Cultural Center and its activities
- Review and approve communication materials, including media releases, posters, brochures, and announcements
- Support public awareness and visibility efforts

Policies & Compliance

- Develop, implement, and maintain policies and procedures that align with museum standards and applicable laws
- Ensure staff are trained and informed on policies and workplace expectations
- Maintain safe, respectful, and inclusive workplace practices

What We're Looking For

Education & Experience

- College diploma or Bachelor's degree in:
 - Museum Studies
 - Business Management
 - Arts & Cultural Management
 - Project Management
 - Or related field
- Willingness to complete training in Museum Studies if required
- Minimum 2 years of experience in non-profit management, cultural programming, or a related leadership role

APPLY NOW



KEBAOWEK FIRST NATION

819-627-3455
kebaowek.ca
110 rue ogima

Skills & Qualifications

- Strong leadership, organizational, and team management skills
- Experience with budgeting, strategic planning, and operations management
- Strong writing, editing, research, and communication skills
- Experience in grant writing and partnership development is considered an asset
- Ability to build strong relationships with staff, elected officials, community members, and external partners
- Strong understanding of Indigenous cultural preservation and community engagement
- Knowledge of Algonquin and First Nations priorities, history, and cultural values
- Familiarity with museum, heritage, or cultural center environments is an asset
- Proficiency in Microsoft Office Suite (Word, Excel, PowerPoint, Outlook)
- Excellent English communication skills (written and oral)
- French and/or Algonquin language skills are considered assets

Working Conditions

- Must be willing to work flexible hours, including evenings, weekends, and occasional overtime
- Must be available to travel for training, conferences, or meetings as required
- Must hold a valid Quebec driver's license
- Must have access to a reliable, insured vehicle
- Must successfully complete a criminal background screening relevant to the role

Why Join Kebaowek First Nation?

This is an opportunity to lead a meaningful cultural initiative that supports the preservation, promotion, and growth of Indigenous history, language, and traditions while strengthening community connections and creating lasting impact.

If you are passionate about cultural leadership, community development, and making a difference, we encourage you to apply.

APPLY NOW

**Please email your CV and Cover Letter
mlevesque@kebaowek.ca**



JOB OPPORTUNITY - Fixed Term until March 31st 2027

Youth Housing Internship Program

Deadline to Apply: Friday, June 19th, 2026 by 4:30 p.m.

Start Date: As soon as possible

Salary: Minimum wage

Hours: 40 hours a week

Description

The Kebaowek First Nation Housing Department is seeking a motivated youth intern to join our team through the Indigenous Youth Housing Internship Program (IYHIP). This internship provides valuable hands-on experience in multiple areas of housing operations, including:

- Housing maintenance coordination
- Data entry and record management
- Housing administration
- Construction and renovation support
- General housing operations

The selected candidate will work closely with the Housing Administrator and Maintenance/Foreman personnel while gaining practical experience and workplace skills in a supportive team environment. Training and mentorship will be provided throughout the internship.

ELIGIBILITY REQUIREMENTS

Applicants must:

- Be between 15 and 30 years of age
- Being member of Kebaowek First Nation
- Be interested in gaining work experience and practical skills
- Be willing to learn and work in a team environment

Priority may be given to applicants who:

- Have an interest in construction, maintenance, or administration
- Have computer knowledge or organizational skills
- Have completed high school or are pursuing career development opportunities

WHAT YOU WILL GAIN

This Internship Is an excellent opportunity for youth to:

- Build confidence and practical workplace skills
- Gain hands-on experience in housing and construction
- Learn about maintenance and housing operations
- Explore future career and apprenticeship opportunities
- Contribute to community development and housing services

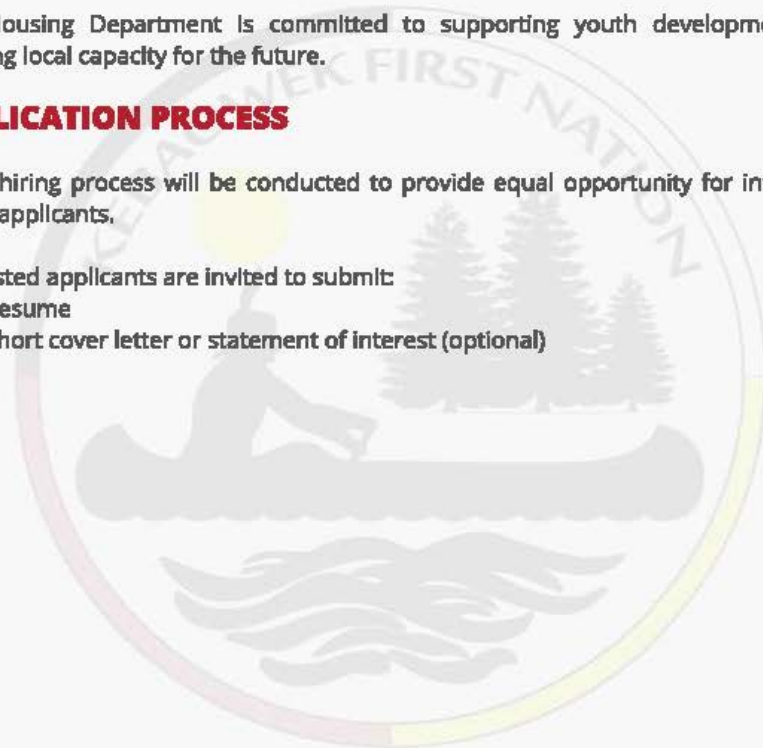
The Housing Department is committed to supporting youth development and building local capacity for the future.

APPLICATION PROCESS

A fair hiring process will be conducted to provide equal opportunity for interested youth applicants.

Interested applicants are invited to submit:

- Resume
- Short cover letter or statement of interest (optional)



APPLY NOW
mlevesque@kebaowek.ca

Only selected applicants will be contacted.

An Update from the Director of Health & Social Services

Kwe to all Members of Kebaowek First Nation

Kitchi meegwetch to all those who took the time to come visit us during our Annual Spring Health Fair. Congratulations to the winners of our participation prizes and please accept our gratitude for helping us determine or adjust some of our programming by answering some of our quizzes or questionnaires as our intentions are truly to improve our way of promoting health prevention programs and services.

I am excited to see where our collaboration with KixCare will take us in the pediatrics domain. We were able to register several families during our fair and got to meet some great people who will be of assistance to our clinical department in providing care for our families with children under 17 years old.

Meegwetch to my staff who were well prepared to greet you all and to the nurses who were busy non-stop inside the clinics for screening, you were superstars!

A bit on that same note, we may have something special coming up in the fall. It's a surprise for now and we will release more info when the time comes.

Ontario Corridor of Services

The next meeting with the working group is scheduled for Friday June 5th. I will provide updates as they become available.

Meetings Attended in May:

- Migizy Odenaw Daycare Expansion
- Regional Health Directors with CISSSAT
- FNQLHSSC BOD
- ISC CHRT
- KixCare / FNQLHSSC Launch

Onimiki Renewable Energy File:

- Board of Directors
- Communications committee meetings
- Radio Interviews

To our students, summer fun is just around the corner. But until we get there, roll up your sleeves, turn on the study lamp and put your nose in your books for the sprint towards

the final exams. Being well prepared will support all the hard work you put in throughout the entire year. I wish you all good luck in your exams!

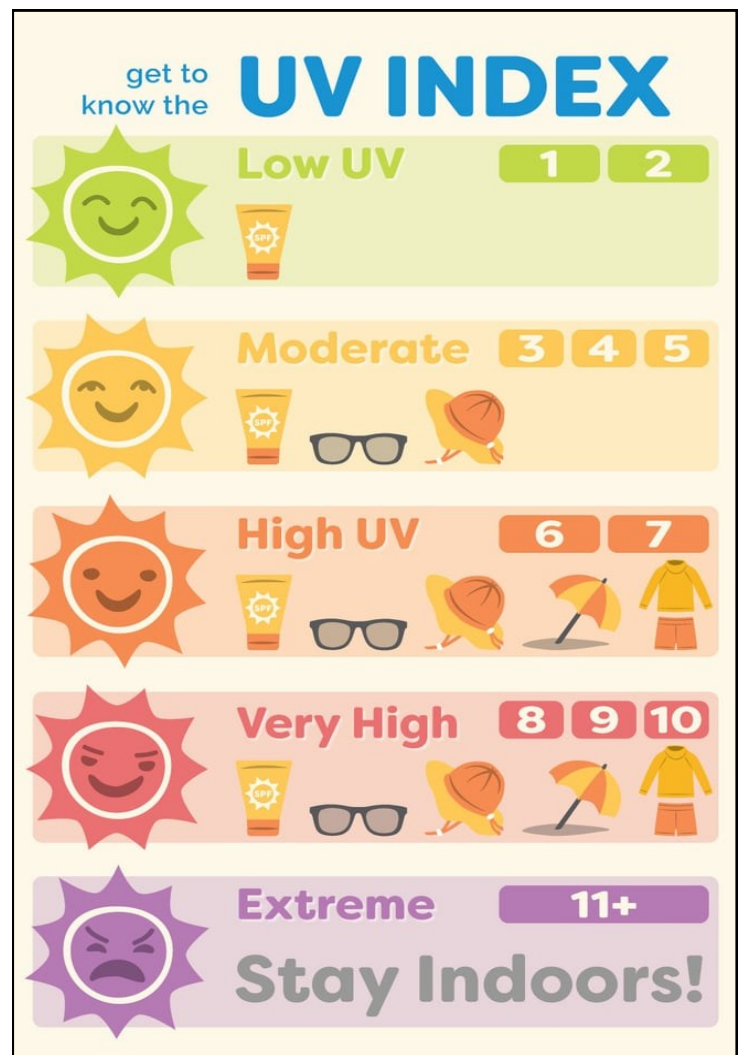
Quotes About School/Education

“Success is the sum of small efforts, repeated day in and day out.” ~ Robert Collier

“Education is the most powerful weapon which you can use to change the world.” ~ Nelson Mandela

“Your education is a dress rehearsal for a life that is yours to lead.” ~ Nora Ephron

David McLaren
Director of Health & Social Services



Medical Transportation

The beautiful weather is finally here. It makes for great travels to your appointments.

I would like to remind everyone who is using medical transportation to call me as soon as possible when you receive your appointment dates and times. I can't express how important this is, as we have a very busy schedule.


I would also like to remind everyone that if you have a ride booked and your appointment gets cancelled or you decide to cancel your appointment, please notify me right away of your cancellation. There are times I may have other clients who need rides during your allotted time and can send the driver to the next person. This is a public service for our community, so please be mindful and considerate for the next person.

Reminder, we are no longer accepting attestations from the last fiscal year. If you hand in attestations prior to April.1st, 2026, they will not be processed for reimbursement.

Please remember to bring your attestation slips with you to your appointments. We do not accept business cards as proof of appointment. Attestations can be handed in weekly; deadline is noon on Wednesdays to get payment on Friday. If you need a slip to attend an appointment, feel free to stop by the reception to get one or stop by my office to see me.

I would like to wish everyone a fun, safe and healthy June and July.

Miigwetch,
Kim Constant - Medical Transportation (Interim)



TOBACCO CLAIMS CANADA

Were you diagnosed with:

- Lung Cancer
- Throat Cancer
- Severe Emphysema/COPD (GOLD III or IV)


AND

- Smoked at least 87,600 cigarettes between 1950 and 1998
- Smoked cigarettes made by Imperial Tobacco Canada, Rothmans, Benson & Hedges, or JTI-Macdonald

Deadline: August 31, 2026 or September 3, 2027 dependent on eligibility criteria.



Families and estates of deceased smokers may also qualify.

Check your eligibility and file your claim:
www.TobaccoClaimsCanada.ca





Contact Delyssa at Child & Family Services 819-627-9877 for more information or to file a claim

Homemade Fruit Popsicles

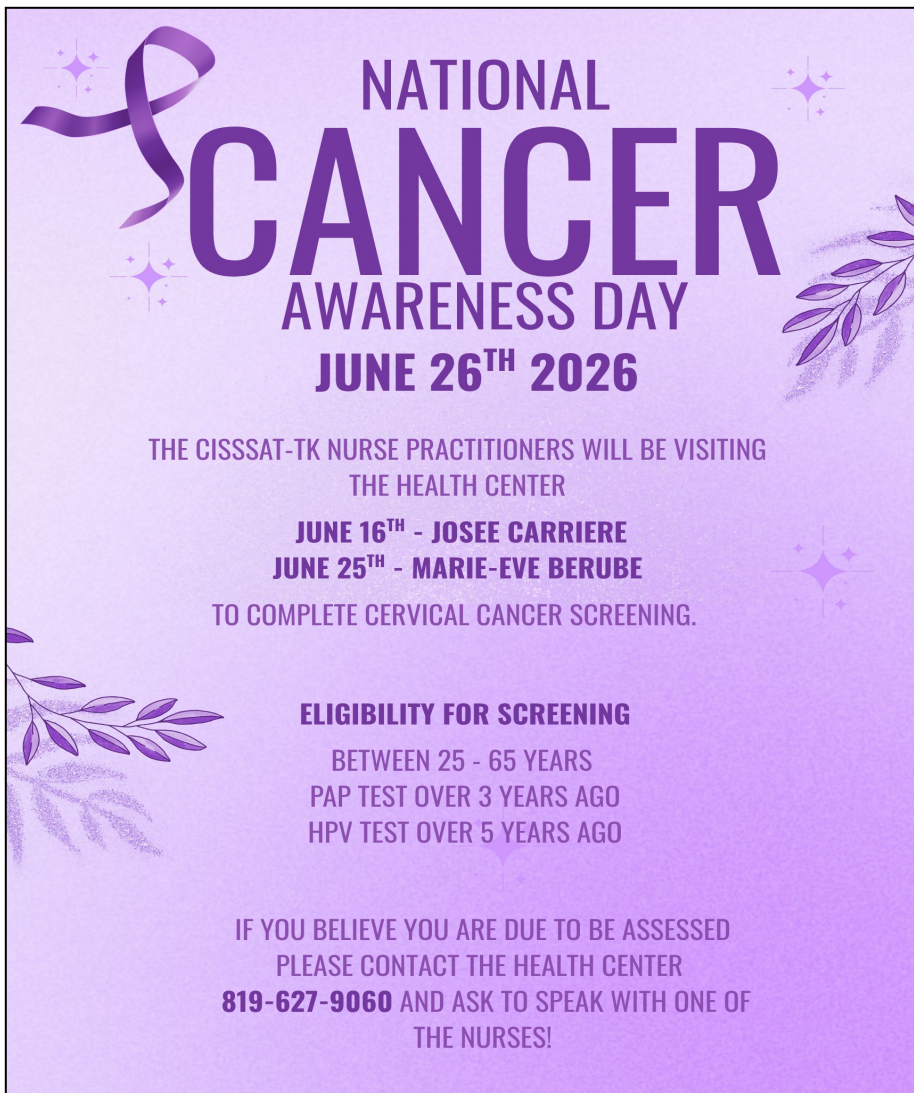
| | | | | |
|---------------|---|---------------------|---|----------------------------|
| SERVINGS 6 |  | PREP TIME 10 MIN |  | TOTAL TIME APPROX. 8HRS |
|---------------|---|---------------------|---|----------------------------|

| INGREDIENTS | DIRECTIONS |
|---|---|
| <ul style="list-style-type: none">• 3 cups fresh strawberries, rinsed & quartered• 1/4 cup strawberry jam• 2 tbsps of granulated sugar• 1 tsp fresh lemon juice• Pinch of Kosher salt | <ol style="list-style-type: none">1. In a blender, blend strawberries, jam, granulated sugar, lemon juice and salt until smooth2. Pour strawberry mixture into ice-pop molds. Cover & insert stick3. Freeze until solid, at least 8 hours |

TIP
Dip molds in lukewarm water to release popsicles



BBQ FOOD SAFETY TIPS ... Prevent Cross-Contamination: Keep raw meats, poultry, seafood completely separate from vegetables and cooked foods. **Change Plates:** Never put cooked food back onto the same plate that held raw meat unless it has been washed thoroughly. **Wash Your Hands:** Always wash your hands with warm water and soap for at least 20 seconds before and after handling raw meat



**NATIONAL
CANCER
AWARENESS DAY
JUNE 26TH 2026**

THE CISSAT-TK NURSE PRACTITIONERS WILL BE VISITING
THE HEALTH CENTER

**JUNE 16TH - JOSEE CARRIERE
JUNE 25TH - MARIE-EVE BERUBE**

TO COMPLETE CERVICAL CANCER SCREENING.

ELIGIBILITY FOR SCREENING
BETWEEN 25 - 65 YEARS
PAP TEST OVER 3 YEARS AGO
HPV TEST OVER 5 YEARS AGO

IF YOU BELIEVE YOU ARE DUE TO BE ASSESSED
PLEASE CONTACT THE HEALTH CENTER
819-627-9060 AND ASK TO SPEAK WITH ONE OF
THE NURSES!

Important Notice

To ensure medications are ordered, processed, and delivered promptly, the following update is effective immediately:

Medication Delivery Requests

All names requiring Thursday medication delivery must be submitted no later than Monday at 12:00 p.m.

- Please send all medication delivery requests to:

Jennifer King

Client & Clinical Support Worker

Phone: 819-627-9060

Fax: 819-627-9568

Requests received after Monday at 12:00 p.m. may not be processed for the upcoming Thursday delivery and may need to be scheduled for the next available delivery date.

Your cooperation is appreciated and will help ensure that community members receive their medications safely and on time.

Summer Safety: Sunscreen & Heat Stroke Awareness

Summer is a great time to enjoy the outdoors, but it's important to stay protected from the sun and extreme heat. Two common summer health concerns are sun damage and heat stroke, both of which can often be prevented with a few simple safety steps.



Sunscreen is one of the best ways to protect your skin from harmful UV rays that can cause sunburns, premature aging, and increase the risk of skin cancer. When choosing sunscreen, look for a broad-spectrum SPF 30 or higher to protect against both UVA and UVB rays. SPF stands for "Sun Protection Factor," and higher numbers provide greater protection. If you will be swimming or sweating, choose a water-resistant sunscreen and remember to reapply every two hours.

Heat stroke is another serious risk during hot weather. It

occurs when the body overheats and cannot cool itself properly. Warning signs can include dizziness, headache, nausea, confusion, rapid heartbeat, and hot or red skin. If someone is showing signs of heat stroke, move them to a cool area immediately, offer water if they are alert, and seek medical attention if symptoms are severe.

- To stay safe this summer:
- Drink plenty of water
- Wear lightweight clothing and hats
- Take breaks in the shade or air conditioning
- Avoid long periods in direct sunlight during peak heat hours

By taking a few simple precautions, you can enjoy a safe and healthy summer season while protecting yourself and your family from the heat and sun.

Expert Virtual Healthcare for Kebaowek Kids and Teens

KixCare is honoured to partner with the FNQLHSSC and Kebaowek to bring expert virtual pediatric care to your family.

KixCare is a **Canadian pediatric healthcare company**, founded by physicians in Montreal, built to make sure every child gets the care they deserve, no matter where they live or what time of day it is. From tummy aches and sniffles to anxiety and behaviour challenges, we are here when you need us.

What's Included:

- 24/7 unlimited virtual care for your kids and teens
- Access pediatric experts via instant messaging and video calls
- Prescriptions, lab requisitions and more
- Mental health support
- Resources for families



Eligibility:

Children aged 0 to 17 who are First Nations members and are registered under the *Indian Act*. Proof of a status number issued under the *Indian Act* must be provided when creating the account.

Children under 2 years of age that have at least one parent who is registered under the *Indian Act*. Proof of a status number issued under the *Indian Act* must be provided on or before the child's second birthday.



Scan the QR code to get **24/7 care for your kids today.**

Scan this QR code for **step-by-step sign-up instructions.**



If you have any questions or need help setting up this service, you can contact **Karleigh Miness – Community Health Nurse** for assistance.

What every older Canadian should know about Financial Abuse

Financial abuse is the most common form of elder abuse in Canada. Financial abuse can happen at any time, but it will often start after a health crisis or after the death of a spouse, partner or close friend. People who are alone, lonely or in poor health are more vulnerable. They may find it harder to protect themselves from demands for money or other forms of financial abuse, or from physical and emotional abuse, which may occur at the same time. Financial abuse can be difficult to identify or recognize. It is often a pattern rather than a single event, happening over a long period of time. The important thing about protecting yourself from financial abuse is to remember that your money and property belong to you. They are not your family's or anyone else's.

What is financial abuse?

Financial abuse is the illegal or unauthorized use of someone else's money or property. It includes pressuring someone for money or property. Some types of financial abuse are very clearly theft or fraud. For example, if someone cashes your pension cheque and keeps all or part of the money without your permission, or if they misuse a power of attorney to take money from your bank account for themselves, they are stealing from you. A power of attorney is a legal document that allows the person appointed as the "attorney" to make financial decisions on behalf of another person, called "the donor." The attorney is required to act in the interests of the donor, not in his or her own interests.

Other examples of financial abuse are harder to put a name to. These can include pressuring, forcing, or tricking you into:

- Lending or giving away money, property or possessions
- Selling or moving from your home
- Making or changing your will or power of attorney
- Signing legal or financial documents that you don't understand
- Working for little or no money, including caring for children or grandchildren
- Making a purchase you don't want or need, or
- Providing food and shelter to others without being paid.

Who are the abusers?

Abusers are usually people who have a close connection to you. They can include your spouse, son or daughter, other relative, friend, neighbour, or caregiver. They use their connection to take advantage of you and force you do what they want.

Where can I go for help?

If you think you are experiencing financial abuse, ask for help. The abuser may try to make you think that you are the one causing the problem, but this is not true. If you don't have a family member or close friend that can help you, there are community resources you can use to stop the abuse.

Ask your bank or credit union, your local senior's center, or even your doctor where you can go for advice and help. Or contact your local police.

Tips and safeguards

Protect yourself—keep your financial and personal information in a safe place. Have an enduring or continuing power of attorney prepared appointing someone you can trust to look after you, so that even if you are ill and unable to look after yourself, your finances will be protected from others who might try to take advantage of you. Ask for help if you think you are experiencing financial abuse. Keep a record of money you give away and note whether it is a loan or a gift. For major decisions involving your home or other property, get your own legal advice before signing documents. Ask someone you trust to look over contracts and other papers before you sign them. Be very cautious if you open a joint bank account—the other person can take away all the money without asking. Make an effort to keep in touch with a variety of friends and family so you don't become isolated.

Where can I find out more?

For more information, visit www.seniors.gc.ca or visit your local Service Canada office. To order additional copies of this publication, or for help finding a phone number in your province or territory, call 1 800 O-Canada (1-800-622-6232), TTY: 1-800-926-9105.



FNEC Games Update

Hello everyone,

We just completed 4 days of volleyball, hockey and track and field events for the Kebaowek and Wolf Lake youth. Our delegation put together 3 teams; 13-15 volleyball, 16-18 volleyball and 16-18 hockey.

The Kebaowek participants were Olivia McLaren, Aubree McLeod, Amber Grandlouis, Haven McMartin, Capri McMartin, Vanessa Young, Brooklyn Brunette, Summer Mitchell, Carter Hunter, Owen Polson, Kyran Polson & Rylen McLeod.

The Wolf Lake participants were Quinn Desrocher, Kami Seguin, Leighton Seguin, Stelly Seguin, Morgan Lefebvre, Jackson Langlois, John Langlois, Adrian Mitchell & Jacob Cunningham.

I would like to congratulate our youth that won a gold medal in the 16-18 volleyball and 16-18 hockey. They put forth great work ethic and put their skills to the test against all the other Quebec delegations and came out on top. It is hard to win these types of medals as some of the boy's hockey group said it took them 4 years to finally win a gold medal after many tries. In total there are 36 other delegations that bring 180 teams with a total of 1234 participants.

Our delegation took home a silver in the 16-18 100M final (Carter Hunter), 4th place medal in 4 x100M relay (Summer Mitchell, Leighton Seguin, Stelly Seguin, Brooklyn Brunette), 2nd place in the boys 16-18 – 4x100M relay (Owen Polson, Carter Hunter, Adrian Mitchell & Jacob Cunningham), 1st place shotput 13-15 girls (Kami Seguin), 2nd, 3rd and 4th in shotput 16-18 girls (Summer Mitchell, Stelly Seguin & Leighton Seguin), 5th place in shotput boys 16-18 (Adrian Mitchell), 3rd place javelin girls 13-15 (Kami Seguin), 2nd and 3rd place in Javelin 16-18 girls (Leighton Seguin & Summer Mitchell).

I would like to thank our KFN Education & Culture and Language departments that helped send our group to the FNEC Games, they helped with our registration fee, meals, and transportation. They also purchased a backpack, sweater, t-shirt and shorts for each participant with the Kebaowek logo and volleyball jerseys for the 13-15 & 16-18 girls. The youth were very thankful for their gear and jerseys.

Looking forward to the 2027 FNEC games.

Mitchell McMartin



Strategies for a Successful Summer Break

Kids do better with structure. That's even more true for kids with emotional or developmental issues. Structure makes kids with anxiety, ADHD or autism feel safe and comfortable. So summer vacation is a challenge for these kids and their parents. But following some basic rules can make summer easier to handle and more fun for everyone.

Keeping to your child's usual bedtimes and mealtimes is important. Posting the day's schedule helps kids move from one activity to another. Planning activities ahead of time, like going to the playground or pool every day, gives kids structure they can depend on. Then you can schedule other activities around that.

Rules for behavior are important, too. It's good to pick a few "good" behaviors you want your child to work on. You can reward kids for good behaviors with stickers or a special outing. And ignoring as many minor "bad" behaviors as you can teaches kids that acting out won't get them what they want.

Meet-ups and other online groups are a great way of connecting your child with other kids and families who might make good matches for playdates. Outdoor activities are important for kids. If day camp is an option, it can provide great structure and fun outdoor activities that keep kids from spending too much time in front of screens. If your kid has anxiety, it's good to figure out what's triggering it. Then you can take baby steps to make those fears less scary.

Even if you do everything you can to prepare for summer, it's normal for kids to act out more over vacation. That's tiring for parents. It's important take care of yourself during the long summer break, too. Hiring a sitter for a few hours or asking family members to pitch can make a big difference.

While your average child may be thrilled by the end of the school year, anticipating lazy days and sleeping in, the prospect of summer break isn't quite that unalloyed pleasure for parents. And if you have a child with emotional or *developmental issues who is challenging in the best of times, nothing calls on whatever extra powers you might possess more than the long break that lies ahead.*

While all kids do better with structure and routine, those with mental health issues including **anxiety, ADHD, and autism**

spectrum disorders are especially dependent on the predictable "safe zone" that school provides. Without it, they're more prone to anxiety, *oppositional behavior, and tantrums. For the parents who care for them, "vacation" can be anything but.*

Here are some tips to help keep your child on track so summer can be as rewarding as possible for everyone in the family:

Maintain Your Schedule

While you may never be able to duplicate the structure school provides, it helps to maintain the school year's daily schedule, right down to meal times and bedtime, as much as possible. It can be very tempting to let your kids stay up late and sleep in — especially on weekends, when you want to do the same — but in the long run, sticking to the same schedule pays off by keeping your child more comfortable, and hence more cooperative.

Make it Visual

Kids who thrive on predictability and are prone to panic over transitions - including those on the autism spectrum - benefit from posted schedules that outline what will happen throughout the day (i.e., 7am: Wake up, go to the bathroom, wash face, 8am: breakfast) Depending on your child's developmental level, simple pictures can also help.

It can be tough finding play dates for kids who have difficulty socializing with peers, but some parents have found success through Meetup groups and other online sites. There, you can get to know other like-minded, nonjudgmental parents who "get" your kids and won't be offended if a play date has to be cut short. Of course, if you are lucky enough to have family members who are great with your child, don't be shy about taking them up on offers of help.

Get Outdoors

Home can become a safe cocoon, especially for children with sensory issues, who can feel assaulted by extra sights and sounds, or those who have trouble with social interactions. But no child should spend hours in front of a screen. One father of a 9-year-old with oppositional defiant disorder tells us he relies on camp to get his son outside as

Strategies for a Successful Summer Break

well as provide structure and routine. “Without it,” Steve says, his Michael “would sit in front of the TV or play video games until his eyes fell out.” Even if camp isn’t in the cards, try to find something your child enjoys — riding a bike or scooter, playing tag, or splashing at the community pool, water park, or beach — and do it.



Plus, physical activity is good for everyone’s mind, body and spirit, especially those kids with energy to burn.

Maintain - or Create - a Behavioral System

Children and teens, especially, may act like they want to be in charge, but the truth is they feel safer knowing exactly what you expect of them and the rewards that result from good behavior. This is never truer than during the seemingly boundless — and boundary-free — summer break. You should choose the two or three most desired positive behaviors to nurture with consistent and positive reinforcement, and try to ignore as many of the negative ones as possible. This teaches kids the definite rewards of desired behavior, and that acting out gets them nothing — not even negative attention. A chart with stickers for tasks accomplished can work wonders as positive reinforcement for preschool children. And remember, if you have limits, such as 30 minutes a day of earned computer time, you should stick to them.

Find Support

Parents of kids with developmental, emotional, or behavioral problems often feel isolated and lonely. It can be difficult watching all the other neighborhood children set off for a camp yours can’t attend; not only are those kids cementing friendships they may have already formed during the school year, so are their parents. Don’t feel bad booking a sitter and spending time with friends; it’ll help you keep from feeling marooned, and your well-being is critical to caring for your child.

If you can’t afford a sitter, close friends with or without kids can also provide good company and support for parents, even if mom or dad is still doing the supervising and discipline. It’s always nice to have an extra adult or even an older child around to help keep an eye on yours.

Mimic Home Routines Even When Travelling

Sally, whose 8-year-old son, Charlie, is on the autism spectrum, has some very practical tips for planning a family getaway. Staying in a hotel and eating in restaurants “is usually a disaster,” she says, given all the change and extra stimulation. Instead, she’s found that renting an apartment online, where she can mimic home routines, works best; many other families do the same. Sally brings familiar nonperishables and several cooked meals, and makes sure there’s a store nearby for things like milk, juice, and fruit. “Having to cook and shop is not exactly a vacation,” she says, “but it’s a lot more peaceful” than trying to eat out.

Work With Your Child’s Strengths and Interests

When Steve’s son Michael — the child with ODD — was 5, he started out at the day camp that many of his classmates at the neighborhood school attended. It shared a densely wooded site with other such camps, so it was very important from a safety standpoint that Michael stayed with his group. When the boy began to wander off, Steve recalls, “he got reprimanded by the counselors in such a way that it really set him off with a lot of oppositional/defiant behavior.”

If you find that these transitions are harder than expected or find yourself needing any additional help or support, come see us at Child & Family Services or call 819-627-9877.

**You deserve to be heard.
We’re here to listen.**

A safe space to talk, 24 hours a day, every day of the year.

Call 9-8-8



Text 9-8-8

SMS

Men's Mental Health Awareness Month

June is Men's Health and Mental Health Month. It serves as a vital time to break the stigma around men expressing vulnerability, while highlighting crucial resources, suicide prevention campaigns, and mental health strategies designed specifically for men.

Men often face unique challenges in managing mental health due to traditional social norms and expectations around stoicism. Awareness campaigns across Canada—including Temiscaming and neighboring Quebec—are working to change this .

What Is Men's Mental Health Awareness Month, and How Can I Support It?

What Is Men's Mental Health Awareness Month, and How Can I Support It?

June and November are popular months for supporting men's mental health — but the men in your life need you year-round.

Understanding men's mental health concerns

There's still a stigma around men's mental health, making it more difficult for men and boys to reach out for help. Some men might still feel as if people expect them to hide their emotions and “man up,” or be strong for others. Having or acknowledging a mental health condition is still seen as a sign of weakness or lack of masculinity among some men.

But mental health conditions aren't signs of personal weakness — they're health conditions just like any other. You wouldn't feel shame about getting a doctor's help with a broken arm, and contacting a therapist isn't any different.

The statistics of men's mental health

Men accounted for 75% of all completed suicides in Canada in 2019, and suicide was the leading cause of death for young men in 2018 (NextGen Men).

In a survey of 1450 men, 55% reported feelings of loneliness, and 1/3 reported thoughts of suicide or self-harm (University of BC). According to the Centre for Suicide Prevention (CSP), “Men are often socialized not to talk about their emotions, and therefore, men as a group may mask their stress and deal with emotional pain through harmful behaviours and actions, and sometimes suicide, instead of seeking help.”

Through awareness, education and accessible resources, we can combat the stigma surrounding men's mental health.

How to support Men's Mental Health Awareness Month

If you'd like to support Men's Mental Health Awareness Month, you could do it in many ways. You might hold an event to raise awareness and money for a mental health charity or organization. You could raise money through a garage sale or bake sale, get people to sponsor you in a race or a competition, or reach out to your workplace or your child's school to see whether there's anything they could do to raise awareness.

There are a lot of charities, organizations, and groups out there that do important work around men's mental health and mental health more generally.

- Face It,
- MenLiving,
- HeadsUpGuys,
- Next Gen Men and
- Men &.

It's also important to listen to the men in your life if they reach out to you and let them know that you're there. Of course, this isn't limited solely to Men's Mental Health Awareness Month — men's mental health remains a big concern throughout the year, not just in June.

If you or anyone you know is struggling, please reach out. Call or text **9-8-8** anywhere in Canada for free, confidential 24/7 support, contact the **Hope for Wellness Help Line**, or reach out to your local hospital or health centre.

Source: Healthline & CMHA

End of School Year and Summer Safety Tips

As another school year comes to an end, families are getting ready for summer fun, vacations, outdoor activities, and well-deserved relaxation. While summer is an exciting time for children and youth, it's also important to keep safety in mind to ensure everyone enjoys a healthy and happy break.

With children spending more time outdoors, sun and heat safety should be a priority. Encourage kids to wear sunscreen with SPF 30 or higher, drink plenty of water, and take breaks in the shade during hot weather. Lightweight clothing, hats, and sunglasses can also help protect against the summer heat.

Water safety is another important reminder. Whether swimming at the beach, pool, or lake, children should always be supervised around water. Life jackets are recommended for boating and water activities, especially for younger children and inexperienced swimmers.

As routines change during summer break, it's also helpful to

continue promoting safe habits at home and in the community. Remind children about bike and road safety, including wearing helmets and being aware of traffic when riding bikes, scooters, or walking with friends.

Summer is also a wonderful opportunity to encourage balance by staying active, spending time outdoors, and taking breaks from screens and social media. Family activities, outdoor games, reading, and community events are great ways to stay connected and engaged over the summer months.



From the Kebaowek Health and Wellness Center, we wish all students and families a safe, fun, and relaxing summer break!

Kebaowek Health and Wellness Center Programs and Activities

For Girls Ages 9-14

girl talk

THE ART OF BECOMING ME

Growing up can feel exciting, confusing, emotional, and sometimes overwhelming — we're here to remind you that you don't have to navigate it alone

Join our Girls Group, a safe and supportive space where pre-teens and young teens can talk openly, ask questions, build confidence, and connect with others their age.

Kebaowek Health & Wellness Center

Every Tuesday Beginning July 7th

To Register Please Contact Trysta Young at (819) 627-9060 ext 524

For Girls Ages 9-14

girl talk

THE ART OF BECOMING ME

July 7th Intro., Group Safety, Confidence
July 14th What Happens During Puberty
July 28th Periods and Body Care
Aug. 4th Healthy Friendships & Conflict
Aug. 11th Social Media, Online Safety, Body Image
Aug. 18th Boundaries, Consent, Personal Space
Aug. 25th Crushes, Dating, Healthy Relationships
Sept. 1st Self-Respect, Future Goals, Celebration

EACH SESSIONS ENDS WITH AN ART OR INTERACTIVE ACTIVITY THE GIRLS CAN KEEP AND BRING HOME

Kebaowek Health and Wellness Center Programs and Activities

Kebaowek Band and Community Members

Monday June 8, 2026
6:30pm-8:30pm

Woman's PAINT Night

With Michelle St-Denis

Get creative and paint your own unique wooden tray, perfect your home or to gift. It's the perfect way to relax and have some fun. No experience needed! All Materials supplied!




At the Health Center
Back Entrance

Tea/ Coffee
&
Light Snacks provided

To Register

Contact Child and Family Services

819-627-9877

Limited spaces available



JOIN OUR PHYSICAL ACTIVITY CHALLENGE EVERY FIRST FULL WEEK OF EVERY MONTH WE ARE ASKING EVERYONE TO GET ACTIVE TO WIN !!

STARTS JANUARY 4TH, 2026

GET ACTIVE AND WIN

All you have to do is send in a picture of yourself participating in some form of physical activity and you will be entered into a draw to win a \$50 Visa Gift Card. You are allowed 1 entry per month and this challenge is open to all Kebaowek members.

Sunday June 7th - Saturday June 13th
Sunday July 5th - Saturday July 11th

Send pictures to: mmcmartin@kebaowek.ca or private message the Kebaowek Health Center Facebook Page.

When sending in a picture, please attach all names that are in the photo. Example: family is playing hockey






LIMITED SPOTS AVAILABLE

SUMMER KIDS CLUB

AGES 10-14

TOPICS

- BAKING AND COOKING
- CLEANING SKILLS
- BUILDING BASICS
- CULTURE TEACHING
- MONEY AND BUDGETING
- RESUME AND JOB SKILLS

WEDNESDAYS
APPROX. FROM 1PM TO 4 PM
SCHEDULE ATTACHED

KEBAOWEK HEALTH AND WELLNESS CENTER



SUMMER KIDS CLUB SCHEDULE

| WEDNESDAYS | APPROX. 1-4PM AT KHWC |
|-----------------|---|
| JULY 2, 2026 | WELCOME, KITCHEN SAFETY, MEASURING (ONLY THURSDAY SESSION) |
| JULY 8, 2026 | BAKING, COOKING AND GROCERY BUDGETING |
| JULY 15, 2026 | CLEANING SKILLS |
| JULY 29, 2026 | BUILDING BASICS AND PROBLEM SOLVING |
| AUGUST 12, 2026 | LIVING OFF THE LAND, SURVIVAL SKILLS AND SEVEN TEACHINGS (CULTURE TRIP - DETAILS TO COME) |
| AUGUST 19, 2026 | MONEY BASICS AND JOB SKILLS |
| AUGUST 26, 2026 | LIFE SKILLS, SPORTSMANSHIP AND CELEBRATION |

TO SIGN UP CALL CFS RECEPTION AT 819-627-9877
DEADLINE TO SIGN UP: JUNE 8TH, 2026

Kebaowek Health and Wellness Center Programs and Activities



BABY FOOD MAKING CLASSES

All classes will be held in the CFS kitchen at the Kebaowek Health and Wellness Center from 9:30 am - 11:30 am

FRIDAY May 29th, 2026
ON THE MENU...
Carrots

FRIDAY June 12th, 2026
ON THE MENU...
Applesauce

FRIDAY June 26th, 2026
ON THE MENU...
Peas

If you have a baby between the ages of 5 months to 24 months come join Lynn to make your own baby food.

All materials needed will be provided including the food!

For more information or to RSVP with Lynn Grandlouis
819-627-9060
lgrandlouis@kebaowek.ca



PALS/MCH Activity

RSVP BY JUNE 18

You're warmly invited to a special Father & Child Golf Day at Smore's Fun Golf Center!

Fathers Day

JUNE 20-21
10AM-5PM

Join us for a fun-filled day of quality time, laughter, and friendly competition!
Time: 10:00 AM - 5:00 PM
When registering, please let us know:
• How many people will be attending
• Your preferred time slot (1 hours per person)

Call Child and Family Services to register
819-627-9877


BABY & ME

A playgroup for parents & caregivers with children aged 0-5.
9:30 am - 11:30 am
at the Health Center

June 2026 Dates:
1st, 8th, 15th & 29th

July 2026 Dates:
6th & 13th

Coffee/tea & snacks provided.



For more info please contact Lynn @ 819-627-9877.

Community Breakfast

Thursday, June 18th 2026

Last one until September



6:45am - 9:00am
@ the community Hall

Phelps Bus Pick-up @ 7:30
Temis Bus Pick-up @ 7:40 (1st run)
Temis Bus Pick-up @ 8:40 (2nd run)



Composting & Waste Management

Thursday
June 4, 2026
@ 11:00am
at the Dome

Come join us for an information session on Composting & Waste Management!

Presented by
Matt Chevrier

Lunch will be served after the presentation!

SENIOR SOCIAL

ELDERS 55+

DATES:

THURSDAY JUNE 4, 2026
THURSDAY JUNE 11, 2026
THURSDAY JUNE 18, 2026
(LAST ONE FOR THE SUMMER)

Place: Dome

Time: 1:00 pm to 3:00 pm

Doors open @ 12:45 pm



Snacks, Tea & Coffee will be provided !

We hope to see you there and if you need a ride please call Shelly @ 819-627-9060

Meals on Wheels

Upcoming Dates for
Meals on Wheels

June 10, 2026

THIS WILL BE THE LAST
MEALS ON WHEELS UNTIL

SEPTEMBER 2, 2026

Cost per meal \$7.00

If you are not home please
leave a cooler outside

Community Shopping

9am -
3pm

June 6th, 2026

July date to be
announced



Contact Shelly @ 819-627-9060
the Wednesday before the trip to save your seat
as spaces are limited.

Reminder to bring your own Grocery Bags!

MEN OF KEBAOWEK

**INTERESTED IN A
NIGHT OF POOL,
MUSIC, AND HANGING
OUT?**

Please comment or message us directly if you would be interested in attending!

Event details to be determined.

Call Kebaowek Child & Family Services for more information
819-627-9877



First Nations Child and Family Services and Jordan's Principle Settlement

The following classes are able to submit claims:
The Removed Child Class
The Removed Child Family Class

Check eligibility criteria at fnchildclaims.ca.

Contact Delyssa or Darlene at 819-627-9877 to book an appointment to submit a claim

Addiction? We can help!

Are you living with addiction?

We can help with a wide range of addictions alcohol, drugs, gambling etc. You choose what path to recovery works for you.

- Counselling
- Medical detox
- In-patient care
- Out-patient care
- Addictions medications
- Social support groups
- Harm reduction supplies

- Judgement free
- Confidential
- Person-centered care

Call Delyssa Down
819-627-9877

BEYOND THE SMOKE: A New Life Awaits



Did you know...
quitting smoking is the best thing you can do for your health.

For more information or interest in the smoking cessation program.

Please call Kebaowek Health and Wellness Center
819-627-9060
Ask to speak with

Jocelyn Heffern
Community Health Nurse

or

Delyssa Down
Mental Health & Addictions



YOUTH HUNTERS POINT CAMPING TRIP

SAVE THE DATE

JULY 19-24, 2026

MORE INFO TO FOLLOW

25TH YEAR ANNIVERSARY

WE ARE THRILLED TO BE ANNOUNCING OUR 25TH ANNIVERSARY OF THE YOUTH HUNTERS POINT CAMPING TRIP!! WE WILL BE LEAVING JULY 19TH AND RETURNING JULY 24TH 2026

JOIN US FOR A WEEK OF OUTDOOR FUN!!

STAY TUNED FOR MORE DETAILS



YOUTH HUNTERS POINT CAMPING TRIP

JULY 21st, 2026

ARE YOU A FORMER CAMPER ?

25TH YEAR ANNIVERSARY CELEBRATION

We are sending out an invitation to any person that has taken part as a youth to join us on Tuesday, July 21st between 1pm and 7pm. Please RSVP if you are making the trip as we will be providing a meal (supper) and you can join in the planned activities.

Any child that is 7 years of age or older can join us (and parents can join us too!).
Anyone 6 years of age or younger must have an accompanying parent.

If anyone has any questions or if you'd like to sign up, please don't hesitate to reach out to Mitchell McMartin or Shelly Grandlouis at the Health Center (819) 627-9060.



KEBAOWEK FIRST NATION

SUMMER CAMP

>JULY 2ND TO AUG 26TH

>FOR SCHOOL AGE 5-11

<DAILY ACTIVITIES>
FIELD TRIPS, CRAFTS, SWIMMING, FREE PLAY AND MORE

TO REGISTER OR MORE INFORMATION PLEASE CONTACT LYNN GRANDLOUIS 819-627-9877

BEFORE JUNE 19TH, 2026

PRIORITY & LIMITED SPOTS AVAILABLE



Are you interested in using the exercise room at the Health Center???

We are opening the exercise room to select individuals.

Please call Mitchell McMartin at the Health Center (819) 627-9060 to discuss whether you fall within the parameters to use the exercise room and what is needed.

Counseling Services

Nurturing Minds, Healing Hearts



Services Offered

- Psychotherapy
- Consulting
- Family Therapy
- Community Psychology

Arlene Laliberte

Licensed Psychologist



Biweekly Sessions

In Community every other Tuesday, by Phone or Zoom



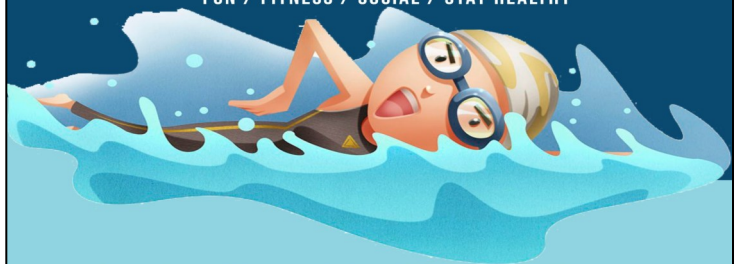
To book an appointment call Child & Family Services @ 819-627-9877

PUBLIC SWIMMING

LE CENTRE TEMISCAMING

Kebaowek Band & Community Members

FUN / FITNESS / SOCIAL / STAY HEALTHY



For Families with children 0-17 years
CHILD & FAMILY SERVICES WILL REIMBURSE SWIMMING FROM LE CENTRE TEMISCAMING - SUBMIT ALL RECEIPTS TO ALYSSA

FOR MORE DETAILS // PH: 819-627-9877

DISCLAIMER* DOES NOT INCLUDE POOL RENTALS



2026 Medicine Cabinet Clean Up Contest

Don't forget to drop off your expired medications or medications you no longer use to the Health Center and have a chance to win a prize.

This includes any prescription drugs and/or over-the-counter medication that you may have such as pills, cough syrup, cold remedies and blister packs.

If you need help or if you have any questions please do not hesitate to call the Kebaowek Health and Wellness Center for help.

For each bottle of medication brought in for disposal, you will have your name entered in a draw for a chance to win a \$100 Gift Card.

Drugs that are thrown in the garbage can be retrieved by others and sold, while flushing medications can potentially contaminate the water supply. By safely disposing, you will help prevent poisoning, misuse and overdose in our community.

All medications must be dropped off before 4:30 pm on Thursday December 10th, 2026 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

FOOD BANK

Registration:

Monday & Tuesday
 8:00am - 4:30pm

Pick-up Days:

Wednesday & Thursday
 10:00am - 4:00pm



Food bank Reminders



Location

172 Ogima Street
 Kebaowek

Child & Family
 Services Doors

- In order to access Food Bank services, a completed registration form is required.
- Delivery services are no longer available.
- Clients must call monthly to register with Jessica @ 819-627-9877

Kebaowek First Nation Community Calendars

| Manadjitaganiwan | Metisowini-kijigan | Anjeni-kijigan | Sozep-kijigan | Ishpiniganiwan | Chibayatigo-kijigan | Mani-kijigan |
|--------------------------------|---|--|-------------------------------------|--|---------------------|-------------------------|
| | 1 Baby & Me | 2 | 3 | 4 Lunch & Learn Senior Social Compost & Garbage | 5 | 6 Community Shopping |
| 7 Get Active and Win Week → | 8 Baby & Me Women's Paint Night | 9 | 10 Meals on Wheels | 11 Senior Social Compost & Recycling | 12 | 13 |
| 14 | 15 Baby & Me | 16 | 17 | 18 Community Breakfast Senior Social Compost & Garbage | 19 | 20 |
| 21 Father's Day | 22 Kebaowek Offices/Health Center are closed for Indigenous People's Day | 23 Kebaowek Offices/Health Center are closed for St Jean Baptiste | 24 | 25 Compost & Recycling | 26 | 27 |
| 28 | 29 Baby & Me | 30 | Ode'imín Kizis June 2026 | | | |

| | Metisowini-kijigan | Anjeni-kijigan | Sozep-kijigan | Ishpiniganiwan | Chibayatigo-kijigan | Mani-kijigan |
|-------------------------------------|---|----------------|---|--------------------------------------|--------------------------------------|--|
| Miskomin Kizis July 2026 | | | 1 Kebaowek Offices/Health Center are closed for Canada Day | 2 Compost & Garbage | 3 | 4 |
| 5 Get Active and Win Week → | 6 Baby & Me | 7 | 8 | 9 Compost & Recycling | 10 | 11 |
| 12 | 13 Baby & Me | 14 | 15 | 16 Compost & Garbage | 17 Boat Rally Pre-Registration | 18 30th Annual Kebaowek Boat Rally |
| 19 | 20 Youth Hunter's Point Camping Trip (20th - 24th) | 21 | 22 | 23 Compost & Recycling | 24 | 25 Kebaowek Pow Wow |
| 26 Kebaowek Pow Wow | 27 | 28 | 29 | 30 Compost & Garbage | 31 | |