

Please register for the programs,
activities and events offered.

Chapleau Cree First Nation

P.O. Box 400
828 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-864-0784
Fax: 705-864-1760
E-mail: reception@chapleaucree.ca

Life's Sacred Journey

P.O. Box 400
814 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-860-0003
Fax: 705-860-0004
E-mail: bandrep@lifessacredjourney.ca

Chapleau Cree Health Centre

P.O. Box 400
801 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-864-0200
Fax: 705-864-0206
E-mail: h.adminassist@chapleaucree.ca



 <https://www.facebook.com/groups/118989737892773>



For the week of:
**September 8, to
September 14, 2025**

Summer Hours:

**Monday - Thursday
8AM - 5PM**

**Friday
8AM - Noon**

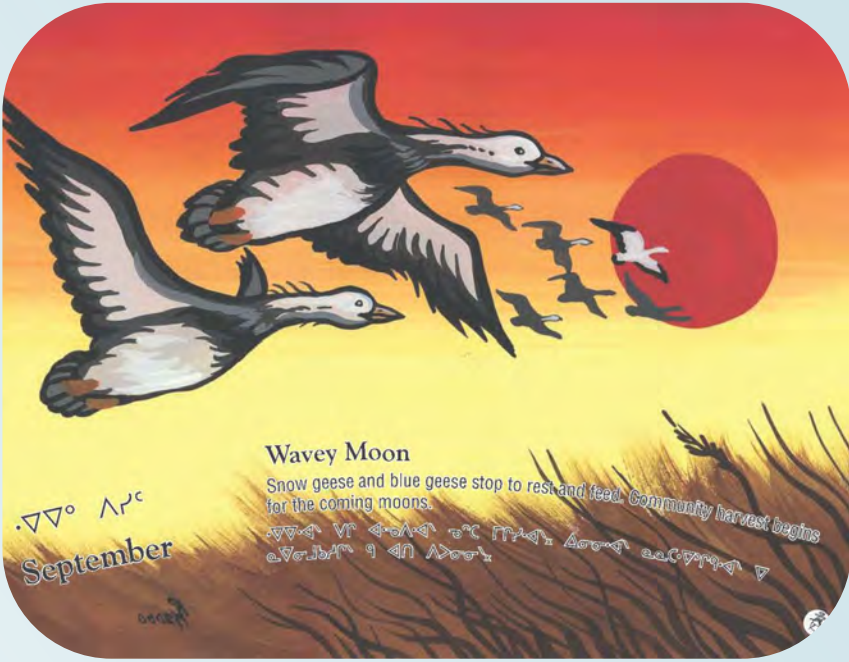
Participation and Feedback on
Activities/Events/Programs is
always welcomed

Please submit feedback to
Kyle Corston @ 705-864-0784 or
communityrelations@chapleaucree.ca



This Week's Highlights:

- **FASD Awareness Community Dinner**
- **Two Day Journey with Lisa Wesley and Summer Rickard: Understanding Trauma and Healing Through Grief**
- **Chiropractor**
- **Reflexology**



Oški-kīšikāw
MONDAY
Wehwewi-Pisim
September 8

**HAPPY
MONDAY
HAVE A
GREAT
WEEK**

**Chief & Council
Meeting
6pm @ Band Office**



Nīso-kīšikāw
TUESDAY
Wehwewi-Pisim
September 9



Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up



**FASD Awareness
Community Dinner**



5:30pm-7pm @ Health



Apihtawan
WEDNESDAY
Wehwewi-Pisim
September 10

**Chiropractor in Spa
Room**



10am-3pm @ Health

**Lisa Wesley & Summer Rickard:
Understanding Trauma**



9am-4pm@ Health



Nēwi-kīšikāw
THURSDAY
Wehwewi-Pisim
September 11



Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

**Lisa Wesley & Summer Rickard:
Healing Through Grief**



9am-4pm@ Health

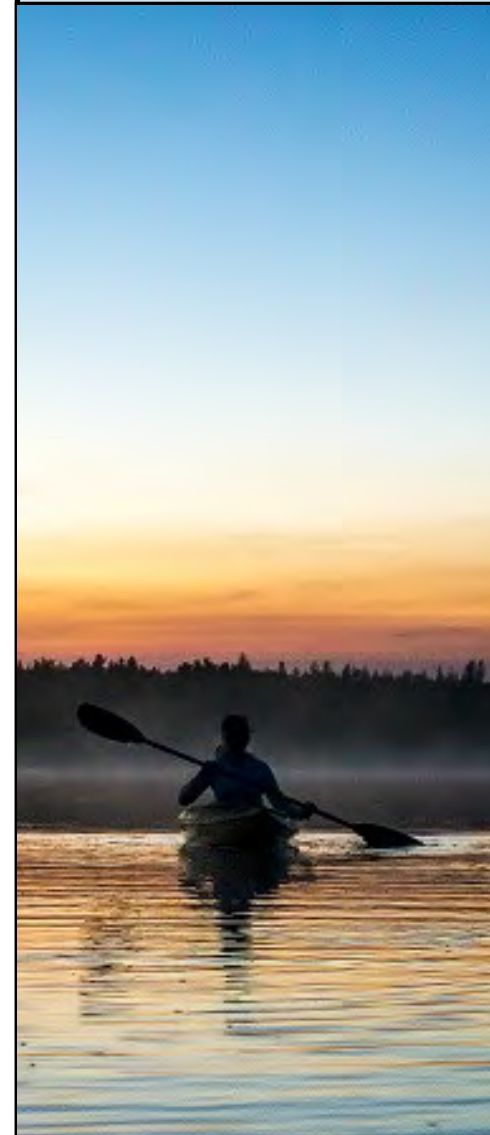
REFLEXOLOGY



3pm-8pm @ Health



Pahkwēšikani-kīšikāw
FRIDAY
Wehwewi-Pisim
September 12



**Not Receiving the
Weekly Pamphlet in a
timely manner?
Call **Kyle Corston** at the
Band Office 705 864 0784
and give your email—
you'll
receive the pamphlet
right to your inbox**

Matinawe-Kisikaw
SATURDAY
Wehwewi-Pisim
September 13



Ayamihêwi-kīšikāw
SUNDAY
Wehwewi-Pisim
September 14





REMINDER!!!!

BACK TO
SCHOOL
SHOPPING
TRIP



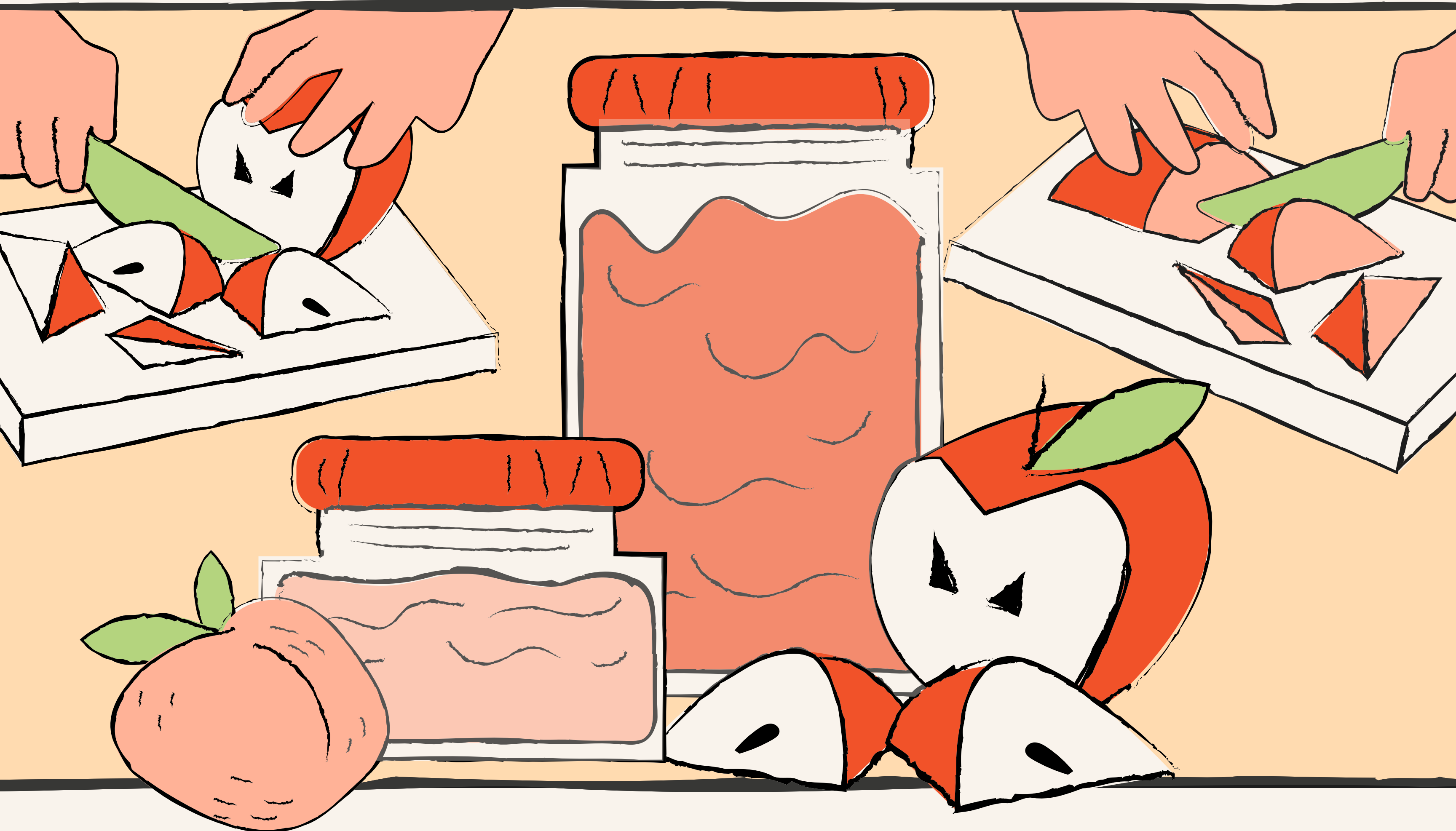
DEADLINE TO SUBMIT RECEIPTS
SEPTEMBER 12TH

BRING YOUR RECEIPTS TO HEALTH

FOOD PRESERVATION

CANNING SESSION #2

ADULTS 18+



Learn how to can foods for food preservation. Save money, time and enjoy fresh food year round.

This session, Cindy Fletcher will be teaching how to can corn, carrots and apple sauce.

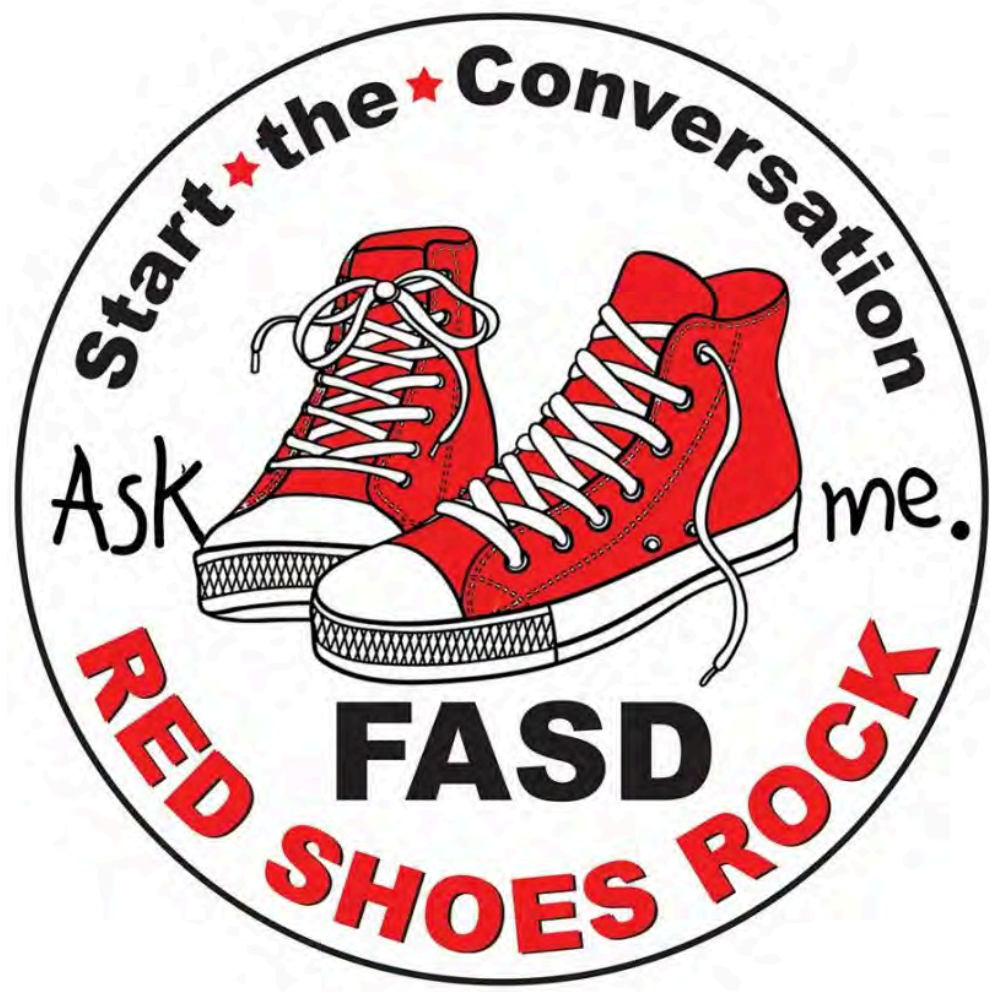
MAX 10 Participants!

September 7th, 2025

Band Office Kitchen

9:00 AM - 4:00 PM

Call Tracy at Health to register 705-864-0200



Community FASD Awareness Dinner

September 9th, 2025
5:30 PM
at Band Office

September 9th, on International #FASD Awareness Day, we are reminded that everyone - Kookums, Mooshums, Aunties, Uncles, Sisters, Brothers, Partners, Friends and Community all play a part in supporting healthy pregnancies and those living with Fetal Alcohol Spectrum Disorder (FASD).

💡 With 4% of Canadians affected it's crucial to raise awareness, provide education and promote prevention. This event isn't just for pregnant women, it's about educating families, friends and community how to support pregnant women to abstain from alcohol during pregnancy and how to help children/adults living with FASD.

👉 How can you help? Start by attending the FASD Awareness Dinner, rocking your red shoes and visiting canfasd.ca to learn more.

👨👩👧👦 For families with children with FASD, find out how CASA can help at <https://casamentalhealth.org/casa-programs/fetal-alcohol-spectrum-disorder-program/>.



Please call Tracy at Health for more information and to register for the dinner 705-864-0200



Joins us for a Powerful 2-day Journey of

Learning, Reflection & Healing

With Lisa Wesley & Summer Rickard

Day 1 Understanding Trauma

- ✓ Learn how trauma impacts the mind, body and spirit
- ✓ Explore grounding
- ✓ Resilience & Trauma Informed practices
- ✓ Sound Healing



This workshop is trauma-informed and culturally grounded, blending professional expertise with lived experience and Indigenous ways of knowing. Participants will leave with tools, teachings, and practices that support their own healing journey and the wellness of their communities.



Day 2 Healing Through Grief

- ✓ Acknowledge different forms of grief
- ✓ Discover holistic & traditional healing practices
- ✓ Connect in a safe and supportive circle.

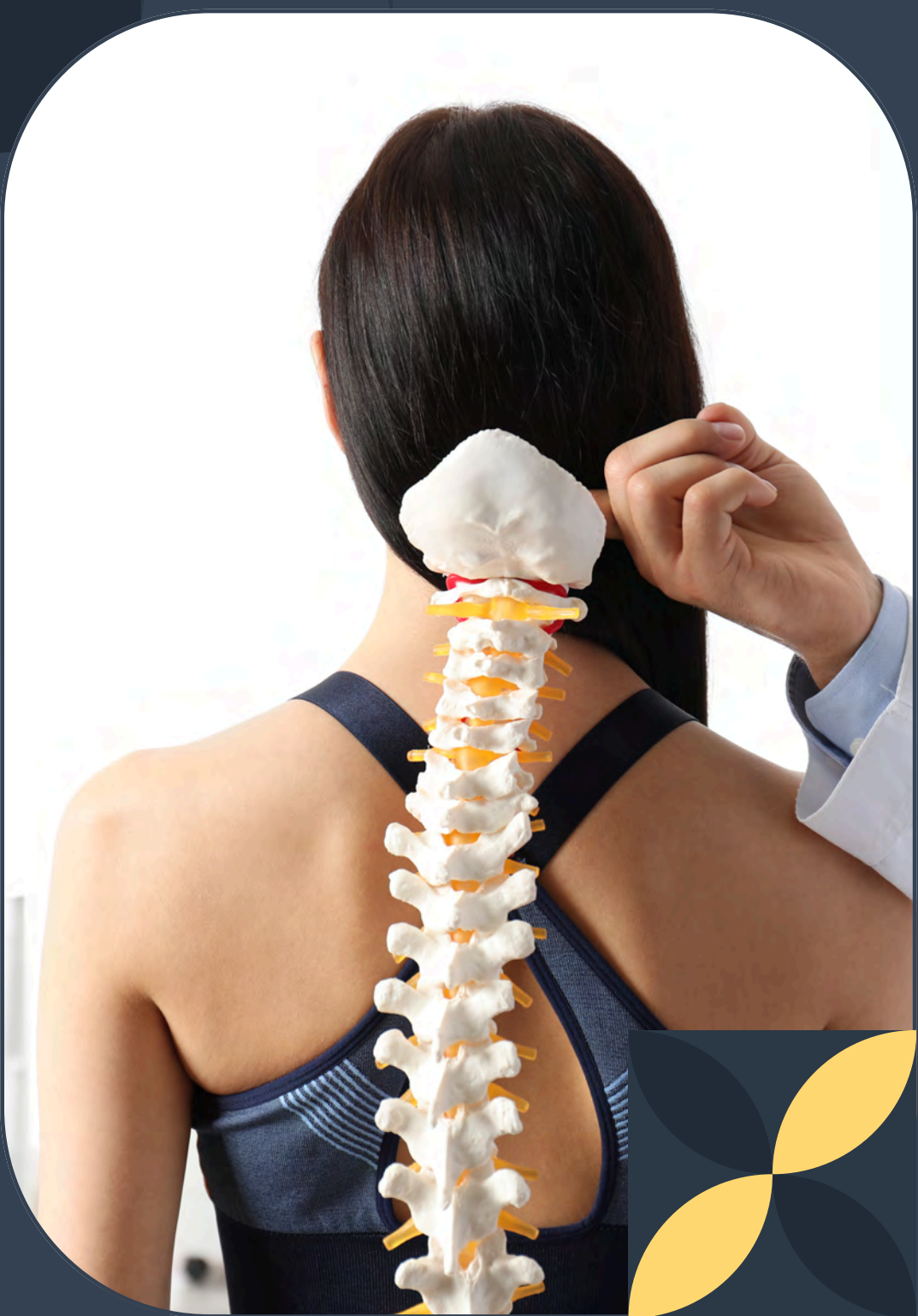


Health Center

September 10 & 11, 2025

9:00am - 4:00pm

For further information contact
Adrienne or Deanna at
(705) 864-0784 x223



WELLNESS THROUGH CHIROPRACTIC CARE

Welcome to Mushkegowuk Health , where we prioritize your well-being through personalized chiropractic care. Our experienced team is dedicated to helping you achieve optimal health and vitality.

Services Offered



Spinal Adjustments

Expert chiropractors restoring balance to your spine.



Peripheral Joint

Relax and rejuvenate with therapeutic massages.



Rehabilitation Exercises

Strengthen and enhance your body's natural healing abilities.

Meet Our Expert

DR. David Popovic

Expert Chiropractor

September 10th, 2025
10:00 am to 3:00 pm



Ready to prioritize your well-being?
Contact us today

HEALTH CENTRE



705 864 0200

CCFN Members
Waitlist for others welcome.





REFLEXOLOGY

with Kathleen Bouchard

September 11, 2025

3:00 PM–8:00 PM

at Health Centre

*Call Health to book
your appointment.*

Priority CCFN

Members, waitlist

welcomed.

705-864-0200





NUTRITION BINGO THANKSGIVING SPECIAL!

Sept. 17th, 2025

BRING YOUR BINGO DABBERS!

GAME | NIGHT | FUN

Band Office Door Opens At 7:00 pm

CALL 705 864 0200 TO REGISTER



Massage Day

with Kathleen Bouchard

September 18, 2025
3:00 PM - 8:00 PM
at Health Centre.



*Call Health to book your
appointment 705-864-0200
Priority CCFN Members.
Waitlist welcomed.*

CHAPLEAU CREE PRESENTS

YOUTH SELF-DEFENSE CLASSES

Give your child the tools to stand tall with Warrior Spirit's youth self-defence program!

OUR 12 WEEK PROGRAM INCORPORATES THE FUNDAMENTALS OF WRESTLING, JUDO, AND BOXING IN A SAFE, POSITIVE, AND INCLUSIVE ENVIRONMENT.

LED BY A FORMER POLICE OFFICER, OUR INSTRUCTOR BRINGS REAL-LIFE EXPERIENCE, ENSURING YOUR CHILD LEARNS PRACTICAL TECHNIQUES AND SITUATIONAL AWARENESS—NOT JUST THEORY.

DESIGNED SPECIFICALLY FOR KIDS AND TEENS, OUR CLASSES BUILD:

- Confidence through real-world self-defence skills
- Fitness with fun, high-energy training
- Discipline & Focus through structured practice
- Respect & Empathy with team-building and anti-bullying strategies

Limited Spots Available

Call Health to register

 **864-0200**



DATE & TIME TO BE ANNOUNCED



BAND OFFICE BASEMENT



**Open
to ages
6-18**

**NO EXPERIENCE
NEEDED!**

JUST A WARRIOR SPIRIT



WARRIOR SPIRIT
FITNESS & SELF-DEFENSE

STRONG BODIES, STRONG MINDS, SAFE KIDS





WEBINAR WEDNESDAY

Business Foundations & NADF Funding Opportunities



Wednesday

Sep 10

12:30 PM - 1:30 PM



Jhon Falla
Youth Coordinator



1-800-465-6821



www.nadf.org

Business Foundations & NADF Funding Opportunities

Thinking about starting a business or strengthening your current one? This session is designed just for you!

Join **Jhon Falla**, Accountant and Founder of EVA Bookkeeping, as he shares key strategies to help you build a strong business foundation. With an advanced diploma, a bachelor's degree in accounting, and recognition through awards such as the RBC In Business Award, Jhon brings valuable knowledge and lived experience to support aspiring entrepreneurs.


Whether you're exploring business ideas, planning for growth, or seeking financing, this webinar offers practical tools to help you succeed.

What You Will Learn

- NADF Financing opportunities
- How to develop a solid Business Plan

Who Should Attend?

Indigenous youth ages 18–39 from Northwestern Ontario looking to start or grow their business.

 **Date:** Wednesday, September 10, 2025

 **Time:** 12:30 PM EST

 **Location:** Zoom (Online)

Attend the webinar and you will be entered into a draw for a \$75 e-gift card.

[Register Online](https://us06web.zoom.us/webinar/register/WN_-afZ0CNhQBiyE_MNdJjVgg?fbclid=IwY2xjawMIZaNleHRuA2FlbQlzMABicmlkETFJUDU0T05vd2xLNlp5SVNZAR74y8jQQkbSww_QYLz15CczMvaEe3dq3Qh7dbrwyl52tamUFuLWUHijmuVgUw_aem_FWMBcptCVhRtit35OyPShw#/registration)

https://us06web.zoom.us/webinar/register/WN_-afZ0CNhQBiyE_MNdJjVgg?fbclid=IwY2xjawMIZaNleHRuA2FlbQlzMABicmlkETFJUDU0T05vd2xLNlp5SVNZAR74y8jQQkbSww_QYLz15CczMvaEe3dq3Qh7dbrwyl52tamUFuLWUHijmuVgUw_aem_FWMBcptCVhRtit35OyPShw#/registration