Please register for the programs, activities and events offered.

Chapleau Cree First Nation

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

Phone: 705-864-0200 Fax: 705-864-0206

E-mail: h.adminassist@chapleaucree.ca

















For the week of: October 13, to October 19, 2025

Winter Hours:

Monday - Friday 8:30AM - 4:30PM

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:

- Thanksgiving (Offices closed)
- BACK TO WINTER OFFICE HOURS!
 - Chief and Council Meeting
 - Chiropractor
- Lunch n Learn (Breast Cancer)
 - Massage with Kathleen
- IRS 1:1's with Lisa Wesley
- Understanding Trauma Dinner and Workshop
- IRS Community Fire with Adrienne
 Beaupre @ Turtle Lodge
 - Halloween Bag Sewing

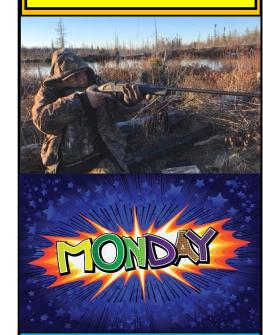


Oški-kîšikâw MONDAY Pimahamowi-Pisim October 13

OFFICES CLOSED THANKSGIVING



STAT HOLIDAY





Nîso-kîsikâw
TUESDAY
Pimahamowi-Pisim
October 14



WINTER HOURS BEGIN!

Office Hours:
8:30am-4:30pm

Monday-Friday





COMMUNITY HAIRCUT DAY



10am-4pm @ Health

Chief & Council

Meeting

6pm @ Band Office



Apihtawan
WEDNESDAY
Pimahamowi-Pisim
October 15

Chiropractor in Spa Room



10am-3pm @ Health

Lunch n' Learn (Breast Cancer)

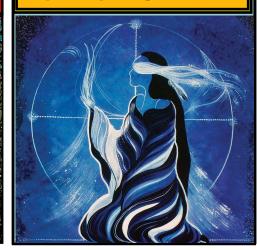


12pm-1pm @ Health

MASSAGE W/ KATHLEEN



3pm-8pm @ Health



Nêwi-kîsikâw

THURSDAY

Pimahamowi-Pisim

October 16



Town Run
10:00 a.m.
Call Health at

705-864-0200 before 9am to get picked up

1:1 with Lisa Wesley



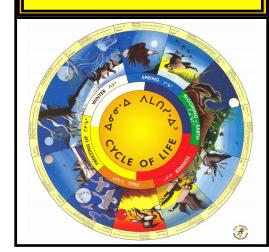
1pm-5pm@ Health

IRS Understanding Trauma Dinner and Workshop





5pm-9pm @ Band Office



Pahkwêšikani-kîšikâw
FRIDAY
Pimahamowi-Pisim
October 17

1:1 with Lisa Wesley



9am-12pm@ Health



IRS Community Fire with Adrienne Beaupre at Turtle Lodge





12pm-4pm @ Turtle Lodge

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
Pimahamowi-Pisim
October 18



Ayamihêwi-kîsikâw

SUNDAY

Pimahamowi-Pisim

October 19

Halloween Bag Sewing



9:30am-4pm@ Health



Registered Social Worker and Therapist

Patrick Champagne

will be in the community, offering his services at the Life's Sacred Journey office

on Tuesday, October 14, 2025 from 9 AM to 12 PM and 1 PM to 4 PM

please contact Hilary at 705-860-0003 to arrange an appointment

Patrick is also available for virtual appointments if these timeslots do not work for you.

His contact information and more about how he can help can be found on his poster.





Areas of Focus:

- Trauma Therapy
- Grief Counselling
- Culturally Informed Practice
- Addictions, Harm Reduction & Relapse Prevention
- Intergenerational or Residential School Trauma
- Indigenous Social Work

Free 20 minute consultation available!

Patrick Champagne, RSW

Therapist

I am a Registered Social Worker and Therapist with a professional career spanning over a decade.

My approach to managing and treating addictions is based on assisting clients in identifying the root cause(s) of their addiction with a focus on harm reduction and relapse prevention and Trauma. I aim to help clients build connections to traditional medicine and overcome barriers to cultural reconnection. I also helps clients work through intergenerational trauma by focusing on how this trauma impacts clients in their daily life.

My promise and dedication is to provide a safe, and non-judgemental space to support you in taking meaningful steps in their healing journey. While I do have a concentration in counselling for Indigenous peoples, I am also open to other cultural backgrounds and non-indigenous clients dealing with addiction, trauma, and mental health.

Approved NIHB Provider!

Accept Private Insurances!

Accepting New Clients!

Patrick Champagne, RSW, HBSW, AC(HON), Timmins, Ontario Canada

705-360-3132

info@patchampagne.com

www.patchampagne.com

Haircut Day

Chantal Gravel

October 14 & 28 10:00am- 4:00pm

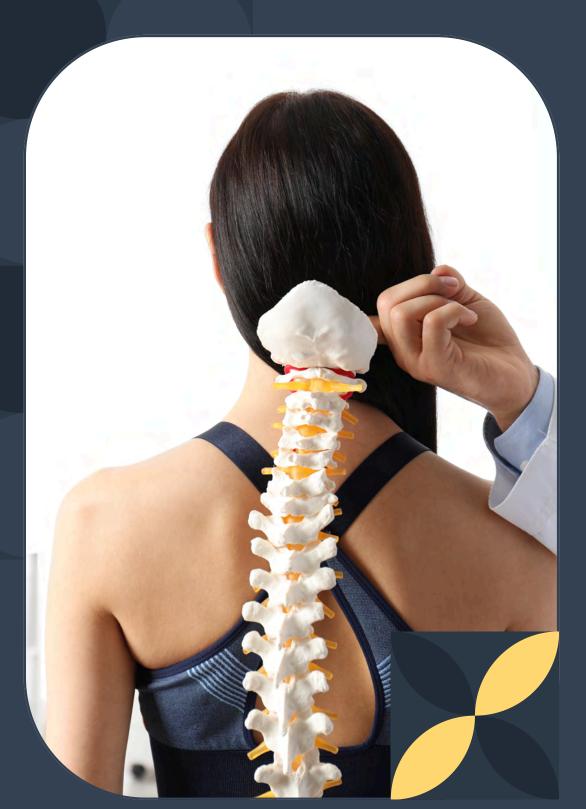
FREE of charge Gratuity encouraged

CALL HEALTH 705-864-0200 TO BOOK AN APPOINTMENT

CCFN Members. Waitlist Welcome.







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**

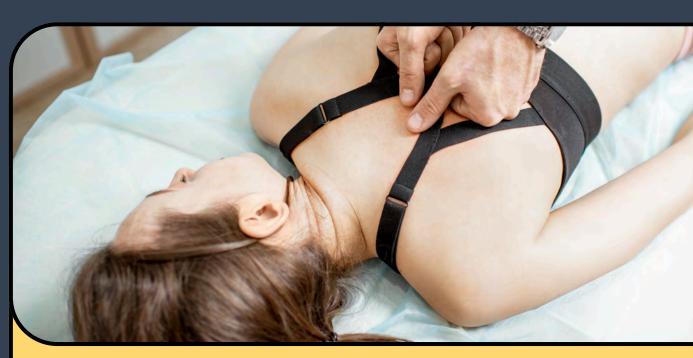
Strengthen and enhance your body's natural healing abilities.

Meet Our Expert

DR. David Popovic

Expert Chiropractor

October 15th, 2025 10:00 am to 2:30 pm



Ready to prioritize your well-being? Contact us today

HEALTH CENTRE



705 864 0200

CCFN MembersWaitlist for others welcome.

PINK OCTOBER SAVE THE DATE

Lunch and Learn

October 15th, 2025

12:00 pm to 1:00 PM

At Heatlh Center

PLEASE CALL HEALTH 705-864-0200 TO REGISTER FOR THIS EVENT

BREAST CANCER AWARENESS MONTH



Massage Day

October 15, 2025 3:00 PM - 8:00 PM at Health Centre.

with Kathleen Bouchard



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

St. John's IRS Initiative Trauma & Wellness Support

October 16th, 2025:

- 1:00pm-5:00pm: One on Ones: with Lisa Wesley at the Health Centre
- 5:00pm-6:00pm: <u>Dinner*</u>: must be registered for Understanding Trauma Workshop (18+)
- 6:00pm-9:00pm: <u>Understanding Trauma</u> <u>Workshop</u> with Lisa Wesley (20 participants max)

October 17th, 2025:

• 9:00am-4:30pm: One on Ones with Lisa Wesley at the Health Centre

October 17th, 2025

 12:00pm-4:00pm: <u>Community Fire</u> at the Turtle Lodge with Adrienne Beaupre & Deanna Dixon, everyone welcome to attend - drop in (no registration necessary), light refreshments to be served







Please register for One on One's and Workshop with Chantal at the Health Centre 705-864-0200 x 201



to register call Chapleau Cree Health Centre - 705-864-0200 for inquiries call Nathalie - ext. 203



ADULTS ONLY BEADING 16+ SOCIAL

OCTOBER 21, 2025 6:30PM - 9:00PM



TO REGISTER CALL HEALTH- 705-864-0200
FOR INQUIRIES CALL NATHALIE - EXT. 203

10 PARTICIPANTS ONLY

OPENTO CCFN BAND MEMBERS
WAITLIST WELCOMED





AWARENESS MONTH

LADIES 18 YRS + DINNER, PRESENTATION, FACIALS, SOCIAL EVENT

OCTOBER 23RD @ 5:30 PM
AT BAND OFFICE

Register at Health 705-864-0200





BOWEN

with Dorcas Barnes

October 29th, 2025 appointments 1:00 PM-8:00 PM

October 30th, 2025 appointments 10:00 AM-5:00 PM at Health Centre

The Bowen Technique is a gentle non-invasive, holistic therapy. It can benefit adults and children of all ages Conditions Which Have Responded to The Bowen Technique

Bowen Therapy

Headache Tinnitus Migraine Hay Fever Neck Pain Whiplash Jaw Problems Frozen Shoulder Respiratory Problems **Breast Problems** Tennis Elbow Digestive Conditions Kidney Problems Fertility Problems Diarrhoea / Constipation Menstrual Problems Pelvic Pain Carpal Tunnel / RSI Groin Strain Sciatica Hamstring Problems Other Conditions: Knee Pain Back Pain Muscle Spasms / Pain Joint Problems Stress Depression Ankle Problems Fatigue Bunions MS Hammer Toe ΜE PMT

Call to book your appointment at Health 705-864-0200

Priority CCFN Members, waitlist welcomed



TO REGISTER CALL: CHAPLEAU CREE HEALTH CENTRE - 705-864-0200

for inquiries call Nathalie - ext. 203

LOCATION: HEALTH CENTRE

OPEN TO CCFN BAND MEMBERS
CHILDREN 6 YEARS AND YOUNGER TO BE ACCOMPANIED BY PARENT
WAITLIST WELCOMED





CCFN HAS
PARTNERED
WITH MNP TO
CREATE AN
ECONOMIC
DEVELOPMENT
STRATEGY —
AND WE NEED
YOUR INPUT!

We Value Your

FEED BACK

Please Scan the QR Code to Complete Our Survey



Your Voice Matters!
It Only Takes 15 Minutes!



Time to pump out your septic tank?



- Date: To be determined
- Deadline to sign up October 15th, 2025
- On-Reserve households

Rate per household will be \$350.00



Your septic tank should be pumped out every 2 to 3 years



TO REGISTER OR FOR INQUIRIES CALL
CHANTAL @ THE
HEALTH CENTRE

705 864-0200