



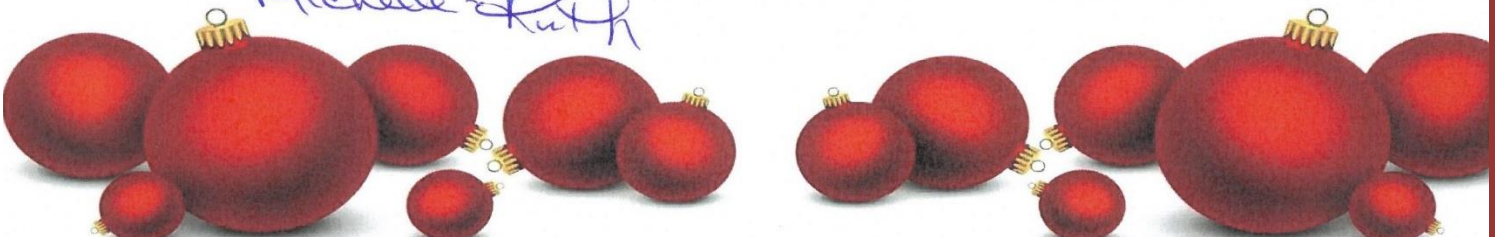
*May the magic of Christmas fill your life  
with joy and peace. Best wishes to you and  
your family during this holiday season.*

*Chief and Council*

*[Signature]*

*Norma  
Espinoza*

*Shannon  
Michelle Ruth*



# LAKE HELEN NEWSLETTER

## DECEMBER 18, 2020



**RED ROCK  
INDIAN BAND**  
Strength. Tradition. Empowerment.

\*\*\*\*\*

### MOTIONS FROM GENERAL BAND MEETING - OCTOBER 7, 2020

Motion to purchase a new service van for Nip-Rock Plumbing and Heating, providing the Plumbing and Heating company can support it. Motion was put over to the Next General Band Meeting.

Motion to vote as a community to open up for campsite at Parmacheene. Will be voted on at the next General Band Meeting.

Motion to separate from Dilico Child & Family Services and programs. That the Red Rock Indian Band provide these services and seek agreements with funders. This does not include rental properties. Will be voted on at the next General Band Meeting.

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### HYDRO TRUST FUND

For those minors who were on the Red Rock Indian Band list on November 27, 2008 and will be turning 18, please contact Etienne Esquega Law **at least 1 to 2 weeks before your birthday**, he will then send you a release form and instructions for providing your ID. Arrangements will then be made to pay you.

Ettienne will NOT be meeting anyone at his office or in person so it is important that you contact him by phone or email.

Phone: 807-286-1000

Toll free: 1-888-274-8801

Fax: 1-866-391-3102

Email: [ee@esquegalaw.com](mailto:ee@esquegalaw.com)

\*\*\*\*\*

### STOP, AT RISK PERSON SIGNS

If community members require a " Stop, at risk person inside" sign for their outside door please email [Marjorie.robert@rrib.ca](mailto:Marjorie.robert@rrib.ca) and one will be dropped off.

## To Red Rock Indian Band Members and Lake Helen Community Members,

We have moved into Tier 3, Code Orange which is the Restrictions stage. Effective Friday, December 11, 2020

**WHEREAS:** The Chief and Council of the Red Rock Indian Band has issued a “Shelter in Place” order effective the 24<sup>th</sup> day of November 2020 for 4 consecutive weeks.

Chief and Council of the Red Rock Indian Band want to ensure you that we are taking all necessary steps to keep the community safe during these uncertain times including the following.

Tier 1. Emergency Covid Measures

Tier 2. Shelter in Place, Monitor (Code Yellow)

**Tier 3. Shelter in Place, Restrictions (Code Orange)**

Tier 4. Shut Down (Code Red)

To begin, the community of Lake Helen Reserve #53A will be under a Shelter in Place Order beginning November 24<sup>th</sup>, 2020 for no less than 4 weeks. A Shelter in Place order is a tool used to keep people indoors and is generally used by local officials during or immediately after an emergency like a natural disaster. Officials retooled this measure to help limit the spread of COVID-19 by residents to stay in their homes and to limit their travel to essential trips, like picking up groceries or receiving medical care. Conditions of the Shelter in Place Order are:

**WHEREAS:** The Chief and Council take the care and concern for their members very seriously and want to keep the community safe by preserving health and saving lives;

**WHEREAS:** First Nation communities have many vulnerable people due to high prevalence of:

- Diabetes
- Respiratory illness
- Elderly
- Autoimmune deficiencies

**WHEREAS:** health officials have deemed the following as appropriate measures to limit or slow down the spread of the Coronavirus (COVID-19):

- Maintain a distance of at least 2 meters from others who are not your immediate family living in the same residents
- Wash your hands for minimum of 20 seconds
- Stay in your own residence with your own family
- Do not gather in groups
- Do not travel outside Thunder Bay District
- Contact Tracing – please be aware of who you come in contact with in your own household, make a note of who you visit or who visits you
- Barricades will be put in place at designated entrances within the community

With the Shelter in Place Order, we will be LIMITING access to Lake Helen Reserve #53A by placing complete blockades at

- Intersection at New St. E and Mission Bay Closed
- Intersection at New St. W and Hwy 11 Closed
- Intersection at Chalet Rd and Hwy 11 Closed

- Intersection at Gas Rd and Mission Bay Closed (this will allow outside to access the gas station and to limit traffic flow throughout the community)
- Quonset Driveway Closed
- Pit Access Rd Closed
- Powwow Rd Closed (until further notice)

You will be able to access the Reserve from the following:

- Creekside Rd and Hwy 11
- Lakeshore Dr. and Hwy 11

These access points will have signage and will be unmanned at this point. No Transport Trucks turning and Local Traffic Only signs are posted to reduce the flow of highway traffic coming into the stores.

We understand the difficulty and uncertainty facing our families and communities during this unprecedented time in history and assure you that we are doing everything in our power as your Chief and Council to protect the health, safety, and wellbeing of the community. Please do your part in staying home and staying safe.

Miigwech! Sincerely,

Red Rock Indian Band Chief & Council

\*\*\*\*\*

## **PRESCRIPTION PICK UP**

Starting **Monday November 30, 2020**, the Medical Van will start picking up prescriptions for on Reserve clients only.

The pick-up time and days are **Monday & Friday ONLY at 3:00 PM ONLY**. If you require your prescription to be picked up please send text or call Florence at 807-889-1010.

Any requests **after** 3:00 pm will be picked up on the **next** Monday or Friday.

At this time **no passengers** are allowed on the Medical Van.

Chief and council are asking if you need to go to a Dr. appt to please reach out to the people in your own bubble.

\*\*\*\*\*

## **WINNER OF CHRISTMAS HOME BINGO**

Winner of the Christmas home bingo was Judy Wawia 54 #s full card  
Fireplace TV Stand

Merry Christmas everyone from Service Providers  
Lauren and Tina





## **PARENTS-BUSRIDERS**

As of January 4, 2021.



The High School and George O'Neil buses will pick up students at their regular stops.

On January 11, 2021 the St. Ed's bus will pick up students at their regular stops.

ALL busses will also come in from  
Creek Side and Main Street entrances ONLY.

Thank You.  
And Have a Happy and Safe Holiday.

Judy Wawia  
Education Director

\*\*\*\*\*

### **NEWSLETTER DELIVERY DOOR TO DOOR**

The Newsletter will be delivered every SECOND Friday after 3:30 pm from now on. This Friday (Dec 18<sup>th</sup>) will be the first to be delivered door to door.

The next Newsletter will be done and delivered on January the 8<sup>th</sup>, 2021 and then every 2<sup>nd</sup> week after that.

Emailed Newsletters will continue bi-weekly as well.

## **SUPPORT FOR LEARNERS FUND**

The Ontario government announced the opening of the application portal for the Support for Learners fund.

**The deadline to apply is January 15, 2021.**

### **About Support for Learners**

You can get financial support to help with additional costs during the 2020-2021 school year due to COVID-19.

Eligible parents or guardians will receive a one-time payment of:

- \$200 for each child up to age 12
- \$250 for each child or youth up to age 21 with special needs

You are eligible if your child:

- attends a publicly funded school
- attends a private school
- attends a First Nation operated or federally operated school
- attends school in-person or online
- is homeschooled
- is enrolled in child care
- is at home

**For students attending First Nations schools**, simply select:

“My child is not enrolled in either a public or private school”

Then select drop down option:

“My child is attending a First Nation operated or federally-operated school”

**Learn more about the funding:** <https://www.ontario.ca/page/get-support-learners>

**Apply for funding:**

<https://www.iaccess.gov.on.ca/SupportForLearnersWeb/public/index.xhtmll>





*and Happy New Year !*

**LAKE HELEN GAS & VARIETY WOULD  
LIKE TO WISH EACH AND EVERY ONE  
OF YOU A MERRY CHRISTMAS AND A  
HAPPY NEW YEAR**



### **Holiday Store Hours**

**Christmas Eve - 6am-6pm**

**Christmas Day closed**

**Boxing Day 8am-11pm**

**New Year's Eve 6am-6pm**

**New Year's Day closed**

**Then back to regular store hours**

**Have a Safe Holiday Season**





## **CHRISTMAS LIGHT DECORATING CONTEST**

Judging will be on December 19, 2020.

Prizes will be awarded for 1st 2nd 3rd place and for participation.

For more information contact  
[Robert.stuart@rrib.ca](mailto:Robert.stuart@rrib.ca)



## **NIPIGON / SCHREIBER CRIMINAL COURTS**

### **Notice to the Profession, Public and Justice Participants: Audio Satellite Court Lists in the District of Thunder Bay**

**For all satellite court appearances in the Ontario Court of Justice, in  
the District of Thunder Bay**

**Counsel and accused persons are expected to call in  
Participants connect to the audio court by telephone at the  
number below;**

<b>Teleconference Number</b>	<b>1-866-602-5461</b>
<b>Conference ID</b>	<b>3354415</b>

**The next Nipigon Virtual Court Dates are as follows.**

December 8, 2020

January 19, 2021

It is very important to call the number provided and state your name when calling in.

If you are not able to make the Date please let me know, so I can inform the Court of  
your absence.

If you should require help obtaining documents from the Court House or Legal Aid or  
would like to speak Duty Counsel prior to Court, you may request assistance by  
emailing [Darlene.Wawia@rrib.ca](mailto:Darlene.Wawia@rrib.ca).

Thank you

Darlene P. Wawia  
Restorative Justice Coordinator  
Red Rock Indian Band

## Recycling Reminders

Pick up times will be starting at 5pm every second Tuesday.

- Place your bins at the end of your driveway before 5pm.
- Place flattened cardboard boxes between your blue and grey boxes or underneath the bins.
- If it is windy, place your blue box on top of your grey box to keep the papers from flying away.
- Do not use blue recycling bags in
- No Kleenex or paper towel your bins.

ONLY USE BLUE RECYCLING BAGS IF YOUR BINS ARE FULL AND YOU HAVE MORE TO RECYCLE. DO NOT TIE THE BLUE BAGS SO ITEMS ARE EASY TO REMOVE.

**REMEMBER:** REMOVE ALL CAPS AND RINSE ALL CONTAINERS

**\*\*Now recycle all #1 and #2 plastic containers\*\***

(Those include extra items like clamshell containers often used for salads/berries. Check the recycle symbol on the container with the number inside.)

**Recycle Pick-up dates:**

**December 29**



# **DILICO TRAVELLING TEAM**

**JANUARY 18<sup>TH</sup> TO 21<sup>ST</sup>, 2021**

**NIPIGON DILICO OFFICE**

**To Make an Appointment:**

**Please contact the PCTT Administrative  
Assistant Jaimie at: 1-807-626-5249**

**Services Available:**

**Physical Assessments**

**Treatments and Referrals**

**Chronic Disease Management**

**Foot Care**

**Programming to Support Healthy Lifestyles**

**Advice and Counselling on Diet and Nutrition**

**Medication Review and Adherence**

**Individual, Family and Group Counselling**

**Assessment, Diagnosis and Treatment of**

**Psychological Problems**



**RED ROCK  
INDIAN BAND**  
Strength. Tradition. Empowerment.

## Community Asset Manager – Job Description

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**Title:** Community Asset Manager

**Reports to:** Chief and Council

### Summary

The Community Asset Manager directs operations of public works, housing, and community buildings. The Community Asset Manager coordinates the planning of construction projects located ensuring they are timely and up to standard. He/she will supervise the maintenance of all Community Assets including Houses, Office Buildings, Resource Centre, and Community Hall. This includes managing any services -- renovations, RRAP Applications, and housing inspections.

### Job Duties

- Coordinate construction efforts to ensure building of houses is timely and up to standards.
- Plan long range schedule of major repairs on units, such as reroofing or painting exterior of dwellings.
- Study housing demands, occupancy and turnover rates, and accommodation requirements of applicants to recommend policy and physical requirement changes.
- Promote harmonious relations among housing project personnel, and persons of the community.
- Analyze and administer annual operating budgets for the various projects.
- Prepare conceptual program designs.
- Develop and implement strategies for private developer and non-profit organization participation in affordable housing programs.
- Coordinate proposals with federal agencies for plan approval or funding assistance.
- Write Requests for Proposals (RFPs), progress and informational reports.
- Prepare and conduct proposer orientation meetings, and make presentations to Chief and Council
- Serve as the department's point of contact and public relations person for all housing programs.
- Demonstrate continuous effort to improve operations, decrease turnaround times, streamline work processes, and work cooperatively and jointly to provide quality seamless customer service.
- Responsible for program development, monitoring, and control systems.
- Perform a broad range of supervisory responsibilities over others.
- Communicate orally with customers, clients or the public in face-to-face one-to-one settings, using a telephone, or in group settings.
- Comprehend and make inferences from written materials.
- Meet all annual reporting requirements and complete annual reports for AANDC.



- Form Committee comprised of membership to update and create a housing policy with input from the community.
- Manage the performance of Public Work Personnel
- Prepare weekly work plans for Public Work Department Personnel to ensure key task are completed.
- Ensure all outstanding deficiencies listed on the Asset Conditioning Report are brought up the established standard.
- Monitor Road Conditions on reserve and dispatch Winter Maintenance Team according to the standards established by Chief and Council
- Develop and Assign Work Orders to the Asset Maintenance team to ensure minor repairs are addressed quickly.

## Requirements

- Previous Experience in Public Works Considered an asset.
- Knowledge of Construction Techniques and Standards considered an asset • Knowledgeable about low income housing programs and associated funding sources
- Strong public speaking techniques.
- Produce written documents with clearly organized thoughts using proper sentence construction, punctuation and grammar.
- Enter data or information into a terminal, PC, or other keyboard device.
- Experience working with a variety of standard office equipment requiring continuous or repetitive arm-hand movements.
- Work cooperatively with other employees, private developers, consultants, Council, and the public.
- Strong Leadership and Management Skills Required
- Possess valid G driver's license.
- Able to quickly analyze issues and determine best course of action using available resources.
- Sound judgment to escalate issues to Chief and Council when necessary.
- Excellent written, oral, and telephone communication skills.
- Knowledge of computer workstation setup.
- Exceptional multi-tasking abilities and prioritization skills.
- Ability To operate Heavy Machinery Considered an Asset.

## Work Conditions

- May require the use of personal or Red Rock Indian Band vehicles on company business.
- Individuals must be physically capable of operating the vehicles safely, possess a valid driver's license and have an acceptable driving record.
- Some travel may be required.
- Manual dexterity required to use desktop computer and peripherals.
- Ability to physically inspect equipment.
- Able to lift at least 50 lbs.
- Ability to Work Flexible Hours
- Overtime may be required to meet deadlines.

This job posting will close on 8 January, 2021 at 12:00 PM For More Information or to Submit a Resume: [jobs@rrib.ca](mailto:jobs@rrib.ca)

# SHARE TRADITIONS, NOT THE FLU



**Children under 5 years**  
are at **higher risk of**  
**serious complications**  
**from the flu.**

**Sarah Pellerin, RN**

Community Health Nurse-Lake Helen  
First Nation, RRIB  
Cell: 1-807-632-0534  
email: [sarahpellerin@dilico.com](mailto:sarahpellerin@dilico.com)

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)

Protect yourself, your  
family and your community:



Get the flu vaccine  
every year



Clean your  
hands often



Cough and sneeze  
into your arm



Keep shared surfaces  
and objects clean



Stay home and away  
from others if you  
feel sick

ISBN 978-0-660-35923-6



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

# SHARE TRADITIONS, NOT THE FLU



**Adults 65 years and older are at higher risk of complications from the flu.**

**Sarah Pellerin, RN**  
Community Health Nurse-Lake Helen  
First Nation, RRIB  
Cell: 1-807-632-0534  
email: [sarahpellerin@dilico.com](mailto:sarahpellerin@dilico.com)

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)

Protect yourself, your family and your community:



Get the flu vaccine every year



Clean your hands often



Cough and sneeze into your arm



Keep shared surfaces and objects clean



Stay home and away from others if you feel sick

ISBN 978-0-660-35927-4



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada



# East-West Tie Transmission Project

**NEXTBRIDGE**  
INFRASTRUCTURE

## Season's Greetings from the NextBridge Infrastructure Team!

Wishing you a safe and happy  
holiday season.

## Project Summary

The East-West Tie is an approximately 450kilometre, double-circuit, 230 kilovolt (kV) transmission line connecting the Wawa Transformer Station to the Lakehead Transformer Station in the Municipality of Shuniah near Thunder Bay, with a connection at the Marathon Transformer Station. This infrastructure project will ensure the long-term reliability of the electricity supply in northwestern Ontario and support growth in the region for generations to come.

## Construction Progress



*\*Information shown on map is approximate at the time of publication.*



## Construction Steps



**1** Right of Way Clearing



**2** Foundations



**3** Tower Assembly



**4** Tower Erection



**5** Stringing Conductors (Wires)

## Construction Update

Ground broke on this vital infrastructure project in September 2019 with an official ribbon cutting ceremony taking place shortly after. The ceremony was attended by representatives of Indigenous communities nearest the project, local elected representatives and the Minister of Energy, Northern Development and Mines and Minister of Indigenous Affairs, the Hon. Greg Rickford.



Since that time, NextBridge has continued construction along the rugged north shore of Lake Superior. Due to COVID-19-induced construction delays, the in-service date has been moved to March 2022.

### COVID-19 Response

Your safety and that of East-West Tie workers is the priority. As the unprecedented impact of COVID-19 began to be realized, NextBridge and Valard took the responsible step of temporarily suspending construction in early April 2020 and developed a robust COVID-19 management plan in consultation with local communities and health authorities to allow construction to resume in a safe manner.

NextBridge will continue to engage with local municipalities, Indigenous communities and public health agencies as we all navigate these challenging times to ensure the ongoing health and safety of those living, working and traveling along the right-of-way.

## Staying Safe and Trail Closures

We ask those living, working or travelling in construction zones to be extra cautious as there will be increased construction traffic and possibly limited access in some areas.

Snowmobilers and trail users should respect temporary trail closures and use caution in the right-of-way and along access roads that may be used for construction and eventual operation of the transmission line.



## Rate Case Filing Submitted to the Ontario Energy Board

On November 18, 2020, the Ontario Energy Board accepted our Rate Case filing for the project. The submission and supporting evidence are posted on the Ontario Energy Board website under case number EB-2020-0150. These documents are also available on the "Public Record Documents" page of the project website at [www.nextbridge.ca](http://www.nextbridge.ca).



## Supercom, Valard and Contracting/Employment Opportunities

NextBridge is proud to have partnered with Supercom Industries LP to support the construction of the East-West Tie. Supercom is a 100% Indigenous owned limited partnership between the Indigenous communities most proximate to the project and was formed to manage procurement of materials, services and labour.

Valard was selected as the general contractor for the project and has extensive experience across North America constructing electricity transmission projects and has met the challenges posed by this project with the professionalism and expertise you would expect from such a trusted company.

NextBridge, Valard and Supercom are committed to hiring local and contracting with local companies as much as possible. To learn more, please visit [www.SupercomIndustries.com](http://www.SupercomIndustries.com) for current employment and contracting opportunities. You can also sign up on the Supercom website to be notified of future opportunities.

The East-West Tie promotes economic participation by creating development opportunities for Indigenous communities:

- Approximately 50% of contract staff currently working on the project hail from Indigenous communities.
- Over 200 Indigenous community members were trained to work on the project.
- Six most proximate First Nations will purchase a 20% ownership stake in the project once completed.
- Indigenous Facilitators from each proximate community are monitoring construction work.

Our partnership with Supercom reflects our commitment to provide sustainable, long-term benefits to Indigenous communities.

## Community Investment

NextBridge appreciates the important role of right-of-way communities in constructing the East-West Tie and we continue to be a supportive partner through community investment. To date, NextBridge has supported local festivals, improvements to community facilities, and supported safety and health-related initiatives in local communities.



> Project team members deliver a cheque to support the Community Centre and Fire Department in the Township of Dorion

If you have a project or initiative that supports community safety, culture or the environment in a right-of-way community, please consider applying for community investment funding. Forms and additional information can be found on the "In Your Community" page at [NextBridge.ca](http://NextBridge.ca).



This year, NextBridge donated \$10,000 to right-of-way community food banks given the increased pressures they have faced due to COVID-19.

*"Thank you to the NextBridge Community Investment Fund for the generous donation, which greatly assisted us in continuing our work with those in need during this stressful time."*

– Margaret Chapman,  
Coordinator of the Wawa Community Food Bank.

NextBridge appreciates the support these organizations provide to communities and we were pleased to help them continue to do work under trying circumstances.







District of Thunder Bay  
Community Based Mental Health Providers  
**2020 HOLIDAY MENTAL HEALTH COVERAGE**

Provider	Contact Info	2020 Holiday Coverage
<b>Canadian Mental Health Association – Thunder Bay</b>	<b>Toll-Free 1-888-269-3100</b>  <a href="https://thunderbay.cmha.ca/programs-services/crisis-response-services/">https://thunderbay.cmha.ca/programs-services/crisis-response-services/</a>  “Our goal is to support the values, strengths, and resiliency of each individual so they regain the balance and well-being they enjoyed before the crisis occurred.”  *CMHA TBay will also accept collect calls: 807-346-8282	24/7 Crisis Line  <b>Eligibility:</b> All Ages  <b>Crisis Calls:</b> individuals can call in at any time  <b>Wellness Checks:</b> Crisis response can do wellness calls to clients that may be struggling over the holidays- <u>MHAT Crisis Wellness Referral Form</u> must be completed and sent to crisis response
<b>Dilico Anishinabek Family Care</b>	<b>Toll-Free 1-855-623-8511</b> and ask for the District Office (Moberg, Nipigon, Whitesand or Longlac)  <a href="https://www.dilico.com/">https://www.dilico.com/</a>	District Offices have coverage during working hours (8:30-4:30). Administrative Assistant will forward call to the staff who are covering their area: <b>Dec 21,22,29,30</b>  <b>Closed</b> Dec.23, 24, 28,31. Offices resume January 04, 2020
<b>North of Superior Counselling Programs</b>	Toll-Free 1-877-895-6677  <a href="https://www.nosp.on.ca/">https://www.nosp.on.ca/</a>	Regular operations of NOSP is <b>closed</b> from noon on December 23 <sup>rd</sup> until January 2 inclusively.  Offices reopen for regular business hours January 4, 2020
<b>People Advocating for Change through Empowerment (PACE)</b>	Manitouwadge - 807-826-4442 & Schreiber - 807-824-1362 ----- Marathon - 807-229-0357 & Geraldton - 807-854-2649 ----- Nipigon – 807-631-9732  <a href="https://pace-tbay.net/home-1">https://pace-tbay.net/home-1</a>	Closed Dec 21 <sup>st</sup> – Jan. 4 <sup>th</sup>  ----- Dec. 24 <sup>th</sup> : 8:30 - noon Dec. 25 <sup>th</sup> & 26 <sup>th</sup> - closed Dec. 31 <sup>st</sup> : 8:30 - noon Jan. 1 <sup>st</sup> – closed ----- Closed Dec 24 <sup>th</sup> – 28 <sup>th</sup> & Dec. 31 <sup>st</sup> – Jan 4 <sup>th</sup>



## Needing to talk after business hours? Check out these

### Virtually Accessible Support Services/Resources

 <p><b>CRISIS RESPONSE SERVICES</b></p>	<p><b>CRISIS RESPONSE HOTLINE 1-888-269-3100</b> Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis</p>
 <p><b>ONTX</b> Ontario Online &amp; Text Crisis Services</p>	<p><b>Chat and Text</b> services are for everyone, regardless of your age, issues or concerns. Text is available from your mobile phone from <i>2pm to 2am daily and text support to 258258</i></p> <p>Chat is available on your computer from 2 pm to 2 am daily: <a href="http://dcontario.org/ontx.html">http://dcontario.org/ontx.html</a> <b>text support to 258258</b></p>
 <p><b>Talk4Healing</b> 1-855-554-HEAL TALK • TEXT • CHAT</p>	<p><b>Talk4Healing Call or Text: 1-855-554-HEAL (4325)</b> A helpline for Aboriginal Women living in Northern Ontario. Talk4Healing is available 24 hours a day, 7 days a week with services in English, Ojibway, Oji-Cree and Cree. Chat is available on your computer @ <a href="https://www.talk4healing.com/live-chat/">https://www.talk4healing.com/live-chat/</a></p>
 <p>If you are FEELING SAD or DISTRESSED and want to talk, support is a phone call away. <b>1-855-242-3310</b></p>	<p><b>First Nations and Inuit Hope for Wellness helpline 1-855-242-3310</b> If you're experiencing emotional distress and want to talk, call the First Nations and Inuit Hope for Wellness Help Line. It's toll-free and open 24 hours a day, 7 days a week.</p>
<p><b>Kids Help Phone</b> ☺</p>	<p><b>Kids Help Phone</b> is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Need help now? Text CONNECT to <b>686868</b> You can reach a Kids Help Phone counsellor 24/7 at <b>1-800-668-6868</b> Chat is available 24/7 <a href="https://kidshelpphone.ca/live-chat/">https://kidshelpphone.ca/live-chat/</a></p>
<p><b>CAREGIVER HELPLINE</b> <b>1-833-416-2273</b> ontariocaregiver.ca</p> 	<p><b>The Ontario Caregiver Helpline</b> provides caregivers with a one-stop resource for information and support. The only resource of its kind in Ontario, the helpline is available to all caregivers – regardless of age, diagnosis or where they live. It provides 24/7 support because caregiving is not a 9-5 job. The Live Chat is also available 7am – 9pm (Mon – Fri). <b>Ontario Caregiver Helpline: 1-833-416-2273 (CARE)</b> <b>Live Chat available at:</b> <a href="https://ontariocaregiver.ca/find-support/helpline/#">https://ontariocaregiver.ca/find-support/helpline/#</a></p>
 <p><b>BounceBack®</b> reclaim your health</p>	<p><b>BounceBack®</b> is a free self-help program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness. For more information visit: <a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a></p>
<p><b>Togetherall</b></p>	<p>An <b>online peer-to-peer support community</b> for your mental health. For more information visit: <a href="https://togetherall.com/en-ca/">https://togetherall.com/en-ca/</a></p>





CMHA THUNDER BAY BRANCH



## CRISIS RESPONSE SERVICES

Anyone experiencing a crisis can contact the crisis line at:

**807.346.8282 | 1.888.269.3100**

Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis.

**ELIGIBILITY:** ALL AGES  
**HOURS:** 24/7, 365 DAYS A YEAR  
**CONTACT:** 807.346.8282  
**DISTRICT/TTY:** 1.888.269.3100



Canadian Mental  
Health Association  
Thunder Bay  
*Mental health for all*



Ontario  
Ministry of Child & Youth Services  
& Ministry of Community & Social  
Services

For more information, visit:  
[thunderbay.cmha.ca/programs-services/crisis-response-services/](http://thunderbay.cmha.ca/programs-services/crisis-response-services/)

Contact:

Crisis Response Services, CMHA Thunder Bay  
200 Van Norman St., Thunder Bay ON P7A4B8  
Tel: 807.346.8282 cmhatb@cmha-tb.on.ca

## CRISIS RESPONSE SERVICES

Anyone experiencing a crisis can contact the crisis line at:

**807.346.8282 | 1.888.269.3100**

Contact the crisis line 24 hours a day, 7 days a week, 365 days a year. Your call will be answered by trained professionals. This service is available to anyone of any age.

### Crisis Response Line

We have all experienced a crisis at one point in our life. Something happens or a chain of events occur that exceeds our capacity to cope. We may have reached out to our families and friends to get support, gotten through it, and moved forward; or, we may have found ourselves alone and unable to cope.

### Crisis Response Mobile Unit

If you would benefit from a meeting in person, our mobile response team will come out to see you. We provide in person crisis assessment intervention in the community. This service is available 7 days a week, 365 days a year within the City of Thunder Bay.

### Crisis Support Residence

If it is determined that you would benefit from having a short stay in our Crisis Support Residence, the crisis response team will help you access this service. This voluntary residential support is available 24 hours a day, 7 days a week to individuals 16 or older.

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*Merry Christmas*

*Wishing you peace, joy and  
prosperity throughout the coming  
year.*

*From Chief & Council, Staff and Red Rock  
Band Members*

