



CONGRATULATIONS!!!

SIERRA PAUL

#7 (center)

WHS LADIES THUNDER

PROVINCIAL "AA"

CHAMPS

2006-2007

WFN HEALTH CENTER



DRUMMING

AT THE WFN EVERY FRIDAY
AFTERNOON

TIME: 3:00 pm to 5:00 pm

DRUM KEEPER

NOTICES



Hot Lunch takes place at
The WFN Gym Monday
to Thursday. All meals
are only \$2.00 each.

AVON

Anyone interested in AVON
products, please call Christy
Tomah at:

Home: 325-9855

or

cell: 324-0157

YOUTH PREVENTION/ACCESS CENTRE

The WFN Health Centre is now operating a drop in centre for youths from grades 6-12 on Monday and Thursday evenings from 6:00pm to 10:00pm.

- Youths will be involved with creating activities to be done on these nights.
- Youths must be drug and alcohol free while in the centre.
- Computers are available. Snacks will be served.

If you have any questions, please don't hesitate to contact us anytime.

Karen Paul 325-1124

Terri Thiffault 328-8670

ON-LINE ACCESS

On-line accessibility available daily from Monday to Thursday
**(9:00-4:00) for the community at the Health Centre in the
Community Health Room.**



Maliseet Immersion

Anyone interested in Maliseet Immersion, please contact me, Marj Polchies, at the band office or at home at 328-9876. There will be no homework but complete participation is mandatory.

I am looking forward to hearing from you!!



GROCERY BINGO

If anyone interested in starting up a grocery bingo, please contact Linda Paul at the Health Centre.



MEDICAL TRANSPORTATION

Due to the increase of gas prices, we will now be giving 20 cents/km instead of 15 cents/km for out of town trips. The flat rate of \$6.00 to go to town has not changed. Medical transportation sheets may be obtained from Kim or at the front desk. If you have any questions, please call 325-3215.

HOT LUNCH MENU FOR THE WEEK OF April 9th-12th

Monday	EASTER MONDAY
Tuesday	CLOSED
Wednesday	Meatloaf/Potatoes/Veggies/Roll/Pudding
Thursday	Sub Sandwiches/Veggies/Cheese/Jell-O

ALL MEALS COMPLIMENTED WITH A DESSERT

HOT LUNCH MENU FOR THE WEEK OF April 16th-19th

Monday	Lasagna/Tossed Salad/Garlic Bread/Pudding
Tuesday	Pork Chops/Potatoes/Veggies/Roll/Jell-O
Wednesday	Roast Beef/Gravy/Potatoes/Veggies/Roll/Square
Thursday	Chicken Soup/Sandwiches/Cake

Wee – School

“Tots and Me Play Group”

On April 17, 2007 we will be starting a play group for children that will be going into the Head Start Program in the fall. This program is designed to foster the Head Start Program so that the children will adjust well in the pre-school environment. With one exception if the parent wants to stay; there will be a room set up for them so they can talk and socialize with the other parents. Also there will be toys for the younger sibling(s) to play in that area.

The Wee-School will be once a week (every Tuesday) starting sharply at 10:00 am and end at 12:00 (noon). The times of arrival and pick up are very important because it helps your child to be aware that you will be arriving/leaving at the same time every Tuesday. A child thrives on regularity. Lunch will be provided for the children in the playgroup and coffee & snack will be provided for the parent who would like to stay.

Those parents who are interested in this group must pre-register. You can register by calling Krista Wright at 328-5251. I will drop off the registration package to you and pick them up before April 12, 2007 because I would like to have the weekend to get the center ready for the children.



FASD Mentor Program

GUIDING CHILDREN'S BEHAVIOUR

- 1- Express your love and respect for your child each day.
- 2- Plan ahead, to provide a safe space with interesting and age appropriate activities.
- 3- Re-direct, distract or use humour to help a child calm down.
- 4- Gradually teach your child to handle a range of emotions.
- 5- Notice children's good behaviour and their efforts to make things work.
- 6- Be predictable by providing a routine, being consistent and following through on consequences.
- 7- Set up reasonable limits, expectations and consequences that relate to each child's age and temperament.
- 8- Communicate rules, limits and consequences clearly.
- 9- Offer choices and let children learn from consequences.
- 10- Model problem solving, negotiating and understanding of others, as well as the behaviours you want your children to have- teach and lead, instead of using force.

REMEMBER

- Be firm, but have realistic expectations.
- It takes time for children to learn acceptable behaviour.

COMMUNITY NOTICE

The Moms and Babes group is looking for donations for a "tickle trunk," kids love to play dress up, so we are looking for old wigs-hats, scarves, gloves, costume jewellery(all need to be washable, also need to be big enough so they aren't a choking hazard) shawls, high heel shoes etc.

Also looking for: rocking chair, washable toys(ages newborn-3), books.

If you are able to donate any of these items we would greatly appreciate it, we can come pick items up as well, just contact us at 328-3303 ext. 576. Thanks

Thank- you

The Moms & Babes group would like to extend a special thank-you to Eagles Nest and Maliseet Fuels 1 for their donations to our group. The Group used the money to purchase storage bins and material. The material will be used for making blankets. The blankets will to be raffled off in order to keep funds available to provide healthy snacks for our group.

DRUG AND ALCOHOL CORNER

Family Group

This group is open to all persons who have or have had relationships with people who have **addictions** (excluding children under 16).

Group starts:

Friday April 20, 2007

1:30 to 3:30 pm

Addiction Services
Bi-Centennial Building
Conference Room 1st Floor
Woodstock

Dates for the Group are:

April 20, 2007

April 27, 2007

May 4, 2007

May 11, 2007

May 18, 2007

May 25, 2007

For more information, contact

Lori McKinney @ 325-4638 or
Tom Wellings @ 447-4330

Local Meetings

Alanon Monday Night at 7:00
Baptist Church
(back door)
Woodstock

Codependancy Sunday Night at 6:30
Nurses Residences
(beside hospital)
Women Only
Woodstock

Overcomers Thursday Night 7:00
Baptist Church
(side entrance)
Woodstock

Narcotics Anonymous Wednesday Night 8:00
107 Church St.
Woodstock
328-5880

Overeaters Anonymous Sat. Morning 10:30
St. Gertrudes
Catholic Church Hall
Downstairs Woodstock

Alcoholics Anonymous Monday Night at 8:00
Salvation Army
Building, Woodstock

Tuesday Night at 8:00
St. Gertrudes Catholic
Church Hall

Wednesday Night at 8:00
Salvation Army Building

Friday Night at 8:30
St. Gertrudes Catholic
Church Hall

Saturday Night at 8:00
Salvation Army Building
(Upper Main After Grafton
bridge)

MEETING FOR OUR SECOND ANNUAL

BUDGIE TOMAH

ATV RALLEY

APRIL 25, 2007 AT 7:00 PM

IN THE COMMUNITY HEALTH ROOM

AT THE HEALTH CENTRE

FOR MORE INFORMATION, PLEASE

CONTACT

KIM @ 325-3215 (WORK)

OR

325-9241 (HOME)



BIRTHDAYS

The staff of the WFN Health Centre would like to extend warm and sincere birthday wishes to the following Elders who celebrated birthdays in the following months:

February

Roger Polchies
Albert Jacobson

March

Diana Darrah
Billy Paul
Ilona Paul
Loretta Paul
Alice Polchies

April

Rita Chevrette
Eleanora McBride
Reginald Paul
Waine Paul
Ervine Polchies
Vaughn Polchies
Sylvia Jacobson