

# Millbrook Community NEWSLETTER

JULY 2019



## Millbrook Early Education Centre Graduates

### Important Dates

- **July 2** EDC 1pm
- **July 4** ISC on Towers 10:30am at ISC office
- **July 8** Canada Lands at 10:30 am at Dartmouth Office
- **July 10** NAIG Community Tour at 10am
- **July 12** NAIG Countdown Celebration Grand Parade Square 12pm HRM
- **July 15** CMM presentation on TRM & RRA at 10am in Chambers
- **July 16** Chief and Council Meeting (new date)
- **July 17** ATR Process with Colchester Country Review 10am at Hampton Inn.
- **July 17** Projects Meeting 1:30pm
- **July 18** Chief and Council Consultation at 10am in Chambers.

 **MILLBROOK  
FIRST NATION**  
TELEPHONE: (902) 897-9199  
TOLL FREE: 1-(800)-693-3112  
MILLBROOK BAND ADMINISTRATION  
P.O. BOX 634  
TRURO, N.S. B2N 5E5

# Millbrook Band Office

## Mailing Address

Millbrook Band  
Administration  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday - Thursday  
8:30am-12 pm 1:00pm-4:30pm  
Friday  
8:30am-12pm

## Phone Numbers

Band Office  
1 (902) 897-9199  
Toll Free  
1 (800) 693-3112

## *New Website & URL address*

Millbrook's website can now be accessed at [www.millbrookband.com](http://www.millbrookband.com).

## *Social Assistance*

Social Assistance Cheques are tentatively scheduled for: **July 4 & 18, 2019**.  
Applications are available at the Reception desk at the Band Office.

## *Chief and Council Meeting*

The next Chief and Council meeting is scheduled for **July 16, 2019**.

The deadline for submissions or requests to see Council is **July 12, 2019**.

Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,  
Fax: (902) 893-4785 or e-mail: [jay.m@eastlink.ca](mailto:jay.m@eastlink.ca).

August's Chief and Council meeting is **August 13, 2019**.

## *Chief and Council Meetings*

### *July 2019*

- 🌿 **July 2** EDC 1pm
- 🌿 **July 4** ISC on Towers 10:30am at ISC office
- 🌿 **July 8** Canada Lands at 10:30 am at Dartmouth Office
- 🌿 **July 10** NAIG Community Tour at 10am
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- 🌿



## *Newsletter Deadline*

***The Newsletter deadline is the 26th of each month.***

***Friday, July 26, 2019***

You can make a contribution to the Millbrook Community Newsletter by sending your information to: [mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca), or by the website contact form (link)<https://www.millbrookband.com/contact>



# Community

The Community page; this may include birthday messages, recent or historic photos, congratulations to a person or group, public events, items for sale, availability for odd jobs. To have your information posted on the newsletter and website send your information to Nigel Gloade by calling the office at (902) 897-9199 extension: 119, iMessage or e-mail: [mbcommunciations@eastlink.ca](mailto:mbcommunciations@eastlink.ca)

## **Building Permits**

Before constructing on your property contact Millbrook's Bylaw Officer to obtain a building permit.

## **Tobacco Store**

The last duly convened Chief and Council held on January 14, 2019 it was decided to **increase individual quotas to 10 cartons a month starting immediately.** Band Members can now purchase 5 cartons at a time, twice a month and unlimited loose tobacco.

## **Pow Wow Security**

Millbrook pow wow (Aug 9-11) is looking for reliable day time and night time security personnel, must be 19+ and previous security experience or training is preferred, please contact Luke Markie at (902)986-1188.

## **New Dog Tags**

I have new dog tags for 2019 -2020 cost is \$15.00 Millbrook Bylaw Enforcement Officer, Dennis MacLeod 902-899-5240



## **Millbrook Mi'kmaq Masters Winners**

**A Division Winner  
Colin Maloney**



**B Division Winner  
Shane Kennedy**



**C Division Winner  
Patrick Paul**



**Ladies Division Winner  
Kelly Gould**



**Masters Division Winner  
Barry Francis**

Hello, I'm Chief Bob Gloade, and as part of Millbrook's communications strategy, we want to take this opportunity to give you updates on what's going on in the community. The purpose of this message is to improve communication with our Band membership on, off reserve, and across the country. Our Communications Officer is looking at doing regular updates to our membership, which will be available on our website. Updates will include what's going on in the community, and what is to be expected for the next coming months, and the following year.

Highlights of some of the development in Millbrook that's taking place right now.



### *Powwow Arbour, grounds and parking lot*

Construction of a new Powwow Arbour. The Powwow Arbour is now nearing completion, and the groundwork and resodding on the ground is due to take place in the coming days, the expansion of the parking lot and surrounding areas around the Powwow Grounds is also currently underway. In addition to the Powwow grounds, Millbrook First Nation 20th Annual Powwow takes place in our community on August 9th to 11th coordinated by Michael Stephens who will be making regular updates via Millbrook's website and social media.

### *Health Centre*

Our Health Centre is currently under undergoing an expansion right now to add a mental health wing, as well we have a new doctor. Dr. Blois is now filling in to replace Dr. Ferguson potentially, and we're still also in the process of searching for a nurse practitioner that will assist with band members, the doctor, and other staff.



### *Housing*

New construction for housing, six units are under constructing for single individuals and two new CMHC houses are being built. The Housing Committee will review applicants for housing these are additional to our on and off reserve housing subsidy for more information and applications; please go to our forms and policies page on our website at [www.millbrookband.com](http://www.millbrookband.com).

### *Atlantic Gold*

There're still ongoing discussions with Atlantic Gold soon to become Saint Barbara; they're the mining company operating near Beaver Dam. There are lots of employment opportunities to be coming from that. Contact our Native Employment Officer Kyle Gloade and also our Consultation Officer Gerald Gloade as well to look at what opportunities are available.





### *Millbrook Early Education Centre*

Our preschool is undergoing an expansion due to a growing need for space. The preschool is now nearly completed and will be ready for September. In addition to that, we are now looking at expanding our early education here in the community to include primary to grade two. To better educate our youth, to give them more opportunities and also language revitalization. Our community focuses on early education and language development. The location for the new School would be close to the existing preschool. We're looking to relocate the construction office and replacing it with a new school on Church Road.

### *Waste Management Diversion Centre*

A Waste Management Diversion Centre is going to be built here in the community, and that's going to give us a better ability to control and manage the waste within our community, to be more environmentally friendly or environmentally safe, so community members can bring their garbage there and be appropriately sorted and properly disposed of.

### *Water Tower*

The Water Tower on Tower Road requires repairs. We're looking at either replacing the entire Water Tower or rebuilding it from the middle section up, repairs or reconstruction will take place in the coming months due to the demand for water and services the Water Tower provides to the upper part of Millbrook and Truro Heights area is necessary.

### *Space for Lease at the Millbrook Power Centre*

The Millbrook Strip Mall is now near completion. We are in the process of looking at tenants for that location. If anybody's interested in this location, please contact our Economic Development Officer, James Stevens at the Band Office, for renting space at the Strip Mall or any Economic Development opportunities throughout the community.

### *Shannon Park*

Shannon Park is going to be a constant ongoing development. There's much work that has to be yet to be done, regarding the planning. Presently we're expecting to go to a referendum this October 2019 for the Shannon park site in exchange for Duncan MacMillan High School property located in Sheet Harbor. This land exchange will be going through our consultation team. Using our communication strategy, we'll be looking at giving you regular updates. However, Shannon Park development is an economic development project for the community for future developments, and it can take up to a 10-years to complete this project. However, we're still in the planning stages. In conjunction with that, we've also negotiated at the water lot. Also, that will give us additional lands and formerly known as Turtle Grove and Tuft's Cove. The water lot will also be transferred to Millbrook once the uplands have transferred ownership. So those discussions will continue and so expect more updates periodically throughout the year and information to be circulated throughout the community.

## 1919 Land Claim

There's been much discussion going on around the 1919 Land Claim. We're still waiting for the final offer to come in from the federal government concerning what that all entails and what that's all going to be. It's been a long time coming, so once we get the final offer in writing and then we can communicate that to our band membership and also the band membership of Sipeknekatik so that way we can share that information on what needs to happen. Both communities will have to go to a referendum.

Regarding the offer, if both councils accept the offer, we present it to the community for further discussions. So, we're hoping to have that done this fall as well. The sooner we get the information, the sooner we can get that information out to you.

In the month of June, we've had our annual pilgrimage to St. Anne De-Beaupré with our seniors. Some fifty-one individuals participated in the trip to Quebec; it was a remarkably successful trip for all that took part. It is now the end of June 2019 during this time I like to acknowledge several things, particularly with our graduations that are taking place. I Congratulate all our students from preschool right up to University that completed their academic year. I wish you all the best in your educational endeavours or your employment opportunities. Congratulations for your work well done and your hard work and dedication has paid off. So once again thank you and to all the things that are going on in the community.

So, if you have any questions, these reach out to our Communications Officer Nigel Gloade you can contact him through the website, the band office or via e-mail. Our new website is up, use the contact us form, that information goes to him directly, and then he will disperse it to the appropriate individuals within the community that can adequately answer your questions or concerns. There's new staff has been hired on for various positions. So, do not be surprised you want to see several new faces throughout the community working for the Band Administration. Also, if you have any other questions, please contact any of our staff throughout the administration reach out to them any time and ask any questions. I'm always available as well either by phone, text, and e-mail. So once again thank you. Also, I look forward to the next update of the community in 2019.

Thank you,

Chief Bob Gloade







MILLBROOK FIRST NATION  
**COMPETITION POWWOW**  
*Celebrating Indigenous Culture*



Head Male Dancer

**LEVI BLACKWOLF**

*Warm Springs/Yakama Tribe  
 Oregon, USA*

Host Drum

**THE BOYZ - TBZ**

*St. Paul,  
 Minnesota, USA*

Arena Director

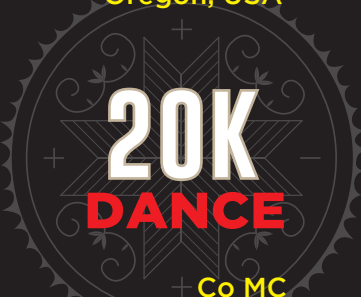
**ARMANDO LUCIO**

*Apache Nation  
 Texas, USA*

Head Female Dancer

**WILLOW ABRAHAMSON**

*Shoshone Bannock/Colville Nation  
 Idaho, USA*



**\$40,000**



**SAQAMAW LEROY DENNY**

*Mi'kmaq Nation  
 Eskasoni, Unama'ki*



**MICHAEL R. DENNY**

*Mi'kmaq Nation  
 Eskasoni, Unama'ki*

DRUG AND ALCOHOL FREE EVENT \* ALL WELCOME! \* FIND US ON FACEBOOK

**AUGUST 9-11, 2019**

**Millbrook First Nation, Nova Scotia, Canada**





**Traditional**

**Parenting Program**

**Starting Wednesday**

**July 10,17,24,31**

**10am-12:30**

**lunch and door  
prize !**

Topics such as: family  
roles and  
responsibilities,  
traditional parenting,  
parenting styles, needs  
and behaviors.

**Location:**

**Millbrook Senior Center**

**Please contact Corrina @  
Millbrook Health Center  
902-895-9468**

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# Summer Camp

**Come and join us for a fun filled summer!**

**9-2 Monday – Friday**

**Camp registration is on Friday July 5<sup>th</sup> 12-2pm at each camp location**

**Rec camp A; children going into grade 2&3**

**Basement of hall**

**Rec camp B: children going into grade 4&5**

**Youth Centre**

**Sports camp: children in grade 6 and up.**

**Millbrook Gym**

**First day of camp is Monday July 8<sup>th</sup>**

**Millbrook Summer Camps are for children that are BAND MEMBERS that live in Millbrook & COMMUNITY MEMBERS ONLY!**







**Employment Opportunity**  
**Housing/Construction Intern**

Millbrook First Nation is seeking three **Housing/Construction Interns** to work in Millbrook, Nova Scotia. This is an 8-week term.

The position will require the candidates to complete general labourer tasks, that include but are not limited to, lifting and carrying construction materials, cleaning job sites as required, using construction tools and equipment. The Interns will be under the direct supervision of the Millbrook Repairs and Renovations Foreman.

**The successful candidate would ideally possess the following qualifications:**

- Excellent interpersonal skills and ability to work as an effective team member.
- Currently enrolled as a Carpentry student or Apprentice would be an asset.
- Have an interest in enrolling in a Carpentry or related field.
- General knowledge of Mi'kmaq culture, and general issues on the Millbrook First Nation.
- Preference will be given to Millbrook Band Members of Mi'kmaq descent.

**The successful candidate must possess the following qualifications:**

- Be between the ages of 15-30.

**Salary: TBD**

**If you have any questions please contact:**

**Kyle Gloade**  
**Acting Native Employment Officer**  
**Millbrook Administration Office**  
**Phone: (902) 897-9199 ext 122**  
**Fax: (902) 897-0678**

**Application deadline:** Please submit your resume to the Millbrook Administration Office by **July 15th, 2019** no later than 4:30pm.

# Tick Check Basics

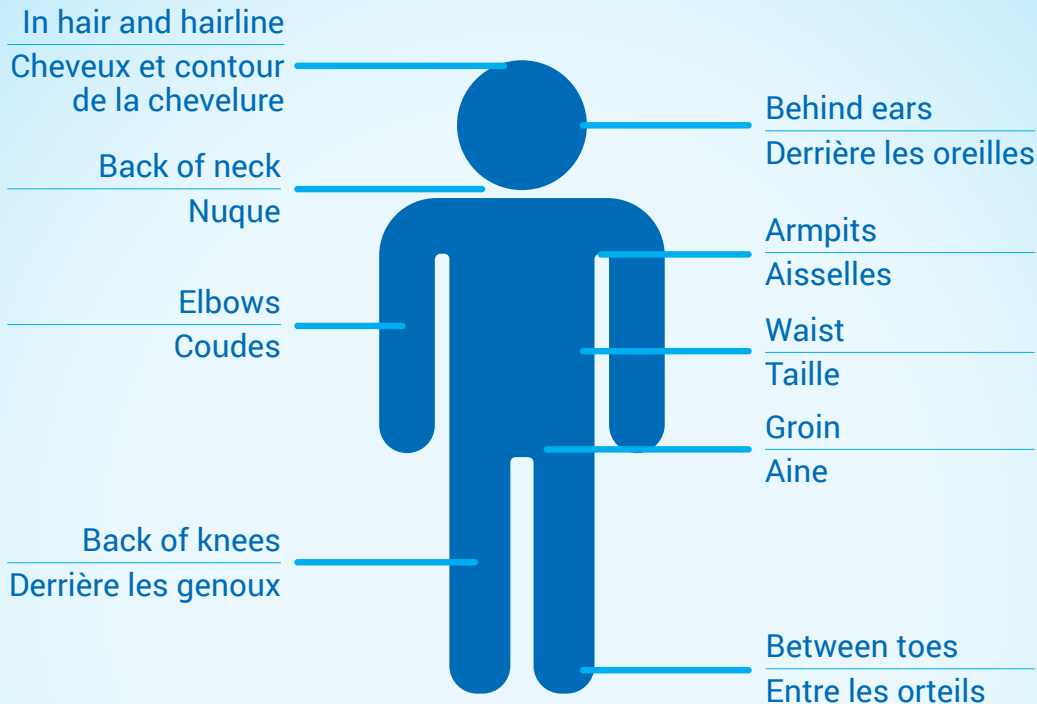
# Conseils relatifs aux tiques

Check your body and clothing for ticks after spending time outside.

Ticks like warm places on the body.

Vérifiez votre peau et vos vêtements après avoir passé du temps à l'extérieur.

Les tiques aiment les endroits bien au chaud.



- Don't forget to check your pets
- A bath or shower within two hours of being outdoors makes it easier to spot ticks

- N'oubliez pas de vérifier vos animaux de compagnie.
- Il est plus facile de voir les tiques si vous prenez un bain ou une douche dans un délai de deux heures après avoir passé du temps à l'extérieur.

For more information, including how to remove a tick safely, visit [novascotia.ca/ticksafety](http://novascotia.ca/ticksafety)



Pour obtenir plus d'information, y compris sur la façon d'enlever une tique de façon sécuritaire, consultez le [novascotia.ca/ticksafety](http://novascotia.ca/ticksafety) (en anglais seulement).

# Millbrook Community Field Trip **MAGIC MOUNTAIN WATER PARK**

**Date:** Saturday, July 20 , 2019

**Time:** Bus Leaves at 9:00 sharp returns approx. 8:00pm

**Place :** Bus leaves from Millbrook Gym

**This Community field trip is only open to Millbrook Band Members and community members only, all other will be on their own.**

Please bring a towel , dry clothes, food, water, sun screen, bathing suit.

**All children under 18 must be accompanied by a parent**

For more information please contact Chris Nasson @ 895-9468

# Sheet Harbour, Beaver Dam Cole Harbour Field Trip **MAGIC MOUNTAIN WATER PARK**

**Date:** Sunday, July 21, 2019

**Time:** Sheet Harbour 8:30 am — Beaver Dam 9:00

**Cole Harbour contact Chris Nasson-895-9468 for transportation**

**This Community field trip is only open to Millbrook Band Members and community members, all other will be on their own.**

Please bring a towel , dry clothes, food, water, sun screen, bathing suit.

**All children 18 must be accompanied by a parent**

For more information please contact Chris Nasson @ 895-9468





Canada Border Services Agency

Agence des services frontaliers du Canada

# ARE YOU READY?



## CBSA Indigenous Recruitment Event

July 26, 2019 0930-1430

NSCC Truro Campus

Are you passionate about protecting the forests and waterways from harmful pests and invasive species? Do you want to ensure that what comes into our country is safe? Do you want to keep drugs and guns off the streets of your community? Have you ever considered a career in law enforcement? Nova Scotia Community College, Nova Scotia Works-YMCA and CBSA are hosting an information session on July 26, 2019 at the Truro Campus.

Please come and see our recruiters at this event to learn about the CBSA and have a chance to try the PARE test - it is a physical test so wear comfy clothes!. Please register by emailing [kathy.dillmansmith@halifax.ymca.ca](mailto:kathy.dillmansmith@halifax.ymca.ca) (you will receive an information package upon registration)

We will be taking applications at this event!



NOVA SCOTIA WORKS  
NOUVELLE-ÉCOSSE AU TRAVAIL



**ANNOUNCEMENT**  
**Atlantic Indigenous Games**  
**Halifax, NS July 11-14, 2019**



The four Atlantic Provincial/Territorial Indigenous Sport Bodies representing New Brunswick, Newfoundland & Labrador, Nova Scotia, and Prince Edward Island are implementing some of the Recommendations of the Truth and Reconciliation Report in relation to the development of Indigenous athletes. The Atlantic Indigenous Games will bring together Indigenous youth aged 18 and under for the purposes of cultural enrichment and physical training which will be achieved through educational sessions, meaningful competition, and cultural celebrations.

The Atlantic Indigenous Games will take place from July 11th-14th, 2019 at Saint Mary's University and Citadel High School. Approximately 300 Indigenous athletes from all four Atlantic provinces are anticipated to partake in the inaugural Atlantic Indigenous Games and experience the positive benefits of sport and community in a comfortable, yet challenging, environment.

Through activities, such as, but not limited to, physical testing, athlete education, competition, and cultural celebrations the Atlantic Indigenous Games will provide youth the opportunity to learn more about themselves, their culture, and others.

In partnership with the Canadian Sport Centre Atlantic (CSCA), physical testing will be provided as well as athlete education sessions with topics on mental preparation, nutrition, and proper physical training. The Atlantic Indigenous Games are exactly one year away from the 2020 North American Indigenous Games (NAIG) which will also be hosted in Halifax, Nova Scotia. In collaboration with the Province of Nova Scotia, a one year out celebration will be organized that will incorporate Mi'kmaq performers and recognition of prospective NAIG athletes. This celebration will be a tremendous opportunity to expose and enrich our youth to traditional Mi'kmaq culture, while also providing well deserved recognition of the potential of our Indigenous youth in the Atlantic region.

For more information

To learn more about the Games, please contact the Atlantic Provincial/Territorial Indigenous Sport Body in your area:

Aboriginal Sports and Recreation Circle NL  
Todd Winters, Executive Director  
asrcnl@nf.aibn.com / 709-896-9218

PEI Aboriginal Sport Circle  
Lynn Anne Hogan, Manager  
lahogan@mcpei.ca / 902-786-4348

Aboriginal Sport and Recreation New Brunswick  
Skye Perely, Executive Director  
sky@wolastoqed.com / 506-476-7418

Mi'kmaw Kina'matnewey  
Ryan Francis, Mi'kmaw Sport Coordinator  
ryan@kinu.ca / 902-220-8487



## Sacred Heart Church

Regular Sunday Mass Time is at 11:30 a.m.

For More information visit the Immaculate Conception website: [www.icc-truro.org](http://www.icc-truro.org).

## Prayer Group

Prayer Group meets every Monday at 7:00 pm. at the Senior's Centre in Millbrook. Agenda includes Rosary and Prayers, followed by tea, a light lunch and a social.

Come join us – everyone is welcome! The contact person for group is Jane Abram at (902) 893-7454.

## “Understanding the Bible”-Weekly Scripture Study for Adults

Please join us on Thursday evenings at 7:00 pm for an evening of fellowship as we learn together the Word and grow in grace and understanding. Tea and light refreshments to follow. Located at 74 Abenaki Road. Contact: Kelly Gloade at (902) 890-8307.

## Community Hall Bookings

To book the Community Hall please contact **Jay Martin at (902) 897-9199 Ext 110.**

Thank you to those who continue to keep the hall, clean, neat and tidy.

**Please try to book your event early, preferably a minimum of 2 weeks in advance.**

## Compost, Garbage & Recyclables

### **CLEAR GARBAGE BAGS ARE A MUST.**

That means only **one black garbage bag** (privacy bag) per week, **the rest must be in clear bags.** **Recycle items (containers and paper) must be in blue bags or clear bags.** **Cardboard boxes must be broken down!** If you do not have a compost bin please call Carla Moore at the Health Centre at 902 895-9468. There are some of the small kitchen containers available.

Garbage is picked up every week.

Compost bin dates are **Tuesday, July 2, 16 & 30.**

Blue Bags dates are **Tuesday, July 9 & 23.**

All items must be at curb side by 7:00 am.



## Used Battery Bin

If you have old batteries please do not throw them in the garbage, we have a battery recycle bin located in the Band Office and Health Centre. - WELA'LIN Natasha Bernard

## Millbrook Youth Centre

The Youth Centre is open **Friday & Saturday nights 6-11pm**

The Millbrook Youth Centre has part time staff to supervise the youth on the weekends.

## RECC Membership

The Civic Centre is not located on the reserve, Taxes are applied to the cost. The Band Member must purchase the Membership first then submit the receipts to Priscillia Martin. The Tobacco Store covers \$300 per activity(see regulations online at millbrookfirstnation.net).



# Community

## Sunday Night Hockey

Sunday Night Hockey at the Deuilles starts next season

## Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 9-10am,

July 7, 14, 21 & 28.



## Millbrook Fitness Centre

**12 (noon) to 3:00 p.m.** Monday, Tuesday, Wednesday, Thursday, Friday

**(7:00 am to 9:00 am for Women and Seniors only)** Tuesday, Wednesday and Thursday

**(6:00 pm to 10:00 pm)** Sunday, Monday, Tuesday, Wednesday, Thursday

**Exercising a few times a week is a great way to improve your overall health.**



## Alanon

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips Street which is off Robie Street.

## Detox

**It's better if the client comes to my office and we call the detox to do a booking, the detox "always has to talk to the client first" before a bed is given to them, for the client to answer questions RE : health, and medical. I Can not do the booking for the client. If for some reason client can not make it to my office I ask if they could call them which most of the time it not the same day.**

## Health Services:

Please call NIHB before you get eye exams/glasses, medical transportation, medications and mental health services to see if those are covered by NIHB and that you are eligible for those things. The NIHB toll-free number is 1-800-565-3294 (press 2 for client, then press 1 for vision, 2 for medical transportation, 3 for medical supplies and equipment, 4 for medications, or 5 for mental health). Before you undergo a dental procedure, make sure your dentist has called NIHB's dental pre-determination centre to find out if the procedure is covered by NIHB.

## Alcohol Anonymous Groups

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre.

Everyone is Welcome

7:30pm Hubtown Group Douglas St school

Friday - Phoenix 12 & 12 St Andrew Church 7pm 55 King St.

Saturday - Hubtown Group 7:30 Douglas St school

Sunday - Breakfast Group 11am 36 Douglas St

**( NA Meeting )**

Tuesday - St Andrew Church 55 King St. 8pm

Saturday - Millbrook Senior's Center 1pm Starting Feb. 2/19

**( Al Anon )**

Wednesday - 40 Douglas St. 7pm contact Ann 902 895 5535

# Health Centre

## Mailing Address

Millbrook Health  
Centre  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday - Thursday  
8:30am-12pm 1:00pm-4:30pm  
Friday  
8:30am-12pm

## Phone Numbers

Health Centre  
1 (902) 895-9468  
Toll Free  
1 (844) 895-9468

## Confidentiality

The health centre staff are professional individuals who want to provide the best services to community members. Please be assured that they maintain confidentiality about your personal information and your appointments.

## Mental Health and Addictions Counselling

Mental Health and Addictions Counselling

**Charles Casselman, Adult Clinical Therapist.** Charlie is a Clinical Therapist with the Nova Scotia Health Authority who works out of our health centre on Thursdays. He is available for one-to-one counselling. Please call the health centre at (902) 895-9468 to book an appointment with Charlie.

**Gladys Fraser, Child and Youth Clinician.** Gladys is a Clinical Therapist with the Nova Scotia Health Authority for the past 12 years. She is working at the Millbrook Health Center 2 days a week (Monday & Tuesday), counselling children, adolescents (up to age 18) and families. Gladys previously worked with the Autism Program and Family First program at Colchester East Hants Health Centre. Gladys can help children and youth with a variety of mental health needs/concerns such as anxiety, depression, gender/sexual identity, behaviour management, parent/child conflict, bullying, and self-esteem. Anyone can self-refer by calling the Millbrook Health Center at (902) 895-9468.

**Meaghan Fullerton, Adult Clinical Therapist.** Meaghan's position as a Clinical Therapist is shared by Millbrook Health Center and Sipekne'katik Health Center. She is available for one-to-one counselling at the Millbrook Health Centre on Wednesdays and Fridays. Her counselling work has focused on culturally-safe mental health care for Mi'kmaq communities, and she has worked as a community-based therapist in both Pictou Landing and Paq'tnek in the past. Meaghan's areas of work include anxiety, depression, addictions, trauma, intergenerational and colonial trauma, ADHD and other learning exceptionalities, behavioural issues, family crisis, self-harm, recent life-changes, and grief. Please call the health centre at (902) 895-9468 to book an appointment with Meaghan.

**Michelle Sullivan, Adult Clinical Therapist.** Michelle is a Clinical Therapist with the Nova Scotia Health Authority who works out of the Millbrook Health Centre on Thursdays. She is available for one-to-one counselling. She has a Masters of Counselling Psychology and has worked with youth and families for over 26 years. Her areas of counselling include: anxiety, depression, addictions, grief and loss, past trauma, self-harm, abuse, life transition and adjustment challenges. Please call the Millbrook Health Centre at (902) 895-9468 to book an appointment with Michelle.

## Medical Drivers

### Donna Gloade

Home: (902) 895-9540 Cell: (902) 986-8842

### Ella Paul

Cell: (902) 956-2679



## **National toll-free First Nations and Inuit Hope for Wellness Help Line**

There is a National toll-free *First Nations and Inuit Hope for Wellness Help Line*. The Help Line, which started operation on October 1, provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310.

### **Millbrook Free Spirit AA**

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre. Everyone is Welcome

*\*responsible for your own transportation.*

### **Eskasoni Help Line**

For any youth who are having a problem such as bullying, peer pressure, or any problems and want to talk to someone there is a number to call; all calls are confidential. Eskasoni help line toll free 1-855-379-2099 or on Facebook Eskasoni Crisis Worker there will be someone there to chat to.

### **NA meeting**

NA meeting in Truro are every Sunday, Tuesday, & Thursday nights at St Andrew Church 55 King Street at 8pm. For more information call 1 800 205 8402 or [www.centralnovaarea.ca](http://www.centralnovaarea.ca)

*\*responsible for your own transportation.*

### **5 weeks Rehab Treatment**

The client has to be clean and sober for at least 1 week. The client has to meet with the addiction counsellor 4 times, and has to make sure all appointments are taken care of before going into treatment.

### **Community Addictions Worker - Peter Gloade**

The Community Addictions Worker has a list of AA and NA & Alanon meetings in the local area or call (902) 895- 5535 for more information on local groups. Also [www.area82aa.org](http://www.area82aa.org) has information.

If anyone has any suggestion regarding workshops or presentation what they would like to see regarding addictions. Please contact me at (902) 890-1671 or message me on facebook. I am open to all suggestions, Peter Gloade.

### **Nova Scotia Legal Aid - confidential online forum**

Nova Scotia Legal Aid provides a confidential online forum on Tuesdays from 2 p.m. to 5 p.m. for people to ask a lawyer family law questions. The website is [www.nslegalaid.ca](http://www.nslegalaid.ca).

### **Anger Management**

Anyone who needs to get counselling on Anger Management can contact Bridges – A Domestic Abuse Intervention in Truro at 902 897 6665 to do booking to see a Counsellor or contact Dan Walsh at the Millbrook Healing Centre at 902 893- 8483.

## **Treatment Centre Schedule**

- Rising Sun at Eel Ground, NB** is Aug 3, 4 weeks co-ed program
- Eagles Nest Recovery house** Indianbrook Sept 2, 5 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is July 29 1 week relapse program
- Wolastoqewiyik** Tobique Aug 19, 5 weeks co ed program

**Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.**

- Walgwan Centre in Quebec - long term program
- Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
- Choices in Halifax

**Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.**





## WorkShop - Addictions

There will be a workshop on August 8 for Adult Males & Females. There will be a limited of 12 seats and this is for adults that are having a hard time with their Addictions, a talking circle will also be involved. The presenter for this workshop is Gabriel Whiteduck from Prince Albert, Saskatchewan. If interested please inbox me your name or call [Peter Glode](tel:9028971234) 902 897 1234 , also a chance to win a \$50 gift card.

## Medical News

### **Missed Appointments**

If you cannot make your appointment at the health centre, please call ahead to let us know so that we can book someone else in your place. Missed appointments without notice contribute to a long waiting list for everyone. This includes appointments with the doctors, mental health and addictions clinicians, foot care nurse, and chiropractor.

### **Late Appointments**

Please be on time for your appointment at the health centre. If you are late, we may not be able to fit you in and you will have to book another appointment.

### **Prescription Refills**

Anyone needing a medication refill has to now make a doctor's appointment. Refills can no longer be done over the phone by either nurse. Please look at your medications to find out how many refills you have left and the expiration date. You can also call your pharmacy to get this information. When you pick up your final refill, call the health centre to make an appointment with the doctor before your medication runs out. We have a doctor here several times each week. Appointments do fill up quickly so don't leave it until the last minute or you may end up going without your medication.

### **Reimbursements**

If you want to be reimbursed for medications/medical supplies you purchase on your own, please contact the health centre **first** to make sure that they are something we or **NIHB** can cover. Not all items are reimbursable. Only original receipts will be accepted as well.

## Millbrook Gym Schedule

<u><b>Sunday</b></u>	<ul style="list-style-type: none"> <li>• Archery 6pm</li> </ul>
<u><b>Monday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:45pm</li> <li>• Men's pick up Basketball starts at 7:45pm</li> </ul>
<u><b>Tuesday</b></u>	<ul style="list-style-type: none"> <li>• League Volleyball 6-9:30pm</li> </ul>
<u><b>Wednesday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:30pm</li> <li>• Men's pick up Basketball 7:30pm</li> </ul>
<u><b>Thursday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-7:30pm</li> <li>• Pick-up Volleyball 7:30pm-close</li> </ul>

# **COMMUNITY DAY**

## **Agricultural Campus**

**Thursday, July 18, 2019 | 10am - 2pm**  
**[dal.ca/communityday](http://dal.ca/communityday)**



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## Markie Bus Tours Halifax Casino Runs

On the First Friday of every month we will be departing at 8:00 am from New Glasgow Parking lot behind the Medical Center (which is front of the theatre area, on East River Road). Then traveling to Truro to pickup at Staples Parking lot Robie Street, departing at 9:30am. Departing Halifax Casino at 3:30pm same day.

Please call ahead for seating at (902) 843-5501

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**JULY 2019 – Millbrook Health Centre**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Canada Day	2 Dr. Blois (p.m.)	3 Meaghan Dr. Blois (p.m.) Dr. Vance	4 Michelle Charles Dr. Blois (p.m.) Foot Care	5 Meaghan Vera	6
7	8 Gladys	9 Gladys Dr. Blois (p.m.)	10 Meaghan Gladys Dr. Blois (p.m.)	11 Charles Michelle Dr. Blois (p.m.)	12 Meaghan Vera	13
14	15 Dr. Vance Gladys Dr. Blois (p.m.)	16 Gladys	17 Gladys Meaghan Dr. Blois (p.m.)	18 Charles Michelle Dr. Blois (p.m.) Foot Care	19 Meaghan Vera	20
21	22 Dr. Blois (p.m.)	23 Gladys Dr. Blois (p.m.)	24 Meaghan Gladys Dr. Blois (p.m.)	25 Michelle Charles Dr. Blois (a.m.)	26 CLOSED	27
28	29 Gladys	30 Gladys	31 CLOSED			

**Summer Hours: Monday to Thursday (8:30 to 4:30); Friday (8:30 to Noon)**