

# Millbrook Community NEWSLETTER

FEBRUARY 2019



Truro Bearcats vs Cambellton Tigers

## ***Important Dates***

- 🚩 **February 4** - Indigenous Service Canada 1pm Community Hall
- 🚩 **February 5** - Economic Development 1pm
- 🚩 **February 10-16** - Millbrook's Winter Carnival
- 🚩 **February 12** - Chief and Council 10am
- 🚩 **February 19** - Consultation 10am
- 🚩 **February 20** - Projects Meeting 1:30pm
- 🚩 **February 20** - Marijuana & Shatter Information Session at the Youth Centre 6pm
- 🚩 **February 27** - Indigenous Service Canada on Shannon Park

 **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  
9:00am-12pm 1:00pm-4:30pm  
Friday  
9:00am-12pm 1:00pm-4pm

## Phone Numbers

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

## Social Assistance

Social Assistance Cheques are tentatively scheduled for: **February 14 & 28, 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 **February 12, 2019.**  
The deadline for submissions or requests to see Council is **February 8, 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).  
March's Chief and Council meeting is March 12, 2019.

## Chief and Council Meetings

### February 2018

- 🌻 **February 4** - Indigenous Service Canada 1pm Community Hall
- 🌻 **February 5** Economic Development 1pm
- 🌻 **February 12** Chief and Council 10am
- 🌻 **February 19** Consultation 10am
- 🌻 **February 20** Projects Meeting 1:30pm
- 🌻 **February 27** - Indigenous Service Canada on Shannon Park

## Community Meeting Dates:

🌻 N/A



Contact the Community Engagement Officer, Gerald Gloade by e-mail: [gerald.gloade@eastlink.ca](mailto:gerald.gloade@eastlink.ca) to make suggestions for future discussion topics. We would like to have Community Members feedback. The purpose is community engagement. Focusing on information sharing and addressing community concerns on an ongoing basis. We do our own consultation and need to regularly inform community members. We are developing our own consultation process.

## Newsletter Deadline

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

**Tuesday, February 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) <http://millbrookfirstnation.net/contact-us/> or submit information to the Reception desk at the Band Office.

# 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.

## **Millbrook Health Centre Renovations:**

The Millbrook Health Centre is currently undergoing some renovations to include the soundproofing of several offices and enhanced security (cameras and security screening at the front desk) to protect confidentiality as well as personal health information/staff/patrons. These renovations should be completed by February.

## **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.

## **Happy Birthday**

- Happiest 8th Birthday to our girl, Emma Martin and Happiest 4th Birthday to our girl, Kylie. XOXO, love Mommy and Daddy.



Shoppers Drug Mart

CONSUMER ALERT: Shoppers Drug Mart is warning customers of fraudulent calls claiming to be from our stores. The caller has stated that a prescription is available for pick up, and asks for personal information for verification.

Please note, Shoppers Drug Mart would never ask for personal or financial information over the phone. If you receive this call, we encourage you to hang up.

## **NSCC Mawi'omi photos**





## Millbrook Early Education Centre News

### Important Dates In February

Friday February 1<sup>st</sup>, 2019  
PD Day- no classes

February 13<sup>th</sup>, 2019  
Library visits center at 10am

February 18<sup>th</sup>, 2019  
Heritage Day- No classes

February 22<sup>nd</sup>, 2019  
Parent/ Tot for ages 3-4

### Reoccurring Weekly Events

Tuesdays, Thursdays  
Mi'kmaw Language for  
Primary and Grade 1

Tuesdays  
Super Nova Science (Preschool)

Fridays Outdoor Adventures  
For All Classes

**If your child is unable to attend school,  
please contact us.**

## Parent Tot Workshop



(3 - 4 year olds)

Where? Millbrook Early Education Centre

When? Friday February 22nd 2019

1:00 -2:00pm

"Never too little to love"

By Jeanne Willis



Come and learn some fun rhymes and fingerplays,  
make some exciting crafts and activities with your  
child, and enjoy a great book to take home.

Call 897 - 1249 to register, or email  
sue.m@eastlink.ca or you can sign up at the Millbrook Early  
Education Centre.

\*If you are unable to bring your child,  
have someone else bring them,  
such as a grand-parent, god-parent, aunt or uncle...

**Don't let your little one miss out!**



### Contact Us

902-897-1249 / 902-897-0445

Ext. 101 Director (Nik)

Ext. 102 Preschool 4 (Sue/Cynthia)

Ext. 103 Daycare (Leslie/Genny)

Ext. 104 Preschool 3-A (Pam/Carrie)

Ext. 105 Preschool 3-B (Destiney)

Ext. 106 SLP (Christina)

Director's email: [meece@eastlink.ca](mailto:meece@eastlink.ca)



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# TRES Newsletter February 2019



## Dress for the Weather

Please dress for the weather, we're going to have many cold days coming up! Please make sure your child is dressed for the weather (mittens, hats, snow pants, boots, etc) a change a clothes or an extra pair of pants in their backpack for the winter months won't hurt.

## Arriving on Time

Once again we would like to remind parents that it is extremely important for students to arrive on time and prepared to work. The first part of the day is usually reviewing the daily schedule, breakfast program and announcements. The day goes much smoother for children when they start their morning on time. Please ensure you son/daughter gets to bed early and is well rested for school each day. ☺

## Reading, Reading, Reading

A school expectation is that you will read to or with your child each and every night. Please check agendas or folders each night for important information.

## Regular Bedtime

A regular bedtime and routine are an important part of school. Children with not enough sleep sometimes can become irritable and may have a hard time paying attention in class. It is recommended that technology be turned off at least one hour before bedtime. Remember to read EVERY night.

## Important Dates

### February 18

Heritage Day – No School

### March 8

Assessment and Evaluation Day – No School

### March 18

March 18 – 22 – March Break

### March 27

Report Cards go home

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## Happy February Birthday

Braelyn Brooks

Lauren Brooks

Aiyana Gloade

Matteo Gloade

Brady Googoo

Easton Harvey

Ameliyah Martin

Emma Martin

Sarah Wright-Johnson!



### Millbrook Education News on Facebook

We have a Facebook page for PARENTS and students. This is where we post notifications regarding the buses etc. We also post important school information. It is a site for sharing information, not for bickering or arguing. If you are a parent and you are not on the site please ask to join.

TRES Parent Teacher Group also has a Facebook page that you may join for their information.

### \*\*\*Reminders\*\*\*

Please label clearly your Child/ren's name on clothing (jacket, boots, shoes, water bottle (water only please) lunch box.

In our school we have many allergies to food and scents. Please be mindful what you are packing for snack and hair products used.

If your child is sick or going to be absent for any reason please call the school.

The Lost and Found is really piling up at school. If you are missing items have your child take a look by the gym or feel free to come in and take a look for yourself. Clothes are donated at the end of each month if not claimed.

For up-to-date information happening at the school please join the Truro Elementary PTG and Millbrook Education News Facebook pages.

### Millbrook Staff at TRES

Jen Gloade – 902-986-4224

Shelley Gloade – 902-899-2415

Lisa Wilmot- 902-986-5010

Juliana Paul – 902-890-0461

# HAPPY VALENTINE'S DAY!





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# TJHS Newsletter February 2019

Attendance Incentives will be issued on **THURSDAY, MARCH 7<sup>TH</sup>**.

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## From the Desk of Amanda Dugas

What a busy month back! Everyone has settled back into our routines and are working hard!

On January 21st, the school celebrated Martin Luther King Junior's birthday, there was cake for all students and staff in the cafeteria.

Thank you to the grade 6 class for inviting me on their field trip to the 12th Annual 2019 NSCC Truro Campus Mawiomi on January 30th.

Thank you to Melody Martin-Googoo for hosting a "Bring Your Lunch and Learns" this month. The topic was Equality vs. Equity.

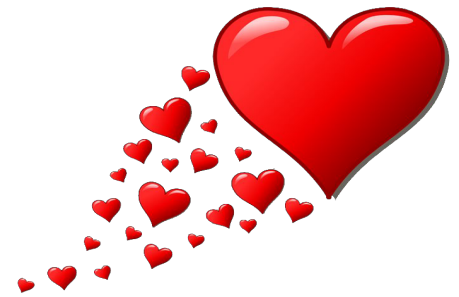
This month, students in grade 7 completed The Middle Years Development Instrument (MDI) is a self-report questionnaire completed by children in Grade 4 and Grade 7. It asks them how they think and feel about their experiences both inside and outside of school. Information on MDI can be found at:

<http://earlylearning.ubc.ca/mdi/>

Grade 9 students travelling to Quebec have an upcoming fundraiser from February 4th - 15th. They are selling garbage bags for \$35/box. Please make cheques payable to Truro Junior High School.

There is a school dance scheduled for Thursday, February 20th from 7:00 p.m. to 8:30 p.m. Cost is \$5 to attend.

Parents and students, please check PowerSchool to check students progress and stay on top of assignments. If you require login information, please let me know. If you need to contact me, I can be reached by phone at (902) 896-5550 ext. 2321 or by email at [dugasaa@ccrce.ca](mailto:dugasaa@ccrce.ca) Amanda Dugas



## Important Dates

### February 14

Feb. 14 & 15 – Gr. 9 fundraiser.

### February 18

Heritage Day – **No School**

### February 20

School Dance  
Cultural Meal in cafeteria

### March 18

March 18-22 – March Break



Jennifer Augustine

Josiah Carter!

**From the Desk of Luisa Martin**

Unavailable at time of print.

**From the Desk of Tom Wilson**

Happy Winter Carnival,

Hopefully some parents were able to attend the Parent Information Session held at CEC on Wednesday, January 16<sup>th</sup> dealing with this year's Grade 9 student's Grade 10 course selections for next year at CEC. Parents input in these important decisions are definitely welcomed and encouraged.

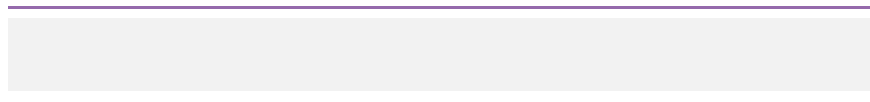
By the end of January most Grade 9 students will have had enough time (2 weeks) to pick the courses they are going to take next year in Grade 10.

English and Math Teachers will have made their recommendations as to what level of difficulty of courses students should be taking in Grade 10 in their subject area at CEC next year. These recommendations would have been shared with individual students and CEC Student Services.

I along with other TJHS Teachers and Student Services have been giving students information about the different courses they can take at CEC that would best fit their learning profile and would give them a good foundation on to which to build a career around a "few years down the road".

If any parents have any questions about their son/daughters Grade 10 course selections, I encourage you to call me at 896-5550 or e-mail me at: wilson5@staff.ednet.ns.ca

If any Grade 8 or 9 parent(s) have any questions or concerns about their son/daughter's academic achievement please know that I would be happy to discuss their performance with you. Please call me at 896-5550, if I'm not in the Millbrook Learning Centre please leave me a message on my answering machine stating your concern with a phone number and time you can be reached and I will call you back as soon as I can. See ya on the slopes, Mr. Wilson ☺





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## CEC Newsletter February 2019

Lunch Allowances will be issued on THURSDAY, FEB. 7<sup>TH</sup>.

Attendance Incentives will be issued on THURSDAY, MARCH. 7<sup>TH</sup>.

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Bryant Vance  
902-896-5700 (Main Office)  
Email: [vancebw@ccrsb.ca](mailto:vancebw@ccrsb.ca)  
Office Hours: 8:20 am - 3:20pm  
Homework Club: Tuesday, Wednesday,  
Thursday 3 PM – 4 PM

Semester Two Begins!

Now that exams are complete the new semester begins on February 4<sup>th</sup>. It is hard to believe that we are at the halfway point. Coming up in this month and next are course selections. It is advised that students seek out their guidance counselor or Mr. Vance to ensure that they are picking the courses for graduation.

Graduating students should also double check with student services and Mr. Vance for scholarships/bursaries. If students have not applied to University and/or College now is the time.

*"The biggest mistake you can ever make is being afraid to make one"- Unknown*

### **Power School/Student Assessment Policy**

Parents are asked to check PowerSchool (Parent Portal) to keep track of assignments and projects due dates as well as grades. Furthermore, more information on student expectations and policies are located in the **student handbook** on the CEC website

(<http://cec.ccrce.ca/2018%20Student%20Handbook%20PDF.pdf>)

## Important Dates

### February 1

Assessment and Evaluation Day – **No School**

### February 4

Second Semester Begins

### February 14

First Term Report Cards

### February 18

Heritage Day – **No School**

### February 20

Grade 10 Assembly – 2019-2020 Course Selections

### March 18

March 18–22 March Break

### April 19

Good Friday – **No School**

### April 22

Easter Monday – **No School**



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### **CEC Students Participating in Sports**

Basketball- Frankie Sylliboy  
Wrestling- Jacob Smilde-Cope  
Soccer- Frankie Sylliboy  
Hockey- Randy Milliea

### **IMPORTANT Post-Secondary Planning**

Help with post-secondary applications, scholarships and bursaries will be given afterschool hours during homework club. **Student should view CEC's Student Services website to fill out the forms for CEC Student Scholarship Form:**

<http://cecstudentservices.ccrsb.ca/index.php/scholarships/cec-student-scholarships/>

### **IMPORTANT!! ATTENDANCE REMINDER**

Parents/Guardians are required to call the main office (902-896-5700) to excuse missed classes within 5 school days of the absence. A reason will be requested. This is especially important for students seeking an Attendance Exam Exemption at the end of the semester.

### **Attendance Policy Notes**

Students that have 19 absences from September 6th, in one course, may lose their credit according to the new Attendance policy issued from the CCRCE. Lates will be recorded and 4 late classes equal 1 absence in a course. Please see attendance policy for further inquiry: [www.ednet.ns.ca/student-attendance-and-engagement-policy](http://www.ednet.ns.ca/student-attendance-and-engagement-policy)

♥ Happy Valentines Day ♥



# CEC Game Times

## Girls Varsity Basketball

**Wednesday, Feb. 6** vs Northumberland 4:30

**Thursday, Feb 7** TBD 5th @ 4th place

**Saturday, Feb 9** TBD

10:00 AM #4 vs #1

12:00 PM #3 vs #2

2:30 PM Regional Championship

**TBD Feb 15-16** NSSAF Qualifying

**TBD Feb 21-23** NSSAF Provincials (host: Western region champion)

## Boys Varsity Hockey

**February 2 (Sat.)** @ Northumberland 6:30  
- Westville

**February 7 (Thurs)** vs North Nova 6:30  
- Truro Stadium

**February 9 (Sat.)** @ Northumberland 6:30  
- Westville

## Upcoming important dates

March 8, 9 & 10 NSSAF Provincial Championships (Highland Region: host)

## Boys Wrestling

February 2 (Saturday) Sackville High Wrestling Festival - Sackville, NS

February 9 (Saturday) Battle of the Bay - Digby Regional High School - Digby, NS

March 1 NSSAF Regionals

March 2 NSSAF Provincials

## Desk of Luisa Martin

Kwe' Me' tal welo' ltiq?

We started back up with our "Mi'kmaw Bring your Lunch and Learn" sessions in the First Nations room, and so far they've all been good turnouts.

Mrs. Googoo developed and shared a draft of her Treaty Education Readers Theatre with our students. We had them read aloud as a group, and then later they gave possible suggestions on a working title. The Readers Theatre captivated many inspiring and talented actors "in the making" while they discovered the meaning of Equity. Mrs. Patsy Paul- Martin offered guidance and support through her role as an Elder.

Mrs. Googoo also lead another session called "Esmut Apuknajit" the teachings of Lillian Marshall. This is a traditional teaching passed down from our Elders; where we leave a offering outside on February 1<sup>st</sup> and give thanks for good health, and sustenance.

Colin Bernard provided lunch for one of our sessions, as he offered to lead a presentation on the programs and services offered to our youth.

This session was very informative, and we are grateful to have had this opportunity, so that our youth will have the knowledge to access these services.

We all happily attended the annual Mawio'mi down at the NSCC. Many of our youth take pride in singing, drumming and dancing as they wear their traditional ribbon shirts and regailias proudly. It's always nice to see everyone so happy and to see it wall to wall packed full of people, makes it a great event.

Kesaltultimkewey Na'kwek! Happy Valentines Day!

Nemultoqsip!

Ms. Martin

# Millbrook Youth Centre

## **MARIJUANA & SHATTER INFORMATION SESSION**

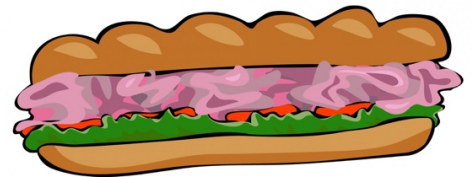
Wednesday, February 20, 2019



6PM-8PM

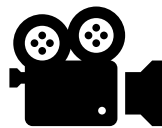
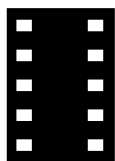


Refreshments!



All Participants will get a  
\$15 movie gift card!

All will have a chance to win a  
\$25 gift card





MILLBROOK  
HEALTH CENTRE

## Children's Oral Health Initiative (COHI)



- Fluoride Varnish Applications
- Dental Screening

### February 20th, 2019

Millbrook Early Childhood Education Centre  
for Dental Screening with Dental Hygienist  
Chelsea Weinkauff  
8:45am - 2:00pm

&

Millbrook Health Centre for Fluoride  
Varnish Applications and Dental Screening  
for community members age 0 - 7 years old.  
For more info contact Sunshine Bernard at  
902-895-9568



# LAST WILL AND TESTAMENT



## ***Wills and Estate Planning on Reserve: Information Session with Meg Green, Barrister & Solicitor, Patterson Law.***

**WHEN:** Wednesday, 6th of February 2019 - 6:00 PM to 7:00 PM

**WHERE:** Hampton Inn and Suites, 35 Legends Avenue, Millbrook, NS B6L 0C9.

Light refreshments will be served.

**WIN A WILL:** Attendees at the session will have a chance to WIN a free Last Will and Testament drafted by Meg Green. A draw will be conducted for **TEN free Wills**. In order to qualify for the draw, you must be a Status Indian, Millbrook Band Member and reside on the Millbrook First Nation reserve lands. You also must stay for the entire presentation for your name to be entered in the draw! No more names will be entered into the draw once the presentation starts! \*\* winners names will not be publicly posted.

**CANCELLATION:** If Schools are closed on the 6th of February the session will be cancelled and rescheduled for the 7th of February 2019.

**HOSTED BY:** The Confederacy of Mainland Mi'kmaq.



The Confederacy of Mainland Mi'kmaq



# ULNOOWEG

Digital Mi'kmaq invites students in Grades 4-12 to a FREE hands-on Animation workshop. Learn how to use stop motion, 2D and 3D animation, and more!

As a program focused on building foundational capacities, Digital Mi'kmaq is introducing Mi'kmaq students to a vast array of hands-on digital programs in communities across Nova Scotia.

**When:** Saturday, February 2nd  
10:00am-2:00pm

**Where:** Millbrook Community Hall  
72 Church Road  
Truro, Nova Scotia

Please register here:

[www.digitalmikmaq.com/registrations](http://www.digitalmikmaq.com/registrations)  
Lunch will be provided!

Please email  
[digitalmikmaq@gmail.com](mailto:digitalmikmaq@gmail.com) if you  
have any questions or concerns.



Image by Leonard Paul, Mi'kmaq Artist





## **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, February 12 & 26.**

**Blue Bags dates are Tuesday, February 5,& 19.**

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.

## **RECC Membership**

Millbrook has worked out a corporate rate with the Rath Eastlink Community Centre. Corporate Memberships apply to yearly membership only. 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 at 6pm  
February 3, 10, 17, & 24.



## Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 8-9am,  
February 3, 10 & 17.

No ice time February 24 due to event

## 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.

## Youth Winter Carnival Dance

There will be a Youth Winter Carnival Dance at the community Hall on **Friday Feb 15** pizzas and movie cards 7 to 9pm for grades 5 & under and 9 to 11pm for grades 6 & up also canteen will be available. For more info contact Peter Gloade 902 897 1234

Music by Jeff Wilmot

## Youth Workshop - Marijuana & Shatter

There will be a Youth workshop about the danger of Marijuana & Shatter at the Millbrook Youth Center on Feb 20 at 6pm, Speaker will be from Addiction Services Shaun Goodwin. Come out and hear some great info. And a chance to win a some great door prizes.

# Health Centre

## Mailing Address

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

## Business Hours

Monday - Thursday  
9:00am-12pm 1:00pm-4:30pm  
Friday  
9:00am-12pm 1:00pm-4pm

## 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

Our mental health and addictions clinicians are available at the Health Centre on Wednesday, Thursday and Friday for one-to-one counselling and also for family members affected by their loved one's mental health and addiction issues. Please call the health centre (902-895-9468) for an appointment.

**Szonja Vamos**, who is filling in for Meaghan Fullerton while she's on maternity leave, earned a Bachelor's Degree in Psychology from Barry University in 2008 and completed a Master's Degree in Marriage and Family Therapy from the University of Miami in 2011. She began her career in the field as a research assistant and spent 10 years working in health care settings in Miami, Florida's diverse communities. As a therapist and later an assessor, she provided individual and family therapy to at-risk children and youth, and adults with mental health and substance abuse issues, in schools, homes, detention centres, foster- and group-homes, and treatment centres. After relocating to Nova Scotia last year, she joined the Nova Scotia Health Authority in March, and is passionate about providing supportive counselling in First Nations Communities.

**Meaghan Fullerton**, M. Ed, CCC, RCT-C is our Mental Health Clinical Therapist. Her position is shared by Millbrook Health Centre and Sipekne'katik Health Centre. 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'tnkek 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, or text 902-899-7843 to book an appointment with Meaghan.

**Janet Tomlinson** – Janet has worked with Mental Health and Addictions for over 11 years. She has advanced training in Cognitive Behavioural Therapy, Eye Movement Desensitization and Reprocessing (EMDR) for PTSD and Dialectical Behavioural Therapy (DBT) for individuals with borderline personality disorder (and other mental health and addiction issues), as well as an extensive background working with individuals with addiction issues.

**Michelle Sullivan M.Ed., RCT-C, CCC**, is a Mental Health and Addictions Clinical Therapist with the Nova Scotia Health Authority. She is available for one-to-one mental health and addictions counselling on Thursday mornings at the Millbrook Health Centre. Michelle earned a Masters of Counselling Psychology at Memorial University in Newfoundland & Labrador, and has worked extensively with youth and families for over 25 years. She has provided clinical work and supportive counselling to clients in a variety of settings. Some these settings include: client homes, with youth at risk in group homes, an addiction treatment centre, and individually with regional health authorities in Newfoundland and currently in Nova Scotia. Michelle's areas of counselling work include: anxiety, depression, addictions, grief and loss, past trauma, self-harm, abuse issues and life transition/adjustment challenges. Please call the Millbrook Health Centre at (902) 895-9468, to book an appointment with Michelle.

**Gladys Fraser, Child and Youth Clinician** is a clinical therapist with the Nova Scotia Health Authority for the past 11 years. She is working at the Millbrook Health Centre 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 Centre at (902) 895-9468 or Central Intake at the Colchester Hospital 902-893-5526 (press option 2) and be sure to let them know you want services at the Millbrook Health Centre, if this is what you want. Or they can call me directly at 902-899-6095.

## 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.*

### **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).

**Vera Johnson, Dental Hygienist**, is available for cleanings at the health centre on Mondays and Tuesdays for those eligible under NIHB aged 16 and above. Please call Amanda at the health centre to make an appointment to see Vera.

## **Treatment Centre Schedule**

- Rising Sun at Eel Ground, NB** is Feb 25, 5 weeks Co-ed
  - Eagles Nest Recovery house** Indianbrook Feb 16, 5 weeks Co-ed program.
  - Mikmaw Lodge** at Eskasoni, NS is Feb 11 5 weeks coed program
  - Wolastoqewiyik** Tobique March 4, 5 weeks coed program
  - Mawiomi Treatment Centre** Quebec Feb 18 5 weeks
- 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.**







**HELP PREVENT BIN DAMAGE FROM SNOW PLOWS**

**WINTER IS HERE**

**PLEASE MOVE YOUR BINS & RACKS AWAY FROM THE CURB**

Curbside collectors require your waste to be within 10ft from the curb to collect from the roll carts but the snow plow needs as much room as possible. Please be sure to move your carts accordingly.

**Remember: Collection Day is Tuesday so if you keep your cart beside your house, remember to put them out curbside.**

**If you are a Senior or require assistance please contact: Leana at 902-890-8037**



### **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

### **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>



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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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- **One Meal Coupon**
- **\$30.00 per person**

Visit: Casino Nova Scotia for more Information.  
Contact **MARKIE BUS TOURS** for more information.

**Phone:** 902-843-5501



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Truro, NS B2N 1G7

**Derrick Higgins**  
Advisor  
Member, Advocis

Tel: 902-843-2820  
Cell: 902-986-3932  
[derrick.higgins@sunlife.com](mailto:derrick.higgins@sunlife.com)  
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# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Szonja	2
3	4 Gladys Vera	5 Gladys  Blue Bags & Garbage	6 Gladys Szonja	7 Michelle Charles	8 Szonja	9
10	11 Dr. Vance K Gladys Vera	12 Gladys  Compost & Garbage	13 Gladys Szonja	14 Michelle Charles Foot Clinic	15 Szonja	16
17	18 Office Closed Nova Scotia Heritage Day	19 Gladys  Blue Bags & Garbage	20 Gladys Szonja	21 Michelle Charles	22 Szonja	23
24	25 Dr. Vance K Gladys Vera	26 Gladys  Compost & Garbage	27 Gladys Szonja	28 Michelle Charles Foot Clinic		

Please call to schedule an appointment with Dr. Ferguson



# MILLBROOK FIRST NATION DIRECTORY

## **MILLBROOK BAND ADMINISTRATION**

(902) 897-9199

TOLL FREE

1-800-693-3112

## **MILLBROOK HEALTH CENTRE**

(902) 895-9468

TOLL FREE

1-844-895-9468

## **MILLBROOK EARLY EDUCATION CENTRE**

(902) 897-0445 OR

(902) 897-1249

## **MILLBROOK BUS DRIVERS**

CHRIS STEVENS

(902) 956-9174

NOLAN MARTIN

(902) 890-3608

SONNY JULIAN

(902) 956-8712

## **MILLBROOK TOBACCO STORE**

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(902) 896-5755

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(902) 890-8037

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