

WELCOME TO

Sagkeeng First Nation



TEACH
FOR
CANADA



aniin



Sagkeeng First Nation

Aniin teachers,

Welcome to Sagkeeng First Nation. Sagkeeng means “mouth of the river”, as our picturesque home is situated where the waters of the Winnipeg River meet Lake Winnipeg. We look forward to welcoming you into our home, and into our schools to share your wisdom with our children.

As you settle into your new role here in our community, I hope that you will get to know your new neighbours by engaging in some of our favourite activities. Our community is big on fishing. There are lots of tournaments that take place in the community and the surrounding areas. It won't be long before you have caught your own pickerel, catfish, sunfish, or jackfish.

The people of Sagkeeng also get really into hockey in the winter months, and lacrosse and baseball in the warmer months. Our community has a large multiplex that contains an arena. If sports aren't your thing, you can still find some friendly competition by taking part in our Wolf Bingo nights, which happen every Tuesday evening on the radio.

There are also various ceremonies that happen throughout the year, such as Sundances and Windigocon ceremonies. Our community also offers community sweats. These events are open to everyone, and all are welcome. We hope that you will join us!

We often come together to celebrate throughout the year, especially during Treaty Days, a large, week-long event that takes place in the last week in July. There are many opportunities and cultural activities to take part in during Treaty Days, with the biggest being our Pow-Wow.

Our community is warm, and welcoming, and we look forward to getting to know you as you become an integral part of Sagkeeng. As a community, we respect all other people's beliefs and customs, and believe that we all pray to the same Creator.

Thank you for taking on the role of educator in our community. I hope that your time here is a gift, that you spend time and make connections with others, and that you find joy and comfort in the life that you build here.

Meegwetch,

Crissy Couchene
Education Director

Community



A Brief History

- Circa 4400 BCE** First human settlement in Sagkeeng area.
- Circa 1700** People had their own treaties as nations before the arrival of Europeans, Sagkeeng was part of the territory of Cree and Assiniboiné people. The first Oji-Cree and Métis appeared as the people began to mix.
- 1790** Anicinabe from Sault Ste. Marie migrated to Sagkeeng.
- 1800** Hudson's Bay Company built Fort Alexander on the South Shore of the Winnipeg River.
- 1822** Hudson's Bay Company amalgamated with North West Company's Fort Bas de la Rivière, and it was renamed Fort Alexander.
- 1871** Treaty 1 signed. The treaty only applied to the South Shore of Sagkeeng.
- 1873** Treaty 3 signed. The treaty only applied to the North Shore of Sagkeeng.
- 1874** Fort Alexander Indian Reserve was surveyed.
- 1875** Treaty 5 signed. The treaty only applied to the North Shore of Sagkeeng.
- 1905** Catholic Fort Alexander Indian Residential School opened.
- 1949** Roman Catholic North Shore School opened.
- 1923-1933** Reserve land was stolen. The Chief was kidnapped, and held against his will until he agreed to lease the land. The land was illegally sold to Manitoba Pulp and Paper Company, creating Pine Falls, which started production in 1927.
- 1952** Northside Anglican School opened.
- 1961** Green School opened, Roman Catholic School closed on the north shore.
- 1963** Sagkeeng Consolidated School opened.
- 1966** Church of England Catholic Day School closed.
- 1967** Fort Alexander town site and first band office built. The FrontRunners, 10 standout First Nations track athletes of Fort Alexander Indian Residential School, were chosen to carry the Pan Am torch over a five-day, 800km run that started in St. Paul, Minnesota, and ended at the Winnipeg Stadium. However, just before delivering the torch, they were turned away at the stadium door, not allowed in, and denied carrying the torch—it was taken from them and given to a non-Indigenous runner.
- 1969** Catholic Fort Alexander Indian Residential School closed.
- 1972** Catholic Fort Alexander Indian Residential School demolished.
- 1975** Anicinabe Community School built.
- 1987** Health Centre opened.
- 1990s** Push for self-government in Sagkeeng.
- 1991** Fire department opened.
- 1994** Sagkeeng Anicinabe High School built.
- 2003** Sagkeeng Junior High School opened.
- 2010** Tim Hortons opened.
- 2012** Sagkeeng's Finest, a trio dance troupe that fused traditional clogging and tap, won the first season of Canada's Got Talent.
- 2019** New Sagkeeng Anicinabe Community School opened.



The Land

Sagkeeng First Nation is an Anishinaabe First Nation. Our unique land stretches across three treaty territories; Treaties 1, 3, and 5. We are located on either shore of the Winnipeg River, which is where we get our name. Sagkeeng means “mouth of the river”.

We have a north shore and south shore. The Junior High School is located on the south shore and our Elementary School and High School are located on the north shore.

Our First Nation was once called Fort Alexander, and some maps still reflect this.

The community is located 120km north of Winnipeg, Manitoba. The community is between the Winnipeg River and Lake Winnipeg. Members of Sagkeeng are Anicinabe people and speak Ojibway.

The community had a residential school on the shore of the Hudson Bay Company. Today, a monument for the school stands near our river.

Common animals and wildlife

Foxes, bears, deers, blue jays, robins, crows, raccoons, ducks, geese, eagles, vultures, ravens, cougars, woodpeckers, hummingbirds, owls, porcupines, hawks, and magpies. The common fish that are caught are pickerel, catfish, sunfish, and jackfish.

Community

The community respects all beliefs, including Anicinabe Ceremonies, Catholic, Anglican, and others.

Sagkeeng Community Map





Sagkeeng Education Authority Cultural & Land-Based Services

Inherent rights of all Anicinabek children:

- **mino-bimatizwin** - purposeful life
- **anishinabe-akiing** - connection to their ancestral lands
- **gutslimug** - connection to their biological family
- **anishinabechigewin** - cultural lifestyle of their nation
- **anishinabewin** - their cultural identity
- **ishinkasoowin** - their Spirit name
- **anishinabemowin** - their Indigenous language
- **miiniggiswin** - belong to their cultural and ceremonial practices
- **dodem** - to know their clan kinship



Education provides every opportunity for our students and staff to engage in safe cultural learning spaces that ensure that we as a Nation, honor the inherent right of every child and youth within our community. It is with the guidance of Manidoo (Creator) and our connection to nin-dinawemagnidog (all of our relations), our aki (land), the resurgence of our ancestral anishinabe-izh-it-wann-win (customs), informs our educational foundations, which are deeply rooted in our Anishinaabe-inendemowin (way of knowing) and anishinaabe-izhichigewin (way of doing) as sovereign people. Inaa-diz-win (culture/way of life) provides our students the ekinama'diwin (ancient teachings) and gi-ken-daa-sowin (knowledge) which helps guide this collective community work daily within our school system.

School cultural activities include; language lodges, medicine picking, nature walks, sweats, sweat lodge teachings, ceremonies, skabay teaching, mishoomis and kokum teachings, and much more. Local knowledge keepers and community members help out with the cultural and land-based programs.

At this time, the COVID protocols for the sweat lodge is: Everyone must be double vaccinated in order to attend the sweat lodge ceremony, and if you are not double vaccinated, you can only sweat with people from the same household. A maximum of 8 people in the lodge. This is subject to change.

Around the Community



①

Road Sign

②

Healing Lodge

③

Sagkeeng Superstore

④

Band Hall

⑤

Band Office

⑥

Arena



Sagkeeng Anicinabe Elementary School



Welcome!

School Population

267

Grades

Nursery to Grade 4

Principal

Dianna Twoheart

Vice-Principal

Rick Fewchuk

What is the school most proud of...

We are proud that we have our own space and building, after having a fire at our old school. We are also very proud to work within our own community, and call Sagkeeng our home.

Special School Events

Sagkeeng Anicinabe Elementary School hosts monthly events in regards to holidays/special events including:

- **September** – Every Child Matters/ Reconciliation Day
- **October** – Harvest week, Fire Safety week, Thanksgiving Day Feast and Halloween activities
- **November** – Remembrance Day & Aboriginal Veterans Day services and Parents Day
- **December** – Christmas Feast, Christmas Concerts and Santa visits
- **February** – We host “I love to Read” month activities, Valentine’s day parties, Louis Riel/Family Day – community organizations host various events, and Aboriginal Justice Day
- **March** – Winter Carnival, Spirit Week for St. Patrick’s Day, Spring Equinox, Parents Day, Science Fair for grades 3 & 4, and Spring Break
- **April** – Easter feast and Jump Rope for Heart awareness
- **May** – Mother’s Day and National Teacher Appreciation Week
- **June** – Father’s Day, Aboriginal Solidarity Day, Grade 4 graduation and year-end celebration



Facilities

Sagkeeng Anicinabe Elementary School has a total of 16 classrooms equipped for student teaching, a computer lab, an Ojibwe classroom, a Speech & Language Room, Sensory Room, Sensory Pathway, Library, Elders Room (used for land-based learning classes), Jordan's Principle Room, Maintenance Office, Home School Office, and 2 rooms for Guided Reading and Math.

School values, mandate, goals and history

The following values are an integral part of Sagkeeng Anicinabe Elementary School:

- **Acceptance** – Make everyone feel part of the team who has gifts/skills to share
- **Respect** – Treat others the way you would want to be treated
- **Responsibility** – Show the initiative to take control of own choices and actions
- **Achievement** – Set goals and work together to teach one's potential
- **Kindness** – Treat others with care and empathy
- **Cooperation** – Work together in a team to contribute and share in a helpful way

Programming

Jordan's Principle Intervention Program: The Jordan's Principle child development workers deliver the program to work on the following areas (every Monday – Thursday):

- Social Learning
- Emotional Learning
- Mental Health Learning
- Academics
- Speech & Language strategies – under the direction of the Speech & Language Pathologist
- Occupational Therapy strategies – under the direction of the Occupational Therapist
- Hands-on approach to learning
- Social Skills



Programming Continued

Sensory Room: Under the direction and guidance of the occupational therapist trained Educational Assistants work one-on-one with identified students on building fine and gross motor skills.

Guided Reading: This program supports and guides students to build on reading skills and strategies.

Guided Math: This program supports students and teachers with math strategies and skills that are needed for development. The guided math consists of hands-on activities.

Land Based Program: Under the direction of an Elder – classes are scheduled every Monday.

Professional Learning Committees: Educators from each grade level meet according to scheduled blocks (during special area classes).

Professional Development (PD) Committee: Principals, Resource Teachers and one-classroom teacher meet to discuss and align on upcoming PD days.



A Day in the Life of a Teacher

Teachers work every day of the week from Monday to Friday.
The work hours are from 8:30 AM to 4:30 PM.

Teachers plan for their classroom 2 – 3 days in advance. Teachers also partake in PLC Meetings (Professional Learning Committee) to discuss and plan for their grade levels.

Teachers are provided with the following supports:

- Educational Assistants provide support for students who require additional help.
- Teachers have supports from the following programs: Guided Reading, Guided Math, Alpha Bag (one-on-one lessons) and Leveled Literacy Intervention Program – facilitated by a resource teacher.



Teacher Highlight

ROSALIE FONTAINE,
Grade 4 Teacher

The day in the life of an elementary teacher, where does one begin? Before leaving home, most teachers have a boost of coffee to start their day.

Pulling up to the school, you are welcomed by students waiting to begin their learning with excitement and eagerness, in untied shoes with runny noses.

Being elementary school teachers, we tend to wear many hats: professional organizers, supervisors, doctors, nurses, moms, dads, mediators, artists, farmers, lawyers, psychiatrists, psychologists, and hoarders.

Many days, weekends, and sometimes months are spent organizing, planning, and preparing for daily lessons.

A teacher's need is to encourage, inspire and excite students, while being patient, and gentle, with a loving heart guiding them and molding them to be successful and productive community members.

When 3:30 comes around, school is finished and students are safely on their way home on their bus. This is when an exhausted elementary teacher can put up their feet for a few minutes before a staff or committee meeting begins.

Finally, the teacher makes their way home, prepared to mark the day's completed work while spending an hour or two planning and preparing for the next school day.

Sagkeeng Junior High School



Welcome!

School Population

200

Grades

Grades 5 to 8

Principal

Henry Grant

Vice-Principal

Rhonda Michaud

What is the school most proud of...

Our school is very proud of our connections to the community and building land-based experiences, and project learning that connects students to their history. Our hope is to create community independence, and food sovereignty through education.

Unique Events

Harvest Week, Grade 8 Graduation, Snowmobile camp, sweats, sports teams, and Manitoba Indigenous Games.





Facilities

Sagkeeng Junior High School has a total of 16 classrooms equipped with Loft boards, a computer lab, a mobile computer lab, an Ojibwe classroom, a Speech & Language Room, Sensory Room, Occupational Therapy and Lifeskills room, Library, Elders Room, Dental Office, Nurses Office, Maintenance Office, Home School Office, and 2 rooms each for Guided Reading and Guided Math. We also have 2 school counsellors to help with students' mental health. It's red roof and large gym stand out on the scenic edge of the mouth of Lake Winnipeg River.

School values, mandate, goals and history

Our Vision is to create a school that builds a sense of community into our "Future Leaders". A community where all children feel safe, loved, respected, and encouraged to develop to their full potential—creating opportunities for healing, growth, and learning using innovative, and culturally appropriate strategies.

Unique classes offered

Ojibwe classes and land-based education. We recently began raising nearly 100 chickens, which represents a return to food sovereignty and mental health in our community.

Extracurricular activities and clubs

Dancing (traditional), music (traditional and modern), and art clubs.





A Day in the Life of a Teacher

Our school opens at 8:30 AM and classes begin at 9:00 AM with brief announcements. We serve the students a nutritional breakfast and lunch each day. Teachers receive one preparation period a day for PLC or prepare for class. Classes dismiss at 3:30 PM and teachers at 4:30 PM.





Teacher Highlight

KAREN MCLEAN,
Kindergarten Teacher



A teacher's day begins at the crack of dawn. Some teachers begin their busy, productive days by ensuring that their own children at home are cleaned, dressed and fed before leaving home to go to school or daycare.

Arriving at the school by 8:30, a teacher begins by planning, developing and preparing to deliver classroom instructions that help students learn. To accomplish this, they must prepare effective lessons, manage classroom material, grade student's work and offer feedback. They must also know who their students are, engaging them in the learning process and motivating them.

When a teacher is warm, accessible, enthusiastic, very understanding, and approachable, not only to students but to everyone they work with; they make a difference in the lives of students. They must have the ability to form strong relationships with their students, help them feel comfortable in the classroom, and also make them feel safe so students can share their ideas in a supportive learning environment.

It takes a lot of patience and caring to be a teacher, a selfless figure who puts in all the effort to teach their students and inspire them in every way possible.

Teaching is a tough but rewarding career. I have been in the education system since 1972. I've taught grades 1-6, and a few years teaching Native Language to grades K-12. However, this is my last year of teaching. I will be retiring at the end of June. I will miss being at work, I will miss the students, and I will miss all of my coworkers.



Sagkeeng Anicinabe High School



Welcome!

School Population

259

Grades

Grades 9 to 12

Principal

Garry Swampy

Vice-Principal

Tim Kinney

Vice-Principal

Natasha Gray

What is the school most proud of...

Our school is a beautiful place to be and it has a good, loving spirit. We are proud of many things:

- This is our school and we make our school a better place
- Promote Wellness and Culture for students and staff
- Land-based activities
- Partnerships with other organizations
- Always willing to try new things to bring growth to our school
- Strong and Healthy Teaching team
- Majority of our qualified teachers are from Sagkeeng

Special School Events

- Year-end Celebrations
- Graduations
- Parent Teacher Days
- School/Community Feast
- Treaty Days
- Pow-Wow
- Shows
- Square Dancing
- School Sports
- Land-Based Celebrations





School values, mandate, goals and history

Sagkeeng Anicinabe High School was opened in September 1994. During the early years of the high school, Elder George Matthew Courchene held a ceremony and was given a vision for the school: “Voices of Tomorrow”.

The school strives to promote wellness and pride in self-identity, encouraging students to be proud of who they are and where they come from. The high school/community promotes our culture by using community members to share teachings, language, ceremony and land-based activities. In addition the school provides all compulsory and elective courses that meet the Manitoba Education High School Requirements.

Unique classes offered

We offer a Multimedia Course that gives the students experience in recording, creating videos, green screen, and pictures.

Our First Nation and Métis issues incorporate the Sagkeeng Residential School as part of our school curriculum.

Manitoba’s Try the Trades Program gives each of our students the opportunity to learn about the different careers offered in the Skills Trade Sector, and receive hands-on experience.

Additional activities for teachers to plan:

- Canoe Trips
- Political Science (Government systems)
- Budgeting and Taxes
- How to promote Ojibway language in their classes each day
- Mental Wellness Activities for students





School Activities Continued

Extracurricular activities

- Experiences Canada Exchange Program
- Manitoba Public Insurance Driver Education Program
- Volleyball, basketball, badminton, baseball, hockey, cross country, soccer, lacrosse, golf, dragon boat races
- A co-op with the Winnipeg High School Hockey League
- Fiddling classes
- Girls Mentorship Program
- Gym Nights
- Land-based activities
- Cultural clubs – Pow-Wow, regalia making, traditional singing
- After school computer programs
- Travel Club EF Tours, Organized Travel Clubs
- Mature Student Program
- Access to zSpace laptops
- Toronto trips

Wellness offerings

- Free breakfast and lunch
- In-school therapist and clinician
- Cultural and sweat lodge rooms
- In-school Elder Program

Land-based learning

- **Winter:** trap lines, ice fishing
- **Spring:** setting fishing nets, beaver dams
- **Summer:** gardening, medicine picking, greenhouse
- **Fall:** medicine picking, fire wood, grandfather and grandmother (rocks for lodge)

Facilities

- Sweat lodge
- Rink
- Baseball diamond
- Student pavilion
- Outdoor basketball court
- Outdoor track
- Sports field
- Bleachers
- Greenhouse



A Day in the Life of a Teacher

Teachers arrive between 8:00 AM and 8:30 AM. School starts at 9:00 AM and ends at 3:30 PM. Teachers instruct 4 courses out of 5 courses per semester. They do most of their planning at home or after school. They also are involved with school clubs, extra-curricular activities, planning committees, duty supervision, and staff meeting/professional development.







School Projects and Community Partnerships

Land-based/Art Classroom, Sweat Lodge/Change Room and Fire Harbor

Building completed with 3 rooms that used to be used as a storage room. Sagkeeng Jordan's Principle provided a new water line into this building. Now we have a land-based/art teaching room with tables and chairs, and a beautiful pottery kiln. Another room has a washroom, kitchen sink, 4 change stalls, a freezer, fridge and stove. A 24 x 32 foot building was added and is our Sweat Lodge area. Sagkeeng Child and Family provided the materials for the building. It is a beautiful sweat lodge that can be used for our students and community. When you walk outside the sweat lodge there is a fire harbor, a shed for the wood, and wooden boxes for our rocks.

School Rink, Warm Up Shed and Water System

Sagkeeng Education, Skills Link, Jordan's Principle, CCLP Program and Survivors of Hope partnered together to help bring a new rink, warm up shed, and new heated storage area to house rink hoses. Jordan's Principle provided the treated wood lumber for the new rink, CCLP and Survivors of Hope provided funds for the hardware, materials and partial labor for the rink and warm up shed.

School Pavilion

Sagkeeng Education and Sagkeeng Child and Family Services have partnered to build a 28 x 40 foot pavilion building in front of the high school to be used for a shelter for students and community events. This will be completed in the summer of 2022.

School Track

Sagkeeng Education and Sagkeeng Department of Public Works partnered up to fix the school track in the back of the school. S.D.P.W transported the limestone, and used their equipment to build the track. Sagkeeng Education provided the limestone materials and thermo tarp for the track. This is on track to be completed in the summer of 2022.

Teacher Highlights



AJAY KOUNDAL, High School Science Teacher

This is only my first year working for Sagkeeng Anicinabe High School, but it feels like I have been a part of this family for so long. Everyone that I have met here has welcomed me with open arms.

The principal and education authorities are kind leaders, and under their guidance, we work together as a team to develop a feeling of care and familial connectivity within the school and its community.

The high school is an exceptional school for our students. It is nestled along the bank of beautiful Lake Winnipeg on one side, with a viewpoint that offers an amazing view of the wild surroundings on the other.

For students—besides strong academics—we provide a lot of great options for after school activities and sports. Even breakfast and lunch is provided in the school! Every month, Wellness Day dedicates one special day for students and staff, where the whole school takes a day trip to a park, or other peaceful place together.

As a Sagkeeng Anicinabe High School Teacher, I enjoy a great amount of freedom and responsibility both inside and outside of my classroom. This helps a lot with my creative and professional development. I am offered many opportunities to explore and sharpen my own skills and abilities. I even facilitated a professional development session on the use of technology inside the classroom for my colleagues. In Sagkeeng, a teacher's personal and professional life balance is greatly valued.

During this academic year, I participated in various land-based activities, like ice fishing, a winter carnival, the medicine hut and sweat lodge. All of these activities provided me with opportunities to learn more about community culture, some of which is grounded in nature and brings peace to the mind and body. Another reason that I enjoy working in Sagkeeng is the benefits package which covers you and your family's health related needs.

To summarize, this is a true community active school where everyone plays a crucial role in integrating teaching and learning with life and culture. It's a pleasure to work for Sagkeeng Anicinabe High School and I am very much sure that in my old age, I would love to be remembered as a retired Sagkeeng Anicinabe High School employee.





ALICE SWAMPY,
High School Social Studies Teacher

My first year working at Sagkeeng Anicinabe High School has been an enjoyable and eventful experience. Throughout this experience, I've been given the opportunity to work with a team that is supportive, offers help and advice when needed, and is willing to work together to provide support and activities for students. I've also had the opportunity to use equipment and technologies that I may not have been exposed to working with other schools, such as zSpace computers, 3D printers, and multimedia equipment.

As a teacher, I had the fortune of developing positive relationships with the students at the high school through teaching and participating in activities and events that help create a positive school culture. Students and staff are often involved in many different events that create awareness of issues, promote citizenship, and help build a positive school environment, including events such as Every Child Matters Day, holiday activities, Wellness Days, sports activities, land-based education, traditional teachings, and sweat lodge ceremonies. These events not only provided activities for students—they provided opportunities to learn together and build a positive culture within our school.

Overall it's been a pleasure working with the students and staff at the Sagkeeng Anicinabe High School, and I look forward to creating more memories in the years to come.



TRAVERSE
BAY

**SAGKEENG
FIRST NATION**

POWerview-PINE
FALLS

SILVER FALLS

GREAT FALLS

LAC DU
BONNET

SELKIRK

BEAUSEJOUR

WINNIPEG



Accommodation

Sagkeeng does not provide teachers with housing accommodations in the community. Teachers that do not reside in the community commute from the following neighbouring communities:

- **Powerview-Pine Falls** - 15 minute drive
- **Lac Du Bonnet** - 45 minute drive
- **Great Falls** - 30 minute drive
- **Silver Falls** - 23 minute drive
- **Traverse Bay/Beaches (Victoria Beach and Belair) area** - 40 minute drive
- **Selkirk** - 1 hour drive
- **Winnipeg (Manitoba's Capital City)** - 1 hour and 30 minute drive
- **Beausejour** - 50 minute drive

If you are seeking accommodation we recommend placing ads on local buy and sell pages inquiring about places for rent, including: "Powerview-Pine Falls Buy and Sell" and "Lac Du Bonnet Buy and Sell".

Manitoba Lodge is an apartment rental in Pine Falls that has bachelor, 1 bedroom and 2 bedrooms for rent. Selkirk and Winnipeg typically offer several rental options online.



Services and Stores In and Around Sagkeeng

Sagkeeng Superstore, our local grocery store, has a Tim Hortons in it. Shell, a gas station in Pine Falls, has a Subway located in it. In the winter, Pine Falls also has a cross country skiing path that is located across from the Pine Falls Hospital.

Cellular service

We receive good cell reception in our community. All providers work.

Regular activities, meetings, clubs in the community

Stay up to date on local activities by engaging with the following Facebook pages: "Sagkeeng Education Authority", "Wolf Bingo Page", and "Sagkeeng First Nation".

Our community is very big on hockey in the winter months, and lacrosse and baseball in the summer months.



Quick Facts

Population On-Reserve



**Approximately
3,655**

Language Spoken



**Anishinabemowin
and English**

Treaty



Treaty 1, 3 & 5

Average Yearly Temperature



-15 to -40 **21**
January July

Access



Year-round



Directory

**Sagkeeng Education
Administration Office**
204-367-4287

Sagkeeng Elementary School
204-367-2285

Sagkeeng Junior High School
204-367-2588

Sagkeeng High School
204-367-2243

Band Office
204-367-2287

Sagkeeng Fire Department
204-367-2292

Sagkeeng Police Department
204-345-3125

Powerview RCMP
204-367-2222

Pine Falls Ambulance
204-367-2333

Pine Falls Hospital
204-367-4441

Sagkeeng Health Centre
204-367-9990

**Sagkeeng Superstore
(Grocery & Gas Store)**
204-367-4235

Tim Hortons
204-367-9799

South Shore Sales
204-367-8720

**Teeny Boppers Convenience
Store & Restaurant**
204-367-4654

Bubbles Laundromat & Store
204-367-2237

**Mamweenogs Convenience
Store & Restaurant**
204-367-4867



@TEACHFORCANADA
TEACHFORCANADA.CA