

ONTARIO REGION UPDATE



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## Tylenol During Pregnancy

Health Canada has issued updates about acetaminophen, commonly known by the brand name “Tylenol”. Acetaminophen remains a recommended treatment for fever and pain during pregnancy. The updates are linked below for your awareness and use in community.

- Public Advisory: Acetaminophen is a recommended treatment for fever and pain during pregnancy – [Website](#)
- General info: Acetaminophen – [Website](#)

## Safe Medication Storage

Children are curious and it doesn’t take them long to get into things they shouldn’t. Sadly, the majority of poisonings happen at home when the normal daily routine is disrupted. It only takes a moment for poisonings to result from the misuse of medications found in the home.

The best way to keep your family safe is to ensure that all medication is stored in a secure location, such as locked box. Consider using a tackle box or tool box with a lock. Having medication in a drawer or cupboard is not enough. Even a cupboard high from the ground won’t stop a curious child. Only a lock can prevent access to medicine.

If you suspect your child has taken medication they should not, immediately go to your nursing station or health centre. If you are unsure if they have been exposed to a poison, you can contact the Ontario Poison Centre. A trained specialists will provide guidance on what you should do based on your description of the situation.

**To reach the Ontario Poison Centre, call: 1-844-POISON-X or 1-844-764-7669 (toll-free).**

### Resources

- General info, Ontario Poison Centre: Poison prevention – [Website](#)
- Infographic, Parachute Canada: Poison storage checklist – [PDF](#)
- Fact sheet, Safe Kids Worldwide\*: What to know about storing medicine – [PDF](#)



*\* Please note: this resource is from a global organization. As a result, “Save the Poison Help” number is not applicable in Ontario. Instead, contact the Ontario Poison Centre.*

## Self-Guided Mental Health Support Tools

It can be difficult to connect or to find the “right” words when youth feel sadness, loss, or grief. The organizations We Matter and MyGrief have a number of online toolkits aimed at helping youth, and the adults who care about them, communicate about these topics. These resources are self-paced, free, and intended for a variety of audiences and settings.

Key examples can be found below for your reference. For more information about the organizations, visit their websites at [www.wemattercampaign.org](http://www.wemattercampaign.org) and [www.mygrief.ca](http://www.mygrief.ca).

### We Matter

Some toolkits are available as hard copies for communities that do not have a strong enough internet connection. If this is a concern, please e-mail a brief outline of who you are and what you need to this address: [info@wemattercampaign.org](mailto:info@wemattercampaign.org).

- Toolkit: [For support workers](#)
- Toolkit: [For teachers](#)
- Toolkit: [For youth](#)

### MyGrief

If you have trouble accessing the platform or with any of the content, please e-mail: [info@virtualhospice.ca](mailto:info@virtualhospice.ca).

- MyGrief module: [Making sense of intense emotions](#)
- YouthGrief guide: [Stuff that might help with grief](#)
- KidsGrief module: [Understanding children’s grief and finding teachable moments](#)

## Help is Here Whenever You Need It

Support is available 24/7 for all First Nations, Inuit, and Métis peoples. Please find a list of mental health helplines below that are able to provide culturally relevant support. To find more services and resources, [visit the national Indigenous mental health page](#).



#### Hope for Wellness Helpline

Phone: 1-855-242-3310

Online chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

#### Missing and Murdered Indigenous Women and Girls Support Line

Phone: 1-844-413-6649

#### Indian Residential Schools Crisis Line

Phone: 1-866-925-4419

#### Mental Health and Suicide Prevention Services

Phone: 9-8-8 (call or text)



## Non-Insured Health Benefits (NIHB) Latest News

When clients require medical transportation out of community for appointments, ISC-Ontario Region has heard concerns that the travel arrangements are sometimes provided without adequate notice. To address this, we've updated our approach to travel planning. NIHB is now following a 10 day travel guideline.



**Effective November 1, 2025, NIHB Ontario asks that client medical transportation requests be submitted to NIHB a minimum of 10 business days prior to the appointment date.**

This 10 day guideline will improve the overall travel experience. It enables the NIHB team to secure travel and accommodations in a timely manner, issue travel vouchers well in advance so clients have more notice before travel, minimizes last-minute complications and risk of delays, and ensures NIHB resources remain available to address urgent travel requests.

While we request every effort be made to follow the 10 day guideline, we understand that unforeseen medical needs can arise. In these cases, we will continue to accept urgent transportation requests.

For more information, we invite you to read the 10 day guideline notice:

- Notice: [NIHB 10 Day Guideline for Medical Transportation Requests](#) (PDF)

### Contacting NIHB

If you're unsure who to contract for non-insured health benefits, we have a quick and user-friendly contact guide for you. Keep a copy handy and share it with friends and family. It will help you find the right number to call when you need to contact NIHB.

- Contact Guide: [Ontario NIHB](#) (PDF)



### Reduce the Spread of Infectious Diseases



**Click on the image, pictured left.**  
*It will take you to a downloadable infographic about reducing the spread of infectious diseases.*

## Commemorative Events Funding

The [Celebrate Canada](#) program provides funding for community-based activities celebrating and/or promoting commemorative dates in 2026. This includes National Indigenous Peoples Day on June 21 and Canada Day on July 1. The program also includes a [special soccer initiative](#) for the upcoming FIFA World Cup, which Canada will co-host. Successful applicants can receive up to \$5,000 to include soccer-related activities in their events on July 1, 2026



**The application deadline is November 21, 2025 at 4:00 p.m.** (Eastern Time). Eligible applicants include, but are not limited to:

- Indigenous-led institutions and organizations
- Local band councils, tribal councils, and other Indigenous governments
- Canadian non-profits and educational institutions

More information can be found on the Canadian Heritage website, including [application guidelines](#), [eligible projects and expenses](#), and [funding conditions](#).

Please contact Canadian Heritage with any questions: [info@pch.gc.ca](mailto:info@pch.gc.ca) or 1-866-811-0055.

## Arts Program Funding

The Canada Council for the Arts is accepting applications to their “Creating, Knowing and Sharing” program. This program supports Indigenous individuals and groups, and Indigenous-led arts organizations that foster a vital and resilient Indigenous arts ecosystem. There are five funding opportunities offered:

- Travel
- Small-scale activities
- Short-term projects
- Long-term projects
- Indigenous organizations

Each stream has different requirements for eligibility, but most are open to First Nations, Inuit and Metis individuals, groups and organizations.

[Application assistance](#) is available to eligible applicants.



**The next submissions deadline is for [short-term projects](#), due on November 26, 2025.**

Please visit the [program's website](#) for more information.

## Prime Minister's Awards

The nomination period for the 2026 [Prime Minister's Awards](#) is now open. The Prime Minister's Awards are a chance to celebrate educators for their leadership and exemplary education practices. Any person or group can nominate educators, such as parents, colleagues, principals, board members or students. Educators can be nominated in three different categories:

- Teaching Excellence
- Teaching Excellence in Science, Technology, Engineering and Mathematics
- Excellence in Early Childhood Education

To help promote the nomination period, we have prepared a [communication package](#) that contains materials such as posters, web buttons, graphics, and key messages. The latest content from Innovation, Science and Economic Development can be found on their social media channels, listed below.

**The submission deadline is January 14, 2026 at 8:59 p.m.** (Eastern Time). Please contact the awards' office for more information:

[primeministersawards-prixdupremierministre@ised-isde.gc.ca](mailto:primeministersawards-prixdupremierministre@ised-isde.gc.ca) or 1-800-328-6189.



[X \(formerly Twitter\)](#)



[Facebook](#)



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## Joint Gathering Update

*A message from the event organizers*

**For action: Book your hotel for the 2025 Joint Gathering by November 10.**

The seventh annual Joint Gathering is just over a month away. Our draft agenda for the event is outlined on the next page, based on this year's theme, *Reaffirming Shared Priorities in a Changing Landscape*.

- Please [register for the Joint Gathering using this link](#)
- To stay on-site at the Sheraton Toronto Airport Hotel, [book your room through this link](#) or call 1-866-932-7058. Reference "Joint Gathering 2025" by 5:00PM on **November 10, 2025**.
- ISC will sponsor travel for First Nation Chiefs, Grand Chiefs, Deputy Grand Chiefs and Executive Directors of Tribal Councils and Health Authorities. Sponsorship is also extended to select delegates by invitation.

We look forward to gathering with you!

## Joint Gathering Update

*A message from the event organizers*

Pictured below: The draft agenda for events at the 2025 Joint Gathering in Toronto.

### **DRAFT AGENDA**

#### **NOVEMBER 25**

- |             |  |
|-------------|--|
| 8-9AM       | Breakfast and Registration   |
| 9-10:20AM   | Opening Drum and Welcome<br>Addresses from Leadership  |
| 10:35-12PM  | Ontario First Nations Young People's Council<br>New Fiscal Relationship  |
| 12-1PM      | Lunch and Visit Exhibitors   |
| 1-1:30PM    | Jordan's Principle   |
| 1:30-2:15PM | Concurrent Sessions <ul style="list-style-type: none"><li>• Parks Canada: Ambrosia Room</li><li>• Natural Disaster Panel: Muskoka Room</li></ul> |
| 2:30-4PM    | Long Term Care<br>Additions to Reserve<br>Close  |



#### **NOVEMBER 26**

- |             |   |
|-------------|---|
| 8-9AM       | Breakfast and Registration  |
| 9-10:20AM   | Opening Drum and Prayer<br>Ministerial Address (TBC)<br>FedNor's Growth Strategy for Northern Ontario                                     |
| 10:35-12PM  | Community-Driven Water Priorities<br>Mental Wellness & Substance Use Panel  |
| 12-1PM      | Lunch & Visit Exhibitors  |
| 1-1:30PM    | The Future of Housing   |
| 1:30-2:15PM | Concurrent Sessions <ul style="list-style-type: none"><li>• Nursing Station: Ambrosia Room</li><li>• Winter Roads: Muskoka Room</li></ul> |
| 2:30-4PM    | Child and Family Services Session<br>Close  |



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada