

# ONTARIO REGION UPDATE



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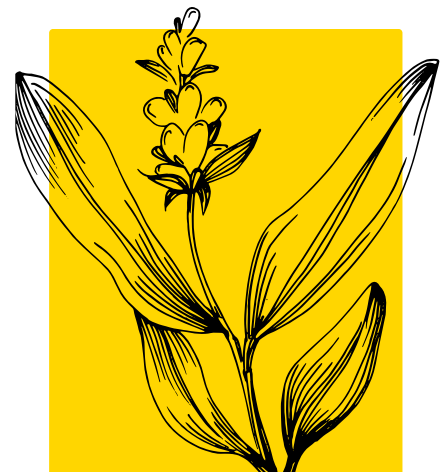
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*For newsletter questions, ou pour recevoir une version française, please email Ontario Region Communications: [ontario-communications@sac-isc.gc.ca](mailto:ontario-communications@sac-isc.gc.ca)*



## Reducing the Spread of the Flu

Rates of influenza (the flu) have grown across the Ontario region in recent weeks. Multiple First Nations communities have been impacted. Vaccination and prevention continue to be the best protections against serious health outcomes caused by the flu and other common respiratory viruses.

Everyday practices reduce your risk of catching the flu, such as washing your hands frequently; using your elbow or a tissue when you cough and sneeze; wearing a mask when you are sick and/or in close quarters with others; and not sharing personal items. The following resources are available for public health promotion throughout the flu season.



- Posters for public health promotion - [Get your flu shot](#) (click the link to automatically download)
- Poster - [5 ways to prevent spread of COVID-19, Flu & RSV](#)
- Fact sheet - [How to protect yourself and others](#)
- Poster/Fact sheet - [Respiratory illness facts](#)
- Poster - [Help reduce the spread](#)
- Poster - [The flu is not worth the risk](#)

## 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, [click here to go to 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

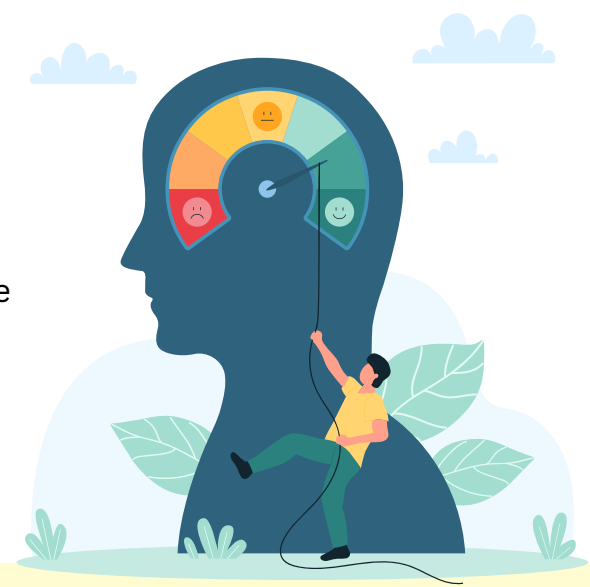
Mental Health and Suicide Prevention Services

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



## Reducing Needle Fears

Some people avoid getting their flu shots and other routine vaccinations due to stress or fear. It can be particularly stressful for young children and youth. The following resources include a number of tips and activities that can help reduce vaccination anxiety. Resources include strategies, activities, and self-advocacy plans.



### [CARD System Learning Hub](#)

This online hub from SickKids provides dozens of resources for families, healthcare providers, and educators to help children during vaccinations. Many can be printed or used on a phone. Some standout resources include:

- Handout guidance for parents - [What is CARD?](#)
- Handout for parents and caregivers - [Words and actions to use](#)
- Handout for children/youth - [The CARD system](#)
- Activity for children/youth - [CARD immunization game](#)
- Activity for all - [Distraction exercise](#)

### [Solutions for Kids in Pain](#) (SKIP)

SKIP is a non-governmental organization that provides social media posts, activities, and self-advocacy guides for children of all ages. It also has reference tools for health professionals. Standout resources include:

- Booklet for older youth and adults - [All about me: needle fear](#)
- Booklet for children - [All about me: needle fear](#)
- Stories for children and youth - [Culturally relevant vaccination stories](#)

### [Government Resources](#)

Resources from the Canadian Institutes of Health Research, Health Canada, and the Ontario Ministry of Health may help adults understand and support loved ones with vaccination fears; they also may be helpful for the adults themselves.

- Videos - [Ask a scientist: dealing with needle pain and fear](#)
- Poster - [Ways to reduce fear/pain of needles](#) (click PDF link to automatically download)
- Webpage - [Tips for parents and caregivers for a positive experience](#)



## Canadian Red Cross: Virtual Support for Health, Risk, Wellness & Safety

The [Help Desk for Indigenous Leadership](#) is a virtual resource for Indigenous communities and organizations, offered through the Canadian Red Cross. The Help Desk is primarily operated by Indigenous team members, and provides support and guidance on issues related to health promotion, disaster risk management, community wellness and promotion, and injury prevention. This can include a variety of supports, from skill development to technical resources.

All virtual services are offered free of cost, but there are fees for some forms of in-person support. Please contact the Help Desk for more information about available virtual resources and extended in-person services. They are available by phone at 1-833-937-1597, and by e-mail at [indigenousprogramshelpdesk@redcross.ca](mailto:indigenousprogramshelpdesk@redcross.ca).

## Canada Housing Infrastructure Fund

In case you missed it, Canada Housing Infrastructure Fund (CHIF) is now open and accepting submissions for the direct delivery stream. This stream provides funding communities across Canada with funding to build or improve their critical infrastructure.

The last day to submit applications is May 19, 2025 at 3:00 pm (Eastern Time). Please visit the [CHIF webpage](#) for more information, such as [how to apply](#) and how to register for an [informational webinar](#).

## Call for Proposals: Indigenous-led Options for Solutions to the Second-Generation Cut-Off and Section 10 Voting Thresholds

Indigenous Services Canada (ISC) is [calling for proposals](#) as part of the consultation events and activities phase of the [Collaborative Process on the Second-Generation Cut-Off and Section 10 Voting Thresholds](#).

ISC is currently seeking options for potential solutions to the second-generation cut-off and section 10 voting thresholds from First Nations, tribal councils, treaty organizations and Indigenous organizations. The solutions and results of these assessments will be broadly distributed to help guide discussions in the second part of the consultation events and activities phase (First Nations-led events) to determine which solutions work best for Rights-Holders. The issue of double majority voting thresholds will also be examined. This is to limit any future obstacles to First Nations' control over their membership lists from population changes at a later time.

If your First Nation or organization would like to participate in the first step of the consultation phase by submitting options for solutions, please complete and **submit a funding proposal application** through [GC Forms](#) by March 14, 2025.

For more information and assistance, contact the Registration Reform team by e-mail at: [reforme-de-linscription-registrations-reform@sac-isc.gc.ca](mailto:reforme-de-linscription-registrations-reform@sac-isc.gc.ca).