



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



APRIL
2022

Creating Success by Returning to Traditions

The aim of the FCWC Land Base Program is to help Citizens with the transition from social assistance to the work field. It does this by providing opportunities for young people to gain traditional skills and to return to a relationship with the lands and waters of NCN.

An important component is mentorship from instructors, who are local Elders. Their guidance includes cultural teachings and soft skills, such as responsibility, decision-making and discipline.

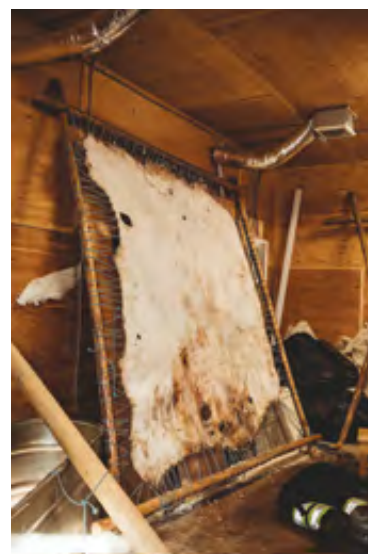
The Land Base Program curriculum is guided by nature's seasons. Some annual activities include snowshoe making; catching, preparing and smoking fish; hunting, trapping and tanning hides; arts and crafts such

as dreamcatchers, drums, rattles and birch baskets; medicine and berry picking; sundance, sweats, and smudging. Cree language is encouraged as much as possible.

"Home is where the heart is; my heart is as wild as the wind, free as the animals and scary as nature," posted participant Johnathan Spence, who says he is also known as Standing Tall White Bear, on the FCWC Facebook page. "The campgrounds are where I connect with nature and myself. Leftrook is the heart of Nisichawayasihk Cree Nation youth."

Participants spend time at the Land Base Cabin, and at Mile 35, Baldock Lake, Leftrook, and other local sites. They gain experience on trails throughout NCN on sled and foot, and learn about outdoor safety and survival in all activities.

To learn more about this program, either to be a participant or an employee, call the Family and Community Wellness Centre at 204-484-2341.



IN THIS ISSUE

FAMILY SUPPORT
What is SIDS and How to
Keep Babies Safe?

3

PERSONAL JOURNEY
Keeping Good Oral Health
for a Lifelong Smile

4

COMMUNITY HEALTH
Keeping Up Our Guard
Against the Spread of Covid

8

Sports: More Than Just a Game

Team sports are a great hobby. They're a fantastic way to get regular exercise, which keeps us healthy, builds muscle, and even helps us to sleep better.

But the thrill of victory and the agony of defeat is important in other ways too. Both winning and losing give us valuable opportunities to learn how to regulate our emotions and take care of each other.

NCN Citizens of all ages have the opportunity to develop athletic and personal skills right here at home. Since 2020, the NCN Wellness Sports Association has helped to lift up the entire community by giving everyone the chance to improve themselves through sports.

And for kids in isolated areas, sports can play an even more important role.

"Sports can be a ticket out to the larger world, which is why we're really focused on high standards and exceptional play. We want to encourage our kids to create a goal for their future, and dedicate themselves to the hard work and discipline required to achieve it," says FCWC CEO Felix Walker. "While our focus is athletic



development, there's also an emphasis on soft skills such as discipline, sportsmanship, and kindness. We want our athletes and our volunteers to become better at sports, and better at life."

This year, facilitator Jon Walker says he's aiming to provide soccer, hockey, and ball hockey leagues. It's never too late to join, and participation is free!

If you're more of a coach or referee, you have an important role in helping develop our young people too. Join us! To ensure the WSA maintains official protocols and standards, you'll receive training and certification free of charge. Call Jon at 204-484-2341 to learn more.

Check out ncnwsa.com for updates, and follow the Family and Community Wellness Centre page on Facebook.



BASKETBALL TOURNAMENT

April 28-30, 2022

Location: OK School

Join us for some friendly competition and great exercise. Use some of that spring energy to help your team to victory!

Youth 3 on 3

- Age categories: 8-11, 12-14, 15-17, male and female
- Each team has a maximum limit of 5 players
- 8 team limit for each category
- 8-11 category prizes: **1st \$300, 2nd \$200, 3rd \$100**
- 12-14 category prizes: **1st \$300, 2nd \$200, 3rd \$100**
- 15-17 category prizes: **1st \$500, 2nd \$300, 3rd \$200**

Adult 5 on 5

- Male and female, 8 player limit, 8 team limit for each category
- \$500 entry: 50% down by April 20 and full payment by April 26
- 4 – 8 minute quarters, 5 minute half time
- **Prizes: 1st \$3,000, 2nd \$2,000, 3rd \$1,000**

Register Your Team Today!

OVER \$10,000 IN PRIZE MONEY!

To Register Today Contact:

Jon Walker - jonwalker@ncnwellness.ca or

Craig Swanson - fiver05@ncnwellness.ca



NISICHAWAYASIHK CREE NATION



FAMILY AND COMMUNITY WELLNESS CENTRE

NCN Hosts WSA Basketball Tournament

Youth 3 on 3 and Adult 5 on 5 basketball teams will come to NCN for the weekend of April 28-30. Email jonwalker@ncnwellness.ca or fiver05@ncnwellness.ca to register your team. There is more than \$10,000 in prize money to be won!

If you're more of an armchair athlete, come down to OK School to cheer everyone on.

Keeping Babies Safe as They Sleep

Sudden Infant Death Syndrome (SIDS) is scary to think about, but it's important to know how to keep your baby safe.

SIDS is the unexplained death of a healthy baby less than a year old, usually during sleep. We still don't know what causes SIDS, and in fact, it may be a combination of reasons. Babies may have undiagnosed diseases or respiratory infections. Carbon dioxide can build up in the blood, which can occur when babies

sleep face down. Low birth weight often means the baby's brain hasn't matured completely, which can create defects in breathing control.

Risk factors, things that increase the odds of a child dying from SIDS, include family history, secondhand smoke, premature birth, and if the mother is younger than 20 and uses cigarettes, drugs or alcohol.

People often believe there is nothing they can do to avoid SIDS. But scientists have found there are ways to lessen the chance of a child dying this way.

Do not sleep with your baby in the same bed, but it's helpful to sleep in the same room. Always put your baby to sleep on their back, and tell all caregivers to do



PROTECT THE CHILD FROM SIDS

ENSURE THE CRIB IS PROPERLY ASSEMBLED

ALWAYS PLACE BABY ON HIS/HER BACK TO SLEEP

KEEP A SMOKE-FREE ZONE AROUND YOUR BABY

REMOVE EVERYTHING OTHER THAN THE MATTRESS AND SHEET FROM THE CRIB WHEN BABY IS SLEEPING.

USE A BLANKET SLEEPER NEVER USE LOOSE BLANKETS

ONCE BREASTFEEDING IS ESTABLISHED AFTER A PACIFIER

DO NOT OVER-CLOTHE BABY WHILE SLEEPING, BABY SHOULD NOT BE HOT TO THE TOUCH

THERE SHOULD NOT BE MORE THAN A SODA CAN WIDTH BETWEEN BARS

KEEP BABY IN MOM'S ROOM, BUT IN A SEPARATE SLEEPING AREA

USE A FIRM MATTRESS WITH NO MORE THAN TWO FINGERS WIDTH BETWEEN THE CRIB AND MATTRESS

LIVING WITH DIABETES?

We can help

Out of control blood sugar can lead to:

Heart Disease

Stroke

Blindness

Kidney Disease

Foot Complications

Reduce your risk of diabetes complications

Plan meals and make healthy food choices.

Monitor yourself. It's more than just your blood sugar.

Stay active

Take your medications

Quit smoking

REFERRAL SERVICES OFFERED

Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol. Your ADI nurse can help you learn Diabetes Management as a part of your daily life.

When should I seek help?

- When newly diagnosed
- Annually
- When I detect complications
- When I change doctors
- When I change medications

Learn how to:

- Improve you blood sugar and A1c levels
- Keep you blood pressure on target
- Better manage your cholesterol numbers

DIABETES EDUCATION WILL HELP

Leanna Anderson, LPN
Interim Program Coordinator
Aboriginal Diabetes Initiative

Call 204-484-2341 ext. 132
Fax: 204-484-2384

Thompson's Cree Nation
FAMILY AND COMMUNITY
Wellness Centre

the same, until the child is old enough to roll over both ways on their own. Leave the crib as bare as possible, without pillows, blankets, stuffies or anything that could smother the baby. Breastfeeding for at least six months can avoid SIDS, as it improves

baby's breathing and swallowing coordination, and fights against infection. Consider a pacifier without a strap for baby as they sleep, but not until 3 or 4 weeks old after you've established a good nursing routine.

Healthy Baby Sleeping Habits

- Place baby on back to sleep
- Baby should sleep in a crib
- Do not use pillows or blankets
- Share a room with baby
- Breastfeed for as long as possible
- Do not allow smoking in the home

Healthy Dental Habits for the Win

April is Oral Health Month, which means it's a good time to think about your dental routines.

You may think obsessing over your teeth is silly, but people with a bright smile can go into social situations with confidence. Not only that, they are often perceived as more friendly and successful.

Dentists recommend brushing and flossing at least twice a day, which will help to keep your teeth white, especially if you like acidic drinks that stain such as coffee, wine, or pop. Definitely brush and floss before bedtime, so the sugars in your mouth don't have the entire night to create bacteria and attack your teeth!

Floss first, with waxed floss because it's slippery and easier to use. Start at the back on the top and work your way around, and then repeat on the bottom. Be sure to use fluoride toothpaste, and brush for two

minutes, dividing your mouth into four sections (top left, top right, etc.) of 30 seconds each. Brush your tongue and gums too. (There are lots of videos on YouTube if you need more help.)

Beyond looking good, research has shown that people with good oral health have a smaller risk of chronic illnesses such as diabetes, heart disease and stroke. Paying proper attention to your teeth, tongue and gums keeps bacteria, cavities and infections away.

You should visit your dentist twice a year to catch any problems before they become big concerns. Many people have a fear of the dentist, but if you're brushing and flossing everyday, you probably won't have any cavities. Many dentists now use laser technology, which can mean completely pain-free appointments. Remember that if you have a treaty number, your dental care is covered.

Dentists recommend brushing and flossing at least twice a day.

For good oral health:

DON'T

- smoke or vape
- consume too much pop, candy or sugar
- avoid the dentist
- use the same toothbrush for more than 6 months

DO

- floss and brush after every meal
- consume apples and celery
- visit your dentist twice a year
- use an electric toothbrush



PRACTICE *great* PERSONAL HYGIENE

BRUSH YOUR TEETH

At least twice a day after waking up in the morning and before going to bed at night.

WASH YOUR HAIR

Wash your hair often. Keep it neat and tidy by brushing and styling as often as you can.

WASH YOUR HANDS

- After going to toilet
- Before and after eating
- Playing with animals
- After touching your face or blowing your nose
- After playing outside
- After touching surfaces

IT'S IMPORTANT FOR *everyone*

TAKE A SHOWER

Take a bath or a shower at least once a day. Change your underwear daily.

CHANGE YOUR CLOTHES

Wear neat and clean clothes everyday, and change your clothes when dirty or wet.

CLIP YOUR NAILS

Keep your nails short and clean at all times.

Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre

WEAR IT!

BAG IT!

TRASH IT!

DON'T JUST DROP IT!

Properly dispose of your Protective Masks and Gloves (PPE)

Two New Films About NCN

In March, the FCWC released two short documentaries that highlight life in Nisichawayasihk Cree Nation and programs at the Family and Community Wellness Centre.

“A Week On The Land” features a group of NCN men who are involved in the FCWC Land Base Program. They spend time at John Wood’s camp at Baldock Lake, smoking fish, trapping rabbits and harvesting chaga. The film includes a beautiful time lapse video and drone shots of the area.

The other film is called, “A Day in

NCN,” and shows locals exploring cultural traditions.

“You choose to dance because it’s something you were called to,” says Xena Spence, who designed the fancy shawl outfit that she wears in the film. “It’s a really good feeling, and when



you’re done, you feel, not a bad empty, but you feel like everything is brushed off.”

The film also shows Thomas Moore working with participants

in the Growth Opportunity Program as they stretch a moose hide and prepare it for smoking.

Elder Agnes Spence teaches classes about dreamcatchers and smudging.

“It will take time, but we need to go back to our traditional ways, and at least know our cultures and ways of life, and be comfortable with it,” she explains to the camera.

You can watch the videos at ncnwellness.ca or on the Family and Community Wellness Centre page on Facebook.

Always Unique Totally Intelligent Sometimes Mysterious

ABLE Ministree

AUTISM AWARENESS MONTH - HOMEMADE COLOURING POSTER CONTEST! THEME: AUTISM

Age Categories (3-7) (8-12) & (13-17)

Submission:
Every Thursday for the month of April 2022
Winner's will be contacted every Friday!!

How to submit:
Drop off at 33 Moores Bay - The Jordan's Principle Office

Please note:
Your name, phone number & address at back of your poster.

CASH PRIZES: 1ST \$75 2ND \$50 3RD \$25
Toys & games will be gifted to all who participate!

Jordan's Principle
A Child First Initiative
NCN Family and Community Wellness Centre

AUTISM
SEEING THE WORLD FROM A DIFFERENT ANGLE

WE ALL CAN HELP WITH ALCOHOL REDUCTION

WITH THE FREE APP LIGHTCATCH WE CAN NOTIFY THE COMMUNITY OF SUBVERSIVE ACTIVITIES, BOOTLEGGING, IN HOPES OF LOWERING CRIMINAL ACTIVITY

LOOKING FOR SOMEONE TO TALK TO COUNSELLING SERVICES

IS HERE FOR YOU. WHEN YOU NEED HELP OR NEED SOMEONE TO TALK TO CONTACT:

COUNSELLING SERVICES BY
PHONE: 204-484-2341
EXT.135

National Oral Health Month

6 steps to Good Oral Health:

1. Visit your dentist regularly
2. Eat a well-balanced diet
3. Check your mouth for signs of decay
4. Limit alcohol and avoid smoking/vaping
5. Brush your teeth twice daily using fluoride
6. Floss daily

Nisichawayasihk Cree Nation Family and Community Wellness Centre

The Basics of a Healthy Diet

We all know that we should limit sugars and focus on fruits and veggies. But what are the basic components of a healthy diet? What kinds of foods perform which tasks in our bodies?



Most experts will tell you a healthy diet is composed of three main categories: carbohydrates, protein, and fats. When properly balanced, none of these are “bad.” In fact, eliminating or minimizing any of them can cause problems.

All foods contain carbohydrates, proteins, and fats, but some foods have much larger quantities of one of these components. For example, while vegetables are composed mostly of carbohydrates, they do also contain protein. That means even though vegetarians don’t eat protein-rich meat, they are able to be healthy by focusing on greens that are high in protein.

Let’s learn more!

Carbohydrates: our main source of energy for everything from playing badminton, to keeping organs functioning, to battling a cold.

Examples: veggies, fruits, grains

Why don’t you: fill up half of your plate with veggies

Pro tip: switch from white flour, pasta and rice to whole wheat. Because they are complex carbs, whole wheat products take longer for your body to break down. You’ll feel full longer, get more fibre and nutrients, and your energy will last longer.

Protein: the building blocks of our bodies, growing and maintaining our cells, tissues, bones, muscles, hormones and antibodies.

Examples: meat, dairy, tofu, eggs, beans

Why don’t you: include protein in every snack (crackers and cheese, banana and peanut butter)

Pro tip: eat more fish and eggs and less beef and pork. Red meats have a lot of saturated fat, which is bad for your heart, arteries and blood. Your wallet and the planet will be thankful!

Healthy Fats: help us absorb nutrients, support cell growth, and provide slow-burning energy.

Examples: avocados, olives, nuts, seeds, fatty fish like mackerel

Why don’t you: have a little healthy fat every meal so you’ll feel full (this is called “satiety”)

Pro tip: lower your processed and fast food intake. Foods like frozen pizza, chicken fingers and restaurant food are high in bad, saturated fats that increase your chances of heart disease, diabetes and stroke.

When making wellness changes to your daily routine, go easy on yourself. Don’t stress out about doing things perfectly, and if you mess up, just shake it off!

If you’re feeling overwhelmed about making nutritious choices, call the Family and Community Wellness Centre at 204-484-2341. There are several programs that could help you and your family level up your diets.

Notice that we use the word “diet” when we talk about healthy nutrition. This is NOT the same as a diet when people are trying to lose weight by restricting the food they eat. Nutritionists use the term “diet” to mean your day-to-day eating habits, such as, “I prefer a vegetarian diet.”

■ A 200-pound man needs about 2,400 calories per day.

■ A 150-pound woman needs about 1,600 calories per day.

To learn more, try tracking your calories with a free app like My Fitness Pal. You may be eating more calories than you should every single day!



Every child is sacred.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

204-484-2341 ncnwellness.ca



Kakithaw Awasisak Kistinitakowsiwak

Join the FCWC Team!

Have you noticed how many job postings have been posted recently to the Family and Community Wellness Centre page on Facebook? You can also see them at ncnwellness.ca.

From caring for kids to working on the land, there are opportunities from entry level positions to professional.

Beyond a stable paycheque and a predictable routine, regular employment brings all types of benefits. Most people make new friends, get healthier, and gain a sense of purpose. You'll set a positive example for your family, and make a great contribution to your NCN community.

Even if you don't have every one of the qualifications or skills listed, you should apply! Often a job posting describes a dream candidate, but organizations are always able to train someone if they're only missing a few pieces.

Take your time preparing your resume, and consider practicing for an interview. Check out our tips, and good luck!



Preparing a resume:

- Fit everything into two pages maximum
- Don't use an objective at the top, but try a summary statement, which describes you as a professional in a few sentences. Include experience, soft skills, etc. "Enthusiastic cook with 2 years of experience in fast food and casual restaurants. Calm, reliable and eager to prove myself."
- Ask someone to proofread
- Bring two copies to your interview

Preparing for an interview:

- Google "common interview questions" and practice!
- Take notes about what you'd like to emphasize about your skills and questions you'd like to ask
- Know something about the department and its work
- Be courteous with everyone you meet
- Know where you're going
- Arrive early

Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre

Protect yourself.
Protect others.
Get vaccinated.

Public Health Schedule

Monday to Friday 10AM to 3PM

MONDAY <h3 style="color: white;">BCC Day</h3> <p style="color: white;">Newborns & Infants</p>	TUESDAY <h3 style="color: white;">Routine Day</h3> <p style="color: white;">Immunizations Children & Adults</p>
WEDNESDAY <h3 style="color: black;">School-Aged Day</h3> <p style="color: black;">Pre-School, Grade 6, Grade 8/9 Immunizations</p>	THURSDAY <h3 style="color: white;">Public Health Day</h3> <p style="color: white;">AM: Admin PM: CDC, STBBI, & Population Health</p>
FRIDAY <h3 style="color: black;">Routine Day</h3> <p style="color: black;">Immunizations Children & Adults</p>	<p>EVERYONE IS WELCOME TO CALL PUBLIC HEALTH FOR ANY QUESTIONS</p> <p style="font-size: 1.2em;">FOR MORE INFORMATION CALL: 204.484.2341</p> <p style="font-size: 0.8em;">NCNWELLNESS.CA</p> <p style="font-size: 0.8em;">BOOK AN APPOINTMENT TODAY</p>

Nurture holistic wellness

Strengthen NCN families with community and culturally-based activities focused on Family Enhancement.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre INC.

204-484-2341 ncnwellness.ca



COVID-19 Public Service Announcement

There has been a recent rise in COVID-19 cases in the community over the last several days. We must continue to follow the fundamentals which includes staying home when sick, wearing a face mask when out in public, hand washing/hand sanitizing often, testing when feeling sick, following all isolation procedures, and getting vaccinated – including booster shots.

It is very important that all COVID-19 positive cases be reported, reporting also helps to identify the type of virus in the community, and to help prevent future COVID-19 outbreaks in the community.

Rapid antigen tests are available through Public Health, Monday to Friday 8:30-4:30 pm. Please pick up to have available on hand or for anyone experiencing symptoms and would like to test themselves or their family members.

Nursing station: Saturday and Sunday and on evenings @ 204-484-2031

Isolation procedures for all positive COVID-19 cases include:

Isolating from others for 5 days from the first day of experiencing symptoms, or first day of test.

Call Public Health to report positive case, and to inquire about COVID-19 treatment.

It is very important that all COVID-19 positive cases be reported, reporting also helps to identify the type of virus in the community,

and to help prevent future COVID-19 outbreaks in the community.

Some of the more commonly reported symptoms include:

- Fever/Chills
- Muscle Aches
- Cough

- Feeling tired
- Sore throat/hoarse voice
- Pink eye
- Difficulty breathing
- Headache
- Loss of taste or smell
- Skin rash
- Vomiting, diarrhea for more than 24 hours
- Nausea or loss of appetite
- Runny nose
- Poor feeding in an infant

Please remember we are still in the pandemic, we must continue to be diligent in following all the fundamentals, OIC's and community bulletins.

Please call the Public Health department for more information @ 204-484-2341 and ask to speak to COVID-19 intake during working hours, after hours 4:30-9:00 Isolation on call @ 204-679-0279.

Thank you.
Public Health Department





Recovering & Empowering

Encouraging and Maintaining Strong Mental Health

Counselling Services: 204-484-2341
Mental Health: 431-354-1270
ncnwellness.ca



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Jordan's Principle: Five Years Later

Jordan's Principle is a "child-first principle" that ensures First Nations kids receive the medical and wellness support they need without delays or disruptions, just like any other Canadian child. Though it became

legal in 2007, nothing came of it until 2017, when the federal government was held accountable and the program finally began to deliver funds to Indigenous communities.

Five years later, a study about its

effectiveness has been released by the Assembly of Manitoba Chiefs, which worked with several universities and communities to compile its data.

The study discusses issues such as insufficient digital

infrastructure and technology, inadequate housing and clean water, and the need for extended funding eligibility up to the age of 26.

It found that while Jordan's Principle has definitely increased resources and supports for First Nations kids, there are still significant gaps in service.

Eleanor Erickson, the NCN Jordan's Principle case manager, says she agrees with the report.

The NCN Jordan's Principle program has 13 full-time workers, and an additional 8 respite workers, who care for almost 1,000 kids, both urgent and non-urgent.

"Developmental delays are broad, so it's helpful to gain a clear understanding of each child's situation. We connect families to services that come into the community

so they can get an actual diagnosis," says Erickson. "Our JP funding has created occupational therapy and speech therapy, and allows us to bring in a pediatrician and a children's

psychologist a few times a year, which is exciting and really good for our community."

But as word gets out about the incredible support that the program provides, Erickson says its waiting list continues to grow. It is also outgrowing its space and she is hopeful they'll find a new home soon.

"We advocate for about 2,800 family members on-reserve, and as more people learn about us, more people come to us. We've had a lot of success, and other communities are coming to us now, as we're seen as a leader. Our staff are amazing. They work so hard."

To read the AMC report, called "The Implementation of Jordan's Principle in Manitoba: Final Report," go to manitobachiefs.com.

The NCN Jordan's Principle program has 13 full-time workers, and an additional 8 respite workers, who care for almost 1,000 kids, both urgent and non-urgent.

Why is it called Jordan's Principle?

Jordan River Anderson was a First Nations boy from Norway House Cree Nation. While he was in failing health, the federal and provincial governments fought over who should pay for his complex home care needs. He died in hospital at five years old, without ever having had a day at home.



GET FREE PRIZES!

Baby BOOST PROGRAM

Get your infant immunized!

The Family & Community Wellness Centre will give out a great prize package to all babies that complete their vaccination series from birth up to 18 months of age.

PARENTS: Contact the Public Health Department at the Family Community Wellness Centre to schedule an appointment for your child.

Vaccines don't just protect the people getting vaccinated; they protect everyone around them too.

The more people in a community who are vaccinated, the harder it is for a disease to spread.

For more information and to book immunizations drop in to the Family Community Wellness Centre or contact:

Krystal Bayer
Public Health Nurse

Phone: **204-484-2341**
Fax: **204-484-2344**



Nisichowayashk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre

Learning About Autism

Autism, often called autism spectrum disorder (ASD), is a developmental disability caused by differences in the brain, caused by genetic and environmental factors. Some people with autism need significant support, and can't speak, dress or eat by themselves. Others can live and work entirely independently.

More than 70 million people around the world live with autism. About 1 in 66 children are diagnosed with autism spectrum disorder in Canada every year, with boys diagnosed four times as frequently as girls.

Signs of autism usually show up by age 2 or 3, but it can be difficult to diagnose. There are no medical tests to confirm it, and it presents itself in many different ways.

Early intervention is key to helping a person with autism lead a happy life. Treatment plans are created specifically to meet the unique needs of each person, but might include occupational therapy (improving movement), speech therapy (improving non- and verbal communication), and behavioural therapy (teaching



appropriate actions through consequences and rewards). If you have concerns about your child because they have "strange behaviour," or are not meeting typical developmental milestones, call the Family and

Community Wellness Centre at 204-484-2341.

Some common signs of autism include:

- repetitive behaviour
- flaps hands, rocks body, spins in circles
- inability to hold eye contact
- unusual eating or sleeping habits
- intense reactions to sounds, smells, textures, lights, etc.
- does not show facial expressions by 9 months old
- does not play interactively (peekaboo) by 12 months
- does not point to explain or show by 18 months

EMPLOYMENT OPPORTUNITY Home and Community Care Nurse – RN/LPN FT/P

Job Summary:

The Nisichawayasihk First Nation is seeking an FT/P Home and Community Care Nurse and working within the context of a client and family-centred health care delivery model, based on a philosophy of self-care management and following the vision and values of the Family and Community Wellness Centre Inc. and following CRNM/CLPNM, Canadian Nurses Association Code of Ethics, and Manitoba Health. The nurse will comply with the practice standards, service delivery plans, delivery, and evaluation of the care needs of acutely, chronically, and terminally ill clients in the community settings, initiating referrals to other professionals or agencies where required.

Demonstrated Skills and Abilities:

- Knowledge of and skill in acute care and community health nursing;
- Advanced nursing assessment and care plan maintenance skills;
- Adapt clinical and professional skills to the home and community settings;
- Work independently and as a member of a multidisciplinary team;

- Prioritize needs and organize work to accomplish workload;
- Communicate effectively, both verbally and in writing;
- Speak Cree would be considered an asset.

Qualifications:

- Registered with the College of Registered Nurses of Manitoba or College of Licensed Practical Nurses of Manitoba registry.
- Two years' experience as a Home Care Nurse or an equivalent combination of training, education and experience.
- Knowledge of community-based programming and First Nations culture, traditions and values is considered an asset.
- Valid driver's license, BLS/CPR and satisfactory criminal record check and child abuse registry check.
- Wound care certification would be considered an asset.
- Foot care certification/training would be considered an asset.
- Must possess a valid Manitoba driver's license and be able to provide a clean Child Abuse

Registry/Prior Contact and Criminal Record Check upon hire.

If you are a resident of Thompson, transportation is provided daily to and from Nelson House.

Salary: \$74,476.00 – \$77,365.00 Annually.

Closing date: Thursday, April 28, 2022

Submit all Applications to:

Anna Nadine Spence
Director of Human Resources
Email: anspence@ncnwellness.ca
Family and Community Wellness Centre Inc.
Nelson House, MB ROB 1A0
Phone: 204-484-2341
Fax: 204-484-2341



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

There are Supports out There!

Nisichawayasihk – Local/Provincial/National Options



Mood Disorders Association of MB

Provincial Peer Support
Call: **1-800-263-1460** or email:
peersupport@mooddisordersmanitoba.ca
(M-F 9am-4pm Sat-Sun 10AM-4PM)
Postpartum Warmline: Call or Text
204-391-5983 (Hours 9am-9pm M-Sun)



Anxiety Disorders Association of MB

Thompson Peer Support: Call/Text:
431-754-6720 (M to F – 1pm-4pm)
Provincial Outreach and Support:
Call: **204-925-0040** or **1-800-805-8885** if
you would like to chat or feeling anxious



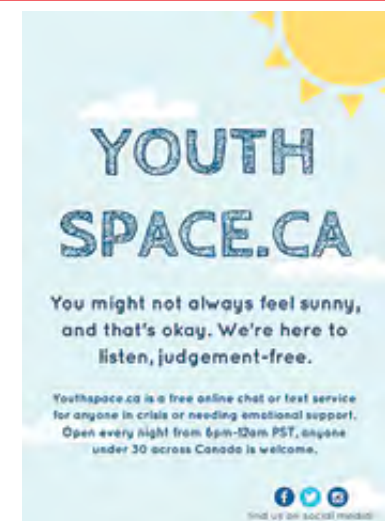
Help for mothers before, during and after pregnancy

For more info:
204-484-2341
ext. 128



Managing and Understanding Your Diabetes and Nutrition

Contact our ADI
Worker at:
204-484-2341
ext. 132



Youthspace

Emotional support to persons 30 years and under

Text to: **(778) 783-0177**
Or Chat: www.youthspace.ca
(8pm-2am in MB)

Indigenous Specific Resources

HOPE For Wellness Line: Speak to a counselor about anything. You can request services from: Male or Female, Cree and English

Call: 1-855-242-3310
or connect to online chat:
hopeforwellness.ca

Residential School Crisis Line: Support and Crisis Services –
1-866-925-4419 (24/7)

60s Scoop Peer Support Line: (8am-8pm)
Listening and support – 1-866-456-6060

MKO Mobile Crisis Response Team:
1-844-927-5433 or check out their many
services at: <https://mkonation.com/>



NCN Medical Receiving Home

A Safe, Full Service Stay
for Our Citizens

Provided for ALL NCN Community Members
who have referrals for medical appointments
in Winnipeg

For more information, please call:
240.786.8661



NCN Medicine Lodge

NCN Medicine Lodge
Healthier Lifestyle with
Control Over Addictions

Telephone: **204-484-2256**
Paving the Red Road to Wellness



NCN Women's Shelter



We'll keep you and your children safe while
you make a plan for your future

Emergency On-Call: 204-679-1996 24/7
Landline: 204-484-2634 Executive Director
(24/7): 204-679-2851

Sexual Assault,/Exploitation/ Partner Violence

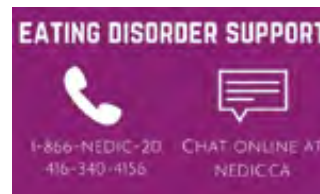
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinik Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



The Canadian Prenatal Nutrition Program
aims to improve the Well-Being of Pregnant
Women

- Weekly prenatal classes
- Weekly food coupons
- Friendship and support with other new mothers

Contact FCWC CPNP Worker at:
204-484-2341 ext. 132



1-866-633-4220

Or Chat online: NEDIC.ca (hours vary)

Manitoba Parent Line

1-877-945-4777
(8am-8pm Monday-Friday)

Parents' Helpline PLEO

Family Peer Supporters help parents of
children (up to 25 yrs) facing mental health
challenges **1-855-775-7005**



Support and Information

Thompson Based

Canadian Mental Health Association
204-677-6056

Provincial

Manitoba Schizophrenia Society
204-786-1616



Call: **1-866-367-3276** (available—24 hours,
7 days a week!)

No matter what
the issue,
support for
anyone of any
age, from
anywhere in
Manitoba



Jordan's Principle

A Child First Initiative
NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations
children have access to products, services and
supports they need, when they need them.

**You can make an appointment or get a
referral by calling our office: 204-484-2585**



Rainbow Resource Centre

Free phone counselling for members of the
2SLGBTQ+ community of all ages, families,
friends and loved ones as well.
Email to setup appointment:
info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366 Hotline for
transgender people in crisis. Including people
who may be struggling with gender identity
or not sure if transgender (hours may vary as
volunteers available)

LGBTQ+ Resource: Pflag Canada Support,
info and resources to gay, lesbian, bisexual,
transgender or questioning people and their
family and friends

Call **1-888-530-6777** ext 226 (24/7)
Or email gender@pflagcanada.ca



FASD Prevention Program

Success Through Advocacy and Role Modeling

Pregnancy can be difficult, and dealing with
addiction or substance abuse can be even
harder.

**Speak to the FCWC STAR Program
Manager Call: 204-679-4619**



Health Links Info Santé

A 24/7 telephone service to provide answers
to your health care questions and to guide
you to the care you need.

204-788-8200
or toll-free **1-888-315-9257**



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

NCN Wellness Programs and Services
Call Us Today! **204-484-2341**

NCN Wellness – Support and Information Lines:



Mental Health On-call: **431-354-1270**
– Public Health Nurse: **204-484-2341**
ext. 131 – WeTel Check-in Text Support
Scan QR Code or use the Self-Enrollment
link below: <https://mis-nelsonhouse01.weltelhealth.net/enroll?clinicid=1>



Child Protection:

If you think a child is being harmed or neglected:
NCN CFS at: **204-484-2341**
On-Call 24/7: **204-679-6386** or **204-679-5544**

Your Path to Wellness

See how the FCWC
can help you ...
Programs, support,
education, and more ...



Dreamcatchers Headstart Program

This is an enrichment program for on-reserve children, from birth to six years of age, and their families. Your child is acknowledged as an individual, with unique learning styles, strengths and challenges. Dreamcatchers staff encourage all children to be proud of their First Nations culture and language.

This program is free of charge! All NCN families are encouraged to register their children and get a strong start to lifelong learning. The spiritual, emotional, intellectual and physical growth of your child is considered in all activities, and parents are encouraged to learn how to become active participants in their child's education.

Get help with:

- transportation
- nutritious snacks
- CFS support letters
- medical appointments
- referrals to other programs and services

Activities such as:

- health and hygiene lessons
- traditional arts and crafts
- on-the-land outings
- community events



Giving Our Children a Strong Start

Manitoba Telehealth

This program allows you to connect and communicate with medical specialists without having to travel. Most Telehealth clients consult with a doctor by video, which will reduce your time away from home and work, and save you time, money and stress.

MB Telehealth sites in NCN include the Family and Community Wellness Centre, the Nursing Station and the Medicine Lodge. People with diabetes and foot care concerns, Jordan's Principle clients and more have appreciated this efficient, easy way to get help.

If you are dealing with a health condition that requires appointments outside of Nelson House, call the Wellness Centre to see if Telehealth can work for you!

Get help with:

- consultations
- follow-up appointments
- case conferencing
- patient education



Bringing Medical Help to You



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341**

Address: 14 Bay Road Drive, Nelson House, MB R0B 1A0

Follow us on Facebook

Do you have a suggestion or a Mithomahcihowin story idea?

We would like your comments, feedback or news stories. Please contact ncnwellness@gmail.com



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
T (204) 484-2341
F (204) 484-2351
ncnwellness.ca



FCWC on Facebook!

Stay current with FCWC's latest news, events and updates on your computer, smartphone or device from our official NCN Facebook page @ncnwellness