



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



DECEMBER
2022



Christmas Comes to the FCWC

And just like that, the holidays have arrived in NCN and the Family and Community Wellness Centre!

On December 8th, the Family Enhancement and Counselling team hosted a Christmas Dinner for Elders. People enjoyed free transportation, fun and a delicious meal. They even had the chance to share their Christmas wishes with Santa!

Jordan's Principle hosted a free pancake breakfast at the multiplex

on Dec 21, with a huge, hearty meal followed by arts and crafts. They also organized a window decorating contest, with prizes for the top five.

Because the holidays can also bring up difficult feelings like sadness, Grief Circles were organized by Jackie Walker, Charlene Kobliski and Elizabeth McDonald on December 5, 6 and 7th.

"There are many days that hit you extra hard when you are grieving," says Walker. "They are the days that the world just goes on at its normal pace while some of us are struggling to stay afloat."

Attendees at the grief circles had the opportunity to share their feelings and light candles in honour of their loved ones.

Get your kids involved in the colouring contest, on until December 28. Colourings can be picked up at the FCWC or the Three Rivers Store. For more information, contact Issiah or Juanita at (204) 484-2341.

There are many activities planned throughout the month to celebrate and enjoy fellowship. Watch the Family and Community Wellness Centre page on Facebook so you can participate!



IN THIS ISSUE

PERSONAL JOURNEY
Bringing Traditions to
Your Holiday Season

2

FAMILY SUPPORT
Movember Moustaches in
Support Men's Health

6

COMMUNITY HEALTH
Get Some Fibre Magic
in Your Diet

7



Bringing Traditions to Your Holiday Season



It's easy to get caught up in buying the toys we believe our kids deserve. And while it's lovely to have new things, the shine almost always fades quicker than we hope. That's why it's important to look beyond presents for the holidays.

The Christmas season can be a great time of sharing traditions, experiences and moments to look forward to year after year.

Kids especially can find pleasure in traditions. Children have very little control over their daily lives, and often don't know what's coming, which can create a sense of helplessness and confusion. But knowing that they can expect to do the same activities with loved ones year after year activates

fond memories and allows them to look forward to the holidays with anticipation.

So how can you incorporate traditions into your holiday season?

Consider your time and your special skills.

How much quality time do you actually get to spend with the kids in your life? Getting them to school and back every day, maybe some activities or playdates, and the truth is, a week can go by without a meaningful conversation together.

Passing along your special skills to the young people in your life is a

wonderful way to create a legacy. Long after you're gone, your family will perform tasks just like you did, sharing stories about you along the way. What a gift!

Many kids give their caregivers a "coupon book" full of activities such as hugs, washing the dishes, and mowing the lawn. Why don't you do that for your kids this year? Give them experiences such as baking cookies, ice fishing, star gazing, movies with hot chocolate, and more! As much as kids love a new toy, having your full attention all to themselves is a memory they'll treasure forever.

It's important to note that you may have traditions in your family already, habits and activities that happen every

year, just because you don't stop to think about them. Does everyone eat too much candy and chocolate and then watch TV in a daze? Does Uncle bring a case of beer and then start the same fight as always?

Take the time to think about what puts people in a negative state, and try to find a new approach. It's never too late to start new traditions!

Even if you're sticking to all the presents under the tree, consider how they can enhance your family time. Buying a video game? How about a simple one that even Grandma can play? Mario Kart is never better than when your kookum is sailing around the curves!

During the Holiday Season why don't you:

- cross off the days until Christmas on your calendar
- cut down your Christmas tree together
- stay in your pajamas all day
- bake everyone's favourite Christmas treat
- watch everyone's favourite Christmas movie
- shovel an Elder's sidewalk and build them a snowman
- stay up past midnight and howl at the moon
- put some baking on someone's step, ring the doorbell and run!
- gather a few families to sing Christmas carols together
- go for a moonlight walk and identify some constellations

Wellness Workout Wednesday

Every Wednesday
2pm to 3pm

Bring water, shoes, and workout with your public health care providers
Meet at the local gym

Logos: Haislaheyasik Cree Nation Family and Community Wellness Centre, Public Health



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Grief Circles

There are many days that hit you extra hard when you are grieving. With the holidays coming up, there are many special days that will be difficult, but I find the hardest days are always the ones that those around us don't know or remember. Days like birthdays, death anniversaries, and Christmas are yearly reminders that aren't on everyone's calendar. They are the days that the world just goes on at its normal pace while some of us are struggling to stay afloat. The Counselling and family therapist Staff will be having grief circles to help you commemorate your loved one who has passed.

**The Grief Circles will be on December 5th to 7th, 2022,
6:00 pm to 9:00 pm at the Family and
Community Wellness Centre.**

*Refreshments and light supper will be provided.
Each night we will light a candle to honour
the spirit of your loved one.*

FACILITATORS:

Jackie Walker,
Family Therapist

Charlene Kobliski,
Social Worker/Counsellor

Elizabeth McDonald,
Social Worker/Counsellor

To register please contact
the Counselling Office at
204-484-2341; arrangements
will be made for transportation.

NCN Rides the Latest COVID Wave

NCN saw another flurry of COVID cases sweep through the community this fall.

On August 30th, there were more than 30 positive cases recorded in the community, and signs that suggested the actual number was higher.

At that time, there had been 800 cases altogether in Nisichawayasihk Cree Nation since the first case arrived in December 2020.


By December 8, the COVID wave had subsided, and there was only 1 active case in NCN.

COVID is a highly contagious virus, and there is no need for stigma or shaming when someone ends up with a positive test. In fact, when people have to hide the fact that they have COVID, the Public Health department has a much harder job of tracking the

virus, which gives it the opportunity to infect more NCN Citizens! We must remember to continue with the fundamentals of COVID awareness: wear a mask in crowds, wash your hands often, don't share utensils, and stay at home when you're sick.

Remember to continue with the fundamentals of COVID awareness: wear a mask in crowds, wash your hands often, don't share utensils, and stay at home when you're sick.

A focus on lots of liquids, a healthy diet, moderate exercise and plenty of sleep is always helpful, but particularly important when we see COVID or flu cases rising in the community. We continue to see that the COVID vaccine prevents serious illness and lowers the risks of long-term effects. Please make sure your family is up to date with their COVID boosters. If you have tested positive, or have questions about COVID protocol, please contact the Public Health team at 484-2341.



BE WISE, IMMUNIZE

Is your child in grade 6?

Public health is booking appointments for children to receive their school immunizations.

What is the recommended immunization schedule for sixth grade children?

- ✓ **Men-C-ACYW-135** (Meningococcal Conjugate Quadrivalent)
- ✓ **HB** (Hepatitis B)
- ✓ **HPV** (Human Papillomavirus)
- ✓ **Flu** (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.

What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?

Yes. If a child misses one or more doses of any school immunization program vaccines, the vaccine(s) can still be offered free-of-charge.


What do I do if a vaccine is missed?

You can call the Family Community Wellness Centre public health office and ask for your child's immunizations to be reviewed by a public health nurse, then an appointment can be scheduled.

Why should my child get immunized?

Immunization is the best way to protect your child against serious, and potentially fatal infections. Vaccines help your child's immune system to recognize and fight bacteria and viruses that cause disease.

Make sure your child's immunizations are up to date by calling:



Nisichawayasihk Cree Nation
**FAMILY AND COMMUNITY
Wellness Centre**

Public Health Office
(204) 484-2341 ext. 131

- Parents to book appointments with Public Health office
- Rides provided
- COVID-19 precautions to be followed @ FCWC
- Screening upon entering the building, wear a mask, hand sanitize, and social distance
- Stay home if you are sick

Stopping THE FLU it starts with YOU

The flu is spread from person to person when someone who has the flu virus sneezes, coughs, talks or handles infected surfaces. The flu virus can be inhaled by anyone close by or from infected hands touching your mouth or rubbing your eyes.



To protect yourself, your family and community from the flu:

- Get the flu shot. It's easy and it's **FREE**.
- Wash your hands often with soap and warm water.
- Cough or sneeze into your elbow or use a tissue and dispose of the tissue in a covered trash basket.
- Keep hands away from your face.
- Eat healthy foods and get at least 7-9 hours sleep.
- Clean shared spaces (such as phone receivers, keyboards, door knobs, toys and office equipment) often.
- Do not share personal items such as forks, spoons, toothbrushes and towels and avoid shaking hands, hugging or kissing.
- Avoid crowds or people who are sick.
- Practice physical distancing, stay home when sick.

For more information or to get a flu shot appointment, contact:

NCN Family and Community Wellness Centre
Public Health
204-484-2341



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**FAMILY AND COMMUNITY
Wellness Centre**

FCWC Presents its AGM Online

This year's Family and Community Wellness Centre annual general meeting was cancelled due to rising COVID cases in NCN.

The event was supposed to take place on November 17, with an overview of the year's successes and challenges, and a feast and door prizes for those who attended.

Though FCWC staff were disappointed to cancel the in-person event, they presented their summaries online.

CEO Felix Walker said that it was no surprise that the virus changed their plans, as it has remained a focus for FCWC programming since March 2020 when it arrived in Manitoba.

"As we work to understand how the pandemic is affecting our Citizens, their ability to heal and our ability to help, I have realized that perhaps the most important characteristic for us to foster is a strong sense of adaptability," Walker said.

"As we work to understand how the pandemic is affecting our Citizens, their ability to heal and our ability to help, I have realized that perhaps the most important characteristic for us to foster is a strong sense of adaptability," Walker said.

"Being flexible and optimistic is crucial in times of change, whether it's pandemic regulations, self-care in the face of a physical ailment, a new challenge in family life, or the stress of unemployment."

He reminded NCN Citizens that there are free FCWC programs for all ages, providing skills that will enhance the body, mind and soul.

"Now more than ever, we understand that the key to navigating life successfully is staying attentive and adaptable."

To view the FCWC 2021-2022 annual report, go to ncnwellness.ca and search the document library.

Some FCWC Highlights and Challenges This Year

- Counselling Services notes that mental health issues, violence,

domestic abuse, and addiction issues have become more prevalent since the start of the COVID-19 pandemic.

- The increased cost of gas continues to put pressure on the Medical Transportation department.
- Wellness Sports Association is having difficulty securing on-going, consistent gym time.
- The Family Enhancement held its eight-week parenting program for three complete cycles.
- Four family retreats in the Rediscovery of Families program were well attended.
- Fitness Centre clients were excited to return to the gym after COVID restrictions lifted.
- After several years of searching, the STAR FASD program has hired another mentor.
- FCWC is sponsoring 14 Child and Family Service (CFS) employees who are at various stages in their four-year Bachelor of Social Work Degree Program with the U of M.



- The Winnipeg and Brandon sub-offices reunified a sibling group of 10 with their grandmother and aunt.



Every child is sacred.



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Kakithaw Awasisak Kistinitakowsiwak

Moustaches For Men's Health

Did you grow a Mo last month?

Movember began 20 years ago in Australia, when two friends decided to bring back the moustache into popular fashion. A friend's mother was raising money for breast cancer, so they decided to dedicate their moustaches to men's health.

Since then, Movember has become hugely popular around the world. Last year 6 million people participated, by not shaving throughout the month of November and having friends offer donations. Almost \$24 million was raised in 2021 in Canada alone for research in prostate and testicular cancers, mental health and physical inactivity.

In Canada, 1 in 8 men will be diagnosed with prostate cancer in their lifetime. Those especially at risk include people who are obese or have a family history of the disease.

Only men have a prostate gland. It's

about the size of a walnut, and sits under the bladder, where it helps to make semen. Some prostate cancers grow slowly and never cause problems, but others can spread to other parts of the body.

Often, it's the doctor who will first detect concerns about prostate cancer during a routine check-up. But if you're experiencing symptoms (which are mainly changes to your urinary habits), your healthcare professional can perform several tests, including physicals and PSA (prostate-specific antigen) blood tests, to check your prostate health.

Testicular cancer is the most common form of cancer in men ages 15-35, and is usually diagnosed after the age of 20.

It's important to know what is normal

for your testicles so if you notice changes you can mention them to your doctor. The best time to feel your testicles is after a warm bath or shower, because the warmth makes the testicles move lower and relax into

the scrotum. It's normal to feel a soft cord or bump along the back of each testicle (which carries sperm), and it's also typical for one testicle to be larger than the other.

Treatments for both prostate and testicular cancer can include surgery, radiation, chemotherapy and hormone therapy.

The key to successfully overcoming cancer is early detection. This is why it's important to stay in touch with your doctor!

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Common symptoms of prostate cancer:

- blood in urine or semen
- difficulty in starting the flow of urine
- weak or slow urine stream
- being unable to completely empty the bladder
- burning or pain during urination or ejaculation
- pain or discomfort when sitting
- pain or stiffness in back, hips or pelvis

Symptoms of testicular cancer:

- swelling, heaviness, pain or dull ache in the testicle
- pain in the back or abdomen
- enlarged lymph nodes in the neck
- difficulties in breathing
- infertility



Happy Holidays!

We Wish You and Yours a Safe and Joyous Holiday Season. May the New Year Bring Peace, Health and Happiness!

At this time of year, take a moment to enjoy the wonderful moments and blessings of those close to you.

From the Board, Management and staff of the NCN Family and Community Wellness Centre

The magic of fibre

Fibre is the leftover components of plant food that can't be broken down and absorbed by your digestive system. It passes through your stomach, small intestine and colon without being digested. Consider fibre the "scrubbing brush" of your food.

There are many benefits to meeting your daily fibre requirements. It lowers your cholesterol and reduces your risk of heart disease. It controls blood sugar and helps to prevent type 2 diabetes. It keeps

your digestive system functioning efficiently, which means you're not constipated, and it helps to maintain a healthy bowel. Fibre also keeps your gut healthy by nourishing the microbiome (the community of healthy bacteria in your stomach).

Fibre is incredibly satiating, meaning it gives you the feeling of fullness.

If you're trying to lose weight in a healthful way, increasing the amount of fibre you eat will definitely help.

Your daily fibre intake lowers your cholesterol and reduces your risk of heart disease, controls blood sugar, helps to prevent type 2 diabetes and keeps your digestive system functioning efficiently.

If you need more reasons to eat more beans, specifically, think about the environment. Growing beans requires much less water and land than, for example, red meat does. Not only that, beans are so much easier on your wallet!

Today's typical diet of processed foods, sugar and salt means that most of us fall short in our daily fibre intake. Most adults get only about 15 grams a day, but men should aim for 30-38 grams of fibre every day, and women 21-25.

Why don't you:

- Try roasting chickpeas for a crunchy snack.
- Add another can of beans to your next batch of chili.
- Swap white pasta for whole wheat.
- Go with popcorn instead of potato chips.

- Switch out half of the meat for smashed beans in your burger recipe.
- Add a cup of frozen green peas to any kind of soup, pasta, stew or salad.

One word of warning: when adding fibre to your diet, drink more water and go slow. We all know the childhood song: Beans, beans, the magical fruit. The more you eat, the more you toot! It's a classic because it's true. Increased fibre may increase the gas your stomach creates that your body has to release, through burps and farts. Be kind to yourself... and everyone around you!



Get these foods into your diet for fibre magic!

- beans and lentils (15g per cup)
- green peas (9g)
- broccoli (5g)
- avocados (10g)
- berries (8g)
- apples (4.5g)
- oranges (3g)
- potatoes (4g)
- whole wheat spaghetti (6g per cup)
- barley (6g per cup)
- popcorn (3.5g per 3 cups)
- almonds (3.5g per 23 nuts)

Marinated Beans

- 2 cans of chickpeas, or navy, pinto, or white kidney beans, drained and rinsed
- 1/4 cup red wine vinegar
- 1/3 cup olive oil
- 1 garlic clove, roughly chopped

- a few shakes of rosemary or basil
- a shake of red pepper flakes
- salt and pepper

Stir altogether. Cover and keep in the fridge, stirring every few hours. Give them at least 3 hours, but up to 3 days. Use on salad or serve on toast!

Nurture holistic wellness

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



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204-484-2341 ncnwellness.ca



Toys For Toddlers

If you have a toddler on your Christmas shopping list this year, you're in luck! It can be easy to choose a toy for the toddler in your life, because they are curious about everything.

Anything that boosts their learning, language and imagination, or helps to improve their fine and gross motor skills, will be a hit.

Don't worry about spending a lot of money on fancy toys, and remember, the more the toy does, the less your child has to do. In other words, if the toy moves, lights up and makes music, it's entertaining your toddler, instead of encouraging them to play.

With children this young, often the biggest hits are the simplest toys. Consider how much fun they can have banging on a pot with a wooden spoon. Don't break the bank!

To take your joy over the top, get down on the floor with your toddler and explore their new toy together. Let them take the lead and see where the day takes you.

Why don't you:

Get your toddler moving?

- wagon or pull-toys
- walk-behind toys
- gardening or beach toys
- balls of different sizes and textures

Spark their imagination?

- trucks, trains, dollhouses
- dress-up clothes
- tool toys (carpenter, doctor, artist, etc)
- toy food and dishes

Encourage learning?

- books
- crayons, washable markers, stamps, stickers
- counting cards
- magnetic letters for the fridge

Solve some problems?

- nesting and stacking toys
- puzzles
- blocks
- play-dough, slime and other tactile toys

Tell stories?

- stuffed animals
- dolls
- action figures
- puppets and finger puppets





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**



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FAMILY AND COMMUNITY Wellness Centre

Learning About Toddlers

As your baby grows, he or she enters the “toddler” stage, which is usually used to refer to children between 12 months old and about two and a half years old.

The first half of the toddler phase is often called “the doing stage” and the second half is “the thinking stage.” This is a busy time!

Once your baby has celebrated their first birthday, the focus is on exploration and discovery. They have

realized there is a wide, wonderful world around them, and they’re ready to learn all about it.

The first half of the toddler phase is often called “the doing stage” and the second half is “the thinking stage.” This is a busy time!

Typical milestones from 12-18 months include: standing up, walking along furniture and then on their own, attempting stairs, feeding themselves, stacking blocks and scribbling with crayons.

■ Make sure your space is safe for an adventurous toddler! Store cords,

Lego, coins and other small objects out of reach. Use outlet covers and safety gates. Do not leave your toddler alone.

As they move through the toddler stage, your child will continue to be very physically active, but you’ll also notice a big step up in their curiosity and ability to understand.

Typical milestones from 18-24 months include: identifying body parts, turning book pages, enjoying music and simple songs, and communicating through words (maybe even two-word phrases).

■ Stay patient with your toddler as they learn new skills. Tantrums, screaming, yelling, and even hitting

and biting are not meant to upset you, but are a way to communicate their frustration.

As your toddler reaches the age of two and beyond, they begin to realize that they are their own person, separate from their caregiver, and try out their independence.

Typical milestones of 2 years old include: trying to please others, doing things on their own, pretend play with others, and curiosity about toilet training.

■ It can be difficult to get toddlers out the door! You may be able to avoid a tantrum if you give yourself some extra time to let them dress themselves.

If you have questions about your toddler’s development, or how to help your toddler to learn and grow, call the Family and Community Wellness Centre at 204-484-2341. We’re here to help!

Signs of a developmental delay

Kids learn new skills at different paces, but visit the doctor if your toddler:

- has one or both eyes turning in or out all the time
- cannot follow objects with both eyes
- is not using simple words like “no” or “mama” by 1 year old
- is not using gestures like waving, pointing or reaching by 1 year old
- does not crawl by 1 year old
- cannot walk by 18 months
- is not speaking at least 15 words by 2 years old
- cannot follow simple instructions by 2 years old



Recovering & Empowering

Encouraging and Maintaining Strong Mental Health

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



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So You're Raising a Toddler

In terms of childhood development, the toddler stage (ages one to two-and-a-half) is a big one. Toddlers achieve a huge number of accomplishments in a relatively short amount of time, in all ways: physical, mental, emotional and social. And for the caregivers of toddlers, it can be a rough ride.

You may find it's difficult to have patience with these little people. They are beginning to insist on their independence, and at the same time, are desperate for your love and approval. Remember, you need to take care of yourself so you can care for them!

How is your health?

Your toddler may not need a nap anymore, and can power through an entire day. That doesn't mean your need for a break disappears! Consider keeping "quiet time" as a part of your daily routine. Your toddler can hang out in their crib with a few books and stuffies while you enjoy a cup of tea. Don't fill

Toddlers achieve a huge number of accomplishments in a relatively short amount of time, in all ways: physical, mental, emotional and social.

this time with tasks or social media! Try beading (store them safely) or writing in your journal.

Do you have community?

Your toddler is ready to explore, and it will be great for you to get out more often, too! Find another mom or two with kids about the same age. Toddlers don't necessarily understand how to play together, but they'll happily explore new toys while you swap ideas with your new friends. You'll enjoy

laughing about how ridiculous life with a toddler can be, without judgement.

What does life look like with a toddler?

Busy! Kids in this stage are building their brains and bodies at an incredible speed. Your days will be emotionally and physically exhausting. As always, the key to being a healthy parent is taking care of you. Eat nutritious foods, get some fresh air and exercise, and make sleep a priority.

If you feel like you're struggling, you are not alone. Many parents feel overwhelmed at this stage of parenting. Call the Family and Community Wellness Centre at 204-484-2341 and let us help.

How to help someone with a toddler

- ask how you can help
- bring a healthy snack
- ask about their mental health
- babysit so they can have some alone time
- do a book and toy swap
- bring some hand-me-down clothes
- introduce them to good parents
- ask about their toddler's latest achievement
- do a "safety check" with them to ensure the house is safe for an exploring toddler

Child, Family and Community Services

- Foster Parent
- Removal of Parent

Moore's Bay Receiving Homes

Family Therapy Services

Wecihitowin Project

Employment Growth Opportunity

Public Health

- Immunization
- Population Health

Tuberculosis Community

Strengthening Families Maternal Child Health

Aboriginal Diabetes Initiative

Canadian Prenatal Nutrition

STAR FASD Prevention

Jordan's Principle Initiative

Medical Transportation

MB Telehealth

Home and Community Care

Foot Care

Counselling Services

Family Enhancement

Special Projects

- The Parent Coach
- Home Respite Services
- Youth Mentor Program

Circle of Care

Rediscovery of Families

Jean McDonald Treasures of Hope Daycare Centre

Dreamcatchers HeadStart

FCWC Fitness Centre

24 Hour Crisis/Emergency Phone Lines

- NCN Nursing Station. 204-484-2031
- NCN RCMP 204-484-2288
- NCN Fire 204-484-2047
- NCN Ambulance. 204-484-2911
- MB Suicide Prevention and Support Line 1-877-435-7170
- Kids Help Phone... text to: 686868 1-800-668-6868
- Sexual Assault Crisis Line . 1-888-292-7565
- Crisis Line for Abused Women IKWE... 1-800-362-3344
- Gambling Hotline 1-800-463-1554
- Domestic Violence Crisis Line 1-877-977-0007
- Seniors Abuse Support Line..... 1-888-896-7183
- Crime Stoppers 1-800-222-8477

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:
204.786.8661



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

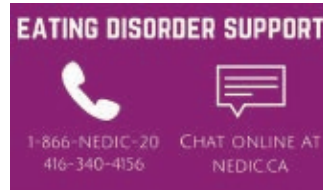
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinik Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



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

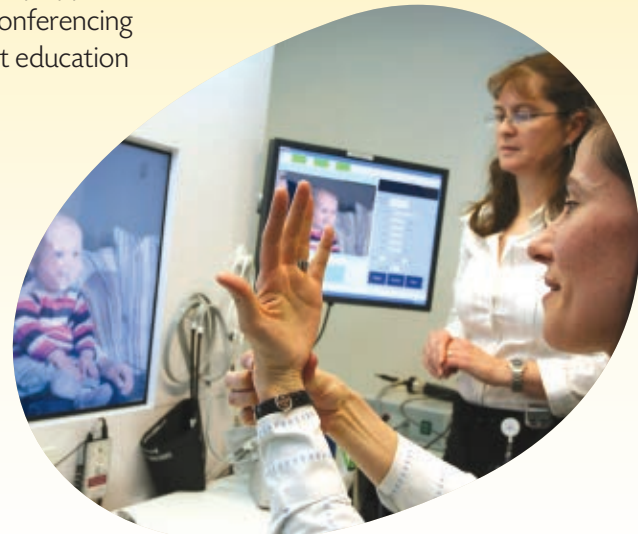
This program allows you to connect and communicate with medical specialists without having to travel. Most Telehealth clients consult with a doctor by video, which will reduce your time away from home and work, and save you time, money and stress.

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

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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
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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