



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



FEBRUARY
2022



Vision for a New Youth Wellbeing Strategy

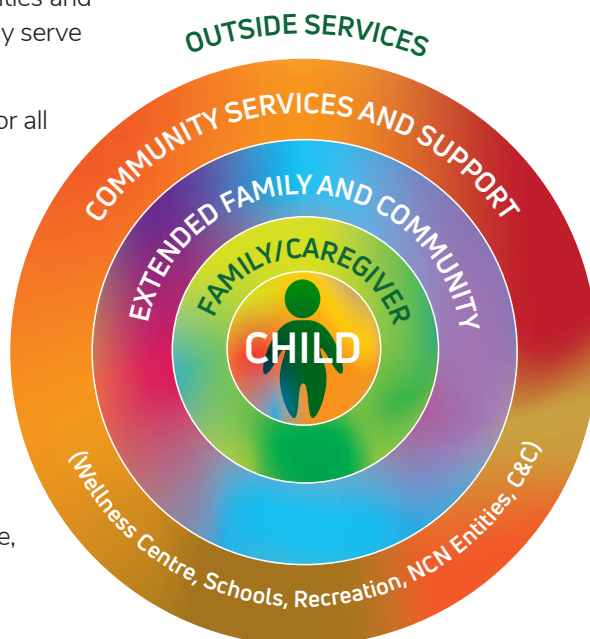
As the heart of Nisichawayasihk Cree Nation's social services and wellness programs, the Family and Community Wellness Centre can see clearly the particular issues our children and young people face.

FCWC CEO Felix Walker is working on a holistic initiative that will create strategies, opportunities and improvements to specifically serve our young people.

"This will be a framework for all decision-makers that puts the child and young person at the centre of attention. Policy, program design, delivery of services...all of that will be created using the same lens through the child's eye," says Walker. "It gives everyone the same understanding of what our young people need to thrive, and how we can get them there."

The Child and Young Person Wellbeing Strategy is based on these guiding principles:

- Children and young people are our most valuable resource
- Children and young people deserve a good life
- Children and young people's rights need to be respected and upheld
- Children and young people's wellbeing is interwoven with family and community wellbeing
- Wellbeing needs holistic and comprehensive approaches
- Change requires action by all of us
- Early support is needed.

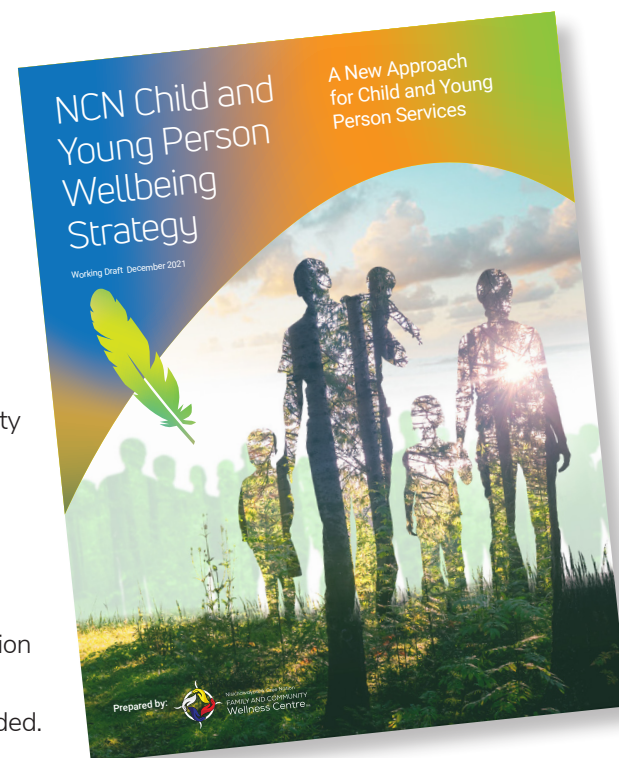


"The vision we're aiming for with this strategy is that NCN is the best place in the world for children and young people to grow, develop and thrive," says Walker. "We have the passion, the people and the ability to create this vision. I'm excited about this clear path forward."

This strategy aims for the following outcomes:

All NCN Children and Young People:

- have what they need
- are loved, safe and nurtured
- are happy and healthy
- are learning and developing
- are accepted, respected and connected
- are involved and empowered.



IN THIS ISSUE

COMMUNITY HEALTH

Sports League Looks Good For Summer

2

FAMILY SUPPORT

Does My Child Have FASD?

3

PERSONAL JOURNEY

How to Know When You're Not Okay?

6

Sports In the Time of COVID

The NCN Wellness Sports Association has been a great success since it began in 2020, despite COVID.

The pandemic has created new rules and regulations that are constantly changing. Some programs were eliminated, some continued outside, and some virtual activities became big hits. It has shut down some possibilities, and opened others.

"We want to thank everyone for their patience," says NCNWSA coordinator Jon Walker. "It's been a difficult time, but we have still managed to keep our participants healthy and happy."

Some WSA highlights:

- 15 young people participated in a soccer trip facilitated by Vernon Moody.
- Three youth teams and two adult

teams enjoyed a 3-on-3 MASRC basketball tournament. They are making plans to attend again this summer.

- Open gym from January to March run by Caden Hart.
- Basketball camp by Craig Swanson, Lillian Peterson, Brandon Wood and Guantia Spence.
- Adult basketball league from January to March run by Craig Swanson and Jon Walker.
- Summer youth open gym run by Clairette Hart, Horace Spence, Trevor Wood, Romeo Spence and Jon Walker.
- Open gym Basketball all year long, run by Craig Swanson and Lillian Peterson.
- Basketball and ball hockey tournaments in November.

The Wellness Sports Association is already hard at work creating this year's plan. They are aiming for soccer, hockey, and ball hockey leagues, and also opportunities for personal fitness and a youth centre.

It's never too late to join, and the best part is, participation is free! The goal of the NCNWSA is to lift up the entire community by giving everyone the opportunity to improve themselves through sports.

"While our focus is athletic development, there's also an emphasis on soft skills such as discipline, sportsmanship, and kindness," says FCWC CEO Felix Walker. "We want our athletes and our volunteers to become better at sports, and also better at life."

Follow the Family and Community

Wellness Centre page on Facebook, or check out ncnwsa.com for updates.

The main goals of the NCNWSA:

- create healthy lifestyles
- develop dynamic athletes
- improve skills such as leadership and collaboration
- highlight and celebrate top performers
- maintain official protocols and standards

Don't want to join the team? We still need you!

Become a coach or referee. You'll receive training and certification, learn new skills and help develop our young people.

Call Jon Walker at **204-484-2341** to learn more.

Learning About Tuberculosis

TB is an infectious bacterial disease that usually affects the lungs, but can harm other areas of the body. It is spread through close, continued contact with someone who has active TB.

There are two types:

- Latent (sleeping) TB is the bacteria in the body, but not causing symptoms. It's not contagious, but can turn into active TB.
- Active TB causes symptoms in the body, and can be fatal if left untreated. It is contagious and can be spread to other people.

But tuberculosis does not go away without medication. TB can cause many difficulties, and even death. And without proper treatment, you could pass this infectious disease on to someone you love.

The good news is active tuberculosis can be cured with a complete course of medication, usually 6 to 9 months. This is also the best way to prevent TB from spreading.

With help from FCWC nurses, you

As a community, we must encourage people who are being treated for TB. They're scared about their health, and nervous about spreading the disease. Judgment, stigma and shame don't help, but our support does.

can complete your medication and enjoy a happy, healthy life. We'll teach you what's happening in your body, and show you that following your medication regime is the key to beating TB. You'll learn about nutritional food, exercise and proper sleep while you get healthy again.

You don't need to be shy, scared or embarrassed. We are proud of you for taking the steps to get healthy, and to prevent tuberculosis from affecting more of our community.

TB is curable. Let us help you.

Call the NCN Family Wellness Centre at (204) 484-2341 for help with tuberculosis. If you are caring for a

family member with TB, we can support you, and provide education in Cree, too.



Symptoms of TB include:

- coughing that lasts longer than 3 weeks
- coughing up blood
- chest pain
- loss of appetite
- unexplained weight loss
- night sweats and fever
- weakness and lack of energy

Your risk of getting tuberculosis is increased if you're dealing with:

- a smoking habit
- chronic disease such as diabetes or HIV
- poor nutrition or food insecurity
- overcrowded, poorly ventilated homes
- someone with untreated TB in your life

Does My Child Have FASD?

Fetal alcohol spectrum disorder (FASD) is a disability that affects the brain and body of people who were exposed to alcohol in the womb. People with FASD usually have a mix of physical, behaviour and learning problems.

FASD lasts a lifetime. There is no cure,

but the earlier your child can receive a diagnosis, the sooner you will have treatments to improve your child's development and techniques to help your family.

It can be difficult to diagnose FASD, because there is no medical test, like a blood test, to confirm it. But healthcare professionals can determine FASD before a child is 3 years old!

If you think your child may have FASD, call the Family and Community Wellness Centre at

204-484-2341 so we can help your family. It is a scary decision to confirm your fears, but then you'll be on the path to learning more, acceptance, and finding success. We can support you, from diagnosis, access to resources and funding, to coordinating care.

Taking care of a child with FASD can be difficult. It's especially important for a child with FASD to have a loving, stable home with no violence or aggression, so you may have difficult decisions to make. You may feel sadness, fear, anger, guilt and also feel overwhelmed. All of those feelings are typical.

Respite workers are available so that you can get some time away. Taking an occasional break will prevent burnout so you and your child can have happy days.

A child with FASD might have:

- sleep and latching/nursing difficulties
- lower than average weight and height
- a small-sized head
- abnormal facial features, like a smooth ridge between nose and upper lip
- speech and language delays
- difficulty with attention
- vision or hearing problems

Trust your instinct!

Call 204-484-2341 so we can help.



Try Family Mealtimes

In today's world, it can be difficult to gather all of your household members together for a meal. Differing schedules, complicated family relationships and lack of time sometimes make it seem impossible.

But there are many benefits of family mealtime, and most go far beyond food.

Eating as a family:

- encourages healthy habits. Aim for variety. Cover half your plate with veggies. Ask everyone to try a few bites of everything. They don't have to like it, or eat it all, but should try!
- allows us to learn about our family history and culture. Make favourite family recipes and talk about traditional harvesting, and sustainable hunting and trapping.
- develops social skills in our children. They learn how to engage in conversation, ask questions, wait their turn, and be patient. Encourage them to use good table manners, and to sit at the table until everyone is finished their meal.

- teaches positive habits. Kids, teens, moms and dads, friends, whoever is in the home should help with some part of a meal. Knowing how to create healthy meals is essential for healthy living. Helping to clean up shows gratitude and respect for the cook.

- gives us an opportunity to check on emotional and mental health. When we sit together every day, it's easier to notice changes in behaviour and mood. Play the rose game: everyone names their daily flower (the good), thorn (the bad) and bud (something promising to come).

Find a way to get everyone in your home to sit down together for one meal a day. Most find it easiest to gather together for an evening meal, but depending on people's schedules, maybe breakfast works better.

Remember, family mealtime isn't about creating pressure or stress. It doesn't have to be fancy, expensive, or too much work. The important part of family mealtime is the people, not the

menu. Eggs and toast is just fine! You'll still enjoy the benefits.

If eating together is new to your family, be patient. People may feel annoyed

to leave their rooms and technology behind. They may feel defensive when you ask about their day. These skills take time to build. You'll get there.

Healthy family meals include:

- balanced nutrition
- light conversation
- balanced workload
- no technology
- no rush

A fun way to get people on board for family mealtime is to allow everyone to make their own version of one dish. Try it with salad, sandwiches and rice bowls.

How about personal pizzas?

Cut options into small pieces. Try mushrooms, onions, pineapple, peppers, tomatoes, ham, pepperoni, chicken, cheese.

Use pasta sauce or tomato

paste. Get creative with barbeque or alfredo sauce!

If you don't have pizza crust, use fry bread, pita bread, wraps, or toast.

Throw in the oven for a few minutes or fry on stovetop with a lid until the cheese melts.



Chaga: An Indigenous Superfood

Chaga mushrooms grow on birch trees in boreal forests around the globe. They are black on the outside, with a brownish-orange colour inside, and have a texture like charcoal.

Chaga has been used by Indigenous groups throughout the northern hemisphere for thousands of years. Not only is chaga full of essential vitamins, minerals and nutrients, it is an incredible inflammation fighter and can lower blood sugar. You can use it as preventative medicine to keep your immune system strong, and to avoid heart disease, diabetes and cancer. Many people swear chaga keeps their skin looking young!

It is essential to harvest chaga responsibly to ensure it will always be available. It's a slow-growing fungi, and can take up to 20 years to fully develop. The best time to collect chaga is during fall and early winter when the temperature is below 5C and the sap is running. Always leave 20 per cent, or at least a thickness of your hand, of the conk in the tree. Many people believe it's important to give thanks and prayers when harvesting this precious fungi. Once collected, you'll have to dry your chaga before you start to use it.

Chaga doesn't taste like other mushrooms, but has an earthy, bitter taste, sometimes with a hint of vanilla. While tea is the most common use of chaga mushrooms, you can also ground it into a powder to use in smoothies, coffee, soup, stews and stir frys!

You can drink chaga tea straight, by boiling and steeping a few small chunks at a time, but the taste will probably take some time to get used to. Instead, start by adding a spoonful or two of powder to your ground coffee when you brew it.

Ask an Elder if they will teach you how to harvest, prepare and enjoy your chaga!

Chaga Hot Chocolate

- 2 T hot cacao powder
- 1 T chaga powder
- 1 t maple syrup or honey
- 1 pinch of cinnamon
- 1 pinch of salt
- 1 cup of milk (dairy, oat, almond, etc.)

Warm up milk on stovetop or microwave. Add in dry ingredients and blend until smooth. Enjoy!



WEAR IT!



Properly dispose of your Protective Masks and Gloves (PPE)

BAG IT!



TRASH IT!



DON'T JUST DROP IT!

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 Inc.

Would You Recognize Human Trafficking?

Human trafficking is the term used for recruiting, transporting and holding victims to use them for prostitution or other illegal labour.

While we often picture kidnapped people shipped from overseas, the real danger is closer to home.

The most common victims of trafficking are young women who are separated from their families and in need of work and money. Predators can easily recognize a girl without a

support system, and take advantage of their vulnerability.

"At the beginning of being trafficked, some victims don't even know there's such a thing. They may be thinking, 'There's this guy who's pursuing me who wants a romantic relationship.' I always explain to them at the beginning, trafficking mostly looks like a relationship," says an employee of the Canadian Centre to End Human Trafficking, who works on the phone hotline. "They're asking all of these

questions because they want to get to know you. Someone who cares about you. But, in reality, they're just trying to find a way to control you."

Most often, victims are trafficked by someone they already know, such as a boyfriend or boss or family friend.

Traffickers will make arrangements for the victim to be raped and assaulted and receive payment. They make it hard for their victims to escape, using violence, threats, manipulation and

blackmail. Sometimes they give some of the money to the victim, but often will buy her presents instead, which keeps her powerless and unable to leave.

It is difficult to punish human traffickers, because a conviction relies on testimony from the victim, who of course is scared to speak up against her trafficker in court. Only 7% of human trafficking charges result in a guilty finding.

In 2019, the Canadian Centre to End Human Trafficking started a phone hotline to help victims. In its first year, it identified 415 cases of human trafficking, and 593 victims associated with those cases.

- 95% of victims are women and girls
- 28% are under the age of 18
- 25% of victims are trafficked by a current or former partner

Be concerned if she:

- is living and/or working in terrible conditions
- is in a new relationship with someone older and/or richer, perhaps online

- doesn't see friends and family anymore and is secretive
- receives large gifts or cash from a partner for "no reason"
- sudden changes in behaviour and/or appearance
- seems controlled (doesn't have her own phone, has rules about who she can visit, etc.)
- often has cuts or bruises, or new tattoos or branding

If you think you're the victim of human trafficking, or know someone who is, call

1-833-900-1010 or email hotline@ccteht.ca

Time for Spring Planning

Hard to believe, but spring is just around the corner!

What projects could you take on that will bring healthy changes to body, mind and spirit?

Bringing order to the outside can bring calm to the inside. Updating the outside of your home doesn't have to be expensive. Look at your yard with fresh eyes. Is it functional? Is it nice to look at? What should be removed entirely? What simple changes could create an impact? How about a new doormat or bright paint on your door?

Go through an annual spring maintenance checklist, to make sure your home and property made it through winter OK. Fix small, annoying problems before they become big issues. And if you do have a big problem, reach out to the NCN Housing Authority for advice.

Spring is a great time to commit to exercise. Maybe you could find a bike to join your kids for an evening ride. Why don't you swap text conversations with your bestie to a stroll with a coffee? Watch the NCN Parks and Recreation page on Facebook for updates on open gym times, or take the family down to the FCWC Fitness Centre. There are so many ways in our community to break a sweat!

Try a vegetable garden. The bending, digging and pulling is good exercise. Research shows that inhaling the smell of fresh soil can reduce anxiety and create feelings of happiness. Planting your own food means your diet will be more healthy, and your kids will love to pitch in!

Maybe it's time to really stretch yourself and raise some hens. You'll have a constant source of nutritious,

easy protein for meals. They'll take care of any pests and kitchen scraps you've got, and their poop is an excellent addition to your garden soil. And would you believe chickens have great personalities?! Call the FCWC at 204-484-2341 for advice on getting started with hens in your backyard.

There are so many ways to shake off this long, cold winter. What will you choose?

Once the weather warms and the ground thaws, check:

- roof, gutters and downspouts
- outside foundation and exterior walls
- outdoor lights, fence and deck
- driveway and walkways
- attic and crawl space
- AC, furnace, smoke alarms and carbon monoxide detectors

Planting a Garden

Planting your own veggies can be simple or complicated. Try a tomato plant in a container on your doorstep, or a few herbs (mint, basil and parsley are easy) in a sunny spot on the windowsill. Google "Basic Gardening Province of Manitoba" for tips specific to the North, such as when to seed, and what to start inside.

If you're planting a garden, a few tools will help:

- watering can and/or a hose
- gloves
- trowel and spade
- stakes and trellis (or chicken wire)



How Do You Know When You're Not OK?

It's OK to be feeling blue these days.

With everything happening in the news, and a pandemic that seems to just keep going... even the weather won't give us a break! It's completely normal to feel down.

While feeling sad is fine, it's important to know the difference between temporary unhappiness that will pass at some point, and more serious depression, which can lead to life-long problems.

Sad vs Depression	
Sad	Depression
<ul style="list-style-type: none"> temporary (a few hours or days) based on a specific reason can still work or go to school can still eat and sleep 	<ul style="list-style-type: none"> lasts longer than 2 weeks hopelessness, guilt, helplessness hard to pinpoint exactly why you're down too much or not enough sleep loss of appetite or overeating thoughts about suicide

Whether you're dealing with sadness or depression, there are strategies that will help you to move forward.

First, focus on your basic health needs. Eat nutritious, comforting foods. Get outside every day for fresh air and sunshine. Sleep for 7-9 hours every night. Do these things for three days in a row and see if you're feeling better!

Next, find a way to articulate your thoughts. Sometimes our feelings seem stronger when we keep them bottled up inside. If you want to share with someone else, choose somebody who is trustworthy and capable. The person who is the source of your stress will not be able to help you. Your children should not have to carry your burden. You may realize no one in your life will be able to help. That's OK.

You could write in a journal or talk to yourself in the mirror. Try crying your eyes out, or screaming your head off.

You might be surprised how much better you feel just letting things out.

But if it's been a few weeks and you can't shake that grey cloud above your head, why not call the Family and Community Wellness Centre at 204-484-2341?

Don't feel embarrassed by your emotional needs. The longer you put off getting help, the bigger your problems might get. Remember, finding a way to heal yourself is courageous. Be proud! You're doing the right thing.

FCWC can help you talk through your emotions, connect you to services that can make life more manageable, provide counselling to improve all areas of your life, and more! Let us help you. You deserve it.

How do I help a friend who seems depressed or suicidal?

Call the FCWC at **204-484-2341**.

We'll help you make immediate plans and long-term strategies to keep your friend safe.

Do you need help right now?

- Text HOME to 686868.
- Call 1-800-273-TALK (8255) for free.

If you are in immediate danger, or a loved one is, call 911.

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



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre



Protect yourself.
Protect others.
Get vaccinated.

Public Health Schedule

Monday to Friday 10AM to 3PM

MONDAY

BCG Day

Newborns & Infants

TUESDAY

Routine Day Immunizations

Children & Adults

WEDNESDAY

School-Aged Day

Pre-School, Grade 6, Grade 8/9 Immunizations

THURSDAY

Public Health Day

AM: Admin
PM: CDC, STBBI, & Population Health

FRIDAY

Routine Day Immunizations

Children & Adults

EVERYONE IS WELCOME TO CALL PUBLIC HEALTH FOR ANY QUESTIONS

BOOK AN APPOINTMENT TODAY

FOR MORE INFORMATION CALL:
204.484.2341
NCN.WELLNESS.CA

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



You might not always feel sunny,
and that's okay. We're here to
listen, judgement-free.

Youthspace.ca is a free online chat or text service
for anyone in crisis or needing emotional support.
Open every night from 6pm-12am PST, anyone
under 30 across Canada is welcome.



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

EATING DISORDER SUPPORT



1-866-NEDIC-20 CHAT ONLINE AT
416-340-4156 NEDICCA

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 25yrs) 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



MANITOBA Farm Rural & Northern Support Services

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



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 ...



STAR FASD Program

The Success Through Advocacy Role Modelling – Fetal Alcohol Spectrum Disorder (STAR FASD) program aims to reduce the number of babies exposed to and living with the effects of alcohol and/or drug exposure while in their mother's womb.

STAR FASD is a voluntary program that focuses on home visitation and mentoring to develop positive, supportive relationships. It delivers culturally safe and appropriate interventions and support services to high-risk women and their target child. There is space for 30 participants every year, who explore ideas to become more independent and healthy.

Services include: Participants appreciate:

- harm reduction strategies
- alcohol and/or drug treatment as required
- improved access to reliable family planning methods
- access to FASD diagnosis and connection to social services as required
- links to resources and community support to reduce women's isolation

Participants appreciate:

- guidance for a healthy pregnancy
- a sympathetic and supportive mentor
- support and friendship with other participants



*A healthy pregnancy
for a thriving child*

Medical Transportation

The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to help NCN Citizens manage their diabetes and to help reduce the prevalence of diabetes in our community.

The Medical Transportation Program is a free service for all on-reserve NCN Citizens. Recognizing that it can be difficult to keep appointments or make progress with care plans when you have limited or no access to transportation, this program delivers and returns patients for appointments and recurring treatments.

Over the course of one year, almost 10,000 trips are made to transport NCN Citizens safely for local and out-of-town medical appointments arranged by truck, van and aircraft. The most popular service is the dialysis run to Thompson on Mondays, Wednesday and Fridays.

Call 204-484-2341 to arrange your transportation appointment.

Services include:

- safe return trips between Nelson House and Thompson
- trips to Fanny Hartie Medical Centre
- parcel pickups in Thompson for the Nursing Station and the FCWC



Make your health a scheduled priority!



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341** Ext. 132

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

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