



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

Good Health, Good Feelings

# Mithomahcihowin



FEBRUARY  
2023

## Taking Care of Your Skin

NCN is fortunate to have a dermatologist, a doctor who

specializes in skin concerns, visiting the community this spring.

Dr. Marni Wiseman will take appointments at the FCWC on April 27th and 28th.

### Some skin concerns include:

■ **Psoriasis:** a skin disease that causes a rash of itchy, scaly patches on the knees, elbows, trunk and scalp. It is a chronic condition that may be dormant for years until it's triggered by infection; injury to the skin; smoking; alcohol; and certain medications. It can be painful, but lifestyle changes and treatments may make symptoms easier to deal with.

■ **Eczema:** dry, inflamed skin that is most common in kids, but can occur at any age. It's a chronic condition that flares up from time to time. It can be irritating and sometimes painful but not contagious. You should moisturize your skin at least twice a day; use warm instead of hot water; avoid scrubbing; and avoid dyes, alcohols and fragrance in products. Eczema can often lead to asthma, hay fever, allergies and skin infections.

■ **Impetigo:** a very contagious bacterial infection most common in young children. It creates red

Though we don't often think about it, skin is the first and most obvious line of defense for your body. It's important to care for your skin daily before you have to deal with problems that can be difficult to manage.

### Typical maintenance skincare includes:

- short, warm baths and showers (not hot);
- gentle, fragrance-free soaps and lotions;
- patting the skin dry (not scrubbing);
- applying lotion all over your body while still damp;
- drinking plenty of water everyday;
- sunscreen that's reapplied as required.



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Dr. Marni Wiseman

Will be in the community

April 27 & 28, 2023

Please call the Public Health Department to book an appointment at 204.484.2341

A dermatologist can help if you have any skin conditions such as eczema, rash, or any other skin concerns you be experiencing.

### IN THIS ISSUE

#### PERSONAL JOURNEY

Take Care of Your  
Skin Every Day

1

#### FAMILY SUPPORT

Learn About Preschoolers.  
Show Patience!

3

#### COMMUNITY HEALTH

Learning About  
Colon Cancer

5

Continued on page 4

# Bring Lentils Into Your Life

If you can't source your own traditional meat, like goose or deer, it's great to incorporate vegetarian meals into your diet. It's better for your wallet and health, and for the planet, too.

## Why don't you try lentils?

Lentils are tiny round legumes, which means they are a seed that grows in a pod. There are many varieties that come in different sizes and colours, but the easiest to find in Manitoba are green and red.

There are incredible health benefits to lentils. They are high in protein and have loads of calcium, which keeps your bones strong. They are a great source of iron, to keep your blood

pumping, and full of fibre to regulate blood sugar and maintain a healthy weight.

The magnesium in lentils helps you get a good sleep, and the potassium keeps body fluids in balance.

Pregnant women should focus on lentils as they contain a lot of folic acid, which is crucial in avoiding birth defects.

Lentils are easy to store (keep them in your pantry with grains and flours), great on your wallet, and a breeze to cook! They can be used in soups and stews, eaten cold in salads, or simply cooked with spices and served as a dip with bread.

While lentils are found in many cultures, including middle eastern and Mediterranean, one country consumes more lentils than the rest of the world combined: India.

Dahl is the most common and simple dish of Indian cuisine. It is easy to prepare, very cheap and extremely nutritious. It's even easy for babies to eat! Give this classic comfort food a try.



## Red Lentil Dahl

- 1 T olive oil
- 1 large yellow onion, chopped
- 5 cloves garlic, minced
- 1 T ginger, grated
- 1 T garam masala or curry powder
- 1 t turmeric
- ½ t chili flakes
- 1 ½ cups dried red lentils
- 378 mL can diced tomatoes
- 1 can coconut milk
- 3 cups stock
- 1 t salt
- lemon juice to taste
- 3 cups spinach or kale

In a large pan, sauté the onion in the olive oil for 5 minutes.

Add ginger and garlic, fry 1 more minute.

Add spices, lentils, tomatoes and juices, and broth. Bring to a boil.

Lower heat and add coconut milk. Simmer about 15 minutes, stirring occasionally, until lentils are soft and dissolved.

Add squeeze of lemon and salt to taste.

Stir in spinach until wilted.

Serve with rice, naan (an Indian flatbread), bannock or bread.





# Learning about Preschoolers

Children between the ages of 3 and 5 are generally called “preschoolers.” While people often talk about the “terrible twos,” you may find this age even more challenging.

Preschoolers have learned they are independent and they’re going to continue to push boundaries. Have patience and allow them to make decisions when it doesn’t matter, such as choosing which shirt to wear.

■ This is an important time to teach safety, and that rules must be followed. Never chase a ball onto the road or go near water without an adult. Don’t go anywhere with a stranger.

Kids love to show kindness and feel like they can contribute. Teach your child about the role they play in your family and our community.

\*Take them for nature walks, pointing out medicinal plants and picking up trash. Give them simple chores around the house, like feeding the pets.

This is a great time to get healthy habits on lock. Some people believe love means letting kids do whatever they want, but children appreciate consistency.

■ Stay firm but offer options. They don’t get to skip veggies for lunch, but they can choose between carrots and cucumbers. They don’t get to stay up late, but they can choose which bedtime story to read.

In the next year or two, your child will be headed to school. Create positive beliefs about curiosity and education now, so they are excited to start their academic adventures.

■ Develop a love of reading by cuddling up together to read books. Talk about the pictures, run your finger along the words, and ask your child what they would do in the same situation.

If you are looking for strategies to help your preschooler discover, learn and grow, call the Family and Community Wellness Centre at 204-484-2341. We’re here to help!

## Signs of a developmental delay

Visit the doctor if your 4-year-old has trouble with:

- stacking blocks;
- grasping a crayon and scribbling;
- hopping on one foot;
- saying sentences of 5 words;
- using the words “me” and “you” correctly;
- paying attention to other kids;
- fantasy play and make-believe.



**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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You have the power to say,  
“This is not how my story  
is going to end.”



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204-484-2341  
ncnwellness.ca

itchy sores that leak a clear pus for a few days, before a crusty yellow scab leads to healing. If someone in your family has impetigo, they should use separate bedding and towels and avoid physical contact until antibiotics have started and all sores can be covered.

- **Ringworm:** a fungal infection that appears as a red, itchy circular rash. The fungus can live on skin, surfaces, clothing, towels and bedding, which means it's contagious. To avoid ringworm, don't walk barefoot in locker rooms, allow your feet to breathe when appropriate, change socks and underwear everyday, and wash your hands after playing with pets. Ringworm may be treated with

over-the-counter medication, but get it checked by a professional.

#### When to get help with a skin issue:

- a cut, scrape or insect bite that won't heal;
- mysterious bruising that doesn't go away;
- rash that appears suddenly;
- a mole or freckle that changes appearance or texture;
- something so itchy or painful that it's affecting your sleep, performance, attitude.

If you have skin concerns, call the Family and Community Wellness Centre at 204-484-2341 to book an appointment.

## Foods for Healthy Skin

There are specific nutrients, especially healthy fats, that help to nourish your skin and keep it supple. Include the following in your diet:

- fatty fish, such as salmon, mackerel, herring;
- walnuts and sunflower seeds;
- avocados;
- broccoli, sweet potatoes, tomatoes;
- red and yellow bell peppers.

### Bonus Tip

Bear fat is an excellent moisturizer! Ask an Elder how to incorporate it into your skincare routine.

# So You're Raising a Preschooler

You may be surprised to find yourself with a child who's already between the ages of 3 and 5! While the days are long, the years are short, which means before you know it, your preschooler is...ready for school.

It's a good idea to get your child interested in quiet activities, such as reading, colouring and drawing. They'll need to have some attention span and focus when they're in school. You can introduce things like ABCs and 123s, but keep it fun, not stressful.

Be sure your child can do their entire toilet routine by themselves, and they understand the basics of being a good friend.

And a great way to model kindness is to ensure you're taking care of yourself!

#### How is your health?

Preschoolers have an incredible curiosity, so this is a great time to get back into shape by going on nature walks. Find three new plants,

birds or bugs every walk. And your child is probably sleeping on their own through the night now, so it's a glorious time for you to catch up, too! Plan to go to bed at the same time as them once or twice a week for extra ZZZs so you can be your best self.

#### Do you have community?

While it's still important to have time on your own, your preschooler is capable of joining in on adventures and spending time with your friends.

Be sure to ask/tell your friends you're bringing along your preschooler, and make sure they have the patience to deal with your child. Encourage these new friendships through picture books, colouring and knock-knock jokes.

#### What does life look like with a preschooler?

While your child has more energy and stamina, they are still wee, and you're in charge! Don't commit to too many activities and plan for lots of downtime. Even if they

don't need an afternoon nap anymore, you can continue to have "quiet time" after lunch, when everyone goes to their own space to read or play quietly for an hour.

If you're wondering about your child's development and if they're prepared to succeed in school, call the Family and Community Wellness Centre at 204-484-2341. We're happy to meet your child and answer questions!

## How to Help Someone with a Preschooler

- show an interest in their child;
- teach their child to tie shoes;
- read with their child;
- introduce their child to your hobby;
- be patient;
- babysit so caregivers can have alone time;
- ask how you can help.





# Learning About Colon Cancer

One in 14 men will develop colorectal cancer in their lifetime.

While that number sounds scary, the good news is that fatalities from this disease are declining because of increased education and screening.



If you are between the ages of 45 and 75, you should ask your doctor about a FIT test, in which your stool sample is checked for microscopic blood. Your doctor may also suggest a colonoscopy, and use a camera attached to a tube to check your bowel for polyps.

If polyps are found, they can be removed before they become cancerous, through surgery, chemotherapy or radiation.

It's helpful to know your genetic history. For example, if a relative had colon cancer before the age of 60, or if you're dealing with colitis or Crohn's disease, you may be at increased risk.

## Watch for:

- change in your bowel routine;
- different shape or look of your stool;
- blood with or around the stool;

- abdominal pain;
- surprising weight loss.

You won't be surprised to hear that a healthy lifestyle can prevent you from getting colon cancer.

People get nervous when they think about starting an exercise routine, but it can be easy! Just 30 minutes of daily moderate activity, such as working in the garden or shovelling the sidewalk, makes a difference. Time in the sun also helps your immune system by taking in vitamin D.

Preventing cancer is another reason to eat healthier. Add high-fibre veggies like broccoli and cabbage to your diet to "scrub out your system." While it's convenient and relatively cheap, processed meat like bologna isn't a great choice, because it does contain harmful ingredients, including carcinogens.

Drink less alcohol, which causes inflammation in the gut and intestinal lining, and makes it difficult for your body to absorb nutrients. Recent guidelines suggest you should consume no more than 2 drinks per week. Cut down your intake by swapping out a drink for a cool glass of lemon water, which helps with digestion and excretion.

If you're still smoking, you must stop. Don't be shy or proud. Nicotine is a powerfully addicting drug, and if you need help to quit, call the Wellness Centre at 204-484-2341 today.

The idea of colon cancer is scary, but the best time to deal with a medical problem is today. Make healthy choices, be brave and pay attention to your well-being. Your community needs you!



Check out this free resource for Men's Health!  
**[dontchangemuch.ca](http://dontchangemuch.ca)**

It offers small tips that will have a big impact on your well-being.

Advice on exercise, money, healthy foods, sleep and more.

Sign up for their free monthly newsletter!

## Returning to Traditional Ways

### NCN Land Base Program

Elder Instruction – Traditional Knowledge – Cultural Teachings



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204-484-2341 [ncnwellness.ca](http://ncnwellness.ca)



# What's the Deal with Bed Bugs?

Bed bugs are small, brown insects that feed on human blood. They cannot jump or fly. They hide during the day and come out at night in areas where people sleep.

Eggs usually hatch in about 12 days. Adult bed bugs can live more than 12 months and can be inactive when they do not have a host to feed on.

Bed bugs do not cause or spread disease, but they do bite, which sometimes causes itchy red bumps. If someone scratches those bites enough, they may end up with an infection.

Bed bugs come into your home by hitching a ride on things like luggage, purses, books and used furniture, especially soft items like mattresses, couches and chairs.

To avoid bedbugs when buying used items, check them carefully at the seller's location before bringing them home. Don't be shy! Getting rid of bedbugs is a stressful, tiresome task so make sure you do everything you can to avoid them.

When travelling, check your hotel room carefully, especially the mattress, box spring and headboard, before

bringing in your family or luggage. Keep your bags in the bathtub or on the luggage rack away from the bed. If you

see any sign of bedbugs, you should leave.

When you get home, vacuum your vehicle and luggage well, and then

get that vacuum bag out of the house! Wash your clothes in hot water, and dry in a hot dryer for at least 20 minutes or until completely dry. Freezing does not kill bed bugs, because they can be dormant.


Remember: bed bugs are not a sign of uncleanness or poor hygiene. They are bad luck. Families dealing with bed bugs should be treated with compassion.

**If you have bed bugs in your home, call Public Health at 204-484-2341 ext. 167 so we can help.**

## Signs of bed bugs

- dark, reddish brown stains
- black droppings
- musty, sweet smell

# 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:**



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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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# 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](http://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](http://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](http://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](mailto: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](mailto: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**



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**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 ...



## Circle of Care

The Circle of Care focuses on the mental, emotional, physical and spiritual wellbeing of parents, children and extended family through holistic teachings based on the Medicine Wheel. It is used as a guide to identify a family's strengths, overcome its issues, and find practical solutions for everyday life.

The Circle of Care is different for everyone. You and your family may receive a combination of social services and programs such as the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, arts and culture, and more.

### Steps include:

- family needs assessment
- worker and family develop relationship
- discuss family's strengths, barriers, needs and goals
- worker collaborates with other agencies, support groups, therapy, etc.
- family and worker discuss strategy and create plan together
- family attends counselling, workshops, programs, etc.

### Benefits include:

- higher self-esteem
- positive vision for the future
- problems from the past are resolved
- clear understanding of who you are and what you need
- better relationships with those around you
- strategies for dealing with stress, frustration, anger



*Leading your family  
out of the darkness and into the light.*

## NCN Fitness Centre

The NCN Fitness Centre is housed in the Family and Community Wellness Centre. It is open throughout the week and is free for all NCN Citizens. There are many options available to break a sweat, whether you're brand new or a seasoned gym rat.

Beyond working out, you can learn about health and fitness, including how to lessen the risk of diabetes and cardiac disease. Learn how to set goals and use hard work and determination to achieve them. Physical activity is great for the body and for the mind too, clearing the mind and relieving stress.

Make a trip to the fitness centre a recurring event for everyone in your family. Make it a date night or a family night. You may be surprised how easy it is to chat while walking on treadmills or shooting hoops!

### Services include:

- aerobic exercise area
- full suite of fitness equipment
- change rooms
- advice and support from gym staff

### Benefits include:

- better physical health
- improved mental outlook
- better sleep
- more confidence and self-esteem



*You'll love what  
exercise can do for your family!*



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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](mailto:ncnwellness@gmail.com)



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