

CIRCLE OF CARE

PROGRAM



Using the Medicine Wheel
as Guidance to Wellness

A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre INC.

What is Circle of Care?

The Circle of Care program is based on the holistic teachings of the Medicine Wheel. We use it as a guide for working with families who require a combination of social services, and to create balance in their lives.

The Circle of Care focuses on the mental, emotional, physical and spiritual well-being of parents, children and extended family. You'll identify strengths, overcome issues, and find practical solutions for your everyday life.

The Circle of Care is different for everyone. You and your family may get involved with the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, on-the-land programs, arts and culture, and more.

Why Do I Need This?

Life can feel overwhelming. You may be dealing with financial and health stress, or trauma from your own childhood. It can be difficult to create a stable home, make positive changes, or even decide where to start.

Imagine life without stress, sadness or anger. The Circle of Care helps us to understand your needs and then we connect you with the people in our community who can help.

Families and individuals can be involved with Circle of Care on a voluntary or involuntary basis. If you think your family could be healthier, contact us! Some families must work with the Circle of Care to meet requirements of other programs, such as Child and Family Services.



How Does it Work?

Instead of trying to solve one obvious problem, the Circle of Care steps back to understand the entire picture of a family. For example, if a parent is dealing with addiction, we'll get them into treatment, but we must also care for the children's emotions. If children are not eating well, we must take care of their diets but also make a plan for the family's financial health. We find all the problems and create solutions all at once.

We believe a family will have success if they are creating goals and plans themselves, which might include extended family, Elders and spiritual leaders. Shared responsibility, shared decision-making and shared accountability are important to move forward.

There are six steps in setting up a Circle of Care Plan. They are:

Intake Process

- The family's immediate needs are assessed

Transfer of Family to Primary Worker

- Worker and family begin to develop a relationship

Circle of Care Assessment

- Discuss the family's strengths, barriers, needs and goals

Service Providers Meet to Create Comprehensive Plan

- Primary worker collaborates with other agencies, self-help groups, etc.

Circle of Care Meeting

- Family and workers discuss strategy and create plan together

Service Coordination and Follow-Up Meetings

- Family attends counselling, workshops, and follow-up meetings. Progress is monitored.

What are the Benefits of This Program?

The Circle of Care creates a higher chance of success for you and your family. You'll enjoy:

- Higher self-esteem
- The feeling of teamwork
- Positive vision for the future
- Problems from the past are resolved
- Clear understanding of who you are and what you need
- Better relationships and connection with those around you
- Strategies for dealing with stress, frustration, anger
- Support from RDF counselors and Circle of Care staff





About the The NCN Family and Community Wellness Centre

The Centre supports holistic wellness for all NCN Citizens throughout difficult times and every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!



**Call: (204) 484-2341
or visit: www.ncnwellness.ca**



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How Do I learn More about the Circle of Care?

Please visit us at the NCN
Family Wellness Centre.
You can also call us at
(204) 484-2341.

We will set up an
appointment to
determine how the
Circle of Care can lead
you out of the darkness
and into the light.

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