

COUNSELLING SERVICES



Supporting and Protecting
Families and Individuals

A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre INC.

What is Counselling Services?

Counselling Services provide holistic programming to support, empower and protect families and individuals at every stage of life. We believe Indigenous wisdom combined with western procedure is the best path to strong mental health. Some of the programs we manage are the Rediscovery of Families, Circle of Care, Kehtiyatisak Project, and Family Enhancement.

Counselling Services offers workshops, services, and various forms of therapy to help our Citizens heal and our community thrive. We encourage relationship building within your family and the community. Strong friendships and communication create support and trust, which decreases feelings of isolation and helps to relieve tension before it escalates.

We are ready to help you. When you are resilient and capable, our community is stronger.

We also focus on:

- healthy communities
- solvent abuse
- suicide prevention
- holistic wellness

Why do I need Counselling Services?

We can help you recover from past traumas, deal with the daily stresses of life, and forecast a healthy and happy future. You and your family deserve safety and wellness. We can help.

Brighter Futures

This community-based program from the federal government promotes health and aims to prevent ill health. Counselling Services determines how the program will enhance skills, increase awareness, change attitudes, and build knowledge about specific issues that we face in the NCN community.

The focus is on:

- mental health
- healthy babies
- child development
- parenting
- injury prevention

Building Healthy Communities

This program is also funded by the federal government and aims to solve youth solvent abuse and mental health crises.

The Counselling Services team receives special training and develops initiatives that are specific to NCN. These can include prevention education, interventions, residential treatment, and suicide crises training.

National Aboriginal Youth Suicide Prevention

Suicide rates among Canadian Aboriginal youth are among the highest in the world, and this continues to be a serious issue in the NCN community. This program helps Counselling Services to provide a full spectrum of supports, from community activities and creating relationships to interventions as required.

In 2016-2017, Counselling Services provided 200 hours of individual therapy and also offered about 75 critical incident debriefings.



About The NCN Family and Community Wellness Centre and Counselling Services?

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout 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**



How do I learn more about Counselling Services?

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

We'll set up an appointment to determine how we can help you and your family.

If you or someone you know is in immediate danger, go to the Nursing Station or call 911.



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