



FAMILY ENHANCEMENT

PROGRAM

About the The NCN Family and Community Wellness Centre

The Centre supports holistic wellness for all NCN Citizens 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 the Family Enhancement Program?

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

We'll be happy to tell you more and register you and your family!



Nelson House (Head Office)
14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
Phone: (204) 484-2341
www.ncnwellness.ca

Winnipeg
1450 Wellington Avenue
Winnipeg, Manitoba R3E 0K5
Phone: (204) 784 8160
Fax: (204) 784-8170

Brandon
724, 18th Street
Brandon, Manitoba R7A 5B5
Phone: (204) 726-3690
Fax: (204) 727-8983

Thompson
Unit 12-15 Westwood Mall
Thompson, Manitoba R8N 1S7
Phone: (204) 778-1961
Fax: (204) 778-1989

South Indian Lake
2 Wasagan Road
South Indian Lake, MB R0B 1N0
Phone: (204) 374-2302
Fax: (204) 784-8241

www.ncnwellness.ca



**A Holistic Approach to
Community Wellness**

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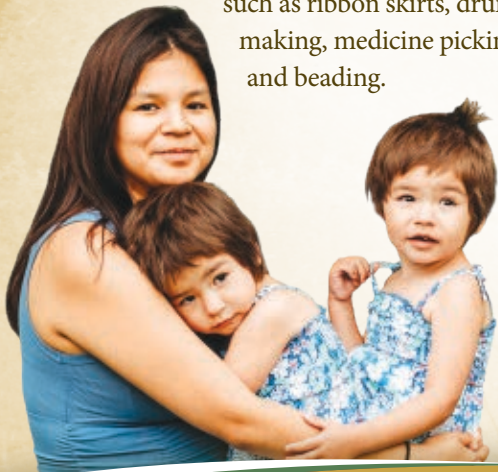


What is Family Enhancement?

This program provides NCN children and families with ongoing support by involving them in positive activities and connecting them to other resources within the community. We empower families to make positive change through early intervention, prevention, education and family supports.

Family Enhancement has assisted more than 760 families (and counting)! We often have parents come to us because they know they can do better and want to learn how to parent more effectively. We also provide emergency, one-time help as required, and can help families who are on a downward spiral, before their children are placed in CFS care.

When you join Family Enhancement, you may be participating in family camps, family mediation, goal setting, and cultural activities such as ribbon skirts, drum making, medicine picking, and beading.



Resources and Programs

Joining the Family Enhancement program gives you access to services such as one-time assistance for families in need, assistance with respite services for caregivers who require extra support, memorial feasts and bereavement, and opportunities to participate in Rediscovery of Family camps.

Our eight-week program teaches parents how to care for themselves while they learn to bond with their children in new ways. We'll make positive connections for you and your children in the community, and get you on the path to a happy, healthy family.

Join us if you want to:

- control your emotions while parenting
- create effective routines & expectations
- start healthy family habits



Goals of the Family Enhancement program

From our stories and traditions, we know First Nations have always relied on strong family units. All parents can be supportive and loving, and all children can be nurtured and fulfilled. This program can get you there!

We help participants manage their emotions and daily lives to calm the chaos and to promote peace in all family members. We work through issues such as roles & responsibilities of a parent; budgeting; cooking and nutrition; health & hygiene; self-care & self-esteem; and positive discipline.

Family Enhancement aims to:

- encourage traditional values, beliefs and culture to improve relationships
- help participants identify issues that have a negative impact on their family functioning
- find practical solutions that can be used every day
- collaborate with other NCN services and programs to support families