

# MATERNAL CHILD HEALTH

PROGRAM



Help for mothers before,  
during and after pregnancy



Maternal child  
Health Program

A Holistic  
Approach to  
Community  
Wellness



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre, Inc.

## What is the Maternal Child Health program?

Our MCH team provides help for mothers (and the entire family) before, during and after pregnancy. We offer nutrition, exercise and wellness guidance to raise your infant, toddler and children, and to stay healthy as a mom.

Families with more complex needs can receive individual case management and support. We may help you to receive counselling, stress management, FASD support, and immunizations.

We focus on:

- holistic care for pre- and post-natal mothers
- a healthy balanced lifestyle
- nutrition for moms, babies and families
- raising healthy kids

## Why do I need this program?

We help expectant mothers with proper nutrition, exercise and self-care, so the baby will receive all the nutrients it needs as it grows.

We have specialized services to deal with at-risk pregnancies. If you've been using drugs, nicotine or alcohol, if you have health issues, if there are concerns about your baby in utero, we can help.

It's difficult to care for a newborn baby. Infants and toddlers can be difficult, too. Many mothers feel overwhelmed, scared, frustrated and tired. Our public health team can give you the support you need to be a great parent.

## Objectives

Our goal is to support healthy moms and babies, and to empower mothers and fathers to create strong, healthy First Nations families. Having a baby can change everything in your life. We can ensure the changes in your family are positive.

Many of our participants appreciate the Manitoba First Nations Strengthening Families Program. This voluntary course is grounded in First Nation culture and helps families live balanced, healthy lifestyles with access to holistic care.

Maternal Child Health services include:

- assessment to understand your unique needs
- referrals for support and care
- prenatal support, such as nutrition, exercise and wellness advice
- home visits
- postpartum support, such as breastfeeding, infant nutrition, mother's mental wellness
- counselling and education

## Highlights

The Maternal Child Health Program focuses on moms and babies, but includes fathers, siblings and grandparents, too. Our approach allows everyone to feel confident, loved and appreciated.

Our participants enjoy:

- support when they bring home the baby
- someone to listen when they're feeling overwhelmed
- confidence in their abilities to raise a child
- a promising future for their baby
- traditional wisdom and holistic care



*In 2016/2017, the Maternal Child Health Program team made 158 home visits to ensure moms, babies and families were safe and healthy.*



## About The NCN Family and Community Wellness Centre and the Maternal Child Health Program

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](http://www.ncnwellness.ca)**



## How do I learn more about the Maternal Child Health program?

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!



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

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