



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



DECEMBER
2024



Annual General Meeting Reflects on NCN Wellness Centre's Mission of Holistic Wellness and Community Connection

On November 14th, the Nisichawayasihk Cree Nation Family and Community Wellness Centre (NCNFCWC) hosted its Annual General Meeting (AGM), reflecting its mission of fostering holistic wellness for children and families. With over 300 community members, staff, and visitors from across Manitoba in attendance, the evening celebrated tradition, connection, and the collective efforts of the Centre.

The event opened with a powerful performance by the Wapakewatin Drum Group, whose rhythms resonated through the room and set the tone for the evening. Accompanying them were the Mini Pow Wow Dancers, showcasing their vibrant regalia and captivating the audience with their energy and grace.

Youth were at the heart of the AGM, reflecting the Centre's commitment to including young voices in its vision for the future. The NNOC Class of 2025 Graduates and the NNOC Junior Chief and Council played an active role, assisting throughout the event

and engaging with attendees. A coloring station table and a category for children's door prizes ensured the



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youngest guests were part of the celebration.

The success of the AGM was due in no small part to the hard work and dedication of the helpers who ensured everything ran smoothly. From setup to coordination, the team worked tirelessly behind the scenes, embodying the spirit of collaboration that the NCNFCWC represents. Their efforts did not go unnoticed, with many attendees commenting on the seamless flow and welcoming atmosphere of the evening.

Mr. Felix Walker, CEO of the Wellness Centre, delivered an inspiring executive summary that highlighted the Centre's achievements and addressed ongoing challenges. "Our

mission is clear: to nurture holistic wellness for children, families, and our entire community," said Mr. Walker. "Events like these bring us together, showcase our strength, and remind us of what we can achieve when we work as one."

Throughout his address, Mr. Walker acknowledged the wide variety of programs offered by the Centre and their impact. "The wide spectrum of our programming is impressive and enhances wellness for NCN Citizens at every stage of life," he said. "Our dedicated staff lift spirits and foster hope, and I encourage each of you to explore how the Centre can play a role in your life and the lives of those around you."

He also addressed challenges such as staffing shortages in critical areas like nursing and social services. "We continue to advocate for funding and resources to fill these gaps because the health and well-being of our Citizens depend on it," noted Mr. Walker. "Whether you are an Elder who can share traditional teachings or someone seeking a new path in life, the Wellness Centre is here for you. Together, we can create brighter futures for everyone in our community."

The evening also featured presentations from department managers, who shared milestones and plans for the coming year. Highlights included updates on programs like Employment Growth

Opportunity, which empowers participants with traditional skills, and the success of the Rediscovery of Families camps.

The excitement continued with door prizes, including a special category for children, and culminated with the grand prize—a pair of tickets to the Winnipeg Jets versus Las Vegas Golden Knights game and \$500 cash.

The AGM was a resounding success, with moments of connection, celebration, and inspiration. The NCNFCWC is already looking forward to next year's AGM and invites the entire community to join in what promises to be another remarkable gathering.





Join Our NCN Family and Community Wellness Centre and Build Your Future!

At the NCN Family and Community Wellness Centre, we believe in more than just providing jobs—we believe in creating opportunities that empower you to shape your future, strengthen our community, and honour the rich traditions of our people.

We're hiring individuals who are eager to grow, learn, and contribute to the well-being of our community. Whether you're interested in health, counseling services, land-based programs, or administration roles like finance, human resources, or IT, there's a place for you.

Embrace Your Traditions:

- We value the knowledge of our Elders and integrate traditional skills and teachings into our work. Learn and grow while staying connected to our cultural roots.

Secure Your Future:

- Competitive wages and benefits provide the foundation for a stable and fulfilling life, allowing you to support those you love.

Make a Difference:

- Whether you're helping others heal, guiding our youth, preserving our lands, or ensuring our operations run smoothly, your contribution is vital.

Current Opportunities: Ready to apply or want to learn more? Call 204-484-2341 or visit www.ncnwellness.ca for more information.

Join Our Family:

- Experience a supportive environment where we work together, guided by our shared values, to create a brighter future for all.

Working with the Family and Community Wellness Centre isn't just about earning a paycheck—it's about building a life that honours our traditions and contributes to the strength of our community.

Take the leap, invest in your future, and become part of a family that's committed to making a difference.

A Fresh Look for the Family and Community Wellness Centre's Fitness Centre



Jack Young. This logo was selected as the winner of a logo contest held in October, showcasing the incredible talent within our community.

Jack's design stands out as a truly original creation, emphasizing both artistry and meaning. Unlike many modern logos, it was neither photoshopped nor AI-generated, making it a testament to the

creativity and skill present in our community. The logo reflects the dynamic spirit of the Fitness Centre,

with its bold and flowing design capturing the essence of strength and vitality.

The Fitness Centre offers a welcoming space for community members to focus on their health and well-being. Equipped with a variety of resources, including free weights, cardio machines, and resistance training equipment, the Centre encourages everyone—whether you're just starting your fitness journey or looking to reach new goals—to embrace an active lifestyle.

FCWC would like to extend heartfelt thanks to all who participated in the contest. Each submission brought unique ideas and perspectives, making

the selection process both exciting and challenging. We are immensely proud of the talent demonstrated by everyone who took part.

Congratulations to Jack Young for his outstanding work! His design will

now represent the Fitness Centre, inspiring community members to embrace the importance of incorporating a healthy lifestyle as part of their regular routine.

Stay tuned for upcoming programs and initiatives at the Fitness Centre as we continue to promote healthy lifestyles and a strong sense of community.

The Fitness Centre offers a welcoming space for community members to focus on their health and well-being.

NCN Family and Community Wellness Centre (FCWC) is excited to unveil a brand-new logo for the Fitness Centre, designed by community member

Healthy Holidays, Healthy New Year: Staying Well Through the Season and Beyond

As the holiday season unfolds, it's a time to gather with loved ones, reflect on the past year, and set intentions for the months ahead. While we embrace the joy and togetherness of this special time, it's also important to take steps to support our health—ensuring we're ready to enjoy every moment and step into the new year with vitality.

Staying Healthy During the Holidays

The holidays can be busy with activity, and it's easy to let healthy habits slip. Here are a few tips to stay on track:

- **Enjoy Balanced Meals:** Holiday meals can be rich and indulgent, but simple choices—like including vegetables and staying hydrated—can help balance the treats. Consider incorporating traditional foods like wild game, fish, or bannock into meals to enjoy the flavours.
- **Keep Moving:** Physical activity doesn't have to stop during winter. A short outdoor walk, playing with kids in the snow, or stretching at home can keep your body moving and your energy up. Even a short walk to gather cedar or visit a

familiar outdoor space can bring both physical and spiritual renewal during this season.

- **Stay Well and Protect Others:** Seasonal illnesses like the flu can spread quickly during gatherings. Wash your hands regularly, stay home if you're unwell, and check in with loved ones who may be more vulnerable.

Building Immunity: A Resolution for the New Year

Vaccines and immunizations are one of the simplest and most effective ways to protect your health and the health of those around you. As we look to the new year, it's a great time to ensure your immunizations are up to date.

- **Seasonal Vaccines:** Protect yourself from serious illnesses with a flu shot or pneumococcal vaccine. These are especially important for elders and those with chronic conditions.
- **Routine Immunizations:** Staying on schedule with vaccines, like tetanus, diphtheria, and pertussis (TDap), helps keep your immunity

strong. If you are missing routine shots, now's the time to catch up.

- **Mobile Clinics and Pop-Ups:** With doctor shortages and limited nursing station hours, look for mobile clinics or public health events in Thompson or NCN. Follow our Facebook page or contact the Wellness Centre's Public Health for more information.

Looking Forward: Simple Steps to Wellness

The new year offers a fresh start, and health goals don't have to be overwhelming. Instead of drastic resolutions, try small, sustainable changes:

- **Focus on One Healthy Habit at a Time:** Whether it's eating more fruits and vegetables or adding a few minutes of movement to your day, small steps lead to lasting results.
- **Find Alternative Check-Ins:** While scheduling a check-up might be difficult, consider speaking to someone during community health events or asking for advice on preventative care when picking up medications or visiting other

services, like QDoc at 1-833-736-2362

- **Care for Your Mind and Spirit:** Reflecting on traditional practices, such as smudging or prayer, can help calm the mind and offer a sense of balance as you prepare for the new year.

As we gather to celebrate, let's also remember to care for ourselves and our community. With thoughtful choices during the holidays, incorporating cultural practices, and small steps toward wellness in the new year, we can embrace a healthier, brighter future together.

Here's to a joyful holiday season and a healthy start to the new year!

Every child is sacred.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

204-484-2341 ncnwellness.ca

Kakithaw Awasisak Kistinitakowsiwak



Health Fair Report



Tansi. I am pleased to present this year's report on the 17th Annual Health Fair, held on November 5th and 6th at the Norman Linklater Memorial Multiplex.

The annual Health Fair plays a vital role in health education, intervention, and prevention. It is designed to provide outreach services that offer basic educational resources, preventative care, and medical screenings to the people of NCN.

Preparing for the Health Fair is always a busy time for our staff. This year, we worked diligently to ensure its success, with the goal of delivering as much useful information as possible about health and wellness. We also aimed to promote the programs and services offered at the Family and Community Wellness Centre (FCWC) and other local services available in NCN.

The Health Fair introduces and encourages ongoing healthy habits for our members, offering educational opportunities

and practical resources. It also provides benefits for our employees, fostering a supportive and engaging environment.

This year's "Health & Wellness" Fair featured a range of activities, including door prizes, giveaways, health screenings, a flu/COVID clinic, and a luncheon for staff and out-of-town guests. The Multiplex was bustling with booths and resources from various health departments and visiting vendors.

Goals and Operations

The FCWC organizes Health Fairs to engage employees and community members in meaningful health initiatives. Key components include:

- **Promotional Materials:** Distributing materials to help members develop health plans.
- **Attendance Promotion:** Advertising and attracting attendees through targeted outreach.
- **Vaccination Clinics:** Providing free flu and COVID-19 shots.
- **Health Screenings:** Offering convenient and preventative screenings.
- **Education:** Sharing timely health care information on topics such as flu prevention, wellness, and more.

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Returning to Traditional Ways

NCN Land Base Program

Elder Instruction – Traditional Knowledge – Cultural Teachings



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204-484-2341 ncnwellness.ca



Benefits

The FCWC Health Fair supports member health plans by:

- Helping participants identify potential health concerns early through preventative screenings.
- Providing ideas and incentives for healthy living.
- Emphasizing the importance of wellness and disease prevention through a focus on preventative care.

Booths and Features

- Each booth offered resourceful information, including program brochures and posters.
- **Main Door Prizes:** A 65" TV and a \$500 VISA Gift Card.
- **Table Draws:** Various smaller prizes for attendees.

This year's Health Fair was a great success, and we look forward to building on this foundation for next year's event. With continued teamwork, planning, and community involvement, we can make each Health Fair even more impactful for our members and employees.



Support Our Families

MISSING: If you have any information about Douglas Bighetty, Rico Linklater, and Christopher McDonald, we urge you to contact the RCMP at 204-484-2837. To report anonymously, you can either call 1-800-222-8477 or online at p3tips.com. Your information, no matter how small, could be the key to bringing them home.

Additionally, we are also seeking information about the unsolved hit-and-run incident

involving Yolanda Osborne which occurred at approximately 8:00pm on January 13, 2023. Any details you can provide could help bring closure to their family.

Every missing and deceased person is someone's loved one. Your courage to speak out can make a profound difference. Let us stand together as a community to ensure the safety and

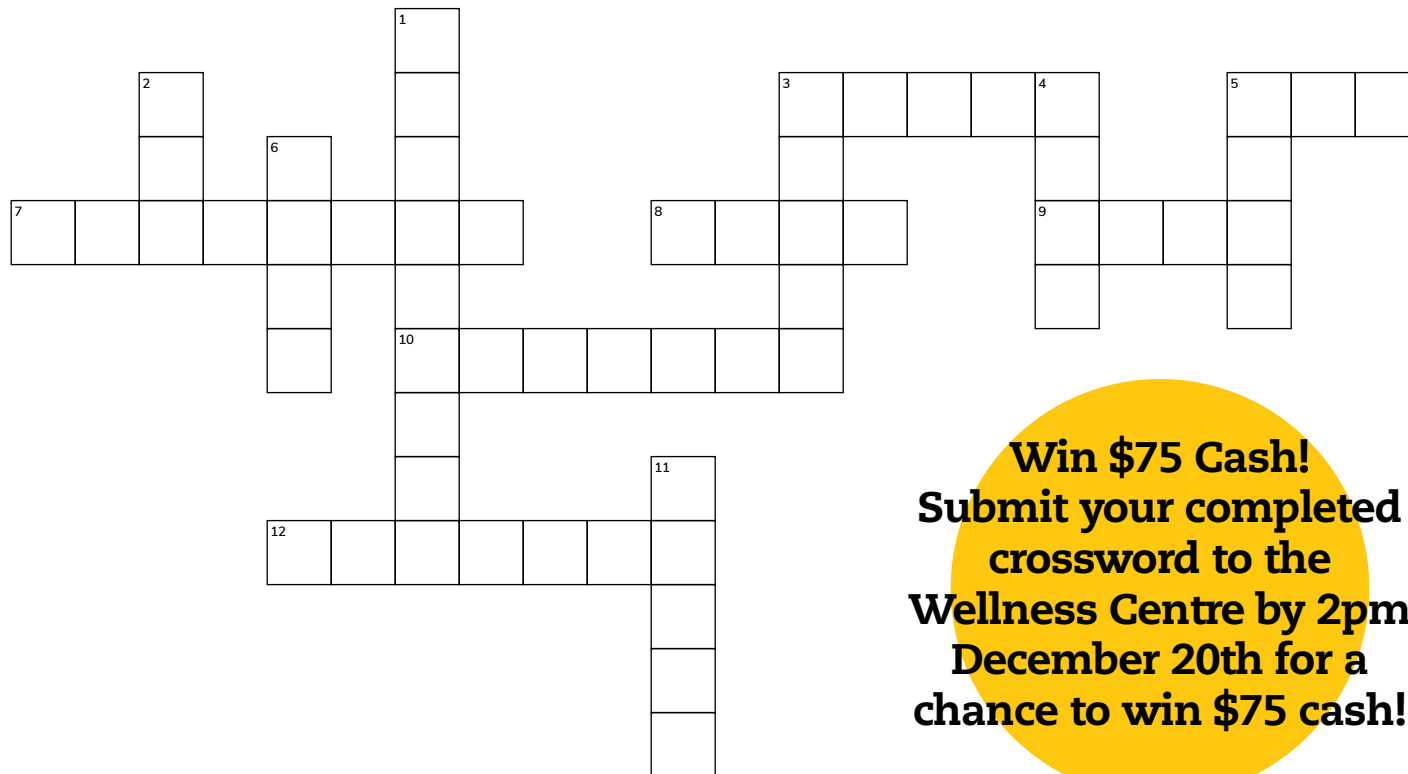
well-being of all our members. Your help is vital in reuniting families and bringing peace.

Thank you for your cooperation and compassion.



Know Your Body Parts

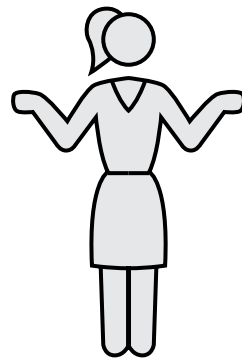
(Clues are in Cree; Answers are in English)



Win \$75 Cash!
Submit your completed
crossword to the
Wellness Centre by 2pm
December 20th for a
chance to win \$75 cash!

ACROSS

- 3. mihcihcin
- 5. mitokan
- 7. misisitanaskasiyak
- 8. masakay
- 9. mitahpiskan
- 10. matay
- 12. mitithikom



DOWN

- 1. pahpasahkapiwinana
- 2. misisitan
- 3. opwam
- 4. mispiskwan
- 5. mihci
- 6. miwakan
- 11. mitoskwan

Use the clues to fill in the words above.

Words can go across or down.

Letters are shared when the words intersect.



Nisichawayasihk Cree Nation
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NAME: _____

Phone Number: _____

The fine print: All submitted correct entries will be entered into a random draw, with one winner to be selected. Draw will be held on December 20th at 3:00 pm

JOIN US! We are hiring.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

- **Home Care Nurse – NCN Family and Community Wellness Centre**
- **Interim Foster Care Worker – South Indian Lake**
- **Case Manager – South Indian Lake**
- **Family Enhancement Worker – South Indian Lake**

Visit www.ncnwellness.ca/careers for more information.

HOME CARE NURSE

Location: NCN Head Office
Salary: Starting at \$84,622/year
Type: Full-Time Permanent Position

Responsibilities Include:

- Delivering comprehensive community health services to promote healthy lifestyles.
- Providing routine and emergency care, including advanced nursing functions.
- Assessing community health needs and implementing prevention and promotion programs.
- Mentoring and training future healthcare professionals.

Skills & Qualifications:

- Active CRNM registration and proof of registration with the College of Registered Nurses of Manitoba.
- CPR certification (must maintain certification).
- Strong emergency care skills, including advanced functions such as suturing and venipuncture.
- Knowledge of current nursing trends and culturally sensitive practices.
- Valid MB Driver's License, Criminal Record, and Child Abuse Registry checks required.

This role is ideal for a dedicated professional ready to make a meaningful impact in the community.

Apply to:

Anna Spence, HR Director
Email: anspence@ncnwellness.ca
Visit: www.ncnwellness.ca

CASE MANAGER

Location: South Indian Lake Sub Office
Salary: Starting at \$53,181/year
Type: Full-Time Position

Be a key player in providing essential support to families in need. As a Case Manager, you will conduct assessments, deliver crisis intervention, and develop service plans to empower families.

Responsibilities Include:

- Maintaining case files in compliance with CFS standards.
- Conducting risk assessments and implementing case plans.
- Providing referrals, advocacy, and supportive counseling.

Skills & Qualifications:

- Bachelor in Social Work or similar combination of education and experience.
- Strong crisis intervention, communication, and time management skills.
- Valid MB Driver's License, Criminal Record, and Child Abuse Registry checks required.

This position is open to northern candidates. Travel, food, and accommodations will be covered.

FOSTER CARE WORKER

Location: South Indian Lake Sub Office
Salary: \$53,181/year
Type: Full-Time Position

Support foster families and ensure safe, nurturing homes for children as an Interim Foster Care Worker. Your role will include advocating for foster parents, managing foster home licensing, and providing training opportunities.

Responsibilities Include:

- Supporting families to maintain the family unit.
- Offering culturally appropriate placements for children.
- Managing referrals to meet the needs of children and families.

Skills & Qualifications:

- Bachelor in Social Work or related field, or equivalent experience.
- Knowledge of First Nations culture and traditions is an asset.
- Strong time management and teamwork skills.
- Valid MB Driver's License, Criminal Record, and Child Abuse Registry checks required.

This position is open to northern candidates. Travel, food, and accommodations will be covered.

FAMILY ENHANCEMENT WORKER

Location: South Indian Lake Sub Office
Salary: Starting at \$50,605/year
Type: Full-Time Position

Help families thrive! As a Family Enhancement Worker, you'll provide vital support and resources to children and families, preventing them from entering the CFS protection system. Join us to make a meaningful impact.

Responsibilities Include:

- Engaging families and community partners to address family needs.
- Developing case plans and coordinating resources like day and evening programs.
- Offering culturally appropriate resources and support services.

Skills & Qualifications:

- Strong communication, organizational, and crisis intervention skills.
- Proficient in MS Office; BSW preferred or a mix of education and experience.
- Valid MB Driver's License, Criminal Record, and Child Abuse Registry checks required.

This position is open to northern candidates. Travel, food, and accommodations will be covered.

"Seasonal Comfort: Recipes to Warm Your Home"

As the days grow shorter and the winter chill settles in, there's nothing quite like coming home to a slow-cooked meal simmering with warmth and flavour. This hearty chili is a December classic, bringing together tender ground meat, beans, and rich spices to create a dish that's both satisfying

and easy to prepare. Perfect for a crowd or for a comforting family meal, this chili is the answer to a cold night's cravings. Top with shredded cheese, a dollop of sour cream, or a sprinkle of green onions, and serve it alongside our festive hot chocolate for a winter evening that truly warms the soul.

Slow Cooker Chili

Ingredients:

- 1 lb ground beef or ground turkey
- 1 medium onion, diced
- 1 bell pepper (red or green), diced
- 2 cloves garlic, minced
- 1 can kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes, with juice
- 1 can tomato sauce
- 1 cup beef or chicken broth
- Optional: 1 can corn
- Optional: 1 can maple brown beans
- Optional: 1 can chickpeas
- 2 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp paprika
- Salt and pepper to taste
- Optional toppings: shredded cheese, sour cream, chopped green onions, or jalapeños

Instructions:

1. In a skillet over medium heat, brown the ground beef or turkey until fully cooked. Drain any excess fat and add the meat to your slow cooker.
 2. Add the diced onion, bell pepper, and garlic to the slow cooker.
 3. Add the kidney beans, black beans, diced tomatoes, tomato sauce, and broth.
 4. Stir in the chili powder, cumin, paprika, and season with salt and pepper to taste.
 5. Cover and cook on low for 6-8 hours or on high for 3-4 hours.
 6. Taste and adjust seasonings as needed. Serve with your favorite toppings and enjoy with a cozy mug of hot chocolate!
- 
- A top-down view of a dark blue ceramic bowl filled with a hearty chili. The chili features a rich red tomato-based sauce, ground brown meat, and a mix of beans including dark red kidney beans and yellow corn kernels. The ingredients are well-mixed and appear moist.



Winter just wouldn't be the same without a steaming mug of hot chocolate. Rich, creamy, and oh-so-comforting, this hot chocolate is a treat for everyone – kids and adults alike. Made with real cocoa powder and a hint of sweetness, it's simple to make but full of indulgence. Whether

you're cozying up by the fire or taking a moment to savor a quiet December evening, this hot chocolate will be your go-to drink all season long. Top it off with whipped cream, marshmallows, or a dash of cinnamon for an extra touch of holiday magic.

Classic Hot Chocolate Recipe

Ingredients:

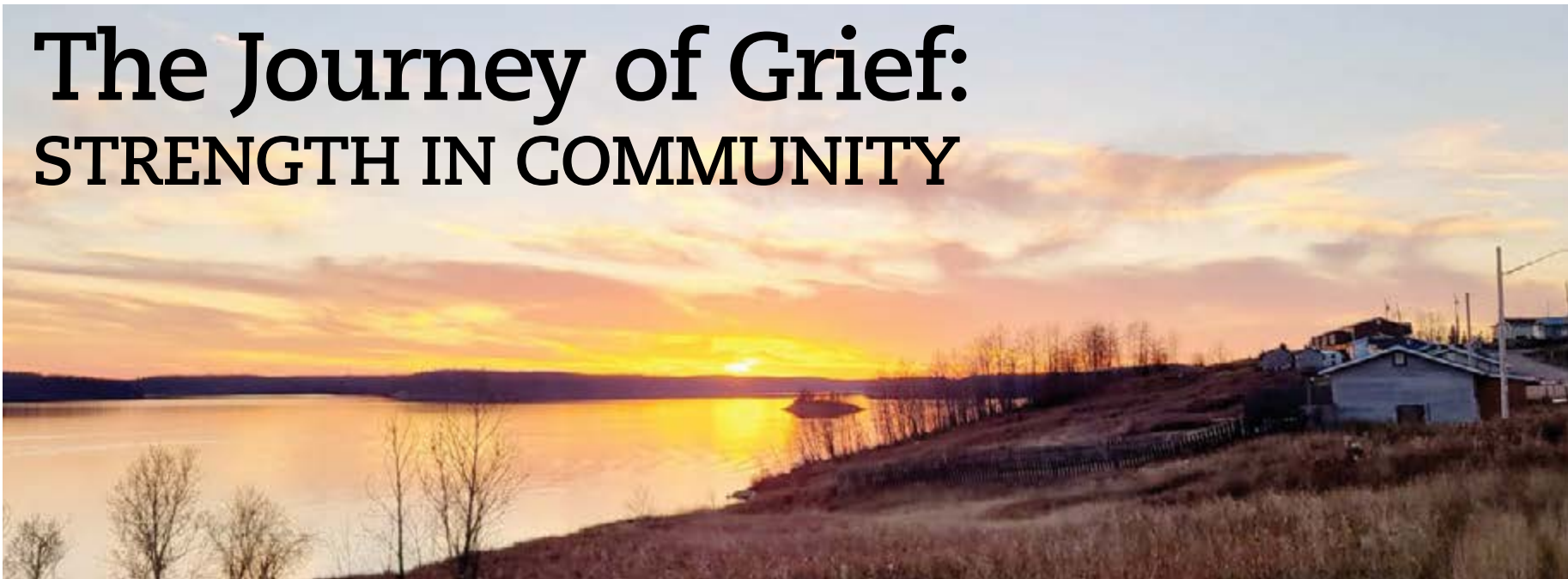
- 4 cups milk (any type, but whole milk makes it richer)
- 1/4 cup cocoa powder
- 1/4 cup sugar (adjust to taste)
- 1/2 cup semi-sweet or dark chocolate chips (or chopped chocolate)
- 1 tsp vanilla extract
- Pinch of salt
- Optional toppings: whipped cream, marshmallows, or a sprinkle of cinnamon



Instructions:

1. In a saucepan over medium heat, warm the milk until it begins to steam (but don't let it boil).
2. Whisk in the cocoa powder, sugar, and a pinch of salt until smooth and well combined.
3. Add the chocolate chips and stir until melted and the mixture is smooth.
4. Remove from heat and stir in the vanilla extract.
5. Pour into mugs and top with whipped cream, marshmallows, or a sprinkle of cinnamon. Enjoy with a bowl of chili for a winter feast that's both warming and satisfying!





The Journey of Grief:

STRENGTH IN COMMUNITY

Loss is something we all face at different times in our lives. It might be the passing of a loved one, a sudden change in our way of life, or even the loss of a relationship or opportunity. In our community, grief is not a path we walk alone. We carry the wisdom

of our ancestors, the support of our family and friends, and the strength that comes from within. Grieving is not about forgetting, and it doesn't have a fixed timeline. It is a process of learning how to carry the weight of what we've lost. Over

time, we find ways to manage the grief, allowing it to become a part of our lives in a way that honours the memory while helping us move forward.

Cultural Teachings and Healing

In Cree traditions, the circle of life reminds us that endings are also beginnings. Ceremonies, prayer, and spending time on the land help us honour those who have gone before us and connect with the Creator. Activities like smudging or simply sitting by the water also provides peace during difficult times.

Draw strength from those around you. Whether it's through talking with an Elder, gathering with family, or participating in cultural practices, sharing your feelings can lighten the burden of grief.

Finding Balance

1. **Talk About Your Feelings:** It's okay to feel sad, angry, or confused. Share how you're feeling with someone you trust—a family member, friend, or support worker.
2. **Take Care of Yourself:** Grief affects the body as much as the mind. Rest, eat well, and try to stay active, even if it's just a short walk.
3. **Honour What Was Lost:** Create space to remember. Light a candle, make a feast, or write a letter to your loved one. Acts of remembrance can be healing.
4. **Find Support:** If you're feeling overwhelmed, know that you don't have to face it alone. The Family and Community Wellness Centre's Counselling Services are here to help you through this journey.

PERTUSSIS ALERT

WHOOPING COUGH CASES REPORTED IN MANITOBA

HIGHLY INFECTIOUS DISEASE AND CAN AFFECT INDIVIDUALS OF ANY AGE

Immunization is the best way to protect against and limit the spread of pertussis.



PROTECT YOUR LOVED ONES



PROTECT YOURSELF



PROTECT OUR COMMUNITY

GET IMMUNIZED WITH THE WHOOPING COUGH VACCINE. AND YOU WILL ALSO RECEIVE PROTECTION FROM TETANUS AND DIPHTHERIA.

TALK TO YOUR PUBLIC HEALTH NURSE TO LEARN MORE ABOUT THIS IMPORTANT VACCINE OR CALL TO BOOK AN APPOINTMENT AT 204-484-2341



Nisichowayouk Cree Nation
FAMILY AND COMMUNITY Wellness Centre

Moving Forward

Healing doesn't mean that grief disappears—it means it becomes a part of your story, one that helps you grow. We don't stop grieving; we learn to live alongside it. It's about finding balance and allowing ourselves to feel joy again without guilt.

Remember, asking for help is not a sign of weakness; it's a step toward finding strength. The Family and Community Wellness Centre's Counselling Services offer a safe and welcoming space where you can share your feelings, seek guidance, and begin the process of healing. As a community, we are here for one another. Together, we can turn grief into strength, loss into learning, and sorrow into resilience.

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General Inquires: 204-484-2341
Mental Health On-Call: 431-354-1270
Public Health Nurse: 204-484-2341
NCN CFS After Hours On Call - 204-679-6386 OR 204-679-5544



The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN citizens. We focus on: • healthy eating • physical fitness • risk factors • screening • diabetes management
Call 204-484-2341 ext. 166



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: • a healthy balanced lifestyle • raising healthy kids • holistic care for pre- and post-natal mothers • nutrition for moms, babies and families
Call 204-484-2341 ext. 128 or 127



We create positive, supportive long-term mentoring relationships with women who have used substances during their current or recent pregnancy. Women are guided in harm reduction strategies, linked to community resources to reduce isolation and encourage family participation, and educated about the effects of alcohol and drugs. We also connect families to professionals for efficient FASD assessment, diagnosis and care plans and offer regular educational programs and FASD awareness events in the community.
Call Irene Spence or Tanya Moody at 204-484-2341



The Canada Prenatal Nutrition Program (CPNP) provides funding to help to improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.
Join us every Wednesday between 1pm and 3pm
To find out more, call 204-484-2341 ext 166



Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families, and awareness of the program is increasing every year. Most clients become involved with Jordan's Principle through a referral from school, JP staff, family or friends, or another health program in the community. Eligibility Criteria: Children who have or may show signs of any of the following: Developmental delays; Autism spectrum disorder; Permanent physical disabilities; Speech impairment/delays; Attention deficit disorder; Attention deficit hyperactive disorder; Medical needs
For more information call 204-484-2585

**NCN MEDICAL
RECEIVING HOME**
*A Safe, Full Service Stay
for Our Citizens*

All NCN Citizens who live on-reserve in Nisichawayasihk Cree Nation qualify to use the MRH, if there is space available, and if the MRH is capable of providing the care required. (You will be required to provide your referral information from the NCN Nursing Station.) The MRH is set up to accommodate one-day appointments, overnights, and stays of longer term* in cases of surgery and ongoing treatment. (Extensions may be provided on a case-by-case basis, with proof that you have tried to find another residence.)
Call 204-786-8661

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Noosi Muskwa
WOMEN'S SHELTER
A safe place where healing begins

The Women's Shelter offers temporary shelter to women and their children who come to us on a voluntary basis because they are in crisis or dealing with domestic violence or abuse at home from a partner or spouse. We combine protection and security with western counseling and Indigenous wisdom to help women make a plan for future security and happiness.

The Women's Shelter is located in Nelson House and is available 24 hours a day to all NCN women and children. There is no financial cost to stay with us.

We'll keep you and your children safe while you make a plan for your future.

Call 204-484-2634 or 204-354-1840



Nelson House
MEDICINE LODGE
Mithwayawin Mitho Tehewinihk Ochi

Offering non-medical, drug and alcohol treatment, prevention and aftercare services that encompasses both Indigenous and Western worldviews. This includes the natural laws of respect and humility that teach us to be open to learning and implementing best practices, to better serve those who have been greatly impacted by substance abuse and/or mental health issues. We work to assist people who have been spiritually and psychologically influenced by life's circumstances. Our unique approach delivers proven results for individuals traveling the "Red Road to Wellness".

Residents of our 8-week know Drug and Alcohol Treatment Program are guided by Medicine Lodge's dedicated staff of professional clinicians, counsellors, and spiritual healers.

Call 204-484-2256



ndinawe
NDINAWEMAAGANAG
ENDAAWAAD INC.



NDINAWWE
204-417-SAFE

Connecting at-risk youth with the shelter, culture, programming, education, health and supports they need for safe and healthy lives.

Your central source for adult addiction services.

MBAAddictionHelp.ca

We're here when you're ready.
Call or text 1-855-662-6605

MANITOBA
CRIME STOPPERS

To Submit a Crime Stoppers Tip:
Call: 1-800-222-8477(TIPS)

Submit a Tip Online: www.manitobacrimestoppers.com
A safe and anonymous way to report crime

CFS On-Call
NCN: 204-679-6386
or 204-679-5544

24/7 SUPPORT

Counselling Services On-Call
NCN: 431-354-1270
(On call hours are from 4:30pm to 8:30am AND 24 hours Saturday/Sunday and Holidays)

NCN Family and Community Wellness Centre provides essential services for Nisichawayasikh Cree Nation and surrounding communities for health and child services

South Indian Lake
CFS On Call

Check the NCN Family and Community Wellness Centre's Facebook Page for who's on-call each week.

If at any time you are unable to reach an on-call worker, contact Intake in Thompson @ 1-866-260-9457

Where children are in need of protection from abuse or neglect such as: alcohol around minors, domestic or intimate partner violence around minors, or anything that compromises a child's basic needs of health or safety.

Call: RCMP - Leaf Rapids @ 204-473-2449
RCMP - Winnipeg @ 204-374-2345
RCMP - OCN @ 204-374-2029
Security - OCN @ 204-374-2429

We are here to help 24 hours a day
1-877-435-7170
MANITOBA SUICIDE PREVENTION & SUPPORT LINE

reason to live.ca

Thinking of suicide?
If you need to talk, we're here to listen.

9-8-8
toll free, 24/7



Christabelle Keeper (left) with Leonard Wood (right) – Christabelle works in Public Health.



Gabe Lobster (left) with Leanna Anderson (right) – Leanna is one of the Public Health nurses with the Wellness Centre.

World AIDS Day: Promoting Awareness and Prevention in NCN

To recognize World AIDS Day (December 1st), the NCN Wellness Centre Public Health Staff organized an engaging community event at the Three Rivers Store. This outreach effort aimed to raise awareness about HIV/AIDS and the importance of sexual health in our community. Cookie packages containing safe sex supplies were distributed to promote prevention and start meaningful conversations about a critical health issue.

This year's global theme, "Take the Rights Path: My Health! My Right!" underscores the importance of everyone's fundamental right to health. It emphasizes that access to healthcare, information, and support is not a privilege but a right that everyone

deserves, including those living in remote and underserved communities like NCN.

World AIDS Day is an important occasion for reflection, awareness, and action. Indigenous communities like NCN are uniquely impacted by HIV/AIDS, with higher rates compared to the national average. Community-

centered approaches that reflect the values and needs of NCN members play a vital role in providing everyone with the resources and knowledge to safeguard their health.

The Family and Community Wellness Centre's Public Health team initiative emphasizes the importance of

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Public Health

FAMILY AND COMMUNITY Wellness Centre

Manitobans protect each other from flu and COVID-19.

EVERY VACCINE COUNTS!

Manitoba.ca/vaccine

Manitoba

Monday to Friday 9:00 to 3:30pm
Walk-In Clinics for flu, covid & pneumonia vaccines
Call 204-484-2341 for ride information
For all other vaccines, appointment is required

breaking down barriers and stigma that often prevent individuals from seeking help or education about HIV/AIDS. Events like these also provide an opportunity to connect with community members in a warm, approachable way, making it easier to share vital information about prevention and support.

What is World AIDS Day? Established

in 1988, this global observance serves as a reminder of the progress made in fighting HIV/AIDS and the challenges that remain. It's a time to honour those we've lost, support those living with HIV/AIDS, and recommit ourselves to the fight against stigma and discrimination.

This year's recognition in NCN is a step toward empowering individuals

with knowledge and fostering open conversations about sexual health. Remember, the path to wellness is built on understanding and connection.



Alvin Moore (left) with RJ Francois (right).

Did you know?

- Indigenous communities account for nearly 11% of new HIV cases in Canada annually.
- Safe sex supplies and regular testing are simple yet powerful tools to protect yourself and your loved ones.

For more information on HIV/AIDS or to access local resources, please contact Public Health at 204-484-2341.

Together, let's honour World AIDS Day by spreading knowledge, care, and support. Let's all take the rights path: *Your Health! Your Rights!*

Join the Circle of Knowledge Advisory Group

We are looking for passionate individuals to join the new Circle of Knowledge Advisory Group. If you have cultural knowledge and experience in raising healthy children, supporting families, and nurturing a strong community, we want to hear from you!!

What You Need to Know:

- Advisory Role Only
- Members will provide guidance and insights, with no additional responsibilities beyond offering advice
- Earn a \$200 honorarium per meeting
- Supper and Refreshments provided during each meeting
- Free Transportation available as needed
- One representative from each area

Eligibility:

- Must not be an employee of the NCN Family and Community Wellness Centre
- An updated Prior Contact Check and Child Abuse Registry Check
- Submit a Letter of Interest: Send to anspence@ncnwellness.ca
- Deadline: Submissions must be received by November 8th

Infant & Child (0-12yrs)

Be Part of a Committee

Youth (13-25yrs)

Young Adult (26-54yrs)

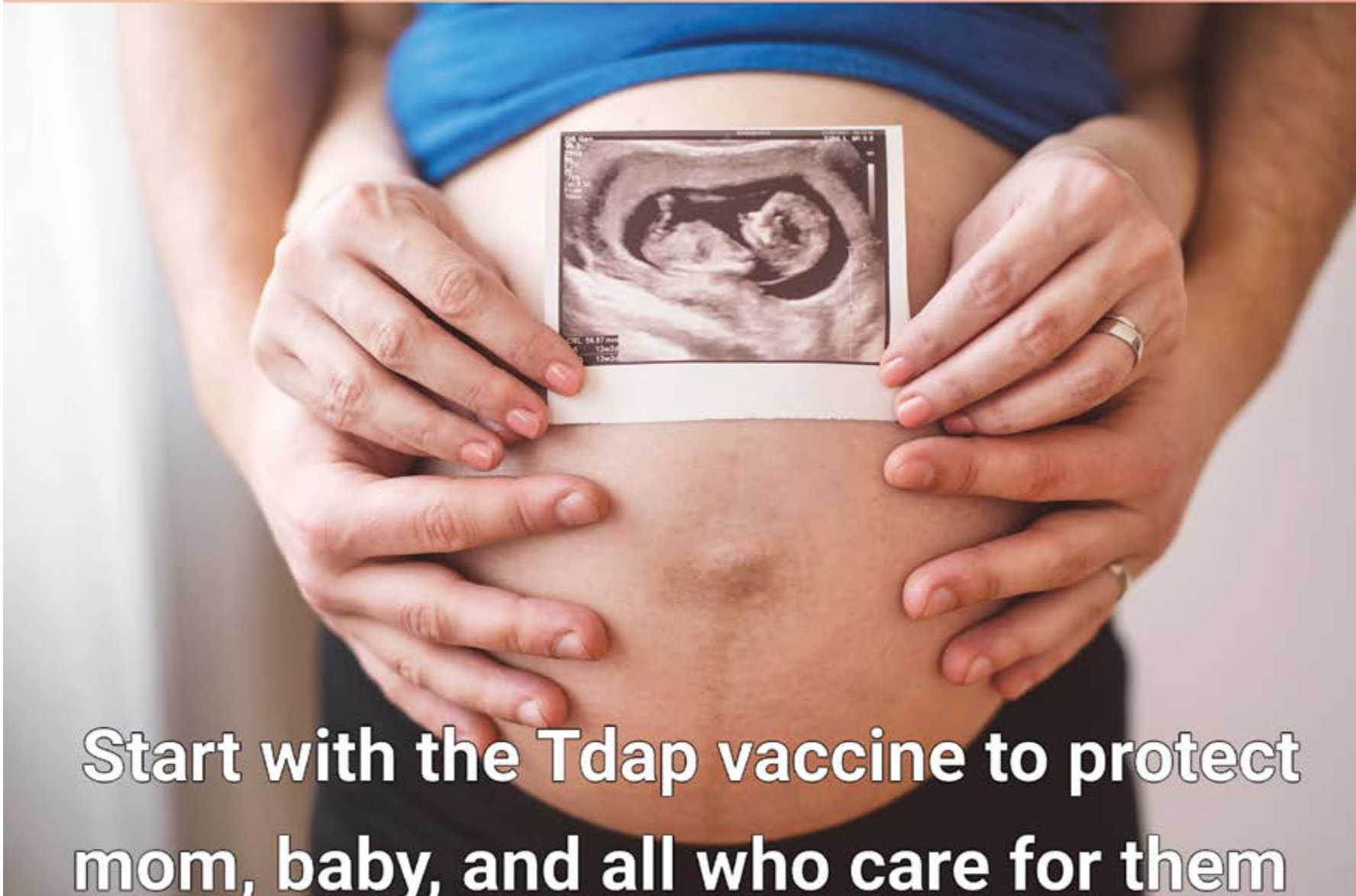
Youth (13-25yrs)

Elders (55+)

Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre INC.

Help us raise a healthier community by sharing your knowledge and experience!

IT TAKES A FAMILY



Start with the Tdap vaccine to protect mom, baby, and all who care for them



FAMILY AND COMMUNITY
Wellness Centre Inc.

**IF YOU ARE PREGNANT AND
BETWEEN 27 AND 32 WEEKS:
CALL 204-484-2341
TO BOOK YOUR APPOINTMENT
TODAY**



Your Path to Wellness

See how the FCWC
can help you ...
Programs, support,
education, and more ...



Tuberculosis Program

TB is an infectious bacterial disease. It usually affects the lungs but can harm other areas of the body. The good news is you can cure active tuberculosis with a consistent and complete course of medication. This is also the best way to prevent TB from spreading. Because Tuberculosis is a transmitted disease, it is always a concern in our community. Our public health team delivers education and screenings to help everyone avoid tuberculosis, and medication programs to stop the disease if you become infected.



Services Include:

- Provision of information and care
- Access to effective medication
- Education about what's happening in your body, nutritional food, exercises
- Access to health care professionals
- Transportation (as needed)

Benefits Include:

- Open and honest communication with your health care team
- Consistent and complete course of medication
- Prevention of spread in the community
- Support for patients and caregivers

*Tuberculosis is Curable.
Let us Help You and Prevent Spread.*

BCG Vaccine for Newborns and Infants

Did you know, newborns are no longer be given the BCG vaccine at the hospital? NCN's Public Health provides BCG (Bacille Calmette-Guérin). It is a vaccine given to babies to protect them from serious forms of Tuberculosis (TB), TB Meningitis (brain infection) and widespread infection. BCG vaccine helps to protect infants and young children from serious complications of Tuberculosis.

Since 2004 the BCG vaccine has not been given to members of NCN and SIL because of a very rare immune condition called Severe Combined Immune Deficiency Syndrome (SCIDS) linked in bloodlines from both communities. As of September 28, 2020. All babies born in Manitoba are screened for SCIDS as part of their routine newborn tests.

The BCG vaccine is offered to newborn/infants living in ALL Manitoba First Nation communities.

Please call to book an appointment as soon as you return home from the hospital.

If you have any questions, please call and speak to a Public Health Nurse.

Call: (204) 484-2341 Ext. 160 or 163



*Providing Routine Child Immunization and Vaccination
for the Health of Your Child and the Community*



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: 204-484-2341 Ext. 132

Address 14 Bay Road Drive, Nelson House, MB R0B 1A0

Do you have a suggestion or a Mithomahcihowin story idea?

We would like your comments, feedback or news stories. Please contact ncnwellness@gmail.com



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
T (204) 484-2341
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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](https://www.facebook.com/ncnwellness)