



Nisichawayasihk Cree Nation
 FAMILY AND COMMUNITY
 Wellness Centre, Inc.

Good Health, Good Feelings

Mithomahcihowin



APRIL
 2024

Learning Traditions Through Crafting and Being Creative

Jordan's Principle hosted a full week of crafting and creating over the spring break. NNOC was a bustling place all week, with participants selecting colourful thread, materials and patterns, and talking and laughing as they worked.

Participants had the chance to make ribbon skirts and beaded earrings with Hope Linklater. Terrance Thomas led classes in making drums and rattles. Those who were interested in regalia belt-making learned from Stew Francois.

We are grateful to our facilitators and to those who chose to spend their time learning about our traditions!



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Managing Your Money: Do's and Don'ts When Money Arrives

Receiving a paycheck, or any form of cash offers an opportunity for positive financial decisions that can benefit yourself, your family, and the community. Wise management of these resources is essential for sustainable development, cultural preservation, and community well-being. Below are some do's and don'ts tailored to the unique needs and challenges of the community.

✔ Do Create a Budget

Budgeting is fundamental to financial management. Before spending, draft a plan for your income, expenses, and savings goals. This ensures your spending aligns with your priorities and contributes to your savings.

✔ Do Save for Emergencies

Emergency Savings provide a financial

safety net for unforeseen expenses, such as medical emergencies or urgent home repairs. Allocate a portion of your money to an accessible savings account dedicated to emergencies.

✔ Do Support Your Community

Community Support strengthens the economy and social bonds. This can include buying from local businesses, contributing to community projects, or supporting cultural preservation efforts. Your financial choices will have a significant impact on the community's resilience.

✔ Do Pay Off Debt

Debt Reduction frees up more of your income for savings and investments. Prioritize paying off high-interest debts to avoid the snowball effect of accumulating interest.

✔ Do Contribute to a Healthy Environment

Avoid Substance Abuse: Allocate your finances towards healthy activities and essentials. Substance abuse, including drugs and alcohol, not only drains your financial resources but also contributes to broader social issues like violence, family neglect, and absenteeism. Prioritizing health and wellness benefit you, your family, and the community.

✘ Don't Spend Impulsively

Impulse Buying can rapidly deplete your finances. Resist making large, unplanned purchases; if something expensive catches your eye, plan and save for it.

✘ Don't Ignore Debts

Debt Ignorance escalates the problem. Consistently address your debts to avoid additional charges and negative impacts on your financial health.

✘ Don't Neglect Financial Education

Ongoing Learning about how to manage finances is empowering. Seek out resources, workshops, or courses to enhance your financial literacy. Knowledge is power, especially when it comes to managing your money wisely.

✘ Don't Misuse Funds on Drugs and Alcohol

Substance Misuse has profound negative impacts on the community. Recognize the long-term harm caused by spending on drugs and alcohol, which can lead to serious issues like violence, neglect, and absenteeism. Investing in positive and constructive avenues creates a better future for you and your community.

By adhering to these do's and don'ts, you can make financial decisions that enhance personal well-being, support community development, and contribute to the preservation of cultural values. Wise money management is about more than personal security; it's about fostering a thriving, resilient community for current and future generations.



Stay Safe on Thinning Ice: A Springtime Alert

As the calendar turns and the warmth of spring begins to melt away the chill of winter, this transition period brings with it a hidden danger – thinning ice. Skating, fishing, or simply walking on what appears to be a solid frozen surface can quickly turn into a perilous situation. It's vital to recognize the hazards of thinning ice and take precautions to ensure your safety and the safety of others.

Understand the Risk

Ice begins to thin as temperatures rise, making it unstable and unpredictable. What may seem like a sturdy, frozen surface can suddenly give way, leading to potentially life-threatening situations. Falling into icy water can cause immediate cold shock, hypothermia, and, in worst-case scenarios, drowning.

Ice Safety Tips

1. **Check the Ice Thickness:** Always measure the ice before stepping onto it. A minimum of 4 inches of

clear, solid ice is recommended for walking or ice fishing alone. For groups, 6 inches or more is safer.

2. **Stay Informed:** Keep up with local weather reports and heed warnings about unsafe ice conditions. Elders, the fire department and the Emergency Management Operations Team may provide updates on ice safety.

3. **Bring Safety Gear:** Carry safety items such as ice picks, a whistle, a flotation device, and a rope. These can be lifesavers if you or someone else falls in.

4. **Stay Near the Shore:** If you must venture onto the ice, staying close to the shore can reduce the risk of being unable to get back if the ice breaks.

5. **Buddy System:** Never go onto the ice alone. Having a companion means there's someone to help in case of an emergency.

6. **Don't Panic:** If you fall in, try to remain calm. Panic increases your risk of hypothermia and makes self-rescue more difficult.

“Think Twice, Thin Ice!”

This serves as a reminder to think carefully and assess the situation before stepping onto ice, especially during the spring thaw. Safety

should always be the top priority. By following these guidelines and using common sense, you can enjoy the beauty of the season without putting yourself at unnecessary risk.

Stay alert, stay informed, and most importantly, respect the power of nature and the fragility of ice during the spring thaw.



Night lodge ceremony

David Blacksmith
Ceremonial
Conductor

**kosapâcikan
kanaci isihcikiwina
mâtosan**

February 13, 2024
12:00 pm
Night Lodge Ceremony
6:00 pm
Sweatlodge Building
Bring your sweatlodge gear: feast
plate, cup & cutlery, tobacco and cloth
for offerings

contact Felix Walker @ 204-679-0788 or
Jackie Walker @ 204-679-5277



Remembering Loved Ones Through Dance

On April 6, community members gathered at the multiplex for a picisimowin ishcikiwina memorial round dance.

The event began with a kanaci

aspwâkan ishcikiwina pipe ceremony and teachings from Felix Walker and Ben Steinhauer.

"It was a time to remember and akâwâtêhitaman grieve in a kanaci

ishcikiwina ceremonial way," says organizer Jackie Walker.

Singers from Saddle Lake, Alberta joined Wapi-Kiwîtin Singers from NCN, including Nisto Abishtosew

Blacksmith, Dez Colomb, Quade Hart, Trenton Moose, Elles Moose, Christin Francois and Teagan Moody.

Participants had the opportunity to bring a photo of their loved one, to honour and remember, and also enjoyed a mechithawesen feast and atâmiskatowin giveaway.



EMPLOYMENT OPPORTUNITY (1) Interim Position Available

Titles: Unit Supervisor

Location: NCN CFS Amalgamated Sub-Office, Units 12-15, 436 Thompson Drive, Thompson, Manitoba

Job Summary:

The Unit Supervisor reports to the Director of Operations and provides support, direction, leadership, and guidance for a team of case managers and administrative support. The Supervisor ensures compliance with CFS Act, standards and regulations within the visions and mission of NCN FCWC. The incumbent delivers services in a culturally appropriate manner congruent with Indigenous values and beliefs with focus on Family strength, preservation and reunification.

Demonstrated Skills & Abilities:

- Responsible for the Supervision of case managers of Children in Care and Family Services files by complying with the Child and Family Services Act and Program Standards.
- Provide direction and leadership to workers in assessing family functioning and risk factors to children's safety and implement intervention

plans to address the child protection and family support issues and permanency planning.

- Provide direction and leadership to workers in support, and preserving family unity.
- Provide service delivery congruent with Indigenous ways of being.
- To work cooperatively and effectively with internal and external collaterals.
- Oversee a team of workers in various capacities of employment.

Qualifications:

- Bachelor of Social Work or other combinations of education and experience will be considered
- Must have 3-5 years experience working in Child Welfare/Child Protection
- Must have experience working with CFSIS database
- Knowledge and experience in applying therapeutic approaches with children and families
- Excellent oral and written communication skills
- Excellent crisis intervention skills
- Proficient in computer literacy
- Proven ability to work as an integral member of a team

■ Strong time management skills and ability to work effectively under pressure

■ Demonstrated experience and skills in working with various ethnic/racial backgrounds with a specific focus on First Nations issues.

■ Must possess a valid Manitoba Driver's License & be able to provide a clean Child Abuse Registry/Prior Contact & Criminal Record Check upon hire

Salary: Starting \$73,964.00 Annually

Closing date: April 18, 2024

Submit all Applications to:

Anna N. Spence
 Director of Human Resources
 ansponce@ncnwellness.ca
 NCN Family & Community Wellness Centre Inc.
 14 Bay Road, Nelson House, Manitoba
 Phone: 204-484-2341
 Fax: 204-484-2351



Nisichawayasihk Cree Nation
 FAMILY AND COMMUNITY
 Wellness Centre Inc.



Achoo! Spring Is Here

Some people are excited for spring, and others dread it. If you are sad to see the snow melting, you may have seasonal allergies.

Often called hay fever or rhinitis, seasonal allergies are caused by tree pollen, weeds, flowers, mould spores, dust and mites. All of these things are at the height of their powers at this time of year.

Hay fever is not fatal but it can be very annoying. Sneezing, runny nose, watery eyes, coughing and itchiness are all common symptoms.

You can find relief through medications, such as eye drops, nasal sprays, antihistamines or decongestants, but it's a good idea to speak to a professional instead of self-diagnosing. Try the virtual doctor service, QDoc, or speak to a pharmacist.

Herbal remedies include licorice root,

butterbur, stinging nettle or elderberry. You may also find relief with a neti pot.

The best way to deal with allergens is to avoid them.

- Stay indoors on dry, windy days & remember that it's worst in the morning.
- Change your clothes when you come in & do laundry often. Have a shower, too.
- Keep windows closed & clean your air filters.
- Dust & vacuum often.

Try the free virtual doctor service, QDoc.

- Go to qdoc.ca or call 1-833-736-2362.
- Create an account with your email address & Manitoba Health Number.
- Click on "Start Visit." You will be put in line & a doctor will text or respond online.
- Notes from your visit will be available later through your profile.

Is This Stress Or Anxiety?

We all have moments of unease that we label “stress” or “anxiety.” Neither is necessarily bad. In fact, they can help us to recognize danger or bad decisions. They can also motivate us to accomplish difficult tasks and improve our lives.

But do you understand the difference between them? And how to cope?

Stress is usually a response to an external cause, and it will go away when the situation is resolved. You often feel stress in the body, such as sweaty palms and a faster heart rate.

For example, you may experience stress when you’re waiting for your turn to make your presentation, but when you’ve finished, the stress goes away.

But if you never get closure on a stressful event, or if you’re moving from one stressful event to another, you may progress into anxiety.

Anxiety is often your reaction to stress. For example, if your marriage is falling apart while you’re caring for a sick family member, you may feel overwhelmed by these stressors, and end up dealing with anxiety.

Sometimes anxiety is not caused by a specific incident. It just feels like a sense of dread and uneasiness that doesn’t go away. It can affect your life and your choices every day.

Symptoms of stress & anxiety can include:

- feeling nervous, restless, tense or angry
- feeling a sense of doom, danger or panic
- trouble concentrating and/or sleeping
- negative self-talk
- feeling excessively weak or tired
- losing interest in your hobbies, friends & family
- loss of appetite and/or emotional eating
- stomach/bladder/GI problems

Many people can manage stress and anxiety with good self-care.

That includes a healthy diet with lots of water. Regular exercise and sleep are important. Try journaling about your worries and find time for fun and hobbies every day. Eliminating caffeine, nicotine, alcohol and/or drugs may lessen the “jitters.”

But if you find yourself thinking about self-harm or suicide, or if your anxiety is taking up too much of your life, it’s time to get help. Call the Family & Community Wellness Centre at 204-484-2341. We’ll give you strategies and help you deal with your struggles.

If you’re in danger of hurting yourself, call or text 988.

Panic Attacks

A panic attack is a sudden moment of intense fear that triggers your body into creating severe physical “fight or flight” reactions, when there is no real, current danger. They are very alarming, and you may believe you’re having a heart attack or “losing your mind.”

Fortunately, they can be managed with proper strategies.

If you recognize that you’re having a panic attack:

- Ask for help. Call a friend, a doctor, or a helpline.
- Go outside if you can.
- Reassure yourself: I’m not going to die. I’ll get through this. I won’t stop breathing.
- Take slow, even breaths & inhale through your nose.
- Don’t fight it, but remind yourself it will pass.

Symptoms of a Panic Attack:

- trembling
- feeling doomed
- tingly & numb
- tense
- confused
- sweating
- you’re out of breath
- your heart is racing
- your chest is tight

Emergency Phone Numbers

Hope for Wellness Help Line (for Indigenous people)

1-855-242-3310

Canada Suicide Prevention Service

1-833-456-4566 or text 45645

Kids Help Phone

1-800-668-6868 or text 686868

MB Suicide Prevention & Support

1-877-435-7170

NCN Nursing Station

204-484-2031

NCN Ambulance

204-484-2911



Hotline number

Call or Text 988

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**



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Jordan's Principle Community Engagements

Jordan's Principle office hosted community Engagements In NCN, Thompson, Winnipeg to meet citizens. To discuss topics and most importantly to gather input that would help strengthen the program.



COMMUNITY ENGAGEMENT FOCUS GROUP

Event Highlights

- Delicious Food
- Door Prizes
- Participant gifts

To confirm your attendance if you are needing a ride
204-484-2585

Jordan's Principle
 A Child First Initiative
 NCN Family and Community Wellness Centre

Your Input Matters

We invite parents and caregivers involved in the Jordans Principle program to come together for a focus group discussing the care and support of our exceptional children. Your insights and experiences are invaluable in shaping how we care for our children with special needs.

What to Expect:

- Engaging in discussions to help strengthen our programming
- Idea sharing on special activities and support systems
- Networking with other parents facing similar challenges

TUESDAY	WEDNESDAY	FRIDAY
27 FEBRUARY 2024	28 FEBRUARY 2024	1 MARCH 2024
Norman Linklater Memorial Multiplex	Mystery Lake Eagles Nest Room	Holiday Inn on Ellice
10:00 AM - 3:00 PM LUNCH PROVIDED	10:00 AM - 3:00 PM LUNCH PROVIDED	10:00 AM - 3:00 PM LUNCH PROVIDED



Way To Go, Jaddin!


Congratulations to Jaddin Spence on completing his Enhanced Security Guard Training.

To celebrate, FCWC employees gathered for a luncheon and Jaddin was presented with a certificate and honoured with a star blanket.

We are thankful for employees who want to improve themselves. They elevate our community and make NCN a better place!



BE WISE, IMMUNIZE



Is your child in grade 6?

Public health is booking appointments for children to receive their school immunizations.

What is the recommended immunization schedule for sixth grade children?

- ✓ **Men-C-ACYW-135** (Meningococcal Conjugate Quadrivalent)
- ✓ **HB** (Hepatitis B)
- ✓ **HPV** (Human Papillomavirus)
- ✓ **Flu** (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.

What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?

Yes. If a child misses one or more doses of any school immunization program vaccines, the vaccine(s) can still be offered free-of-charge.


What do I do if a vaccine is missed?

You can call the Family Community Wellness Centre public health office and ask for your child's immunizations to be reviewed by a public health nurse, then an appointment can be scheduled.

Why should my child get immunized?

Immunization is the best way to protect your child against serious, and potentially fatal infections. Vaccines help your child's immune system to recognize and fight bacteria and viruses that cause disease.

Make sure your child's immunizations are up to date by calling:



Nisichawayasink Cree Nation
**FAMILY AND COMMUNITY
Wellness Centre**

Public Health Office
(204) 484-2341 ext. 131

- Parents to book appointments with Public Health office
- Rides provided
- COVID-19 precautions to be followed @ FCWC
- Screening upon entering the building, wear a mask, hand sanitize, and social distance
- Stay home if you are sick


Notice from Public Health

Hepatitis C is passed blood to blood. Know how to protect yourself and others.

HEPATITIS C IS PASSED BLOOD TO BLOOD

Know how to protect yourself and others

- Use new needles, syringes, filters, washes, water and cookers if you inject drugs.
- Use your own pipe or stem and mouthpiece if you smoke drugs.
- Use your own rolled paper or straws if you snort drugs.
- Use only sterile equipment, new needles and new ink if you get a tattoo or piercing.
- Use your own personal care items such as razors, nail clippers and toothbrushes.
- Use condoms and lube if you are having sex that has a higher chance of hepatitis C transmission.



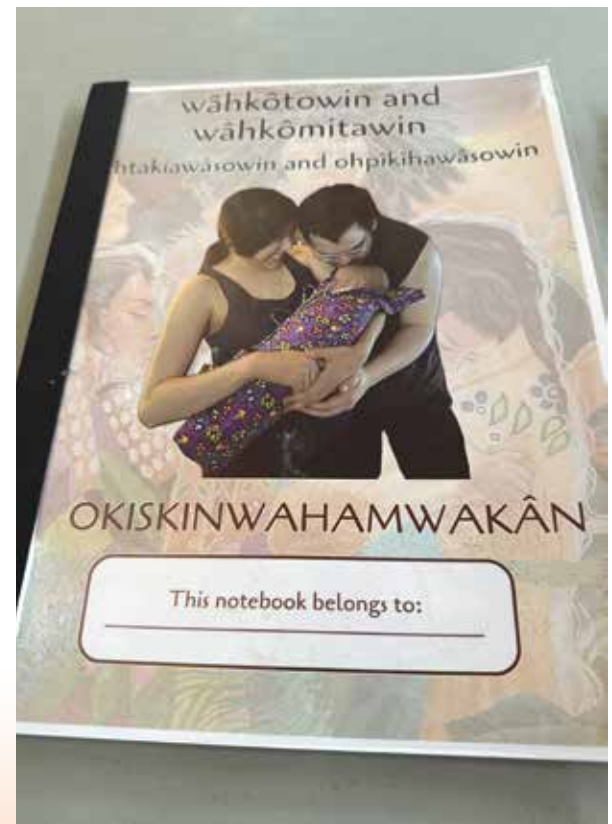
➤ Although not common, hepatitis C can be passed from parent to child during pregnancy or childbirth.

➤ Sexual transmission of hepatitis C is rare. The risk increases with certain factors such as condomless anal sex, HIV, sexually transmitted infections, sex where blood is present, group sex, and chemsex.

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Traditional Parenting Training

Traditional Parenting Training facilitated by Jackie Walker. The workshop was three days on traditional parenting, learning about Moss bags, making baby wrap arounds, the stick game everyone enjoyed.



Money Is A Great Teacher For Kids

Money offers many opportunities to teach your children important lessons like hard work, discipline, ownership and independence.

An easy way to teach your kids how to create a goal and achieve it is to help them decide what they'd like to buy and then help them find ways to earn money.

By the time they are 8 years old, most kids can do odd jobs around the house and for extended family and Elders while making \$5 or \$10 at a time.

They should store their hard-earned cash in a special place, whether a wallet or a piggy bank. It should stay safely at home, and should not be pulled out to show friends!

Help them visualize their progress by creating a chart with \$0 at the bottom and increments of \$10 or \$20 up the page to their goal amount. They should colour in their progress as they go.

This visual reminder will help them to be disciplined. It's easier to stay focused (and not blow money on candy) when they can see that they're getting closer to their goal. Offer encouragement and celebrate when they're halfway!

Learning that hard work and discipline leads to achieving goals is invaluable, and will serve your kids throughout their lives.

Learning that hard work and discipline leads to achieving goals is invaluable, and will serve your kids throughout their lives.

Once they've purchased their beloved item, whether it was a comic book, guitar or a PS5, the next teaching moment arrives.

When you own something special, it's important to take care of it. Read the owner's manual together, or learn about caring for your purchase on YouTube. What

maintenance is required? Where should you

store your purchase? How do you clean it and how often?

Talk with your kids about ownership and lay some ground rules. For example, when can the child use their purchase? For how long? Do they have chores they need to complete first? Who is allowed to use this item? Should they ask the child for permission? What happens if it breaks? What if it was in the wrong spot when it was broken?

You can see how discussing ownership also creates conversations about sharing, trust and responsibility.

Of course, the truly priceless lesson is that money is not just about stuff.

Having money of your own, whether it's a nest egg in a savings account or a regular stream of income from a job, creates independence and freedom.

A young man with money of his own can avoid bad decisions and bad people. A woman with money can leave an abusive relationship.

Encourage your teenagers to apply for part-time jobs as soon as they are able. They will learn skills like customer service, taking direction and initiative. They will be seen in the community as hard-working and will create connections and receive opportunities.

Have a conversation about their paycheques. How much should they spend on stuff? How much should they save for their future? What are their short- and long-term goals?

The sooner you teach your kids about money, the sooner they can be free to dream about their future and make the plan to get there!



Nurture holistic wellness

Strengthen NCN families with community and culturally-based activities focused on Family Enhancement.



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204-484-2341 ncnwellness.ca



Meeting Future FCWC Staff

On March 13, the FCWC attended a career fair at NNOC.

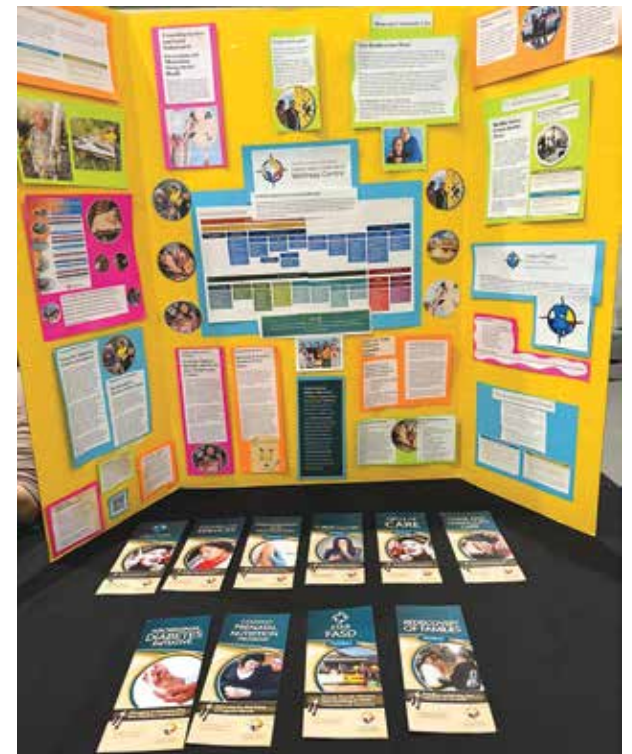
Our booth had a bright colourful display that outlined the structure of the Family and Community Wellness Centre and highlighted the many programs and services available.

Students were able to take home information packages explaining employment opportunities at the FCWC.

Other presenters at the career fair included the Canadian Armed Forces, Emergency Medical Services, and booths that outlined post-secondary education and apprentice opportunities.

Thank you for having us, NNOC! We look forward to employing your students.

If you would like to learn more about opportunities for work with the FCWC, call us at 204-484-2341.



Narcan Spray Available For Suspected Opioid Overdose

Narcan spray is available from the Public Health office. Naloxone (including intranasal form) is also accessible for First Nations and Inuit clients covered by the Federal Non-

Insured Health Benefits Program. For more information, please reach out to the Public Health office.

Instructions for Use

Opioid Overdose Response Instructions

NARCAN™ Nasal Spray is a pure opioid antagonist indicated for emergency use outside of a hospital to reverse known or suspected opioid overdose, as manifested by respiratory and/or severe central nervous system depression.

NARCAN™ Nasal Spray can be administered by a bystander (non-healthcare professional) before emergency medical assistance becomes available, but it is not intended to be a substitute for professional medical care. Emergency medical assistance (calling 911) should be requested immediately when an opioid overdose is suspected, before administering naloxone.

Important: For use in the nose only.

Do not remove or test the NARCAN™ Nasal Spray until ready to use.

Instructions for Use

NARCAN[®] realmore HCl
NASAL SPRAY_{4mg}

Step 1: Identify Opioid Overdose & Call for Emergency Medical Help



Check for signs of an opioid overdose:

- Person DOES NOT wake up after you shout, shake their shoulders, or firmly rub the middle of their chest.
- Breathing is very slow, irregular or has stopped.
- Centre part of their eye is very small, like a pinpoint.

Call 911 or ask someone to call for you.

Lay the person on their back.

Step 2: Give NARCAN[®] Nasal Spray



Remove device from packaging. **Do not test the device.** There is only one dose per device.

Tilt the person's head back and provide support under their neck with your hand.

Hold the device with your thumb on the bottom of the plunger. Put your first and middle fingers on either side of the nozzle.

Gently insert the tip of the nozzle into one nostril.

Your fingers should be right up against the nose. If giving to a child, make sure the nozzle seals the nostril.

Press the plunger firmly with your thumb to give the dose.

Remove the device from the nostril.

Step 3: Evaluate and support



Move the person on their side (recovery position). Watch them closely.

Give a second dose after 2 to 3 minutes if the person has not woken up or their breathing is not improved. **Alternate nostrils with each dose.**

Note: Each NARCAN[®] Nasal Spray device contains only one dose; use a new device for each additional dose.

You can give a dose every 2 to 3 minutes, if more are available and are needed.

Perform artificial respiration or cardiac massage until emergency medical help arrives, if you know how and if it is needed.

For a list of serious warnings, precautions and contraindications, refer to the product monograph.

Your Path to Wellness

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



Dreamcatchers Headstart Program

This is an enrichment program for on-reserve children, from birth to six years of age, and their families. Your child is acknowledged as an individual, with unique learning styles, strengths and challenges. Dreamcatchers staff encourage all children to be proud of their First Nations culture and language.

This program is free of charge! All NCN families are encouraged to register their children and get a strong start to lifelong learning. The spiritual, emotional, intellectual and physical growth of your child is considered in all activities, and parents are encouraged to learn how to become active participants in their child's education.

Giving Our Children a Strong Start

Get help with:

- transportation
- nutritious snacks
- CFS support letters
- medical appointments
- referrals to other programs and services

Activities such as:

- health and hygiene lessons
- traditional arts and crafts
- on-the-land outings
- community events



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Phone: **204-484-2341**

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

Follow us on Facebook

April's World Autism Month



Jordan's Principle
A Child First Initiative

NCN Family and Community Wellness Centre

Nisichawayasihk Cree Nation Family and Community Wellness Centre's Jordan's Principle Initiative wants to remind everyone to take part in Autism month. It is widely recognized that autism occurs in all populations, including Indigenous populations. Show your support. Children and adults of all ages can be affected by autism, and we can all help by having a better understanding and creating an inclusive community where autistic people are embraced, and recognized for their many contributions, skills and talents. Stand together and reduce the stigma around autism.

What is World Autism Month?

Every April, the world celebrates World Autism Month. Autism is a developmental disorder that affects communication, social interaction, and behavior. Some people with autism may have mild symptoms and be able to function independently,

while others may have more severe challenges that require a higher level of support. Some common characteristics of autism include difficulty with social interactions, trouble with communication, repetitive behaviors, restricted interests, and sensory sensitivities.

Autism is typically diagnosed in early childhood, often by the age of two or three, although some individuals may not receive a diagnosis until later in life. While the exact cause of autism is not known, a combination of genetic and environmental factors may play a role. There is currently no cure for autism, but early intervention, therapy, and support services can help individuals with autism lead fulfilling lives and reach their full potential.



If you suspect your child may have signs of Autism, there is help and information available. Contact the NCN Family and Community Wellness Centre to find out more about assessing your child. CALL US TODAY! (204) 484-2341.

Wear Blue For Autism Acceptance

What can you do to show your support for autistic Canadians throughout World Autism Month? Be kind... get to know more about autism and support by wearing

BLUE! Share the theme of Autism Awareness Month and say, **"United we stand fearless."** As a nation we want to lead and set an example for the Autism community. We advocate, support, and stand with autistic people at every stage of life.

Our strength for support comes from autistic people, from caregivers tirelessly championing their cause, from the therapists working with families, from teachers fostering safe havens in the classroom, from the doctors providing early diagnoses, and from the employers daring to embrace diversity. We thank you all!

Our purpose is to create an inclusive environment where autistic people are embraced, celebrated, and recognized for their unique contributions and have the opportunities they need to reach their full potential.

United we stand, stronger in numbers. This World Autism Month, we need you to be fearless and stand with us alongside the Autism community. #ActFearlessly.

To find out more click in to www.autismspeaks.ca or drop by the NCN Family and Community Wellness Centre.

Soccer In The City!

Jordan's Principal rounded up some kids for a soccer camp in Winnipeg.

Many thanks to Vernon Moodie and Pedro Daza who put in the hard work

to make this adventure a reality, and to Taylor Moody for booking the field, accommodations and activities for the children.

A special highlight was the game at Canada Life Centre, when participants

got to watch the Jets beat the Flames 5-2!



NCNWSA
NCN Wellness Sports Association

**Get involved!
Get Playing! It's Free!**

Register at: ncnwsa.com
or at the NCN Family and
Community Wellness Centre

The advertisement features a vibrant background with a soccer player in a red jersey jumping to catch a ball, and a basketball player in a blue jersey holding a ball. The NCNWSA logo is prominently displayed on the right side.

Making Habits Stick



We all have things about ourselves that we'd like to change. Whether it's spending less money, avoiding addictive substances or getting healthy, the key is in establishing good habits.

But deciding on healthy habits can be a lot easier than making those healthy habits stick!

For example, if you want to get healthier, you'll probably decide to exercise. But how do you convince yourself to exercise every day when you actually want to stay on the couch?

Here are a few strategies for you to consider:

- Keep a record of your progress. This can be as simple as putting a checkmark on your calendar every time you go for a walk. After just a

few days, you won't want to "break the chain" and will be motivated by that checkmark.

- Work with a friend who wants to create the same habit. It's difficult to skip a workout when you know your friend is waiting for you! Also, when you're struggling in the moment, maybe avoiding a cigarette, it will be helpful to text a friend who understands.
- Make it easy to keep your habits. If you are aiming to walk every day, keep your shoes by the door. Decide what playlist you'll listen to the night before. Preparation is important.

- Always have a Plan B. What will you do when it rains? What if your "accountability buddy" can't make it? Think about what could go wrong before it does so you have a clear plan to stick to your habit.
- Treat yourself along the way. How can you celebrate your progress? Make sure your treat doesn't go against your habit. That is, if you've walked 30 days in a row, don't celebrate with a box of donuts! Buy a new pair of shoes instead.

Remember, deciding on a goal is the first part. Figuring out the habits that will help you to achieve it is the key to success!

April Is Oral Health Month

A great smile can increase a person's self-confidence. Pearly whites can help you make friends easily, succeed in your job and go through life with ease.

But good oral hygiene is much more important than a great smile.

Everyone knows what it's like to have a toothache. It's painful and can affect your ability to eat a healthy diet and even function every day. And once you have damaged teeth or missing teeth, your remaining teeth have to work harder, which in turn makes them break down faster.

Believe it or not, poor mouth habits can lead to poor overall health.

Improper or inconsistent brushing can create a bacterial load that is too high, which can end up in the body's bloodstream and create problems in other areas of the body, including the heart and lungs.

Gum disease, cavities and bad breath can all be the warning signs of more serious issues.

Women with gum disease often give birth to pre-mature babies and with lower birth weight. Bad breath often accompanies a diabetes diagnosis.

Having good oral hygiene often comes down to having good habits. Keep your brushing supplies in a convenient

place, at home and at work. Try to brush after you eat a meal, and drink lots of water if you can't.

Many people are afraid of the dentist. It's important to know that dentistry and its procedures and technologies have really

progressed. Many dentists use lasers that most people don't even feel!

If you're afraid of going to the dentist, call ahead and let them know you're nervous. Write a list of questions

and get answers so you can feel comfortable. Most of all, face your fears so you can take care of your health!

For good oral health:

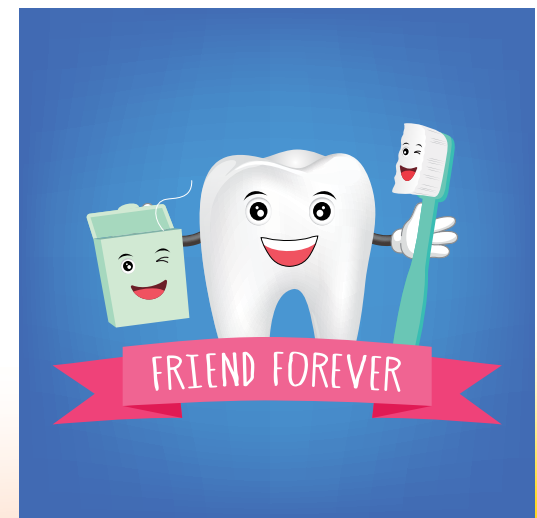
- Visit your dentist twice a year for checkups.
- Eat a well-balanced diet.
- Make water your drink of choice.
- Limit sugar & alcohol.
- Avoid smoking, smokeless tobacco & vaping.
- Brush your teeth twice a day & floss once a day.

Teaching kids about oral hygiene:

- Model good behaviour by limiting sugar, and brushing & flossing every day.
- Let them brush their teeth in the morning while you do it in the evening.
- Supervise their brushing until they're 8 years old.
- Set a timer so they brush for a full 2 minutes.

- Use toothpaste with fluoride.
- Stand in front of a mirror so they can see what they're doing.
- Teach an "up & down" motion instead of "back & forth" to avoid damaging gums.
- Brush gums & tongue, too!
- Keep a chart & give a reward for a perfect week (maybe a book, not candy!)
- Don't talk about the dentist in scary terms.
- If you're afraid of the dentist, have someone else take them to their appointments.

Having good oral hygiene often comes down to having good habits. Keep your brushing supplies in a convenient place, at home and at work.



NCNFCWC Staff Ice Fishing Derby



To promote holistic wellness through Rocky Cree Culture Human Resource’s Annual Culture Orientation

Did you know that the Family and Community Wellness Centre offers an annual Culture Orientation for its employees?

The Human Resources department hosts a Culture Orientation annually to ensure its employees take steps to return to traditional teachings and reclaim culture.

Director of Human Resources Anna N. Spence says, “The purpose of incorporating the culture orientation is for employees to learn the Rocky Cree culture to carry the teachings with us for our employees, clients, families and future generations. We encourage employees to wear their traditional attire. We also prepare the smudge bowl daily for employees to smudge, as self-care is an important part of

our daily routine at the Centre. I am honoured to work for Nisichawayasihk Cree Nation, the Family & Community Wellness Centre Inc. I have learned so much about our culture within the ten years I have worked for the Centre.”

Anna added, “The Rocky Cree Culture is a part of who I am as Nisichawayasihk Cree Nation Iskwiw, and when I prepare for the Organizations Culture orientation days, I tell myself – Because they couldn’t during residential school, I will.”

The cultural orientation is facilitated by local artists, dancers, and elders, and traditional teachings and activities are presented. The Culture Orientation outline includes traditional

regalia, fashion shows, presentations, dancing demonstrations, and Syllabics teachings.

Arts and crafts include dreamcatchers, drums, rattles, and birch bark baskets; medicine and berry picking; harvesting, cleaning Weekis; and smudging. The Cree language is incorporated and encouraged throughout.

While the program is voluntary and not required for FCWC employees, participants enjoy the teachings and activities and appreciate that they’ve participated. They gain valuable insight into how cultural practices can help their FCWC clients to achieve their goals.

Thank you to the Nisichawayasihk

Cree Nation Family & Community Wellness Centre Inc. Chief Executive Officer, Mr. Felix Walker and all of the Directors/Management supporting my goals and vision to implement the Culture Orientation in the Human Resource Department.

Organizational Mission Statement: “A Holistic Approach to Community Wellness The Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre was established to support holistic wellness by providing additional opportunities for the Citizens of the NCN to build on their strengths as individuals, as members of families and as part of the community. The Centre provides services in Public Health, Child and Family Services, Counselling, and other family and community needs programs.”





There are Supports out There!

Nisichawayasihk – Local/Provincial/National Options



Mood Disorders Association of MB
 Provincial Peer Support
 Call: **1-800-263-1460** or email:
peersupport@mooddisordersmanitoba.ca
 (M-F 9am-4pm Sat-Sun 10AM-4PM)
Postpartum Warmline: Call or Text
204-391-5983 (Hours 9am-9pm M-Sun)



Anxiety Disorders Association of MB
 Thompson Peer Support: Call/Text:
431-754-6720 (M to F – 1pm-4pm)
 Provincial Outreach and Support:
 Call: **204-925-0040** or **1-800-805-8885** if
 you would like to chat or feeling anxious



Help for mothers before, during and after pregnancy
 For more info:
204-484-2341
 ext. 128



Managing and Understanding Your Diabetes and Nutrition
 Contact our ADI Worker at:
204-484-2341
 ext. 132



Youthspace
 Emotional support to persons 30 years and under
 Text to: **(778) 783-0177**
 Or Chat: www.youthspace.ca
 (8pm-2am in MB)

Indigenous Specific Resources

HOPE For Wellness Line: Speak to a counselor about anything. You can request services from: Male or Female, Cree and English

Call: 1-855-242-3310
 or connect to online chat:
hopeforwellness.ca

Residential School Crisis Line: Support and Crisis Services –
 1-866-925-4419 (24/7)

60s Scoop Peer Support Line: (8am-8pm)
 Listening and support – 1-866-456-6060

MKO Mobile Crisis Response Team:
 1-844-927-5433 or check out their many services at: <https://mkonation.com/>



A Safe, Full Service Stay for Our Citizens
 Provided for ALL NCN Community Members who have referrals for medical appointments in Winnipeg
 For more information, please call:
204.786.8661



NCN Medicine Lodge
 Healthier Lifestyle with Control Over Addictions
 Telephone: 204-484-2256
Paving the Red Road to Wellness




NCN Women's Shelter
 We'll keep you and your children safe while you make a plan for your future
Emergency On-Call: 204-679-1996 24/7
Landline: 204-484-2634 Executive Director (24/7): 204-679-2851

Sexual Assault,/Exploitation/ Partner Violence
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinic Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



The Canadian Prenatal Nutrition Program aims to improve the Well-Being of Pregnant Women

- Weekly prenatal classes
- Weekly food coupons
- Friendship and support with other new mothers

Contact FCWC CPNP Worker at:
204-484-2341 ext. 132



1-866-633-4220
 Or Chat online: NEDIC.ca (hours vary)

Manitoba Parent Line
1-877-945-4777
 (8am-8pm Monday-Friday)

Parents' Helpline PLEO
 Family Peer Supporters help parents of children (up to 25 yrs) facing mental health challenges **1-855-775-7005**



Thompson Based
 Canadian Mental Health Association
204-677-6056
Provincial
 Manitoba Schizophrenia Society
204-786-1616


MANITOBA Farm Rural & Northern Support Services
 No matter what the issue, support for anyone of any age, from anywhere in Manitoba
 Call: **1-866-367-3276** (available—24 hours, 7 days a week!)



Jordan's Principle
 A Child First Initiative
 NCN Family and Community Wellness Centre
 Jordan's Principle makes sure all First Nations children have access to products, services and supports they need, when they need them.
You can make an appointment or get a referral by calling our office: 204-484-2585



Free phone counselling for members of the 2SLGBTQ+ community of all ages, families, friends and loved ones as well.
 Email to setup appointment:
info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366 Hotline for transgender people in crisis. Including people who may be struggling with gender identity or not sure if transgender (hours may vary as volunteers available)

LGBTQ+ Resource: Pflag Canada Support, info and resources to gay, lesbian, bisexual, transgender or questioning people and their family and friends

Call **1-888-530-6777** ext 226 (24/7)
 Or email gender@pflagcanada.ca



Success Through Advocacy and Role Modeling
 Pregnancy can be difficult, and dealing with addiction or substance abuse can be even harder.
Speak to the FCWC STAR Program Manager Call: 204-679-4619



Health Links Info Santé
 A 24/7 telephone service to provide answers to your health care questions and to guide you to the care you need.
204-788-8200
 or toll-free **1-888-315-9257**



NCN Wellness Programs and Services
 Call Us Today! **204-484-2341**

NCN Wellness – Support and Information Lines:

Mental Health On-call: **431-354-1270**
 – Public Health Nurse: **204-484-2341**
 ext. 131 – WeTel Check-in Text Support
Scan QR Code or use the Self-Enrollment link below: <https://mis-nelsonhouse01.weltelhealth.net/enroll?clinicid=1>



If you think a child is being harmed or neglected:
 NCN CFS at **204-484-2341**
 On-Call 24/7: **204-679-6386** or **204-679-5544**

Your Path to Wellness

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



Circle of Care

The Circle of Care focuses on the mental, emotional, physical and spiritual wellbeing of parents, children and extended family through holistic teachings based on the Medicine Wheel. It is used as a guide to identify a family's strengths, overcome its issues, and find practical solutions for everyday life.

The Circle of Care is different for everyone. You and your family may receive a combination of social services and programs such as the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, arts and culture, and more.

Steps include:

- family needs assessment
- worker and family develop relationship
- discuss family's strengths, barriers, needs and goals
- worker collaborates with other agencies, support groups, therapy, etc.
- family and worker discuss strategy and create plan together
- family attends counselling, workshops, programs, etc.

Benefits include:

- higher self-esteem
- positive vision for the future
- problems from the past are resolved
- clear understanding of who you are and what you need
- better relationships with those around you
- strategies for dealing with stress, frustration, anger



Leading your family out of the darkness and into the light.

NCN Fitness Centre

The NCN Fitness Centre is housed in the Family and Community Wellness Centre. It is open throughout the week and is free for all NCN Citizens. There are many options available to break a sweat, whether you're brand new or a seasoned gym rat.

Beyond working out, you can learn about health and fitness, including how to lessen the risk of diabetes and cardiac disease. Learn how to set goals and use hard work and determination to achieve them. Physical activity is great for the body and for the mind too, clearing the mind and relieving stress.

Make a trip to the fitness centre a recurring event for everyone in your family. Make it a date night or a family night. You may be surprised how easy it is to chat while walking on treadmills or shooting hoops!

Services include:

- aerobic exercise area
- full suite of fitness equipment
- change rooms
- advice and support from gym staff

Benefits include:

- better physical health
- improved mental outlook
- better sleep
- more confidence and self-esteem



You'll love what exercise can do for your family!



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341**

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

Follow us on Facebook

Do you have a suggestion or a Mithomahcihowin story idea?

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



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FAMILY AND COMMUNITY
Wellness Centre Inc.

14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
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F (204) 484-2351
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