



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



AUGUST
2023



Are You Prepared in Case of Emergency?

Each year it seems that our weather extremes are becoming more of the norm. Adding to this are other factors which create additional stress to our everyday lives. From the pandemic to violence in the community, to smoke from wildfires to power outages...we seem to be constantly asked to be alert. The community may evacuate or stay in place. Is it safe to go outside?

Planning for situations that may require you to either evacuate or stay home for an extended period without being able to go outside can be difficult. Ideally, you should always have a "to-go" bag which contains a couple of items of clothing, a couple of canned goods, bottled water, copies of your important documents like licenses and birth certificates, as well as any medications that you regularly take. Include a written copy of key contacts. All too often we rely on our phones to connect with someone, and with a contact name, we naturally forget phone numbers. Having a written copy of the names and phone numbers will be valuable, should your phone not be available or working. There will always be additional items that you can add to the bag, and you should pack accordingly. Once



Plan for situations that may require you to either evacuate or stay home for an extended period of time.

you have your bag packed, review it monthly to see if anything needs to be changed out or added.

The most important component of preparation are traditional medicines.

These are often overlooked, especially when an evacuation occurs. This is due in part to the fact that evacuations are managed by outside agencies, like the Canadian Red Cross.

To assist in the preparedness of a "to-go" bag, look for a workshop to be held at the Wellness Centre in September.

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The Importance of Breakfast

It's easy to believe you're too busy in the mornings for a meal. But with some planning, you can definitely eat something healthy before you head out the door, whether it's grab-and-go or ten minutes in the kitchen.

There are many benefits to having breakfast. In the short term, you will have more energy and focus. People who incorporate a daily meal into their morning over years report that they

feel happier, and enjoy a healthier weight and better memory.

If you are diabetic, or have a family history of the disease, you must make breakfast a part of your morning routine. Breakfast stabilizes your blood sugars, and helps to avoid the spikes and crashes that cause stress to your system.

Remember that you're a role model in your family! Breakfast is important

at every age. A full belly will help your kids to concentrate at school, and will give older people the energy they need to get through the morning.

You're probably thinking you'll start eating cereal, but make sure it's a healthy choice. A lot of the things we consider breakfast foods are actually full of sugar, and will leave you in rough shape just a few hours later.

Get creative! Lots of cultures don't

treat breakfast as a different kind of meal, and eat soup, rice, leftovers and other savoury dishes in the morning.

The best breakfast contains three components: protein, veggies and/or fruit, and whole grains. This will give you short and long-term energy and valuable vitamins and nutrients. Try out some of the ideas listed here.

If you're into social media, follow a few breakfast accounts for inspiration!

Why don't you try:

- toast and fried egg/hummus/peanut butter/avocado;
- hard-boiled eggs;
- bran muffins;
- fruit;
- breakfast cookies;
- veggies and homemade hummus;
- homemade soup;
- oatmeal;
- steel cut oats;
- cereal with yogurt (watch out for too many sugars);
- smoothie (protein powder, water, frozen spinach, banana, avocado);
- homemade granola (less sugar than store-bought);
- whole wheat waffles or pancakes (make a huge batch and freeze them);
- breakfast casserole (make it on Sunday night and enjoy all week).

Overnight oats:

Combine 1 cup of old-fashioned rolled oats with 1 cup of milk and 1/2 cup plain yogurt.

Add a few teaspoons of chia seeds, flax seeds, hemp hearts if you have them.

Add a few dollops of peanut butter and jam, or blueberries and walnuts, or pumpkin puree and cinnamon.

Stir to combine. Leave overnight in the fridge.

Enjoy in the morning!





ATTENTION



BLOODWORK PATIENTS

DON'T SKIP BREAKFAST!



MOST IMPORTANT MEAL OF THE DAY!!!

PI-MI-CI-SIO-KAN

The Family & Community Wellness Centre

invites you to come by for a

Healthy Breakfast after your Bloodwork

Benefits of Eating Breakfast

- Increases energy
- Improves concentration & focus
- Strengthens heart
- Reduces blood pressure
- Improves mood
- Improves memory
- Supports immune system

9:30 a.m. to 11:00 a.m.

EVERY MONDAY

Yours in Health,

Martha Templeton

For more info. Call 204-484-2341 ext. 166

Every child is sacred.



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Wellness Centre Inc.

204-484-2341 ncnwellness.ca

Kakithaw Awasisak Kistinitakowsiwak



Family Camp Fun

The Rediscovery of Families is back to hosting its family camps, after they were shut down during the pandemic.

This summer, three family camps were held in Leftrook from June 28 to July 31.

We had an incredible 114 participants!

Over the course of seven days, family members pick medicines, prepare wild food and enjoy other activities that teach participants to communicate clearly and care for one another.

With guidance and teachings from Elders and support workers, families get the opportunity to reconnect with each other through learning the values, beliefs and traditional roles of the family.

These camps could not be possible without the Landbase Crew, who prepare the camps and activities; our drivers Charlene Kobliski and Kim Spence-Beardy; our cooks William Solohubow, Darby Spence, Ronnie Spence and Samara Wood; Elders Nora Linklater and Joshua Spence.

FCWC staff Dolly Francois, Farrah Spence, Elizabeth McDonald, Juanita Spence, Issiah Constant and Reva Linklater worked tirelessly to ensure everyone had a good time and our goals for the program were met.

If you're interested in participating in a future family camp, get in touch with us! Call 204-484-2341.



Taking Care of Your Tootsies!

Did you know that in your feet there are 26 bones, 30 joints and more than 100 muscles, tendons and ligaments? They are doing a lot of work!

It is crucial to take care of your feet, but what that means will change depending on what stage of life you're in.

People often buy inappropriate footwear for little kids. Those high-top kicks are cute, but they are too heavy for children who are still learning balance and coordination. Keep your toddlers in soft-soled shoes so they can gain a sense of their feet and develop muscle strength.

Children grow so quickly that caregivers often buy footwear a size or two bigger. Unfortunately, this can put your active kids at risk of tripping, spraining ankles and breaking bones. Convince yourself to spend money on the right shoes and save cash on the rest of their wardrobe.

Foot hygiene becomes important as kids become teenagers. Hormones can cause excessive sweating, and

adolescents aren't always best at personal grooming. Be sure your teens are washing their feet thoroughly with soap and water every day. Drying completely between every toe keeps moisture away, which can lead to bacterial and fungal infections. Foot powder can be helpful when applied directly to feet, or in socks or shoes.

Those who are on their feet for long periods of time, such as people in construction, education and healthcare, also need to focus on hygiene, and also select their footwear with care. Be sure your shoes have adequate support, they're not too tight with breathable materials.

You may have heard that Elders and people with diabetes have special concerns when it comes to footcare. But why?

Diabetes and footcare

Part of the problem is simply less mobility. As we age, it can become

more difficult to stretch and move. This can make examining your feet challenging!

One of the main issues of diabetes is nerve damage, which means your body may not properly register pain. You could get a minor cut or blister on your foot, but because you can't notice the irritation or pain, it becomes a bigger problem of infection. Of course, an untreated infection can even lead to amputation.

If you have diabetes:

- wash and dry your feet every day;
- check feet every day for changes;
- if you see something that's not healing properly, contact the FCWC immediately;
- wear appropriate shoes and ensure they're in good shape;
- trim your toenails straight across to avoid ingrown toenails;
- don't remove corns, calluses, warts, etc., by yourself;
- keep the blood flowing all day long

by standing, walking and wiggling your toes;

- enroll in the Foot Care Program at the FCWC!

If you are an Elder or have diabetes, call us at 204-484-2341 so we can ensure your feet are getting the care they need.

Why don't you try a foot massage?

A foot rub feels good for everyone! Using a small amount of lotion or oil, slowly and firmly rub the foot. You can use firmer pressure on the arches and heels, but be especially gentle around and in between toes.



Youth Soccer with FCWC

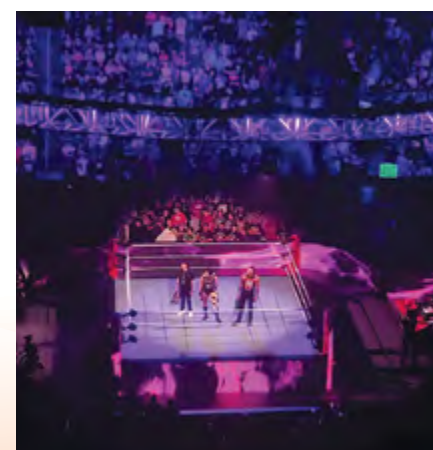
Coach Vernon continues to give the kids of NCN great opportunities to improve their soccer, have fun, and learn skills such as hard work and cooperation.

One team had the chance to travel down to Winnipeg to play during the weekend of August 12.

The opposing coach was impressed by how dedicated our team is by travelling so far to play.

After playing their hearts out, the kids got to enjoy WWE Raw wrestling at the Canada Life Centre downtown. The energy was electric and

everyone had an amazing time!



Learning About Tweens

Kids who are aged 9-12 are often called tweens, because they are between the stages of childhood and adolescence.

You will see this in their behaviour and emotional development. Some days they are still your little kid, wanting cuddles and cookies. But the next, they are moody and trying to avoid their caregivers! You may be surprised to know tweens can already be well into hormonal changes.

■ Talk with your child about typical changes at this age: body odour, acne, periods, wet dreams, etc. Make sure they know how to deal: buy deodorant and facial wash, teach them to use the washing machine, etc. This can be embarrassing, but you're building long-term trust, so they will come to you with the big stuff as they get older. Do something while you talk, like cleaning a bedroom or making cookies, instead of looking each other in the eye.

Tweens are going through physical changes, too, but everyone is on their own timeline. Your child may be the first to have a growth spurt, or the last. Either way, they are dealing with lots of change, and spending more effort

on their physical appearance.

■ Encourage healthy habits, including lots of sleep and nutritious foods. Get involved with their new interests. If someone wants to play with make-up, watch YouTube videos together and decide together what's appropriate. If someone wants to start lifting weights, come to the FCWC Fitness Centre together. Watch out for harmful behaviours, such as bingeing, starving, creatine powders and steroids. Contact us for support if you suspect bad habits.

During this stage of development, kids consider who they are and what kind of identity they want to present to the world. Encourage them to pursue activities that will make them happy and healthy.

■ Give them opportunities to feel useful and needed. Make sure they have responsibilities and daily duties at home. Knowing that they are relied upon, and that their chores help to keep the home running smoothly, gives them a sense of belonging. Find ways to highlight their strengths, like, "you're really good with kids" or "I love the cartoons you draw."

Tweens are very concerned with how

they are perceived by others. They are worried about being embarrassed and fitting in. Your job is to set appropriate rules and to be a calm constant for them, even if they're pushing you away.

■ Push off phones and social media for now. If they already have tech, set up time limits and rules of use. Go through their list of friends together and if they can't tell you who each person is, they should delete that contact. Discuss what to do if they see inappropriate content or receive unwanted attention. And always be on your child's team. Don't ever embarrass them in front of others, as they will feel betrayed and lose trust in you.

If you have questions about your child's development, or how to help your child thrive, call the Family and

Community Wellness Centre at 204-484-2341. We're here to help!

Things to observe in your 9-12 year old:

- Do they have healthy eating habits?
- Do they get enough sleep? Phones should NOT be in the bedroom!
- Are they developing friendships with appropriate kids?
- Do you keep open communication?
- Do they have adults they can trust other than you?
- Do they have responsibilities at home? Do they believe they're important?

Worried? Talk with their teacher, doctor, or a parent you admire! Or call the FCWC!

Encourage them to pursue activities that will make them happy and healthy.



Nurture holistic wellness

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



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Raising A Tween

Raising kids who aren't little anymore, but aren't teenagers yet, can be trickier than you expect. Hormonal changes can begin as early as 9 years old, which means you could be dealing with adolescent issues before you thought!

As with every stage of parenting, stay calm, stay open and keep your sense of humour!

How is your health?

As your child begins the process of becoming their own person, you may find your feelings getting hurt. They may be pushing you away, socially, emotionally and physically, which can feel heartbreaking. Understand that this is a stage in their development

and know that they still love you. Remember that you always deserve respect. You do not have to accept rude behaviour, insults or condescension. Always speak up for yourself.

Do you have community?

Parenthood is so much easier when you have friends to talk to! It's helpful to talk with people who've already finished this stage of parenting. They may have tips, or at least know how difficult it can be, and can help you to laugh it off. And if your child is spending time with new kids, always get to know their caregivers. Don't be shy in asking questions, and consider spending time as a group so you can observe and decide if they will be a positive influence on your child.

What does life look like with a tween?

These days can feel bittersweet. Your child is growing up and taking in outside opinions to figure out who they are. They are more interested in their friends' preferences than they care about your thoughts. That doesn't mean you should stop talking about family values and expectations! Even if they don't admit it, your words still have a strong influence on your child. Continue to keep communication open and honest.

If you feel like you're struggling in your parenting, you are not alone. Call the Family and Community Wellness Centre at 204-484-2341 and let us help.

How to help someone with a kid aged 9-12

- develop your own relationship with their tween;
- observe the tween in public to ensure they're making good choices;
- introduce their tween to a new hobby;
- help them to make positive connections in the community;
- let the tween know they can always come to you (but don't set up expectations of secrets: kids should never have secrets from their parents, which can lead to abuse);
- compliment them on their skills but not their bodies ("you're fast" vs "you're so pretty").

Creating Traditional Clothing

About 15 people gathered at the FCWC on July 17 to learn how to make their own ribbon skirts and belts.

Thank you to facilitators Hope Linklater and Stew Francois for sharing their knowledge and dedication, and for so patiently helping our students of all ages and abilities.



It was wonderful to see people working with their hands as they reclaimed this important tradition.

Watch for updates from the FCWC and Jordan's Principle so you can join us next time!



Learning About Lateral Violence

FCWC carpentry department employees participated in a lateral violence presentation on July 11. The workshop, which was created by the FCWC human resources department, involves:

- policy review, which discusses harassment, discrimination and conflict resolution;
- definition of lateral violence, including what it looks like and who is affected by it;
- how to address lateral violence.

They also discussed employee health and safety, and enjoyed a group activity in which participants developed a mind map called A Healthy Workplace.



Top, left to right: Darren J. Spence, Bradley Greyeyes Jr., Damon Yetman, Trent Linklater, Gabriel Brightnose, Quade Hart

Bottom, left to right: Lawson Gossfeld, Ty Nozicka-Spence, Jacob Enns, Ryan Tait, Brandon Spence, Darcy Spence

How Wildfire Smoke Can Affect You

Here in northern Manitoba, we are having a relatively good summer with few wildfires.

But several areas of Canada are struggling. A huge area around Yellowknife, NT, is being devoured by flames, as are areas in the BC interior.

While these fires are thousands of kilometres away, we can still feel their effects.

Smoke levels can change a lot, due to fire conditions and wind directions. People who are healthy should take precautions when smoke is heavy, when visibility is less than 2 miles, and/or lasts longer than a day. At

these times, we should all limit or avoid time outside. Keep windows and doors closed.

Vulnerable groups are especially susceptible to the dangers of smoke exposure. Elders, young children, pregnant women, and those with heart or lung conditions (such as asthma, bronchitis, emphysema and congestive heart failure) should be especially careful. When visibility is less than 4 miles, it

is time for these groups to limit time outside.

If you have specific heart or lung issues, make sure you are taking your medication properly and on time. Keep a week's supply on hand. Write down your typical medication schedule (how much of what, how often). Review it with the people who live with you, and keep it in a prominent place.

Please do your part to keep our NCN Citizens safe. Check on Elders and vulnerable people you know, especially those who live alone.

Vulnerable groups are especially susceptible to the dangers of smoke exposure.

Exposure to smoke can cause headaches, sore eyes, tears, coughs and runny nose.

If you (or someone you know) has a persistent cough, significant weakness, chest pain or tightness, or shortness of breath, you should go to the Nursing Station.



Do You Practice Self-Care?

As we head into September, activities rev up and everyone gets back to business. This time of year is exciting, but remember to keep self-care on your calendar.

Self-care includes all the practices and routines you use to maintain and enhance all aspects of your health.

The International Self-Care Foundation says there are seven main principles to focus on.

- **Knowledge and Health Literacy:** understanding basic health information and applying that wisdom to take care of yourself;
- **Mental wellbeing:** nurturing your sense of optimism, sense of belonging and purpose;
- **Physical activity:** regular movement keeps your body functioning well, keeps disease away and provides a release from stress;
- **Healthy eating:** the appropriate vitamins and nutrients, and carbs, proteins and fats help to protect you from disease and gives you energy to get through your days;
- **Risk avoidance:** doing what you can to avoid disease and poor health, such as vaccinations, wearing seat belts and helmets, practicing safe sex, avoiding drugs, cigarettes and alcohol;
- **Good hygiene:** practices that keep you and others safe and well, such as washing hands, isolating when ill, safely preparing foods, and maintaining body cleanliness;
- **Rational, responsible use of self-care products:** managing your health with tools such as gym memberships, prescriptions, sacred medicines, acupuncture and massage therapy.

Consider your lifestyle right now. Which pillars do you already meet? How can you bring in the others?

Think about the metaphor of putting your oxygen mask first when the plane is going down. If you can't breathe, you can't save anyone else.

In the same way, the busier you are, and the more people you're taking

care of, the more important it is to take care of yourself!

Look at your calendar for the upcoming month and find at least one hour a week that you can allot to self-care. Write it into your schedule so everyone in the family expects it and accepts it. Remember you're also modelling positive behaviour for your family members.

Maybe you'll start meditating for 10 minutes every day. Maybe once a week you'll go for a silent walk through the woods. Take an entire weekend away with a few friends once a year to line dance and laugh yourselves silly.

Why don't you:

- get your eyes checked;
- go see a movie with a friend;
- stop biting your nails;
- change the towels in your bathroom and kitchen more often;
- learn about the four sacred medicines;
- look at the stars at night;
- go to the dentist;
- wash your hands every time you return home;
- talk to your kids about safe sex;
- swap clothes that don't fit anymore with a friend;
- get professional help to quit smoking;
- check your blood pressure every day;
- start a job to increase your sense of self-worth.



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:



Nisichawayasihk 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

Reaching Out With Pop-Ups Booths

Watch for FCWC pop-up information and testing booths around the community!

Recently, you may have seen a public health booth that offered information about two issues: naloxone to prevent deadly overdoses and testing for sexually transmitted and blood-borne infections (STBBIs).

While these two issues may seem unrelated, unfortunately, both drug use and infections from vaginal, oral and anal sex are on the rise in NCN.

“Providing STBBI testing pop-up clinics is an important way that our Health Centre can increase access to sexual health services,” says public health nurse Leanna Anderson. “Reaching more people, effectively and efficiently, is possible when screening events are community-wide.”

Anderson says STBBIs have been on the rise over the past two years, especially syphilis. She says that everyone who is sexually active should get tested every 6-12 months.

No one should feel embarrassed about getting STBBI testing. In fact, being proactive in testing and always using condoms shows that you are a responsible, compassionate person.

Citizens were also able to learn about naloxone at the FCWC pop-up booth.

Naloxone is a medication that can be given to someone having an opioid overdose. It can temporarily save them by bringing back normal breathing

until medical help arrives. It can block the effects of substances such as fentanyl and heroin, but it doesn't help if someone has overdosed on alcohol or cocaine.

If you know people who use drugs, consider keeping a naloxone spray kit in your home, and tell them to keep one with them at all times. It is available at major pharmacy chains, and you do not need a prescription. You can also call 204-484-2341 to see if you can pick up a kit at the FCWC.

Naloxone will not cause harm if it is given to someone who is unconscious but not overdosing, so if you suspect an overdose, you should call 911 and then use naloxone.

What are STBBIs?

Infections passed through sexual fluids, blood, or genital contact, such as herpes, chlamydia, syphilis, gonorrhea and HIV. They used to be called STDs, but this term is broader to include more infections and diseases.

What kind of symptoms can you have?

You may have issues such as itching, burning, bleeding, and abdominal and genital pain. Left untreated, STBBIs can cause serious problems

including infertility, cancer, and even death (HIV).

Who should get tested? When?

Many STBBIs don't have symptoms, which means you could have an infection and give it to someone else without knowing.

If you have ever had unprotected sex

(vaginal, anal or oral), you should be tested. Before you are intimate with a new partner, you should both be tested.

How do you test for STBBIs?

There are many ways to test, from a throat swab to urine sample. The good news is they are all simple, painless and confidential!

What are the signs of an opioid overdose?

- difficulty in walking and talking;
- can't stay awake;
- slow and weak breathing or no breathing;
- choking, gurgling or snoring sounds;
- dizziness and confusion;
- very small pupils;
- blue or grey lips and/or nails;
- cold and clammy skin.



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

Manitoba Family and Community Wellness Centre

Improving Themselves For Our Benefit

Congratulations to FCWC staff who graduated from Yellowquill College in June!

Eleanor Erickson, Crystal Tait and Carl Young received a First Nations Community Management diploma. All three completed one week of management studies every month while continuing to work.

Martha Templeton completed her certification as an Aboriginal Diabetes Prevention Worker. She also accomplished her studies one week at a time for ten months, travelling to West St. Paul.

Maddie Spence completed a two-year First Nations Rehabilitation Assistant program. Her diploma allows her to work collaboratively with rehabilitative specialists such as speech language pathologists, occupational therapists and physiotherapists.

We are so proud of these graduates, who were sponsored by the FCWC. They all decided to further their skills and education so that NCN Citizens could receive better care.

On June 21, the graduates were honoured in Winnipeg. FCWC CEO Felix Walker, FCWC Director of Health Lynda Wright and FCWC Director of Education Pamela Moore celebrated them with dinner, gifts and certificates of achievement.

Thank you, Eleanor, Crystal, Carl, Maddie, and Martha, for your hard work and dedication. Congratulations!



Front row: Crystal Tait, Maddie Spence, Eleanor Erickson
Back row: Carl Young, Jemima Lobster (works for NCN Development Corp), Martha Templeton



Celebrating with FCWC Management
Top Right is Angus Campbell, who manages the FCWC Fitness Centre, and graduated from the Arts Fundamentals Program at Sheridan College.

More FCWC Achievements

On August 21, four FCWC employees celebrated the completion of their one-year Aboriginal Business Certificate.

Craig Swanson, Lillyann Peterson, Trish Moore, and Edward Dysart Linklater are all planning to continue with their two-year Financial Management diploma at ATEC.

Congratulations!



APPLY NOW!

**CONSIDER A
CAREER AS A
PRACTICAL
NURSE**

Nisichawayasihk Cree Nation Family and Community Wellness Centre and Assiniboine Community College are partnering to deliver a Practical Nursing diploma program, starting in the fall of 2023.

Preference will be given to applicants who are NCN band members. To apply for this program, applicants will require*:

- » A complete grade 12 with a minimum grade of 60% in English 40G/S, a grade 12 Math, and Biology 40S or their equivalents
- » Current criminal record vulnerable sector check
- » Current child and adult abuse checks
- » Immunization records

* An academic preparation may be provided so you may be able to participate even if you don't currently meet entrance requirements.

To have your name added to an interest list please contact:
Lynda Wright
204.484.2341
lwright@ncnwellness.ca



Learn by Doing | assiniboine.net



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/>



NCN Medical Receiving Home

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

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

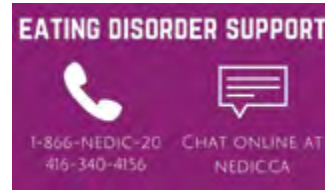
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinik Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



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**



Support and Information

Thompson Based

Canadian Mental Health Association
204-677-6056

Provincial

Manitoba Schizophrenia Society
204-786-1616



Call: **1-866-367-3276** (available—24 hours, 7 days a week!)

No matter what the issue, support for anyone of any age, from anywhere in Manitoba



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



Rainbow Resource Centre

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



FASD Prevention Program

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**



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

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>



Child Protection:

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**

SUCCESS STORY: William Bighetty

During COVID lockdown, William Bighetty was idling at home, waiting for something to happen.

He saw a job posting for daytime security with the FCWC and decided to apply. That small decision has changed his life and given him a positive path forward.

"I had obtained my GED but was accomplishing nothing with my life," says Bighetty.

He agreed to start work immediately, and appreciated the friendly, supportive staff, the sustainable hours and the impressive benefits.

His hard work paid off, and after his first contract ended, he began to work as a receptionist, where he greeted people with kindness, making sure they felt at ease and safe.

"I was able to show my true potential, as well as present myself in a professional matter and setting."

Next Bighetty enjoyed a contract as a safety data officer.

Unfortunately, he fell out of his work routine and began drinking heavily. FCWC staff supported him as he got back on his feet, and suggested he join the Employment Growth Opportunity Program.

He began to work with the FCWC Land Base department, which has a focus on traditional teachings and ways of life.

**"I wish you well
today, tomorrow,
and every day before
and after that."**



"I improved in areas of rising early, being punctual, and knowing respect for the land," he says.

In May, when a full-time position opened in the Finance department, he jumped at the opportunity, and has been thriving since. He offers great advice for anyone who is feeling lost or without purpose.

"Never give up on yourself and always

push past your limits. Always have something you want to accomplish. The world is a big place, and we should strive to see it all and not just

blindly live. If you ever feel down or need support, look deep within yourself. If all else fails, we have great support services here at the FCWC."

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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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