



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



DECEMBER
2020



The Year That Was – Wellness Centre Highlights of 2020

The NCN Family and Community Wellness Centre has had another tremendous year, in spite of the pandemic. It's been the strangest, most difficult year most of us have ever experienced, and it's interesting to think about how we will look back on this time.

As of right now, our entire community has prioritized the health and safety of our Citizens, and we've kept COVID-19 out of Nisichawayasihk Cree Nation. This is a huge accomplishment, and while we must keep making the right choices, let's take a moment to celebrate!

Here are some highlights of the last year at the FCWC.

Dealing with COVID-19

Our professionals have worked harder than ever, under stressful conditions. Management has made quick, difficult decisions to care for clients in the best way possible. Some programs have stopped running, and others have implemented changes to continue to operate as essential services.

With financial help from NCN Chief and Council, we were able to deliver emergency supplies to FCWC clients of all ages, ranging from Elders to infants. These items included basic food items and cleaning supplies.

New Wellness Guide

To make everyone in the NCN community aware of everything the FCWC can do for families and their holistic health, we published our first Wellness Guide. It's an overview of every program and service we offer to care for your body, mind and spirit. You'll find all the incredible resources that are available to you, right here at home, free of charge, to improve all areas of your life.

New Sports League

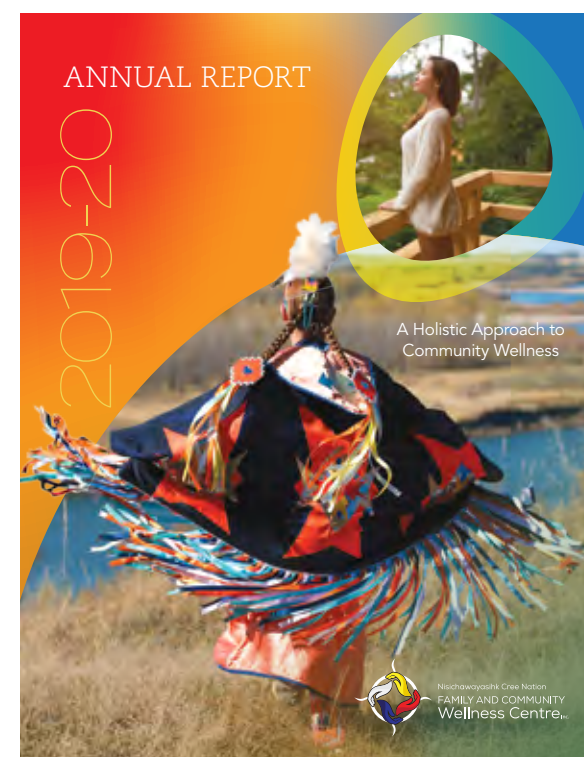
We created a new division in the FCWC organization, the NCN Wellness Sports Association (NCNWSA). It was created to encourage physical health, but there are other great benefits including positive activity, reduced anxiety and increased confidence, self-esteem and

leadership. This first year, our sports coordinator Jon Walker put together soccer practices for kids 4 and up, and started a co-ed basketball league. Future plans include ball hockey and basketball leagues, so plan to get involved! There's no charge to play.

New FCWC Newsletter

The FCWC is a thriving place with so many programs and services that it can be hard to keep up! You're holding the second issue of the Mithomahcihowin newsletter, which comes out every other month and is full of exciting news and successes. It's important for our community to see the progress our Citizens can make when they take control of all parts of their holistic health. We are honoured to be part of the process.

Other new programs have been developed at the Centre to improve overall Wellness for all Citizens. We encourage you to see what's been happening at the Centre.



The NCN Family and Community Wellness Centre Annual Report will be made available for updates on the past year.

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Covid-19 Forces Annual General Meeting Changes

In this strange year of COVID-19, it was the right decision, though difficult, to cancel the Family and Community Wellness Centre annual general meeting.

Usually, the event is held at the end of November. A large crowd enjoys a feast, door prizes and a recap of the yearly activities of the FCWC.

"I'm disappointed we were not able to present the highlights of our year at the AGM. It's wonderful to gather

together to reflect on the progress we've made as a community, and to feast and celebrate," says Felix Walker, CEO of the FCWC. "However, I'm proud of our community for understanding the priority of our Nation's health during the pandemic. I'm happy to provide this report through our newsletter."

Walker says that while he's always impressed by the talents of FCWC staff, this year he has been particularly



The Annual General meeting typically held in November was postponed due to Covid-19.

2020

Fall and Winter

Health Promotion Calendar

SEPTEMBER

F.A.S.D. Awareness Month – Irene Spence, STAR/FASD

World Suicide Prevention Day – September 10

World Rabies Day, September 28 – Krystal Bayer & CHR's

OCTOBER

Breast Cancer Awareness Month – Home and Community Care Program

Occupational Therapy Month – Jordan's Principle Initiative

HPV Prevention Week (Oct. 1-7) – Krystal Bayer

Breast Feeding Awareness Week (Oct. 1-7) – Maternal Child Health, ADI/CPNP, STAR/FASD

World Mental Health Day (Oct. 10) – Kyle McDonald, Public Health

World Arthritis Day (Oct. 12) – Leanna Anderson, ADI/CPNP

Pregnancy and Infant Loss Remembrance Day (Oct. 15) – Maternal Child Health & STAR/FASD

NOVEMBER

Lung Cancer Awareness Month – TB Champion, Martha Templeton

Osteoporosis Month – Home and Community Care Program & STAR/FASD

November – Jordan's Principle Initiative

Fall Prevention Month – Home and Community Care Program

World Pneumonia Day (Nov. 12) – Diana Connell

World Diabetes Day (Nov. 14) – Leanna Anderson, ADI/CPNP

World Child Day (Nov. 20) – Daycare

Medical interventions & c-birth I (Nov. 4) – CPNP

Office closure (Nov. 11) – CPNP

Medical interventions & c-birth II (Nov. 18) – CPNP

CPNP Breastfeeding Basics I (Nov. 25) – CPNP

DECEMBER

World AIDS Day (Dec. 1) – Public Health Team

Women's Brain Day (Dec. 2) – ADI/CPNP

Breastfeeding Basics II (Dec. 2) – ADI/CPNP

National Day of Remembrance and Action on Violence Against Women (Dec. 6) – FCWC Counselling Services

Postpartum changes I (Dec. 9) – CPNP

Postpartum changes II (Dec. 16) – CPNP

Newborn Care & Safety I (Dec. 23) – CPNP

Newborn Care & Safety II (Dec. 30) – CPNP

For more information about these and other dates please call

204-484-2341

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proud of the way they've adapted to constantly changing rules and regulations, and the evolving needs of the community during COVID-19.

"Through the course of the pandemic, our professionals have worked with NCN Chief and Council to find new and innovative approaches to crisis planning. Some of our social services were temporarily halted due to provincial pandemic mandates, and some had to continue on as they were considered essential services."

Despite the pandemic, the FCWC achieved great success. These highlights either occurred before pandemic restrictions were implemented, or were completed while following provincial health mandates such as social distancing and group size allowances.

- The Family Enhancement program hosted a family cultural camp, a youth street hockey tournament and community yoga classes.
- Home and Community Care staff completed online training on topics such as wound care, chronic disease and palliative care.
- New billboards advertising the STAR FASD program went up around the community.
- The Rediscovery of Families program hosted a couples retreat, two family retreats and a women's retreat.

- A new breastfeeding support group was started by the Strengthening Families Maternal Child Health and the Canadian Prenatal Nutrition programs.
- 51 women participated in the Canadian Prenatal Nutrition Program, which distributed 87 milk/food vouchers.
- 85 Citizens received basic foot care services.
- 44 Citizens joined the New Year Transformation Challenge and had fun while losing weight in a healthy way.
- 13 FCWC employees received their BSW degrees from the University of Manitoba at a unique virtual convocation.
- With financial support from NCN, many FCWC programs distributed emergency supply packages, including food and cleaning materials, to clients ranging from Elders to infants.

"This year more than ever, we have become aware of the need for programming that improves the overall lifestyles and safety of our people," says Walker. "Culturally appropriate programming can reconnect individuals and families with traditional medicine and knowledge to remind us all that Nisichawayasihk Cree Nation is resilient and strong. We have faced terrible challenges before. This, too, we shall overcome."

Christmas with COVID: What's Our Story Gonna Be?

By Linda Cantelon, Consulting Therapist with Family and Community Wellness Centre

Jeez, this is a first for everyone! Honestly, Christmas during a pandemic and lockdown! So ... how to manage not only the natural stresses of Christmas preparations but the added and necessary restrictions to shopping and visiting, all the while keep ourselves in good mental health?

How are you managing the natural stresses of Christmas preparations and the added and necessary restrictions to shopping and visiting, all the while keep yourself in good mental health?

For me the first step is acknowledging how different and difficult this is and making space inside myself for all kinds of feelings and thoughts ... without judgement. There is no right or wrong. Perhaps, you might divide this process of exploring what you notice into 2 parts.

On the one hand, you may have these stressful things and feelings go on – write them down or say them out loud as you walk outside. Notice how

heavy the one hand starts to feel. It may be quite the burden of concerns, fears, anger, maybe sadness ...

- "it won't be the same!
- how will I buy presents?
- how will I buy all the extra food I need?
- how can we visit as families?
- how will we be able to commemorate our loved ones who died this year?
- can we have a fire outside, with prayers and food?"
- Insert your own here ...

Young and old, all genders, will have different worries and feelings. Maybe call a "household meeting" to talk about this? Write them down on paper and you might offer them to the fire ... Creator.

Remember that scale from last month? What number are you at today, in this moment? Ask everyone else as well?

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
Calm – slightly jittery – upset and anxious – freaking out

As you go on to the next part, observe how you can shift the "number" you feel. This is about noticing that you can shift your mental health with positive self-care.

Ok, now for the other hand this is where your own creativity comes in. Consider these questions and suggestions ... and the invitation to have family and friend conversations about your ideas as well.

In no particular order...

- What are the family traditions at Christmas that are important to you? Get everyone to participate.

Mine continue to be making homemade nuts and bolts. In earlier years, it was taking the kids sledding on Christmas Day. What are yours? What can you do this year? How might you honour winter solstice or other traditional times and events this season in a safe way?

- Will you have a tree? Inside or outside or both? I'm doing mine



Managing stress while out for a walk can be a helpful activity.

Introducing

Employment Growth Opportunity Program

Designed for Social Assistance Clients, (EGOP)
we support potential candidates.

The program is designed to help clients enhance resumes, start work, and build their future working with the Nisichawayasihk Cree Nation Family and Community Wellness Centre Respite Services for Child and Family Services and Family Enhancement while still receiving supplement from Social Assistance.

WE ARE SEEKING:

Respite Workers

- ▶ Twelve (12) 2-year terms – \$14.50 per hour
- ▶ Eight (8) hour shifts on a rotating schedule
 - Monday to Friday from 8:30 a.m. to 4:30 p.m.
 - Monday to Friday from 1:00 p.m. to 8:00 p.m.

Respite Coordinators

- ▶ Two (2) 2-year terms – \$16.00 per hour.
- ▶ Monday to Friday, 8:30 a.m. to 4:30 p.m.
- Bring a copy of your I.D. (Identification), Resume, or if you do not have a resume, job applications will be available.
- You don't have CPR (Cardiopulmonary resuscitation)? No worries! FREE Training will also be available.
- There are many training opportunities working with the Employment Growth Opportunity Program, start here!

We encourage our employees for interpersonal growth! We have programs and resources to assist with building resumes, teaching lateral kindness, and so much more!

Join our team! Our agency is growing year after year!

Apply today!

For more information, contact:

Anna N. Spence, Interim Director of Human Resources
Email: anspence@ncnwelfare.ca or call 204-484-2341 ext. 125.

Watch the NCN Family and Community Wellness Centre page on Facebook for updates like/Share/Follow.

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outside this year to share with the walkers who amble by.

- Will you participate in the community contests? I have to say Nelson House is very inventive with local community events and contests!
- Will you decorate the house, the yard? What about old-fashioned popcorn garlands? Anybody remember those? How about stuffing pinecones with seeds, lard and cranberries for the birds? Gather some cedar for outside.
- Could you think about new traditions that you want to start? How about "facetimeing" a relative

over a shared 'hot chocolate' drink?

- Practice gratitude. What CAN you be grateful for in the midst of what you cannot have or have lost? I'm grateful for the chickadees that land on my hand as I walk in the woods.
- Practice giving. Perhaps shovel the entrance paths and walks of older friend's houses. Notice how this feels.
- Do we want to explore healthier ways of coping this season? Maybe learning to tolerate and soothe harder feelings? Can you talk to a friend about those feelings when you feel overwhelmed or 'down.' It will give them a chance to practice

giving and maybe help them because they feel "out of sorts" too.

- Notice positivity. Comment on it ... like "thanks for doing the dishes or helping clean up."
- What is my "intention" for Christmas this year? For me, it's been about gathering and connecting with love. Think about what you want yours to be.

Now pause ... breath and notice how you shift how you feel as you practice some of these things.

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
Calm – slightly jittery – upset and anxious – freaking out

You get the idea. Maybe post your

good ideas on Facebook. Everyone can benefit from your good intentions to take better care of themselves and their friends and family.

Now back to your two hands. Notice, the differences as you feel the weight of each hand. Check in with yourself and your household members daily about how they are doing. Maybe make a shared list about self-care ideas that you post in your house.

Next year we'll be able to tell stories about Christmas with COVID. Think about what you want your story to be.



GET FREE PRIZES!

Baby BOOST PROGRAM

Get your infant immunized!

The Family & Community Wellness Centre will give out a great prize package to all babies that complete their vaccination series from birth up to 18 months of age.

PARENTS: Contact the Public Health Department at the Family Community Wellness Centre to schedule an appointment for your child.

Vaccines don't just protect the people getting vaccinated; they protect everyone around them too.

The more people in a community who are vaccinated, the harder it is for a disease to spread.

For more information and to book immunizations drop in to the Family Community Wellness Centre or contact:

Krystal Bayer
Public Health Nurse

Phone: **204-484-2341**
Fax: **204-484-2344**



Stopping the Flu

It Starts with You!

The flu is spread from person to person when someone who has the flu virus sneezes, coughs, talks or handles infected surfaces. The flu virus can be inhaled by anyone close by or from infected hands touching your mouth or rubbing your eyes.

To protect yourself, your family and community from the flu:

- Get the flu shot. It's easy and it's **FREE**.
- Wash your hands often with soap and warm water.
- Cough or sneeze into your elbow or use a tissue and dispose of the tissue in a covered trash basket.
- Keep hands away from your face.
- Eat healthy foods and get at least 7-9 hours sleep.
- Clean shared spaces (such as phone receivers, keyboards, door knobs, toys and office equipment) often.
- Do not share personal items such as forks, spoons, toothbrushes and towels and avoid shaking hands, hugging or kissing.
- Avoid crowds or people who are sick.
- Stay at home if you are sick.

For more information or to get a flu shot, contact NCN Family and Community Wellness Centre Public Health

204-484-2341

GET YOUR FLU SHOT to be entered for some GREAT DRAWS!



Hart's Point Playground – A Safe Place to Play

A new much-needed park in Hart's Point becomes a reality because three (3) local women wanted to have a safe place for the community children to play.

Charlene Kobliski, Joyce Yetman, and Jemima Lobster worked together for six (6) years to make this park a reality.

I had the chance to speak with Charlene Kobliski regarding the park and asked her what made her decide to start fundraising for this. Charlene states that “I had numerous children playing in my yard daily. I also saw children putting themselves at risk by going down to the lake without proper supervision. I wanted to help give the children someplace safe to play.”

These three (3) women started fundraising

with money from their own pockets to have a Mix and Match raffle to generate money for this project. They worked diligently with little support from the community parents. They held food sales at fishing Derbys, and they got a good start when Development Corporation's annual derby gave this group and the youth soccer program the profits to split. Although they did not reach their financial goal, it gave them a good portion. To reach the financial goal, these women submitted a Community Approval Process application to seek the funding for the remainder of the park. They were successful in securing \$20,000.00 for the park, and with their fundraising efforts, they decided that they could move forward and get the park.

Six (6) years later, the dream is now a reality. Thank you to these wonderful women for bringing such a much-needed investment to the community.



Charlene Kobliski, Joyce Yetman, and Jemima Lobster worked together for six (6) years to make this new much-needed park a reality so that the community children would have a safe place to play.

Pregnancy Tip

Is caffeine safe in pregnancy?

Health Canada recommends that pregnant and breastfeeding women consume **less than 300 mg** of caffeine per day.

What is 300 mg of caffeine?

2 cups of coffee= (brewed, drip method)

or

3 cups of black tea =

Note: 1 cup = 8 oz

Caution:
A caffeine intake over 300 mg a day may be linked to miscarriages and low birth weight babies.

Limit other foods that have caffeine and sugar

Ideas to boost your energy without caffeine

Drink water

Get a good night's sleep

Eat healthy foods

Take a 10-minute walk

Try not to skip meals

BREASTFEEDING SUPPORT PROGRAM

NOHTHAWASOWIN SETOSKAKEWIN

FAMILY COMMUNITY WELLNESS CENTRE

Wednesdays
1:00pm to 3:00pm

Cooking
Arts & Crafts
Giveaways and More!

Call Public Health for rides:
204.484.2341

All are welcome!
Breastfeeding Mothers
Fathers
Elders

Nisichawayasik Cree Nation
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NCN Hen Program Scrambled From Covid-19

The Family and Community Wellness Centre has created an innovative way to motivate Citizens to get healthy with its new Hen Program.

“My family took care of hens for a couple years on-reserve before moving to Thompson, and it was a great experience,” says Leanna Anderson, who coordinated the Aboriginal Diabetes Initiative and the Canadian Prenatal Nutrition Program. “I wanted to encourage others to take on the challenge, to learn about caring for hens, and to promote food

sustainability and security in NCN.”

The program was to run for the first time this summer, but of course, COVID-19 had other plans.

“Unfortunately the program was delayed. We were able to buy the lumber for the coops, and waterers and feeders will be purchased next.”

Anderson was able to start the program with a \$20,000 grant received from Food Rescue by Second Harvest. The remainder of the funds will be used for food coupons.

The five people who signed up for the program were disappointed they weren't able to start their chicken operations this summer, but were happy to receive building supplies for their coops. They also received a learning package about how to properly care for hens, and enjoyed a visit to a hen yard.



In the spring, they'll build their coops to prepare for the arrival of 4 or 5 cold-hardy chickens, which will be able to survive winter and are expected to live about 5 years.

NCN Census Survey Will Help Understand Family's Needs

The mission of the FCWC has always been to understand the challenges facing NCN families, and the best ways the FCWC can support them. Over the past year, two surveys have been in the works and are set to be distributed to Citizens soon. The short-form survey, will take a few minutes to fill in and creates a portrait of the respondent's life. The longer version survey discusses the respondent's relationship with the FCWC and ways the Centre can continue to improve.

Both surveys have been created so that respondents remain completely anonymous. The questions are mainly short multiple-choice questions that are broad enough to provide much needed information on the status of wellness in our community.

The surveys include questions about:

- Housing, safety and violence
- Education and child care
- Employment and financial health
- Traditions and culture
- Health, hobbies, recreation and habits
- Community participation
- FCWC programs and services

The NCN Census Survey will help FCWC properly allocate their budget to help people deal with the most frustrating and stressful aspects of their lives.

By learning more about the lives of respondents and their families, the FCWC will be able to ensure its budget is properly allotted to help people deal with the most frustrating and stressful aspects of their lives. It's also an opportunity for us to forecast how our services will be required in the future, so that we can set up everyone for success!

Not only that, the federal government bases much of its funding to NCN on the number of Citizens who appear and fill out its census. Currently, NCN receives funding for 1,200 less people than actually exist in our community! Completing these surveys will ensure NCN receives the funding it deserves.

If you have questions or concerns about the survey, please contact 204-484-2341. The survey is expected to be circulated to all Citizens early in 2021. We encourage everyone to take part and make their input count.

PRACTICE *great* PERSONAL HYGIENE



BRUSH YOUR TEETH

At least twice a day after waking up in the morning and before going to bed at night.



WASH YOUR HAIR

Wash your hair often. Keep it neat and tidy by brushing and styling as often as you can.



WASH YOUR HANDS

- After going to toilet
- Before and after eating
- Playing with animals
- After touching your face or blowing your nose
- After playing outside
- After touching surfaces



IT'S IMPORTANT FOR *everyone*

TAKE A SHOWER

Take a bath or a shower at least once a day. Change your underwear daily.



CHANGE YOUR CLOTHES

Wear neat and clean clothes everyday, and change your clothes when dirty or wet.



CLIP YOUR NAILS

Keep your nails short and clean at all times.





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Winter Camps Planning to Run

The Nisichawayasihk Cree Nation Family and Community Wellness Centre is offering family and youth winter camps retreat this year. We have set potential dates to be confirmed beginning December 14-18, 2020 for family camp and December 27-31, 2020 for youth camp. We will provide our annual

women's retreat in the new year. The dates may change upon approval from the pandemic planning committee.

We are excited to take you for a 5 day stay at Leftrook lake camp facility and enjoy learning about practical ways to care for your families that is consistent with our community values, beliefs and traditions.

During this time, it will benefit our members to be able to reconnect with the lands and resources available to us as a source of food, medicine and spiritual wellness.

Healthy individual creates healthy families; healthy families creates healthy communities; we are all in this together.

Please do not hesitate to call the counselling services program @ 204-484-2341 for booking.

Sending love and wellness to you and your families this holiday season, From Counselling Services and Family Enhancement staff.

Jordan's Principle's Fun and Useful Kids Activity

The NCN Jordan's principle is encouraging caregivers and parents with children living with autism or sensory disabilities like FASD or attention disorders to consider these fun and useful activities. Getting involved in safely making these crafts can be both stimulating and a learning time that can be a great benefit.

Sensory bottles are a great and practical tool used to engage and stimulate young minds, while

challenging motor skills.

How to make a sensory bottle:

This project is recommended for children ages 5 and up. Caution: This project may contain choking hazards. The CDC reports that children under age 5 are at greatest risk for choking injury.

You'll need:

- Empty water bottle
- Soft Soap Clear Hand Soap

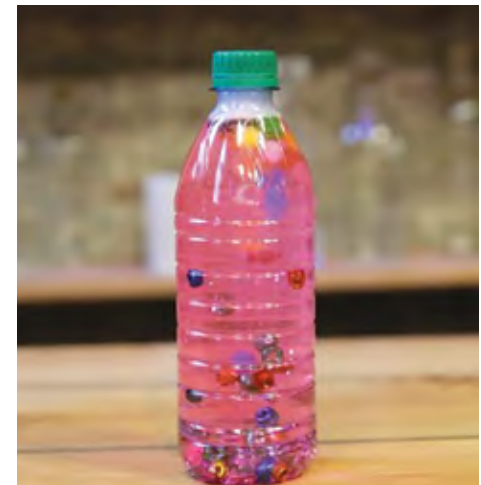
- Glitter and décor (optional)
- Glue gun and sticks

Instructions:

1. Clean out plastic water bottle
2. Pour $\frac{3}{4}$ cup of soap into the bottle
3. Fill remainder of bottle with warm water
4. Add decor items and glitter
5. Cap off water bottle and securely close with glue gun

6. Shake it up!

Show us your creations by tagging #autismspeaksDIY.



Happy Holidays!

We Wish You and Yours a Safe and Joyous Holiday Season. May the New Year Bring Peace, Health and Happiness!

At this time of year, take a moment to enjoy the wonderful moments and blessings of those close to you.

From the Board, Management and staff of the NCN Family and Community Wellness Centre



Home for the holidays: Helping family members with autism have a happy holiday break



No matter what holiday you celebrate, this time of year is a special time for many families. For some children with autism, holidays can be challenging. This year, the holidays will likely look a little different, which may bring some additional challenges. Martha C., a member of our Autism Response Team and mom of an autistic son, shares tips on helping your child adjust to a change in routine and celebrate the 2020 holiday season in a fun and safe way.

STRUCTURING TIME AWAY FROM SCHOOL

For some children with autism, holiday celebrations and time away from school can be overwhelming. Being away from school can be a nice break, but the change in routine can be disruptive. Understanding your child's needs during this time can help make the season enjoyable for everyone.

Right now, some children may be learning virtually due to the pandemic. Their location may stay the same, but they will still need to be prepared for the change in the schedule they have been adjusting to at home.

Here's what you can do to help make the most of your child's holiday break:

Before the break

- **Communicate with your child about what it means to have time off from school.** Discuss how the break is like being home on a weekend, just longer.

COVID-19 UPDATE & PANDEMIC PLAN QUICK FACTS

NOTE: NCN is in partial lockdown until midnight October 25th. For current details visit ncncree.com

STAY HOME. STAY SAFE.

- ✗ Travel to southern Manitoba is NOT allowed
- ✗ Travel outside of Manitoba is NOT allowed
- ✗ Travel to an orange or red zone is NOT allowed, except for medical appointments and family emergencies.
- ✓ You need written authorization from NCN Executive Director of Justice and Public Safety before you leave. Call 204-679-0115 for more info.
- ✓ After you travel to these areas, YOU WILL ISOLATE for at least 14 days in a location decided by NCN Health Director.
- ✓ Ensure your home has essential supplies (cleaning supplies, toilet paper, water, canned goods, etc.)

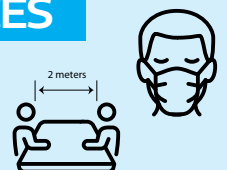


TRAVEL SAFE IN THE NORTH

- ✓ Travel in northern Manitoba can continue as long as there are no active cases at your destination (not including northern communities who have confirmed cases, these are currently prohibited for travel).
- ✓ NCN Citizens from northern Manitoba can enter NCN as long as there are no active cases in their community.
- ✓ Essential workers can enter NCN as long as they have no symptoms and are not waiting for test results. They need written authorization from NCN Executive Director of Justice and Public Safety. Call 204-679-0115 for more info.
- ✓ Everyone entering NCN is screened by FNSOs at the checkpoint.

WEAR A MASK IN ALL PUBLIC SPACES

- ✓ Remember, MASKS must be worn in all public places on NCN Lands and in Manitoba!
- ✓ Be sure to social distance and keep 2 metres apart.



KNOW THE COVID-19 SYMPTOMS

- ! Fever
- ! Cough
- ! Runny nose
- ! Sore throat
- ! Headache



- ! Muscle fatigue
- ! Shortness of breath
- ! Loss of taste or smell



If you have 2 or more of these symptoms, call 204-484-2031.

BE VIGILANT ABOUT SELF-HYGIENE!

- ✓ Wash your hands often.
- ✗ Don't touch your face.
- ✓ Cough and sneeze into your sleeve.
- ✓ Stay 2 metres away at all times.
- ✓ Clean surfaces and shared items often.
- ✓ Change towels, washcloths, handkerchiefs often.
- ✓ Wash your cloth mask after each use in hot soapy water.

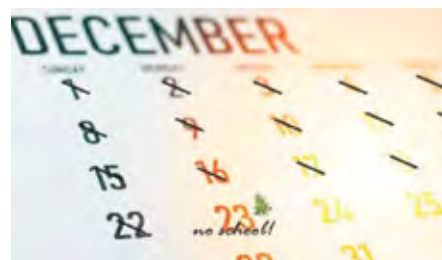


■ **Connect with your child's support team.** Consistency and structure can be helpful for your child during breaks from school and services. Ask about supports that can help maintain your child's progress and provide a routine during the break from school.

■ **Prepare your child a few weeks in advance.** If your child likes to have countdowns or reminders, mark the days on a calendar so your child has a visual representation of when the break will be. Cross off the days on the calendar as you get closer to the holiday break.

■ **If your child is e-learning,** explain to them that there will be a break from classes and the virtual services they may receive to celebrate the holidays.

During the break



■ **Keep as much structure in your child's life as you can.**

■ **Allow time for breaks.** These are short breaks from activities to help your child self-regulate and deal with challenging emotions or behavior or with sensory discomfort. If your child will be spending time at activities away from home, schedule some quiet time during the day.

■ **Be flexible.** Your child may decide at the last minute that they'd rather stay home instead of going out for an activity. If possible, choose another day or time.

■ **Look for local activities or programs during the time off from school.** Visit our Resource Guide and calendar of autism-friendly events to find activities in your local area. Be sure to check your local guidelines for restrictions you may need to follow when participating in activities or even leaving the home. There may be fewer activities and they may look a little different this year, but be

creative and explain to your child why these changes are important to stay safe and healthy.

■ **If your child is attending school virtually,** you may want to keep up with some online learning activities so the transition back to school after the New Year will be easier. You can find some helpful COVID-related resources here.

Being with family and friends – even virtually

Even though this year may not come with big family get-togethers, there are still ways to make sure the holidays feel festive with friends and family, without causing too much disruption.

Here's what you can do to help make holiday festivities fun for everyone:

■ **Have a favorite or preferred item for your child.** This is something that helps calm your child and focus their attention. Examples include fidgets, headphones, books or a tablet. Decide on a code word or signal (like a break card) that your child can use to tell you when they need a break – even from a virtual holiday get-together.

■ **If your child feels distressed about decorations such as blinking lights or decorations that make sounds,** reconsider using them. This year especially, with all of the upheavals and changes our children are facing, the last thing you want is to create an environment with a possible sensory overload that can lead to a deregulation.

■ **Make sure there's a quiet space, like a bedroom, where your child can take a break.** It's OK if your child needs to spend some time alone amid so much excitement.

■ **Make a photo album with pictures of the people your child will see, even via Zoom,** to help your child prepare for conversations that may be outside of their normal routine. Tell your child you are still celebrating with Grandma this year, it just might look a little different!

Giving gifts

Presents can be oh so exciting! But

the commotion that comes with unwrapping them may not be fun for your child. Here's what you can do to help your child know what to expect about opening presents:

■ **Use visual supports.** If visual schedules or teaching stories are helpful to your child, create one to have on hand to help prepare for gift-giving.

■ **If your child talks a lot about gifts, ask them to make a list of gifts they want,** and create a plan to structure how often this topic comes up. For example, each day give your child five chips that they can exchange for five minutes of talking about gifts.

■ **Practice opening gifts ahead of time.** Help your child understand that others will be opening gifts, too.

■ **Be flexible.** Your child may not want to open gifts. All the excitement about gifts may be overwhelming. Your child may want to open gifts at another time or in a quieter room. Or they may not be interested in gifts at all.

Making new traditions

Here are some things you can do to start some autism-friendly holiday traditions for your whole family:

■ **Incorporate special interests.** Add your child's favorite characters to your holiday decorations.

■ **If your child may be bothered by decorations, put them up little by little over time.** Start with one part of your home or one type of decoration and slowly add more.

■ **Check with local autism organizations or your child's school to see if they are aware of any COVID-safe or virtual activities you can participate in.** You may not be able to sit with Santa this year, but you can try new activities like visiting light shows or other outdoor festive places.

Autism Speaks wishes you and your family a fun, safe and happy holiday season.

Source: <https://www.autismspeaks.org/blog/home-holidays-helping-family-members-autism-have-happy-holiday-break>



Make School A Success in Stressful Times

Experts know in-school learning is best for our young people. This year OK School and NNOC have split students into two groups to attend school every other day in order to meet social distancing requirements. This makes for strange days, and it can be difficult for kids to remain focused on their studies.

Here are a few ideas to help our kids stay on track with their education.

- Keep a healthy sleeping schedule. Kids under five need 10-13 hours of sleep every night; kids 6-13 years need 9-11 hours; and teenagers 8-10 hours. Go to bed 15 minutes earlier every few nights to get your schedule fixed up.
- Establish a routine. Have a healthy snack after school. Unpack the backpack so you know what needs to be accomplished. Enjoy family time after dinner. Turn off all screens an hour before bedtime.
- Keep the mornings calm. Wake up with plenty of time to get ready, eat a healthy breakfast and get to school on time. Put out clothes, make lunches, and place papers into backpack the night before.
- Stay involved in your child's education. Read to them every day, or read the novel they're studying. Pay attention to their homework. Reach out to the teacher to make sure everything is going OK.
- Keep a positive attitude about school. Our history can make education a difficult topic, but children pick up what we say and do. Focus on school as part of the path forward for your child's success in life.
- Be your child's safe space. School can be difficult, boring, scary

and sad. Let them feel relaxed and comfortable at home. Pay attention to your child's moods and give them what they need, such as a snack, a laugh, a hug, silence.

- Maintain friendships with families and kids who focus on school. It's easier to do your homework, eat healthy and get a good sleep when your friends are doing the same!
- Limit screen time. Too much can cause physical, emotional

and mental damage. They may lose sleep and appetite, become aggressive, experience online bullying, and create an addiction.

- Show your children that learning never stops. Model good learning behaviour by trying a new hobby. When children see their family triumph and fail, they learn it's OK to be disappointed and it's important to keep trying.

HEALTHY BREAKFASTS AND SNACKS FOR BETTER LEARNING

- whole wheat toast, muffins, crackers with peanut butter, hummus, avocado, tomatoes
- oatmeal (old fashioned or steel cut; packages have a lot of sugar)
- cereal (low-sugar such as Cheerios, Rice Krispies, Life, Honey Bunches of Oats)
- eggs (keep a bowl of hard-boiled in the fridge)
- apples or bananas with peanut butter
- air-popped popcorn (plain kernels in a paper bag in the microwave)
- yogurt (watch out for sugar)
- chopped up veggies
- pickles, cheese, olives

THE CANADIAN PAEDIATRIC SOCIETY RECOMMENDS:

- children under the age of 2: no screen time of any kind
- kids between 2 and 5: no more than one hour a day
- kids 5 to 11 years old: no more than 2 hours a day

LIVING WITH DIABETES?

We can help

Out of control blood sugar can lead to:



Heart Disease



Stroke



Blindness



Kidney Disease



Foot Complications

Reduce your risk of diabetes complications



Plan meals and make healthy food choices.



Monitor yourself. It's more than just your blood sugar.



Stay active



Take your medications



Quit smoking

REFERRAL SERVICES OFFERED

Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol. Your ADI nurse can help you learn Diabetes Management as a part of your daily life.

When should I seek help?

- When newly diagnosed
- Annually
- When I detect complications
- When I change doctors
- When I change medications

Learn how to:

- Improve your blood sugar and A1c levels
- Keep your blood pressure on target
- Better manage your cholesterol numbers

DIABETES EDUCATION WILL HELP

Leanna Anderson, LPN
Interim Program Coordinator
Aboriginal Diabetes Initiative

Call **204-484-2341**
ext. 132
Fax: 204-484-2384



North American Indian Health Centre
FAMILY AND COMMUNITY
Wellness Centre

Battling Depression During the Holidays

Christmas can be a difficult time of year. The weather has become cold and windy and the days are shorter. Movies, TV and music are full of joy and celebration, which can be very different from what you're experiencing, especially this year.

It's normal to feel down from time to time. You may be worried about your ability to give presents to those you love. Maybe you're dealing with a change in your family – a death or an illness – that seems difficult to

overcome. This is a time of reflection, but maybe what you're remembering makes you feel sad.

Sometimes it seems like you're the only one with problems. But you're not alone. We all have sadness, fear, anger, confusion and worry. Be honest with a friend or family member. Voicing our concerns out loud can make them smaller, and you may be giving someone else the chance to be brave and talk about their problems, too.

Always focus on the basics. Enjoy a healthy, simple diet. Drink lots of water. Get the sun on your face and have a laugh, every day. Aim for eight hours of sleep a night.

The NCN Family and Wellness Centre is a great place full of people and programs that can bring you comfort. There is always a pot of coffee on, people to chat with, and an activity to watch. The Centre has experts and support groups for people of all ages. Call us at 204-484-2341! Emotional

health and mental wellness is a community concern. We're happy to be here for you.

If you are falling into a depression or feeling suicidal, please get help. Call 1-877-435-7170 or one of the numbers listed below. You may not be able to see it right now, but you are valuable. You have wisdom and experience that contributes to our journey together on the Red Road.

WARNING SIGNS OF DEPRESSION:

- fatigue, decreased energy, weariness
- feeling constant guilt, fear, helplessness
- difficulty in making decisions, remembering, concentrating
- loss of appetite or ability to sleep

Instead of: worrying about presents

Give your time and energy instead. When we give gifts, we really mean, "you're important to me." Show people you care with your friendship and attention.

Instead of: wishing your family member was still here

Tell your family about them. When we reminisce about our loved ones, we keep their spirits alive and build identity for our children.

Instead of: wishing you had something to do

Help someone else. Shovel a sidewalk, change a light bulb, bake some bannock, teach a skill.

Instead of: counting your failures over the year

Look ahead. How do you want your life to look in one year? New habits, new friends, new boots? Create a crystal clear picture in your mind and work toward it every single day.

Help is available!

You deserve to feel better.

Thompson Mobile Crisis Team

1-866-242-1571
204-778-1472

Kids Help Phone

1-800-668-6868

Public Health

Leanna Anderson and Dianna Connell 204-484-2341

Suicide Helpline

1-877-435-7170

Addictions Helpline

1-855-662-6605

Gambling Helpline

1-800-463-1554



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Magical Christmas TOY SHOP



We want to help all families with children this year by providing a Nelson House Magical Christmas Toy Shop!

CONTACT US to come and shop on
December 21, 22, + 23
at the NCNFCWC Head Office in Nelson House.

Brought to you by the Nisichawayasihk Cree Nation Family & Community Wellness Centre Inc. and Gray & Company. Social distancing protocols and public health safety measures must be followed.

To register for a spot at our shop, please contact **Anna N. Spence** or **Charlize Linklater** in the Human Resources Department.

Telephone: **(204) 484-2341 Ext: 126**
email: anspence@ncnwellness.ca

A variety of toys were shipped to our organization, providing people that reside in Nelson House with the opportunity to shop for your families for the Christmas holidays. A limit of 5-10 gifts for each family (depending on the household count and availability).

\$20.00 XL toys
\$15.00 M/L toys
\$5.00 S toys

January 21, 2020

Nisichawayasihk Family and Community Wellness Centre Inc.

Board of Directors Regular Meeting

Agenda Item 1: Call to order: Opening remarks.

F. Walker Chief Executive Officer provided an update about the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc.

Agenda Item: 2 Approval of Agenda dated January 21, 2020.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. adopt the agenda dated January 21, 2020, with additions/deletions noted and the information placed on file.

■ **Approved**

Agenda Item: 3 Approval of Minutes, dated November 19, 2019.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the meeting minutes of November 19, 2019, with corrections/deletions noted and the information placed on file.

■ **Approved**

Agenda Item: 5 Human Resource Policy Updates.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and approve the amended changes to Policy Number(s) 100.11, 100.12 and 200.01. The revised copy will be

placed and updated in the NCNFCWC HR Manual.

■ **Approved**

Agenda Item: 6 Approval of the Audit.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. reviewed the (NCNFCWC) Audited Financial Statements for the Year Ended March 31, 2019.

The Board approves the financial statements as presented.

■ **Approved**

Agenda Item: 7 Preliminary December 31, 2019, Financial Statement

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the preliminary finance statement dated December 31, 2019, as information and placed on file.

■ **Approved**

Agenda Item: 9 signings of the Royal Bank of Canada (RBC) signing cards.

The Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. signed new Signing Cards for Royal Bank of Canada on January 21, 2020.

February 20, 2020

Nisichawayasihk Family and Community Wellness Centre Inc.

Board of Directors Regular Meeting

Agenda Item: Approval of the Agenda

That the Board of the Family and Community Wellness Centre adopt the agenda dated February with additions/deletions noted, and the Information placed on file.

■ **Approved**

Agenda Item: Approval of the Minutes

That the Board of the Family and Community Wellness Centre approves the meeting minutes of January 21, 2020, with the corrections noted and the Information placed on file.

■ **Approved**

Agenda Item: Human Resource Policy Updates.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and approve the amended changes to Policy Number(s) 200.2 to 200.0 The revised copy will be placed and updated in the NCNFCWC HR Manual.

Notes: Code of Conduct 200.2, Conflict Resolution 200.3, Confidentiality and Protection of Personal Information 200.4, Dress Code 200.6, and Employment Contracts 200.7 and Multiple Job Policy 200.8.

■ **Approved**

Agenda Item: NCN Draft Budget Allocation for Information.

The Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and received Information providing what services, the Center has and identify the budgets community education/

community awareness.

■ **Approved**

Agenda Item: LPN (Licensed Practitioner Nurse) Training Plan. (Draft) for Information.

The Board of the Nisichawayasihk Cree Nation Family and Community

Wellness Centre Inc. review and received the draft plan for Licence Practical Nurse Training.

■ **Approved**

Agenda Item: Update from the Public Health Department. For Information.

The Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and received Information on the News Bulletin "COVID 19 from Manitoba Public Health."

May 1, 2019

Nisichawayasihk Family and Community Wellness Centre Inc.

Board of Directors Regular Meeting

Agenda Item 1: Call to order: Opening remarks.

F. Walker Chief Executive Officer provided an update about the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc.

■ **Approved**

Agenda Item: 2 Approval of the Agenda

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. adopt the agenda dated May 1, 2019, with additions/deletions noted and the information placed on file.

■ **Approved**

Agenda Item: 3 Approval of the Minutes

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approves the meeting minutes of November 19, 2018, and the information placed on file.

■ **Approved**

Agenda Item: 4:

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the budget estimates for the Fiscal Year 2019-2020 and the information placed on file.

■ **Approved**

Agenda Item: 6 Financial Report for February 28, 2019

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approval the Financial Report dated February 28, 2019, as information and be placed on file.

■ **Approved**

Agenda Item: 7 NCN Health Complex and Impact of the NCFCWC

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. meet with the Chief and Council to seek direction as to the administrative plan envisioned

by Council so that the Centre can position itself to either continue as the administrative body of Health-Related Services or discontinue the concept of a nationally recognized model of integrated services delivery.

The above motion was approved by the Board on November 19, 2019, and I am currently waiting for a reply as to the earliest availability of Council to hold a meeting with Council and the Board.

Agenda Item: 8 Human Resource Policy Updates

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and approve the amended definitions and be placed in the updated NCNFCWC HR Manual.

■ **Approved**

Agenda Item: 9 Board Calendar

The Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received a copy of the Board Calendar

Agenda Item 10: Day School Settlement.

The Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received information about the Day School Settlement.

Agenda Item 11: Grief and Loss, Mile 35.

The Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received information about the 2019 Cultural Camp "Grief and Loss" happening on May 27-31, 2019.

Agenda Item 12: Vehicle Purchase for The Jordon's Principals Program.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. reviewed and approved the Vehicle Purchase of Jordon's Principal Program.

■ **Approved**

May 13, 2020

Nisichawayasihk Family and
Community Wellness Centre Inc.

Board of Directors Regular Meeting

Agenda Item 1: Call to order: Opening remarks. F. Walker Chief Executive Officer provided an update about the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc.	Cree Nation Family and Community Wellness Centre Inc. approve the meeting minutes of February 20, 2020, with corrections/deletions noted and the information placed on file. ■ Approved	Wellness Centre Inc. approve the Operations Budget for fiscal year 2020-2021 and the information be placed on file. ■ Approved	31, 2020 and the information placed on file.
Agenda Item: 2 Approval of the Agenda That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. adopt the agenda dated May 13, 2020 with additions/deletions noted and the information placed on file. ■ Approved	Agenda Item: 3.b Approval of the Special Meeting Minutes That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the special meeting minutes of March 5, 2020, with corrections/deletions noted and the information placed on file. ■ Approved	Agenda Item: 7 Surplus Expenditure Plan That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the Surplus Expenditure Plan. ■ Approved	Agenda Item: 9 Covid-19 Pandemic Plan for information. That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received and review the information as presented of the Pandemic Plan and the information placed on file.
Agenda Item: 3.a Approval of the Minutes That the Board of the Nisichawayasihk	Agenda Item: 6 Approval of the Preliminary Budget 2020-2021 That the Board of the Nisichawayasihk Cree Nation Family and Community	Agenda Item: 8 March 31, 2020 CIC Statistics. That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received and review the information as presented of the Child in Care Statistics as of March	Agenda Item: 10 Return to Normal Operations. That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received and review the information as presented of the Return to work plan for the agency and the placed on file.

August 13, 2020

Nisichawayasihk Family and
Community Wellness Centre Inc.

Board of Directors Regular Meeting

Agenda Item 1: Call to order: Opening remarks. F. Walker Chief Executive Officer provided an update about the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc.	Agenda Item: 2 Approval of Agenda dated August 13, 2020. That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. adopt the agenda dated, with additions agenda item 5 “Health Fair” noted and the information placed on file.	Moved by: D’Arcy Linklater Sr. Second by: Motion: Natalie Tays. – Carried Agenda Item: 3 Approval of Minutes, dated May 13, 2020. That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the	meeting minutes of May 13, 2020, with corrections/deletions noted and the information placed on file. Moved by: Natalie Tays Second by: D’Arcy Linklater Motion: – Carried
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Agenda Item: 5 Health Fair:

Request for the Annual Health Fair to be held during the second week of September for the New Teachers to learn the resources available in the community.

Agenda Item: 6 Approval of the CPL Equipment.

That the Board of the Nisichawayasihk

Cree Nation Family and Community Wellness Centre Inc. approve the purchase of 2 vehicles, 2 boats c/w with motors and 4 ATV's as apart of our contribution to the implementation of the CLP. The equipment purchases will come from the surplus funding.

Two Chevrolet trucks \$102,592.75:

Two 2020 Polaris Sportsman 570's \$16,505.82:

Boat, Motor and Trailer \$28,088.62:

■ **Approved**

Agenda Item: 7 COVID 19 Update

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received and reviewed information and stats

Agenda Item: 8 Material Purchase for (4) two bedroom units.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the material purchase for (4) 2 bedroom small home units.

■ **Approved**

Centre Congratulates Employees with Years of Service Recognition

On December 14, 2020 the NCN Family and Community Wellness Centre's Felix Walker recognized several staff with certificates of appreciation for Years of Service on behalf of the Board and management. The following staff were recognized for quality work and dedication:

20 Years

Barbara Moore

Wanda Bunn

Mary Parisien

Edith Moody

Irene Spence

15 Years

Jean Johnson

Doreen Ballantyne

Shavonne Hastings

Leta Walker

10 Years

Lynda Wright

Vernon Moody

Shaun Spence

Melodie Spence

5 Years

Tanya Linklater

Lorraine Dantouze

Roba Frost

Melfina Primrose

Jackie Dysart

Ida Moore

Juliette LaFontaine

Natalie Spence

Debby Lywack

Laura Hart

Bradley Greyeyes

ATTENTION NCN Community members:

Are You Pregnant or a New Mom?

*Be Prepared
Be Educated
Be Confident!*

The CPNP program
can offer education and resources on baby's development, nutrition and exercise, labour and delivery, and breastfeeding and newborn care.

Including:

- ♦ Common changes & discomforts
- ♦ Warning signs
- ♦ Pregnancy complications
- ♦ Domestic and substance abuse

REFERRAL SERVICES OFFERED

For more information contact
Leanna Anderson, LPN
Interim Program Coordinator
Aboriginal Diabetes Initiative
Canadian Prenatal Nutrition Program

Phone: **204-484-2341**
Ext. 132
Fax: 204-484-2384

CALL TO BOOK AN APPOINTMENT
Receive a Food and Milk coupon after your visit

Your CPNP nurse can help you understand your prenatal visits and why certain tests are done, such as:

- ♦ Blood work
- ♦ Pap smear
- ♦ Ultrasound
- ♦ Oral glucose tolerance test

They will also help you understand:

- ♦ Routine postnatal care for you and your baby
- ♦ Importance of immunization

 Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre

Your Path to Wellness

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



STAR FASD Program

The Success Through Advocacy Role Modelling – Fetal Alcohol Spectrum Disorder (STAR FASD) program aims to reduce the number of babies exposed to and living with the effects of alcohol and/or drug exposure while in their mother's womb.

STAR FASD is a voluntary program that focuses on home visitation and mentoring to develop positive, supportive relationships. It delivers culturally safe and appropriate interventions and support services to high-risk women and their target child. There is space for 30 participants every year, who explore ideas to become more independent and healthy.

Services include: Participants appreciate:

- harm reduction strategies
- alcohol and/or drug treatment as required
- improved access to reliable family planning methods
- access to FASD diagnosis and connection to social services as required
- links to resources and community support to reduce women's isolation

Participants appreciate:

- guidance for a healthy pregnancy
- a sympathetic and supportive mentor
- support and friendship with other participants



*A healthy pregnancy
for a thriving child*

Medical Transportation

The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to help NCN Citizens manage their diabetes and to help reduce the prevalence of diabetes in our community.

The Medical Transportation Program is a free service for all on-reserve NCN Citizens. Recognizing that it can be difficult to keep appointments or make progress with care plans when you have limited or no access to transportation, this program delivers and returns patients for appointments and recurring treatments.

Over the course of one year, almost 10,000 trips are made to transport NCN Citizens safely for local and out-of-town medical appointments arranged by truck, van and aircraft. The most popular service is the dialysis run to Thompson on Mondays, Wednesday and Fridays.

Call 204-484-2341 to arrange your transportation appointment.

Services include:

- safe return trips between Nelson House and Thompson
- trips to Fanny Hartie Medical Centre
- parcel pickups in Thompson for the Nursing Station and the FCWC



Make your health a scheduled priority!



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
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