



High Spirits at the FCWC AGM

Almost 300 NCN Citizens attended the FCWC's annual general meeting on November 15 at the Norman Linklater Memorial Multiplex.

They learned about the highlights and challenges of FCWC departments and programs over the last year as they help Citizens to live their best lives.

After an opening prayer, FCWC CEO Felix Walker welcomed everyone to the event.

"It is remarkable to realize that we provide compassionate care from the cradle to the grave, from our enthusiastic childcare programs to our empathetic end-of-life care. Of course, physical needs are a priority, but minds and spirits are tended too as well," he said. "When we consider the Land Base program, and the culture camps so many of our programs provide, we can be proud in knowing that we are reclaiming our traditional teachings and our inherited wisdom to deliver holistic health to all Citizens.

When they are whole, they can determine their own futures. In turn, they can play their part in ensuring our community's wellness."

After presentations that outlined each department's work over the year, everyone sat down to a delicious meal.

There were swag bags and door prizes, including four Jets tickets, for

attendees, and a great night was had by all.

Discussing the event on social media, Jackie Walker said, "I especially like how we have so many of our own

people working in all positions within the Wellness Centre. So proud of our accomplishments!"

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**Kinaskomitin,
Darcy and
Edward from
Finance, for
setting up the
FCWC tree. It's
beginning to
look a lot like
Christmas!**

Gifts That Keep Giving

The FCWC held a Magical Christmas Toy Shop on December 3.

Thank you to everyone who supported our Toy Shop. Merry Christmas!

There was an incredible variety of toys, including dolls, puzzles, arts and crafts, Nerf guns, board games, toy trucks and more!

In all, the pop-up Santa shop raised more than \$10,000. With these funds, diapers, baby formula and other supplies will be purchased to gift back to NCN families.



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

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



Balancing Holiday Cheers with Wise Choices: A Friendly Guide for Our Community

As the snow blankets our beautiful land and the holiday season approaches, it's not just a time for joy and reflection, but also for bracing ourselves for the cold, wintry days ahead. With a bit of humour and wisdom, let's navigate the season's temptations and make the most of our winter wonderland.

Embrace Our Traditions, mindfully:

Our heritage is filled with winter traditions that we hold dear. Let's enjoy our traditional foods but remember our ancestors' teachings about balance. And as we feast, let's share stories that warm our hearts as much as our hearths.

Winter Fun is Just Outside Your Door:

Our land offers endless possibilities for winter activities. Why not try ice fishing? It's not just about the catch, but also the tranquility of our lakes. Or rev up a snowmobile for an exhilarating ride through the snowy landscape. And let's not forget the simple joy of sitting around an open fire outside.

Handmade Gifts from the Heart:

In this season of giving, remember that gifts need not be store-bought. A handcrafted item, be it a beaded bracelet or a knited scarf, carries the warmth of your personal touch. Plus, it's a great way to keep the holiday budget healthy.

Connect with Community and Nature:

This is a time to strengthen our bonds. Join community gatherings, share stories of the old days, and embrace the wisdom passed down through generations. Let's also take time to

connect with nature, perhaps through a quiet walk in the snow-laden forest.

It's Okay to Say No:

Remember, you have the power to choose. Saying no to an extra helping or another round of festive drinks is perfectly fine. It's about enjoying the holidays while respecting your well-being.

Cherish the Small Moments:

Amidst the holiday bustle, find joy in small things – a cozy night in, a laughter-filled gathering around a bonfire, or the peaceful silence of a snowy evening.

Prepare for the Cold:

As the temperatures drop, let's remember to dress warmly and keep our homes snug. It's also a time to look out for each other, ensuring that everyone in our community is safe and warm.

As we move through these frosty days and festive nights, let's keep our traditions alive and our community spirit strong. Happy Holidays, filled with joy, health, and wonderful winter adventures!







NCNWSA

NCN Wellness Sports Association

Get involved! Get Playing! It's Free!

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

Citizen Profile: Shirleena Spence Tait

Tansi, my name is Shirleena Spence Tait, my spirit name is Extra Ordinary Snowflake Woman and I am a proud member of Nisichawayasihk Cree Nation.

I started working with the Nisichawayasihk Cree Nation Family and Community Wellness Centre on

July 6, 2021 with the Employment Growth Opportunity Program (E.G.O.P) as a Land Base Worker. Before Covid, I was heading towards becoming a Carpenter, I finished my level 1 Carpentry, but unfortunately, I could not find work due to Covid, so I took the opportunity to work with the

FCWC. Right when I started as a Land Base Worker, my supervisor sent me out for five nights to help with a Sundance ceremony in Grand Rapids. It was a wonderful experience camping out in a tent and getting to witness and help with the Sundance Ceremony.

Working with the Land Base Department was great; we got the opportunity to work with different animal hides, smoking fish, collecting grandfather rocks and poplar trees for the Sweat Lodge. Shortly after, I was promoted to become the Land Base Team Leader. It was a great experience.

In March 2022, I got another offer with the Human Resource Department to become a Human Resource Support worker and I took the opportunity. I believe that it is good to experience different opportunities, because you will never know what you enjoy doing unless you try.

I have been with the Human Resource Department since and I really enjoy helping people and to be working with a wonderful team.

Thank you NCN FCWC for the wonderful experiences!



Another Successful Powwow Event

Citizens came out to celebrate another successful weekend event in celebration of powwow with song, dance, medicines and prayers.

It was a beautiful weekend minus one day of rain. Even then, our dancers and drummers thought it was beautiful to perform outside in the rain instead of going indoors. The feeling was felt, the songs were sung, and the dancers danced hard for our people. The vendors had food, crafts, homemade ribbon skirts, clothing, hair braiding and a 360 photo-booth.



"A lot of our community participated, and our out-of-town guests travelled

from all over the country and beyond," says powwow chair Cheyenne Spence. "They said they loved visiting NCN and that we are good hosts and live in beautiful territory. We should be proud."

The dancers and drum groups were from all over Manitoba, from coast to coast across Canada, and from as far as Arizona and California. It was great to have visitors from all over.

"It's amazing how families come together to prepare their children, teen, youth and young adults, with regalia making and seeing their outfits. It's so uplifting to feel the excitement as they danced hard and wore their regalia proudly," says Spence.

The powwow returned to Nisichawayasihk Cree Nation in 2019, after many Citizens came forward and

requested it to reclaim tradition and celebrate in the community again.

The Powwow Committee includes Spence, Eleanor Erickson, David Spence, Alfreda, Thorne, Jessica Spence, Dez Colomb, Hope Linklater, Stewart Francois, Candace Atcheynum, Rod Atcheynum, Debbie Francois and Marilyn Linklater.

They would like to thank many people for their support in hosting the event and in working towards reconnecting with our identity. They helped to have the songs in our community, the dances to bless our NCN lands, and to teach our children early about our culture and way of life. A special mention to Derek Hart and Candice Hart for their knowledge, guidance and support in guiding us in our NCN Powwow. We are still

learning, and will only get better each year as we go. We are also grateful to the community members who opened their homes to our visitors. Kinanaskomitnawaw.

There is an open invitation to all NCN Citizens to join our 2024 Powwow Committee. Join us!

- 2023 Powwow Sponsors:**
- CAP/CIP Committee
 - Manitoba Hydro
 - Jordan's Principle
 - Valerie Matthews Lemieux Law Corporation
 - NCN Medicine Lodge
 - NNCEA
 - NCLP
 - NCN Development Corporation
 - Nisichawayasihk Cree Nation
 - NCN Family and Community Wellness Centre



Winnipeg Sub-Office Cultural Orientation

Elder Agnes Spence came to the office to share teachings about the medicines cedar, sweet grass, sage and smudge.

Isaac Spence shared teachings from his mentors on his Traditional Regalia. He dances traditional in the powwow ceremony. Sub-office staff were lucky to enjoy a performance from Isaac!



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

Nisichewewiyinshik Ciyas Ninteng
FAMILY AND COMMUNITY Wellness Centre

Into the Magic with Disney on Ice

At the end of November, a few lucky families had the chance to attend Disney on Ice in Winnipeg.

Family Enhancement program participants headed to the city in style, and enjoyed a performance that featured Belle at the Beast's

enchanted castle; Moana's voyage; a sing-along with Miguel; Anna and Elsa; and Rapunzel and Flynn.

Kim Spence, Dolly Francois and Elizabeth McDonald planned the event. Special thanks to Vernon Moodie for a safe drive.



Know Your STBBIs!

Did you know that STBBIs are on the rise in NCN?

Do you know what STBBIs are?

Sexually transmitted and blood-borne infections used to be called STIs or STDs. Now, bacterial infections such as chlamydia, gonorrhea and syphilis, and viral infections such as herpes, hepatitis and HIV, are called STBBIs.

All of these infections can be passed in heterosexual or homosexual activity including vaginal, oral and anal sex.

The more sexual partners you have, the greater the risk that you will be exposed to an STBBI. To protect yourself, use a condom or dental dam for all sexual activity. They are available for free at the FCWC and at the Nursing Station! Remember that, even then, these protections aren't perfect, so always carefully assess if you want to engage with a new partner.

Some common STBBI symptoms include painless sores, painful urination, discharge from genitals, rash, fever and headaches.

But STBBIs are especially dangerous because people don't always have symptoms!

When left untreated, STBBIs can remain in your body for decades and cause terrible damage, from infertility to major organ damage.

Women with STBBIs can transfer their infections to children, which can cause problems from blindness to delayed development.

The good news is that all STBBIs can be treated with antibiotics, if caught early on. If you ever have unprotected sex, you must get checked for STBBIs.

If you are dating someone new, always get checked for STBBIs before you move into a sexual relationship. Make sure they do, too! This doesn't have to be embarrassing. It's a sign that you care for each other.

Even if you're in a relationship, you should get checked for STBBIs from time to time.

You can get tested at the NCN Nursing Station. It's easy and confidential.

Learn more about STBBIs and safe sex by calling 204-484-2341 and talking to Public Health. They are ready to answer any questions you may have, and there's no reason to be nervous. They've heard everything before!

Sexuality is a healthy part of life, and can be a wonderful way to feel connected. But it's not a decision to make lightly. Make sure your partner deserves to share this with you.

Before sex:

- Do you trust this person? (No?

Don't do it.)

- Talk about past and current STBBIs and needle drug use.

- Are you confident talking about your concerns? (No? Don't do it.)
- If you don't feel comfortable, don't do it. Sex is never the solution to a problem. Sex always makes things more complicated. Decide if it's worth it.

During sex:

- Look closely for evidence of an STBBI (rash, sore, redness, discharge). Stop if you see something!

- Check in with your partner. (Do you like this? Can we keep going?)
- Use a new latex condom every time.
- Remember you can get diseases from oral and anal sex, too.

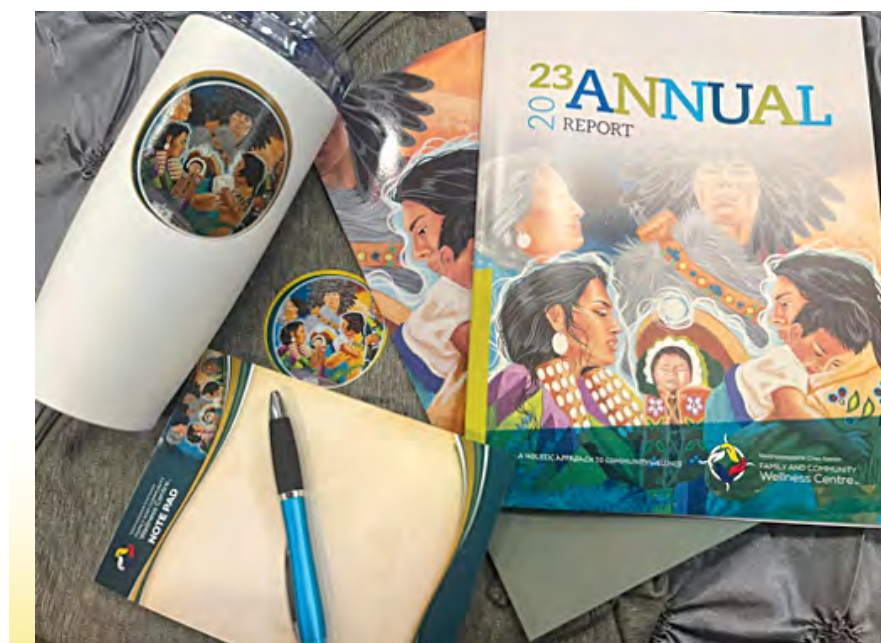
After sex:

- Watch for STI symptoms, even if you had safe sex.
- Be attentive to your partner.
- Listen to your gut. (Do I want to do this again?)



Highlights and Challenges

- Rediscovery of Families held three family camps at maximum capacity.
- Family Enhancement provided prevention services to 761 families.
- Public Health is dealing with overdue immunizations and vaccine hesitancy due to the pandemic.
- STBBIs such as syphilis, gonorrhea and chlamydia are on the rise in NCN.
- More than 300 people attended Canadian Prenatal Nutrition Program sessions on topics like nourishment and postpartum care.
- Alcohol use during pregnancy, gestational diabetes and teen birth rates continue to be common.
- Diabetes is a health factor in NCN. It's difficult to make healthy lifestyle changes without family support, and many don't have access to healthy foods.
- A toolkit has been created for young adults transitioning out of care to ensure they'll have the resources they need for success.
- Many programs have staff openings. Follow us on Facebook for employment opportunities!



Call or Text 988 If You're Struggling

A new suicide crisis helpline has been launched by the Canadian government.

The number to call or text is 988.

It is available 24 hours a day, seven days a week, and it's free.

If you prefer to speak in Cree, you can select the "Hope for Wellness" option, or you can ask for an interpreter once you connect with a responder.

Whatever you're going through, you're not alone. People who answer at 988 will help you find a way through, no matter what you're dealing with.

Every conversation is confidential and without judgement.

If you're struggling with your mental health, or if you're worried about someone else, you can also use 988. All responders have been trained specifically to support people dealing with mental health issues and/or thinking about suicide.

Warning signs that someone is considering suicide:

- saying they are hopeless, helpless or worthless

- deepening depression
- out-of-character behaviour
- talking about death or suicide
- losing interest in the things they care about
- taking unnecessary risks
- giving away prized possessions
- planning special events or parties to create nice memories
- making arrangements and setting their affairs in order

If You're Having Suicidal Thoughts

- Call 988 right now to get advice and ideas
- Remember that depression affects your ability to think clearly
- Understand that problems can be solved
- Believe that you deserve to feel better
- Know that there are brighter days ahead



Hotline number

Call or Text 988

Emergency Phone Numbers

Hope for Wellness
Help Line (for
Indigenous people)

1-855-242-3310

Canada Suicide
Prevention Service

1-833-456-4566 or text 45645

Kids Help Phone

1-800-668-6868 or text
686868

MB Suicide
Prevention & Support

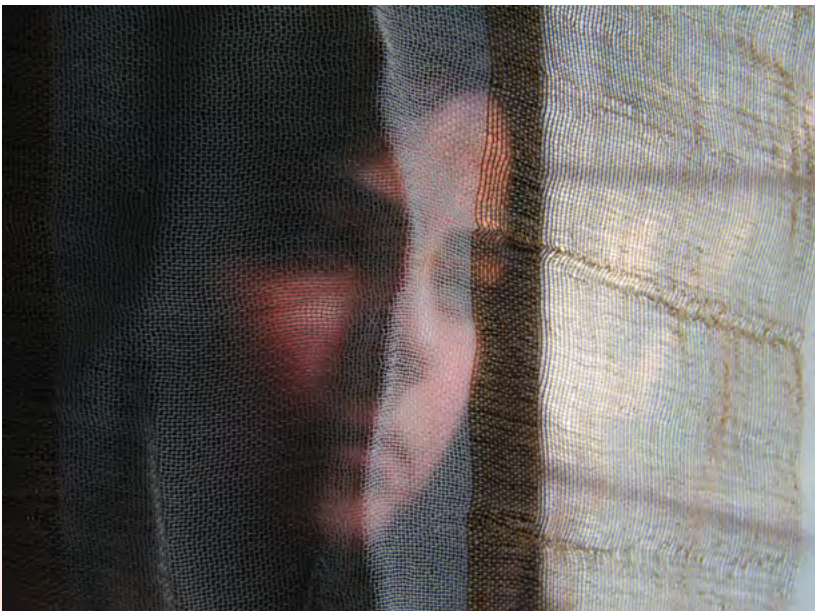
1-877-435-7170

NCN Nursing Station

204-484-2031

NCN Ambulance

204-484-2911



Men's Wellness Group

On November 21, a group of men came together at the Wellness Centre for fellowship and conversation. The topic they explored was, "Let Go."

- Let go when holding on no longer serves your growth and happiness.
- Let go when past mistakes and regrets are sabotaging you.
- Let go when the situation or relationship becomes harmful to your wellbeing.

- Let go when circumstances are beyond your control.
- Let go when anger prevents you from experiencing peace in your life.

People often believe that it's important to see something through to the end. But it takes real courage to look at a situation with clarity, and even more strength to see that moving forward on a different path can create a better future.

If you are struggling with making positive changes in your life, join us!

We'll listen to your concerns without judgment, and help with your mental wellness and confidence. You'll have the chance to connect with Elders and friends.

Get in touch with Dez Colomb (431-354-1962) or Amber Spence (204-670-1957) for more information.

Men Matter!

Start your new year off with our Men's Sakihisow January 3rd to 5th.

Follow our Family and Community Wellness Centre page on Facebook for more details.

No Pain No Gain?

Since the 80s, when aerobics and power lifting became society's obsession, gym instructors and personal trainers have been barking, "No pain, no gain!" at their sad clients just trying to get in shape.

The idea was that after a lifetime of couch-sitting, it would require not only dedication, but also actual pain to see a physical difference.

But is the old saying really true?

Decades later, of course, we've realized that if you're experiencing actual pain during your workout, you're doing it wrong.

There is a definite learning curve when you start a new exercise habit. You're learning new ways to move your body, and your muscles,

tendons and ligaments have to catch up. No matter what type of exercise you're beginning, whether it's cardio, flexibility work, or weight training, there will be an adjustment period when your body will feel tired and sore.

But pain should never be part of the process.

The best way to ensure you're creating safe exercise routines is to work with someone who understands what you need as a beginner.

There are channels on YouTube that offer free, safe content from professionals. Check out Yoga with Adrienne or Fitness Blender.

Avoid getting fitness advice from social media such as TikTok or

Instagram. These platforms are intended for bite-sized pieces of entertainment, and don't allow for enough instruction for you to safely learn about fitness.

A great way to ensure you're learning proper technique is to come to the FCWC gym and fitness centre!

It's open seven days a week from 12:00 – 8:00 pm. Staff are available to help you at whichever stage of fitness you're at.

If you know what you're doing already, you'll appreciate the clean facilities and current equipment. If you're getting back

into shape, they're here to be your cheerleader! And if you're a nervous newbie, relax. They'll take the time to learn about your fitness goals and help you make a plan to get there.

It's free and fun, so bring a friend. Start 2024 with the goal of becoming healthy!



Nurture holistic wellness

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



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre inc.

204-484-2341 ncnwellness.ca



Learning Self-Care Through Sakihisow

Over three days in November, a group of women, girls and 2SLGBTQ+ Citizens enjoyed information sessions and wellness workshops at a Sakihisow Seminar.

The weekend was sponsored by the FCWC Family Enhancement program and was hosted by Anna Spence.

“Sakihisow” means “love yourself.” This seems like an easy concept, but it can be difficult for anyone who struggles with their self-worth. Women are so often caring for others that they have no time for themselves and their own needs aren’t met.

This seminar helped everyone to

remember to put themselves on the priority list, too. It’s important to care for yourself so you can live a healthy, well-rounded life.

Participants enjoyed learning about budgeting, positive body image, skin care and professionalism. They had the opportunity to try energy



work such as reiki and meditation. They created affirmations and vision boards, and even enjoyed wonderful pampering like pedicures and photoshoots.

Remembering Missing and Murdered Loved Ones

On December 8th, NCN Citizens gathered for a memorial feast and

vigil to remember loved ones who are missing or who’ve died by homicide.

that showed great creativity. They also had the opportunity to try music therapy and energy work.



people think it’s easier to ignore. But honouring our feelings and moving through grief and loss can bring us a sense of peace. It can bring us into the blessings of our lives, and it honours our loved ones, too.



It was hosted by FCWC Family Enhancement and Counselling Services.

The event opened with prayer and the drum group Wapi Keewatin Singers.

Participants appreciated art therapy with Anthony Clemons, in which they created memorial Christmas decorations

Margaret Dumas, Trenton Moose and the NCN Choir shared their beautiful music, and everyone enjoyed a wonderful supper.

Michellen offered a jingle dance and everyone appreciated learning more about its healing powers.

It can be difficult to acknowledge the tragedy of losing someone in a terrible way. It can be so painful that some



How To Have A Happy New Year

A new year is a great time to reflect on your daily life and your emotional well-being. Are your actions creating the life you want? Do your routines make it easy to live your ideals?

For First Nations people, these long hours of winter darkness have always been considered a time for reflection. Elder Wilfred Buck, of the Opaskwayak Cree Nation, says it's a time for plants and animals to rest, and for people to dream and replenish the spirit.

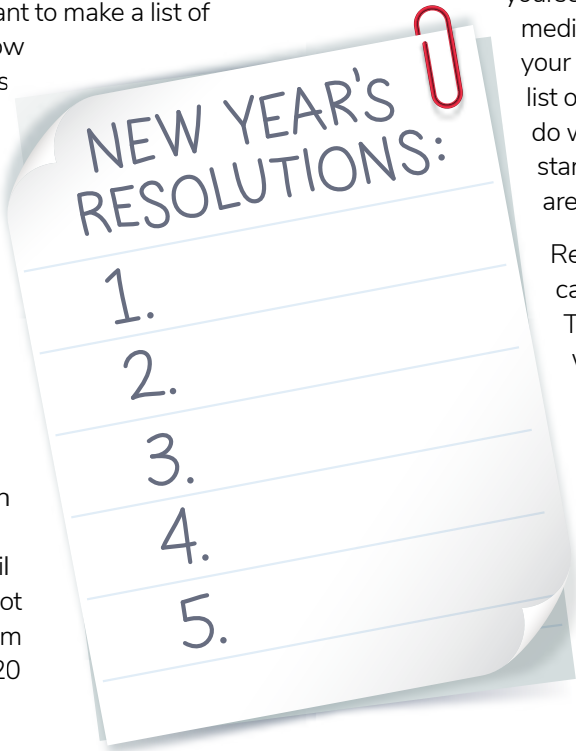
Take some time this winter to reflect on the past year and to look forward to 2024.

Ask yourself:

- What am I most proud of from this year?
- What was the best use of my time and energy?
- What do I need more of this year? Less of?
- Who do I admire? How do I spend more time with them?

Some people like to create a one-word theme to guide their behaviour and decisions for the year ahead. What would your life look like if you were aiming for “laughter”? Or “ambition”? Or “traditions”?

Maybe you want to make a list of resolutions: how about 24 goals for 2024? Remember to consider all parts of you: physical, mental, emotional, spiritual and social. Make the focus is fun (I'm going to walk every trail in NCN) and not punishment (I'm going to lose 20 pounds).



If that all sounds too overwhelming, plan to spend some time on yourself every day. Give yourself 15 minutes a day to simply focus on you, preferably without screens. Check out the stars, dance to your favourite songs, give

yourself a manicure, meditate. Putting your needs on your list of things to do will raise the standards in all areas of your life!

Remember, self-care includes Try treating with warm and some you feel like go for it! You surprised how good you'll feel after.

If it seems too difficult

to take care of yourself, consider doing a good deed for someone else. Often when we help others, we end up helping ourselves.

Why don't you:

- Shovel someone's sidewalk
- Bring them a healthy snack
- Help them winterize their home
- Drop off drawings from your children
- Take them on a morning walk
- Offer an evening phone call.

Head into 2024 with some broad ideas for a great year and some concrete plans to help you get there! May this be your best year yet.

Recognize the difference between “a sad funk” and “depression and suicidal thinking.” If you’ve had a cloud over your head for weeks, if you feel “flat” all the time, if you can’t eat or sleep (or all you do is eat or sleep), it’s time to get better.

Call **988** for a confidential national helpline. Or call the FCWC at **204-484-2341**. We understand depression and we can help.



HAPPY NEW YEAR

Celebrating Without Substances

There are many reasons to quit drinking and using drugs.

If you're wondering if it's time to make a change, you're not alone. In fact, heavy drinking in Canada has dropped to its lowest level since 2015. Many people have quit because inflation means every dollar matters. Others have listened to new recommendations that say a maximum of two drinks per week can help you to avoid issues like cancer and diabetes. Some people are just tired of the stress and drama that drugs and alcohol create. Eventually it outweighs the "fun" of imbibing.

Whatever your reasons, it's a good idea to have a plan before you get together with friends.

First of all, know yourself! Some people find success in limiting themselves to a pre-planned number of drinks or tokes. Maybe you make a rule that you don't imbibe alone, or you only have a drink if there's 5 people or more in the room. Maybe you don't imbibe during the week at all, and save your two drinks for the weekend. Having some rules could help you to relax.

On the other hand, you might find it easier to abstain completely. Some people find it more stressful to constantly monitor their behaviour and feel freer by simply saying no.

Only you can know for sure which strategy will work best for you, but take some time to think about it.

Next, in group settings, it can be helpful if everyone knows that you've made the decision to stop drinking and using drugs. They can encourage you and help you to make healthy decisions.

But the opposite can also be true! Maybe it will be easier if no one knows you've made a change. Pour a glass of Pepsi and keep your truth to yourself.

To figure out if you should tell people or not, reflect on your relationship with them. Have they supported you? Or have they made fun of your decisions and tried to convince you to change your

mind? Most people will behave the same way they have in the past.

Finally, keep "Future You" in mind. Tomorrow morning, you'll have no problem getting out of bed because you'll be clear-headed and feeling no shame. After a month of no drinking or drugs, you'll see positive changes: you'll lose some weight, have more money and even fight less with your

partner! In three months, you'll have a clarity that allows you to dream about your future.

Every time you head out the door, remind yourself of Future You and the benefits of life without drugs and alcohol.

Take it one event at a time. You can do this! And you deserve it.





Why don't you:

- take a friend who also won't drink or do drugs
- bring a special mocktail or near-beer
- have a funny line ready when people ask
- get together during the day when partying isn't as common
- invite some Elders so the gathering has a different feeling
- suggest activities: go for a walk, stargazing, games at the Fitness Centre, charades, etc.
- plan an event yourself. If you're in charge, you can decide what the focus is!

If you think you have a problem with drugs or alcohol, get in touch with us!

Family and Community
Wellness Centre
204-484-2341

NCN Medicine Lodge
204-484-2256

You deserve a better life. We can help.



Introducing the Centralized Response Team

To address violence and trauma in Nisichawayasihk Cree Nation, a new Centralized Response Team (CRT) has been launched. It will provide crisis intervention services and follow-up with culturally appropriate support.

The hope is that the CRT will help those experiencing a crisis incident, from partner abuse to an attempted suicide, quickly and without stigma. Long-term goals include less incidents, more engagement with vulnerable Citizens, and even improved community health outcomes.

A new Centralized Response Team (CRT) has been launched in NCN to provide crisis intervention services and follow-up with culturally appropriate support.

Main responsibilities of the NCN CRT include:

- immediate response to incidents
- safety and security management
- crisis intervention and support
- referral and resource coordination
- follow-up and ongoing support
- documentation and reporting
- community engagement and education
- ethical and cultural sensitivity
- debriefing and incident review

The CRT will be composed of a manager, dispatchers, supervisors, counsellors and FNSOs (First Nation Safety Officer).

All CRT members must have first aid and CPR training and a clean

criminal record. Further training, from basic law enforcement to counselling qualifications to cultural knowledge, is required for each specific role.

What does the CRT look like in action?

When a crisis arises in the community, the dispatcher will receive a call and determine the urgency of the incident and gather details. The dispatcher will radio CRT members and provide information.

When the CRT arrives on scene, they work with RCMP if present. The FNSO conducts a quick assessment to ensure everyone's safety. The counsellor assesses the emotional and psychological state of everyone involved.

Interventions begin, based on the situation, from crisis de-escalation to emotional support to physical safety measures. Collaboration with RCMP, medical services and/or other community resources is coordinated by a CRT member.

When the immediate situation is resolved, follow-up and/or referrals are determined, and reports are made back to Supervisor. CRT members debrief for response effectiveness and emotional support.

The CRT is expected to begin its work in early 2024. Here's to safe and healthy NCN Citizens!

NCN CRT mission statement:

To provide immediate, compassionate, and culturally attuned support to the Nisichawayasihk Cree Nation community in times of crisis, ensuring safety, healing, and resilience for individuals and families impacted by critical incidents.

NCN CRT vision statement:

A resilient and empowered Nisichawayasihk Cree Nation where every individual and family has access to prompt, effective, and culturally sensitive support during critical incidents, fostering a community that thrives on mutual support, understanding, and collective healing.

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**



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre inc.

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

EATING DISORDER SUPPORT



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

STAR



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**

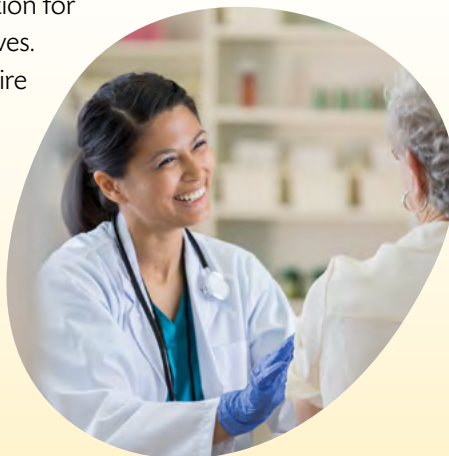
Your Path to Wellness

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



Public Health

NCN's Public Health mandate includes illness prevention, health promotion and health protection for all Citizens throughout their lives. Our programs benefit the entire NCN population, as opposed to individual patients or diseases. We work with Citizens through home visits, workshops, clinics and an annual health fair, and are always creating more culturally-focused health initiatives to help our Citizens live healthy lives.



Services Include:

- Immunizations and vaccinations
- Sexually transmitted blood borne infections
- Mental wellness
- Environmental health and safety
- Primary care

Benefits Include:

- Access to health care and immunizations
- Improved health for our Citizens
- Access to Mental Wellness Resources and Supports
- Improve care in the community

Please visit us at the NCN Family Wellness Centre. Or call us at (204) 484-2341. We'll set up an appointment to determine how we can help you and your family.

Providing NCN Illness Prevention, Health Promotion and Health Protection

Guide to Human Resources (HR)

Do you work for or are you considering a job/career with the NCN Family and Community Wellness Centre? Our Human Resources department oversees recruiting, hiring and training FCWC employees. It also manages personnel including salaries and wages, benefits, sick leave, vacation time and more. HR ensures all employees receive appropriate training and certifications, and can serve our community according to best practices.

We have policies, plans, strategies and guidelines for every workplace situation!



HR services for employees include:

- Employee Orientation
- Employee Assistance Program
- Lateral Violence Workshops
- Years of Service Awards
- Leave Scheduling
- Communications and IT services
- Annual Culture Orientation

Employee benefits include:

- Health, dental, disability and life insurance
- Canada Life Pension Program
- Bereavement days
- Sick leave
- Family-related leave

Get to Know Your HR Department & Resources



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



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FAMILY AND COMMUNITY
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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