



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



FEBRUARY
2024

Caring for your Elderly Loved One

It can be difficult to watch your loved one grow older and need support. In many ways, your roles will begin to reverse, as you become the caregiver, and they become reliant on your help.

The best way to move into this stage of life is with preparation, compassion and humour. Make a plan to care for your loved one before things become overwhelming. It may be helpful to gradually offer more support, and to take things off their list slowly. You don't want an emergency to throw everyone into a panic. Remember that your loved one may be feeling frustrated, embarrassed and reluctant to receive help. Be kind and patient.

- Split up responsibilities with other caregivers. It's unfair to expect one person (often the oldest daughter) to provide all help, so call a meeting with everyone who is able to provide support. Make a list of things that your loved one needs, and determine who is the most natural to take on that chore. Consider things like errands, housekeeping, meal prep, finances, home/yard/car maintenance, social activities, medical appointments, etc. Plan to meet monthly to discuss

problems and speak honestly.

- Use simple systems to ensure everyone has all important information. Keep a list on the fridge of current medications and dosages. Have another list of important names & phone numbers. If several people are coming into the home, use a daily journal to log your name, date and time, and to write reminders and notes for other caregivers.
- Ensure their home is physically safe. Walk through each room and watch for things like frayed power cords, loose carpet, broken blinds or curtains, weak shelves, etc. Consider adding movement aids, such as a bar in the shower or by the toilet. Inspect the outside of their property, too. Do these checks every season.
- Watch for changing behaviours. A switch in activity levels, sleeping



patterns, diet preferences or weight loss may mean a physical issue. Misplaced items, forgetting names and places, and being unsure of the day's activities might suggest some mental decline. If your loved one has become reluctant to leave their home or doesn't accept phone calls or visitors, ask some gentle questions.

- Treat your loved one with dignity. They may need your help, but they still need to have a sense of independence and self-esteem. Don't treat them like a child. Stay patient and help them to process their emotions as they move through this stage of life, which can be filled with fear and frustration.

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Caring for an elderly loved one can be challenging in many ways. You may experience emotions including sadness, guilt and anger. But making appropriate plans that allow your loved one to feel safe and satisfied will reduce your stress and help you to enjoy your time with them.

If you are an Elder and need support, call the Family and Community Wellness Centre at 204-484-2341. If you are a caregiver, get in touch with us to see how we can help!

Asking for help

It can be difficult to ask for support when you're overwhelmed by caregiving. People will say, "Call me if you need anything," and it's hard to think of what to say. Find your courage and make a specific request. They really do want to help!

Here are a few ideas.

- Could you visit my mom on Wednesday at lunch?

- Would you mind driving my dad to the hockey game this weekend?
- My kookum was talking about your bannock. Would you make some for her?
- Could you shovel the snow at my mom's place tomorrow morning?
- I admire your knitting. Could you make slippers for my dad?

- Could you do the oil change on my mom's car this week?



Get Your Greens In!

Did you know we should be aiming for 8 servings of fruits and vegetables every day? (Before you call it "impossible," a serving of broccoli or blueberries is ½ cup and a serving of lettuce is about 1 cup.)

Variety is important to get the different vitamins, minerals and nutrients that our bodies require. Try to "eat the rainbow" every day.

But it can be difficult in our location to find varieties of fresh produce at an affordable price. Here are some tips and tricks for making the most of what we've got!

- Eat in season. During the winter, you'll find the best prices for root and cruciferous veggies. Think carrots, sweet potatoes, parsnips, turnips, rutabagas, cabbage, broccoli, cauliflower, kale and brussel sprouts. These veggies are rich in nutrients, such as beta-carotene, vitamins C, E, and K, and a great source of fibre. They are best roasted or steamed.
- Switch to frozen wherever you can. Frozen foods are harvested at their peak nutritional content so they're often a better choice than fresh... and almost always cheaper. Check out canned fruits & veggies, too.
- Share the cost of a Costco membership and carpool on trips to the city. Buying in bulk is always cheaper, but you may not have enough freezer space, so working with another family can make it possible. Watch your budget

though! Make a list of healthy foods and stick to it.

- For about \$100, you can buy a small hothouse for your kitchen counter. Grow your own lettuce and herbs, such as basil or mint, to bring some zing to your veggies. Try your own sprouts, which contain incredible amounts of iron, calcium and anti-inflammatory nutrients. Search "how to grow sprouts" on YouTube.
- Grow your own garden! After the initial effort, a garden is easy to maintain, requiring watering and weeding a few times a week. Your kids will love it! The FCWC often has classes and supplies to help you get started. Bonus points if you learn how to can or "put up" your veggies so you can enjoy them year-round.

Fruits and vegetables are the most important part of a healthy diet. From good eyesight to regular pooping, from better blood pressure to lowered risk of cancer, it's crucial to do the best you can to get those greens in!

Are you getting enough fruits & veggies?

- Eat a salad before your main meal.
- Create a salad bar

at home. Offer raisins, sunflower seeds, crunched up crackers & a few salad dressings.

- Always have raw veggies ready for eating in the fridge.
- Make half of your plate fruits & veggies at every meal.
- Try a deluxe burger by adding mushrooms, tomatoes, pickles and lettuce!
- Sneak f & v into unexpected places. Add frozen spinach or cauliflower to your smoothie, or mashed sweet potato into your cookies. You can't taste it!
- Make your own pizza & go heavy on mushrooms, peppers, onions, tomatoes, olives.
- Have a piece of fruit for dessert.

Great ways to cook veggies

- Roast: Preheat oven to 425. Place

frozen veggies in single layer on a cookie sheet. Cook 10 minutes to evaporate water. Season lightly with oil, salt and pepper and return to oven for another 10 minutes.

- **Steam:** Place veggies in silicon steamer, season with salt & pepper and zap in microwave for 2-3 minutes. No liquid or fat needed!
- **Fry:** Throw frozen veggies in pre-heated pan at medium-high heat. Stir often. As they thaw, the liquid will keep them from burning.

Make your own salad dressing

Store-bought dressings are loaded with salt, sugar and unhealthy oils, but it's easy to make your own. Combine olive oil with any kind of vinegar (red, apple cider, rice wine, balsamic, white) at a ratio of 2:1. Try 1:1 if you like it tangy. Add a dollop of mayo, honey or Dijon mustard. Shake and enjoy!



Understanding Domestic Violence

More than 6,000 women and children in Canada sleep in shelters because it isn't safe at home.

Other vulnerable groups such as elderly, disabled and people of the 2SLGBTQIA+ community often deal with domestic violence. Unfortunately, Aboriginal women deal with it at a rate of almost three times more than non-Indigenous woman.

Domestic violence is so scary and unpredictable that victims often can't focus on anything else. It's difficult to care for their kids. Decisions seem impossible. They feel ashamed, and withdraw from friends and family. This allows their abuser to hurt them even more, and make their victim believe they are unlovable.

Children of victims are very perceptive, and usually know about the violence. They can't focus at school, lose their appetites and can't sleep. They feel

confused, angry, sad and helpless.

Abusers often feel hopeless and can't find a way to stop their behaviours. They often have addictions or unresolved trauma, or are acting out generational abuse that they experienced themselves. It is almost impossible for an abuser to heal themselves without help.

The good news is that there is help in our community for people in an abusive relationship, and for people who abuse those they love. Everyone can heal!

The FCWC has many programs and services that help families move toward wholeness. In counselling sessions, participants learn healthy ways to communicate and how to deal with their emotions effectively. In family camps, exploring traditional ways of life on the land can help families build skills as a team and understand their roles.

The NCN Women's Shelter provides temporary shelter and counselling for women and their children in crisis. It is a safe space while they create a plan for a brighter future.

If you know of a family dealing with domestic violence, call the FCWC at 204-484-2341 so you can learn ways to support them.

Signs of abuse:

- she talks about her partner's bad temper, jealousy, possessiveness
- she stops talking when he comes into the room
- she seems eager to please and nervous around him
- she is quiet, anxious, depressed
- she has injuries with unlikely explanations
- she doesn't want to leave her kids alone with him.

How can I help?

- listen to her & believe her
- tell her she is brave and deserves love & safety
- don't judge her
- understand that love & abuse is complicated
- respect her decisions even if you don't understand
- tell her to be careful with texts, emails, phone calls, etc
- encourage her to make a plan
- keep in regular contact with her
- offer practical help (babysit, cook a meal, drive her to appointments)
- don't make negative comments about the abuser
- don't confront the abuser
- be patient.



If you are an abuser, you can get help.

Call the FCWC to learn how to change your behaviours and lead your family with love. You are not broken. You and your family deserve peace & happiness.

If you are in an abusive relationship, and it's time to make a change, call the Women's Shelter at 204-484-2634 or the NCN Family and Wellness Centre at 204-484-2341.

If you are in immediate danger, call 911 or go to the Women's Shelter.

Domestic Violence Crisis Line:
1-877-977-0007

Thompson Crisis Centre:
204-778-7273

Kids Help Phone:
1-800-668-6868

Every child
is sacred.



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204-484-2341 ncnwellness.ca



Kakithaw Awasisak Kistinitakowsiwak

Celebrating Female Friendship

Have you heard of Galentine's Day?

It's a new idea that celebrates love of a different kind: the bond women share and the support they receive from their female friends.

People tend to celebrate it on February 13th, the day before Valentine's Day, but of course, you can applaud your incredible friends and rejoice in them whenever you want!

While there are certain expectations to Valentine's Day, such as flowers, chocolates and romantic activities, the

sky is the limit for celebrating with the great women in your life.

Why don't you:

- host a casual brunch
- go out for a fancy dinner
- sing your hearts out at karaoke
- create a trivia game about all the women at your event
- enjoy a night away without kids & spouses
- watch stand-up comedy & laugh yourselves silly
- do a clothing swap.

Doctors say that loneliness can be as bad for your health as no exercise and a poor diet! Be sure to nurture your friendships and take care of the women in your life. It can be difficult to fit more tasks into the day when you're a busy mom, wife and/or daughter, but showing you care doesn't have to be expensive or time-consuming.

Write a love letter to a great woman in your life, explain what you've learned from her, and throw it in the mail. Send her a funny meme. Remind her of your favourite memory of the two of you together. If she's going through a hard time, drop off a casserole with five

adjectives that describe her on top of the wrapping.

And if you're the one struggling, lean on your friends. Ask them to take your kids on a playdate, to go on a walk with you to talk it out, or to simply sit together in silence. The women in your life are always ready to lend a hand and a heart!



BE WISE, IMMUNIZE

Is your child in grade 6?

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

What is the recommended immunization schedule for sixth grade children?

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

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

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

What do I do if a vaccine is missed?

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

Why should my child get immunized?

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

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

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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

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Learn by Doing | assiniboine.net

Let's Get Physical

Most experts agree that there are three main components to being physically fit: strength, cardiovascular endurance, and flexibility.

A good way to create a weekly exercise routine is to incorporate one of these activities every day. Maybe Monday and Friday, you are working on muscle. Tuesday and Thursday could be cardio days. Save Wednesday and Saturday for flexibility. You can plan to take off one day a week for recovery.

To make physical activity a long-lasting habit, start small. It's much better to do "something" for 10 minutes every day than to plan a complicated one-hour workout that you only do once and then give up.

Strength training means challenging your muscles through repetitive movements so they can grow stronger. People picture huge, sweaty men grunting at the gym, but when you're starting out, it's fine to use only your body weight with no equipment at all. Try exercises such as push ups, squats, lunges and planks. Search "7 minute full body toning workout" on YouTube to get started.

Strength training is important for many reasons. Muscle burns more calories than fat, so a routine can help you

to manage your weight. As we age, strong muscles help us to avoid falls and injuries. Being stronger improves our quality of life in all ways, from opening the jar of pickles by ourselves to lifting a grandchild into the air.

Flexibility helps you to move through your day with ease. Having a daily stretching routine allows you to get through random physical activity without injury. For example, if you stretch every day, it'll be much easier to say "yes" to a day of medicine picking in the bush! Search "10 minute stretch routine no equipment" on YouTube for guidance.

When you're stretching, small, slow movements are best. Move your left ear towards your left shoulder. Now slowly stick your chin out. Do you feel the difference on the right side of your neck? Work gently to increase your flexibility so you don't hurt yourself.

The third component of fitness is cardiovascular work. The goal here is to temporarily increase your heart



rate so that it learns to pump more efficiently. With a regular cardio routine, you'll also sleep better, manage your weight and lower your blood pressure. And you can have fun! Cardio includes a brisk walk, dancing with your kids, jumping rope, frisbee, shooting hoops and more. If it's been a while, start with 2 minutes of heart-pumping activity, and over several weeks and months, work up to 45

minutes. Search "cardio workout for beginners" on YouTube.

The best exercise routine is the one that you keep up. If it sounds too complicated to get started on your own, or if you prefer to have a laugh while you exercise, head to the FCWC Fitness Centre. They will be happy to help you, whether you're brand new to exercise or training for your next marathon. Good luck!





Recovering & Empowering

Encouraging and Maintaining Strong Mental Health



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Counselling Services: 204-484-2341

Mental Health: 431-354-1270

ncnwellness.ca

Learning about ADHD

If you suspect your child may have ADHD, contact the FCWC at 204-484-2341 so we can help.

ADHD stands for Attention-Deficit Hyperactivity Disorder. It is one of the most common neurodevelopmental disorders in children.

It is a long-term brain condition that creates executive dysfunction, meaning the child has difficulty in managing emotions, thoughts and actions. ADHD can make it difficult to manage behaviour, stay organized, concentrate, sit still, and control their mood.

ADHD is often genetic and runs in the family. Boys are diagnosed at twice the rate that girls are, but this doesn't necessarily mean it is more common in boys. Because boys often show the common hyperactivity symptom, they are easier to diagnose.

Some ADHD symptoms include:

- losing things often
- fidgeting or squirming
- trouble waiting for their turn
- running & climbing inappropriately
- difficulty with quiet activities
- talking too much
- interrupting others
- constant daydreaming
- trouble with details
- easily distracted.

If these symptoms seem familiar, or if you wonder if your child has ADHD, it's important to find out. Undiagnosed ADHD can make everyday life a struggle. Your child could end up with sleep issues, job instability,

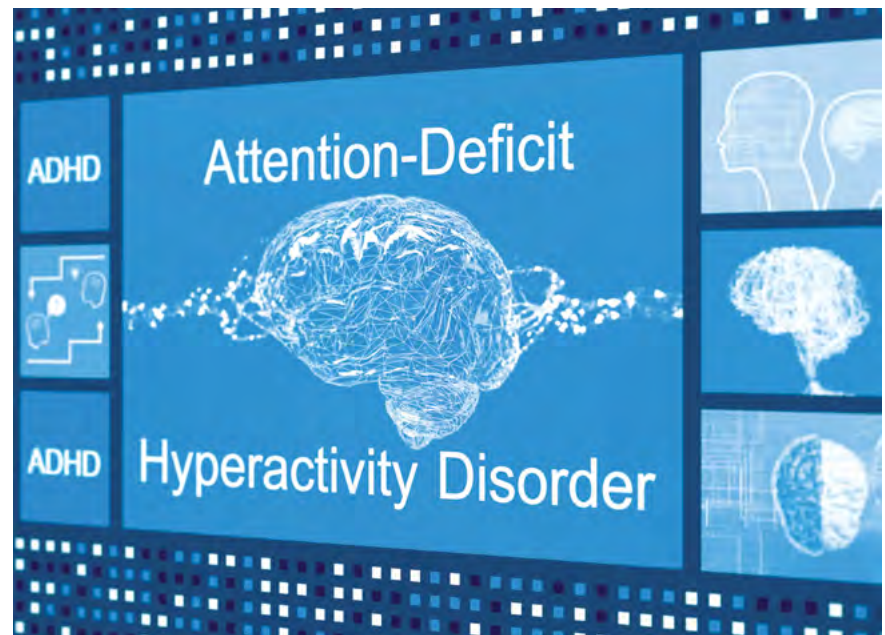
trouble with relationships, dangerous habits, poor self-esteem, anxiety and depression.

The good news is that kids who receive a diagnosis during childhood can get the treatment they need to live a life with focus and purpose.

To be diagnosed, a medical expert will determine if the child has a majority of symptoms to the degree that it interferes with daily activities at school and at home. (Most kids show these characteristics from time to time, but ADHD makes these traits a common occurrence and problem.) There is no ADHD test, but they will observe your child, and probably speak to people like teachers and other caregivers.

Once someone has received a diagnosis, they can start treatment, which may include behavioural therapy (strengthening positive behaviours and eliminated unwanted actions) and medication. Depending on the age of the child, caregivers may also receive therapy and training.

ADHD can be a challenge for kids and their families, but it is possible to receive support and learn strategies to help everyone get happy and healthy!



PERTUSSIS ALERT

WHOOPING COUGH CASES REPORTED IN MANITOBA

HIGHLY INFECTIOUS DISEASE AND CAN AFFECT INDIVIDUALS OF ANY AGE

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



PROTECT YOUR LOVED ONES




PROTECT YOURSELF



PROTECT OUR COMMUNITY

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

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

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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

Maternal Child Health Program
in First Nations Communities



Managing and Understanding Your Diabetes and Nutrition

Contact our ADI Worker at:
204-484-2341
ext. 132

YOUTH SPACE.CA

You might not always feel sunny, and that's okay. We're here to listen, judgement-free.

Youthspace.ca is a free online chat or text service for anyone in crisis or needing emotional support. Open every night from 6pm-12am PST, anyone under 30 across Canada is welcome.



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
Klinic Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273

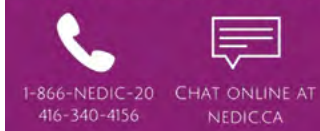


The Canadian Prenatal Nutrition Program aims to improve the Well-Being of Pregnant Women

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

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

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



MANITOBA Farm Rural & Northern Support Services

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



Jordan's Principle

A Child First Initiative
NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations children have access to products, services and supports they need, when they need them.

You can make an appointment or get a referral by calling our office: 204-484-2585



Rainbow Resource Centre

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

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

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

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



FASD Prevention Program

Success Through Advocacy and Role Modeling

Pregnancy can be difficult, and dealing with addiction or substance abuse can be even harder.

Speak to the FCWC STAR Program Manager Call: 204-679-4619



Health Links Info Santé

A 24/7 telephone service to provide answers to your health care questions and to guide you to the care you need.

204-788-8200
or toll-free **1-888-315-9257**



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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 ...



Tuberculosis Program

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



Services Include:

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

Benefits Include:

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

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

BCG Vaccine for Newborns and Infants

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

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

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

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

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

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



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



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

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

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

Do you have a suggestion or a Mithomahcihowin story idea?

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



Nisichawayasihk Cree Nation
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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