



Beautiful Art from FCWC Colleague

Elizabeth Wood has worked at the Family and Community Wellness Centre for four years in the maintenance custodian department.

During her breaks, she can be found focused on her creations, which are often breathtaking illustrations on paper with pen.

Elizabeth grew up in Nelson House, and graduated from NNOC in 2018. She's been an artist since childhood.

"I always saw my dad, Edgar, and my Uncle John, drawing, so I got interested in it, the pretty colours and the designs," she says. "I do portraits but it's hard. Sometimes I draw nature, like trees and sunsets, but often I just make designs. Recently, I started drawing a flower, and I was happy with what came out of it."

Elizabeth hasn't tried her hand at sculpture yet, but she does enjoy painting.

Her co-workers are often the recipients of her talent. Last Christmas she made her own holiday snowmen cards, which people loved.

She's even sold a few pieces, bringing her art into the FCWC on payday.

If you'd like to see more of her work, search Elizabeth Wood on Facebook.



Artist Elizabeth Wood displaying some of her breathtaking illustrations.

IN THIS ISSUE	PERSONAL JOURNEY Helping a Child Deal With Loss 2	FAMILY SUPPORT Dad's Being Good Role Models 3	COMMUNITY HEALTH Grade 8 – Time for Scheduled Vaccinations 7
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Helping Children Deal With Death

Sometimes we want to protect kids and not tell the truth about a loved one who has died.

But it's important to respect your children, and to give them the opportunity to process challenges and difficult feelings with your help. Being open and honest about death shows your children that they can trust you and come to you for other tough conversations.

Experts say there are three main parts to helping children to deal with death:

■ **Talking honestly and clearly**

When you have to tell a child that someone has died, speak plainly. Don't use phrases like "passed away" or "went to sleep." It's important to use the words "death" and "died." Give enough information to provide the truth, but try to avoid scary graphic details.

■ **Helping them understand**

Depending on the child's age, you may explain that death means the body

doesn't work anymore, that it doesn't feel or think. Encourage them to ask questions so you know how much they understand. If your family has religious or spiritual beliefs about death, outline them simply. It's also OK to say, "I don't know what happens when people die. What do you think?"

■ **Supporting them as they grieve**

It's difficult for kids to process emotions, so stay calm if you are uncomfortable with their reaction. Kids are naturally focused on themselves, and may try to take blame for the death ("Auntie got my cold when we played

together"). You may have to explain the death of a loved one several times as they try to make sense of it.

Remember, grief is complicated. It includes all kinds of emotions and doesn't follow a

timeline. Some days are easy, and some are terrible. All reactions and feelings are normal, and should be encouraged and supported. Be peaceful with your children in their grief, and be kind to yourself, too.

Being open and honest about death shows your children that they can trust you and come to you for other tough conversations.



When a loved one dies, you don't have to forget them. Why don't you:

- talk about happy memories
- visit the cemetery
- make their favourite recipe
- listen to their favourite music
- plant a tree in their honour
- make a pillow out of their shirt
- put a nice photo in a frame
- write a letter to them

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

Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre

What Does It Mean To Be A Good Man?

Everyone can picture “a good man” in the traditional sense. Maybe he knows how to hunt, trap and fish, or knows how to make a shelter. He can always open the tricky pickle jar.

But in 2022, being a successful father figure can mean a lot more.

A great man provides for his family, with stability and consistency. He is a reliable source of support, not only financially, but emotionally and spiritually.

A great man leads by example. He makes plans and celebrates his victories with humility and gratitude. He shrugs off his mistakes and continues to move forward. He understands his emotions and works with them, instead of ignoring them.

A great man treats the women in his life with respect. He acknowledges their everyday hard work that makes a family functional, and carries his load with positivity. He can see beyond traditional roles and encourages everyone to do the work that comes naturally.

A great man is a good teacher, who sees his student's strengths and weaknesses, without teasing or belittling. But a great man is also comfortable being a student. He indulges children by getting down to their level, and immersing himself in a kid's passions.

A great man knows that a key to a healthy family is embracing our

culture, learning traditions and cultures again, and strengthening a relationship with Mother Nature. At the same time, he acknowledges systemic and everyday racism, and teaches them to navigate through it with wisdom and grace.

Finally, a great man does the hard work of understanding his struggles and works to overcome them. He acknowledges the generational issues in his life and uses counselling and other supports to break the chains of trauma. He vows to get help so he can be a champion for his family.

What do you think it means to be a great man? How can you model positive behaviours and traits for the young people in your life?


Why don't you:

- create a list of family values with your family;
- talk about your emotions and struggles;
- spend time with each family member one-on-one;
- dream about your children's future with them;
- invite an Elder into your family;
- nurture a relationship with the outdoors;
- ask family members how you can support them;
- cherish your children's mother, even if you're not together;
- build traditions within your family.

Shout-Out To Dads and Father Figures

Sunday, June 19th is Father's Day, a time to acknowledge fathers, and also grandparents, uncles, older brothers, and even neighbours, teachers, family friends and Elders.

Nisichawayasihk Cree Nation is fortunate to have so many men who step up to lead their families and their community!



You have the power to say,
“This is not how my story
is going to end.”

Nisichawayasihk Cree Nation
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Wellness Centre Inc.

204-484-2341
ncnwellness.ca

Diabetes and Your Eye Health

Diabetes diagnoses are sky-rocketing around the world, as people eat more processed food and move their bodies less.

And because inadequate health services and poor access to nutritional foods can increase the chance of developing diabetes, Indigenous people in Canada are three times more likely to be diagnosed than the general population.

The Family and Community Wellness Centre runs a diabetes program year-round to help people learn about and manage their disease.

Recently, it held a retinal screening. Diabetes is the most common cause

of blindness in people aged 20-74. High blood sugar can lead to other sight issues, too, like blurry vision, cataracts (when your eye lens gets “dirty”), glaucoma (pressure in your eye when fluid can’t drain properly) and retinopathy (damage to eye blood vessels).

People with diabetes should have their eyes examined every year to identify problems at an early stage and to prevent vision loss.

Diabetes does not go away, and can cause many difficulties, from eye disease to amputations, kidney disease, stroke and even death. But with proper care and attention, you

can manage your diabetes through a healthy lifestyle and, possibly, medication.

Even better, it’s often possible to avoid diabetes in the first place through nutritious food, active habits, and stress management.

To learn more about diabetes and eye health, contact Martha Templeton at 204-484-2341.

Diabetes is a disease in which the body does not make or use the insulin hormone properly. This affects the blood sugars in your body, and can cause difficulties such as heart and eye diseases, stroke, kidney damage and nerve damage.

Diabetes can be passed down genetically, so if you have older family members with the disease, you should pay special attention to your health.

Call the FCWC if you or a family member have common diabetes symptoms, such as:

- unusual thirst;
- frequent urination;
- extreme fatigue;
- blurred vision;
- tingling or numbness in hands or feet;
- problems with erections;
- cuts and bruises that heal slowly.



Returning to Traditional Ways

NCN Land Base Program

Elder Instruction – Traditional Knowledge – Cultural Teachings



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204-484-2341 ncnwellness.ca



The Importance of Sleep

Getting enough hours of good, quality sleep is crucial to our health, at all stages in life.

Though it seems like nothing happens when we sleep, our bodies and minds are actually very busy. Hormones that maintain weight and proteins that fight disease are released, cells are repaired, and energy is restored. The brain stores new information and regulates its ability to process emotion. All kinds of repair and regrowth occur so we can wake up ready for another productive, creative day.

Children who consistently get the amount of sleep they need have better mental and physical health and behaviour. They can learn and manage their emotions well.

Adults who get appropriate sleep every night have less depression, diabetes, high blood pressure, heart disease and stroke.

Of course, a good night's sleep is helpful in other ways, too. We are more cheerful and considerate of others, and are able to perform well at our jobs. We make better choices and even get into less accidents!

Experts say the key to a good night's sleep is routine. Create a consistent set of events for your entire family, so everyone can enjoy its benefits.

- Stop consuming caffeine at least 5 hours before bedtime.
- Give your belly a break by eating nothing for the last 2 hours before bedtime.
- Turn off all screens one hour before bedtime.
- Save exercise for daytime. Try stretching or a quiet walk instead.
- Read a chapter in bed before you turn out the lights.
- Listen to a boring podcast if you can't calm your mind.
- Keep it cool in your bedroom, and use minimal pajamas and blankets.
- Try some white noise (a fan or an app).
- Wake up at the same time every day.



Sweet dreams!

How many hours of sleep do we need?

Babies	12-16
1-2 yrs.....	11-14
3-5 yrs.....	10-13
6-12 yrs.....	9-12
13-18 yrs	8-11
18+	7 or more

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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WEAR IT!

BAG IT!

TRASH IT!

DON'T JUST DROP IT!

Properly dispose of your Protective Masks and Gloves (PPE)

Talking About Elder Abuse

In many cultures around the world, elders are held in high esteem. Their experience and wisdom are celebrated and people seek their advice.

In Indigenous cultures, Elders are often considered knowledge keepers, with a deep understanding of traditional languages, customs and lifestyles.

Unfortunately, they can sometimes be the victim of elder abuse. In fact, up to 10 per cent of Canadians over the age of 60 experience some kind of cruelty.

Elder Abuse can happen anywhere. We expect it might happen in large cities, where people are anonymous and not known to many. But elders can be abused in small towns, too, and at home, at work, at care homes, at appointments, and more.

Elder Abuse can happen in many ways:

- **financial:** from spam phone calls to forging cheques to changing legal documents;
- **sexual:** especially women and mentally and/or physically challenged elders;
- **physical:** hitting, pushing and

restraining, and giving too much or too little medication;

- **psychological:** threats, insults, humiliation, gaslighting, manipulation and more;

- **neglect and abandonment:** not giving elders the care they need.

Unfortunately, it can be difficult to see evidence of elder abuse, because much of it happens secretly, behind closed doors. You may notice poor hygiene or nutrition. They may very rarely be seen in public. They may seem especially anxious or reluctant to speak around certain people. They may suddenly have money problems, or seem confused by financial documents.

If you have concerns, consider having a calm conversation with the elder or their caregiver, just checking in to make sure everyone is feeling OK. Don't make accusations! If you are

more worried after your talk, call the FCWC at 204-484-2341. We can discuss your concerns and get involved with next steps.

Let's take care of our Elders!



How can I help?

- Remain in contact with your elderly friends.
- Take note of their holistic health.
- Be respectful about their privacy but be a helpful listener.
- Drop by with a healthy homemade snack.
- Support their caregivers.
- Offer help in a way that you can consistently manage.



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**



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FAMILY AND COMMUNITY Wellness Centre

Time For Grade 8 Students' Typical Vaccinations

While we've all been so focused on the COVID vaccine, many routine immunizations for kids have fallen behind.

Recently, the NCN Public Health department sent home packages with all grade 8 students that outline the needles they should have received by now. It included a letter, factsheets and a consent form so kids can receive their shots at school. (If they prefer to receive their shots at the FCWC, call to make an appointment!)

The department looked through its records and realized that while 35% of NCN grade 8 students are currently up-to-date and fully protected

through immunizations, 61% have fallen behind or have not received any recommended shots.

Four per cent of students have no records at all.

All recommended immunizations are free, safe, quick and easy. They feel like a bee sting, but have health benefits that last a lifetime!

Please make these vaccinations a priority. Keeping your child's immunization up to date is a wonderful way to show how much you care.

To learn more about these vaccines, call the NCN Public Health

department at 204-484-2341. Or visit www.gov.mb.ca and search "school immunization program."

In Grade 8, routine vaccines include:

- HPV: human papillomavirus;
- HB: hepatitis B;
- Men-C-ACYW-135: meningococcal conjugate quadrivalent;
- Tdap or Tdap-IPV: tetanus, diphtheria, pertussis, polio;
- MMR: measles, mumps, rubella;
- Varicella.



Rarely hear of these diseases? That's because most Citizens have been vaccinated against them! But they have terrible consequences, so it's important to protect your child's immunity.

Keep Kids Safe Around Water

With the end of the school year approaching, many people are making plans to spend time on the water. It's a good time to remind everyone in your family about the safety rules of boating, swimming, and foraging along banks and shores.

Every year about 22 people drown in our province, according to the Lifesaving Society of Manitoba, and children in our province are more

at risk of drowning than any others across the country.

This year, the Lifesaving Society is especially concerned about the dangers of higher water levels. Banks can be slippery and weak, and currents stronger than normal. It is dangerous to assume you know the conditions of the water, even when you've been there dozens of times.

Children should always wear a life-jacket, even on shore close to water, and they should always be within an arm's reach. A child can drown in the time it takes to send a text.

Teach children how to respect the water and remember that they learn by example. When everyone uses proper water safety, then everyone can have fun!

Five people have already drowned in Manitoba in 2022. Let's keep our Citizens safe.

Remember!

People who are drowning are losing energy. They can't scream and yell or wave their arms. Pay attention to swimmers off by themselves and making little movement.



Stay safe in NCN waters!

- enroll your kids in swimming and lifesaving courses;
- never swim, fish or boat alone;
- leave alcohol and drugs at home;
- before entering the water, check for trash, suspicious liquids, rocks, weeds and grasses;
- never dive into unknown waters, only wade (better to hurt your feet than your head);
- pay attention to the weather;
- do not swim in the dark or during a storm;
- say something if you see unsafe behaviour;
- when you feel tired or out of breath, rest on shore. Ask for help to get there!
- if someone is struggling in water, give them a towel or stick to hang onto so they can't grab you in a panic.

Saskatoons: The Latest Superfood

Every once in awhile, the food world declares a “new food” to be extremely powerful, because of its nutritional value.

Its latest hero is the delicious saskatoon. Like all berries, it has a high level of antioxidants, fibre, magnesium and calcium (even higher than previous supers, like blueberries and goji berries).

Strangely, as it gains popularity in other areas, it is often referred to as the “June berry.” Don’t be fooled!

Of course, the saskatoon is nothing new to those on the prairies, especially Indigenous people.

The word itself comes from the Cree “misaskwatomina.” It has been a reliable food source for thousands of years, and was especially valuable when mixed with beef tallow to create

pemmican. It could be stored for months and eaten over winter.

Adding saskatoons to your diet on a regular basis could boost your health. They lower inflammation, regulate blood sugar and insulin, protect against heart disease, and even help to prevent urinary tract infections (UTIs).

Grab a pail and head into the bush to pick your fill. Bears also love saskatoons so stay alert.

You can eat saskatoons fresh, or throw them in the freezer. Try them on cereal, in salads, and of course, in mouth-watering pies, tarts and muffins!



The Land Base department recently planted saskatoon bushes at the new NNOC location.

Saskatoon Muffins

- ¾ cup butter
- 1 cup white sugar
- 3 eggs
- 1 tsp salt
- 2 tsp baking powder
- 2 tsp vanilla
- 1 and 2/3 cups milk
- 2 cups white flour
- 2 cups whole wheat flour
- 2 cups saskatoons

Combine butter, sugar and eggs. Add rest of ingredients except berries. Mix as little as possible. Add saskatoons.

Fill greased muffin pans.

Bake for 5 mins at 400, then about 13 mins at 350.







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

Avoiding The Summer Reading Slide

Not many kids put “books” on their summer to-do list, but it’s important to keep reading activities in their routine.

Children who don’t have a summer reading routine can lose one to three months of reading skills that they built up over the school year. Even worse, once those skills are lost, it can be difficult to catch up. By grade 5, that can add up to your child losing three years of reading comprehension!

The same goes for math skills, which is often called “numeracy.” Whether your child has learned addition, subtraction, multiplication or division this year, they can easily forget those math facts over a couple of months.

Every little bit helps. Studies have shown that reading only four books over the summer prevents children’s skills from backsliding, compared to reading no books at all.

Think of reading and math skills like a muscle. If you don’t use it, you’ll lose it! Keep their skills nimble with some fun activities this summer.

Why don’t you:

- Have your child read recipes and maps.
- Create a scavenger hunt for your child. (Then they make one for you!)
- Read the book before you watch the movie.
- Try audiobooks, comic books and graphic novels.
- Make reading a comfy, quiet, cozy time. Or try flashlights and forts. Maybe climb a tree to read in the leaves.
- Play bingo for number recognition, and math facts bingo with older kids.
- Read an entire series together

Studies have shown that reading at least four books over the summer prevents children’s skills from backsliding, compared to reading no books at all.



before school starts again. How about Harry Potter?

- Check in with your child’s teacher before school ends for their ideas.
- Let your kid catch you reading. (If you’re not a reader, challenge yourself to pick up something. Gardening book? Cookbook? Magazine?)

- Make a trip to the Thompson Library a weekly stop. Add an ice cream cone and you can call it an adventure!

What is the Summer Slide?

When kids take their two-month holiday, they can forget months of literacy and numeracy skills. To avoid this slide, keep your kids learning over the summer. This can be more fun than it sounds!

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Protect yourself.
Protect others.
Get vaccinated.

Public Health Schedule

Monday to Friday 10AM to 3PM

MONDAY BCC Day Newborns & Infants	TUESDAY Routine Day Immunizations Children & Adults
WEDNESDAY School-Aged Day Pre-School, Grade 6, Grade 8/9 Immunizations	THURSDAY Public Health Day AM: Admin PM: CDC, STBBI, & Population Health
FRIDAY Routine Day Immunizations Children & Adults	<p>EVERYONE IS WELCOME TO CALL PUBLIC HEALTH FOR ANY QUESTIONS</p> <p>BOOK AN APPOINTMENT TODAY</p> <p>FOR MORE INFORMATION CALL: 204.484.2341</p> <p>NCNWELLNESS.CA</p>

PUBLIC SERVICE ANNOUNCEMENT



NISICHAWAYASIHK

CREE NATION

Keep up to date by listening to FM98.1 OR www.ncncree.com AND the NCN Facebook page

PREPARE FOR WILDFIRE

Forest Fire Season Preparedness Plan

This public service announcement is intended to provide opportunities to increase fire evacuation awareness. Please review the following measures you can do to make the process run smoothly:



Start with your homes: If you live in NCN, have an emergency "go" bag ready. Keep to the basics like: medications (in original packaging; important documents, like photo ID; cash; personal hygiene items; cell phone charger; change of clothing and footwear; toilet paper; sleeping bag or warm blanket; traditional medicines; portable ceremonial items.)

Ensure that all members of your household are accounted for: Where your children are sleeping out; that any visitors to the community have signed the visitors registration form at the check stop; that you and your family are up to date on any posted ALERTS, WARNINGS, or ANNOUNCEMENTS.

If you commute: ensure that you have an "emergency go" bag in the car in case you are not able to return to Thompson immediately due to work assignments to assist with the evacuation, or due to road closures.



All pets should be registered with the designated pet form provided at the Justice and Public Safety. If you choose to leave the community with your pet, have the proper transportation equipment i.e. kennel, collar, leash, food/water dish and vaccination documents in your vehicle.

When an evacuation order is issued, the school siren will sound three consecutive times. Citizens are required to register with the EMO team at the Gilbert McDonald Arena command before leaving the community.

Always ensure that your personal vehicles are fueled up.



There are Supports out There!

Nisichawayasihk – Local/Provincial/National Options



Mood Disorders Association of MB
 Helping people help themselves
 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: **240.786.8661**



NCN Medicine Lodge

NCN Medicine Lodge Healthier Lifestyle with Control Over Addictions

Telephone: **204-484-2256**

Paving the Red Road to Wellness



NCN Women's Shelter



We'll keep you and your children safe while you make a plan for your future

Emergency On-Call: 204-679-1996 24/7
Landline: 204-484-2634 Executive Director (24/7): 204-679-2851

Sexual Assault,/Exploitation/ Partner Violence

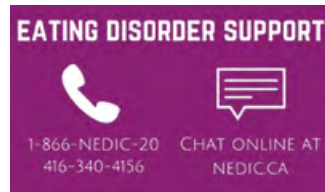
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinik Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



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

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

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



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

Manitoba Parent Line

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

Parents' Helpline PLEO

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



Support and Information

Thompson Based

Canadian Mental Health Association **204-677-6056**

Provincial

Manitoba Schizophrenia Society **204-786-1616**



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

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



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



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 ...



Circle of Care

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

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

Steps include:

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

Benefits include:

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



*Leading your family
out of the darkness & into the light.*

NCN Fitness Centre

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

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

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

Services include:

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

Benefits include:

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



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



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341**

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

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