



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

*Good Health, Good Feelings*



**mithwâyâwin**



JUNE  
2025

# Felix Walker Honoured with the Order of Manitoba and Recognized by Assembly of Manitoba Chiefs

Felix C. Walker, a respected leader from Nisichawayasihk Cree Nation, has been named one of the 12 recipients of the 2025 Order of Manitoba, the province's highest honour. His work, grounded in traditional Cree values and driven by a commitment to community wellness, has been recognized as a model for Indigenous-led healing and support.

Walker will be formally invested during a ceremony at the Manitoba

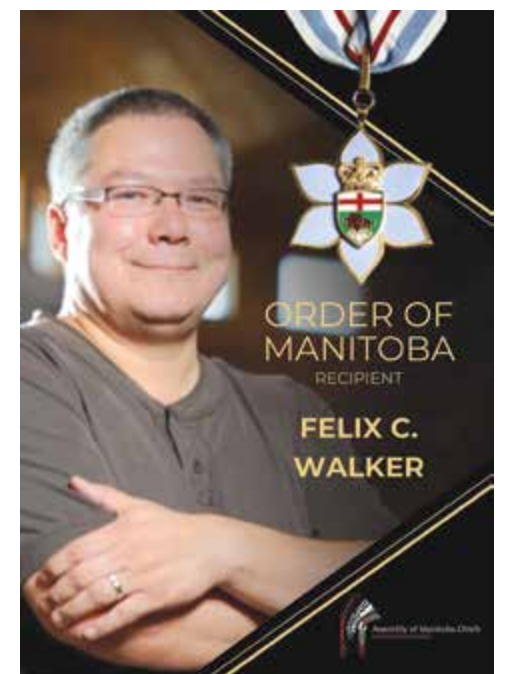
Legislative Building on July 17. The Order of Manitoba, established in 1999, acknowledges individuals who demonstrate excellence and achievement, enriching the social, cultural, or economic well-being of the province.

In addition to receiving this provincial distinction, Walker is being honoured by the Assembly of Manitoba Chiefs (AMC), which acknowledged his decades of dedication to children, families, and the revitalization of traditional systems of care. "Felix is not only a leader, he is a connector," said Grand Chief Cathy Merrick. "He brings together youth,

Elders, and families in ways that honour our teachings and strengthen our Nations."

Walker's leadership journey began early—he was elected band councillor at age 25. Since then, he has championed culturally rooted programs that reduce trauma for children in care, launched Indigenous-led group homes for youth, and worked alongside Elders to guide the Rediscovery of Families program. This land-based healing initiative reunites families through ceremonies, traditional knowledge, and time on the land, fostering reconnection and resilience.

Colleagues and community members describe Walker as a bridge between generations—someone who listens deeply and leads with humility. His work has helped reimagine systems of care in ways that restore dignity and empower Indigenous communities to lead their own healing.



The other 2025 Order of Manitoba recipients include The Hon. Maria E. Chaput, Rebecca Gibson, Dr. Gordon Giesbrecht, Dr. Digvir S. Jayas, Glen Kruck, Trudy L. Lavallee, Kenneth Paupanekis, Kristie Pearson, Walter John Schroeder, Charlie Spiring, and Marion F. Willis.

For Walker, the honour is not his alone. "This is for our people," he said. "For the youth who are finding their way back home, and for the Elders who never stopped believing we could."



## IN THIS ISSUE

### PERSONAL JOURNEY

Felix Walker recipient of the 2025 Order of Manitoba

**1**

### FAMILY SUPPORT

Early Childhood Educator Appreciation Celebrations

**2**

### COMMUNITY HEALTH

Beginning a New Chapter at the NCN FCWC

**4**



# Early Childhood Educator Appreciation Celebrations



## Join Our NCN Family and Community Wellness Centre and Build Your Future!

At the NCN Family and Community Wellness Centre, we believe in more than just providing jobs—we believe in creating opportunities that empower you to shape your future, strengthen our community, and honour the rich traditions of our people.

We're hiring individuals who are eager to grow, learn, and contribute to the well-being of our community. Whether you're interested in health, counseling services, land-based programs, or administration roles like finance, human resources, or IT, there's a place for you.

### Embrace Your Traditions:

- We value the knowledge of our Elders and integrate traditional skills and teachings into our work. Learn and grow while staying connected to our cultural roots.

### Secure Your Future:

- Competitive wages and benefits provide the foundation for a stable and fulfilling life, allowing you to support those you love.

### Make a Difference:

- Whether you're helping others heal, guiding our youth, preserving our lands, or ensuring our operations run smoothly, your contribution is vital.

**Current Opportunities:** Ready to apply or want to learn more? Call 204-484-2341 or visit [www.ncnwellness.ca](http://www.ncnwellness.ca) for more information.

### Join Our Family:

- Experience a supportive environment where we work together, guided by our shared values, to create a brighter future for all.

Working with the Family and Community Wellness Centre isn't just about earning a paycheck—it's about building a life that honours our traditions and contributes to the strength of our community.

*Take the leap, invest in your future, and become part of a family that's committed to making a difference.*



## A rectangular cake with white frosting. The top edge is decorated with orange frosting, the left and right sides with blue frosting, and the bottom edge with yellow frosting. The words "Happy ECE Week!" are written in the center in large, colorful, block letters. To the right of the text are three small, colorful balloons (yellow, green, and pink). The cake is on a dark base.



204-484-2341 [ncnwellness.ca](http://ncnwellness.ca)

# Kakithaw Awasisak Kistinitakowsiwak



# Beginning a New Chapter at the NCN Family and Community Wellness Centre

The NCN Family and Community Centre is proud to introduce a new chapter — one that places education, healing, and opportunity at the heart of our community. This spring, we warmly welcome the Licensed Practical Nursing (LPN) students to the NCN Family and Community Wellness Centre, marking a significant milestone in our ongoing commitment to improving the health and well-being of our people.

This opportunity didn't just happen by chance. It was made possible by dedicated efforts from NCNFCWC leadership and staff who recognized the urgent need for trained healthcare professionals who understand the language, culture, and unique needs of our Nation. With the goal of training our own community members, the Wellness Centre created a pathway for applicants to pursue their LPN studies right here in NCN.

Through careful planning and strong advocacy, staff at the Wellness Centre successfully secured a \$1.8 million investment to support this initiative — a true investment in our future. We

**We warmly welcome LPN students to the community, marking a significant milestone in our commitment to improving the health and well-being of our people.**

extend our sincere congratulations to the team who worked tirelessly to turn this vision into reality, and to those who continue to ensure its success. Today, 27 students — all of whom are either currently part of our Wellness Centre family or will become staff upon completion of the program — are stepping into a life of service, dedication, and learning. Your decision to pursue a career in healthcare is not only commendable, but also a gift to the

entire community. We honour your commitment and look forward to the positive impact you will make. We also express our gratitude to Assiniboine Community College for partnering with us on this journey. This partnership stands as a strong example of what can be achieved when institutions work together with First Nations communities to

meet local needs in meaningful ways. To the students: we are proud of you, and we are cheering you on every step of the way. Your success will be our community's success. This is more than a training program — it is a step toward self-reliance, resilience, and the continued growth of wellness for generations to come.







All classes start at 1:00pm

- ✦ Monday, May 5<sup>th</sup> Monday, May 12<sup>th</sup>
- ✦ Monday, May 26<sup>th</sup> Monday, June 2<sup>nd</sup>
- ✦ Location: Elder's Kitchen, NCN Family and Community Wellness Centre
- ✦ All stages of pregnancy welcome, along with a supporting partner or family member
- ✦ Pre-registration is required as space is limited

To register: call Public Health at 204-484-2341

# HISTORY TIMELINE



Jean McDonald  
Treasures of Hope  
Daycare Centre

1997



Dreamcatchers  
Headstart Program

Child and Family Services built NCN FCWC  
to support holistic wellness, providing  
opportunities to NCN members to help  
build on strengths as individuals, as family  
members, and as part of our community.

2000



Maternal Health  
Care – Strengthening  
Families Program

2006

Brandon  
sub-office  
opened

2008

Integrated Model,  
Decentralization  
Planning –  
Awasis Agency to  
NCN Agency

1998

HCCP Home  
Community  
Care  
Program

1999

NCN  
Family and  
Community  
Services is  
established  
under the  
Wellness  
Centre

2001

NCN Family  
Community Services  
mandated  
Removal of Parent  
established  
Land-Based Program  
implemented  
Restructuring of FCWC  
Rediscovery of Families

2002

STAR Program  
Sub-offices  
opened in  
Thompson,  
Winnipeg, and  
South Indian Lake

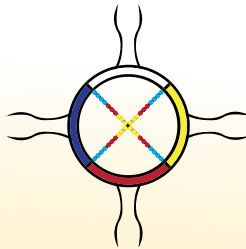
2005

FCWC Annual  
Health Fair  
Circle of Care  
launched

2007

H1N1 Support  
Group  
Wecihitowin  
Program

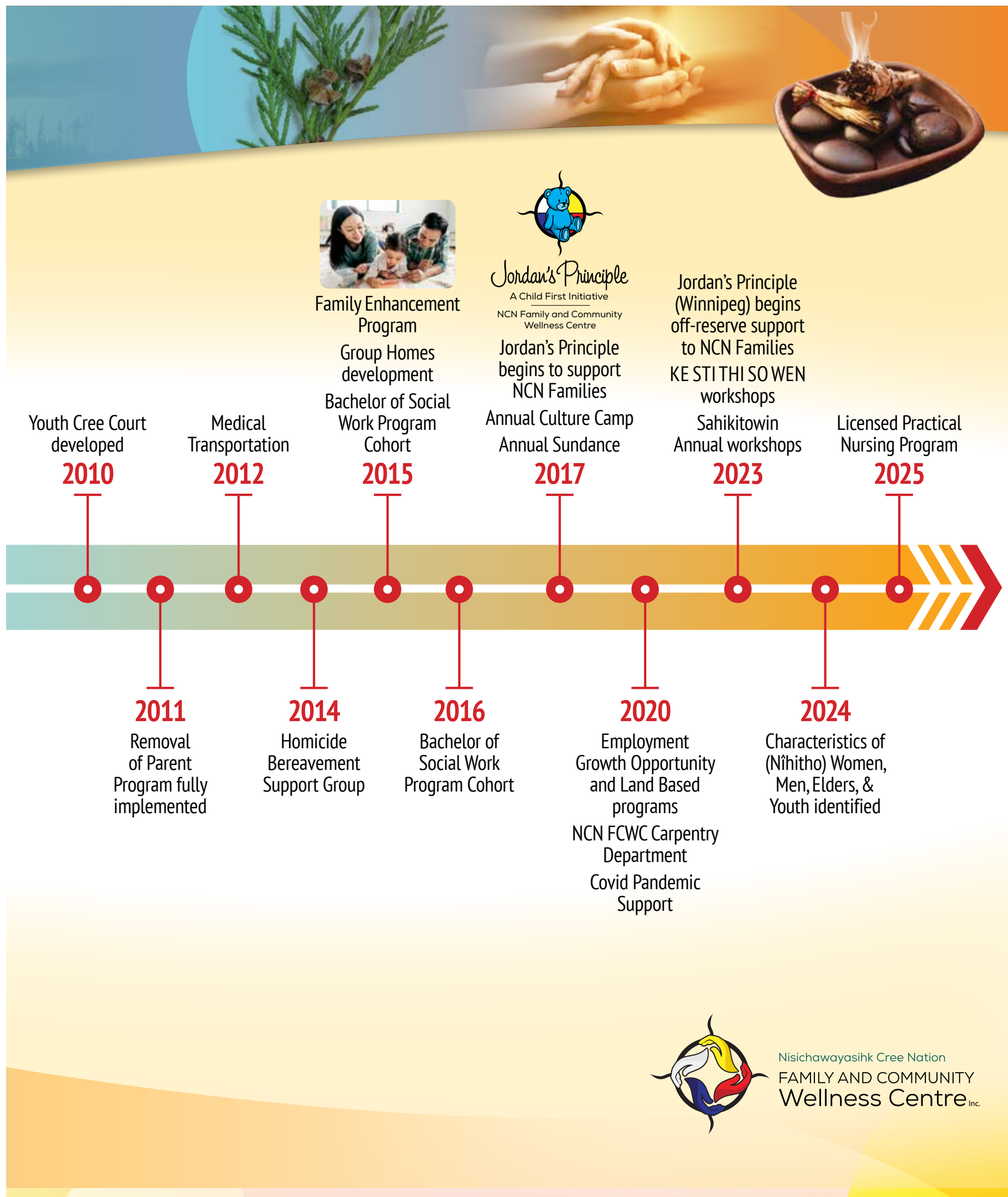
2009



## MISSION

To promote, nurture and foster a sense of holistic wellness through the provision of meaningful, community-based and culturally appropriate activities in a safe, respectful, and inclusive environment.





Jordan's Principle  
A Child First Initiative  
NCN Family and Community  
Wellness Centre

Jordan's Principle  
(Winnipeg) begins  
off-reserve support  
to NCN Families  
KE STI THI SO WEN  
workshops

Licensed Practical  
Nursing Program

## Youth Cree Court developed

## Medical Transportation

## Family Enhancement Program

2010

2012

2015

2017

2023

2025

2011

Removal  
of Parent  
Program fully  
implemented

2014

Homicide  
Bereavement  
Support Group

2016

Bachelor of  
Social Work  
Program Cohort

2020

Employment  
Growth Opportunity  
and Land Based  
programs  
NCN FCWC Carpentry  
Department  
Covid Pandemic  
Support

2024

### Characteristics of (Nîhitho) Women, Men, Elders, & Youth identified



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

# ᓂᓂᓂᓂᓂᓂ **sītoskākēwin** **NCN & FCWC Support Services**



**General Inquires: 204-484-2341**  
**Mental Health On-Call: 431-354-1270**  
**Public Health Nurse: 204-484-2341**  
**NCN CFS After Hours On Call - 204-679-6386 OR 204-679-5544**



The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN citizens. We focus on: • healthy eating • physical fitness • risk factors • screening • diabetes management  
**Call 204-484-2341 ext. 166**



Our MCH team provides help for mothers (and the entire family) before, during and after pregnancy. We offer nutrition, exercise and wellness guidance to raise your infant, toddler and children, and to stay healthy as a mom. Families with more complex needs can receive individual case management and support. We may help you to receive counselling, stress management, FASD support, and immunizations. We focus on: • a healthy balanced lifestyle • raising healthy kids • holistic care for pre- and post-natal mothers • nutrition for moms, babies and families  
**Call 204-484-2341 ext. 128 or 127**



We create positive, supportive long-term mentoring relationships with women who have used substances during their current or recent pregnancy. Women are guided in harm reduction strategies, linked to community resources to reduce isolation and encourage family participation, and educated about the effects of alcohol and drugs. We also connect families to professionals for efficient FASD assessment, diagnosis and care plans and offer regular educational programs and FASD awareness events in the community.  
**Call Irene Spence or Tanya Moody at 204-484-2341**



The Canada Prenatal Nutrition Program (CPNP) provides funding to help to improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.  
Join us every Wednesday between 1pm and 3pm  
**To find out more, call 204-484-2341 ext 166**



Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families, and awareness of the program is increasing every year. Most clients become involved with Jordan's Principle through a referral from school, JP staff, family or friends, or another health program in the community. Eligibility Criteria: Children who have or may show signs of any of the following: Developmental delays; Autism spectrum disorder; Permanent physical disabilities; Speech impairment/delays; Attention deficit disorder; Attention deficit hyperactive disorder; Medical needs  
**For more information call 204-484-2585**

All NCN Citizens who live on-reserve in Nisichawayasihk Cree Nation qualify to use the MRH, if there is space available, and if the MRH is capable of providing the care required. (You will be required to provide your referral information from the NCN Nursing Station.) The MRH is set up to accommodate one-day appointments, overnights, and stays of longer term\* in cases of surgery and ongoing treatment. (Extensions may be provided on a case-by-case basis, with proof that you have tried to find another residence.)  
**Call 204-786-8661**



# ᓂᓄᓂᓂᓂᓂᓂᓂ **sītoskākēwin** **NCN & FCWC Support Services**



**Noosi Muskwa  
WOMEN'S SHELTER**  
*A safe place where healing begins*

The Women's Shelter offers temporary shelter to women and their children who come to us on a voluntary basis because they are in crisis or dealing with domestic violence or abuse at home from a partner or spouse. We combine protection and security with western counseling and Indigenous wisdom to help women make a plan for future security and happiness.

The Women's Shelter is located in Nelson House and is available 24 hours a day to all NCN women and children. There is no financial cost to stay with us.

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

**Call 204-484-2634 or 204-354-1840**



Nelson House  
**MEDICINE  
LODGE**

Mithwayawin Mitho Tehewinihk Ochi

Offering non-medical, drug and alcohol treatment, prevention and aftercare services that encompasses both Indigenous and Western worldviews. This includes the natural laws of respect and humility that teach us to be open to learning and implementing best practices, to better serve those who have been greatly impacted by substance abuse and/or mental health issues. We work to assist people who have been spiritually and psychologically influenced by life's circumstances. Our unique approach delivers proven results for individuals traveling the "Red Road to Wellness".

Residents of our 8-week know Drug and Alcohol Treatment Program are guided by Medicine Lodge's dedicated staff of professional clinicians, counsellors, and spiritual healers.

**Call 204-484-2256**



**ndinawe**  
NDINAWEMAAGANAG  
ENDAAWAAD INC.



NDINAWAWE  
**204-417-SAFE**

Connecting at-risk youth with the shelter, culture, programming, education, health and supports they need for safe and healthy lives.

Your central source for adult addiction services.

**MBAAddictionHelp.ca**

**We're here when you're ready.**  
**Call or text 1-855-662-6605**

**MANITOBA  
CRIME  
STOPPERS**

**To Submit a Crime Stoppers Tip:  
Call: 1-800-222-8477(TIPS)**

**Submit a Tip Online: [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com)**  
**A safe and anonymous way to report crime**

**CFS On-Call**  
NCN: 204-678-6386  
or 204-679-5544

**24/7 SUPPORT**

**Counselling Services On-Call**  
NCN: 431-354-1270  
(On call hours are from 4:30pm to 8:30am AMT)  
24-hours Saturday/Sunday and Holidays)

*NCN Family and Community Wellness Centre provides essential services for Nisichawayasih Cree Nation and surrounding communities for health and child services*

South Indian Lake  
**CFS On Call**

Check the NCN Family and Community Wellness Centre's Facebook Page for who's on-call each week.

If at any time you are unable to reach an on-call worker, contact Intake in Thompson @ 1-855-260-9457

Where children are in need of protection from abuse or neglect such as: alcohol around minors, domestic or intimate partner violence around minors, or anything that compromises a child's basic needs of health or safety.

Call: RCMP - Leaf Rapids @ 204-473-2469  
RCMP - Winnipeg @ 204-374-2343  
RCMP - OCN @ 204-374-2029  
Security - OCN @ 204-374-2429

**We are here to help 24 hours a day**  
**1-877-435-7170**  
MANITOBA SUICIDE PREVENTION & SUPPORT LINE

**reason to live.ca**

**Thinking of suicide?**  
If you need to talk, we're here to listen.

**9-8-8**  
toll free, 24/7



# Nisichawayasihk Culture Camp 2025

Join us for a Culture Gathering at Cedar Lake Ranch on Monday, June 2 to Friday June 6, 2025

Culture Camp 2025			
ARTS & CRAFTS			
Facilitators	Topic	Topic/Canvas	Date & Time
Debbie Francoise	Midwest Quilt making & teaching others to make quilts	Canvas	JUNE 3, 4 & 5, 2025 10:00 TO 3:00 PM CONCURRENT SESSION
Larry Tait/Douglas Spence	Bird bark canoe, cowboy hats and basket making	Canvas	JUNE 4, 5, & 6, 2025 CONCURRENT SESSION
Becky Marceau	Crafting with Semi Precious Stones: Earrings, bracelets & necklaces	Canvas	JUNE 4, 5, & 6, 2025 CONCURRENT SESSION
Time Labaker	Beading of Cowboy Hats Limited to 20 people	Canvas	JUNE 4, 5, & 6, 2025 CONCURRENT SESSION

Culture Camp 2025			
Facilitators	Topic	Topic/Canvas	Date & Time
MICHAEL BISHARLAIN	TRADITIONAL HEALING & MEDICINE	Tot 6	JUNE 2, 3, 4 & 5, 2025 10:00 TO 3:00 PM CONCURRENT SESSION
James Shulerworth	TRADITIONAL HEALING & MEDICINE	Tot 7	JUNE 2, 3, 4 & 5, 2025 10:00 AM TO 3:00 PM CONCURRENT SESSIONS
Lisa Muevagen & husband	Group Performance incorporating legends into traditional songs	Teaching Lodge	JUNE 5, 2025
Agnes Spence	Dumpling Making & Teachings	Canvas	JUNE 2, 3, 4 & 5, 2025 10:00 AM TO 3:00 PM CONCURRENT SESSIONS

Culture Camp 2025			
Matōtisān			
Sweet Lodge Ceremony	Each Ceremonial Leader will take turns facilitating daily	100 pm	Monday to Thursday
The culture gathering is family focused	parents/caregivers/workers	Don't leave your kids at home	PARTICIPANTS: *Behave in a respectful manner *Be responsible for your own learning & healing *Abstain from use of Alcohol or drugs
Sweet lodge are scheduled. Others can be requested	I have collective responsibility for well-being and safety of children	Be kind	Stay within the boundaries of campsite and park in designated areas
Let Us All Respect Mother Earth, we are all Responsible for placing garbage in proper bins, use cans for cigarette butts & keep the portable toilets clean			



## JOIN US FOR A CULTURE GATHERING

**CEDAR LAKE RANCH**  
61129 MB-302, Anola, MB

Monday to Friday  
**JUNE 2 TO 6, 2025**

**START AT**  
10:00AM TO 3:00PM

**TRADITIONAL AND CULTURE ACTIVITIES**

Connecting to the land , visit your relatives, and learn many teachings through sharing of cultural knowledge, ceremonies, and arts & crafts,

**REGISTER NOW**

Contact Us  
204 784 8160  
204 484-2341

For more information  
204 679 5277

Transportation Provided  
Meeting location will be determined

Culture Camp 2025			
Facilitators	Topic	Topic	Date & Time
Ed Moore & Theresa Yekman	Midwest Teachings: types of ceremonies and importance of ceremonies in ceremony	1	JUNE 2, 3, 4 & 5, 2025 10:00 TO 3:00 PM CONCURRENT SESSION
Gordon Walker & Madeline Gumbin-Walker	Traditional Parenting: Ceremonial Teachings and practices: Rattle Making	2	JUNE 2, 3, 4 & 5, 2025 10:00 TO 3:00 PM CONCURRENT SESSION
Merv & Sharon McKay	Traditional and Ceremonial Teachings: Rattle Making	3	JUNE 2, 3, 4 & 5, 2025 10:00 TO 3:00 PM CONCURRENT SESSION
Sandra Marceau	Traditional spiritual & physical teachings, psychic medium readings, guidance and connection to spiritual self	4	JUNE 2, 3, 4 & 5, 2025 10:00 TO 3:00 PM CONCURRENT SESSION

Culture Camp 2025			
Facilitators	Topic	Topic/Canvas	Date & Time
Brenda Hunter	Psychic medium, healing through the heart and mind using sound and spiritual messages that are given	Canvas 1	JUNE 4, 5, & 6, 2025
Dr. Diane Steinhauer & Ben Steinhauer	Coming of Age Teachings: Protocols & Ceremonial Process	Teaching Lodge	JUNE 3, 4 & 5, 2025 CONCURRENT SESSIONS
Barb Moore & Dolly Francoise	Outdoor cooking & Medicine Making	Open Fire Pit Area	JUNE 2, 3, 4 & 5, 2025 10:00 TO 3:00 PM CONCURRENT SESSION



# Memorial Round Dance 2025





# FCWC Employees Become Graduates

On June 5, several NCN Family and Community Wellness employees graduated from the University of Manitoba's Northern Social Work Program. Convocation services were held at the Thompson Regional Community Centre.

Guest speakers included MKO Grand Chief Garrison Settee,

Thompson Mayor Colleen Smook, MP Rebecca Chartrand, MLA Eric Redhead, and NCN's Ingrid Gosselin, Nic Campbell and Felix Walker. Colleen Lagomodiore served as the valedictorian.

Completing a university degree requires years of diligence, hard work and commitment. These women

have achieved something great, and we are very proud of them. We are grateful for their efforts here at the FCWC, and for their commitment to their profession and our community. Congratulations!

**Bachelor of Social Work Degree:**

Megan Dumas

Janice Dysart  
Amy Hamel  
Colleen Lagomodiore  
Audrey Ross  
Jackie Soulier

**Bachelor of Social Work Access Program:**

Ariel Simpson

**Congratulations  
Leanne on  
completing  
footage  
training  
through  
Assiniboine  
Community  
College**



**NCN Family and Community Wellness Centre**

**2nd Annual Half Marathon & Relay**

**Event Details:**  
Date: Saturday, July 26th, 2025  
Alternate Date: Saturday, August 9th, 2025  
Nisichawayasihk Cree Nation (Nelson House),  
Email: [communications@ncnwellness.ca](mailto:communications@ncnwellness.ca)  
Call: 204-484-2341

**Categories:**  
Adult Male  
Adult Female  
Youth Male (17 and under)  
Youth Female (17 and under)  
Relay Teams: Male & Female  
**Prizes:**  
Over \$2,000 in category cash prizes,  
with a total pool of \$10,000+!

**Register today and join us for an amazing run!**

**Registration Fee:**  
FREE



# Regalia Making hosted by Jordan's Principle





# Culture Camp for NCN Winnipeggers

NCN Citizens in Winnipeg enjoyed a culture camp at Cedar Lake Ranch in Anola, Manitoba, at the beginning of June.

Participants had a full week to connect with the land, visit relatives and enjoy teachings of cultural knowledge, ceremonies, and arts and crafts.

They made drums, rattles, baskets, concho belts and beaded hats. They learned about medicines such as bear grease, spruce gum ointment, rat root, cedar, juniper, chaga and mint.

The feasts were incredible and featured a fish and bison fry and bannock.

It was great for our Citizens in Winnipeg to access ceremony and teachings. Spirits were high all week, despite some clouds.

We are grateful for our incredible volunteers and for all those participants who believe in the importance of our culture and heritage.







# The Effects of Wildfire Smoke

Smoke exposure and poor air quality can cause health problems for everyone.

Smoke levels can change a lot, due to fire conditions and wind directions. Figuring out how much you will be affected depends on several factors:

- how heavy is the smoke in the air?
- how long have you been exposed to the smoke?
- how much air are you breathing in?
- what is your health status?

People who are healthy should take precautions when smoke is heavy, when visibility is less than 2 miles, and/or lasts longer than a day. These are our current conditions, so we

should all limit or avoid time outside. Keep windows and doors closed.

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

If you have specific heart or lung issues, make sure you are taking your medication properly, with correct dosage and scheduling. Keep a week's supply on hand. Write down your

typical medication regime (how much of what, how often). Review it with the people who live with you, and place it somewhere everyone will see.

Exposure to smoke can cause:

- headaches
- sore and/or tearing eyes
- coughs
- runny nose

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

Be a good neighbour. Check on Elders and vulnerable people you know,

especially those who live alone.

While Nisichawayasihk Cree Nation is currently safe, we all know that wildfires are hard to predict. Your family should have "go bags" packed. Review your safety plans with all family members.

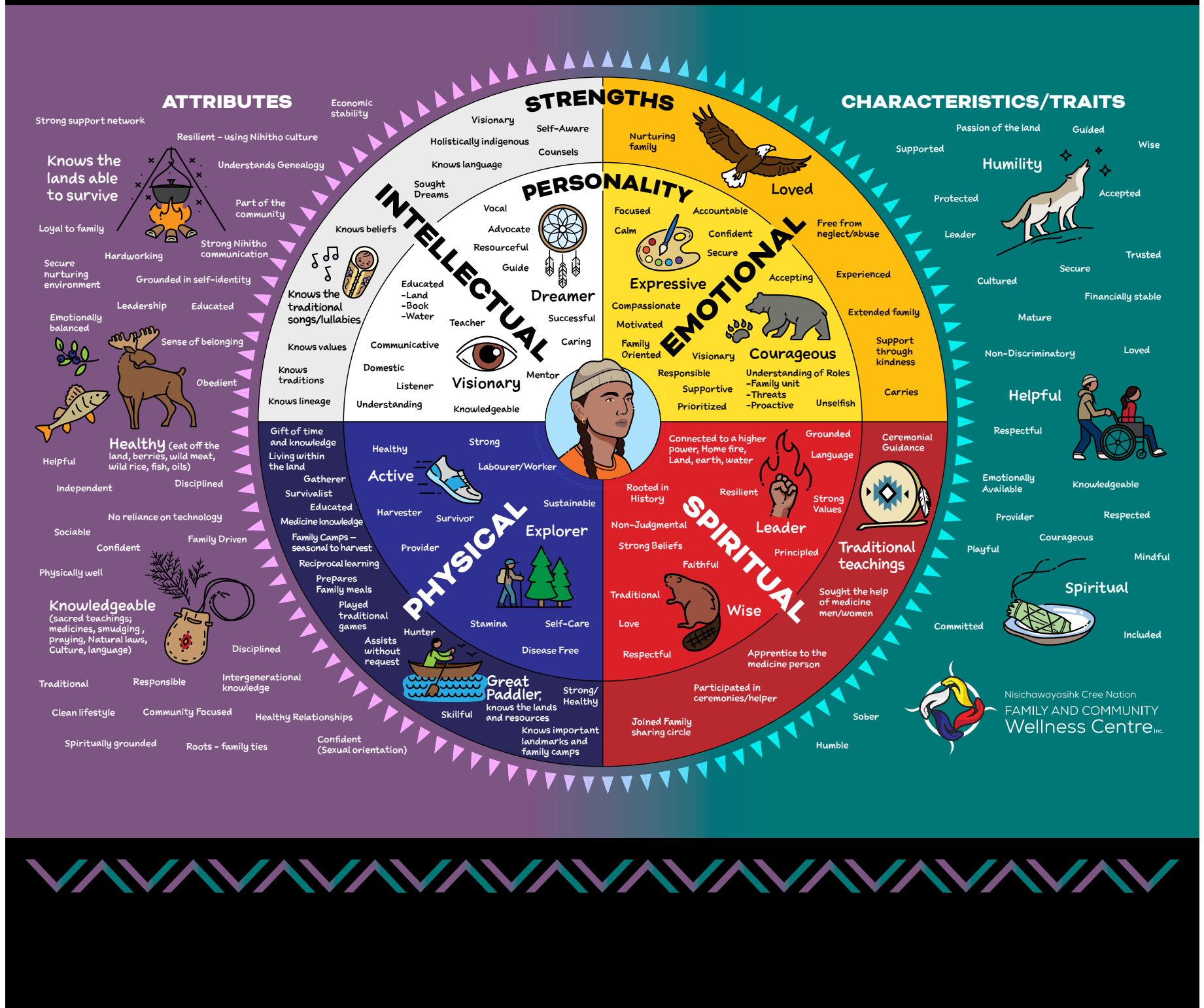
Currently, there are mandatory evacuation orders for Lynn Lake, Marcel Colomb First Nation (Black Sturgeon), Pimicikamak Cree Nation (Cross Lake), and Tataskweyak Cree Nation (Split Lake).

To stay informed, go to [www.manitoba.ca/wildfire](http://www.manitoba.ca/wildfire). To report a wildfire, call 1-800-782-0076.



# Nihitho Raised Youth

Characteristics of a 25 year old youth (raised in a Nihitho culture)



Do you have a suggestion or a mithwâwâwin story idea?

We would like your comments, feedback or news stories. Please contact [ncnwellness@gmail.com](mailto:ncnwellness@gmail.com)



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

14 Bay Road Drive  
Nelson House, Manitoba R0B 1A0  
T (204) 484-2341  
F (204) 484-2351  
[ncnwellness.ca](http://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

