



PUBLIC HEALTH

About The NCN Family and Community Wellness Centre and Public Health

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!

Call: (204) 484-2341
or visit: www.ncnwellness.ca

How do I learn more about Public Health?

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.



Nisichawayasik Cree Nation
FAMILY AND COMMUNITY
Wellness Centre inc.

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www.ncnwellness.ca

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Phone: (204) 784 8160
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Brandon
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Phone: (204) 726-3690
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Thompson
Unit 12-15 Westwood Mall
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South Indian Lake
2 Wasagan Road
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**Illness Prevention, Health Promotion
and Health Protection**

A Holistic Approach to
Community Wellness



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What is 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.

We focus on:

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

Immunization and Vaccination Program

Immunizations and vaccines are voluntary in Manitoba, but we urge NCN Citizens of all ages to keep their vaccinations current. You and your children will be healthy now and into the future. When everyone in the community maintain their best health through shots, our "community immunity" is stronger, which helps to protect our weak and vulnerable, such as our Elders and babies.

Last year, only about half of our community's babies received all of their vaccinations. We must improve this number for the health of our community.

Our Public Health team contacts young parents to set up appointments for their babies in this

clinic. Older children receive their shots at school from public health nurses. We also hold community vaccination clinics against the winter flu.

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

Sexually Transmitted Blood Borne Infections

Public Health is committed to increasing awareness and education about sexually transmitted infections (STIs) and also diseases such as HIV and AIDS. We do this through workshops and classes at NCN schools, community seminars and clinics, and our annual health fair. Additionally, 10,000 contraceptives were distributed throughout the community last year.

If you believe you have come in contact with an STI, it is your responsibility to the NCN community to contact Public Health to seek medical attention. Public Health supports all clients dealing with STIs with respect and confidentiality, as is possible. Our concern is the overall health of NCN's general population.

Mental Wellness

A healthy mental outlook is an integral part of a healthy life and healthy families. As such, mental wellness is a crucial component of many Public Health programs. We promote positive mental health, appropriate social support networks and holistic health.

Public health issues are well-known to many First Nations people, for many reasons, including systemic racism, abuse and addiction, and poverty. These problems often compound over generations.

While NCN Citizens have limited access to specialized mental health services within our community, the Public Health team works hard to advocate for clients and to determine appropriate support resources.

Environmental Health and Safety

Public Health concerns itself with issues beyond the physical body, such as environmental factors, including the public utilities of the NCN community.

The Environmental Health department conducts safety and regulation tests, and monitors for environmental issues such as mould, insects, water, sewage concerns and restaurant inspections.

Primary Care

Public Health often serves as the first contact with clients, and sometimes serves as the principal point of continuing care for patients within our healthcare system. Our team receives every client with respect and compassion, and works to connect each person with the correct services as efficiently as possible.