



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

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APRIL
2026

Parent Power: Equipping Families for Success – 2026 NCN Parent Conference

Day 1: A Renewed Beginning

After a long-awaited delay, the 2026 NCN Parent Conference finally kicked off, following a challenging series of events including the 2025 wildfire evacuations and power outages. The community's patience paid off as the conference began with a deep sense of gratitude and hope, knowing that the knowledge shared here would help strengthen families and equip them with the tools to navigate everyday challenges.

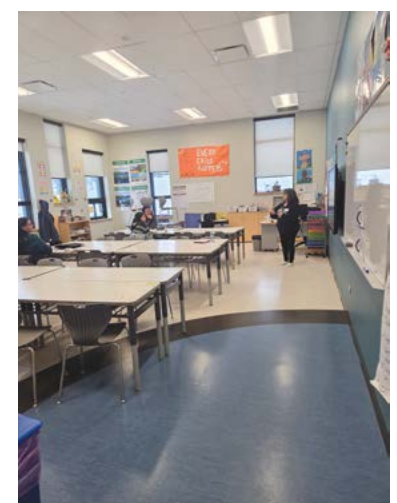
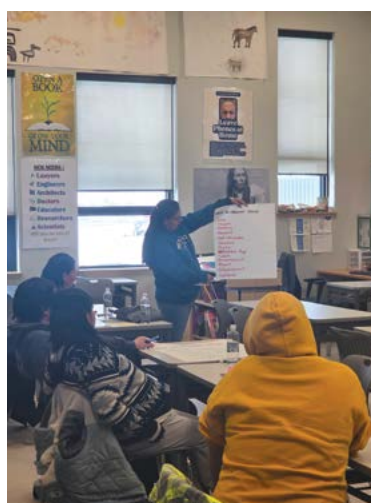
The conference opened with a heartfelt morning prayer and a song of thanks, led by Elder Susan Kobliski, setting a positive tone for the days

ahead. Participants then split into pre-registered group workshops, but all were welcome to join throughout the conference with morning registration available each day. A fun touch was the daily door prizes, allowing all attendees a chance to win a little something special.

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Winner of the door prize for day one of the Parent Power: Equipping Families for Success 2026 NCN Parenting Conference: Fatima Hart



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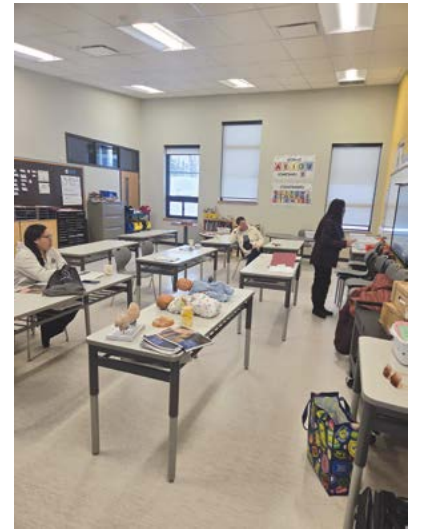
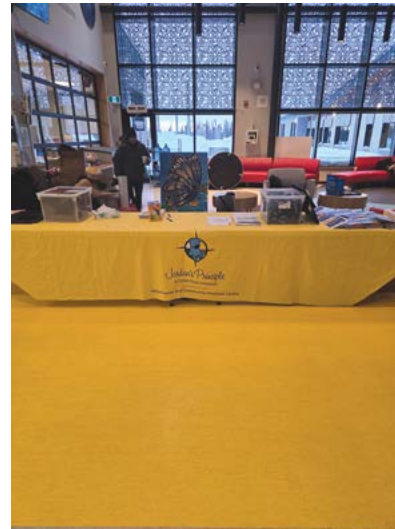
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The range of topics covered on Day 1 was both diverse and highly relevant, with expert facilitators leading each session:

- Irene Spence (Star Program) led a session on FASD for Parents and Caregivers.
- Joelinn Reid (NNOC Guidance Counselor) provided insight into Parenting an Anxious Child.
- Marie Ballantyne (Counselor) discussed Substance Use and Its Effects on Children.
- Jenine Hart (Special Support Worker) gave practical Budgeting and Cost Saving Tips.
- Krystal Bayer and Tiffany Zettergren & Leanna Anderson (Public Health Nurses) led workshops on Childhood Milestones and Strengthening Health Through Vaccination and Hygiene.
- Martha Templeton (ADI Worker) spoke on Nutrition and Healthy Eating Habits.
- Elder Susan Kobliski led a powerful session on The Sacredness of a Woman.



Each of these workshops offered valuable guidance, with a strong sense of unity and understanding among the diverse parental groups present.



Parent Power: Equipping Families for Success Day 2 door prize winner of a \$500 purchase order & bed in a bag: Rose Linklater

Day 2: Continuing the Conversation

Building on the momentum of Day 1, Day 2 expanded the scope of topics and workshops, providing deeper insights into oral health, managing behavioral challenges, and addressing other key areas of family life. It was another full day of learning and engagement, with every session offering essential tools for tackling the everyday struggles parents face.

The following facilitators led sessions on Day 2:

- Rose Andrews (Dental Hygienist) emphasized Why Oral Health Matters to your Family.
- Georgina Linklater & Brad Carr (CHR Representatives) shared tips on Home Air Circulation & Pest Control.
- Issiah Constant (Commit to Kids Trainer) led the Child Sexual Abuse Prevention Workshop for Parents.
- Marina Dumas & Jean Johnson (MCH

Home Visitors) provided practical advice on Positive Behaviour Management.

- Jaunita Spence (Suicide Prevention Worker) presented on Suicide Prevention.
- Jordan's Principle Speech & Language Specialists addressed Autism: Literacy & Language.
- Ming-Ka Chan (Pediatrician) gave a detailed talk on Managing Childhood Illnesses.
- Thompson Crisis Centre discussed Domestic Violence and available resources.
- Carl Young (NCN CFS Compliance Officer) presented on the Roles & Responsibilities of CFS.

The safe space room, held by Elder Helen Linklater and support staff, remained available throughout the event to ensure that participants could have a quiet, peaceful area to recover if any content triggered strong emotions.

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Bully Awareness Day – Pink Shirt Day

On April 08, 2026 the FCWC staff came together to bring awareness in the battle against bullying. Not only do children or teens go through this day-to-day struggle, but sometimes we as adults also deal with this daily. Let us shine a light on this subject matter and come together as a whole to bring awareness about bullying in our schools, our community, as well as within our workplaces. Lend a helping hand to end this stigma and stopping the violence.

Bully Awareness Day, commonly known as Pink Shirt Day, is an annual event to raise awareness about bullying in schools, workplaces, and online, promoting kindness, inclusion, and preventative action. Originating in Canada in 2007, it encourages wearing pink to stand against bullying.

If you suspect a child or person is being bullied, listen to them without

judgment, ensure their immediate safety, and report

Let us shine a light in the battle against bullying, and as a whole, bring awareness regarding this to our schools, our community and our workplaces. Let's put an end to this stigma and stop the violence.

the situation to a trusted authority such as a teacher, counsellor, or appropriate organization so it can be addressed promptly. The Wellness Centre is also here to advise and support, contact us.



Nurture holistic wellness

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



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

204-484-2341 ncnwellness.ca



CPR and First Aid Training Strengthens Staff Preparedness

On March 30 and 31, 2026, a second group of staff from across multiple departments, including Human Resources, CFS, Security, Land Base, and Communications, gathered for CPR and First Aid training through the Family and Community Wellness Centre.

Held in the mezzanine at the Gilbert McDonald Arena, the two-day session ran from 8:30 a.m. to 4:30 p.m.

each day. For some participants, the training marked their first experience, while others attended as a refresher to stay current with updated regulations and safe practices.

The course combined hands-on learning with real-life scenario training, placing participants in team-

based situations that could occur in emergency settings. This approach offered a deeper, more practical understanding of how to respond effectively when it matters most.

Snacks and lunch were provided each day, ensuring a comfortable and

supportive learning environment for both participants and the instructor.

All attendees successfully completed the program, earning their CPR and First Aid certification and further strengthening the organization's commitment to safety, preparedness, and community care.



Celebrating Spring

After a long winter, the arrival of spring always feels like a fresh start. In cultures around the world, spring is a time of optimism, joy, hope and rebirth.

There are so many ways to celebrate spring right here at home. One way to slow down and savour the new season is to indulge all of our senses: taste, touch, sound, smell and sight.

Why don't you:

- forage for seasonal plants (asparagus, fiddleheads)
- cuddle a fuzzy baby (kittens, chicks)
- listen for bird calls at sunrise

- take in the pungent smell of the earth as it thaws
- watch for the first blade of green grass

After being cooped up inside all winter, it feels so nice to spruce up your home sweet home. Why don't you:

- put on gloves & pick up garbage
- plan this year's garden
- wash the windows
- burn some sage
- trade/sell/donate 5 bags of unused items

Sometimes cleaning our spaces encourages us to clean up our mental and spiritual lives, too! Why don't you:

- put down your phone
- start a new hobby
- write a gratitude list every day
- reach out to an old friend
- give someone a compliment

Of course, there's nothing like getting outside during spring. The days are growing longer, the wind is refreshing, and everything is becoming new again. Why don't you:

- smash the last chunks of snow
- make a paper boat for puddles

- find a bird's nest with eggs (don't touch!)
- collect wildflowers
- go for a walk with an Elder

Don't let this lovely time of year pass you by. Before you know it, we'll be deep in the heat and humidity of summer, swatting at the mosquitoes and flies. Enjoy the spring!

REMINDER! Do not let kids play unsupervised around water and ice. The spring thaw makes the ice different every day. It is unpredictable and dangerous.

Moving Forward After Loss

Dealing with the death of a loved one, or accepting that you may never know what has happened to them, can create intense emotions and physical reactions.

Grief is complicated and no one goes through it the same way. You may feel sadness, shock, guilt, regret and emptiness (even relief if you finally know the truth). You could lose your appetite and your ability to sleep. Or you may experience the exact opposite, with overeating and too much sleep. Daily routines may feel impossible.

It can be frustrating to have conversations with people who don't seem to understand your loss. They may try to comfort you, but say things that are not helpful, or even offensive.

You may never "get over" your loss, but you will someday be able to live with it. Care for yourself and aim for a better tomorrow. It's the best way for you to move forward and honour your loved one.

How Do I Deal With My Grief?

Be gentle with yourself. Create a sleep schedule and stick to it. Eat healthy foods and move your body every

day, preferably in fresh air. If you had special activities you shared with your loved one, try to continue. It's a nice way to honour them and to keep yourself busy.

It's normal to feel lonely, and it's OK to decline invitations sometimes. But if you're isolating or avoiding things that bring joy, it's time to get help. Join a support group to be with people who get it. Call a help line to share your darkest thoughts with a stranger. Visit us at the FCWC so we can help you.

Your grief may feel overwhelming, but don't push it away. It's important to explore your emotions, in ways that feel safe for you.

Journaling can help you process complicated emotions and transform negative thoughts into positive. If you prefer talking out loud, use your Voice Memo app instead.

You could write a letter to your loved one and tell them about fond memories, and your hopes and fears about the future. Maybe say a prayer and burn it. Maybe save it and add another letter next year.

Make a plan for important days like Mother's or Father's Day, birthdays, Christmas and New Year's. Even though your loved one is gone, your

relationship can continue. You could light a candle or host a feast in their honour. Ask family to write special memories and save them in a special box. Visit their grave, leave flowers and tell them how you're feeling. Gather a group of their friends and watch their favourite movie.

The best self-care is the activity that leaves you feeling calm with a sense of relief, and maybe even hope.

How Do I Help Kids?

Children may struggle in understanding the finality of death, in processing their emotions and the feelings of those around them.

Use simple language, even when it's difficult. Don't say "they passed away" or "they've gone to a better place." Be honest but avoid difficult graphic details.

Let them talk openly about their feelings. Say things like "tell me more" and "I feel the same way."

Children may work through their emotions in uncomfortable ways, like insensitive jokes or laughter. Be patient.

Model healthy grieving behaviour. Let your kids see you cry and be angry

about the loss of your loved one, and laugh about fond memories. Try a ritual like lighting a candle, or writing a poem to help your kids process difficult emotions.

Ideas For Honouring A Loved One

- make a scrapbook
- take up their hobby
- make quilts out of their clothing
- send flowers down a river
- build a bench for their favourite spot
- frame their handwriting or a cherished item
- make a Christmas ornament with their picture
- give everyone a recipe in their handwriting
- create a playlist of their favourite music
- host a candlelight vigil, feast or celebration of life

It's OK to need extra support!

Call or text 988 to talk about self-harm or suicide. The MMIWG2S+ Crisis Call Line at 1-844-413-6649 might be helpful, too. Come to the Wellness Centre to share your memories.

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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



NCN Family and Community Wellness Centre

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

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**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
A safe and anonymous way to report crime

24/7 SUPPORT

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

Counselling Services On-Call
 NCN: 431-354-1270

(On call hours are from 4:30pm to 8:30am AND 24-hours Saturday/Sunday and Holidays)

NCN Family and Community Wellness Centre provides essential services for Nisichawayasik 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 @ 1-866-260-9457

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 @ 204-374-2345
 RCMP - OPCN @ 204-374-2029
 Security - OPCN @ 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

Spring Break, Flex Week & Autism Awareness Day

During the dates of March 30 – April 3, 2026. The Jordan's Principle Program held events and activities to keep the children of NCN occupied during spring break. And to also bring awareness to Autism.

The Flex week consisted of the following events:

Day 1: (Arts & Crafts)

Painting, Soap, lip balm, Bannock making as well as a tea party.

Day 2: (Land Base Activities)

Ice-Fishing, Ski-Doo Rides, sliding which all were weather permitting

Day 3: (Autism Awareness Day)

Fun Fair Events & Guest Pow-Wow Dancers and Singers

While keeping the children's minds occupied. This one-week event also helped keep the interactions as well as relationship development growth between parent and child quite eventful. While being fun these activities were also just as educational. Each day held a different adventure and new experience for the children of NCN. The Family & Community Wellness Centre Jordans Principle staff really showed that through hard work and dedication it is possible to make such an event enjoyable for all age groups.



FLEX WEEK ACTIVITIES FOR THE SCHOOL AGED CHILDREN

EASTER Spring Break
ENJOY YOUR TIME OFF!

March 30, 10:00-3:00 pm
• Arts & Crafts/Soap making/Lip balm making/bannock making/ tea party

March 31, 10:00-3:00 pm
• Land Base Activities- ice fishing/ski-doo rides, weather permitting Gardening

April 1, 10:00-3:00 pm
• Easter Egg colouring/Crafts

April 2, 10:00-3:00 pm
• Fun fair with special guest powwow dancers

To register please call 204-484-2585 or come down to our office. All activities will held here at Jordan's Principle Office

Jordan's Principle
A Child First Initiative

World Autism Awareness Day

04 / 02 / 2026

Jordan's Principle
A Child First Initiative

NCN Family and Community Wellness Centre

Administrative Professionals Day

Wednesday, April 22, 2026

Administrative Professionals Day is observed annually on the Wednesday of the last full week of April, which in 2026 falls on April 22.

Originally established as National Secretaries Day in 1952, the observance was created to acknowledge the growing importance of skilled administrative personnel in the workforce following World War II. The day was later renamed Administrative Professionals Day in 2000 to reflect the evolving roles and responsibilities of modern administrative staff. The International Association of Administrative Professionals (IAAP) now oversees the observance, promoting recognition, professional development, and excellence in administrative careers.

The Family and Community Wellness Centre would like to take this time to acknowledge all staff throughout Manitoba in all departments and thank them for all the hard work, dedication and commitment in the day-to-day operations of each sub-office as well as main office.

Administrative Professionals Day acknowledges the growing importance of skilled administrative personnel in the workforce, promoting recognition, professional development, and excellence in administrative careers.



Nisichawayasihk Cree Nation
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Wellness Centre Inc.

Thank You

The Family & Community Wellness Centre sends its deepest gratitude and commends you for your hard work and dedication in keeping day to day the operations of organization running smoothly

*Administrative Professionals Day
Wednesday, April 22, 2026*

Returning to Traditional Ways

NCN Land Base Program

Elder Instruction – Traditional Knowledge – Cultural Teachings



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204-484-2341 ncnwellness.ca



Celebrating Culture and Craft: Fur Hat Making Workshop a Resounding Success

The Nisichawayasihk Cree Nation Family and Community Wellness Centre was filled with creativity, learning, and cultural connection during the recent Fur Hat Making Workshop held on April 14 and 15. Community members gathered to take part in this hands-on experience, where all materials were provided and participants had the opportunity to learn traditional techniques in a welcoming and supportive environment.

Guided by instructor Madeline Walker, attendees spent the afternoons crafting their own fur hats, gaining not only practical skills but also a deeper appreciation for the cultural significance behind the craft. The workshop created a space for sharing knowledge, stories, and traditions. This was something many participants expressed they truly valued and enjoyed.

Feedback from those who attended was overwhelmingly positive, with many highlighting how meaningful it was to engage in a traditional and cultural experience.

Organizers at the Wellness Centre were pleased with the success of the workshop and the strong turnout. Events like these continue to play an important role in strengthening community ties and preserving cultural

practices for future generations.

A heartfelt thank you goes out to everyone who participated and helped make the workshop such a success. Special appreciation is extended to the dedicated staff and to instructor Madeline Walker for generously sharing their time, knowledge, and expertise. Your contributions made this event truly memorable.



When the Internet Hurts: What Every Parent Needs to Know About Online Safety

The digital world offers connection, creativity, and opportunity, but it also comes with serious risks that can deeply impact young people. One of the most concerning is online sexual victimization, which can be just as harmful as experiences that happen offline. In some cases, the damage can feel even more overwhelming due to the lasting presence and potential spread of images or interactions online.

Understanding the Hidden Risks Facing Today's Youth

When youth experiences harm online, the effects don't simply disappear when the device is turned off. The emotional and psychological consequences can be long-lasting and complex.

Common impacts include:

- Persistent anxiety, stress, and self-blame
- Trouble sleeping and concentrating
- Difficulty trusting others
- Strained friendships and relationships
- Challenges at school
- In severe cases, self-harm or suicidal thoughts

The knowledge that images or conversations may still exist or could resurface, can intensify these feelings and make healing more difficult.

What Is Online Sexual Violence?

Online sexual violence can take many forms, but one of the most serious is the non-consensual distribution of intimate images (NCDII)—when private photos or videos are shared without permission.

This can include:

- Posting or sending images to others
- Selling or distributing content

- Making images publicly accessible
- Advertising or promoting explicit material

Under Canadian law, these actions are criminal offences when the individual had a reasonable expectation of privacy.

How It Starts: The Subtle Tactics of Online Luring

Many harmful interactions begin in ways that seem harmless or even flattering. Youth may believe they're engaging in a genuine relationship, only to realize later they've been manipulated.

Common warning signs include:

- Requests for photos ("Send me a pic")
- Flattery that escalates quickly ("You're so hot")
- Questions about relationships or personal life
- Encouragement to keep conversations secret
- Gradual introduction of sexual topics

These tactics are designed to build trust, normalize inappropriate behavior, and create vulnerability.

Coercion and Control: When Pressure Is Applied

As interactions progress, some individuals use more direct tactics to gain control:

- Asking youth to hide communication from parents

- Engaging in sexual role-play or explicit conversations
- Recording video chats without consent
- Making threats to force compliance

Understanding these behaviors is key to recognizing when a situation has become unsafe.

New Threats: The Rise of Deepfakes

Technology is evolving and so are the risks. Deepfakes use artificial intelligence to create highly realistic fake images, videos, or audio.

These can:

- Place someone's face onto explicit content
- Manipulate expressions or actions
- Create entirely false scenarios that appear real

Even when content isn't real, the impact on a young person's reputation and mental health can be devastating.

What Parents Can Do: Supporting and Protecting Your Child

The most important step is creating an environment where youth feel safe to speak openly. Encourage them to:

- Talk to a trusted adult or friend
- Take a break from online spaces if needed
- Seek professional mental health support
- Report harmful content to platforms or services like [Cybertip.ca](https://www.cybertip.ca) or [NeedHelpNow.ca](https://www.needhelpnow.ca)

A Shared Responsibility

Canada's laws are designed to protect children and ensure their dignity and safety, but prevention starts at home, in schools, and within communities. By staying informed, maintaining open conversations, and recognizing the warning signs, we can help young people navigate the digital world more safely and remind them they are never alone.





MENTAL HEALTH CRISIS SUPPORT & SERVICE CONTACTS

Help Is Available — You Are Not Alone



MENTAL HEALTH CRISIS SUPPORT

If you or someone you know is experiencing a mental health crisis, support is available right now.

*** IN A CRISIS - CALL IMMEDIATELY**

Manitoba Suicide Prevention & Support Line (24/7)

☎ 1-877-435-7170

IF THIS IS AN EMERGENCY, CALL 911 or go to the nearest emergency department.

LOCAL SUPPORT (On-Call & Community)

- Mental Health On-Call: 431-354-1270
- Family & Community Wellness Centre: 204-484-2341
- Nursing Station / Therapist: 204-484-2031
- RCMP: 204-484-2288



INDIGENOUS-FOCUSED SUPPORT

HOPE FOR WELLNESS HELP LINE

24/7 mental health counselling and crisis support for Indigenous Peoples

☎ 1-855-242-3310

 www.hopeforwellness.ca



MENTAL HEALTH ACCESS & SERVICES

Recovery and hope are possible. Community Mental Health Services provide:

- Mental health assessments
- Counselling & education
- Psychiatry & psychology consultations
- Referrals for adults, youth, seniors, and children



TO ACCESS SERVICES, CALL:

- Thompson Public Health: 204-677-5350
- Substance Use & Recovery Services: 204-677-7300
- Canadian Mental Health Association (CMHA): 204-677-6056
OR contact your local health centre or nursing station



PROVINCIAL CRISIS & SUPPORT LINES

- Manitoba Suicide Line: 1-877-435-7170
- Anxiety Disorders Association of Manitoba: 1-800-805-8885
- Mood Disorders Association of Manitoba: 1-800-263-1460
- CMHA (Provincial): 204-982-6100
- Manitoba Addictions Helpline: 1-855-662-6605
- Sexual Assault Crisis Line: 1-888-292-7565
- Clinic Crisis Line: 1-888-322-3019
- Manitoba Farm & Rural Support Services: 1-866-367-3276
- Kids Help Phone: 1-800-668-6868



REMEMBER

*Asking for help is a strength
You deserve care, respect, and support
Help is available — day or night*



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Do you have a suggestion or a mithwâyâwin story idea?

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



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre, Inc.

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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

