



Good Health, Good Feelings

mithwâyâwin



JULY
2025

Driving In Style For Pride

People cheered as the brightly decorated vehicles drove through NCN under dramatic skies.

It is so important for 2SLGBTQQIA+ Citizens in NCN to know that they are seen and appreciated.

Members of the 2SLGBTQIA+ community often face unique difficulties in making their way through the world. They may face the rejection of their family and friends. They may experience poverty, inadequate housing, and a lack of educational or employment opportunities. Statistically speaking, 2SLGBTQIA+



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people face more violence, addiction and food insecurity.

Everyone, regardless of their sexual and/or gender identity, deserves respect and community. Thank you for caring, NCN!

If you are 2SLGBTQQIA+ and need support:

- **The Trevor Project:** Text START to 678-678
- **Crisis Text Line:** Text HOME to 74141
- **988:** call or text for help with suicidal thoughts or distress

If you are in danger of hurting yourself, please call 911 now. You are loved!





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.

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.

Current Opportunities: Ready to apply or want to learn more? Call 204-484-2341 or visit www.ncnwellness.ca for more information.

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

Counselling Services Provides Holistic Programming to Support and Empower Individuals and Families

This program is based on the values, beliefs, language and traditional practices of the Nisichawayasihk Cree people, and aims to introduce or re-engage individuals and families with traditional culture.

This department hosts several family and culture camps throughout the year. Therapy sessions are offered to the community, and collaboration with NNOC High School provides mental health supports to students.

Services Include:

- Rediscovery of Families Project
- Individual, couples & family counselling
- Debriefing sessions
- Advocacy

- Bereavement support
- Community activities (vigils, family camps, berry & medicine picking)
- Goals & Objectives
- To enhance safety & support for all community members and their families



- To provide crisis intervention, aftercare & training for community members and caregivers
- To provide ongoing assessments & referrals for treatment, after care & rehabilitation
- To include Western & traditional concepts of therapy in individual, couple & group counselling
- To offer traditional teachings that help family members relate to each other and understand each other's roles & responsibilities
- To create improved links between families & community resources

This program currently operates in Nelson House. If you are in a different community, contact your local sub-office to ask about similar opportunities.

Cedar – Maskiki Available to NCN Citizens

The Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre Inc. has Cedar available for purification/smudging.

Thank you to the NCNFCWC Family

Enhancement Team in Thompson for Harvesting Cedar and our head office staff for preparing bags for the community.

If you would like to sign up to learn

how to harvest
medicines, please call
Quade Hart at the
NCNFCWC 204-484-
2341 to leave your
contact information.



Avoiding The Summer Slide

Nobody's asking you to pull out flashcard this summer, but it's important to keep your kids' heads in the game while they're out of school.

Children who don't have a summer reading routine can lose up to three months of reading skills. Once those skills are lost, it can be difficult to catch up.

The same goes for math skills, which is 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 lose it!

Keep their skills nimble with some fun activities this summer. Why don't you:

- Have your child read recipes & maps for you.
- Tell your kid to create a scavenger hunt for their friends.
- Have your child keep score in any game.
- Ask them to estimate how long a chore will take; how far away

someone's house is; how heavy something is; how many thistles are in the ditch.

- Read the book before you watch the movie. Harry Potter is perfect for this!
- Listen to an audiobook as a family.
- Always have your child count out your cash at the store.
- Make reading fun. Try blanket forts & flashlights. Climb a tree to read in the leaves.
- Play bingo with littles for number recognition. Search for "math facts bingo" for older kids.
- Insist on 15 minutes of math games for every hour of screen time. Search online for free games by grade level.
- Check out the Thompson Library every week. Add an ice cream cone and 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. This means they can go back to school in September with less skills than they left with in June. But you can avoid this slide, just by keeping your kids learning over the summer. Keep it fun!

Children who don't have a summer reading routine can lose up to three months of reading skills. Make reading fun. Try blanket forts & flashlights. Climb a tree to read in the leaves.



Medical Transportation Hours and contact Information

Regular Office Hours:
Monday - Friday 8:30 a.m. - 4:30 p.m.

For After Hour Assistance:
For Immediate Assistance Outside of Regular Office Hours Please Contact:
Joel Spence - Medical Transportation Coordinator
- Cell: (204) 307 - 1900

Medical Transportation Services

- **Thompson Medical Transportation (Daytime)** • **Local Medical Transportation (Day/Evening)**
 - Hours: 9:00 a.m. - 5:00 p.m.
 - Phone: (204) 307 - 1902
- **Thompson Medical Transportation (Evening)** • **Contact Nursing Station: (Day/Evening)**
 - Hours: 9:00 a.m. - 5:00 p.m.
 - Phone: (204) 307 - 1902
- **Emergency Medical Services (Ambulance)** • **Dialysis Transportation:**
 - Phone: (204) 484 - 2911
 - Hours: 5:00 a.m. - 10:00 p.m.

• **Job Opportunities & Inquiries**

- Visit www.ncnwellness.ca to View Current Job Postings
- Send Resumes & General Inquiries to HRAssistant@ncnwellness.ca



Nisichawayasihk Cree Nation
**FAMILY AND COMMUNITY
Wellness Centre**

Eye Need Healthy Vision

The key to eye health is to protect your vision through healthy habits. It's also important to get medical attention quickly if issues arise and to get regular eye exams.

Children under the age of 15 should have eye exams every year, as their bodies are going through rapid development. Kids often try to hide eyesight problems because they don't want glasses! Watch for squinting, closing one eye at a time, difficulty with long-range vision, and get them checked annually.

Elders and people with chronic conditions should also have annual eye exams. People with high blood pressure and diabetes have increased risk for eye conditions such as glaucoma, cataracts, and retinopathy.

For most adults, it's safe to receive an eye exam every other year. If you have any concerns, like sudden change in vision or infection, seek medical attention, as eye problems and diseases can progress quickly.

Your eye health is somewhat genetic. If your parents wear

glasses, for example, you are more likely to need glasses, too. The good news is that you have a lot of control over your vision by keeping healthy habits every day.

You won't be surprised to hear that excessive screen use creates problems. Limit your screen time to



two hours a day. Sit back from large screens. Don't scroll on your phone in the dark! All of these habits can cause eye strain, which can weaken your vision and cause other problems like headaches.

The constant advice we receive about regular exercise and healthy diet applies to your eyes, too! Exercise keeps the blood and oxygen pumping efficiently through your body, including your eyes and their nerve

system. Vitamins A, C, E and zinc and omega-3 fatty acids are crucial for your vision. Keep a steady diet of leafy greens, eggs, oysters, sardines, citrus fruits and broccoli.

You only get one set of eyes in this lifetime! The habits you keep in your younger years will contribute to your healthy vision when you're an Elder. Play the long game, think about how important your eyesight is in daily, independent life, and put your screen down!

Essentials for Eye Health

- quit smoking;
- limit screen time;
- be physically active;
- drink lots of water;
- use contact lenses as directed;
- wear UVA & UVB protection sunglasses;
- use clean makeup, replace it regularly & wash brushes;
- eat eye-healthy foods like spinach, kale, salmon, walnuts.

Give Your Eyes a Rest

When you're on a screen, look at something 20 feet away for 20 seconds every 20 minutes.



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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



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.



**NDINAWÉ
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

CFS On-Call
**NCN: 204-679-6386
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 AND 24-hours Saturday/Sunday and Holidays)

NCN Family and Community Wellness Centre provides essential services for Nisichawayasikh 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 @ 204-473-2449
RCMP - Winnipeg @ 204-374-2345
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 Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

PRE-REGISTER BY JULY 23, 2025

CALL Shae Moore at 204-979-7295

Registrations will be taken up until August 5th

Parent Power: EQUIPPING FAMILIES FOR SUCCESS

2025 NCN Parent Conference AUGUST 5, 6 & 7, 2025

NNOC High School, 3 Moody Drive • Nelson House, MB

Transportation will be provided:

Bus pick-up 8:15 AM
Bus drop-off 4:15 PM

8:00 – 9:00 AM
Breakfast & Workshop
Registration (daily)

LUNCH & SNACKS
Provided (daily)

AUGUST 5 • WORKSHOPS

- Autism: Literacy and Language T.B.C.
- Why Oral Health Matters to Your Family
- FMLY Addiction: The Affects on Children
- Budgeting and Cost Saving Tips
- Parenting in the Online World: Online Safety
- Understanding Childhood Milestones
- Managing Childhood Illnesses
- Gender and Sexual Diversity for Parents with Children who Identify as LGBTQ+
- Nutrition and Health Eating Habits
- Parenting in the Online World: Online Safety

DAILY SAFE SPACE ROOM
& SMUDGING – Cleanse or debrief
with on-site counselors and Elders.

AUGUST 6 • WORKSHOPS

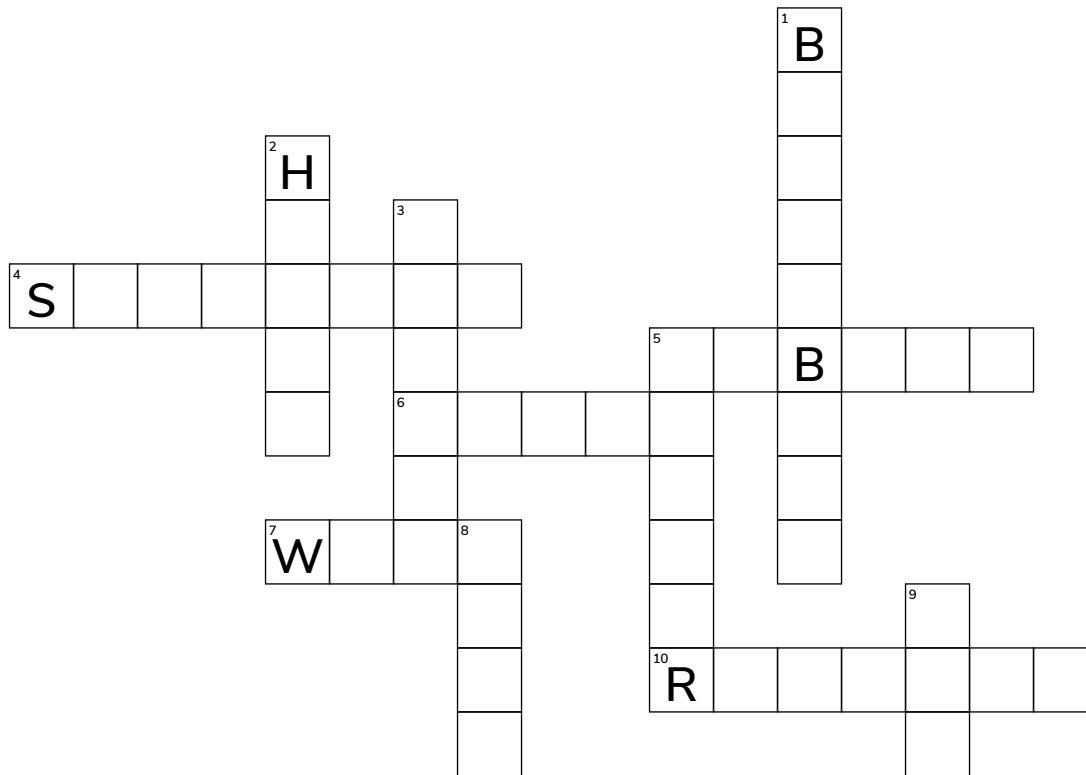
- Parenting An Anxious Child
- Home Air Circulation and Pest Control
- Positive Behaviour Management
- Suicide Prevention
- Commit to Kids: A Guide for Parents
- Bullying and Its Affects on Learning
- FASD Tips for Parents and Caregivers
- Strengthening Health Through Vaccination and Hygiene
- Effective Communication Strategies
- Domestic Violence
- CFS Roles and Responsibilities
- Why Oral Health Matters to Your Family

AUGUST 7 • WORKSHOPS

- Designing Diamond Willow Talking Sticks
- Spruce Gum Medicine Teaching over Tea and Bannock
- The Sacredness of a Woman
- Sweatlodge Teachings
- Making Homemade Body Soap
- Foot Care
- Beading Your Own Earrings
- Making Dreamcatchers

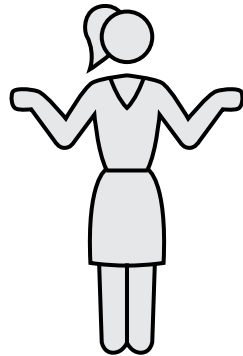


(Clues are in Cree; Answers are in English)



ACROSS

4. ankwacas
5. pisiw
6. kinepik
7. mahihkan
10. ocikomsis



DOWN

1. maskwa
2. mistatim
3. sihkosiw
5. oskwatim
8. kinosew
9. atim

Win \$75 Cash!
Submit your completed
crossword to the
Wellness Centre by 2pm
August 20th for a chance
to win \$75 cash!

Use the clues to fill in the words above.

Words can go across or down. Letters are shared when the words intersect.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

NAME: _____

Phone Number: _____

The fine print: All submitted correct entries will be entered into a random draw, with one winner to be selected. Draw will be held on December 20th at 3:00 pm

Omega 3 Fatty Acids: Building Blocks to a Healthier You

We all know vitamins and minerals are crucial to a healthy diet and overall health. But here in the North, it can be difficult to create a well-rounded diet that meets all our bodily needs, and information about supplements is often overwhelming.

Let's learn about one important element of a healthy body: omega 3-6-9 fatty acids.

These fats have important benefits for your brain, heart and metabolism (the way your body converts food into energy).

Omega 9 fats: the only type of omega fatty acids that the body can produce on its own, which means we don't need to focus on getting them through our diet.

Omega 6 fats: these essential fats must be consumed through food, and our bodies work best when the ratio of Omega 6 to Omega 3 is around 3:1. Unfortunately, in the typical Western diet, that balance is about 16:1 because of the high amounts of corn and soybean oil used in processed and fried foods. This imbalance can cause inflammation and contribute to chronic conditions such as diabetes, rheumatoid arthritis and heart failure.

Omega 3 fats: we need to focus on getting these fatty acids into our daily meals. Not only do we want to balance out the ratio of Omega 6 fats to Omega 3, there are many benefits of omega 3 fatty acids.

These fats help to improve heart health, support mental health, decrease liver fat, fight inflammation, reduce weight & waist size, and support infant brain development. Some people say they are mentally clearer and more emotionally balanced when they focus on getting enough Omega 3 fatty acids.

How Do I Get Omega 3 Fats?

The best source of Omega 3 fatty acids are oily fish, such as salmon, sardines, anchovies and mackerel. In fact, dieticians suggest we should get two servings a week of oily fish.

Add sardines to your tuna melt sandwich and you won't taste them. Try anchovies on pizza; you might enjoy the tang they provide. Camping in the bush is a great opportunity for tinned mackerel.

Other sources are walnuts, flaxseed, and chia seeds. Try sprinkling these on your morning yogurt or in a salad. Check out our recipe for chia pudding! (Bonus: chia is an excellent source of fibre, too.)

Many people prefer to add an Omega 3 supplement to their daily routines. Unfortunately, many pills on the market don't contain the required levels of fatty acids to make a difference.

Read the fine print and choose a pill that contains fish or algae oil (you

won't be able to taste it) instead of flax oil. Find a supplement that provides at least 250 mgs of EPA and DHA fatty acids.

And of course, to get your balance of Omega 6 to Omega 3s back on track,

eat less processed foods. Challenge yourself to skip quick and easy chicken fingers and fries by offering up scrambled eggs and brown toast instead. So much healthier and even faster!

Chocolate Chia Pudding

- ¼ cup cocoa powder
- 2 cups milk (dairy, nut, oat, etc)
- ½ cup chia seeds
- ¼ cup sweetener (liquid honey, maple syrup, etc)
- 1 tsp vanilla, optional
- ½ tsp cinnamon, optional

Whisk together cocoa powder & milk. Add the rest of the ingredients & whisk to combine. Cover and put in fridge, stirring every hour or so. It will be ready in 8 hours, but will continue to firm up for 24 hours. Serve with berries, bananas or nuts.



Self-Care In Stressful Times

It seems there are more stresses around the world than ever, and social media makes it hard to get away from it all. Meanwhile, here at home, we're worried about smoke exposure and possible evacuations. When there are new concerns all day every day, on top of your typical responsibilities, things get overwhelming fast.

It may seem ridiculous to suggest you have to incorporate self-care into your daily routine. But if you're constantly frazzled and at the end of your rope, you will not be able to make decisions clearly or lead your family or community properly.

Self-care simply means being kind to yourself. Believe that you deserve to feel good. Understand that to meet

your responsibilities you need some gas in your tank.

Now, how can you fill yourself up?

The most immediate and simple way to care for yourself is a deep breath. Try it, right here and now! Breathe in through your nose counting to four. Hold it for two, and then exhale through your mouth for four. Do this

anytime you feel overwhelmed. You'll be surprised how much better you'll feel.

Come up with a holistic self-care routine that takes acknowledges all parts of you: body, mind and spirit.

You don't need to spend any money at all on self-care. Create a mix of small and larger activities. The important

thing is to plan ahead and put things on your calendar so they become routine.

Encourage your friends and family to plan their own self-care. To make it fun, have everybody create a Self-Care Bingo sheet with their own activities. Choose a start date and see who can complete their card first. Or choose a finish date and see who completed the most. Get together to share your victories and laugh yourself silly. That's self-care, too!

Why don't you:

- Cook a hearty breakfast
- Bask in 15 minutes of sun each day
- Smell an uplifting scent, like peppermint
- Take a 20-minute afternoon nap
- Drink a glass of water
- Stretch every day
- Throw a ball with some friends
- Wake up early & go to bed early
- Learn some new Nehetho vocabulary
- Keep a journal

- Write a poem
- Learn all you can about a personal interest
- Watch a motivational video
- Do a crossword puzzle
- Read a few chapters in a book
- Create a family tree
- Make some art
- Write a forgiveness letter & then burn it
- Take a break from social media (a day? week? month?)
- List your blessings on paper
- Download a mindfulness app
- Rearrange your furniture
- Give someone a compliment
- Look in the mirror & say, "I love you"
- Listen to relaxing music
- Help someone

What is burnout?

A form of exhaustion that comes from a never-ending physical, emotional and mental fatigue. While stress can make you feel overwhelmed, burnout makes you feel depleted, empty and used up.

You may be burning out if you:

- are exhausted all the time;
- are dealing with headaches;
- are overeating or undereating;
- have lost all motivation;
- want to isolate yourself;
- lose interests in hobbies;
- feel frustrated, impatient, irritable;
- feel negative & cynical all the time;
- can't sleep;
- can't concentrate or focus.

What's the cure for burnout?

Rest, peace and support.

Call the FCWC at 204-484-2341 so we can help!



NCN Citizens Safely Evacuated Amid Wildfire Threat

Wellness Centre Staff Provide Critical Support Across Evacuation Sites

In the past summer months, amid rising threats from nearby fire and smoke, the Nisichawayasihk Cree Nation (NCN) began executing a carefully planned evacuation on July 8

that saw approximately 800 citizens safely relocated to Thompson, Portage la Prairie, Weyburn, WhiteCap, and Winnipeg.

Planning began as early as May to prepare for potential wildfire risks, and when the time came, buses were filled with families as they left their homes



for safety. As evacuees arrived at each location, the Family and Community Wellness Centre (FCWC) was already

in motion, with staff deployed across the evacuation sites to ensure no one was left without support.



FCWC supported families with activity books, toys, and set up an activity space for our children

Teams brought essential supplies such as baby items, hygiene products, clothing, and other necessities. Understanding the emotional toll on families and children, staff also organized a wide range of activities to help reduce stress and provide comfort during this difficult time.

"We had strong support systems in place," said Felix Walker from the FCWC. "No one was left out. We all helped each other, just like we always do in times like this."

While many families have since returned home, some remain evacuated, and the FCWC continues to stand by them to provide valued care.

South Indian Lake Wellness Centre Sub-Office Stays Open with Generator Support to Ensure Uninterrupted Services

The South Indian Lake Family and Community Wellness Centre's sub-office is continuing to operate at full capacity, thanks to a reliable backup generator system that has allowed staff to maintain regular office hours without disruption.

Despite recent power challenges in the area, the sub-office team has ensured that essential wellness programs and services remain available to the community. The proactive setup has prevented any interruption in support for children,

families, and community members who rely on these programs daily.

Staff and leadership have been commended for their dedication and swift action in keeping operations running smoothly. This commitment reflects the Centre's ongoing mission to prioritize community care, no matter the circumstances. Great job to the South Indian Lake team!



Family and Community Wellness Centre Celebrates Graduates and Their Outstanding Achievements

On June 19, the NCN Family and Community Wellness Centre proudly celebrated the achievements of its most recent graduates. These individuals have shown dedication, perseverance, and a deep commitment to serving the communities.



Among the graduates, Anna Nadine Spence was recognized for completing the First Nations Human Resource program, receiving an Outstanding Achievement Award for her excellence in Human Resource studies. Alfreda Thorne also celebrated her graduation from the Jordan's Principle Support Worker program, a vital area of work that ensures the health and wellbeing of First Nations children.

These individuals are working to make meaningful impacts in the social work field. The celebration highlighted not only individual accomplishments but also the collective achievements of the Family and Community Wellness Centre team. Congratulations to all the graduates!

Nisichawayasihk Family Community Wellness Centre would like to Congratulate the Graduates of 2025, graduating in Cohort Bachelor of Social Work Degree Program: Audrey Ross, Jackie Soulier, Colleen Lagomodiore, Megan Dumas, Janice Dysart and Graduating from the Bachelor of Social Work Access Program: Amy Hamel and Ariel Simpson. Thank you for dedicating your time, and studies, to the Family Community Wellness Centre for making our Organization thrive for our Community and Families. We keep wishing you the best and success in all you do. Congratulations!!!



In addition, the Centre honoured the students of the 2020 Bachelor of Social Work program: Carl Young, Melody Wrightson, Eleanor Dumas, May Mossip, Charlene Kobliski, Kimberly Spence, Elizebeth McDonald, Melanie Peterson and Florette Campbell. Christa Templeton is graduating October 2025.



Bachelor of Social Work Graduates



Staff Thank Mr. Felix Walker, Chief Executive Officer for Academic Support

Thank you Mr. Walker for your guidance and encouragement throughout our careers and educational journey, working with the Family & Community Wellness Centre Inc. The Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre was established to support holistic wellness by providing additional opportunities for the Citizens of the NCN to build on their strengths as individuals, as members of families and as part of the community. The staff continue to further their education and training to improve skills to benefit the Centre, community and Citizens. On behalf of staff and management we thank Mr. Walker for his guidance and support.



Employee Recognition

A Workplace That Connects Us To Our Culture

– Brendan Beardy



Growing up, I made numerous visits to the Wellness Centre because my family members worked there. Through them, I witnessed firsthand how the organization can positively impact the lives of both children and their parents.

During high school, I had the opportunity to choose a work placement to earn a credit for one semester, and I immediately knew where I wanted to go.

My placement at the Wellness Centre

in the Human Resource Department was a valuable learning experience that helped me transition into the workforce and provided me with skills I carried into future jobs.

Life's good, I made my first hand drum at camp today.

Since joining the organization, I've been welcomed with open arms and have received a lot of support as I

started my new role. I deeply value dedicating my time to helping others. In social work, I believe every positive action has a ripple effect that will not just positively affect one person's life, but also the lives of those around them.

One aspect that excites me about working at the agency is the mentorship I receive by the many highly experienced professionals

across our offices in Manitoba. Their knowledge and guidance are essential for effective training and ensuring that valuable experience is passed on to the next generation.

I'm also incredibly grateful that this job has allowed me to reconnect with my culture through the events and initiatives the agency provides for the community. These cultural experiences not only strengthen my identity but also help build a stronger, more connected community for everyone we serve.

The Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre was established to support holistic wellness by providing additional opportunities for the NCN Citizens.

The management would like to acknowledge Brendan for his hard work and dedication to the organization.



I'm very appreciative of my employer for giving me opportunities to reconnect with my culture with the events they provide for the community.

Ekosil – Brendan Beardy (photos taken at the NCN Family and Community Wellness Centre Inc. Southern Culture Camp.)



Life's good, I made my first hand drum at camp today.



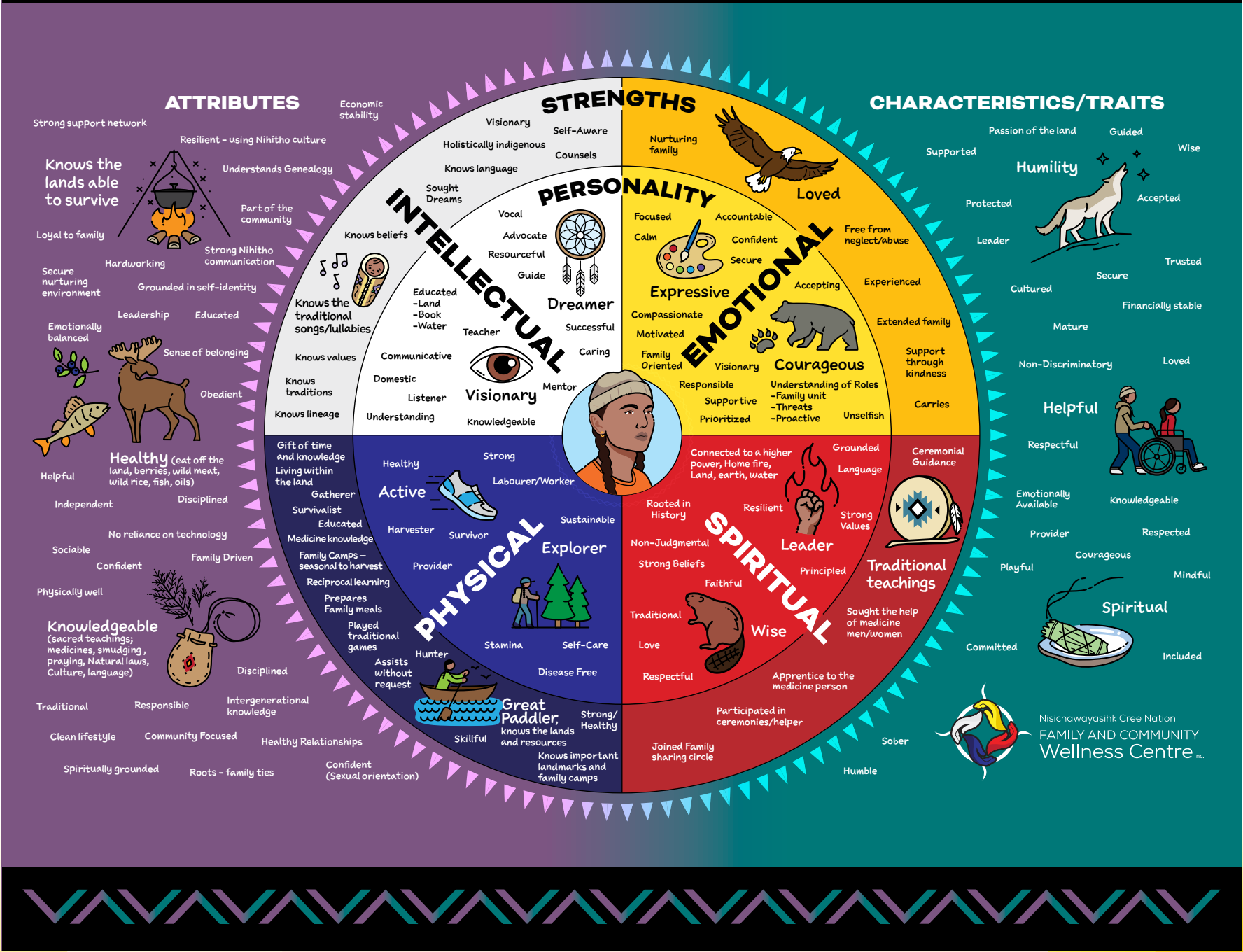
NCN FCWC Rents Theatre in Portage la Prairie

The Family Community Wellness Centre Jordan's principle program rented a theatre with popcorn and drinks in Portage la Prairie for the Families. A great way to spend the afternoon.



Nihitho Raised Youth

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



Staying Healthy Away From Home

Whether you've been evacuated, are working away from home or even enjoying a holiday, it can be difficult to maintain healthy habits when you're away from your typical routines.

Take a few minutes to think about how you can keep things "normal" until you get home again. Remember, the farther away you stray from good choices, the worse you'll feel in the moment and the harder it will be to get back on track.

Consider these main areas of health: food, exercise, sleep and hygiene.



Exercise:

If your hotel has a gym or pool, use it every day! Doggy paddle across the pool ten times or get your sweat on in the sauna. Do some steps on the treadmill (try out the incline for a challenge), or walk your hallway ten times after each meal. If you're at a conference, go for a wander during your break instead of scrolling on your phone.



Sleep:

It can be tricky to get the rest you need in a different bed. Bring your pillow from home, and maybe an eye mask, as hotel curtains often aren't dark enough. Try white noise to drown out unfamiliar sounds (on your iPhone: Settings >Accessibility>Audio & Visual>Background Sounds). Go to bed a little early to account for a few wakeups during the night.



Hygiene:

Focus on sanitary habits when staying in a space that's not your own. Leave your bags in the hallway while you check for bedbugs. Pull back the sheets on a bed corner and check seams for dark or rust-coloured stains. Bring a pack of antibacterial wipes to give items like doorknobs and remote controls a scrub. Use the hand sanitizer at the breakfast buffet after you've dished up your grub and before you eat!

Being away from home can create stresses both large and small. Some conscious decisions can help you get through it with peace and ease.



Food:

Eating in restaurants is a nice treat for your mind, because you don't have to cook, but after a few days of too much salt and fat and huge portions, your body will be begging for a break! Try filling up on the salad bar at the buffet first; ordering soup or veggies instead of fries for your side; packing up half of your pasta to take home. Do your blood sugar and wallet a favour and stick to water.

Whether you've been evacuated, are working away from home or even enjoying a holiday, it can be difficult to maintain healthy habits when you're away from your typical routines. Take a few minutes to think about how you can keep things "normal" until you get home again.

Do you have a suggestion or a mithwâyâwin story idea?

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



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