



# A Busy Season of Wellness, Learning and Connection

The NCN Family and Community Wellness Centre has had a busy and rewarding spring, offering a wide range of programs, activities and healing opportunities throughout May and June. These initiatives brought

together community members of all ages to learn, connect, heal and celebrate wellness in meaningful ways.

One of the highlights of the season was the Cedar

Harvesting Program held May 29–31 in partnership with NNOC High School. Students had the opportunity to learn about the cultural significance of cedar, traditional harvesting practices, and the important role that medicines play in supporting physical,

emotional, mental and spiritual well-being. The program provided youth with valuable hands-on learning experiences while strengthening connections to culture and the land.

The Wellness Centre also hosted an Outdoor Toy Drive on May 27



**NELSON HOUSE**  
**COMMUNITY CLEAN UP WEEKEND EXTENTION**  
**MAY 30 & MAY 31**

Illustration of people participating in a community clean-up activity.




Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre

Call Out for Culture Camp  
June 22, 2026 to June 26, 2026

Seeking kitchen helpers  
cleaning crew  
camp cooks


submit your criminal record checks, child abuse registry & application with  
Jaden Francios  
204-484-2341



**GUIDED MEDITATION  
SOUND BATH HEALING WITH  
ALEXANDRIA MOODIE**

*Time into Wellness. Vibrate with Harmony.*  
Immerse yourself in therapeutic sounds that calm the mind, heal the body, and uplift the spirit.

FCWC Land Base Culture Cabin by NNCEA Building  
JUNE 2-JUNE 5, 2026  
Door opens at 5:00pm and closes at 7:00pm  
FIRST 15 people per workshop  
Transportation Provided



204-484-2341 - Contact Reagan Smith | Nelson House FCWC Land base cabin

**CALL FOR CELEBRATIONS VENDORS/PROPOSALS**

**WE ARE SEEKING:**  
MINI POW WOW DANCERS  
SINGERS  
ENTERTAINMENT  
ARTS / CRAFT BOOTHS

JUNE 21, 2021  
ABORIGINAL DAY

**LET'S CELEBRATE**

CONTACT ANNA  
204-670-4510  
Anspence@ncnwellness.ca



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre

NCN FCWC Presents



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**Instructional Painting With Angus Campbell**

Explore techniques like oil painting, watercolor, and more

Land Base & Cultural Cabin | May 29 - May 31  
5:00 PM - 7:00 p.m.

First Come First Serve 15 Spots Available | Nelson House Manitoba



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre

Take care of yourself

**KITAPAMISO**

**TAKE CARE OF YOUR:**



WOMAN SATURDAY **MAY 30**

MEN SUNDAY **MAY 31**

1:00 PM TO 5:00 PM

**SELF-CARE POP-UP MINI SEMINARS**

55 SPOTS DAILY 14 BAY ROAD, NELSON HOUSE, M.B.

REGISTER WITH ANNA SPENCE ANSPENCE27@GMAIL.COM



and 28, distributing bubbles, balls, sand toys and other outdoor play items to families. The initiative encouraged children to stay active, enjoy the outdoors and make the most of the warmer weather while supporting healthy family activities.

Creativity flourished during the Painting Workshops with Angus Campbell, held May 29–31. Children and youth were encouraged to express themselves through art, build confidence in their abilities and explore their creativity in a supportive environment.

Supporting healthy lifestyles remains a priority for the Centre. The Breakfast Program, offered June 2–5, provided nutritious morning meals to community members, helping ensure participants started their day with the energy needed to learn, work and thrive.

During the same week, community members participated in a Guided Sound Bath Meditation Series led by Alexandria Moody. Held June 1–5, the sessions provided opportunities for relaxation, reflection and stress reduction, supporting mental wellness and self-care.

The Wellness Centre also proudly launched a new Cyberbullying Awareness Campaign, led by Tamara Beardy, Anna Spence and Edith Moody. This important initiative aims to educate youth, families and community members about online safety, respectful digital communication and strategies for addressing cyberbullying.

Healing opportunities continued throughout the season with several specialized wellness programs. Community members participated in Traditional Trauma and Grief Doctoring Sessions during Magic May Addictions Week, held May 19–23. These sessions provided culturally grounded supports for individuals

and families navigating grief, trauma and recovery.

Looking ahead, the Centre has scheduled several additional healing opportunities, including Bio Magnetic Therapy with Micheline Berard from July 6–10 and Healing Sessions with Jenna Wakely from July 13–17. These programs will continue to support community wellness through holistic and alternative approaches to healing.

The Wellness Centre is also excited to launch a new Outdoor Walking Club led by Bonnie Campbell beginning June 2. The walking club encourages participants to stay active, enjoy time outdoors and build social connections while supporting physical and mental well-being.

To further support traditional wellness practices, the Centre recently invested in a variety of culturally significant healing supplies. This included the purchase of smokeless smudge sprays from Sage Sisters, as

## JAMES SHUTTLEWORTH DOCTORING & ONE ON ONE SESSIONS GREIF WORK



DATE  
**MAY 23/24**

PLACE  
**FCWC LAND BASE  
CABIN BESIDE NNCEA**

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

Join us for a refreshing...

**Wellness Walk**  
A perfect way to boost your mood, move your body, and connect with your community!

**MONDAY, WEDNESDAY  
FRIDAY FOR  
THE MONTH  
OF JUNE**

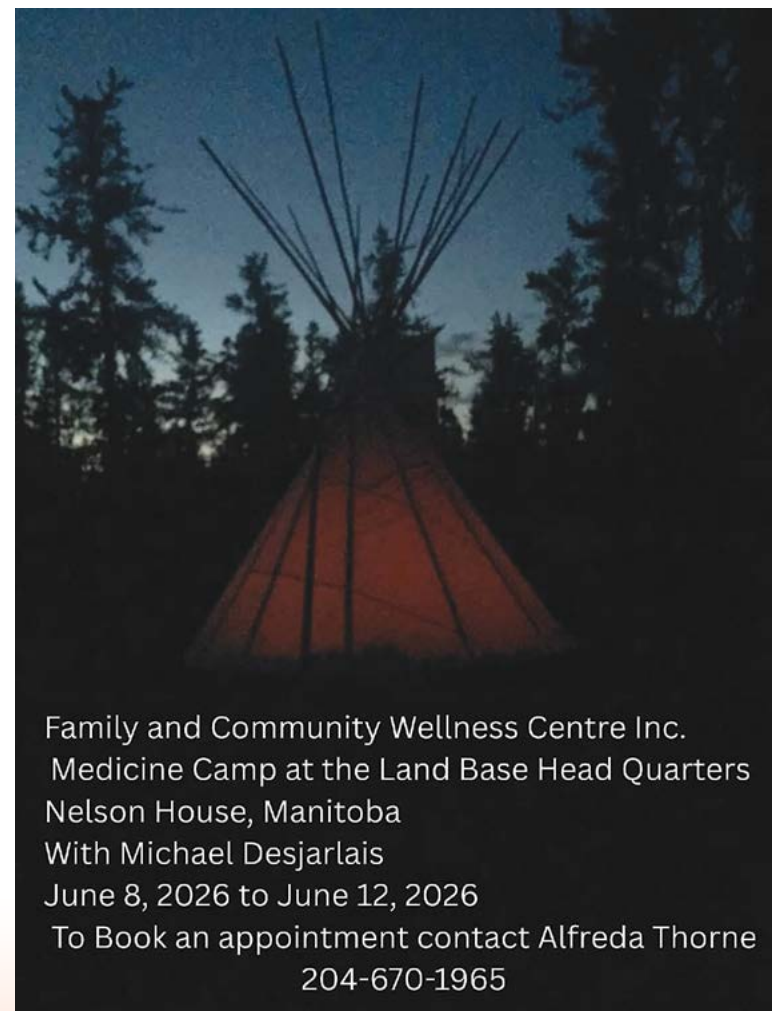
STARTS AT FITNESS CENTRE  
RAIN OR SHINE  
**6PM-1 HOUR**

All ages and fitness levels are welcome  
ages 6-10 with a parent or guardian

Come walk your way to better health—physically, mentally, and emotionally.  
Let's take steps together toward a healthier, happier you!


WALK, BREATHE, RECHARGE


To register, please visit:  
Contact Bonnie Campbell@  
204-670-2088



Family and Community Wellness Centre Inc.  
Medicine Camp at the Land Base Head Quarters  
Nelson House, Manitoba  
With Michael Desjarlais  
June 8, 2026 to June 12, 2026  
To Book an appointment contact Alfreda Thorne  
204-670-1965

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**Smudge The Streets**  
 June 2nd. 2026  
 1:30pm - 4pm  
 Starting from the FCWC  
 Bring your own container if you can  
 Cedar will be provided  
 Everyone welcome  
 For more information please contact Family Enhancement at (204)484-2773

well as traditional medicines and wellness products from Neepsee Healing, including Blue Sage, Bear Root, Addictions Packages, Wellness Kits and Smudge Kits. These resources help ensure community members have continued access to traditional healing supports and medicines.

We thank all participants, facilitators, partners and staff who helped make these initiatives a success and look forward to continuing this important work throughout the summer months.

 family & community wellness centre presents

# Medicine Harvest

we are looking for 10 participants in total, 5 being youth, within our community who will participate in harvesting medicines, connecting with the land, and bringing it home to our community to share.

**Join us !**  
 Contact Jaden Francois to register  
 204 484 2341



  
 Nisichawayosihk Cree Nation  
 FAMILY AND COMMUNITY  
 Wellness Centre

## June is Men's Mental Health Month

Join Lucas Tays at the NCNFCWC Gym for Men's Empowerment Hour!  
 Hours:: 6:00 p.m. to 7:00 p.m.

**The month of June  
 Monday to Friday**

Black Stone BBQ Set prize to be won if you participate with the guidelines  
 Ages 13 & up welcome!



  
 Nisichawayosihk Cree Nation  
 FAMILY AND COMMUNITY  
 Wellness Centre

Sponsored by Family Enhancement

## Memorial Candle Making

June 3rd. 2026  
 6pm-9pm  
 FCWC Open Area  
 Bring picture of your loved one

*Thank You*





# NCN Soccer Camp a Big Success!

The Wellness Centre was excited to gather youth for a soccer camp on the pitches on May 23–24. It was great to see so many young athletes come out to learn new skills, practice drills, and have fun playing games with each other.

We would like to thank all the parents and guardians who supported the camp and brought their children out to participate.

A special thank you goes to Pedro, Walter, and Jonathan Daza for travelling to Nisichawayasihk to help coach our players. We are always happy to welcome Pedro back and appreciate his continued support over the years. We also thank

Julia Bunn for helping coach this year's group. Julia was one of our very first soccer players, and it is wonderful to see her now giving back as a coach.

We would also like to recognize Vernon Moodie for organizing the camp and coaching the team. Thank you to our Land Base Crew and Arena staff for preparing the turf,

and to Edith Moody for providing delicious meals and snacks to keep everyone energized throughout the weekend.

Kinanâskomitinâwâw to everyone who helped make this year's soccer camp such a success!



**NCNWSA**  
NCN Wellness Sports Association

**Get involved!  
Get Playing! It's Free!**

Register at: [ncnwsa.com](http://ncnwsa.com)  
or at the NCN Family and  
Community Wellness Centre



# ᓂᓄᓂᓄᓂᓄᓂ **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**



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](http://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**

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

# Celebrating NCNFCWC Staff Achievement and Professional Growth

The Nisichawayasihk Cree Nation Family and Community Wellness Centre is proud to recognize several staff members for their commitment to professional development and lifelong learning through the successful completion of specialized training and certification programs.

These accomplishments reflect not only individual dedication and hard work, but also a shared commitment to strengthening the services and supports available to our community. By continuing to build their knowledge, skills, and expertise, these staff members help ensure

that NCN families, children, youth, and community members receive high-quality support grounded in professionalism, compassion, and excellence.

We would like to congratulate the following staff members on their achievements:

**At the NCN Family and Community Wellness Centre, we believe that investing in learning and growth creates stronger programs, services, and communities.**



## Issiah Constant – Community Support Worker

Issiah's dedication to expanding his skills and knowledge demonstrates his commitment to supporting individuals and families within our community.

## Alfreda Thorn – Family Support Worker

Alfreda's commitment to professional development strengthens her ability to provide valuable support and guidance to families in our community.

## Lydia Linlater – Computer Technician Support

Lydia's achievement reflects her dedication to building technical skills that help support the Wellness Centre's programs and services.



## Nathaniel Tait – Network Support Technician

Nathaniel's continued learning strengthens the technology systems that help keep staff and community members connected to important services.



## Lucas Tays – Personal Fitness Trainer

Lucas's achievement demonstrates his commitment to promoting health, wellness, and active living within our community.

**At the Family and Community Wellness Centre, we believe that investing in learning and growth creates stronger programs, services, and communities. We are proud of these staff members for their perseverance, hard work, and commitment to excellence.**

**Please join us in congratulating Issiah, Alfreda, Lydia, Nathaniel, and Lucas on this important milestone. We thank them for their dedication and for the positive impact they continue to make in the lives of others every day.**

# Recovering & Empowering

## Encouraging and Maintaining Strong Mental Health

Counselling Services: 204-484-2341  
Mental Health: 431-354-1270  
[ncnwellness.ca](http://ncnwellness.ca)

Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.



# Preschool Health Fair Brings Learning, Fun and Community Together

The Nisichawayasihk Cree Nation Family and Community Wellness Centre and Public Health team recently hosted a successful Preschool Health Fair, bringing together children, parents, and caregivers for an afternoon filled with learning, laughter, and community connection. The event provided families with

access to routine immunizations and assessments while giving children the opportunity to learn about health and wellness in a fun, engaging environment. With games, snacks, giveaways, and plenty of smiles, the fair created a welcoming space for families to connect and access important health services.

One of the highlights of the day was a special tour of the local fire trucks, which gave children an exciting hands-on opportunity to learn about fire safety and the important role first responders play in our community. We extend our sincere thanks to all of the organizers, staff, volunteers, safety officers, and members of the Fire

Department who helped make the event such a memorable experience. Their dedication and support helped create a fun, educational, and enjoyable day for both children and parents. We appreciate everyone who attended and contributed to the success of this wonderful community event.



## Preschool Health Fair Door Prize Winners!

Congratulations to our bike winners:

- Everleigh Kobliski – Girls' Bike
- Jake Linklater – Boys' Bike

Enjoy your new wheels, Everleigh and Jake!





# Let's Review Water Safety

The beginning of summer is the perfect time to remind everyone in your family about the safety rules of boating, swimming, and foraging along banks and shores.

Every year about 22 people drown in our province, according to the Lifesaving Society of Manitoba, and children in our province are more at risk of drowning than any others across the country.

Keep all water activities drug and alcohol free. The presence of alcohol is a factor in 35% of boating fatalities in Manitoba. Many men have lost their lives because they stood up in the boat to pee and lost their balance. Terrible but true!

Children should always wear a lifejacket, even on shore close to water, and they should always be within an arm's reach. A child can drown in the time it takes to send a text. Everyone who is not in the water should face the shore and watch the swimmers as you chat with friends.

Remember that banks can be slippery and weak, and currents stronger than normal. It is dangerous to assume you know the conditions of the water, even when you've been there dozens of times.

As adults, we often forget how truly powerful water can be. We must follow safety rules to teach our children how to respect the water. Remember, they learn by example. When everyone uses proper water safety, then everyone can have fun.

## Stay safe in NCN waters!

- enroll your kids in swimming & lifesaving courses;
- never swim, fish or boat alone;
- leave alcohol & drugs at home;
- check for trash, suspicious liquids, rocks, weeds & grasses before entering the water;
- always jump, never dive (better to hurt your feet than your head);
- do not swim in the dark or during a storm;

- say something if you see unsafe behaviour.

## Signs that someone is in trouble in the water:

- they are off by themselves;
- they are making little movement;
- they cannot scream or yell;
- they cannot wave their arms.

Drowning doesn't look like it does in the movies!

## Reach, Throw, Row, Go, Tow

If someone is struggling in water, they will be in a panic and dangerously strong. You must ensure your own safety when you attempt to help by avoiding direct contact with them.

These actions are listed in order of least dangerous to most:

- **REACH** out with a branch, oar or towel & pull them to safety.
- **THROW** a lifejacket or buoy to them so they can stay afloat.
- **ROW** out to them & use an oar to pull them to the boat. Do not attempt to pull them into the boat. They should hang on as you return

to shore. In a motorboat, stop the engine & glide in from downwind.

- **GO** for help. Find someone with safety training or a strong swimmer. Only GO to save them if you have training. They will panic and grab you, and then there will be two people struggling.
- **TOW** them back to safety by holding the opposite ends of a flotation device. Do NOT make direct contact.

## Boating Safety

By law, you must have safety equipment on your boat:

- a lifejacket for everyone;
- sound-signalling device;
- Class 5 BC fire extinguisher;
- watertight flashlight or flares (type A, B or C);
- 15 metres of buoyant heaving line;
- paddle or anchor with 15 metres of rope or cable.

The Canadian Red Cross also recommends:

- knife & first aid kit;
- dry clothing;
- drinking water & snacks;
- sunscreen, hat, sunglasses;
- waterproof matches.

## If you've capsized your boat:

- Try to get back in, or as much of your body out of the water as possible.
- Stay close to it because it's easier to see from shore.
- If you're not wearing a lifejacket, find something like a cooler or an oar.
- Float instead of treading water.
- Swimming to shore is your last resort.

**As adults, we must follow safety rules to teach our children how to respect the water. When everyone uses proper water safety, then everyone can have fun.**







# 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](http://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
- Klinik 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*



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre, Inc.

**Do you have a suggestion or a mithwâyâwin 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.

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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

