



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

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MARCH
2026

4th Annual Round Dance

On the date of March 8, 2026, The Family Wellness and Community Centre held their 4th annual round dance. Which had a superb turnout and attendance. During the opening remarks facilitator and Chief Executive Officer explained the significance of holding such an event. Singers had come in to the community from

Alberta and shared their songs, each of which hold different meanings. There was opening songs, songs of thanks, forgiveness, celebration of life, healing, as well as memorial songs.

Those in attendance were and are usually encouraged to dance, not only for themselves. But, also for those that

are unable to be there in person. Or those that have even gone to the spirit world. Through tradition and beliefs, we are able to sustain our culture. We carry our ancestors and loved ones in our everyday lives through teachings, traditions and memories.

All across North America, Native

American nations have come together to perform various round dances throughout the ages. Usually held during the colder autumn and winter months indoors, they have been used as a central focus of various gatherings designed for socialization and community building.

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Understanding the meaning of round dance events can give you a unique perspective into the history and modern take on these shared traditions. Almost every event or cultural practice you can find Native Americans doing today has its roots in days long gone by. The same is true for round dances.

Round Dances are performed by First Peoples all across North America. The Plains Cree hold their Round Dances in the fall and winter, once the hunting and trapping seasons are over. Usually held indoors, these night-time events

occur on weekends and special days such as New Year's Eve and Boxing Day. Usually, Round Dance gatherings are one night in duration, although occasionally they may last for two nights in a row. The gathering starts in the evening sometime between 8 and 10, and lasts until 3 or 4 in the morning. Similar to other social gatherings, prohibition of drugs and alcohol emphasizes a clean and healthy lifestyle at Round Dances.

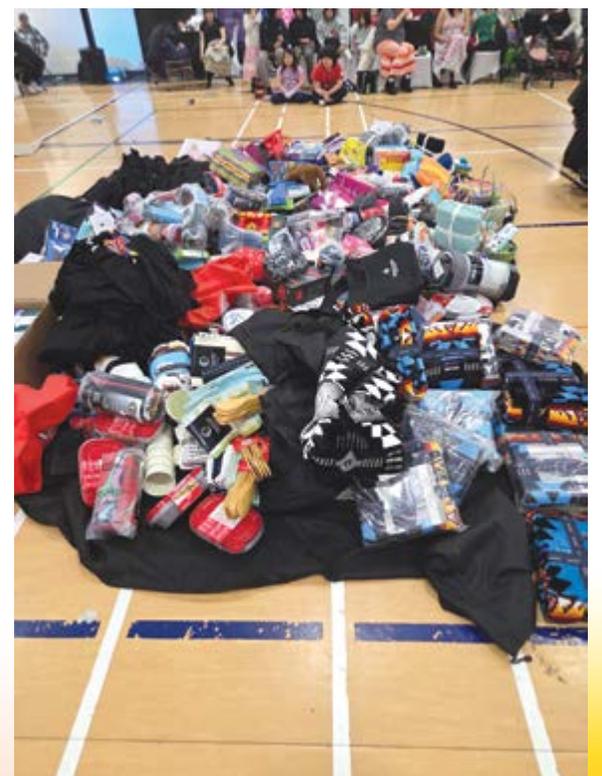
According to some sources, the Plains Cree received this dance in the late 19th century from the Assiniboine,

who called it the Moving Slowly Dance. Originally a healing dance, it became a social dance, and in its current form serves both social and ceremonial functions. Often sponsored by a family or community organization, either as a memorial gathering or a primarily social event, Round Dance celebrations vary from community to community. When sponsored as a memorial service, the event includes prayers, round dancing, a giveaway and a ceremonial feast, to balance the social and ceremonial goals of the sponsors.

The main dancing style seen at this Cree gathering is round dancing. Its accompaniment consists of a group of singers striking hand drums in unison. The dancers join hands to form a large circle, symbolically indicating the equality of all people in the circle. The dancers move to their left with a side-shuffle step to reflect the long-short pattern of the drumbeat, bending their knees to emphasize the pattern.

Staff members from the HR department, maintenance, land base and other departments came

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February is Heart Health Month

Common signs and symptoms for heart disease include:

- Fainting
- chest pain
- shortness of breath

Some health factors can also put you at higher risk of developing heart disease. These include:

- being overweight and obesity
- having high cholesterol
- having high blood pressure (hypertension)

- having sleep apnea (trouble breathing during sleep)
- having a family history of heart diseases and conditions

How to take a blood pressure reading

1. About 30 minutes before taking your blood pressure:
 - Do not drink any beverages containing caffeine.
 - Do not smoke.

2. Sit with your feet flat on the floor, your back and arm resting and supported, and your arm placed at the same level as your heart.
3. Place the blood pressure cuff on your bare arm, making sure the cuff is in the correct position. This helps to make sure you are getting as accurate a reading as possible.
4. Rest quietly (ideally for 5 minutes) before you take a reading.
5. Take your first blood pressure reading. Do not speak while the

machine is taking your blood pressure.

6. Record your reading.

Prevention starts with knowing your risk. Nine in ten Canadians have at least one risk factor for heart disease and stroke. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviours.

That means that habits like eating healthy, being active and living smoke free, have a big impact on your health.

Know the signs of STROKE

F **Face**
is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

Beat stroke, call 9-1-1 **FAST**

© Heart and Stroke Foundation of Canada, 2023

Learn the signs of heart attack



Chest discomfort
Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort
Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

For both men and women, the most common heart attack sign is chest pain or discomfort. However, women can experience a heart attack without chest pressure.

Women take note, you may experience:

- Pressure or pain in the lower chest or upper abdomen
- Dizziness
- Light-headedness or fainting
- Upper back pressure
- Extreme fatigue

If you experience any of these signs, call 9-1-1 immediately.


heartandstroke.ca/heartsigns
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Recovering & Empowering

Encouraging and Maintaining Strong Mental Health



Nisichawayasik Cree Nation
FAMILY AND COMMUNITY
Wellness Centre inc.

Counselling Services: 204-484-2341
Mental Health: 431-354-1270
ncnwellness.ca

Keep Your Community Safe and Your Dogs Tied Up or in Your Home

There has been a steady increase in the number of dog bites being reported. Please keep the community safe and keep your dogs tied up or kept in your home.

What to do when someone gets a dog bite:

- If you can, take a picture of the dog
- Clean wound with soap & water for 15 minutes and depending on the severity, go to the nursing station for treatment.
- Questions that will be asked:
 - Birthdate and health information
 - The animal owners name and contact information
 - Type and description of animal
 - Where and when the injury occurred
- Site and type of injury
- If it was a domestic animal/stray or wild
- A CHR will contact the owner to educate them on the importance of putting the animal in quarantine for 10 days to observe it's behaviour.
- It is important to wait the 10 day observation period before destroying the animal if the decision is made to destroy. If the animal is destroyed prior to the 10 days, a specimen must be sent out to be tested for rabies and the injured person will be required to get rabies immunoglobulin and vaccinations (4 doses).
- For more information, call the Public Health Department at **204-484-2341**.



Chill Times at Staff Ice Fishing Derby

FCWC ANNUAL STAFF ICE FISHING DERBY

MARCH 6TH 2026 @ UNITED CHURCH
12:00 P.M. - 3:00 P.M.

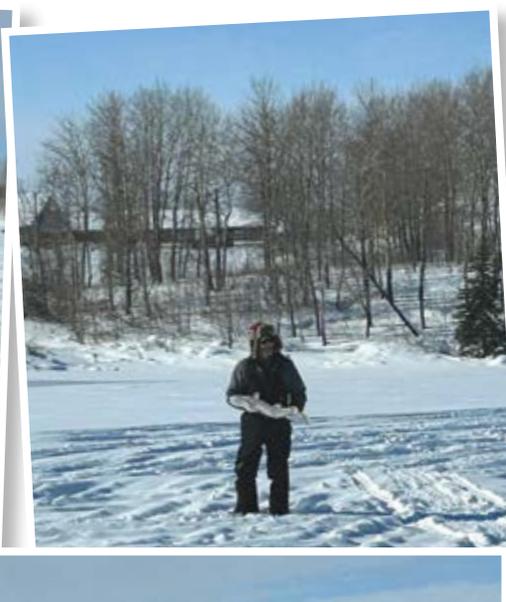
PRIZE STRUCTURE

JACK CATEGORY	PICKEREL CATEGORY	BURBOT CATEGORY
1ST: \$500.00	1ST: \$500.00	1ST: \$250.00
2ND: \$300.00	2ND: \$300.00	2ND: \$150.00
3RD: \$200.00	3RD: \$200.00	3RD: \$100.00

BONUS PRIZES: 1ST FISH CAUGHT: \$250.00
LAST FISH: \$150.00
SMALLEST FISH: \$100.00

STAFF ARE WELCOME TO INVITE A PLUS ONE AND ARE ENCOURAGED TO OPEN A FOOD BOOTH OR SNACK VENDOR

Head Office's Champion
FAMILY AND COMMUNITY Wellness Centre



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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 Niichawayasiik 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 @ 204-374-2245
 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

EMPLOYMENT OPPORTUNITY: (1) Interim (1) Full-time Permanent Land Base Position Available

Position Title: Land Base

Location: Nelson House Head Office

Job Summary

This position reports to the Facility Manager. This position may require travelling by plane, boat, canoe or snowmobile, including portaging between water, land and barriers within the traditional territory for trapping, hunting and fishing. Also, preparing campsites and other outdoor activities.

Demonstrated Skills & Abilities

Ability to learn and adapt Land Base programming, such as:

- Hunting
- Fish filleting

- Setting traps/snares etc.
- Connecting with Elders and peers
- Cultural activities
- Camping
- Fishing
- Hide tanning

Qualifications

- Knowledge of community-based programming and First Nation culture, traditions and values is considered an asset
- Strong communication, interpersonal and organizational skills
- Ability to set priorities and work in a team setting

- Ability to remain positive and enthusiastic under stressful conditions
- Ability to speak an Aboriginal language would be an asset
- A valid Manitoba Driver's License would be an asset
- A criminal record check and Child Abuse Registry is a requirement of all FCWC positions

Hourly Rate: Starting at \$17.37

Closing Date: March 21, 2026

Submit all Applications to:

Kari Spence, Human Resource Support (II)
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
Nelson House, MB ROB 1A0
Phone: 204-484-2341 Fax: 204-484-2351

EMPLOYMENT OPPORTUNITY: (1) Full-time Permanent Health Care Aide Position

Position Title: Health Care Aide

Employee:

Effective Date:

Organizational Structure

Under the supervision of the HCC Coordinator, the Home Care Aide is responsible for providing sage and holistic health care standards for home care clients.

General Accountability

- Provides services for NCN residents with diverse health needs including individual with complex, chronic medical conditions, individuals with physical/cognitive disabilities or functional deficits (in the activities of everyday living), individuals requiring end-of-life care (palliative), and individuals with acute illness

Specific Accountability

a) Administrative 50%

- Assistance with the activities of daily living (e.g. bathing, grooming and dressing)
- Feeds patients/clients
- Measures and records intake/output as appropriate

- Assists with mobilization such as bed transfers, lifting, turning walking and crutch walking
- Assists with therapeutic regimes (e.g. range of motion, medication assistance and reminders, simple wound care, respiratory therapy equipment and urinary care)
- Therapeutic interventions for behavior management
- Administers suppositories and fleet enemas for the purpose of bowel evacuation, empties ostomy bags, collects specimens and assists with toileting
- Assists with end-of-life care

b) Developmental 50%

- Demonstrates awareness and understanding of client needs
- Demonstrates skills and knowledge to ensure the safety of clients, oneself and others
- Communicates effectively with the client to overcome barriers
- Observes and reports on client condition

Knowledge Requirements

- Understanding, patient, gentle and non-judgmental
- Good physical and mental health

- Mature and dependable
- Able to communicate effectively and get along with people
- Willing and able to keep information about clients confidential
- Able to use tact and judgment in dealing with difficult situations
- Sensitive to the physical, social, cultural, spiritual and psychological effects of development and aging
- Respect the client's right to privacy and to be treated with dignity
- Flexible and resourceful
- Able to work relatively independently and as a member of a team
- Well organized
- Qualifications
- Must maintain a healthy lifestyle
- CPR and First Aide Certificate
- Ability to speak an aboriginal language would be an asset
- A valid Manitoba's driver's license
- A criminal record check and Child Abuse Registry is a requirement of all FCWC positions

EMPLOYMENT OPPORTUNITY: (1) Full-time Public Health Clerk Position Available

Title: Public Health Clerk

Location: NCN Family and Community Wellness Centre, Nelson House, Manitoba

Job Summary

The Public Health Clerk reports to the Director of Public Health and provides secretarial, clerical, and administrative support to ensure Public Health Department services at the Family and Community Wellness Centre are delivered effectively and efficiently. This role supports daily operations through data entry, records management, client service, scheduling, and coordination of public health programs while maintaining organized systems and safeguarding confidential information.

Demonstrated Skills & Abilities

- Create, maintain, and organize departmental files and filing systems
- Key role in supporting our daily clinics by assisting with basic clinical tasks, including weighing and measuring infants, and helping ensure smooth clinic flow
- Maintain and organize the file storage room to ensure efficient access and retrieval
- Retrieve, log, and track all files removed from the filing room and ensure their timely return

- Answer and redirect general inquiries in person, by telephone, or by email in a professional manner and book appointments
- Operate a multi-line telephone system; take accurate messages and forward them appropriately
- Receive, sort, and distribute incoming mail, faxes, and other correspondence
- Prepare, process, and distribute letters, memorandums, reports, meeting minutes, and workshop materials
- Tabulate and maintain accurate and up-to-date departmental statistics using Excel, Access, and other database systems
- Procurement of office + clinical supplies
- Perform other related duties as assigned

Qualifications

- Grade 12 diploma or equivalent required; Health Care Aid Certificate considered an asset
- Experience with file maintenance, organizational systems, and operation of standard office equipment (fax, photocopier, etc.)
- Proficient in Microsoft Office (Word, Excel, Outlook) with basic computer literacy and ability to learn new software systems

- Strong attention to detail with the ability to maintain accuracy in repetitive tasks
- Excellent written and verbal communication skills
- Demonstrated crisis intervention skills and ability to respond appropriately in sensitive situations
- Proven ability to work effectively both independently and as part of a team
- Strong organizational and time management skills with the ability to prioritize competing tasks
- Valid Manitoba Driver's License required
- Must provide satisfactory Child Abuse Registry Check, Prior Contact Check, and Criminal Record Check upon hire

Salary: Starting \$50,165 Annually

Closing date: March 28 2026

Submit all Applications to:

Kari Spence, Human Resource Support II
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
14 Bay Road Drive
Nelson House, Manitoba ROB1A0
Phone: 204-484-2341 Fax: 204-484-2341

EMPLOYMENT OPPORTUNITY: (1) Interim FASD Worker Position Available

Position Title: Fetal Alcohol Spectrum Disorder Worker

Location: Nelson House Head Office

Job Summary

Under the supervision of the Fetal Alcohol Spectrum Disorder Coordinator, the FASD Mentoring Program is a paraprofessional intervention for prenatal women struggling with addiction and ongoing follow-up services to postnatal women involved in the FASD program. The Mentor will be responsible for providing a holistic, best practices approach to preventing and reducing FASD births, through one-on-one advocacy for women at risk of drinking during pregnancy.

Demonstrated Skills & Abilities

- Providing support such as healthy environments creating strong relationships to achieve health goals and making connections in the community with women who typically come from families where substance abuse, neglect & abuse are prevalent, lead lives characterized by poverty and where domestic violence & loss.
- Adhere to the core set of values of the mentorship program.

- Provide emotional support during the first six months of mentoring then evaluate client progress every four months intervals.
- Provide support and input in mentorship program planning.
- Attending program training as required.
- Conduct home visits with the client during the first six weeks of pregnancy and then provide follow-up with two visits per month, depending on the client's needs.
- Created an action plan with the client based on the client's identified strengths, needs and factors that could make a positive difference in their life.
- Provide support in facilitating newsletters and brochures.

Knowledge Requirements

- Strong communication skills in writing and oral.
- Teamwork is essential.
- Compassion and empathy. Life skills coaching.
- Knowledgeable on FASD.

- Basic counselling skills.
- The ability of necessary office skills such as record keeping and computers.

Qualifications

- A valid Manitoba's driver's license
- Valid Cardiopulmonary resuscitation certificate.
- The ability to speak an aboriginal language would be an asset
- Criminal record check and Child Abuse Registry is a requirement of all FCWC positions.

Salary: Starting at \$37,867 annually.

Closing date: March 27, 2026

Submit all Applications to:

Kari Spence, Interim Human Resource Support (II)
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
Nelson House, MB ROB 1A0
Phone: 204-484-2341 Fax: 204-484-2351

EMPLOYMENT OPPORTUNITY: (2) Full-time Foster Care Worker Permanent Position

Title: Foster Care Worker

Location: Nelson House, Manitoba

Summary of Position

Foster Care Worker identify, recruit and approve short and long-term foster homes for placement in culturally appropriate/customary care whenever possible. The Foster Care Worker trains foster parents on agency policies and procedures regarding children in care and builds ongoing relationships with foster families to ensure they are equipped for their roles. The incumbent is knowledgeable in, and follows applicable legislation, program standards, directives and agency policy. The work environment is fast-paced and requires confidentiality, empathy, and cultural sensitivity while carrying out their responsibilities.

Working Conditions

- Fast-paced, community-based, multi-disciplinary child welfare environment.
- Access to highly sensitive information for which confidentiality must be maintained.

- Attend home visits in the community.
- Overnight and remote travel required occasionally.
- Background Checks must meet the agency's minimal acceptable standards.

Qualifications

- Bachelor of Social Work Degree and or a related field, or one to three years of previous work-related field with an equivalent combination of education, training and experience, or a similar environment required.
- Ability to work under stressful/difficult situations and maintain respect and dignity towards the family
- Knowledge of community-based programming and First Nations culture, traditions, and values is considered an asset.
- Well-developed oral and written communication skills
- Excellent organizational skills
- Must be able to work co-operatively with members of the unit and other areas of FCWC employees

- Must have a high level of personal integrity and professional initiative
- Ability to speak an Aboriginal language would be an asset
- Must have well-developed analytical and problem-solving skills
- Must have a valid Manitoba driver's license
- A criminal record check and Child Abuse Registry are a requirement for all FCWC positions

Salary: Starting \$52,123.00 Annually, we can negotiate based on experience.

Closing date: March 20, 2026

Submit all Applications to:

Kari Spence, Interim Human Resources Support (II)
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
14 Bay Road, Nelson House, Manitoba
Phone: 204-484-2341 Fax: 204-484-2351

EMPLOYMENT OPPORTUNITY: (1) FT/P Position Available

Title: Strengthening Families – Maternal Child Health Home Visitors

Location: Nelson House, Manitoba

Job Summary

Reporting to the Maternal Child Health Nurse Supervisor, the Home Visitor is responsible to provide family support, information on parenting, pre/postnatal care, healthy lifestyle, child growth and development, referral and access to other services. Works with families to build on their strengths, develop their parenting skills, help them to connect with resources in the community, and promote healthy babies through encouraging safety, growth and learning.

Demonstrated Skills & Abilities

- Conduct home visits providing parental support using the Growing Great Kids module.
- Schedule and maintain home visit appointments while providing in-home support to families in the community.
- Plan and deliver developmental education for expectant and new parents on pregnancy, healthy child development,

safe and nurturing environments, behaviour management, and life skills.

- Review and evaluate family progress in collaboration with supervisors and team members.
- Assist with program planning, work plans, activities, and educational promotion materials.
- Attend mandatory SF–Maternal Child Health training and participate in SF–MCH staff meetings.
- Promote the program in the community and collaborate with local agencies and services.
- Complete required documentation in SF-IMS and maintain strict confidentiality of family information.
- Provide direct support, advocacy, and referrals to appropriate services.
- Facilitate and coordinate support activities and events.

Qualifications

- Knowledge of Maternal health
- Excellent oral and written communication skills

- Ability to conduct presentations and speak publicly
- Experienced parent/caregiver
- Ability to plan, organize and manage time effectively
- Ability to prepare and keep routine records
- Must be willing and able to travel
- Proactive approach to a healthy lifestyle
- Basic counselling skills
- Ability to learn from an in-service development training approach: accept and use supervision constructively
- Criminal and Child Abuse Registry check; must have a Valid Class 5 driver's licence.

Salary: Starting at \$39,003 annually

Closing date: March 23, 2026

Submit all Applications to:

Kari Spence, Interim Human Resource Support (II)
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
Nelson House, MB ROB 1A0
Phone: 204-484-2341 Fax: 204-484-2351

EMPLOYMENT OPPORTUNITY: (1) Full-time Permanent Foot Care Nurse Position

Title: Foot Care Nurse

Job Summary

Under the supervision of the Home and Community Care Coordinator, the Foot Care Nurse coordinates and facilitates the foot care nursing services within the Nisichawayasihk Cree Nation and works collectively with the Community Health Team.

Demonstrated Skills & Abilities

- Will assess feet for circulation, sensation, edema (swelling), and assess for the potential risk of ulcer development and falls, including footwear.
- Can help reduce heavy calluses, corns, and trim deformed or thickened nails.
- Will evaluate the effectiveness of care and treatment foot care services to ensure the program is meeting clinical targets (e.g., screening, treatment time, duration between interventions), and identify problems along foot care screening, treatment, and follow-up care for clients.
- Will facilitate relationships with family physicians, specialists, and Community Health Programs staff to ensure continuity of follow-up care for clients.
- Will work collaboratively with all members of the Community Health Team, Specialists, Regional Health Authorities, Manitoba Health, and other agencies as deemed necessary to provide holistic care.
- Participates in the resolution of any problems identified along foot care screening, treatment, and referral pathways.

- Communicated pertinent information to health professionals, caregivers, and clients and provided follow-up care as required.
- Promotes health and safety and contributes to a culture of client safety.
- Advocates on behalf of the client, families, and the community as a whole.
- Maintains confidentiality in accordance with the Personal Health Information Act (PHIA) and Freedom of Information Privacy Act (FIPPA) and Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. policies.
- Organize, present, and record information in a clear, concise, complete, accurate, and timely manner that allows a third party to understand the reason for a decision or the need for further action; maintain case files in compliance with the standards, policies, and procedures of the Child and Family Services System.
- To prepare documentation to support special needs applications, out-of-home placements, services to families, and all other documentation requirements to serve the needs of the child and Family.
- To assess risk for child safety and conduct child development and Family functioning assessments.
- To implement, to evaluate, and to adjust case plans in collaboration with the client and others to establish goals and meet diverse client and Family needs

Qualifications

- Active Registration with the College of Registered Nurses

of Manitoba or the College of Licensed Practical Nurses of Manitoba Registry

- Two years' experience as a Foot Care Nurse or an equivalent combination of training, education, and experience
- Knowledgeable of community-based programming and First Nation culture, traditions, and values.
- Wound Care Certificate would be considered an asset
- Foot Care Certificate
- Knowledge and respect for the culture, traditions, and customs of the local First Nation Communities
- Proficient in Microsoft Office – Word, Excel, PowerPoint
- Must maintain a healthy lifestyle
- CPR and First Aid Certificate
- Ability to speak an Aboriginal language would be an asset
- A valid Manitoba driver's license
- A criminal record check and Child Abuse Registry are a requirement for all FCWC positions

Salary: To be determined

Closing date: April 20, 2026

Submit all Applications to:

Kari Spence, Interim Human Resource Support (II)
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
14 Bay Road, Nelson House, Manitoba
Phone: 204-484-2341 Fax: 204-484-2351

EMPLOYMENT OPPORTUNITY: Full-time Permanent Case Manager Position Available

Title: Case Manager

Location: South Indian Lake, Manitoba, sub office

Job Summary

This position reports to the Director of CFS and is responsible for providing services to CFS clients who need Child and Family Services. The Case Manager also completes assessments, crisis intervention, supportive counselling, and development of service plans, assists with basic needs, advocacy, and referral services.

Demonstrated Skills & Abilities

- To organize, present, and record information in a clear, concise, complete, accurate, and timely manner that allows a third party to understand the reason for a decision or the need for further action; maintain case files in compliance with the standards, policies, and procedures of the Child and Family Services System.
- To prepare documentation to support special needs

applications, out-of-home placements, services to families, and all other documentation requirements to serve the needs of the child and family.

- To assess risk for child safety and conduct child development and family functioning assessments.
- To implement, evaluate, and adjust case plans in collaboration with the client and others to establish goals and meet diverse client and family needs.

Qualifications

- Bachelor of Social Work, other combinations of education and experience will be considered
- Knowledge and experience in applying therapeutic approaches with children and families
- Excellent oral and written communication skills
- Excellent crisis intervention skills
- Basic computer literacy

- Proven ability to work as an integral member of a team
- Strong time management skills and ability to work effectively under pressure
- Demonstrated experience and skills in working with various ethnic/racial backgrounds with a specific focus on Aboriginal issues
- Must possess a valid Manitoba Driver's License and be able to provide a clean Child Abuse Registry/Prior Contact & Criminal Record Check upon hire

Salary: Starting \$76,183 Annually

Closing date: March 12, 2026

Submit all Applications to:

Kari Spence, Human Resources Support
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
Nelson House, MB ROB 1A0
Phone: 204-484-2341 Fax: 204-484-2351

EMPLOYMENT OPPORTUNITY (1) Full-time Permanent Home and Community Care Nurse Position

Title: Home and Community Care Nurse

Location: Nelson House, Manitoba Head Office

Job Summary

The Nisichawayasihk Cree Nation is seeking an FT/P Home & Community Care Nurse. Working within the context of a client & family-centred health care delivery model, based on a philosophy of self-care management and following the vision and values of the Family and Community Wellness Centre Inc., and in accordance with CRNM/CLPNM, Canadian Nurses Association Code of Ethics, and Manitoba Health. The nurse will comply with practice standards, service delivery plans, and the delivery and evaluation of care needs for acutely, chronically, and terminally ill clients in community settings, initiating referrals to other professionals or agencies as required.

Demonstrated Skills & Abilities

This position is suitable for a person with experience and skills in the following areas:

- Knowledge of and skill in acute care and community health nursing

- Advanced nursing assessment and care plan maintenance skills
- Ability to adapt clinical and professional skills to the home and community settings
- Ability to work independently and as a member of a multidisciplinary team
- Ability to prioritize needs and organize work to accomplish the workload
- Ability to communicate effectively, both verbally and in writing. The ability to speak Cree would be considered an asset

Qualifications

- Active Registration with the College of Registered Nurses of Manitoba or the College of Licensed Practical Nurses of Manitoba registry.
- Two years of experience as a Home Care Nurse or an equivalent combination of training, education, and experience.
- Knowledge of community-based programming and First

Nations culture, traditions & values is considered an asset.

- Valid Driver's License, BLS/CPR & satisfactory criminal record check & child abuse registry check.
- Wound Care certification would be considered an asset
- Foot care certification/training would be considered an asset
- Must possess a valid Manitoba Driver's License
- A criminal record check and Child Abuse Registry are a requirement for all FCWC positions If you are a resident of Thompson, transportation is provided daily to and from Nelson House

Salary: To be determined

Closing date: April 29, 2026

Submit all Applications to:

Kari Spence, Interim Human Resource Support (II)
kari.s@ncnwellness.ca
NCN Family & Community Wellness Centre Inc.
14 Bay Road, Nelson House, Manitoba
Phone: 204-484-2341 Fax: 204-484-2351

Safe Sleep Week: March 9–13

Children are our sacred gifts of life. They need to be honoured and protected. Practice safe sleep for your baby.

Safe Sleep Week is an important reminder for families and caregivers to learn about ways to protect infants during sleep. Creating a safe sleep environment can significantly reduce the risk of sleep-related infant deaths and helps ensure babies grow and develop in a healthy, supportive environment. By following safe sleep practices and staying informed,

parents and caregivers can take meaningful steps to safeguard the well-being of their little ones.

Regular prenatal care is one of the most important ways to support a healthy pregnancy and reduce the risk of sleep-related infant deaths. After birth, maintaining safe sleep routines and environments continues to play a critical role in protecting babies during their most vulnerable months.

Key newborn safe-sleep practices include:

- Regular prenatal care and check-ups with your health provider or

nurse are an important way to prevent sleep-related infant deaths.

- Share a room with baby for the first 6 months.
- Temperature is important. Be mindful to make sure baby is not too warm, avoid over bundling and pay attention to room temperature.
- Based on evidence, bed sharing is not recommended under any circumstance.
- Baby should sleep in a smoke-free environment.
- Parents and caregivers should be smoke and substance free.

- Breastfeeding for 6 months and beyond reduces the risk of sleep-related infant deaths.

By practicing these simple but important steps, families and communities can help ensure every baby has the safest possible start in life. If you have questions about care or the health of a child, contact the **Public Health Nurse at the NCN Family Community Wellness Centre** or phone: **(204) 484-2341**.

Safe Sleep for Your Baby



Learn more: Canada.ca/safesleep

Babies are gifts to our communities. Babies need room to breathe.

The safest place for your baby to sleep is in a crib, cradle or bassinet. If you don't have a one, there are other options like a sturdy laundry basket with a smooth, firm bottom or a heavy cardboard box like a baby box designed for sleep. **Couches, high chairs, bouncers, car seats and swings aren't safe for sleep.**

Follow these tips during **every** sleep to protect your baby's breath.

- Place your baby alone, on their back, on a firm, flat surface.
- Keep your baby's sleep space free of soft items like blankets, pillows, bumper pads, baby nests, stuffed toys, sleep positioners and wedges.
- Make sure your baby doesn't overheat. Keep their head uncovered and put them to sleep in simple, fitted sleepwear, like a sleeper.
- Keep your baby's environment smoke free.

Share these safety tips with everyone who loves and cares for your baby.

Acknowledgment: This document was adapted, with permission, from materials developed by the Government of Nunavut Department of Health. We gratefully acknowledge their work and thank them for sharing their resources to support this initiative.

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Great Turnout At Job Fair

On March 11, about 300 people came to the multiplex for the NCN Job Fair and learned about all of the incredible employment opportunities in NCN, including at the Family and Community Wellness Centre.

People had the chance to talk with FCWC employees at display booths including Family Enhancement,

Human Resources, Information Technology, Media Communications, Public Health, Home and Community Care, Child and Family Services, and Social Work.

It was a great chance for Citizens and students in need of employment to gain some real-life guidance and support. Door prizes included a 43" TV and gift cards.

Thank you to all the FCWC employees who created great informative displays and encouraged people to join us and make a difference in our community!



Do you have a suggestion or a mithwâwîn 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.

14 Bay Road Drive
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 **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

