



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

*Good Health, Good Feelings*

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MAY  
2026

# Healthy Meals Sampled at Three Rivers Store with Jordan's Principle Dietitian Melanie Hamilton

The Wellness Centre, Jordan's Principle and NCN members were happy to welcome Dietitian Melanie Hamilton, RD, to the Three Rivers Store on May 20, 2026, for a community healthy eating event.

Throughout the day, community members stopped by to try healthy meal samples, ask questions, and learn simple ways to make meals healthier for their families. The event focused on easy changes people

can make using foods they already prepare at home.

Melanie spoke with families about healthy eating habits, including ways to add more iron to meals,

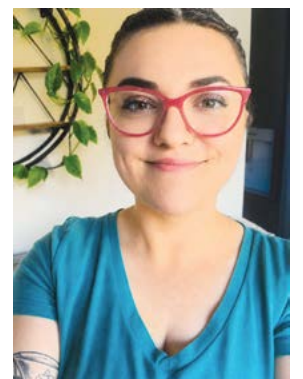
understanding healthy serving sizes, and lowering the risk of type 2 diabetes. Visitors also had the chance to ask questions about nutrition and get helpful tips for everyday meal planning.

Melanie shared that she hopes to help families feel more comfortable and confident when it comes to food and nutrition. She explained that

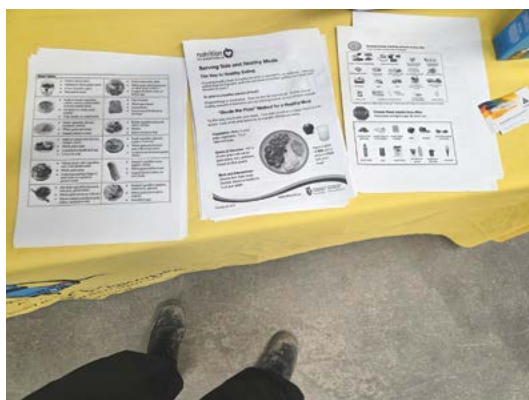
healthy eating is not only about nutrition, but also about enjoying food and creating less stressful mealtimes for families.

Community members also enjoyed learning a few fun facts about Melanie. Outside of work, she enjoys travelling, reading, spending time with her two cats, and relaxing with a cup of tea. Before becoming a dietitian, she worked as an aquarium technician and helped care for more than 200 fish and sharks.

The Wellness Centre and Jordan's Principle would like to thank everyone who attended the event and helped make the day a success. Community members are encouraged to watch for more healthy eating tips, wellness events, and nutrition expos in the future.



Dietitian Melanie Hamilton



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# The Importance of Early Childhood Education

The brain develops faster than at any other time of life during early childhood, from birth to age three.

In the past, society assumed that “real”

learning only started when a child sat down at a desk in school. But we now know that infants and toddlers are absorbing knowledge through every interaction, and that early childhood

education provides the crucial foundation for all the learning, behaviour and skills acquisition that will follow throughout their lives.

Early childhood education focuses on developing the whole child, including social skills, emotional regulation, language development and physical coordination. A casual observer may see children playing a game, but professionals observe them learning how to share, solve problems and express their feelings in a healthy way.

Telling traditional stories, singing songs and learning the Nehetho language helps young ones to strengthen their identity and their ability to communicate. Tools like building blocks help with spatial reasoning,

while simple games like “I Spy” help build memory and focus. Playing outside in nature is a powerful tool that teaches children about the world around them and their place in it.

Early childhood educators possess a unique set of skills that allow them to see the world through a child’s eyes while guiding them toward important milestones with patience and compassion. These educators do more than just supervise play. They create safe, nurturing environments where children feel brave enough to try new things and learn from their mistakes.

The connection between a child and their early educators can be incredibly powerful. When a child feels seen, heard and supported by a caring adult early in life, they gain a sense of security and self-worth that can last forever.

A strong start at our own Jean McDonald Treasure of Hope Daycare

& Headstart Program helps NCN children to grow into confident adults who will contribute to the wellbeing of our Nation.

Our ECEs were celebrated at the FCWC in May. We commend you for your dedication and all that you do for our future generations!





# The Return Of Measles

Since late 2025, Canada has faced a serious public health challenge: the return of measles. After being considered eradicated for years, we lost our measles elimination status last year due to ongoing outbreaks.

According to the Public Health Agency of Canada, almost 1,000 cases have already been reported in 2026. Manitoba is leading the country with 600 cases this year alone. (In the previous decade, there were about 100 cases a year.)

This resurgence is happening because measles is highly contagious and can remain airborne for a long time, and vaccination rates in some areas have dropped

mumps, rubella and chickenpox. Typically, a child receives their first dose at 12 months of age and the second dose around five years old, just before starting school.

There has been an increase in vaccine hesitancy in the last ten years. Most of this comes from a lack of trust and the spread of misinformation online.

But it's important to know that Canada has some of the strictest medical safety standards in the world. Health Canada only approves vaccines after years of careful research and clinical trials involving thousands of people. Even after approval, every batch is tested to ensure it meets high quality standards

before it reaches a clinic.

While some people worry about side effects from vaccines, they are usually very mild, like a sore arm or a low fever

for a day. Serious reactions are extremely rare. To lessen discomfort, you can drink plenty of water, rest, and use a cool cloth on the injection site. And take comfort in your choice to do the right thing!

When most people in our community are vaccinated, we're generating herd immunity, which creates a shield that stops germs from spreading.

This is crucial for protecting Elders, young babies and those with weak immune systems. By choosing to vaccinate, you are helping to keep our community strong and resilient.

## How Do I Know If I'm Safe From Measles?

Check in with your family doctor or the FCWC, which may have your

**Measles is a highly contagious virus that spreads through the air when someone coughs, sneezes, or even talks. According to the Public Health Agency of Canada, almost 1,000 cases have already been reported in 2026.**

records on file. You could request a copy of your immunization record online through the Manitoba Health website. You might have a "yellow card" or paper record, if your vaccinations occurred before 1988 when digital files began.

If no record exists, ask Public Health about a "catch-up" dose, which is generally safe to receive even if you were fully vaccinated as a child.



below the levels needed to stop the virus.

Measles can lead to severe illness and even death, but it is entirely preventable with two doses of the MMR vaccine, which also covers



**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

# NCN Nurses Are The Best

On May 11, to celebrate National Nurses Week, the Family and Community Wellness Centre hosted a Walk-In Wellness Day.

From 10 am to 3 pm, Citizens came in for check-ins at testing stations for blood pressure, blood glucose, hemoglobin, immunizations and more.

The event included free transportation and snacks, and each nurse's station had draws for prizes.

National Nurses Week honours the contributions of nurses worldwide, highlighting their critical role in patient care, health system resilience and community well-being.

What a way to celebrate the superheroes that are our nurses: having them care for our community! FCWC nurses are compassionate, diligent and thoughtful. They work so hard, often under challenging circumstances, to provide loving care

to all NCN Citizens. We are so lucky to have them!



## Honouring Carol Prince

At the Wellness Day, Carol Prince was gifted with a star blanket.

Carol was the first nurse of Nisichawayasihk Cree Nation. She served as a psychiatric nurse from 1962-1965 and became a registered nurse in 1972. In 1987, she completed her Bachelor of Science and Nursing.

Carol was a trailblazer in our community and in the nursing industry, and she continues to be a valuable mentor for FCWC professionals.

# 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**

# ᓂᓄᓂᓂᓄᓂ **sītoskākēwin** **NCN & FCWC Support Services**



**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](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**

**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 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 - OPGN @ 204-374-2029  
 Security - OPGN @ 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

## Free Take-Home Naloxone Kits Available

Visit the public health office to pick up a kit

Contact 204-484-2341

If you suspect an overdose, call 204-484-2911 immediately

Narcan (naloxone) works on opioid overdoses only, including fentanyl, heroin, morphine, codeine, oxycodone, hydrocodone, methadone, and hydromorphone. It does not reverse overdoses from alcohol, methamphetamine, cocaine, or benzodiazepines.

## Important Health Update for Manitobans!

Manitoba just declared a public health emergency because HIV cases are rising fast – from 90 in 2019 to 328 last year. We're seeing way higher rates here than the rest of Canada.

It's mainly spread by sharing needles or unprotected sex, not by hugging, sneezing, or touching things.

But good news: free meds like PrEP prevent it, treatment keeps it undetectable if taken right, and individuals can live healthy lives.

Let's break stigma, get tested early, and stay safe! Know your status – talk to your health care provider.

### Stay safe, stay ready!

Being prepared makes a real difference when emergencies happen. We are encouraging all our families, neighbours, and community members to take steps to stay safe.

We are proud to share that the Manitoba government has launched the new MB Ready app! This tool is designed to help you

stay informed and connected.

What the MB Ready app can do for you:

- **Real-time alerts:** get location-based notifications for severe weather, wildfires, floods, road closures, and power outages.
- **Custom watch zones:** Set alerts for your home, workplace, and other important locations.
- **Build your plan:** Access guidance on creating household emergency plans and building your emergency kits.

Let's look out for one another by preparing today!

## Protecting our hearts means protecting our future and our loved ones!

Let's take time to look out for one another and learn the signs of heart health concerns.

It's important to listen to what our bodies are telling us. Some signs that your heart may need some extra care include:

- Shortness of breath during daily activities or when lying down
- Unexplained tiredness or fatigue, even after resting
- Swelling in your legs, ankles or feet

- A cough that won't go away or feels persistent
- A rapid or irregular heartbeat (feeling like your heart is racing)

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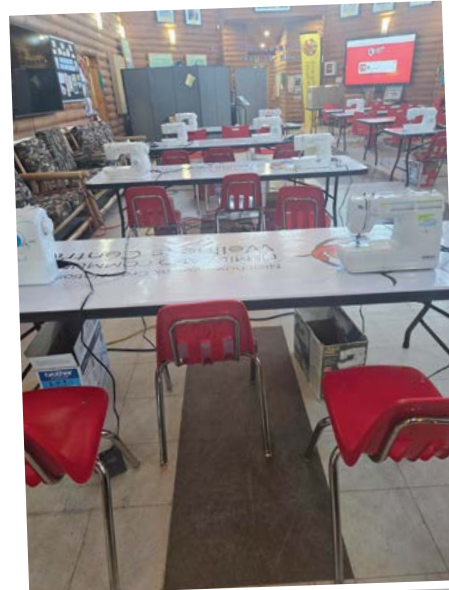
# Community Members Stitch Together Creativity at Jacket Making Workshop

The Nisichawayasihk Cree Nation Family and Community Wellness Centre recently hosted a successful three-day Jacket Making Workshop led by Tracy Toulouse, bringing together community members for a hands-on learning experience filled with creativity, connection, and fun.

Held from May 12–14, the workshop welcomed participants of all skill levels who came together to design and create jackets for themselves or loved ones. Throughout the event, attendees learned valuable sewing and cutting techniques while working on both the inner and outer shell portions of their jackets.

Day 2, participants had already made great progress, with many confidently working through design portions, sewing, and cutting materials. The atmosphere throughout the workshop was positive and encouraging, and everyone involved enjoyed taking part in the creative process together.

The third and final day focused on wrapping up projects and adding finishing touches. Nearly every jacket was completed during the workshop, with some participants choosing to finish final details at home.



By

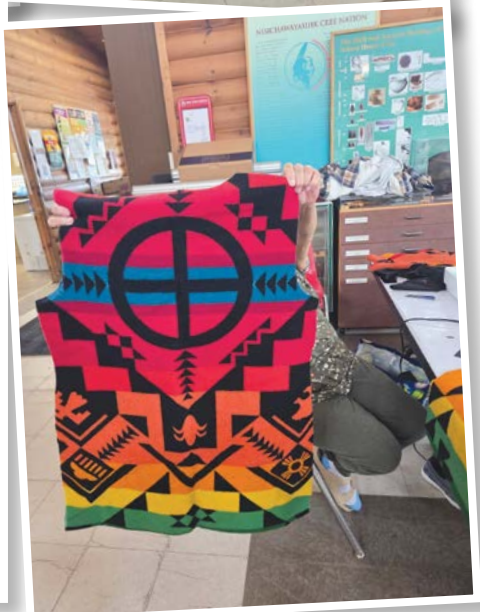
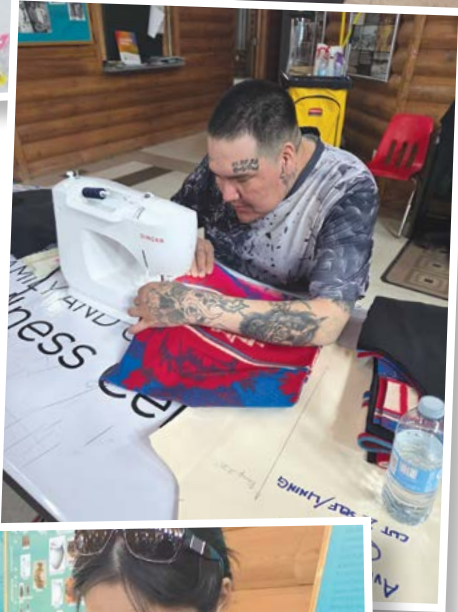
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event was filled with laughter, learning, and a strong sense of accomplishment as participants proudly worked on their creations.

The Family and Community Wellness Centre extends a heartfelt thank you to everyone who attended and participated in the workshop. Special thanks go to workshop instructor Tracy Toulouse for sharing her knowledge, guidance, and encouragement throughout the three days, as well as to the hosts and organizers who helped make the event such a success.

Events like the Jacket Making Workshop continue to provide meaningful opportunities for community members to learn new skills, connect with one another, and celebrate creativity together.





# WILDFIRE PREPAREDNESS

Pack early.  
Stay safe.  
Help your family be ready.

**KNOW YOUR EVACUATION PLAN**  
Know your routes, check on Elders and neighbours, and stay informed.

**KEEP YOUR VEHICLE FUELED**  
Don't wait—keep your tank at least half full.

**WHAT TO PACK FOR EVACUATION**

- Important documents** (IDs, insurance, band cards, etc.)
- Medications** (prescriptions and supplies)
- Water** (at least 3 days' supply)
- Food** (non-perishable, easy to prepare)
- Phone and charger** (power bank if possible)
- Clothes for each family member**
- Hygiene items** (toiletries, hand sanitizer, etc.)
- Baby supplies** (if needed)
- Essential cultural items** (ceremonial, spiritual, or traditional items)
- Pet supplies** (food, water, leash, carrier)
- Flashlight**
- Batteries**
- First aid kit** (and emergency contacts)

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

TOGETHER, WE CARE FOR OUR PEOPLE, OUR LAND, AND OUR FUTURE.

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



# Why Do People Commit Suicide?

People who commit suicide don't want to die; they want to escape their pain. Almost everyone who feels suicidal will choose to live if they can find another way to release their pain and overcome their hopelessness.

Many suffer from mental illness. Postpartum depression; addictions; bipolar, obsessive compulsive, and eating disorders; anxiety, depression and panic attacks are all issues that can seem impossible to overcome.

But not everyone has an illness. Many are caught in a cycle of crisis, grief and trauma.

Sometimes people can't see a path forward. They don't see a future that could be better. They feel helpless, worthless and alone.

## Risk factors for depression and/or suicide

People of all ages and genders commit suicide, and they do it for many different reasons. But there are certain things that can increase the chance of suicide.

These people are at higher risk:

- people without a social group
- people with addictions, physical or mental illness, learning disabilities
- people who have attempted suicide before

- people with low self-esteem or depression
- people with perfectionist personalities
- people in serious trouble with school, work, or the law
- abused, molested or neglected youth
- gay, lesbian, bisexual, transgender, two-spirited youth
- those with friends or family who have committed suicide
- those with parents who are divorced, or violent, or dealing with addiction
- those dealing with major life changes, like death, unemployment, divorce

## What are the warning signs?

After a person has killed themselves, friends and family often realize there were clues that showed the person was suicidal. Some of these warning signs include:

- saying they are hopeless, helpless or worthless
- deepening depression
- out-of-character behaviour
- talking about death & suicide
- losing interest in the things they care about
- taking unnecessary risks
- giving away prized possessions

- planning special events or parties to create nice memories
- making arrangements and setting their affairs in order

You may be the only person who notices. Trust your instinct and speak up! Tell him or her that you are worried about them. Ask how they are feeling about life and what you can do to help. Ask them outright if they are thinking about suicide. Talk with their family about your concerns, even if they ask you not to.

## How do we reduce the risk of suicide?

When people feel connected to their family and community, they can believe they have a purpose. When people feel like they are needed, and can envision a healthy future, they are able to get past feelings of sadness and despair.

To increase well-being and a sense of connection, try:

- healthy living with exercise, good nutrition & plenty of sleep
- friendships with people who are healthy, loyal & supportive
- an interest in our culture & our history
- hobbies that make you think, laugh, move & be creative
- goals for the future
- participating in community events

- helping Elders & neighbours
- understanding that sadness is temporary but depression feels never-ending
- getting help with your problems before they feel impossible

## What if I need to learn more?

If you or someone in your life seems depressed or suicidal, visit us at the NCN Family Wellness Centre, or call us at 204-484-2341. We can listen to your story and figure out what immediate plans and long-term strategies will help you (or your friend) to be safe and secure.

Be proud of your decision to get help. You're making the right choice!

## Do You Need Help Right Now?

Call or text 988.  
This is a free, 24/7 mental health hotline.

Or call our Crisis Line  
at 204-307-0798.

If you are in immediate danger, or a loved one is, call 911.

## 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







# 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
- Clinic Crisis Line: 1-888-322-3019
- Manitoba Farm & Rural Support Services: 1-866-367-3276
- Kids Help Phone: 1-800-668-6868



## REMEMBER

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



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre, Inc.

**Do you have a suggestion or a mithwâyawin 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  
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14 Bay Road Drive  
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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

