



# Celebrating Healthy Citizens at the FCWC AGM

It was a full house at the FCWC's annual general meeting on November 13 at the Norman Linklater Memorial Multiplex.

Department managers discussed the highlights and challenges of their programs over the last year. As always, it was incredible to hear all the ways the FCWC and its employees are serving our community.

Grand Entry was at 6 pm, and FCWC CEO Felix Walker welcomed everyone to the event.

"We are all connected. When one Citizen achieves stability and well-being, our community is a safer place to be, and we all reap the rewards," he said, and encourage attendees to get involved.

"Whether you're an excellent driver, amazing storyteller, or the best tanner around, we have a place for you!"

After the presentations, everyone sat down to a delicious meal.

As the mission statement of the FCWC is the holistic wellness of children and

families, the NNOC Class of 2025 graduates and NNOC Jr Chief and Council attended the event and also provided assistance.

Vendors showcased their arts and crafts, including earrings, baskets, foods, paintings and more. There was a smudging station in advance of the presentations and children in attendance spent their time at the colouring station.

Everyone enjoyed the drum performance and mini pow wow dancers. There door prizes and early bird draws, including Winnipeg Jets tickets, and a great night was had by all.

## Highlights & Challenges

- Medical Transportation & Security



Services has a new 2025 Chevy 4500 bus that accommodates clients in wheelchairs comfortably and safely.

- Basic Foot Care services provided by the Foot Care program were accessed 163 times this year.

- There are 152 NCN Citizens with diagnosed diabetes. Many of them enjoy the Healthy Breakfast program, which provides a meal after blood work on Mondays.

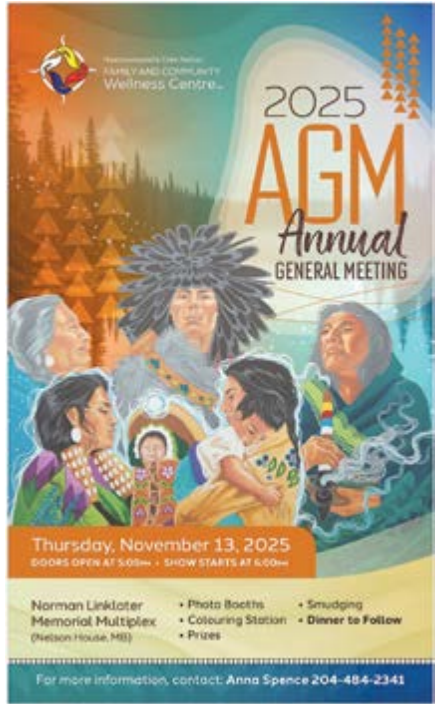
- The new Jordan's Principle off-reserve office opened in Winnipeg in August 2024, which now serves more than 370 families.

- There is an urgent need for more CFS support workers, respite workers, house parents, transition homes, sibling homes, and foster homes. Contact the FCWC at 204-484-2341 for more information.

- ISC is now providing funding to provide support & services for young people up to the age of 26, as opposed to 21.

- Last year's Christmas Parade in Thompson was a success with 800 candy bags distributed that included information about how to be a foster parent.

- Many children are behind on their routine childhood vaccinations.
- Congenital syphilis is still on the rise in the community. Some parents are not taking their babies for follow-up visits.
- There are many open employment opportunities at the FCWC. Contribute your skills and make a difference in our community!



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# NCN Wellness AGM 2025



## Welcoming New Jordan's Principle Team Supports

Jordan's Principle welcomes Rob Jeffery – behavioural Analyst and Tanya Linklater – Rehabilitation specialist to the team. **Congratulations!**



### Happy Holidays!

NCN Family and Community Wellness Centre will be open during the holiday season with the exception of December 25-26 and January 1.

Limited staff will be available.

**Child and Family Services call line: 204-679-5544**  
**Mental Health Call Line: 431-354-1270**





Jordan's Principle  
A Child First Initiative  
NCN Family and Community Wellness Centre

## JORDANS PRINCIPLE

# CHRISTMAS EVENTS

1

"AT 33 MOORE'S BAY" CALL  
204-484-2585 TO RESERVE A SPOT

**DEC 22, 1-4PM**

**STOCKING & MITTENS**

SIGNUP TO 10 PEOPLE  
TIME SLOTS 1-2PM, 2-3PM, 3-4PM



2

**DEC 23, 1-5PM**

**Santa pictures and treats**

MOOSE TREE PHOTOGRAPHY  
TIME SLOT: BOOKINGS 1-2PM, 2-3PM, 3-4PM, 4-5PM



3

**DEC 29 & 30 1-4PM**

**DAILY ACTIVITIES & CRAFTS**



4

**JAN 2-4, 2026**

**Ribbon Skirt & T-Dress Making**  
10 people



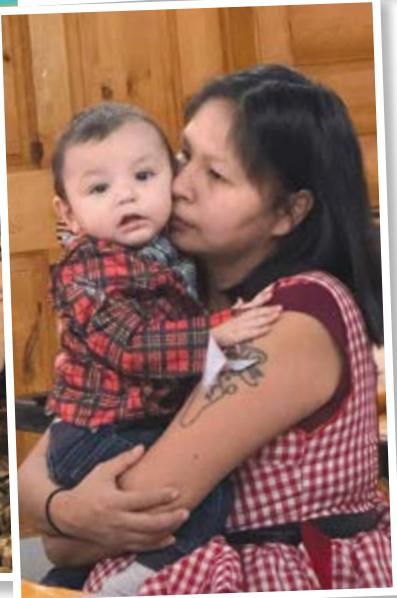
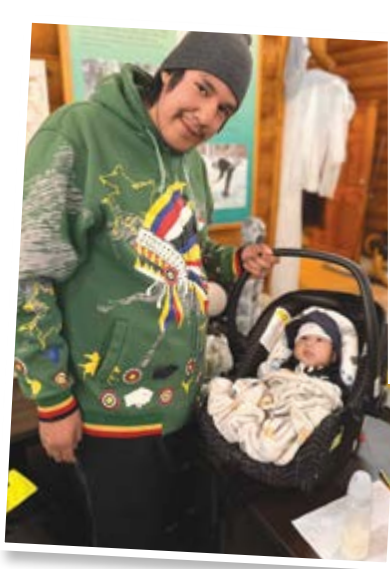


# NCN's Tiniest Ghouls & Goblins

Because there is nothing cuter than a baby in costume, the FCWC hosted a Halloween gathering for postpartum parents. Everyone had the chance to learn about infant care and enjoyed a light lunch. Participants who dressed up were entered into a contest for gift card prizes.

It was wonderful so see NCN's newest parents getting out of the house and enjoying some laughs together. Caring for an infant can be stressful and it's important to spend time with other parents who understand.

If you're a new parent and need more support, please call the FCWC at 204-484-2341. We're here to help!



## Call or Text 988 If You're Struggling

This number is available 24 hours a day, seven days a week, and it's free.

If you prefer to speak in Cree, you can select the "Hope for Wellness" option, or you can ask for an interpreter once you connect with a responder.

Whatever you're going through, you're not alone. People who answer at 988 will help you find a way through, no matter what you're dealing with. Every conversation is confidential and without judgement.

If you're struggling with your mental health, or if you're worried about someone else, you can also use 988. All responders have been trained specifically to support people dealing

with mental health issues and/or thinking about suicide.

### Warning signs that someone is considering suicide:

- saying they are hopeless, helpless or worthless
- deepening depression
- out-of-character behaviour
- talking about death or 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 & setting their affairs in order

### If You're Having Suicidal Thoughts

- Call 988 right now to get advice & ideas
- Remember that depression affects your ability to think clearly
- Understand that problems can be solved
- Believe that you deserve to feel better
- Know that there are brighter days ahead

### Emergency Phone Numbers

Hope for Wellness Help Line  
(for Indigenous people)  
**1-855-242-3310**

Kids Help Phone  
**1-800-668-6868**  
or text 686868

NCN Nursing Station  
**204-484-2031**

NCN Ambulance  
**204-484-2911**



# Celebrating FCWC Employees

The staff at the Family and Community Wellness Centre are some of the most hard-working and determined Citizens in our community, and it was a pleasure to celebrate them at our southern and northern banquets.

Both events included a great dinner, games and prizes, Years of Service awards and entertainment.

Thank you for all the work you do to support Nisichawayasihk Cree Nation! We are stronger because of you.



## Introducing Our New Inclusive Pathway Space!

We are excited to unveil our new Inclusive Pathway Space, designed to provide a supportive and nurturing environment for our NCN children. This innovative space aims to empower every child, while promoting growth, creativity, and connection.

The space will host tailored activities, sensory-friendly areas, and allow a focus on collaboration. We invite families and caregivers to explore new possibilities this space has to offer and foster meaningful relationships with children.

Together, we can create a community where every child thrives! Join us on this journey towards inclusivity and empowerment!





# Expanded Eligibility for Meningococcal ACYW Vaccine in Manitoba

# Protecting Our Youngest Against IMD Serogroup W

Manitoba is experiencing a rise in cases of invasive meningococcal disease (IMD), particularly serogroup W, with the Northern Health Region reporting the highest rates. In response, the province is expanding eligibility for the meningococcal ACYW (Men-C-ACYW) vaccine to better protect vulnerable populations.

## New Eligibility Guidelines

Effective immediately, children aged 6 weeks to under 12 months may receive up to two additional doses of the Men-C-ACYW vaccine in addition to the routine doses at 12 months and Grade 6, if they meet any of the following criteria:

- Live in an Indigenous community within Manitoba
- Travel regularly to Indigenous communities in Manitoba

- Have household visitors from Indigenous communities in Manitoba

This expanded access aims to reduce the risk of IMD transmission and protect infants who may be at increased risk due to geographic or social exposure.



To schedule a vaccination appointment, please contact your local Public Health office at:  
**204-484-2341**

# COMMUNITY ALERT: Stray Dogs & Safety Concerns

Lately, there's been a noticeable rise in stray dog sightings and reports of dog bites in our neighborhood. While many of these animals are simply lost or scared, their presence can pose serious safety risks—especially for children, seniors, and pets.

### Why it matters:

- Dog bites can lead to physical injury and emotional trauma.
- Strays may carry diseases or act

unpredictably when threatened.

- Fear of roaming dogs can discourage outdoor activities and affect community well-being.

### What we can do:

- Be a responsible pet owner and feed and tie up your dogs
- Report all dog bites to Public Health or the Nursing Station
- Educate kids on how to stay safe around unfamiliar dogs

- Avoid feeding or approaching stray animals



**Let's work together to keep our streets safe and humane—for people and pets alike.**

# Caring For Our Iskwew & Iskwesis

The Family Enhancement department hosted a three-day event for women, girls and 2SLGBTQ+.

Sakihisow means “love yourself” and participants had the chance to do just that!

They enjoyed some pampering with

sessions on foot care, hair, nails, brows, and mani/pedis. They enjoyed a smudging station and a reiki sound bath.

FCWC employees provided presentations about women's health and sexually transmitted and blood-borne (STIBBI) infections.

It was wonderful to see NCN Citizens taking the time to learn how to make healthy choices and to enjoy some companionship!





# ᓂᓴᓴᓴᓴᓴᓴ **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**



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 Nisichawayasik 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**



# ᓂᓄᓂᓂᓂᓂᓂᓂ **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**

**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 @ 204-473-2449  
RCMP - Winnipeg @ 204-374-2345  
RCMP - OCN @ 204-374-2029  
Security - OCN @ 204-374-2429

**We are here to help 24 hours a day**  
**1-877-435-7170**  
**MANITOBA SUICIDE PREVENTION & SUPPORT LINE**

**reason to live.ca**

**Thinking of suicide?**  
If you need to talk, we're here to listen.

**9-8-8**  
toll free, 24/7



# Iron: Building Blocks to a Healthier You

To stay healthy and energized every day, it is crucial that you get enough iron.

The main job of this mineral is to help make hemoglobin, which is a part of red blood cells that delivers oxygen to all parts of your body. If your body isn't moving oxygen efficiently, you may feel tired, weak, or dizzy.

Iron also supports brain development, helps your muscles work properly, and keeps your immune system strong so you can fight off infections.

There are two main types of iron: heme iron, which comes from animal foods, and non-heme iron, which comes from plant foods. Heme iron is easier for the body to absorb. Good sources include beef, chicken, turkey, fish and eggs. Plant-based sources

include beans, lentils, spinach, tofu, pumpkin seeds, whole grains and fortified cereals. Eating a mix of these foods can help most people meet their needs.

### How much iron do I need?

Children	about 8 mg daily
Teen girls	15 mg (menstruation causes temporary iron loss)
Teen boys	11 mg
Adult women	18 mg
Adult men	8 mg
Pregnant people	27 mg (creating a baby requires more blood)
Elders	8 mg

*\*A typical hamburger patty contains about 3 mgs of iron. One egg has about 1 mg of iron.*

### How Do I Get Enough Iron?

Beyond focusing on well-balanced meals, the best hack to ensure you're absorbing iron efficiently is to pair Vitamin C with your iron. Add a side of citrus fruit like oranges or strawberries to your breakfast eggs. Throw some tomatoes and bell peppers into your spaghetti sauce.

If you don't eat meat, swap out beans or lentils for ground beef.

While multigrain bread and brown rice are always better choices than white, if you have to use white, look for an iron-fortified version. You'll also

find orange juice and breakfast cereal that's fortified with iron, but as always, watch out for sugar levels.

It's rare that meat gets priority over veggies, but when we're talking about iron, meat is the focus. However, use high quality meat as often as possible. Sandwich meats and hot dogs are not a great source. Organ meats, like liver and kidneys, are your healthiest choices, followed by beef, fish, eggs and chicken.

Even cooking in a cast-iron pan adds a small amount of iron to your diet.

### Strongman Beef & Peppers

- 1 lb ground beef (or turkey, chicken, pork)
- 1 T olive oil
- 1 small onion, diced
- 2 or 3 garlic cloves, minced
- 1 or 2 bell peppers (any colour), sliced
- 1 cup cherry tomatoes or 1 large tomato, chopped
- 2 cups spinach or kale
- 1 T paprika or oregano or thyme
- salt & pepper

Heat olive oil in a skillet over medium heat. Add the ground meat, break it apart and cook until browned. Add the onion and garlic and cook 2–3 minutes until softened. Add spices, salt and pepper. Stir in the bell peppers and tomatoes. Cook another 5–7 minutes until the peppers soften and the tomatoes release their juices. Gently fold in spinach or kale and cook 1–2 minutes until wilted.

Serve on a bed of brown rice or quinoa, or with multigrain bread and a side salad.



# It's Flu & Covid Season

This winter, every Friday from 9 am to 3:30 pm, the Family and Community Wellness Centre is ready to give your annual flu and Covid vaccines.

You don't need an appointment! Just walk in and get these shots checked off your list of things to prepare for winter. Please note we are closed for lunch.

While you're getting these vaccines, the Public Health Nurse will also check to make sure you and your family are up-to-date with your other immunizations.

Remember, this "bee sting" only takes a moment but protects you all year! (If you do get the flu or Covid after the vaccine, your symptoms will be much weaker.) If you have little ones who are two to five years old, we can use FluMist, which is a gentle nasal spray vaccine.

As an incentive, everyone who gets their annual vaccines will be entered into a monthly draw!

Many people believe influenza isn't a serious illness, and it's true, most

people spend a few days in bed and that's the end of it.

But influenza can cause severe complications such as pneumonia. In fact, influenza and pneumonia were the 8th leading cause of death in Canada in 2020.

As a relatively new virus, Covid continues to evolve. Receiving a vaccine every year increases your chance of avoiding it altogether, or at least, lessening the symptoms.

Of course, babies, Elders and those with compromised immune systems are more vulnerable to the flu and Covid. Let's work together to keep them safe! The more people who are protected against the flu, the less time the virus can stick around in our community.

**If you have questions or concerns, please call Public Health at 204-484-2341.**



ᐃᐃᐃᐃᐃᐃ mithwâyâwin – *Good Health, Good Feelings*



# Have A Holly, Jolly Holiday

Christmas break is a great time for families to slow down, reconnect and enjoy simple moments together. You don't need to break the bank to have fun. Often, low-key activities are the best way to truly relax and enjoy.

Movies and video games may be an obvious choice, and there's a special fun to getting someone who doesn't usually play into the mix. Watching your kokum play Mario Kart can be a real joy!

But choosing activities beyond screens helps support the whole family's health. When we move our bodies, use our creativity and spend time with others, we strengthen our physical, social, emotional and mental wellness. You'll also reduce stress, build positive memories and encourage healthier habits long after the holidays are over.

When planning activities for your Christmas break, consider your family's holistic health. In other words,

make sure you care for every part of everyone. A walk outside can boost mood and energy. A shared craft can build confidence and patience. Playing a group game helps communication and teamwork. These activities help children and adults feel more connected and supported, and

give families the chance to practice important skills like problem-solving, cooperation and kindness.

When planning a fun day, keep things simple and flexible.

Choose activities that don't require expensive, elaborate supplies and that allow everyone to join in at their own comfort level. Think about the ages and abilities of your group. Younger children probably need shorter activities and more movement. Teens may enjoy taking on leadership roles. Adults might appreciate some downtime to relax and socialize. Build in breaks, snacks and free time so the day doesn't feel rushed.

**Christmas break is a great time for families to slow down, reconnect and enjoy simple moments together.**

It's also important to be mindful of guests who may need extra support or accommodations. Some people appreciate a quiet space in case the environment gets overwhelming. Others may benefit from clear instructions, predictable routines or activities with fewer sensory demands. When planning, consider things like accessibility, seating options, lighting, noise levels, and help with transitions or physical tasks. Asking ahead of time about specific needs is a simple way to make sure everyone feels welcome and included.

The Christmas break doesn't need to be packed with costly outings to be memorable. Small, thoughtful activities help families to slow down, laugh together, move their bodies and support each other. By choosing screen-free moments and inclusive activities, you'll create a healthier, happier holiday season for everyone!

## How much fun can you have?!

- Create a winter scavenger hunt
- Walk through the neighbourhood to check out the lights
- Create a mural in the snow with food colouring

- Make an outdoor obstacle course
- Compete to see who can spot the most creature tracks
- Host an indoor picnic or beach party
- Bake a cherished family recipe...or create a new one
- Make paper chains & snowflakes to decorate your home
- Sing Christmas carols outside of an Elder's home
- Story-building circle in which each person adds a sentence
- Host a dance party with a shared playlist
- Charades, Pictionary, Uno and other card games
- Challenge everyone to a building-block themed competition
- Volunteer as a family: clean up your street, make cards for neighbours, shovel snow
- Hot chocolate taste test with different flavours
- Indoor "minute-to-win-it" challenges using household items
- Cozy reading hour with blanket forts; everyone should bring their fave book!



## Join Our NCN Family and Community Wellness Centre and Build Your Future!

At the NCN Family and Community Wellness Centre, we believe in more than just providing jobs—we believe in creating opportunities that empower you to shape your future, strengthen our community, and honour the rich traditions of our people.

We're hiring individuals who are eager to grow, learn, and contribute to the well-being of our community. Whether you're interested in health, counseling services, land-based programs, or administration roles like finance, human resources, or IT, there's a place for you.

### Embrace Your Traditions:

- We value the knowledge of our Elders and integrate traditional skills and teachings into our work. Learn and grow while staying connected to our cultural roots.

### Secure Your Future:

- Competitive wages and benefits provide the foundation for a stable and fulfilling life, allowing you to support those you love.

### Make a Difference:

- Whether you're helping others heal, guiding our youth, preserving our lands, or ensuring our operations run smoothly, your contribution is vital.

### Join Our Family:

- Experience a supportive environment where we work together, guided by our shared values, to create a brighter future for all.

Working with the Family and Community Wellness Centre isn't just about earning a paycheck—it's about building a life that honours our traditions and contributes to the strength of our community.

*Take the leap, invest in your future, and become part of a family that's committed to making a difference.*


**Current Opportunities:** Ready to apply or want to learn more? Call 204-484-2341 or visit [www.ncnwellness.ca](http://www.ncnwellness.ca) for more information.



# Jordan's Principle Staff Celebrate the Season

NCN Jordan Principle staff celebrated Christmas with a special dinner. Dinner and Entertainment was held at Sandman Signature on December 4. The day was full of fun interaction, crafts, Years of Service awards and uplifting entertainment by Buffy Handel. The Aboriginal school of Dance students also performed as attendees also enjoyed a visit and gifts from Santa.






Nisicheweya Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre

## Warrior Rhythm YOGA CLASS

DECEMBER 17  
DECEMBER 31  
JANUARY 7

FITNESS CENTRE  
12:00PM-1:00PM  
FOR MORE INFO CALL FAMILY  
ENHANCEMENT PROGRAM  
204-484-2341 - Edith Moody





# Celebrating The Season Safely

Enjoying the holidays with friends is a highlight of the season, and for many people that includes alcohol or cannabis. Whether you're a host or a guest, it's important to consider how to stay safe, look out for friends, and keep a good time from turning into a dangerous situation.

Alcohol and cannabis can be enjoyable when used in moderation. Canada (and other countries) has recently changed its recommendations to two drinks per week to avoid most alcohol-related harm. Drinking slowly, eating food and having water between alcoholic drinks help to keep the effects more predictable.

With cannabis, start with a low dose and wait to feel the effects before

having more. Edibles take much longer to kick in, sometimes up to two hours, so doubling up because you "don't feel it yet" can lead to an unpleasant experience.

Driving after using alcohol or cannabis is never safe. Even small amounts can slow reaction time and affect judgement. Plan a safe ride home before you start the night: choose a designated driver (take turns over the holidays), book a cab or arrange to stay over. If a friend tries to drive while impaired, speak up! It's a terrible decision that puts other people at risk. Take their keys if needed, and help them find another way home.

Parties are best when everyone feels comfortable and safe. Stay aware of

how you're feeling and avoid pressure from others. Before you pour another drink or light up, check in with yourself. On a scale of 1-10, where are you? The fun zone is somewhere between 3-6.

Keep an eye on your drink and don't accept open beverages from people you don't know well. Women have special safety concerns, so watch out for them. Are they receiving unwanted attention? Is someone trying to convince them to leave the party? Remember that consent requires an active YES.

If someone seems uncomfortable, overwhelmed, or too impaired, move them to a quiet place, offer water, and stay with them until they feel better or can get home safely.

Sometimes a guest may become loud, aggressive or out of control. Stay calm, don't argue or try to match their energy. Ask another trusted person to help. Encourage the person to join you outside for fresh air or to take a break from the group. If they can't settle down, it may be best to arrange for them to get home safely. If anyone feels threatened, call for help right away.

Of course, someone may bring harder drugs to the party, like meth or crack. Signs that a person might be in trouble include difficulty staying awake, breathing trouble, chest pain, very fast or very slow heartbeat,

confusion or being unresponsive.

If you see any of these signs, call 911 immediately. Do not leave them alone, keep them on their side if they are unconscious, and follow the instructions of the operator. Quick action can save a life.

Celebrations should be enjoyable, not risky. By planning ahead, knowing your limits, watching out for friends, and getting help when needed, you can make sure that good times, love and laughter are what you remember in the morning.

## If you're hosting:

- Have non-alcoholic drinks available.
- Plan a few games to slow everyone's consumption.
- Go for a group walk early in the party for fresh air.
- Be responsible for people's safety. Cut them off when necessary!

## If you're a guest:

- Behave properly. It's not polite to make people take care of you.
- Offer to be the designated driver so indulging isn't an option.
- Bring 2 beers to the party (one in each pocket!) and know that's your limit.
- Ask your host throughout the evening how you can help.



# Santa Comes Early To Some FCWC Clients

On December 3, packages were available for pickup at the FCWC.

Prenatal clients and Elders were eligible to receive instant noodles, Kraft Dinner, baby formula and toiletries. FCWC employees delivered

some packages to Elders who were unable to attend.

These items were available thanks to a donation from the Red Cross.





# Can You Recognize Domestic Abuse?

Domestic violence is a terrible situation. Someone at home, like a spouse or family member, uses power to hurt, control, scare, or harm someone you love in a space where they should feel safe. It is not just physical violence: it can also be emotional, verbal, sexual or controlling in other ways, such as taking away their money. It can strip away someone's basic safety, self-esteem and dreams.

According to Statistics Canada, about 60% of Indigenous women over the age of 15 have experienced some form of intimate partner violence in their lifetime.

This shocking number shows how hidden domestic violence can be. But because it includes different kinds of harm, it can be hard to recognize. Some signs that your friend may be in an abusive situation are that they:

- become isolated from family or friends.
- seem nervous around their partner & get their opinions before making decisions.
- stop doing things they used to enjoy or stop talking about problems.

- often seem anxious, depressed or worried, or have unexplained injuries.
- make excuses for their partner's behaviour.

Leaving an abusive situation is often not simple or safe. People in abusive relationships may stay because they fear greater harm if they leave. They worry about being alone and without support. They may not be able to find another home. They often have to think about the safety of children and other family members.

Abuse can erode someone's self-esteem and sense of hope. If they've been in other abusive situations, they may even believe they "deserve" it. Domestic violence can be emotional and controlling, making it hard to think clearly and plan for change. They may not believe things could be better.

If you have a friend you think is being abused, you can help by showing care and support. Let them know you believe them and that you're available in whatever way is helpful. Listen without judging and offer to help them find support, like a trusted adult or someone at the Family and Community Wellness Centre.

Always respect their choices, even if they're scared or unsure, and even when you don't agree with their thoughts. Encourage them to spend time with you in ways that their partner accepts, and find ways to remind them that they are worthy of love and respect. You can also

learn how to be a supportive friend by reaching out to the FCWC.

Domestic violence affects more people  
that we can believe, and healing can

take time. By recognizing the signs and offering support, you can make a real difference for someone who might be suffering in silence.

If you or someone you know is in immediate danger, call 911.

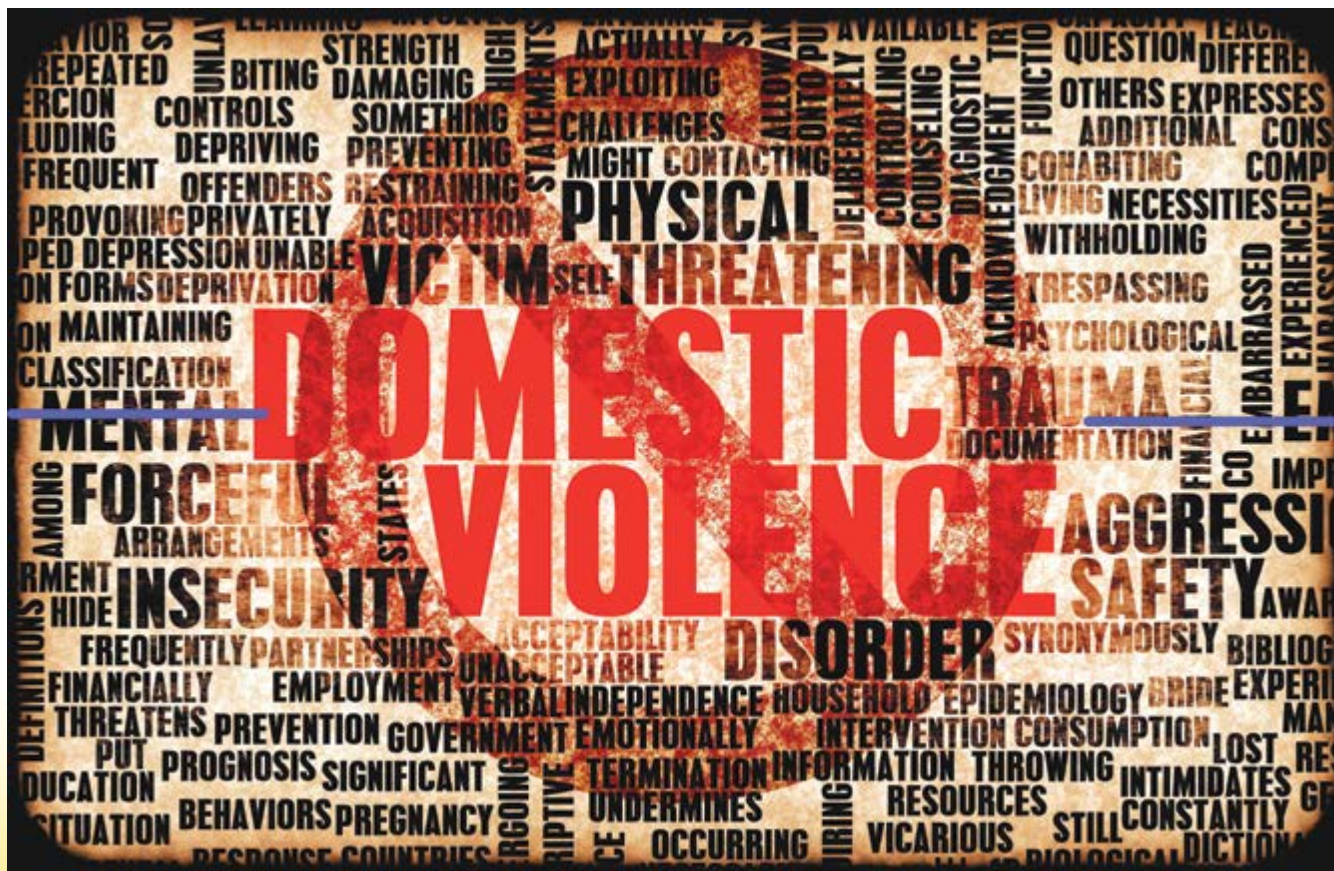
## Safety starts with self-care!

The best way to avoid becoming a victim of domestic abuse is to believe that you deserve the best.

- Fill your life with hobbies and people you love. A new partner should add to your already full life. Don't go into a relationship hoping they will "complete" you.
- Know yourself and have a dream for your life. Healthy relationships start with two people who understand their own values & goals and want to support each other.
- Look at your potential partner with clarity. Do they have positive relationships in their lives? How do they spend their time? Are they trying to make a better life for themselves?
- Set clear boundaries about what behaviours you accept. You don't have to tolerate yelling, threats or violence.
- Do NOT believe that you can change someone. If they are controlling or scary and have unresolved issues, they must get help or you must leave.
- Reach out to trusted friends, family or counsellors when you feel stressed or overwhelmed.

**Do you suspect someone you know is an abuser?**

You can help. Tell them their behaviour is not acceptable. Explain that abuse hurts people, even if you can't see it. Provide a safe space for them to talk about their fears and worries. Talk about healthy relationships. Encourage them to get help like counselling, anger management or addictions support. Let them know that you believe they can make better choices!





# Fang-tastic Halloween Fun

The Family and Community Wellness Centre put out the call for NCN's most boo-tiful costumes and decorating, and Citizens did not disappoint! It is so much fun to walk around the community and see all the decked-out homes.

Thanks to all our participants who shared their time and creativity with the community, and congratulations to the winners. Let's do it again next year!

## Best Trunk

- 1st Joan Hart
- 2nd Cynthia Hartie
- 3rd Charles Ryan
- 4th Kristen & Kyle Thorne

## Scariest Trunk

- 1st Cynthia Hartie
- 2nd Kristen & Kyle Thorne
- 3rd Gail McDonald
- 4th Chelsea & Ed Dysart

## Cutest Costumes

- 1st Priscilla Francois
- 2nd Charles Ryan
- 3rd Joan Hart
- 4th Wanda Ryan

## Scariest Costumes

- 1st Chelsea & Ed Dysart
- 2nd Kristen & Kyle Thorne
- 3rd Gail McDonald

## Decorations in new area, Mcdonald Road, Harts Point & Moores Bay

- 1st Dianna Spence
- 2nd Joan Hart
- 3rd Durmond Spence
- 4th William & Agnes Spence

## Decorations in OK School Road, Westwood, Bayroad & Bronx

- 1st Wanda Ryan
- 2nd Jonathon & Daisy Linklater
- 3rd Beverly McDonald
- 4th Leah Moose-Hartie

## Decorations in Metis, Little RC, RC Point & High School Area

- 1st Jack Young
- 2nd Wayne McKay
- 3rd Kristen Moore
- 4th Priscilla Francois

## Decorations in Dog Point, Michelle Point & Hillside

- 1st Kiera Dumas
- 2nd Melodie Spence
- 3rd Karen M. Spence
- 4th Gloria Baker







āhtayi pisiskisisak Fur bearing animals

(Clues are in Cree; Answers are in English)

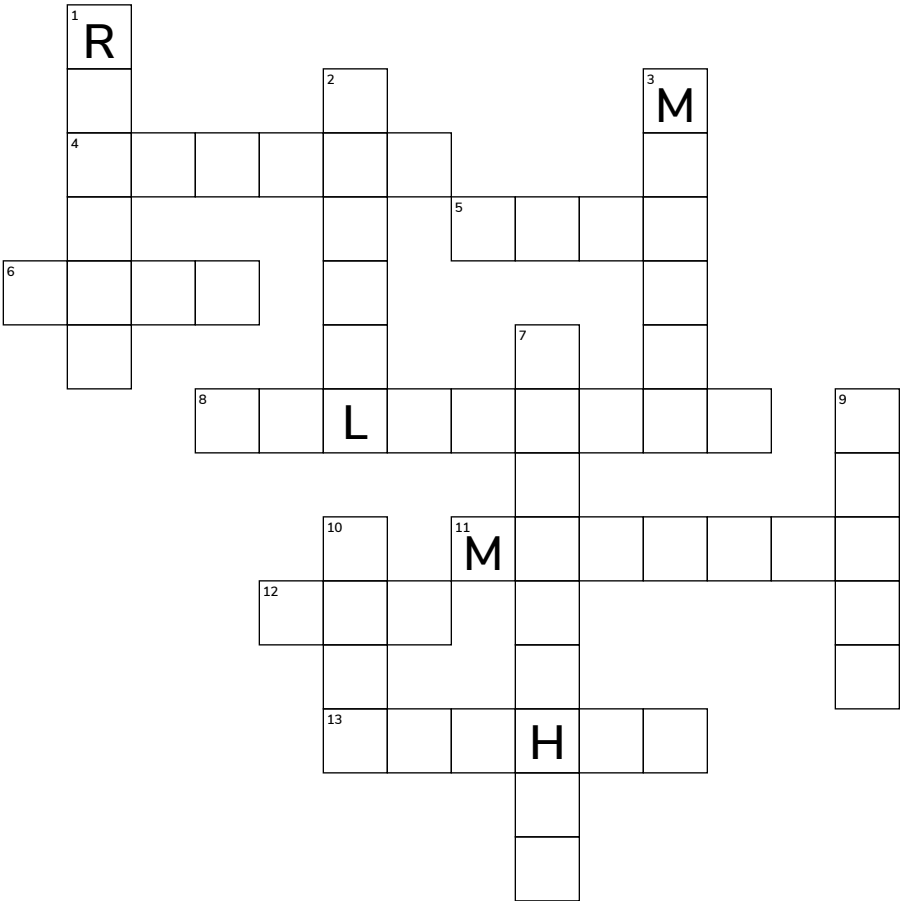
Use the clues to fill in the words above.  
Words can go across or down. Letters are shared when the words intersect.

ACROSS

- 4. ᐱᓂᓂ amisk
- 5. ᓂᓂᓂ māskwa
- 6. ᓂᓂᓂ sāhkwiw
- 8. ᐱᓂᓂ omithācis
- 11. ᐱᓂᓂ wacāsk
- 12. ᓂᓂᓂ mākihsiw
- 13. ᐱᓂ ocik

DOWN

- 1. ᐱᓂᓂ wāpos
- 2. ᓂᓂᓂ sihkos
- 3. ᐱᓂᓂ wāpiscan
- 7. ᐱᓂᓂ winask
- 9. ᓂᓂᓂ nikik
- 10. ᓂᓂᓂ mahīkan



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

NAME: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

WIN  
\$75 CASH!

Submit your completed  
crossword to the  
Wellness Centre by 2pm  
December 17<sup>th</sup> for a  
chance to win!



# Stay Protected This Season!

Did you know that the COVID-19 vaccine is now given annually, just like the flu shot? That means one quick visit can help protect you from two serious illnesses.

## Why get vaccinated?

- Reduce your risk of severe illness and hospitalization
- Protect vulnerable loved ones
- Help ease the burden on healthcare systems

- Keep your community safer

## Available vaccines this season:

- **COVID-19 vaccine:** Now offered yearly for everyone aged 6 months and older
- **Flu vaccine:** For everyone aged 6 months and older.
- **FluMist** available for children aged 2–5 years — a quick burst of mist into each nostril, no needle required

- **Pneumococcal vaccine:** All Manitobans are eligible for a dose of Pneu-C-20 once they turn 65 years of age to prevent pneumococcal infections.

Keep in mind: It takes about 2 weeks for vaccines to reach full effectiveness — so don't wait until flu and COVID are already spreading.

Call the Public Health office for more information.



# What Are Your New Year's Resolutions?

People have probably been writing New Year's resolutions since humans figured out reading and writing. The urge to improve ourselves is instinctive and the beginning of a new year is a great time to start!

This holiday is a powerful time because it offers a fresh start. The days begin to get longer, the calendar resets, and we have an opportunity to reflect on what worked last year and what we'd like to improve.

Creating goals can give structure to everyday life. When you choose something to work toward, even something small, you'll build confidence and a belief in yourself. Goals also make it easier to notice

progress. Instead of feeling stuck in the same daily routine, you can recognize the steps you're taking to improve yourself, and see how far you've come. You'll be motivated to push on.

**It's important to start small and be realistic. The aim isn't to transform your life overnight but to build habits that last.**

It's important to start small and be realistic. The aim isn't to transform your life overnight but to build habits that last. If you aim too high too fast, you may burn out and give up entirely! Break down

your goals into small steps and focus on progress rather than perfection. In other words, "get healthy" is too big, but "daily activity" is more manageable.

## Why don't you:

- Start with one or two goals so you don't feel overwhelmed.
- Make your goals specific and measurable.
- Write them down where you can see them.
- Check in with yourself weekly to notice what's working.
- Celebrate small victories.
- Ask a friend to support you.

Once you've got a few personal goals identified, consider bringing your family together. Figure out some shared hopes and dreams, and then set a goal or two to make it happen. Everyone can contribute ideas, offer support, and celebrate successes.

With steady effort, your goals can guide you toward a healthier, hopeful year ahead. Think about it: you'll see the end of 2026 either way. You might as well be a stronger version of you when you get there!

## Holistic health means paying attention to all parts of your life, not just your body. Consider:

- **Physical health:** walk three times a week, stretch in the morning, drink 4 glasses of water a day
- **Emotional health:** write down one thing you're grateful for, laugh with a young child, give up a grudge
- **Mental health:** reduce doomscrolling, get outside every day, confide don't carry your worries
- **Social health:** start a group chat with friends, join a local group, visit with neighbours
- **Spiritual health:** learn a traditional craft, attend a community gathering, enjoy nature
- **Financial health:** track your spending for a month, create automatic savings, find free programs at the FCWC!

## 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)



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