



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

*Good Health, Good Feelings*

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OCTOBER  
2025



# Remembering Jordan

In NCN, the Jordan's Principle program supports more than 1,000 children and families on- and off-reserve. It helps with speech & language,

behavioural, occupational and physical therapies; audiology; medical respite; addictions support; land-based therapies; and more.

federal government and the Province of Manitoba fought over who should pay for the home care required to take care of his complex medical needs.

Three years later, in 2005, he died in hospital at five years old, without ever having enjoyed a day in his family home.

The Jordan's Principle legislation, created in his honour, requires a government (whether federal or provincial) that first connects with a child in need to provide the required services, and resolve the funding

The program is named after Jordan River Anderson, a boy from Norway House Cree Nation. For the first two years of his life, he was in hospital dealing with a rare genetic disorder. Even though he was cleared by doctors to live at home, the



issues later. It is intended to ensure that Indigenous children do not experience delay, denial or disruption of services that are normally available to all other Canadian children.

**The Jordan's Principle program hosted a memorial birthday celebration in honour of Jordan River Anderson on October 24.**

**On what would have been Jordan's 26th birthday, NCN children enjoyed cupcakes and games.**

**Thanks to everyone who participated in the birthday card and colouring contest!**



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# Every Child Is Sacred

The Family and Community Wellness Centre held its Kakithow Awasisak Kistinitakosiwak event on September 30.

The doors opened at 11 am, with the first attendees picking up beautiful tshirts. Everyone had the chance to smudge, take some selfies and enjoy energy cleansing. It was a group effort with lots of decorating, fun and laughter. Kids enjoyed a freeze dance and colouring contest.

Almost 150 people attended this event! Many people wore their traditional ribbon skirts and shirts, and of course, lots of orange shirts stood out against a blue sky.

Competition was fierce in the parade, karaoke and land-based contests with onlookers shouting encouragement.

The first part of the land-based competition involved hauling water from the UC Church to the Landbase Cabin. Part Two was wood cutting and fire making. Part Three was campfire tea and Bannock making.

FCWC staff worked so hard to make this event a success. A shout-out to young Bailey Moore who signed up to assist with cohosting. Good job! We are proud of you! And thank you to Malcom Hunter who assisted us with the Land Base Throwback competition.

See you next year!

## Land Base Throwback

### Adult female:

- 1st Kristen Moore
- 2nd Bonnie Campbell
- 3rd Charmaine Munroe

### Adult male:

- 1st Isaac Hartie
- 2nd Ralph Moore
- 3rd Ryan Spence

### Youth female:

- 1st Taya Moore
- 2nd Levander Levallee
- 3rd Cassidy Spence

### Youth male:

- 1st Keenan Moore
- 2nd Tristen Mason
- 3rd Bryson Linklater

## Parade Winners

- 1st Barb Moore
- 2nd Melanie Peterson
- 3rd Charles Ryan

## Karaoke Winners

- 1st Taya Moore
- 2nd Janice Francios
- 3rd Delaney Linklater

## Why does everyone wear orange?

Phyllis Webstad of Stswecem'c Xgat'tem First Nation was only six years old when she was sent to a residential school. Her grandmother bought a special outfit for Phyllis just a few days before, which included a shiny orange shirt with a string laced up in the front.

But when Phyllis arrived at the school, they immediately took away her clothing, and she never saw her special orange shirt again.

In 2013, Webstad shared this story at a St. Joseph Residential School commemoration project in Williams Lake, BC and encouraged people to wear orange.

In 2021, the federal government officially named September 30th the National Day for Truth and Reconciliation.





# RSV Season Is Here

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs and breathing passages.

In most healthy children and adults, RSV causes mild, cold-like symptoms. But for babies, older adults, and people with weakened immune systems, it can lead to serious illness.

RSV spreads through droplets when someone coughs or sneezes. You can also get it by touching surfaces that have the virus on them and then touching your face.

After a person is exposed, it usually takes about four to six days for symptoms to appear. Common symptoms include a runny nose, coughing, sneezing, fever and loss of appetite. Some people also have wheezing or trouble breathing.

Most people recover from RSV in one or two weeks, but it can sometimes cause complications. In babies and young children, it can lead to bronchiolitis (inflammation of the

lungs' small airways) or pneumonia. Elders or those with heart or lung problems can also have more serious symptoms. Severe infections can lead to long-term breathing issues like asthma or wheezing.

It's time to get medical attention if someone has trouble breathing, is breathing very fast, has blue lips or fingernails or is unusually tired. Babies under six months of age, especially those born prematurely, should always be seen by a medical professional if they have symptoms of RSV.

To avoid RSV, wash your hands often, avoid close contact with people who are

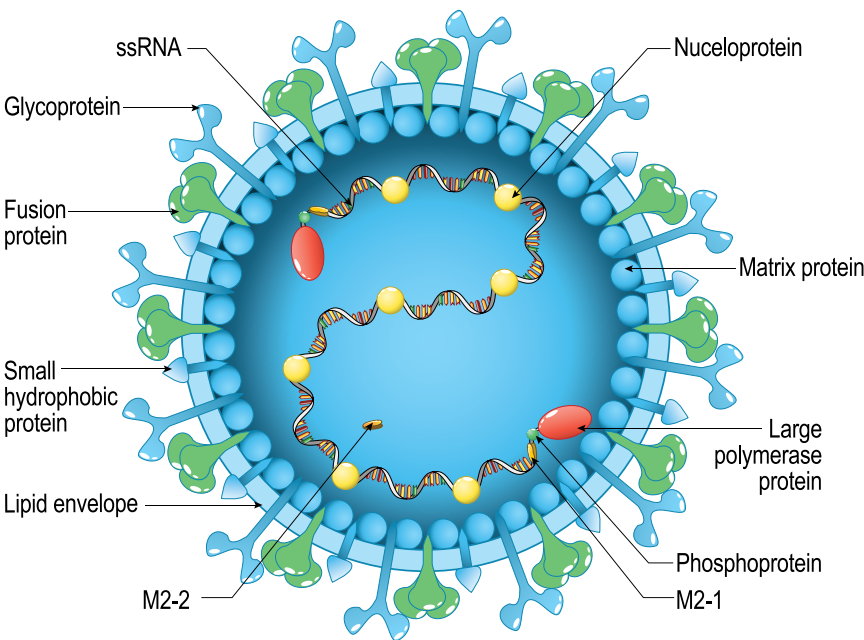
sick, and clean common surfaces like doorknobs, counters, remote controls and faucets. Over fall and winter, which is RSV season, limit group settings for infants and older adults when you hear about outbreaks.

There are new RSV prevention options for some high-risk groups. If

you have questions or are concerned about someone in your family, ask to

speaking to a Public Health nurse at 204-484-2341.

## RSV (respiratory syncytial virus)



### RSV Season is Here

- **Symptoms:** runny nose, cough, fever, wheezing, difficulty breathing
- **Prevention tips:** wash hands often, clean high-touch surfaces, cover coughs & sneezes, and stay home if sick
- **Protecting infants:** stay away from sick visitors, avoid crowded spaces & talk to your healthcare provider about new RSV prevention options
- **If you are sick, please stay home!** Help protect the most vulnerable in our community.

# Returning to Traditional Ways

## NCN Land Base Program

Elder Instruction – Traditional Knowledge – Cultural Teachings



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

204-484-2341 ncnwellness.ca



# Calcium: Building Blocks to a Healthier You

Calcium is a mineral that your body needs every single day. It's most famous for helping to build strong bones and teeth, but it does a lot more! Calcium also helps your heart beat regularly, your muscles move properly, and your nerves send signals throughout the body.

During the childhood and teenage stages, your body uses calcium to build bone strength that will last for the rest of your life. Adults need calcium, too, because it helps maintain healthy bones and prevents bone loss as we age. Without enough calcium, your bones can become weak and break more easily. Later in life, this is called osteoporosis. Your eating habits right now will affect your quality of life decades from now!

## How much calcium do I need?

Children up to 18 years old	up to 1,300 mg
Adults	1,000 mg
Adults over 51 years old	1,200 mg
Pregnant & breastfeeding	1,300 mg

### Some groups need to pay special attention to calcium:

- Teens who are growing quickly & building bone mass

- Women after menopause with lower estrogen levels who may deal with bone loss
- Vegans who don't consume dairy need to find alternatives

## How Do I Get Enough Calcium?

Most people think of dairy when they think of calcium, and there's a reason for that! Yogurt, milk and all kinds of cheese are great sources of calcium.

Consider fortified dairy milk or plant-based milks that have added calcium. You might enjoy soy, almond or oat milk. Reach for cheese or yogurt (watch the sugar) for snacks in between meals. Make a pretty parfait

by layering plain yogurt with berries or citrus.

Read the labels and find a breakfast cereal that is calcium-fortified. You can do the same with orange juice, but remember that too much juice can be bad for blood sugars.

Convince yourself to mash up the bones in canned salmon and sardines. They're full of calcium, so it's their bones for your bone health!

Leafy greens are great sources of calcium. Start your meal with a kale salad or steamed broccoli. Add bok choy to your soup.

Keep a snack bag of almonds on hand. They're a small but mighty source of calcium.

## Cheesy Spinach Scramble

- 1 T olive oil
- 3 cups fresh spinach (or a cup of defrosted frozen)
- 3 eggs, beaten
- 1/2 cup cheese, shredded
- salt & pepper

Heat olive oil in a frypan over medium heat. Add spinach and cook a few minutes until it's wilted.

Pour in the beaten eggs and stir gently to combine with spinach until cooked through.

When eggs are almost cooked, stir in cheddar cheese. Add salt and pepper to taste.

Serve with whole-grain toast and steamed broccoli.



## 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.



# Trunk or Treat





# 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 Nisichawayasikh Cree Nation and surrounding communities for health and child services*

**South Indian Lake  
CFS On Call**

Check the NCN Family and Community Wellness Centre's Facebook Page for who's on-call each week.

If at any time you are unable to reach an on-call worker, contact intake in Thompson @ 1-866-260-9457

Where children are in need of protection from abuse or neglect such as: alcohol around minors, domestic or intimate partner violence around minors, or anything that compromises a child's basic needs of health or safety.

Call: RCMP - Leaf Rapids @ 204-473-2449  
RCMP - Winnipeg @ 204-374-2345  
RCMP - OCN @ 204-374-2029  
Security - OCN @ 204-374-2429

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

**reason to live.ca**

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

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



# 2025 Annual Health Fair a Success!

## Students Gain Valuable Health and Wellness Knowledge

On October 8–9, 2025, the NCN Family and Community Wellness Centre hosted its annual Health Fair, bringing together Citizens as well as students from NNOC High School for two days of learning, engagement, and fun.

Attendees visited the various information booths, where they received useful materials such as combs, hygiene supplies, pamphlets, and more. Many booths also offered exciting prize draws, including laptop and tablet packages for registered participants.

A highlight of this year’s fair was the MKO booth, where students were

able to obtain their status cards with the help of parents who provided the necessary identification information. Photo consent forms were signed at each booth to ensure proper permissions were given for photos.

The majority of booths were organized by the Family & Community Wellness Centre, with additional participation from out-of-town partners including the Diabetes Integration Project,

Family Care Counseling, and S.T.A.R. (Success Through Advocacy & Role Modeling).

Thanks to everyone who helped make this year’s Health Fair such a success! The Wellness Centre looks forward to hosting even more engaging and educational events in the future. Stay tuned to the website and Facebook pages for more information.





# Hard Work Pays Off

Congratulations to the FCWC DPN students who completed the Academic & Nursing Prep 2025.

We are proud of their commitment and efforts and celebrated with snacks and cake. Thank you for choosing to make NCN a better place to live!

Pictured here are graduates Robert Hart, Corrine Hart, April Leonard, Colleen Spence, Tanya Moody, Maddie Spence and Sarah Vystrcil.

The graduates who are missing from this photo are Gerilyn Mclvor, Tasha Moody, Thomas Weenusk, and Melodie Wood.



## Take charge of your water safety, right from home!

NEW CISTERN WATER SAMPLING KITS AVAILABLE

### Residents can now test their own cisterns for coliform bacteria.

#### HOW IT WORKS

Kits can be picked up from the Public Health Office on Mondays. To meet the 24-hour testing requirement, samples must be collected no earlier than Monday at 3:00 p.m. and dropped off by 3:00 p.m. on Tuesday.

- Limit: One kit per household per month.
- After you collect your sample, results will be ready in 24 hours.
- You'll be notified of your results on Wednesday.

#### IMPORTANT GUIDELINES

- The test must be performed within 24 hours of collecting your sample.
- Avoid contamination: These tests are highly sensitive—follow instructions carefully to ensure accurate results.

**⚠ IF COLIFORM IS DETECTED:**  
A resample will be required and a boil water advisory will be issued until the second test confirms safety.

#### HAVE QUESTIONS OR REQUIRE ASSISTANCE?

Visit us at the Public Health Office or call **204-484-2341**

**Clean water is everyone's responsibility. Let's keep our community safe—one sample at a time!**

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NISICHAWAYASIHK  
CREE NATION



# Snowstorm Causes Severe Outages

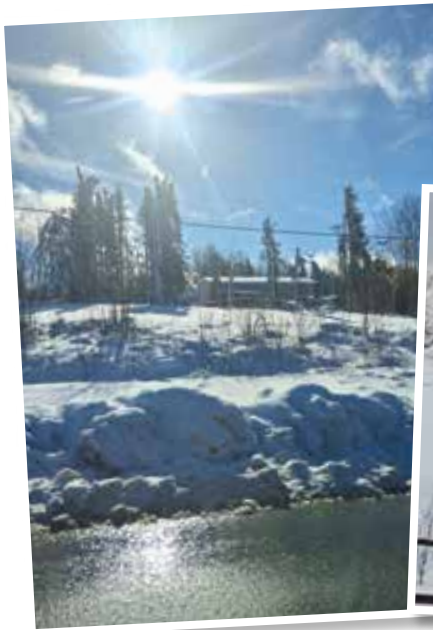
On the day of October 11, 2025. Environment Canada issued an extreme snowfall warning for northern Manitoba. Nisichawayasihk was struck by this storm quite significantly, causing a community wide power outage. With down power lines due to the heavy snow and trees collapsing due to the weight around different areas of the community. What was

supposed to be another ordinary Thanksgiving Day and weekend. Turned into a mass power outage caused by the extreme winds and heavy snowfall. Residents of the community were left without power from October 12 – 14. Power restoration was made around 8:30 pm

on the evening of October 14, 2025. With no guarantee of it remaining on. With downed power lines and a hydro pole yet to be repaired.

But, through the combined efforts of Chief and council and FCWC

staff. Community members, were able to obtain gas from the Family & community Wellness Centre as the band provided generators to the households in need. During the hours of 2:30 – 4:30 on October 14 Westwood drive was shut down to all vehicles as hydro was making required repairs. The Family & Wellness Centre staff continued to deliver fire wood to elders as well as cases of water throughout the community. By staff coming together and working diligently, we were able to get the vast majority of the community taken care of despite obstacles faced.



## Family Enhancement Community Halloween Decoration Contest



**FAMILY ENHANCEMENT**

**HALLOWEEN**

**OUTDOOR DECORATING CONTEST**

EACH AREA AS FOLLOWS  
METIS/LITTLE RC, RC DOCK  
POINT/HIGH SCHOOL AREA

DOG POINT, MICHELLE POINT,  
HILLSIDE

SCHOOL RD  
WESTWOOD/BAYTRAIL/BRONX

NEW AREA-(MCDONALD RD),  
HARTS POINT, MOORES BAY

JUDGING WILL BE ON  
**OCTOBER 27, 2025**

REGISTER WITH:  
**FAMILY ENHANCEMENT**  
204-484-2341

1ST-\$500.00  
2ND-\$400.00  
3RD-\$300.00  
4TH-\$200.00





(Clues are in Cree; Answers are in English)

**Use the clues to fill in the words above.**

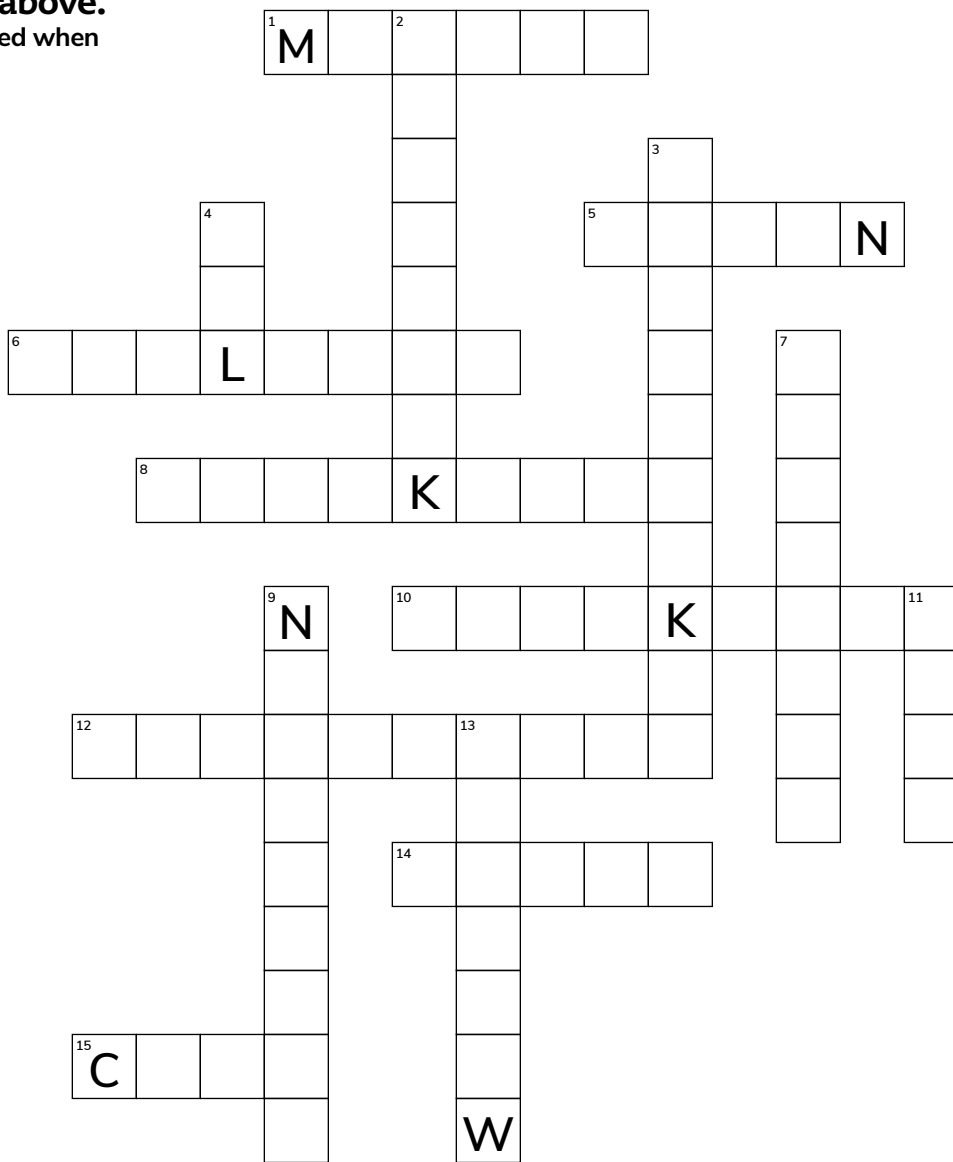
Words can go across or down. Letters are shared when the words intersect.

**ACROSS**

1.  $\triangleleft \wedge^n \Gamma \breve{\mathfrak{b}}^{\mathfrak{b}} \mathfrak{p}^n$  apisci kähkakis
5.  $\wedge^{\mathfrak{b}} \wedge^{\circ} \mathfrak{p}$ ihpiciw
6.  $\triangleright \triangleleft \wedge^n \breve{\mathfrak{b}} \mathfrak{b} \sigma^{\circ}$  ocapiskākanisiw
8.  $\wedge \Gamma \breve{\mathfrak{b}} \sigma^{\circ} \Gamma^n$  picikānisis
10.  $\breve{\mathfrak{L}}^{\mathfrak{L}} \mathfrak{b}^{\mathfrak{b}} \mathfrak{k}$  cāhcahkatho
12.  $\triangleright \mathfrak{p}^n \mathfrak{p} \mathfrak{L} \sigma^{\circ} \Gamma^n$  okiskimanisiw
14.  $\breve{\mathfrak{b}}^{\mathfrak{b}} \mathfrak{p}^{\circ}$  kähkakiw
15.  $\triangleleft^{\mathfrak{b}} \triangleleft^{\circ} \mathfrak{a}$ hasiw

**DOWN**

2. ᐃᑦᓴᑦ oskanthiw
3. ᐱᑦᐸᑦ pāhpasciw
4. ᐅᑦᐳᑦ oho misiw
7. ᓵᑦᐸᑦ sihkwiseikwanis
9. ᖃᑦ pīsk
11. ᐅᑦᐳᑦ omimisiw
13. ᐸᑦᓴᑦ miscaskosis



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 November 20<sup>th</sup> for a chance to win!**



# Is Your Family Safe From IMD?

Invasive meningococcal disease (IMD) is increasing in Manitoba. Typically, there are six IMD cases every year. But this year, 21 cases have already been reported, 10 of them since July.

The highest rates are in the Northern Health region, and a disproportionate number are Indigenous people, particularly infants under 12 months.

IMD is a serious illness caused by bacteria called Neisseria meningitidis. It spreads through close contact,

such as coughing, kissing, or sharing drinks and utensils. While it can live harmlessly in the throat or nose of some people, in others it can suddenly cause a life-threatening infection.

If the bacteria enter the fluid surrounding the brain and spinal cord, a person may have meningitis. If it enters the bloodstream, it will create septicemia, which is a blood infection. Both are medical emergencies.

IMD can progress quickly, sometimes

within hours, and can cause severe illness or death. Even with treatment, people can have lasting problems such as hearing loss, nerve damage, limb loss and chronic fatigue.

Symptoms often start suddenly and can be mistaken for the flu. Early signs include fever, headache and tiredness and progress to a stiff neck, sensitivity to light, vomiting and confusion.

A dark purple or red rash that does not fade when pressed is a warning sign that needs immediate medical attention. Young children may show different symptoms, such as irritability, poor feeding or unusual crying.

Good hygiene, like washing hands and not sharing drinks or utensils, can help reduce the risk.


But of course, the best way to avoid invasive meningococcal disease is through vaccination.

With these rising numbers of IMD in the North, vaccine eligibility is being expanded. In addition to the routine meningococcal immunizations at 12 months and Grade 6, up to two additional doses can be offered to children aged 6 weeks to under 12 months of age.


The Public Health department recommends everyone who is eligible should receive these vaccines as soon as possible. Please call us at 204-484-2341 to book your appointment or to ask questions.

Let's keep our children and families safe!

**Good hygiene, like washing hands and not sharing drinks or utensils, can help reduce the risk of IMD. The best way is through vaccination.**




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## Invasive MENINGOCOCCAL Disease

### EXPANDED VACCINE ELIGIBILITY

Vaccine eligibility for the meningococcal ACYW (Men-C-ACYW) vaccine is being expanded to protect infants connected to Indigenous communities.



**TWO ADDITIONAL DOSES CAN BE OFFERED TO CHILDREN AGED 6 WEEKS TO UNDER 12 MONTHS WHO:**

- live in an Indigenous community within Manitoba; or
- travel regularly to Indigenous communities in Manitoba; or
- have household visitors from Indigenous communities in Manitoba.

Call to book an appointment or if you have any questions, ask to speak with a public health nurse

**CONTACT US : 204.484.2341**



## 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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14 Bay Road Drive  
Nelson House, Manitoba R0B 1A0  
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

