



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

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SEPTEMBER
2025



Passing Traditions Forward at the Family & Community Wellness Centre



The Family & Community Wellness Centre recently hosted another successful gathering, one of many family events held throughout September. Photos captured from the day reflect the joy and energy of families coming together to share in culture, tradition, and community spirit.

Parents were encouraged to bring their children to take part, ensuring younger generations experienced the teachings and practices that have long guided the community. The event drew strong participation and,

like many others this month, was celebrated as a resounding success.

By continuing to share knowledge and cultural practices that were nearly forgotten, the community ensures that traditional values and beliefs live on. These gatherings strengthen connections

across generations, offering a pathway to a prosperous future rooted in Nehetho identity.



Hoop Dance Rites of Passage

Wâwâskesiwin ekota pimatisiwin

"To Learn to Balance your hoop is like learning to balance your life. We may stumble and hoops sometimes hit the fan. But, we learn along the way to create that balance."

September 11 - 12, 2025
5:00 PM - 9:00 PM
NCN Family & Community Wellness Centre

15 PARTICIPANTS PER DAY REGISTER WITH FAMILY ENHANCEMENT

Angel Whiskeyjack Nitsikason

I was taught how to hoop dance about 16 moons ago, my late teacher Jody John, taught me and my colleagues as much as he could within the time we had, and one teaching he passed to me and that I would like to pass on is: Go out and teach as many people as you can. With that being said I am honored to be able to carry on teaching this dance in the northern region of your Rocky Cree Lands. ninanâskomon (I am grateful.)

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Learning About FASD

The FCWC hosted an information session in September for FASD Awareness Day. More than 100 people enjoyed a light lunch and educational, encouraging conversation. Congratulations to Dallas Swanson, winner of the draw!

Fetal Alcohol Spectrum Disorder (FASD) is a life-long disability that affects people's memory, attention, behaviour, adaptive skills and emotional health. They have difficulty learning and may have vision or hearing problems. People with FASD may have issues with their heart, kidney and bones. They have difficulty keeping friendships and understanding the consequences of their behaviour.

The good news is that FASD is a preventable disability. If mothers do not drink or take drugs while they are pregnant, their child will not have FASD. Other problems caused by drinking or taking drugs while pregnant include miscarriage, stillbirth,

deformity and retardation. These birth defects are entirely preventable by avoiding alcohol and drugs while pregnant.

The STAR-FASD Champions, who work out of the Family and Community Wellness Centre, aim to reduce the number of babies exposed to alcohol and/or drugs while in their mother's womb. We know that with support

and education, women and their children can enjoy happy, healthy lives.

STAR FASD services include:

- alcohol and/or drug treatment if needed
- improved access to reliable family planning methods
- access to FASD diagnosis
- links to community support to reduce women's isolation

This program is unique because expecting mothers establish relationships with mentors that

continue for up to three years. It gives women enough time to see that they can make healthy choices that will make a real difference in their—and their babies'—lives.

Pregnancy can be difficult, and if you are dealing with addiction or substance abuse, it can be even harder. STAR mentors understand what these vulnerable women are going through. They're ready to help with education, home visits, support, and no judgment.

STAR FASD participants get:

- guidance for a healthy pregnancy
- a sympathetic & supportive mentor
- friendship & support from other participants

To learn more about preventing FASD or how to support a friend, call us at (204) 484-2341.



How to help a pregnant friend:

- Find healthy ways to spend time together. Try a new recipe, go for a walk, sing karaoke.
- Talk about the baby's future. Ask your friend what her dreams are for the baby.
- Check on your friend's mental health. Encourage her to talk about her fears & concerns so she doesn't use alcohol or drugs to numb out.
- Remind her privately that there is no safe amount of beer, wine, cocktails, marijuana or other drugs when you are pregnant. Do not embarrass or shame her.
- If your group of friends insists on drinking, choose another activity to do with her.



Beading Workshop Connects Citizens to Culture and Creativity

The NCN Family and Community Wellness Centre recently hosted a three-day event titled “*Beading Workshop with Tina Lobster*” on September 19th, 20th, and 21st. The evening sessions, held from 5:00 PM to 8:00 PM in the Centre’s open area, welcomed Citizens eager to learn and

practice the art of traditional beadwork.

Participants had the opportunity to personalize their own hats while embracing traditional teachings. The hands-on experience allowed community members to share stories, build connections, and strengthen their ties to Nehetho heritage and the craft.

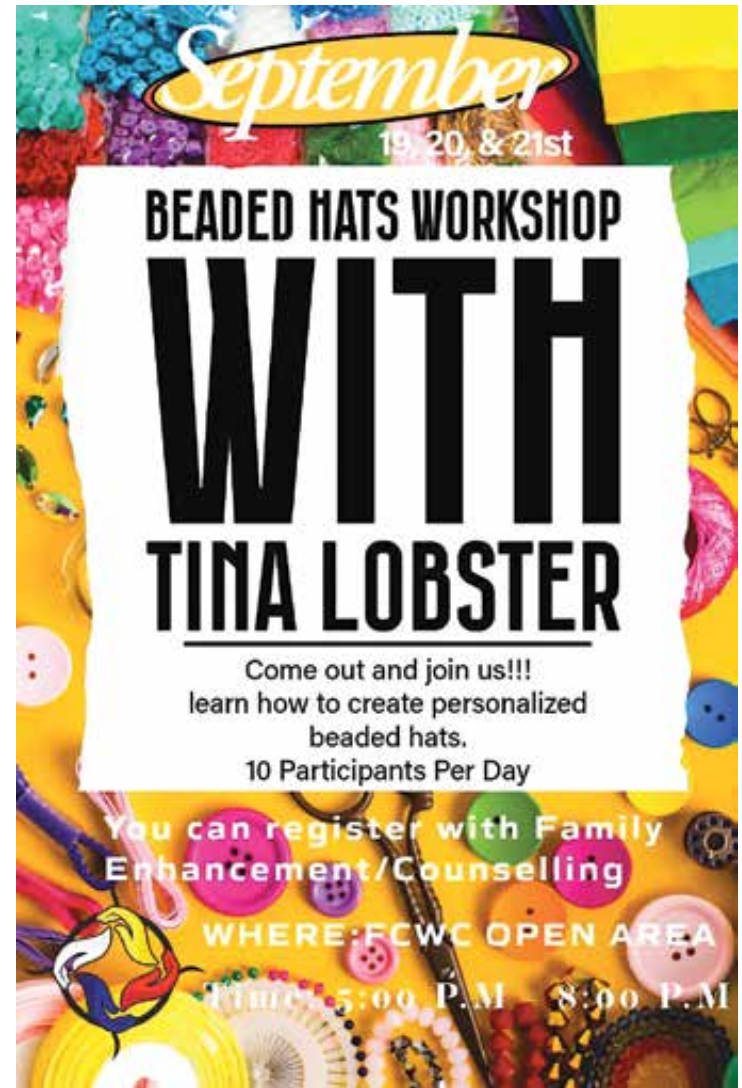
Organizers expressed gratitude for the strong turnout and enthusiasm shown by attendees. Encouraged by the success, the Centre plans to host more cultural craft workshops on a regular basis.

Community



Community

members are invited to stay tuned for upcoming events at the Centre on their Facebook page and the NCNWellness.ca website.



Recovering & Empowering

Encouraging and Maintaining Strong Mental Health

Counselling Services: 204-484-2341

Mental Health: 431-354-1270

ncnwellness.ca



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Water: Building Blocks to a Healthier You

It only takes a hot and sweaty summer afternoon to remind us that water is essential to our health. But have you ever stopped to wonder why it's necessary for our well-being?

Water is crucial for almost every bodily function, from organ and brain health to improving physical performance. Water regulates your skin temperature by helping you sweat. Kidneys need water to properly filter waste products through urination.

Water helps to move your food through the digestive system and dissolve nutrients. Water in your bloodstream circulates those nutrients to all parts of your body. A properly hydrated body can maintain

appropriate blood volume, which prevents high blood pressure.

Brain function relies on water for emotional regulation, concentration and memory. Do you often have headaches? Try drinking more water every day and see if the problem disappears!

The fluid that lubricates your joints is made up mostly of water, so get swigging if your knees or hips are a bother. You may crave less water during the winter, but your dry skin problem will be so much better if you keep your water habit going.

How much water should I drink?

It's hard to find agreement on how much water people need to drink in a day. You may have heard that eight glasses a day is necessary, and that's an appropriate goal. Some have said men need 3.7 litres of fluid in a day, including what you'll find in food. That seems like a lot!



The truth is that everyone's water requirement is different. The best way to know if you're consuming enough is to check your urine. If your pee is dark-coloured, you definitely need to drink more water. It should be very pale yellow.

Everyone needs to stay hydrated, but children and Elders are especially vulnerable. If you are a caretaker, offer plenty of reminders and make it easy for them to enjoy a cool glass of H₂O!

How To Keep Your Body Hydrated

- Bring a water bottle with you every day. (Avoid plastic, which are bad for your health and for the planet. Invest in a stainless steel bottle and write your name on it!)
- Jazz up your water with a squeeze of lemon, a few sprigs of mint, or cucumber slices. Try sage and berries!
- Build water into every stage of your day. Have a glass the moment you wake up. Drink a glass when you return home. Have a glass before every meal and you may eat less. When you're out with friends, alternate between alcohol and water.

- Often when we feel hungry, we're actually dehydrated. Have a glass of water & wait 15 minutes before you snack.
- Plan to drink more water during exercise or other strenuous activities.
- Limit drinks that are full of sugar, caffeine or alcohol because they dehydrate the body.
- Munch on foods with a high water content. Try celery, cucumber, tomatoes, lettuce, zucchini and watermelon. Tea and milk also count!

Signs of dehydration:

- dry lips, mouth or skin
- dark urine
- muscle cramps
- bad breath
- sugar cravings
- fever or chills
- headaches
- fast heartbeat and/or low blood pressure
- irritation or confusion
- unusual sleepiness
- dizziness or fainting



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 for more information.

Learning About Tetanus

Tetanus is a serious disease caused by bacteria called *Clostridium tetani* found in soil, dust and animal droppings. When this bacteria enters the body through a cut or wound, especially deep puncture wounds, it produces a toxin that affects the nerves. It causes painful muscle stiffness and spasms, usually starting in the jaw, which is why tetanus is sometimes called “lockjaw.”

Anyone can get tetanus, but it’s more common in people who work with soil or metal, like farmers, construction workers, or gardeners, because they are more likely to be exposed to the bacteria. Older adults are also at risk if their vaccinations are not up to date.

Tetanus symptoms usually start with stiffness in the jaw and neck, then spread to other muscles in the body. People may have trouble swallowing or breathing, and the muscle spasms

can be very painful. In severe cases, the spasms can break bones or lead to death if not treated quickly.

Tetanus does not spread from person to person, and the best way to avoid it is through vaccination. The tetanus vaccine is part of the regular childhood immunizations and is usually given in a shot called DTaP at 2, 4, 6 and 18 months, and then at about 5 years old, and 15 years old.

Booster shots are needed every 10 years to keep protection strong. If someone gets a deep or dirty wound and hasn’t had a booster in the last five years, they may need another shot. Pregnant women often receive the vaccine to pass on the antibodies to their unborn babies until they can receive their first vaccine.

Properly cleaning wounds is always important. Wash all cuts and scrapes right away with soap and water. Go to the Nursing Station for serious or dirty wounds, especially if they were caused by nails, tools, or animal bites.

Tetanus is preventable, and vaccines are the best way to stay safe. Call the Public Health Department at 204-484-2341 to check if you and your family are up to date on your tetanus vaccines!

- Tetanus is a bacteria that enters the body through cuts & wounds.
- It is not spread person to person.
- You can get tetanus more than once.
- Vaccines will keep you safe.



OCTOBER

8-9

2025

18TH ANNUAL

HEALTH

FAIR

EMPOWERING THE YOUTH

JOIN US! This year's health fair is dedicated to our youth. Everyone is invited to attend!

Location: N.N.O.C. High school

10 AM to 3 PM

Calling all youth artists and entrepreneurs! We welcome you to set up your own booth to showcase your talents and/or sell your crafts!

HEALTH PROMOTION, PREVENTION, AND EDUCATION

☑ Healthy Eating

☑ Fitness

☑ Mental Wellness

☑ Traditional Medicine

☑ Diabetes Education

☑ Virtual Health

☑ Health Screening

☑ AND MANY MORE!!!

MULTIPLE TABLE DRAWS & GIVEAWAYS!

HUGE DOOR PRIZES!

DAY 1: IPAD PACKAGE

DAY 2: LAPTOP PACKAGE

FOR MORE INFORMATION, CONTACT:

Amber Spence

Email: amberspence@nchwellness.ca

Phone: 204.484.2341 ext. 132

Nishchawayasik Cree Nation

FAMILY AND COMMUNITY Wellness Centre

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General Inquires: 204-484-2341
Mental Health On-Call: 431-354-1270
Public Health Nurse: 204-484-2341
NCN CFS After Hours On Call - 204-679-6386 OR 204-679-5544



The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN citizens. We focus on: • healthy eating • physical fitness • risk factors • screening • diabetes management
Call 204-484-2341 ext. 166



Our MCH team provides help for mothers (and the entire family) before, during and after pregnancy. We offer nutrition, exercise and wellness guidance to raise your infant, toddler and children, and to stay healthy as a mom. Families with more complex needs can receive individual case management and support. We may help you to receive counselling, stress management, FASD support, and immunizations. We focus on: • a healthy balanced lifestyle • raising healthy kids • holistic care for pre- and post-natal mothers • nutrition for moms, babies and families
Call 204-484-2341 ext. 128 or 127



We create positive, supportive long-term mentoring relationships with women who have used substances during their current or recent pregnancy. Women are guided in harm reduction strategies, linked to community resources to reduce isolation and encourage family participation, and educated about the effects of alcohol and drugs. We also connect families to professionals for efficient FASD assessment, diagnosis and care plans and offer regular educational programs and FASD awareness events in the community.
Call Irene Spence or Tanya Moody at 204-484-2341



The Canada Prenatal Nutrition Program (CPNP) provides funding to help to improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.
Join us every Wednesday between 1pm and 3pm
To find out more, call 204-484-2341 ext 166



Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families, and awareness of the program is increasing every year. Most clients become involved with Jordan's Principle through a referral from school, JP staff, family or friends, or another health program in the community. Eligibility Criteria: Children who have or may show signs of any of the following: Developmental delays; Autism spectrum disorder; Permanent physical disabilities; Speech impairment/delays; Attention deficit disorder; Attention deficit hyperactive disorder; Medical needs
For more information call 204-484-2585

All NCN Citizens who live on-reserve in Nisichawayasihk Cree Nation qualify to use the MRH, if there is space available, and if the MRH is capable of providing the care required. (You will be required to provide your referral information from the NCN Nursing Station.) The MRH is set up to accommodate one-day appointments, overnights, and stays of longer term* in cases of surgery and ongoing treatment. (Extensions may be provided on a case-by-case basis, with proof that you have tried to find another residence.)
Call 204-786-8661

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**Noosi Muskwa
WOMEN'S SHELTER**
A safe place where healing begins

The Women's Shelter offers temporary shelter to women and their children who come to us on a voluntary basis because they are in crisis or dealing with domestic violence or abuse at home from a partner or spouse. We combine protection and security with western counseling and Indigenous wisdom to help women make a plan for future security and happiness.

The Women's Shelter is located in Nelson House and is available 24 hours a day to all NCN women and children. There is no financial cost to stay with us.

We'll keep you and your children safe while you make a plan for your future.

Call 204-484-2634 or 204-354-1840



**Nelson House
MEDICINE
LODGE**

Mithwayawin Mitho Tehewinihk Ochi

Offering non-medical, drug and alcohol treatment, prevention and aftercare services that encompasses both Indigenous and Western worldviews. This includes the natural laws of respect and humility that teach us to be open to learning and implementing best practices, to better serve those who have been greatly impacted by substance abuse and/or mental health issues. We work to assist people who have been spiritually and psychologically influenced by life's circumstances. Our unique approach delivers proven results for individuals traveling the "Red Road to Wellness".

Residents of our 8-week know Drug and Alcohol Treatment Program are guided by Medicine Lodge's dedicated staff of professional clinicians, counsellors, and spiritual healers.

Call 204-484-2256



ndinawe
NDINAWEMAAGANAG
ENDAAWAAD INC.



**NDINAWÉ
204-417-SAFE**

Connecting at-risk youth with the shelter, culture, programming, education, health and supports they need for safe and healthy lives.

Your central source for adult addiction services.

MBAAddictionHelp.ca

We're here when you're ready.
Call or text 1-855-662-6605

**MANITOBA
CRIME
STOPPERS**

**To Submit a Crime Stoppers Tip:
Call: 1-800-222-8477(TIPS)**

Submit a Tip Online: www.manitobacrimestoppers.com
A safe and anonymous way to report crime

CFS On-Call
**NCN: 204-679-6386
or 204-679-5544**

24/7 SUPPORT

Counselling Services On-Call
NCN: 431-354-1270
(On call hours are from 4:30pm to 8:30am AND 24 hours Saturday/Sunday and Holidays)

NCN Family and Community Wellness Centre provides essential services for 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



Nisichawayasihk Cree Nation
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PRE-REGISTER BY OCTOBER 14, 2025
CALL Pam Moore at 204-307-0889
or drop by FCWC and see her in-person.

Parent Power:

EQUIPPING FAMILIES FOR SUCCESS

2025 NCN Parent Conference

OCTOBER 14-16, 2025

NNOC High School, 3 Moody Drive • Nelson House, MB

Transportation will be provided:

Bus pick-up 8:15 AM
Bus drop-off 4:15 PM

8:00 – 9:00 AM
Breakfast & Workshop
Registration (daily)

LUNCH & SNACKS
Provided (daily)

OCTOBER 14 • WORKSHOPS

- FASD Tips for Parents and Caregivers
- Parenting an Anxious Child
- Substance Abuse: It's Effects on Children
- Budgeting and Cost Saving Tips
- Parenting in the Online World: Online Safety
- Understanding Childhood Milestones
- Strengthening Health Through Vaccination and Hygiene
- Gender and Sexual Diversity for Parents with Children who Identify as LGBTQ+
- Nutrition and Health Eating Habits
- Parenting in the Online World: Online Safety

DAILY SAFE SPACE ROOM
& SMUDGING – Cleanse or debrief
with on-site counselors and Elders.

OCTOBER 15 • WORKSHOPS

- Why Oral Health Matters to Your Family
- Home Air Circulation and Pest Control
- Positive Behaviour Management
- Suicide Prevention
- Commit to Kids: A Guide for Parents
- Bullying and Its Affects on Learning
- Autism: Literacy and Language
- Managing Childhood Illnesses
- Effective Communication Strategies
- Domestic Violence
- CFS Roles and Responsibilities
- Why Oral Health Matters to Your Family

OCTOBER 16 • WORKSHOPS

- Designing Diamond Willow Talking Sticks
- Spruce Gum Medicine Teaching over Tea and Bannock
- The Sacredness of a Woman
- Sweatlodge Teachings
- Making Homemade Body Soap
- Foot Care
- Beading Your Own Earrings



Dealing With Depression & Thoughts Of 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.

The following people are at higher risk:

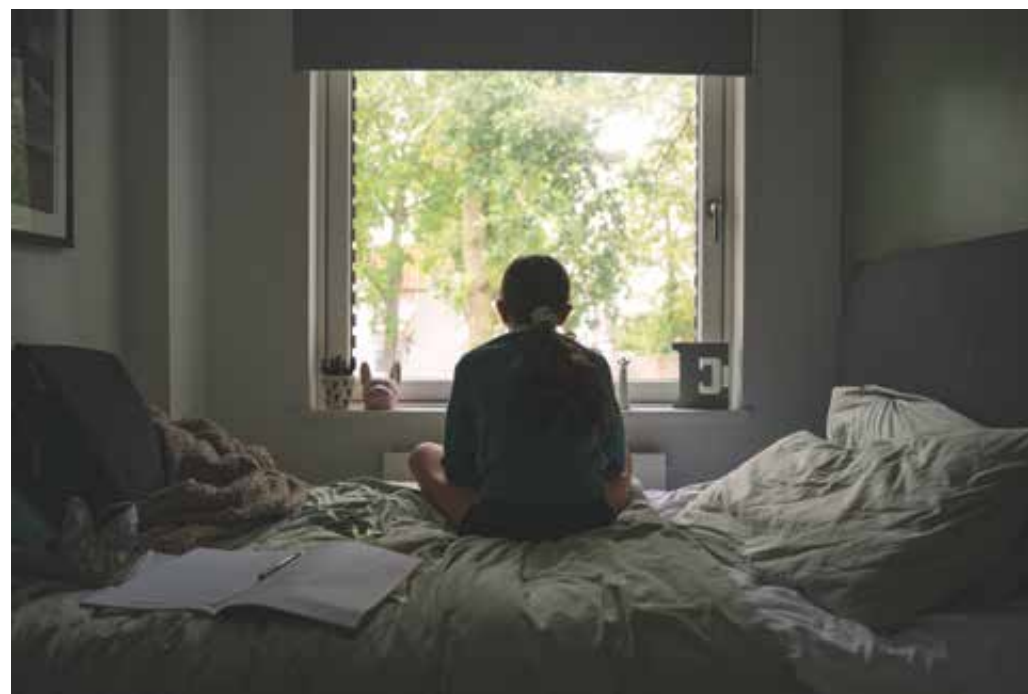
- people without a social group
- people with addictions, physical or mental illness, learning disabilities

- 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
- people who have been abused, molested or neglected
- people who are LGBTQ2S+
- 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

When people feel like they are needed, and can envision a healthy future, they are able to get past feelings of sadness and despair.

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 vision a healthy to get past



feelings of sadness and despair.

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

- healthy living with exercise, good nutrition and 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 and neighbours
- understanding that sadness is temporary, but depression feels never-ending
- getting help with your problems before they feel impossible

How do I help a friend (or myself) who seems depressed or suicidal?

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. Consider talking with their family about your concerns, even if they ask you not to.

Call us at 204-484-2341. We'll determine what immediate plans and long-term strategies will help your friend (or you) to be safe and secure.

Be proud of your decision to get help.
You are making the right choice.

Warning signs of depression or suicidal thinking

- 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 & getting their affairs in order

Do you need help right now?

Call or text 988 anytime.

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

Cedar For the Body & Spirit

FCWC staff recently picked and prepared cedar, Mah-ski-ki, for use in upcoming ceremonies.

Cedar is one of the four sacred medicines of the Anishinaabe people. (The others are tobacco, sage and sweetgrass.)

It is used in ceremony and in smudging for purification, protection and healing, and to create a sense of balance. When cedar is placed in a fire with tobacco, it crackles, which brings the attention of the spirits to the offering that is being made. You'll often find cedar in fasting and sweat lodge ceremonies.

Many people use cedar in everyday life, thanks to its medicinal properties. It is most often used in tea and baths, as it provides anti-inflammatory and respiratory benefits, and is an excellent source of Vitamin C. It can help with bronchitis, pneumonia, rheumatoid arthritis and smaller coughs and sniffles.

On the medicine wheel, cedar is placed in the North. It is represented by white, because cedar stays green over the winter. It is associated with the wisdom and resilience of the Elders.



How To Make Cedar Tea

- Ensure your cedar is clean & free of debris.
- Fill a pot with about 6 cups of water. Bring to a boil.
- Place about 5 sprigs of cedar gently on top of the boiling water.
- Turn off the heat & let steep for at least ten minutes.
- Once the water has turned green or golden brown, remove from heat.
- Strain the liquid to remove the cedar & any scum that appears.
- Drink warm to hot. Add honey if necessary.
- Be sure to return your used cedar to nature, instead of a garbage can.

*If you are new to cedar tea, ask for help from an Elder! Make sure you are harvesting and preparing your tea properly. Cedar contains turpene, which can be toxic in excess. Check in with an Elder if you are pregnant or nursing. Limit your cedar tea to 3 cups a week.

Let's Go Lego!

To raise awareness for Suicide Prevention Month, the Family & Community Wellness Centre hosted a

lego competition on September 25.

NCN kids ages 9-15 were encouraged to compete. They had five hours to

design and build their own structures.

In the end, 17 young people came out to participate. They did a great job and

showed some impressive creativity. Congratulations to our winners!



1st Ty Linklater



2nd Grayson Dumas



3rd Brody Moose

Nurture holistic wellness

Strengthen NCN families with community and culturally-based activities focused on Family Enhancement.



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204-484-2341 ncnwellness.ca



Do you have a suggestion or a mithwâyâwin story idea?

We would like your comments, feedback or news stories. Please contact ncnwellness@gmail.com



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Wellness Centre Inc.

14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
T (204) 484-2341
F (204) 484-2351
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

