



Nisichawayasihk Cree Nation
 FAMILY AND COMMUNITY
 Wellness Centre, Inc.

Good Health, Good Feelings

Mithomahcihowin



AUGUST
 2024

Another Beautiful Summer at Leftrook

During the months of July and August, FCWC Family Enhancement and Counselling Services hosted several family camps at Leftrook.

Participants had the chance to get back to nature and enjoy fellowship. Thanks to the Land Base program, everyone tried their hands at fish

filleting and learned about harvesting a bear.

Kids enjoyed arts and crafts and had invaluable learning experiences with their Elders. There was a spirited fire bannock making contest, with Candace Brightnose finishing in first

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Protecting Our Future: The Alarming Increase in Type-2 Diabetes in Children

Type-2 diabetes is a growing concern for our children, especially for those living in our community. This disease, which was once rare among children, is now more common, and it's crucial to understand how we can protect our children from it.

What is Type-2 Diabetes?

Type-2 diabetes happens when the body cannot properly use insulin, a hormone that helps control blood sugar levels. This can lead to high blood sugar, which over time can cause serious health problems like heart disease, kidney damage, and vision loss. Unlike Type-1 diabetes, which usually starts in childhood and requires insulin injections, Type-2 diabetes is often linked to lifestyle factors and can sometimes be managed or prevented through healthy habits.

The Growing Problem

Recent studies have shown a significant increase in the number of children diagnosed with Type-2 diabetes in Manitoba. Between 2009 and 2018, the number of children with Type-2 diabetes doubled. For First Nation children, the numbers are even more alarming, with rates much higher than those of other Manitoban children.

Why Are Our Children at Higher Risk?

There are several reasons why children in NCN (and other First Nation Communities) are more likely to develop Type-2 diabetes, they include:

- 1. Socioeconomic Factors:** Poverty and lack of access to healthy food and recreational activities create an environment which increase risk.
- 2. Obesity:** High rates of obesity among our children contribute to the risk. Traditional diets have often been replaced by processed foods high in sugar and fat.

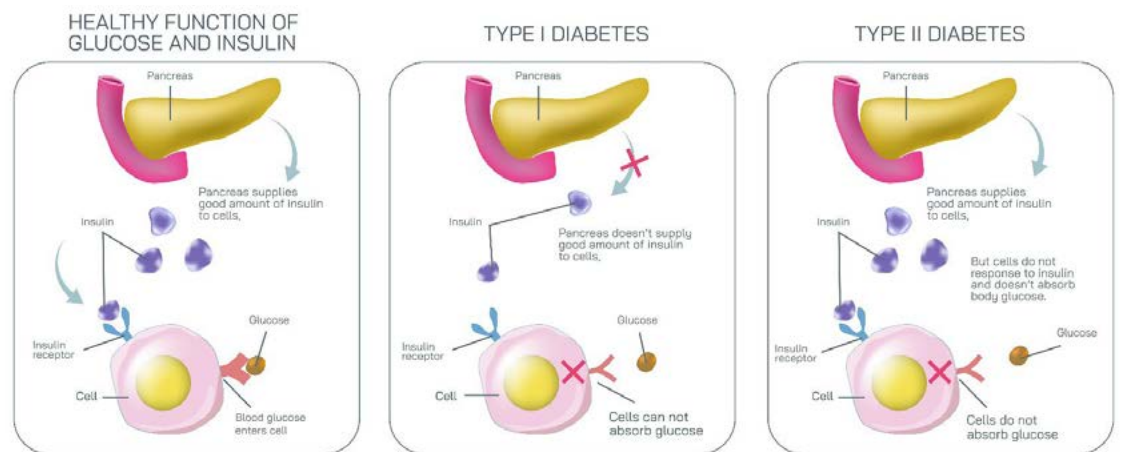
- 3. Historical Trauma:** Through colonization, our grandparents and parents were discouraged from practicing cultural traditions and now have little choice but to turn to ready-to-eat meals, unhealthy snacks, and sugary beverages.

- 4. Genetics:** Unfortunately, some individuals carry genetic traits which make them more prone to developing diabetes.

What Can We Do to Prevent Type-2 Diabetes?

We need to act now to protect our children. The following are a few practical steps that families and our community can take to help reduce the risk of Type-2 diabetes:

- **Encourage Healthy Eating**
 - **Traditional Foods:** Incorporate traditional foods like fish, wild game, berries and vegetables into meals. These foods are not only nutritious but also connect children to our heritage.
 - **Limit Sugary Drinks:** Replace sugary drinks like pop and fruit juice with water, milk, or traditional teas.
 - **Balanced Meals:** Aim for balanced meals that include a variety of foods, such as lean proteins, whole grains, fruits and vegetables.



■ Regular Check-Ups

- **Health Screenings:** NCN Wellness Centre's Public Health Department offers regular screenings for pregnant and mothers of newborn children. Early detection and management are crucial in ensuring that any risks noted are mitigated or minimized.

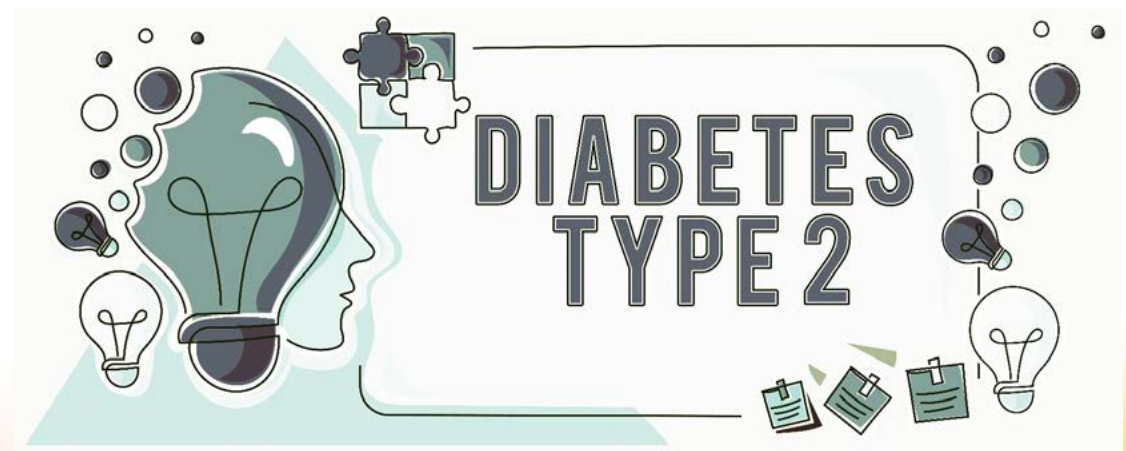
■ Educate and Support

- **Community Programs:** Participate in community programs that promote healthy living. These include cooking classes, fitness programs, and educational workshops. Contact the Wellness Centre for upcoming events.
- **School Involvement:** Both our elementary and secondary schools offer breakfast and lunch meals. Ensure that your children are participating in these programs in cases when similar healthy meals are not available at home.

■ Physical Activity

- **Daily Activities:** This can be as simple as walking to school or the store or taking in an organized (or unorganized) sporting activity like soccer, baseball or basketball. In winter months, snowshoeing can invoke a cultural connection.
- **Weekly Activities:** This can include hiking or land-based activities such as harvesting or cleaning up along the road or in the neighbourhood.

Type-2 diabetes is a serious health issue, and we need to act now to protect our children. Through healthy eating, physical activity, and education, we can return to our cultural traditions and reduce the risk of Type-2 diabetes and ensure a healthier future for our children.



*Source: "Incidence and prevalence of Type-2 diabetes in Manitoba children 2009-10 to 2017-18: First Nation versus all other Manitobans" – Published January 18, 2024

place; Julie Hart taking second, and Freda Linklater in third.

Gorgeous sunsets and incredible views brought strength and serenity to all.

We are grateful for our facilitators, organizers and participants. See you next time!



Making Healthy Changes With Kids

Sometimes the best way to incorporate new habits is to just get on with it.

Instead of starting with conversations about why meals and snacks should be healthier, simply begin making small changes. Rather than lecturing about the importance of exercise, invite your kids to go for a walk. Action first, talk later!

Once you have a few new habits, you might discuss with your children why you're making changes.

Don't talk in negatives, like, "You're overweight and lazy so you'll get diabetes." Instead, talk about long-term health and why it's important, like, "Daily exercise means we'll be able to play in a baseball tournament next summer." It may be helpful to talk about family history, like, "My parents both have diabetes, which means we should focus on staying healthy so we don't get it, too."

Why don't you:

- swap out sugary drinks for cedar tea & other traditional drinks (ask

an Elder to teach you)

- make healthy trades (sunflower seeds for chips; frozen berries for candy, etc)
- start Scavenger Hunt Sunday (take turns making the list)
- create a "physical fun before screens" rule
- get involved (much easier to get your kids to exercise when you join them)
- check out the Fitness Centre (it's free!)

- create some long-term health goals as a family (we'll do a family camp at Leftrook; we'll use the money we used to spend on pop to buy a canoe; we'll go to a Moose game after we've skated 50 times, etc)
- learn more about food sugars & how they influence your health (follow an IG account like GlucoseGoddess).



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.

Watch For Our FCWC Billboards

You may have noticed a new look around NCN.

A plan that has been in progress since last year has finally come to fruition, with new billboards advertising the Family and Community Wellness Centre. They have bold colour,

beautiful illustrations and information about how to get in touch with the FCWC.

There are programs and services here for everyone of all ages, free of charge. We are excited to find out how we can serve you and your family!



Every child is sacred.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

204-484-2341 ncnwellness.ca



Kakithaw Awasisak Kistinitakowsiwak

Congrats to Chainsaw Safety Grads

The Family & Community Wellness Centre would like to congratulate our Land Base and Maintenance employees in successfully completing the following courses with the University College of the North in partnership with Safety Services Manitoba and the Lifesaving Society:

Chainsaw Safety, Working at Heights, GHS & WHIMS 2015, Transportation of Dangerous Goods, and Pleasure Craft Certification.

The intensive four-day training was specifically intended to ensure on-the-job workplace safety for the employees as they implement FCWC's cultural outings and family camps that annually occur at Mile 33, Leftrook, Harding and Balduck Lakes.

FCWC takes every precaution to safeguard the well-being of community members that entrust their safety to our Land Base employees as they participate in our family camps that support and foster land base education through traditional activities and ceremonies. We are very grateful and appreciative to the knowledge and skills these hard working employees bring to our Centre. Thank you and congratulations once again;

- Peter Flett**
- Douglas Spence**
- John Wood**
- Larry Tait**
- Georgina Linklater**
- Shaun Spence**
- Mervin Linklater**
- Darrell Beardy**
- Dakota Hunter-Wastesicoot**
- Jett Hunter-Wastesicoot**
- Cody Wood**
- Randy McDonald**
- Garry Moore**
- Jericho McKay**
- Carl Young, Compliance Officer
- Vernon Moodie, Facilities Manager
- Larson Tait, Maintenance Supervisor
- Robert Tracanelli, Maintenance Assistant
- Shaun Linklater, Maintenance
- Joel Spence, Medical Transportation



Support Our Families

MISSING: If you have any information about Douglas Bighetty, Rico Linklater, and Christopher McDonald, we urge you to contact the RCMP at 204-484-2837. To report anonymously, you can either call 1-800-222-8477 or online at p3tips.com. Your information, no matter how small, could be the key to bringing them home.

Additionally, we are also seeking information about the unsolved hit-and-run incident

involving Yolanda Osborne which occurred at approximately 8:00pm on January 13, 2023. Any details you can provide could help bring closure to their family.

Every missing and deceased person is someone's loved one. Your courage to speak out can make a profound difference. Let us stand together as a community to ensure the safety and

well-being of all our members. Your help is vital in reuniting families and bringing peace.

Thank you for your cooperation and compassion.



Smudge The Streets Day

On August 1, FCWC employees, friends and neighbours gathered to make the community stronger together.

They walked through the streets of Nisichawayasihk Cree Nation and smudged and drummed. Colourful ribbon skirts stood out against dramatic clouds and a bright blue sky.

Thank you to all participants who took their time to create an atmosphere of love and support for all NCN Citizens!



Nurture holistic wellness

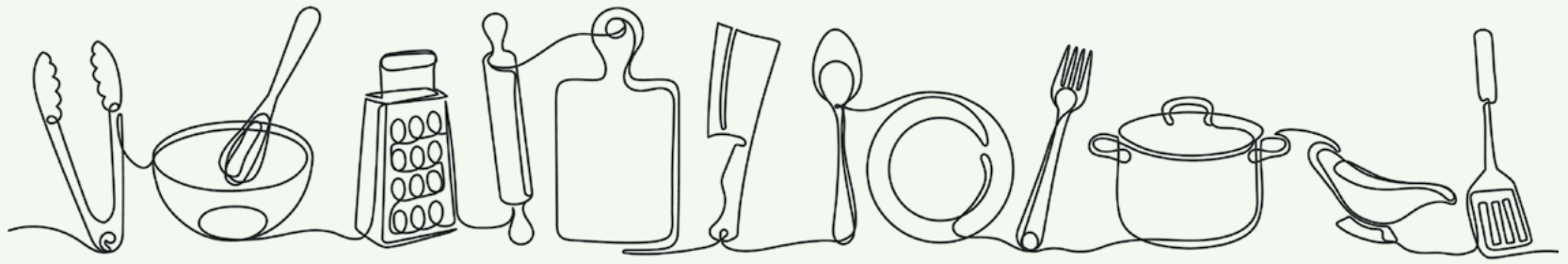
Strengthen NCN families with community and culturally-based activities focused on Family Enhancement.



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204-484-2341 ncnwellness.ca





“Seasonal Comfort: Fall Recipes to Warm Your Home”

As the crisp fall air begins to settle in, it's a perfect time to embrace the comforting warmth of home-cooked meals. Autumn is not only a season of beautiful change but also an opportunity to gather with family and friends around hearty dishes that warm both body and

spirit. With cooler temperatures arriving, our focus turns to preparing for the months ahead, and what better way to do that than by making nourishing, homemade recipes? In this issue, we're excited to share two simple and affordable recipes: Mulligan Stew and Bannock. These

meals are not only easy to prepare but also use common ingredients you might already have in your pantry. Enjoy these hearty dishes as you celebrate the season's abundance and prepare for the winter ahead.

Mulligan Stew

Ingredients:

- 1 lb ground beef (or other meat such as sausage or chicken)
- 1 cup pasta (elbow macaroni, shells, or any small pasta)
- 1 can diced tomatoes (14.5 oz)
- 1 can mixed vegetables (15 oz) or 2 cups fresh or frozen vegetables (corn, peas, carrots, etc.)
- 1 onion, chopped
- 2 cloves garlic, minced (optional)
- 2 cups beef or chicken broth (or water)
- 1-2 tbsp cooking oil
- 1 tsp dried herbs (such as oregano or thyme)
- Salt and pepper to taste
- Shredded cheese (optional, for topping)

Instructions:

1. **Cook the Meat:** In a large pot, heat the cooking oil over medium heat. Add the ground beef and cook until browned, breaking it up with a spoon. Drain excess fat if necessary.
2. **Add Vegetables and Seasonings:** Add the chopped onion and garlic (if using) to the pot and cook until softened. Stir in the diced tomatoes, mixed vegetables, and dried herbs. Cook for a few minutes to combine.
3. **Add Broth and Pasta:** Pour in the beef or chicken broth (or water) and bring to a boil. Stir in the pasta and reduce heat to a simmer. Cook according to the pasta package instructions, usually about 8-10 minutes, until the pasta is tender.
4. **Season and Serve:** Season with salt and pepper to taste. Serve hot, and sprinkle with shredded cheese if desired.

Bannock

Ingredients:

- 2 cups all-purpose flour
- 2 tbsp baking powder
- 1/4 cup sugar (optional)
- 1/2 tsp salt
- 1/2 cup shortening or butter
- 3/4 cup milk (or water, as needed)

Instructions:

1. **Preheat Oven:** Preheat your oven to 425°F (220°C).
2. **Mix Dry Ingredients:** In a large bowl, mix the flour, baking powder, sugar (if using), and salt.
3. **Cut in Fat:** Cut in the shortening or butter until the mixture resembles coarse crumbs.
4. **Add Liquid:** Gradually add milk (or water) until a soft dough forms. You might need a little more or less liquid depending on the flour and humidity.
5. **Shape and Bake:** Turn the dough out onto a floured surface and knead briefly. Pat or roll out to about 1/2 inch thick. Place on a greased baking sheet or in a cast-iron skillet. Bake for 12-15 minutes, or until golden brown.



Walking For Kidney Health

FCWC employees enjoyed the weather and walked to raise awareness of kidney health on July 12.

The kidneys are two bean-shaped organs located under your ribs toward your back. They filter blood, collect its waste, and then eliminate it through your urine. They manage the amount of fluid and salt in your body and help to control blood pressure.



Kidney health is especially important for people with diabetes. High blood sugar levels can damage your kidneys. Over time, the kidneys break down because they can't eliminate waste product. If left untreated, eventually they will fail completely, which is called "end-stage renal failure."

To take care of your kidneys:

- maintain healthy body weight, blood pressure & blood sugar levels;
- do not smoke;

- exercise regularly;
- eat healthfully;
- take medications as prescribed;
- stay in touch with your medical team to monitor your health.

If you have questions or concerns about diabetes, glucose, blood pressure, or your kidney health, call Christabelle at 204-484-2341 extension 131.

Kidneys manage the amount of fluid and salt in your body and help to control blood pressure.



Traditional Medicine Is Good For The Soul

Jordan's Principle had a wonderful day in July enjoying time in nature gathering medicine. One of the participants wrote a beautiful meditation on the experience.

"Immersed in the splendor of the natural world, the experience of connecting with the land and traditional medicines is truly majestic. The rugged beauty of the terrain, the vibrant colours of the flora, and the gentle rustle of the leaves in the breeze all converge to create an atmosphere of serenity and wonder.

As you walk upon the land, the soft earth beneath your feet seems to whisper ancient secrets, carrying the whispers of your ancestors on the wind. The air is alive with the scent of sage and sweetgrass, transporting you to a realm of profound connection and understanding.

Every step reveals a new treasure: a burst of colourful wildflowers, a shimmering stream, or a majestic tree standing sentinel. The land is alive, and its wisdom is palpable.

As you gather medicines, the act of harvesting becomes a sacred ritual. The gentle touch of the plants, the reverence with which you

handle them, and the intention infused into every step all blend together in a beautiful dance of reciprocity.

In this moment, the boundaries between self and nature dissolve, and the interconnectedness of all living things becomes breathtakingly clear. The land, the medicines, and your own heartbeat merge into a symphony of unity and harmony.

Time stands still as the ancient wisdom of your culture awakens within you, guiding your hands and heart. The experience is both grounding and expansive, nourishing your soul and spirit.

In this majestic experience, the beauty of your culture shines brightly, a beacon of hope and resilience. The land, the medicines, and your ancestors' wisdom all converge to remind you of the profound importance of honouring the natural world and the traditions that have been passed down through generations.

Kinanáskomitináwáw."



Talking To Your Kids About Sexual Behaviour & Activity

Whether we're talking about inappropriate touching, partners pushing too far, or healthy sex lives, sex is an important topic.

As parents, elders and older family members, it's important to discuss these things calmly. They may be uncomfortable conversations, but silence is a dangerous weapon that bad people use. When we are embarrassed or ashamed, we teach our children that sex and their bodies should be kept secret. This makes it easier for abusers to take advantage of them.

Talking about consent and boundaries begins many years before sexual activity begins. Start young so your kids learn to understand their instincts. They must have confidence in their own wants and needs before people begin to pressure them.

- Teach your children "my body, my rules."
- Tickle your toddler & when he or she says "stop," do so immediately. Say "OK, your body, your rules."
- Discuss body language. When we understand what fear, reluctance, sadness & anger look like, we can recognize it in ourselves and help others in bad situations.
- If your child declines your affection, be graceful. When you pout or tease, you're teaching your child that other's feelings should be more important than their own.
- Don't force your child to show affection. "Just give Auntie a hug" teaches your child that his or her needs don't matter.
- Teach your children the proper words for body parts. Children who are comfortable with their bodies are not easy targets for bad people.
- Teach them that secrets only happen between kids and parents. If anyone else wants to keep a secret, they should tell their parents.

As children grow older, their world opens up. Tweens and teens look

beyond their parents for information. It's time to stop lecturing and start open discussions.

- Pay attention to what your kids learn through TV, movies and music. Teach them to question what they see rather than accepting it as truth.
- Talk about your dreams for your child's future. Find positive role models for them.
- Make sure they feel your love and acceptance, so they don't search for it elsewhere.

By the time your children are 13 years old, have conversations about consent and sex. If they're too embarrassed to talk about these issues with parents or a partner, they aren't ready to be sexually active!

- Make sure they have condoms and know how to use them. Get help at the Wellness Centre if you're nervous about this.
- Sex should make you feel happy: before, during and after. If you're sad or scared or angry, something is wrong.
- Consent is an enthusiastic yes. It is not the absence of no.

For boys:

- Pregnancy happens to a woman AND a man. Discuss with your son what he would do: Marry the mother? Move in with her? Drop out of school to get a job?
- Teach them to think about and understand their partner's feelings.
- Body language is important. Is she saying "no" with her eyes, her body, her actions? If she is not enthusiastic, you must stop.

- Real men don't brag about sex. Real men have happy and satisfied partners.

For girls:

- Teach them to understand their feelings. Write in a journal or talk with an older relative.
- What's the plan if she becomes pregnant? Marry the father? Drop out of school?

- Talk about their standards. Is this boy worthy of this intimate part of your life? Will he tell his friends about your private times? Is he respectful of your friends and family? Does he accept your feelings and decisions?
- If someone pressures you or doesn't accept no, they do not deserve you.
- Your body, your rules.

My Body Safety Rules

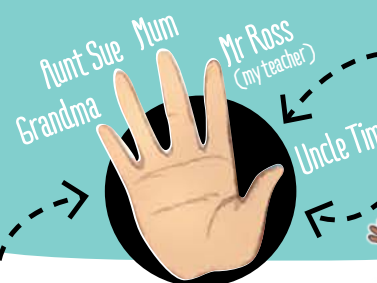
My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.
I can give them a high five, shake their hand or blow them a kiss.
I am the boss of my body and what I say goes!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.
If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe I may sweat a lot, get a sick tummy, become shaky and my heart might beat really fast.
These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



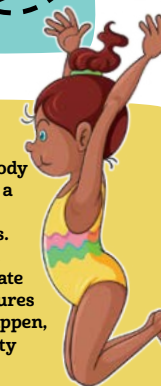
Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Private Parts

My private parts are the parts of my body under my bathing suit. (My mouth is a private part too.) I always call my private parts by their correct names. No one can touch my private parts. No one can ask me to touch their private parts. And no one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



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There are Supports out There!

Nisichawayasihk – Local/Provincial/National Options



Mood Disorders Association of MB

Provincial Peer Support
Call: **1-800-263-1460** or email:
peersupport@mooddisordersmanitoba.ca
(M-F 9am-4pm Sat-Sun 10AM-4PM)
Postpartum Warmline: Call or Text
204-391-5983 (Hours 9am-9pm M-Sun)



Anxiety Disorders Association of MB

Thompson Peer Support: Call/Text:
431-754-6720 (M to F – 1pm-4pm)
Provincial Outreach and Support:
Call: **204-925-0040** or **1-800-805-8885** if
you would like to chat or feeling anxious



Help for mothers before, during and after pregnancy

For more info:
204-484-2341
ext. 128



Managing and Understanding Your Diabetes and Nutrition

Contact our ADI Worker at:
204-484-2341
ext. 132



YOUTH SPACE.CA

You might not always feel sunny,
and that's okay. We're here to
listen, judgement-free.

Youthspace.ca is a free online chat or text service
for anyone in crisis or needing emotional support.
Open every night from 6pm-12am PST, anyone
under 30 across Canada is welcome.

Youthspace

Emotional support to persons 30 years and under

Text to: **(778) 783-0177**
Or Chat: www.youthspace.ca
(8pm-2am in MB)

Indigenous Specific Resources

HOPE For Wellness Line: Speak to a counselor
about anything. You can request services from:
Male or Female, Cree and English

Call: 1-855-242-3310
or connect to online chat:
hopeforwellness.ca

**Residential School Crisis
Line:** Support and Crisis
Services –
1-866-925-4419 (24/7)

**60s Scoop Peer Support
Line:** (8am-8pm)
Listening and support – 1-866-456-6060

MKO Mobile Crisis Response Team:
1-844-927-5433 or check out their many
services at: <https://mkonation.com/>



NCN Medical Receiving Home

A Safe, Full Service Stay
for Our Citizens

Provided for ALL NCN Community Members
who have referrals for medical appointments
in Winnipeg

For more information, please call:
204.786.8661



NCN Medicine Lodge

NCN Medicine Lodge
Healthier Lifestyle with
Control Over Addictions

Telephone: 204-484-2256
Paving the Red Road to Wellness



NCN Women's Shelter



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

Emergency On-Call: 204-679-1996 24/7
Landline: 204-484-2634 Executive Director
(24/7): 204-679-2851

Sexual Assault,/Exploitation/ Partner Violence

Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinic Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



The Canadian Prenatal Nutrition Program
aims to improve the Well-Being of Pregnant
Women

- Weekly prenatal classes
- Weekly food coupons
- Friendship and support with other new mothers

Contact FCWC CPNP Worker at:
204-484-2341 ext. 132

EATING DISORDER SUPPORT



1-866-633-4220

Or Chat online: NEDIC.ca (hours vary)

Manitoba Parent Line

1-877-945-4777
(8am-8pm Monday-Friday)

Parents' Helpline PLEO

Family Peer Supporters help parents of
children (up to 25 yrs) facing mental health
challenges **1-855-775-7005**



Support and Information

Thompson Based
Canadian Mental Health Association
204-677-6056

Provincial
Manitoba Schizophrenia Society
204-786-1616



MANITOBA Farm Rural & Northern Support Services

Call: **1-866-367-3276** (available—24 hours,
7 days a week!)

No matter what
the issue,
support for
anyone of any
age, from
anywhere in
Manitoba



Jordan's Principle

A Child First Initiative
NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations
children have access to products, services and
supports they need, when they need them.

**You can make an appointment or get a
referral by calling our office: 204-484-2585**



Rainbow Resource Centre

Free phone counselling for members of the
2SLGBTQ+ community of all ages, families,
friends and loved ones as well.
Email to setup appointment:
info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366 Hotline for
transgender people in crisis. Including people
who may be struggling with gender identity
or not sure if transgender (hours may vary as
volunteers available)

LGBTQ+ Resource: Pflag Canada Support,
info and resources to gay, lesbian, bisexual,
transgender or questioning people and their
family and friends

Call **1-888-530-6777** ext 226 (24/7)
Or email gender@pflagcanada.ca



FASD Prevention Program

Success Through Advocacy and Role Modeling

Pregnancy can be difficult, and dealing with
addiction or substance abuse can be even
harder.

**Speak to the FCWC STAR Program
Manager Call: 204-679-4619**



Health Links Info Santé

A 24/7 telephone service to provide answers
to your health care questions and to guide
you to the care you need.

204-788-8200
or toll-free **1-888-315-9257**



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NCN Wellness Programs and Services
Call Us Today! **204-484-2341**

NCN Wellness – Support and Information Lines:



Mental Health On-call: **431-354-1270**
– Public Health Nurse: **204-484-2341**
ext. 131 – WeTel Check-in Text Support
Scan QR Code or use the Self-Enrollment
link below: <https://mis-nelsonhouse01.weltelhealth.net/enroll?clinicid=1>



Child Protection:

If you think a child is being harmed or neglected:
NCN CFS at **204-484-2341**
On-Call 24/7: **204-679-6386** or **204-679-5544**

Your Path to Wellness

See how the FCWC
can help you ...
Programs, support,
education, and more ...



Tuberculosis Program

TB is an infectious bacterial disease. It usually affects the lungs but can harm other areas of the body. The good news is you can cure active tuberculosis with a consistent and complete course of medication. This is also the best way to prevent TB from spreading. Because Tuberculosis is a transmitted disease, it is always a concern in our community. Our public health team delivers education and screenings to help everyone avoid tuberculosis, and medication programs to stop the disease if you become infected.



Services Include:

- Provision of information and care
- Access to effective medication
- Education about what's happening in your body, nutritional food, exercises
- Access to health care professionals
- Transportation (as needed)

Benefits Include:

- Open and honest communication with your health care team
- Consistent and complete course of medication
- Prevention of spread in the community
- Support for patients and caregivers

*Tuberculosis is Curable.
Let us Help You and Prevent Spread.*

BCG Vaccine for Newborns and Infants

Did you know, newborns are no longer be given the BCG vaccine at the hospital? NCN's Public Health provides BCG (Bacille Calmette-Guérin). It is a vaccine given to babies to protect them from serious forms of Tuberculosis (TB), TB Meningitis (brain infection) and widespread infection. BCG vaccine helps to protect infants and young children from serious complications of Tuberculosis.

Since 2004 the BCG vaccine has not been given to members of NCN and SIL because of a very rare immune condition called Severe Combined Immune Deficiency Syndrome (SCIDS) linked in bloodlines from both communities. As of September 28, 2020. All babies born in Manitoba are screened for SCIDS as part of their routine newborn tests.

The BCG vaccine is offered to newborn/ infants living in ALL Manitoba First Nation communities.

Please call to book an appointment as soon as you return home from the hospital.

If you have any questions, please call and speak to a Public Health Nurse.

Call: (204) 484-2341 Ext. 160 or 163



*Providing Routine Child Immunization and Vaccination
for the Health of Your Child and the Community*



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341** Ext. 132

Address 14 Bay Road Drive, Nelson House, MB R0B 1A0

Do you have a suggestion or a Mithomahcihowin story idea?

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



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