



West Moberly First Nations Health Centre



NEWSLETTER

Over the last several years, I have had the opportunity and pleasure of supporting West Moberly at the Health Centre. More recently, throughout the pandemic we all collectively came together to support one another and ensure the safety of our community members.

Since re-opening after the pandemic, the health centre has shifted our focus to ensure we are meeting the needs outlined in our Community Comprehensive Plan (CCP). What we heard through engagement sessions with the Kaniikaniit Team and our CCP is that our community would like to be better informed of services offered in West Moberly. We hope this newsletter will be one way to help us meet this need.

Our community has experienced many successes over the past year; with support of leadership we were able to onboard some team members to help us better achieve community goals outlined in the CCP. We do acknowledge some setbacks with staffing shortages and unfilled roles, please keep your eye on the West Moberly website for updated Job Postings.

Along with success, there are challenges, in recent Health Team meetings we were able to highlight that attendance from community membership has been low, this is something that is being actively monitored. If you have ideas of ways to increase attendance or advice on scheduling please reach out to the centre at 250-788-3622 or by email healthcomments@westmo.org

Overall, I am so proud of our community and the work our Health Centre has accomplished; thank you, whole-heartedly, for all the continued support and guidance, and please pop by the health centre or drop us a line to give us any feedback or ideas.

Your Health Manager,

Clorrisa

Meet our Team



Maria Cryngman:
Admin Assistant & Medical Transportation



Colin Day:
Social Development Worker

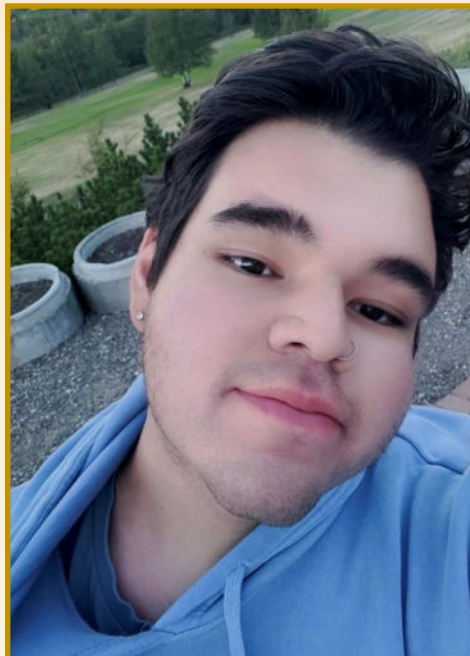
Sarah Day:
Addictions & Mental Health Counsellor



Clorrisa Bigfoot:
Health Manager



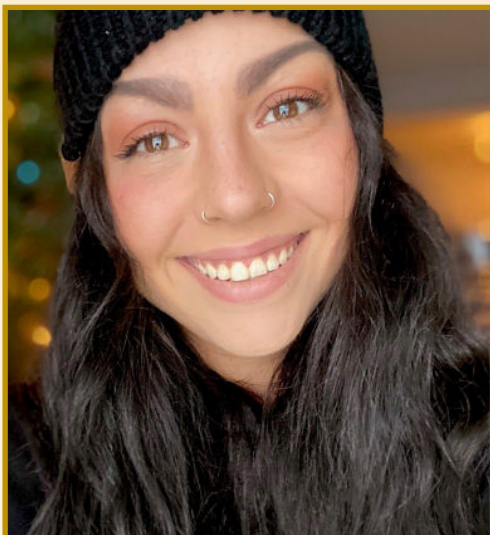
Sharidin Townsend:
Community Health Representative



Ethan Cameron:
Recreation Coordinator



Kaelin Elliott:
Child & Youth Counsellor



Alisa Froh:
Urban Health Liaison

To contact any of these staff
please call the Health Centre
at 250-788-3622

Band General Re-Cap

We presented an update at the most recent band general, in case you missed it here is some things we shared

SNOWBOARDING TEAM

Our snowboarding team had a great season hitting the slopes 6 times as a group.

WMFN health centre helps coordinate a 'team' of youth who travel together, rent gear, and hit the slopes of Powder King for the day several times per year.

This is a great physical activity that is enjoyed by so many. Keep an eye out around November 2023 for the next season!



GATHERING WISDOM

A few of our elders and some of our leadership attended the Gathering Wisdom for a Shared Journey in Vancouver. It was in February.

Many elders, leaders, and health staff join together every 18 months to make key decisions on the health wellness and social determinants of health.

Our elders and leaders attend to represent and provide a WMFN perspective on decision making.



Clorrisa graduated from an 18-month Health Director Certification Program with the First Nations Health Directors Association.

She was a part of the first ever cohort and graduated among talented Health Directors in the province. She learned many valuable skills that will support and encourage the health and wellness of WMFN members.



GRADUATION

For more information about these please call the Health Centre at 250-788-3622

Band General Re-Cap

Some more things we shared...

DROP-IN SESSIONS WITH SARAH

For information on anything on this page please call the Health Centre at 250-788-3622

Sober Skills: Every Monday 5pm-6pm No Registration Required!

For community members who want to learn skills for maintaining their sobriety and build a sober network.

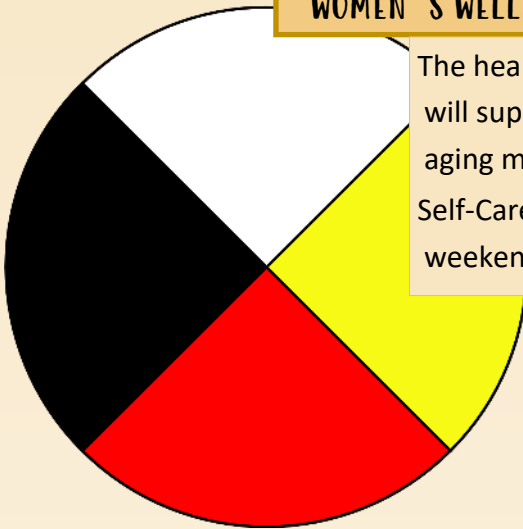
Mental Wellness: Every Tuesday 5pm-6pm No Registration Required!

A drop-in group that reviews and builds skills for improving your mental health.

WOMEN'S WELLNESS WEEKEND

The health team hosts WMFN women at Camp Sagitawa April 20—April 23. Sarah Day will support members mental health and provide opportunities to build skills for managing mental health at home.

Self-Care, Group Activities, Individual + Group Counselling, and more provided for the weekend.



4-WEEK WORKSHOPS

Shame Resilience Workshop:

Starting Feb 2023

Explores shame and how it contributes to our daily functioning

Grief & Loss Support Group:

Starting Feb 2023

Identify ways of coping with loss

UPCOMING WORKSHOPS

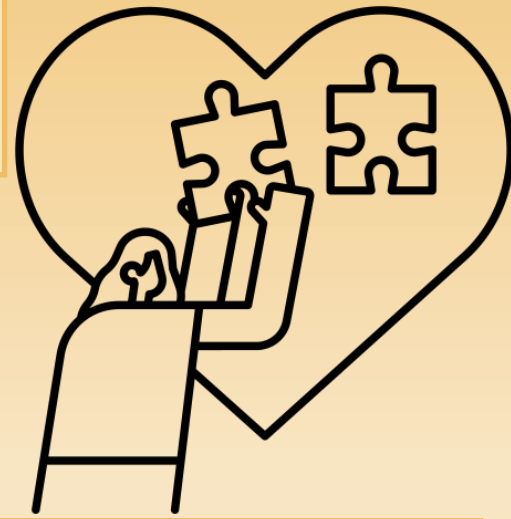
Grief and Loss Support Group

- Starting April 4 – April 25 (4 Sessions)
- Providing a supportive and safe space to talk about loss
- Review the grieving process and how it impacts you
- Registration is required connect with Sarah Day

Shame-Resilience Workshop

- Starting May 2 – June 20 (Tuesdays 12:30 – 2:30)
- Learn about guilt and shame and how it contributes to our daily lives
 - Support in identifying and processing shame
 - Program is based on research of Brene Brown

Mental Health Resources



SAULTEAU FIRST NATIONS

Anne Miller —Addictions Counselor

Cell: 250-401-7775 Office: 250-788-7284

Rebecca Widdicombe—Youth & Adolescent Counsellor

Cell: 250-401-1939 Office: 250-788-7262

Corrina Wutzke—Family Support

250-788-7288

TANSI FRIENDSHIP CENTRE

Office: 250-788-2996

Denise Friesen—Mental Health & Addictions

Nicole Lebel—Mental Health & Case Planner

CHETWYND PRIMARY CARE CLINIC

Bonnie Hunh—Counselor

Office: 250-788-7300

Dr. Dhaliwal—Specializes in Mental Health

Office: 250-788-7200

SOUTH PEACE COMMUNITY RESOURCES SOCIETY

Serena Knockert—Stopping Women’s Violence Counselor

Office: 250-782-9174 Ext 241

Tammy Nicholls—Outreach Worker

Cell: 250-788-6814

Lacey Archer—Safe Home Coordinator

Cell: 250-788-1976

24-HOUR ACCESS TO CRISIS

Adult/Elder: 250-723-4050

Child/Youth: 250-723-2040

Toll Free in BC: 1-800-588-8717

WEST MOBERLY FIRST NATIONS

Kaelin Elliot—Youth & Adolescent Counselor

Office: 250-788-3622

Sarah Day—Addictions & Mental Health Counselor

Cell: 250-784-6859 Office: 250-788-3622

LINDA KRYSTINA HOUSING

Shona Decooman—Crisis & Intake Support Worker

Cell: 250-788-4213

Community Healing Opportunities

HEALING THE HOOP

A wellness conference in Prince George with many opportunities to heal and contribute (April 26-28). (12) people attended.



EQUINE THERAPY PROGRAM

Happening in April 2023; supporting 12 youth from WMFN.

What Is Equine Therapy? Equine therapy is a treatment method that uses the connection between people and horses to enhance physical or emotional healing.

YOUTH MENTAL HEALTH SUMMIT

In coordination with Saulteau FN and School District 59 a Mental Health Summit was facilitated during school hours in May 2023. It was a success with over 150 Youth engaged with workshops and self-care activities.



AWAKEN THE WARRIOR

SUBMIT YOUR NAME TO PARTICIPATE

Happening Summer 2023, a wellness getaway for indigenous men in BC.

Mental Health discussions, Hypnotherapy, and outdoor activity on the land, with men - for men.

From our CCP...

Here are some updates on priorities identified in WMFN 2021 Community Comprehensive Plan (CCP)

Last year, we supported Emergency Preparedness Priorities by providing COVID19 response kits to WMFN Members. These kits included cleaning supplies and resources.

Each household also received Air Purifiers to help with COVID19 response, these are great to clean the air in your home during the smoky weather.

If you need items replenished in your COVID19 kit or need support doing yearly maintenance on your air purifier please let the Health Centre know at 250-788-3622.

EMERGENCY PREPAREDNESS



HEALTHY FAMILY WORKSHOP



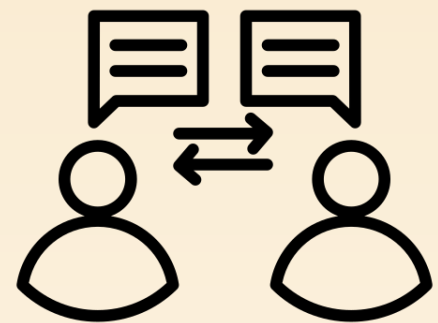
Teachings on having and building a healthy family and how to cope with daily stressors for young parents and families.

Unfortunately this training held in January had no attendance from the community. The health centre is exploring additional types of trainings and workshops to support this priority.

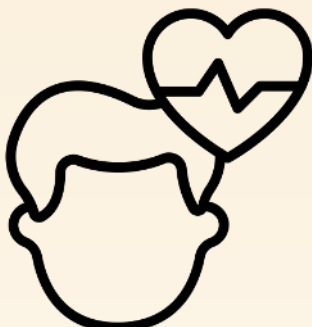
West Moberly Health Centre has been working to strengthen capacity in our community by onboarding a full time **Youth Mental Health Clinician** to support the children and youth mental health and wellness. We have also onboarded a full time **Addictions & Mental Health Clinician** who supports Men and Women.

We continue to offer support from the **Mobile Support Team** who visits our community during their scheduled visits.

MENTAL HEALTH SUPPORTS



MEN'S SPECIFIC WELLNESS



The DUDES club and Awaken the Warrior programs are some of the specific programming we are offering to the Men in West Moberly, if you are interested in participating in Men's only wellness programs to support your Mental Health please connect with the Health Centre.

From our CCP...

Food Security in West Moberly

CANNING WORKSHOPS



Calling all Canners, Picklers and Jammers!

West Moberly Health Centre is hosting a series of workshops this Spring and Summer, to promote food security and sustainability within our community.

Call the Health Centre now to put your name on our interest list, OR watch for more announcements on the monthly newsletter

COMMUNITY GARDENS

Last year WMFN provided each house hold with small garden boxes, but did you know there is also funding to access to purchase gardening supplies like seeds, tools, and dirt.

The Health Centre is in the process of strengthening food security in West Moberly by applying for additional funding to support each household.



Sharing West Moberly Resources

PROVIDING INFORMATION



Along with this quarterly newsletter the Health Centre has been developing 'pathway' documents. These outline how to access services like Medical Transportation, Prescriptions, and Health Benefits.

We hope these tools will help identify resources available to WMFN band members and how to access them.

REACHING URBAN POPULATION

The Health Centre on-boarded an 'Urban Health Liaison' Role in August 2022, who was recruited to help share information and supports in urban areas like GP, Vancouver, and Kelowna.

The Urban Health Liaison role is filled by Alisa Froh and you can reach her at 250-401-7510 She can help with a wide variety needs and is available during regular office hours.



Recreation in West Moberly

Snowboard Team

WMFN went on weekly/biweekly trips to Powder King from December 2022 to March 2023

There were 14 youth on the team, shoutout to the coaches/volunteers, Chelsea Dommasch, Giovanni Caron, Cheyenne Mercer, Darren Dokkie, Rayleen Robertson, Gloria Morris & Jazmine Desjarlais and our bus drivers George Desjarlais & Bobby Brown (all passes/rentals were covered by ISPARC Grant!)



February 11th & 12th WMFN & SFN teamed up with ISPARC to bring team BC coach Rob Behrouzian to host a free volleyball coaching clinic as well as a youth skills clinic.

On March 6th Dreamers Macrame came to our health centre for a women's day macrame class



April 6th we hosted a Community Easter Egg Hunt. We had 48 participants total.

On April 19th we had youth craft night with our very own Ruby Drake facilitating.

Recreation 2023

For more information about these please call the Health Centre at 250-788-3622

JANUARY

- 10th > Elders Bingo
- 11th > Youth Night
- 12th > Chetwynd Drop in Volley Ball – No participants
- 14th > Powder King
- 18th > Family Swim
- 22nd > Powder King

FEBRUARY

- 4th > Powder King
- 7th, 14th, 21st, > Yoga with Alycia Aird
- 8th > Family Swim
- 9th > Mens Archery Night
- 11th-12th > Volley Ball Coaching Clinic
- 15th > Youth Night
- 17th > SFN X WMFN Sports Night
- 19th > Family Movie Night – Avatar
- 20th > Bear Mountain Trip
- 21st > Family Day Cupcake Decorating Contest
- 27th > Elders Lunch

MARCH

- 5th > Powder King
- 6th > Macrame Class
- 12th > Powder King
- 31st > Family Bowling – no participants

APRIL

- 6th > Community Colouring Contest/Easter Event
- 19th > Youth Craft Night with Ruby
- 30th > Family Movie Night – Super Mario

MAY

- 3rd, 17th, 31st > Family Swim
- 4th, 25th > Elders Lunch and Bingo
- 8th > Boys Group
- 9th > Mothers Day Lunch and Craft
- 10th, 24th > 8 Years & Under Youth Group
- 12th > Family Game Night
- 15th, 29th > Girls Group
- 21st > Painting with Julia Nelson

COMPLEMENTS, CONCERNS & SUGGESTIONS

Do you have suggestions for us?

Do you have an interesting workshop idea?

Do you have a concern about something health care related?

Would you like to share a compliment or comment about programming in our community?

Please share them with us at healthcomments@westmo.org