



Shkagamik-Kwe

HEALTH CENTRE



2016 CALENDAR

Debenjiged, Gzhemnido, Gmishoomsina.

From the purple blanket of the sky nation to the first rays of dazzling light, when Grandfather sun rises to shine his light on all of his children and creation.

Let us all embrace the creator's love.

We are thankful for our mother Shkagamik-Kwe. Our father, father sky. Our grandparents, Nookomis—moon and grandfather sun.

We are thankful for the gifts of the Four Directions and for the combined successes they bring that we may continue to be of greater service to you and others.

We offer ourselves to you as instruments. We Trust that you will guide us with the medicine of leading through example.

Teach us to nurture each other, and to encourage each other's growth, that will support the development of others abilities.

Help us to be humble and thankful, and to be proud of all our accomplishments, through self-esteem and not of self-importance.

We humbly ask for continued blessings of life and breath so that, the creator's love, our love, may be felt in the lives of all we meet.

Thank you for hearing our prayer.

Miigwetch

Elder Hilda Nadjiwon

Who we serve

Shkagamik-Kwe Health Centre (SKHC) is an Aboriginal Health Access Centre (AHAC) dedicated to providing equal access to quality health care for all Aboriginal, Métis and Inuit people in the City of Greater Sudbury, and individuals and families from our partner First Nations: Wahnapiatae, Henvey Inlet and Magnetawan.

We are a culturally based holistic health centre dedicated to balanced and healthy lifestyles. Programs and services support traditional Aboriginal values encompassing the connectedness of emotional, spiritual, physical and mental well-being. In meeting our mandate and honouring the ancestors and the seven generations we have an intake process to access services of SKHC.

Service delivery philosophy

SKHC has a responsibility to promote and maintain health and provide therapeutic services, health promotion, disease prevention, support, community development and treatment programs. We offer an interprofessional team approach to the care of the community members because we believe that health care is best when planned with professionals from many disciplines. We believe that the maintenance of client confidentiality is of utmost importance.

We recognize that a client is a worthwhile person and has the right to be treated with dignity while maintaining his/her identity. We believe that the client should be assured equal access to integrated services that incorporate the unique values, beliefs and traditions as we strive to maintain a balance of understanding by practicing Traditional healing ways and adopting good Western healing practices.

SKHC respects the value and contribution of all employees, and we strive to uphold the highest professional and ethical standards. We recognize that health services must be provided as economically as possible while striving to obtain sufficient resources to meet out service objectives.

We believe in and value the teachings of the Seven Sacred Grandfathers: **WISDOM, LOVE, RESPECT, BRAVERY, HONESTY, HUMILITY and TRUTH.**

We strive to integrate these principles in our work and in our lives.

Seven Grandfather Teachings

WISDOM NIBWAAKAAWIN

To cherish knowledge is to know **Wisdom**. Wisdom is given by the Creator to be used for the good of the people. In the Anishinaabe language, this word expresses not only “wisdom,” but also means “prudence,” or “intelligence.” In some communities, Gikendaasowin is used; in addition to “wisdom,” this word can also mean “intelligence” or “knowledge.”

LOVE ZAAGI’IDIWIN

To know **Love** is to know peace. Love must be unconditional. When people are weak they need love the most.

In the Anishinaabe language, this word with the reciprocal theme /idi/ indicates that this form of love is mutual. In some communities, Gizhaawenidiwin is used, which in most context means “jealousy” but in this context is translated as either “love” or “zeal”. Again, the reciprocal theme /idi/ indicates that this form of love is mutual.

RESPECT MINAADENDAMOWIN

To honor all creation is to have **Respect**. All of creation should be treated with respect. You must give respect if you wish to be respected. Some communities instead use Ozhibwaadenindiwin or Manazoonidiwin.

BRAVERY AAKODE’EWIN

Bravery is to face the foe with integrity. In the Anishinaabe language, this word literally means “state of having a fearless heart.” To do what is right even when the consequences are unpleasant. Some communities instead use either Zoongadikiwin (“state of having a strong casing”) or Zoongide’ewin (“state of having a strong heart”).

HONESTY GWAYAKWAADIZIWIN

Honesty in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others. In the Anishinaabe language, this word can also mean “righteousness.”

HUMILITY DABAADENDIZIWIN

Humility is to know yourself as a sacred part of Creation. In the Anishinaabe language, this word can also mean “compassion.” You are equal to others, but you are not better. Some communities instead express this with Bekaadiziwin, which in addition to “humility” can also be translated as “calmness,” “meekness,” “gentility” or “patience.”

TRUTH DEBWEWIN

Truth is to know all of these things. Speak the truth. Do not deceive yourself or others.





Shkagamik-Kwe is
a place where my
family can go for our
health and well-being.
As well as help us
maintain our culture.

Sherri Smith

*Photo (clockwise left to right):
Tavynn Bluff-Trudeau, Isabelle Smith,
Virginia Jerome, Wāseyāsigē Bluff
and Taihlynn Bluff.*



MEDICINE

Winter Green Leaves
Wiinisii bag aniibiishan



TEACHING WORDS

It is winter.
Biboon.

It is snowing.
Zogpo.

I am cold.
Nbiinhgech



JANUARY

Alzheimer's Disease
Awareness Month

January 18-24: National
Non-Smoking Week

DECEMBER 2015
S M T W T F S
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13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

JANUARY 2016

MANIDOO GIIZIS

FEBRUARY 2016
S M T W T F S
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21 22 23 24 25 26 27
28 29

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|---|--|----------|
| | | | | | New Year's Day Offices closed 1 | 2 |
| 3 | Foot Care Clinic 4 | Beading Sessions Fitness Health @ YMCA 5 | Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm 6 | Men's Group 4:30pm Choices Program 7 | Bowling Foot Care Clinic 8 | 9 |
| 10 | Foot Care Clinic 11 | Beading Sessions Fitness Health @ YMCA 12 | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm 13 | Men's Group 4:30pm Choices Program 14 | Foot Care Clinic 15 | 16 |
| 17 | Seeking Safety 1pm – 3pm Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle 18 | Beading Sessions Fitness Health @ YMCA Children's Drum 19 | Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen FASD Family Support Circle 20 | Men's Group 4:30pm Choices Program 21 | Full Moon Ceremony Foot Care Clinic 22 | 23 |
| 24 | Seeking Safety 1pm – 3pm Foot Care Clinic Parent Support Circle 25 | Beading Sessions Fitness Health @ YMCA 26 | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 27 | Men's Group 4:30pm Choices Program 28 | Friday Night Community Workshop Nutrition Bingo 10am – 1pm Foot Care Clinic 29 | 30 |
| 31 | | | | | | |

Mind, Body and Spirit make up a single foundation to be healthy. To take a journey on a path of health, you must be able to learn and accept guidance from people who heal with medicine, helpers that care for people and teachers that help with learning about self.

Eric Nahwegahbow

Photo: Caralynn and Eric Nahwegahbow



MEDICINE

Rosehips
Oginiig



TEACHING WORDS

Northern lights
Waasnoode



FEBRUARY

Heart Month

February 4: World
Cancer Day



JANUARY 2016
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17 18 19 20 21 22 23
24 25 26 27 28 29 30
31

FEBRUARY 2016

MAKWA GIIZIS

MARCH 2016
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27 28 29 30 31

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--|--|--|--|---|-----------|
| | Foot Care Clinic Parent Support Circle 1 | Beading Sessions Children's Drum Fitness Health @ YMCA 2 | Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen 3 | Men's Group 4:30pm Choices Program 4 | Foot Care Clinic PD Day Activities 5 | 6 |
| 7 | Seeking Safety 1pm – 3pm Foot Care Clinic Parent Support Circle 8 | Beading Sessions Fitness Health @ YMCA 9 | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 10 | Men's Group 4:30pm Choices Program 11 | Bowling Foot Care Clinic 12 | 13 |
| Valentine's Day 14 | Family Day Offices closed 15 | Beading Sessions Children's Drum Fitness Health @ YMCA 16 | Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen FASD Family Support Circle 17 | Men's Group 4:30pm Shake Tent 7pm Choices Program 18 | Foot Care Clinic 19 | 20 |
| 21 | Full Moon Ceremony Seeking Safety 1pm – 3pm Menopause Group Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle 22 | Beading Sessions Fitness Health @ YMCA 23 | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 24 | Men's Group 4:30pm Choices Program 25 | Friday Night Community Workshop Nutrition Bingo 10am – 1pm Foot Care Clinic 26 | 27 |
| 28 | Seeking Safety 1pm – 3pm Menopause Group 29 | | | | | |



I am a member from Henvey Inlet First Nation. I've been a member at SKHC for 13 years. My youngest son, Nevada, attended Jubilee daycare when he was a toddler while I attended the cooking class for parents. I pick strawberries every summer with the diabetic group and also play nutrition bingo. I enjoy our outings to the bowling alley and going to YMCA twice per week. Since I've been coming to the Health Centre, I've learned a lot about diabetes and how to manage sugar levels. Shkagamik-Kwe Health Centre is an important part of our lives and has helped me a lot through the years through the delivery of programs and services it offers to the community.

Darlene Nettagog



MEDICINE

White cedar leaves
Giizhik Aniibishan



TEACHING WORDS

Child
Abinoojii

It is good food.
Onizhishin miijim.



MARCH

Nutrition Month *and*
Child Life Month

March 8: International
Woman's Day

FEBRUARY 2016
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28 29

MARCH 2016

NAABIDIN GIIZIS / BOPOGAAME GIIZIS

APRIL 2016
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24 25 26 27 28 29 30

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------------|--|--|---|---|--|----------|
| | | Beading Sessions 1 Children's Drum Fitness Health @ YMCA | Boys Big Drum Group 2 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen | Men's Group 3 4:30pm Choices Program | Foot Care Clinic 4 | 5 |
| 6 | Seeking Safety 7 1pm – 3pm Menopause Group Foot Care Clinic | Beading Sessions 8 Fitness Health @ YMCA ○ | Boys Big Drum Group 9 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen | Men's Group 10 4:30pm Choices Program | Bowling 11 Foot Care Clinic | 12 |
| 13 | Seeking Safety 14 1pm – 3pm Menopause Group Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle | Beading Sessions 15 Children's Drum | Boys Big Drum Group 16 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen FASD Family Support Circle | St. Patrick's Day 17 Men's Group 4:30pm | Nutrition Bingo 18 10am – 1pm Foot Care Clinic | 19 |
| First Day of Spring Mnookimi 20 | Seeking Safety 21 1pm – 3pm Menopause Group Foot Care Clinic | Beading Sessions 22 | Full Moon Ceremony 23 Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen ● | Men's Group 24 4:30pm | Good Friday 25 Offices closed | 26 |
| Easter 27 | Easter Monday 28 Offices closed | Beading Sessions 29 Children's Drum | Boys Big Drum Group 30 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm | Men's Group 31 4:30pm Community Kitchen | | |

SKHC is the closest thing to family a disabled person could find.

Donita Ross



MEDICINE

Maple sugar sap
Ininaatig Wiishkobaaboo



TEACHING WORDS

Nurse (female)
Aakozii Kwe

Nurse (male)
Aakozii nini



APRIL

Cancer Awareness Month

MARCH 2016
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27 28 29 30 31

APRIL 2016

BOPOGAAME GIIZIS / ZIISIBAAKADAKE GIIZIS

MAY 2016
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|---|--|----------|
| | | | | | 1 | 2 |
| 3 | Foot Care Clinic 4 | Beading Sessions Fitness Health @ YMCA 5 | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 6 | Men's Group 4:30pm Shake Tent 8pm Choices Program 7 | Bowling Foot Care Clinic 8 | 9 |
| 10 | Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle 11 | Beading Sessions Children's Drum Fitness Health @ YMCA 12 | Medicine Walk Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen 13 | Men's Group 4:30pm Choices Program 14 | Foot Care Clinic PD Day Activity 15 | 16 |
| 17 | Foot Care Clinic 18 | Beading Sessions Fitness Health @ YMCA 19 | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen FASD Family Support Circle 20 | Men's Group 4:30pm Choices Program 21 | Full Moon Ceremony Foot Care Clinic 22 | 23 |
| 24 | Foot Care Clinic Parent Support Circle 25 | Beading Sessions Children's Drum Fitness Health @ YMCA 26 | Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen 27 | Men's Group 4:30pm Choices Program 28 | Friday Night Community Workshop Nutrition Bingo 10am – 1pm Foot Care Clinic 29 | 30 |



The Shkagamik-Kwe Health Centre
is very important to me along my
journey of health.

Bernadette Goulais



MEDICINE

Ferns (young shoots)
Waagaagan



TEACHING WORDS

Happy Mother's Day
Mino Ngashi Giizhigad



MAY

May 6-10: National
Mental Health Week

May 19-25: Aboriginal
Awareness Week

May 6-12: National
Nursing Week

May 31: World No
Tobacco Day

APRIL 2016
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MAY 2016

NMEBINE GIIZIS

JUNE 2016
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|--|--|--|--|---|----------|
| 1 | 2 | 3 Beading Sessions Fitness Health @ YMCA | 4 Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen | 5 Men's Group 4:30pm Choices Program | 6 Bowling Foot Care Clinic | 7 |
| 8 Mother's Day | 9 Foot Care Clinic Parent Support Circle | 10 Beading Sessions Children's Drum Fitness Health @ YMCA | 11 Medicine Walk Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen | 12 Men's Group 4:30pm Choices Program | 13 Foot Care Clinic | 14 |
| 15 | 16 Sweat Lodge 1pm Diabetes Support Group 12pm – 1pm Foot Care Clinic | 17 Beading Sessions Fitness Health @ YMCA | 18 Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen FASD Family Support Circle | 19 Men's Group 4:30pm Choices Program | 20 Full Moon Ceremony Foot Care Clinic | 21 |
| 22 | 23 Victoria Day Offices closed | 24 Beading Sessions Children's Drum Fitness Health @ YMCA | 25 Fasting Camp Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen | 26 Fasting Camp Men's Group 4:30pm Choices Program | 27 Fasting Camp Friday Night Community Workshop Nutrition Bingo 10am – 1pm Foot Care Clinic | 28 |
| 29 Fasting Camp | 30 Foot Care Clinic Parent Support Circle | 31 Beading Sessions | | | | |



The Health Centre helps me with a lot of my health care and mental health needs. I go there for cooking classes, bowling, urban poling, to see a Nurse Practitioner, go for foot care, counselling and art drop in. I like that there is always something new to do. Everyone is friendly and there to help with all my health care needs. I like that it is for First Nations people and that many of the staff are First Nations also. It is like going to family for help and support. SKHC is like a community.

Charles Anwhatin



MEDICINE

Dandelion leaves
*Doodooshaaboojiibik
aniibiishan*



TEACHING WORDS

Medicine
*Mehkiki (strength from
the earth)*

It is summer.
Niibin

Happy Father's Day
Mino Noos Giizhigad



JUNE

Stroke Awareness Month

June 21: Aboriginal
Solidarity Day

MAY 2016
S M T W T F S
1 2 3 4 5 6 7
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15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

JUNE 2016

WAABGONII GIIZIS

JULY 2016
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31

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|---|---|---|--|---|----------------------------------|
| | | | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen | Men's Group 4:30pm | Bowling Foot Care Clinic | |
| 5 | Foot Care Clinic | Beading Sessions Children's Drum | Medicine Walk Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen | Men's Group 4:30pm | Foot Care Clinic | Spring Men's Wellness Weekend |
| Spring Men's Wellness Weekend | Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle | Beading Sessions | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen | Men's Group 4:30pm | Foot Care Clinic PD Day Activity | |
| Father's Day | First Day of Summer Full Moon Ceremony Sweat Lodge 1pm Foot Care Clinic | National Aboriginal Day Offices closed | Medicine Camp Boys Big Drum Group 4pm – 6pm LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen FASD Family Support Circle | Medicine Camp Men's Group 4:30pm | Friday Night Community Workshop Nutrition Bingo 10am – 1pm Foot Care Clinic | |
| 26 | Foot Care Clinic Parent Support Circle | Beading Sessions Children's Drum | Boys Big Drum Group 4pm – 6pm Two-Spirit LGBT Circle 6pm – 8pm | Men's Group 4:30pm | | |



After being accepted as a patient seventeen years ago it has occurred to me how blessed and lucky I am. This medical center has the very best health care possible in the whole country. Other health care centres would excel by learning from Shkagamik-Kwe.

Linda Cashmore



MEDICINE

Strawberries
Ode-iminan



TEACHING WORDS

Heart
Ode



JULY

July 23: Preschool Clinic

JUNE 2016
S M T W T F S
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12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30

JULY 2016

MIIN GIIZIS

AUGUST 2016
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28 29 30 31

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|-----------------------|---|---|----------|
| | | | | | Canada Day Offices closed 1 | 2 |
| 3 | Foot Care Clinic 4 | Boys Big Drum Group 1pm – 3pm Diabetes Prevention Activity 5 | 6 | Men's Group 4:30pm 7 | Choices Program Foot Care Clinic 8 | 9 |
| 10 | Diabetes Support Group 12pm – 1pm Foot Care Clinic 11 | Boys Big Drum Group 1pm – 3pm Strawberry Picking 12 | Medicine Walk 13 | Men's Group 4:30pm 14 | Foot Care Clinic 15 | 16 |
| 17 | Youth Culture Camp Sweat Lodge 1pm Foot Care Clinic 18 | Full Moon Ceremony Youth Culture Camp Boys Big Drum Group 1pm – 3pm Diabetes Prevention Activity 19 | Youth Culture Camp 20 | Youth Culture Camp Men's Group 4:30pm Shake Tent 8pm 21 | Youth Culture Camp Nutrition Bingo 10am – 1pm Foot Care Clinic 22 | 23 |
| 24 | Foot Care Clinic 25 | Boys Big Drum Group 1pm – 3pm Diabetes Prevention Activity 26 | 27 | Men's Group 4:30pm 28 | Friday Night Community Workshop Foot Care Clinic 29 | 30 |
| 31 | | | | | | |



I like Shkagamik-Kwe because I like the Summer Youth Program. I like that there's a Child Life Specialist and also friendly staff. What I like about the Summer Youth Program is going to different places.

Ambroise Stevens Paquette



MEDICINE

*Wild rice
Mahoomin*

*Choke Cherries
Asasawemiinan*



TEACHING WORDS

*Walking
Bmosaa*

*Maple tree
Nenaatig*



AUGUST

*August 1-7: World
Breastfeeding Week*

*August 12: International
Youth Day*

JULY 2016
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17 18 19 20 21 22 23
24 25 26 27 28 29 30
31

AUGUST 2016

MNOOMNI GIIZIS

SEPTEMBER 2016
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18 19 20 21 22 23 24
25 26 27 28 29 30

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|------------------|--|--|----------|
| | Civic Holiday Offices closed 1 | Boys Big Drum Group 1pm – 3pm 2 | 3 | Men's Group 4:30pm 4 | Bowling Foot Care Clinic 5 | 6 |
| 7 | Foot Care Clinic 8 | Boys Big Drum Group 1pm – 3pm 9 Diabetes Prevention Activity | Medicine Walk 10 | Men's Group 4:30pm 11 | Foot Care Clinic 12 | 13 |
| 14 | Sweat Lodge 1pm Diabetes Support Group 12pm – 1pm Foot Care Clinic 15 | Boys Big Drum Group 1pm – 3pm 16 Diabetes Prevention Activity | 17 | Full Moon Ceremony Men's Group 4:30pm 18 | Foot Care Clinic 19 | 20 |
| 21 | Foot Care Clinic 22 | Boys Big Drum Group 1pm – 3pm 23 Diabetes Prevention Activity | Medicine Walk 24 | Men's Group 4:30pm 25 | Friday Night Community Workshop Nutrition Bingo 10am – 1pm Foot Care Clinic 26 | 27 |
| 28 | Foot Care Clinic 29 | Boys Big Drum Group 1pm – 3pm 30 | 31 | | Foot Care Clinic | |



As a transgender man, the Shkagamik-Kwe Health Center has been extremely respectful in acknowledging my wishes in starting my transformation from female to male. The SKHC team has educated themselves on how to better support my community by enabling a few transgender services in Northern Ontario. Miigwetch.

Bobbi Aubin



MEDICINE

Cranberries
Mashkiigiminag



TEACHING WORDS

Sweetgrass
Wiingaashk



SEPTEMBER

Cancer Awareness Month

National Arthritis Month

September 9: Fetal Alcohol
Spectrum Disorder (FASD)
Awareness Day

AUGUST 2016
S M T W T F S
1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31

SEPTEMBER 2016

WAABAGAA GIIZIS

OCTOBER 2016
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30 31

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|---|---|--|---|--|--------------------|
| | | | | Men's Group 4:30pm 1 | Foot Care Clinic 2 | 3 |
| 4 | Labour Day Offices closed 5 | Beading Sessions 6 | Two-Spirit LGBT Circle 6pm – 8pm 7 | Men's Group 4:30pm 8 | Bowling Foot Care Clinic 9 | 10 |
| 11 | Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle 12 | Beading Sessions 13 | Medicine Walk LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen 14 | Men's Group 4:30pm Choices Program 15 | Full Moon Ceremony Foot Care Clinic 16 | 17 |
| 18 | Sweat Lodge 1pm Foot Care Clinic 19 | Beading Sessions Children's Drum 20 | Fasting Camp Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 21 | First Day of Autumn Fasting Camp Men's Group 4:30pm Choices Program 22 | Fasting Camp Foot Care Clinic 23 | Fasting Camp 24 |
| Fasting Camp 25 | Foot Care Clinic Parent Support Circle 26 | Beading Sessions 27 | LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen 28 | Men's Group 4:30pm Choices Program 29 | Friday Night Community Workshop Nutrition Bingo 10am – 1pm Bowling Foot Care Clinic 30 | |

The staff is friendly and caring.
They always call me reminding
me of my appointments and
setting up transportation for my
appointments.

Frances Jelly



MEDICINE

Swamp tea leaves or
Labrador tea
Mashkigobag aniibiishan



TEACHING WORDS

Storytelling
Aatsokaawot



OCTOBER

Breast Cancer Awareness
Month

October 10: World Mental
Health Day

October 16: World Food Day

SEPTEMBER 2016
S M T W T F S
1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30

OCTOBER 2016

BNAAKWII GIIZIS

NOVEMBER 2016
S M T W T F S
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13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|-----------|--|--------|---|
| | | | | | | 1 |
| 2 | 3 | Youth Hunt Camp Beading Sessions Children's Drum | 4 | Youth Hunt Camp Two-Spirit LGBT Circle 6pm – 8pm | 5 | Youth Hunt Camp Men's Group 4:30pm Choices Program |
| 9 | Thanksgiving Day Offices closed | 10 | 11 | LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen | 12 | Men's Group 4:30pm Choices Program |
| 16 | Full Moon Ceremony Sweat Lodge 1pm Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle | 17 | 18 | Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen | 19 | Medicine Walk Men's Group 4:30pm Shake Tent 8pm Choices Program |
| 23 | Foot Care Clinic | 24 | 25 | LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen | 26 | Men's Group 4:30pm Choices Program |
| 30 | Halloween Foot Care Clinic Parent Support Circle | 31 | | | | |
| | | | | | | |

The Shkagamik-Kwe Health Centre
is a safe place that encourages and
supports health growth in all aspects
of life for its clients.

Bonnie Kewais



MEDICINE

Red willow bark
Miskwaabiimizhaniimizh



TEACHING WORDS

Firewood
Msan



NOVEMBER

Diabetes Month
Osteoporosis Month
November 14: World
Diabetes Day

OCTOBER 2016
S M T W T F S
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9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29
30 31

NOVEMBER 2016

BAASHKAAKODIN GIIZIS

DECEMBER 2016
S M T W T F S
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25 26 27 28 29 30 31

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|---|---|--|----------|
| | | All Souls Day Beading Sessions 1 | Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 2 | Men's Group 4:30pm Choices Program 3 | Foot Care Clinic 4 | 5 |
| 6 | Foot Care Clinic 7 | Beadings Sessions Children's Drum 8 | LGBTQIA+ Youth Group 6pm – 8pm 9 | Men's Group 4:30pm Choices Program 10 | Remembrance Day Foot Care Clinic 11 | 12 |
| 13 | Full Moon Ceremony Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle 14 | Beadings Sessions 15 | Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 16 | Men's Group 4:30pm Choices Program 17 | Bowling Foot Care Clinic 18 | 19 |
| 20 | Sweat Lodge 1pm Foot Care Clinic 21 | Beadings Sessions Children's Drum 22 | LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen 23 | Men's Group 4:30pm 24 | Feasting our Ancestors Friday Night Community Workshop Nutrition Bingo 10am – 1pm Foot Care Clinic 25 | 26 |
| 27 | Foot Care Clinic Parent Support Circle 28 | Beadings Sessions 29 | Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 30 | | | |



SKHC is a family and has a sense of community. I always look forward to our visits, whether it's for Ginew's checkups, or to connect with the elders.

We are always welcomed and made to feel at home. We take full advantage of their programs, from boy's drumming to the full moon ceremonies.

I love my SKHC.

Cheyenne Manitowabi



MEDICINE

Wild sage leaves (smudge)
*Mashkodewashk
aniibiishan*



TEACHING WORDS

Snowshoes
Aagmook



DECEMBER

December 1: World
AIDS Day

December 6: National
Day of Remembrance and
Action on Violence Against
Women In Canada

NOVEMBER 2016
S M T W T F S
1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30

DECEMBER 2016

MANIDOO GIIZISOONHS

JANUARY 2017
S M T W T F S
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|---|---|--------------------------|-------------------------------|------------------|
| | | | | Men's Group 4:30pm 1 | Foot Care Clinic 2 | 3 |
| 4 | Foot Care Clinic 5 | Beading Sessions Children's Drum 6 | LGBTQIA+ Youth Group 6pm – 8pm Community Kitchen 7 | Men's Group 4:30pm 8 | Bowling Foot Care Clinic 9 | 10 |
| 11 | Diabetes Support Group 12pm – 1pm Foot Care Clinic Parent Support Circle 12 | Full Moon Ceremony Beading Sessions 13 | Two-Spirit LGBT Circle 6pm – 8pm Community Kitchen 14 | Men's Group 4:30pm 15 | Foot Care Clinic 16 | 17 |
| 18 | Foot Care Clinic 19 | Beading Sessions 20 | First Day of Winter LGBTQIA+ Youth Group 6pm – 8pm 21 | Men's Group 4:30pm 22 | Foot Care Clinic 23 | Christmas Eve 24 |
| Christmas 25 | Boxing Day Offices closed 26 | Offices closed 27 | Two-Spirit LGBT Circle 6pm – 8pm 28 | 29 | Offices closed 30 | 31 |

Programs & Services



TRADITIONAL

- Beading Workshop
- Boys Big Drum
- Ceremony By Request
- Community Workshops (once a month)
- Cross Cultural Training
- Cultural/Medicine Workshops
- Feasts
- Full Moon Ceremony
- Hospice Visits
- Long Term Care Visits
- Medicine Walk
- Men's Wellness (bi-annual)
- Seasonal Shake Tent Ceremonies (spring/summer/fall/winter)
- Sweat Lodge Ceremonies (May-November)
- Traditional Cooking
- Traditional Doctors Program
- Two Spirited Circle/LGBT Group

COMMUNITY PROGRAMS

Health Promotion

- Bowling
- Cranberry Marsh
- Diabetes Education
- Diabetes Prevention Activities
- Exercise RX
- Kids Cooking
- Life Style Coaching (drop-in)
- Nutrition Bingo
- Quit Smoking Café and Finding Balance
- School Year – Professional Development (PD) Day Activities
- Seated Massage
- Smoking Cessation
- Soup's On! (winter months)
- Strawberry Picking
- Urban Pole Walking
- YMCA – Fitness Health
- Yoga
- Youth Programs

PRIMARY CARE

Support Groups

- Menopause Group
- Prenatal Group
- Two Spirited Circle/LGBT Group

Specialized Clinics

- Annual Pre-School Clinic
- Annual World Diabetes Day
- Breastfeeding Support
- Diabetes Care
- Flu Vaccine Clinic
- Foot Care (diabetic)
- OB/GYN Specialist – Dr.Jocko
- Pediatrics/Dermatology – Dr.Pluta
- Phlebotomy
- Physiotherapy
- Registered Massage Therapy
- Well Woman

ADMINISTRATION

- Accountability Systems
- Financial Management
- Funder Relations
- Funder Reporting
- Government Relations
- Human Resources
- Information Systems
- Marketing and Promotion
- Public Relations
- Research and Development
- Strategic Planning

External Partnerships

- Association of Ontario Health Centres
- Cambrian College
- Canadian Mental Health Association
- Community Mobilization
- Greater Sudbury Health Link
- Health Sciences North
- Henvey Inlet First Nation
- Laurentian University
- Magnetawan First Nation

- Weekly Men's Group
- Wild Food Bank
- Youth Cultural Camps
- Youth Cultural Teachings
- Youth Hunt Camps
- Youth Sharing Circles
- Youth Summer Program (July-August)

Mental Wellness

- Art/Craft Drop-In
- Meditation
- Men's Support Groups and Workshops
- Mindful Way Workshop
- Scheduled Counselling Session
- Soup Drop-In

Healthy Choices Program

- Bounce Back and Thrive Resiliency Classes
- Children's Drum Circle
- Community Kitchen
- Cultural Workshops
- Family Activities
- Family Drop-In (in partnership with the Aboriginal Hub)
- Home and Office Visits
- Nutrition Workshops
- Parent Support Circle
- Prenatal Classes (5-week class)
- Sharing and Caring FASD Family Support Group
- Resource Library
- Triple P Parenting (4 individual sessions)

Choices Program

- Life Choices Program (10 weeks, ages 12-17)

Mishko-Deh-Wendam

In partnership with the Rainbow District School Board

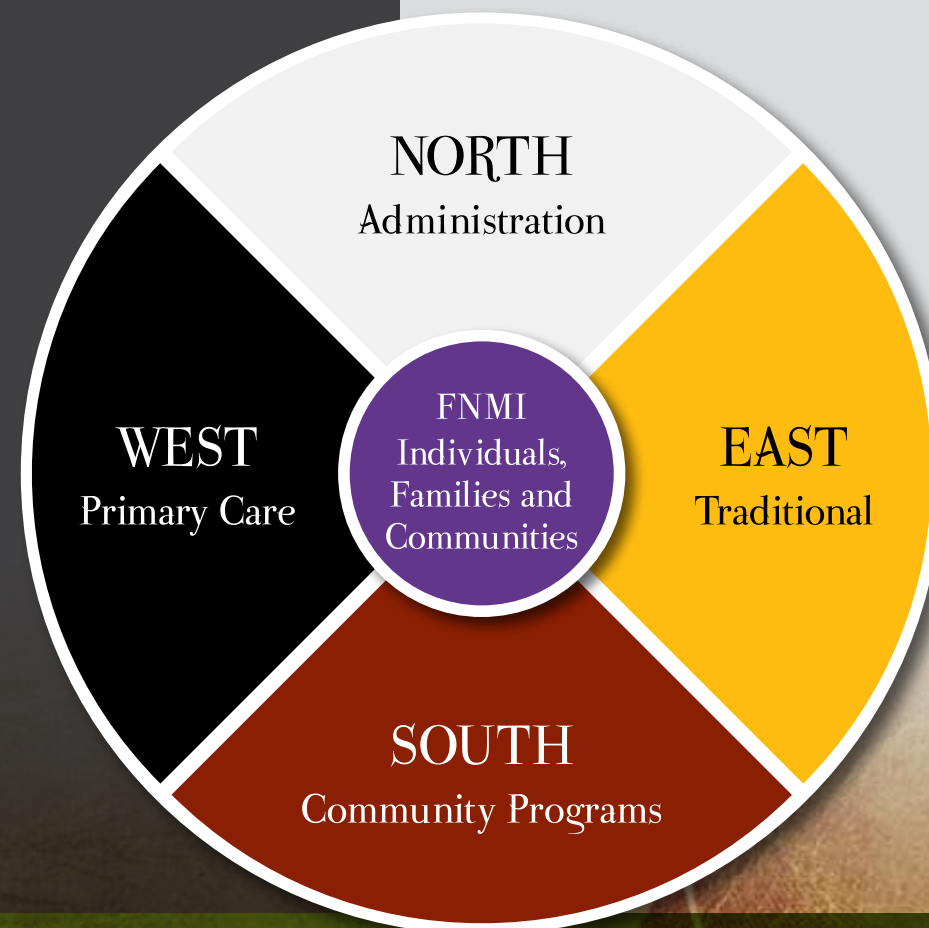
- Alternative School for Youth (ages 12-17)
- Experience Anishinaabe Culture, Language and Ceremony
- One-on-One Guidance Sessions
- Support students who struggle in mainstream education institutions, heal, gain confidence, gain identity, and motivate to thrive in their journey
- Youth Programming

Clinical Support (Client Centered)

- Child Life Specialist
- Co-Op Placements for High School
- Diabetes Education
- Dietitian
- NOSM – Laurentian University Partnerships for Learners
- Ontario Telemedicine Network Equipped
- Primary Care Navigator
- Summer Youth Programs

- N'Swakamok Friendship Centre
- North East Fetal Alcohol Spectrum Disorder
- Northern Ontario School of Medicine
- Rainbow District School Board
- Under/Never Screened Cancer Care
- Wahnapiatae First Nation

All programs are at various dates and times. Please call us at 705-675-1596 for detailed program information.



Recipes and Dishes

PEANUT BUTTER AND JELLY GRANOLA BARS

Ingredients

3 cups rolled oats
½ cup peanut butter
½ cup jelly or jam
¼ cup hot water
¼ tsp salt
Butter or vegetable oil

Directions

1. Heat the oven to 350 °F and butter or oil a 9"x 9" baking pan.
2. Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until it's smooth.
3. Pour the oats into a large bowl. Mix the peanut butter and jelly mixture into the oats until all the oats are coated and you have a sticky mass. Place the mixture into the greased pan and press it into an even layer. Spread the remaining jelly over the top.
4. Bake the oven for 25 minutes, until it turns brown around the edges.
5. Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.

Recipe adapted from: Good and Cheap: Eat Well on \$4/Day by Leanne Brown

ONE POT CHILI PASTA

Ingredients

1 Tbsp olive oil
1 medium onion
2 cloves garlic
½ lb. ground beef

2 Tbsp flour
1-2 Tbsp chili powder
1 (15 oz.) can tomato sauce
1 (15 oz.) can diced tomatoes
1 (15 oz.) can black beans
1 (15 oz.) can kidney beans
1 cup canned or frozen corn kernels
2 cups uncooked elbow macaroni
2 cups beef broth
1 cup shredded cheese

Directions

1. Dice the onion and mince the garlic. Cook both in a large pot with olive oil over medium heat for 1-2 minutes, or until soft and transparent. Add the ground beef and continue to stir and cook until it is fully browned. If using a high fat ground beef, drain off the excessive after it is browned.
2. Add the flour and chili powder and stir to coat the meat. Continue to stir and cook meat for 1-2 minutes more. The flour and chili powder may coat the bottom of the pot, but that's okay. Be careful to not let it burn.
3. Drain and rinse the black and kidney beans. Add the beans, tomato sauce, diced tomato, and corn kernels to the pot. Stir well and dissolve the flour/chili powder mixture from the bottom of the pot.
4. Add the dry macaroni and beef broth to the pot, stir to combine. Place lid, turn the heat to high, and let the pot come to a boil. Once boiling, give it a quick stir to loosen any pasta stuck to the bottom of the pot, replace the lid, and turn the heat down to medium-low. Let simmer for about 15 minutes, or until the pasta is soft and has absorbed most of the liquid. Stir pot 1-2 times during the 15 minutes to loosen any pasta stuck to the bottom.

5. Once pasta is fully cooked, turn off heat, add cheese and stir until melted. Serve hot.

Recipe adapted from: <http://www.budgetbytes.com/2014/09/snap-challenge-one-pot-chili-pasta/>

WILD RICE AND BUTTERNUT SQUASH SALAD WITH MAPLE BALSAMIC DRESSING

Ingredients

2 ½ cups peeled, chopped butternut squash
1 ½ tablespoons olive oil
Salt
Black pepper
2 ½ cups thinly sliced kale or spinach
½ cup thinly sliced leeks (white and green parts)
½ cup dried cranberries
¼ cup thinly sliced fresh basil
3 cups cooked wild rice, warmed

Directions

1. Preheat oven to 400°F.
2. Toss squash with olive oil, salt and pepper. Spread onto a baking sheet and roast for about 25 minutes, stirring once, until fork tender.
3. In a large bowl, combine spinach, leeks, cherries and basil. Stir in warm rice and squash so that spinach wilts slightly from the heat. Stir dressing (recipe below) into salad; taste and adjust salt level if needed.
4. Serve at room temperature. Serves 6.

Dressing

¼ cup extra-virgin olive oil
2 tablespoons pure maple syrup

2 tablespoons balsamic vinegar
½ teaspoon sea salt
¼ teaspoon black pepper
½ tablespoon chopped fresh rosemary
1 clove garlic, minced

Prepare dressing by pureeing all ingredients with an immersion blender or by vigorously whisking.

Adapted from the Smitten with Squash Cookbook

CAULIFLOWER MASHED POTATOES

Ingredients

3 medium/large potatoes, cut into 1.5" pieces
1 head cauliflower, cut into 1.5" pieces
1/3 cup milk
1-2 tbsp unsalted butter or margarine
Pinch of salt and pepper (optional)
Fresh herbs, rinsed and chopped (optional)

Directions

1. Bring a large pot filled ¾ full of water to a boil. Add potatoes and cook for 15-20 minutes, until potatoes are fork tender.
2. Add the cauliflower to the potatoes 7-8 minutes before they are done cooking.
3. Drain the potatoes and cauliflower in a colander. Add them back to the empty pot and let rest for 2-3 minutes.
4. Add the milk, butter/margarine, salt and pepper to the pot and mash until smooth.
5. Stir in fresh herbs of your choice (try chives or parsley) if using, then serve. Serves 4.

SPAGHETTI SQUASH

Ingredients

1 whole spaghetti squash
Seasonings of your choice

Directions

1. With a very sharp knife, slice off a small piece from one side of the squash so that it will stand flat and secure on your cutting board. Slice the squash in half lengthwise. Use a spoon to scrape out the seeds.

Bake:

2. Heat oven to 375 degrees.
3. Brush the inside of each half with olive oil and sprinkle with coarse salt and freshly ground black pepper.
4. Place cut sides down on a rimmed baking sheet and put sheet into the oven.
5. Bake for about 40 minutes, or until you can easily pierce the squash with a fork.
6. Let cool for 10-15 minutes, or until squash is cool enough to handle. With a fork, scrape out the spaghetti-like strands and prepare as desired.

Microwave:

1. Place squash cut-sides-down in a microwave-safe baking dish. Fill the dish with about 1 inch of water.
2. Microwave on high for 8-12 minutes, or until you can easily pierce the squash with a fork.
3. Let cool for 10-15 minutes, or until squash is cool enough to handle.
4. With a fork, scrape out the spaghetti-like strands and prepare as desired.
5. Season with butter, salt and pepper or fresh herbs, or try adding your favourite warmed pasta sauce.

HUMMUS

Ingredients

1 can (19 oz) chickpeas, drained, rinsed
1/4 cup tahini (sesame seed paste)
1 tsp ground cumin
1/4 cup sodium reduced vegetable broth
1/2 tsp grated lemon rind
1 tbsp lemon juice
2 tbsp water
1 clove garlic, minced

Directions

1. In a food processor or blender, combine chickpeas, tahini and cumin. Pulse until coarse. Add broth, lemon rind and juice and water. Blend until smooth, adding more water as necessary to make a smooth textured hummus. Stir in garlic. Try adding fresh herbs like basil, parsley or cilantro for a twist.
2. Serve with whole wheat crackers or pita, with your favourite veggies or try using as a spread on your sandwich! Makes 2 cups

MARINATED CHICKEN BREASTS

Ingredients

1-2 tbsp vinegar (cider, balsamic or red wine)
2-3 tsp dried herbs (thyme, oregano, rosemary, or crumbled bay leaf)
1-2 tbsp mustard, whole grain or Dijon
1-2 tsp garlic or onion powder, optional
1/4 cup extra-virgin olive oil
Salt and freshly ground black pepper
4 boneless, skinless chicken breasts

Directions

1. Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all

the ingredients. Open the bag; drop in the chicken breast in the bag. Close and shake the bag to coat evenly. You can freeze the marinated chicken for up to 2 weeks.

2. Heat oven to 400°F. Spray 13x9-inch glass baking dish with cooking spray.
3. Bake uncovered 25 to 35 minutes until juice of chicken is no longer pink, when centers of thickest pieces are cut or until the chicken reaches an internal temperature of 165°F (74°C).

Adapted from: <http://www.foodnetwork.com/recipes/food-network-kitchens/marinated-chicken-breasts-recipe.html>

CARROT AND MANGO SALAD WITH HONEY LIME DRESSING

Ingredients

4 carrots, grated
2 mangoes, diced
1/4 cup extra virgin olive oil
2 tbsp lime juice
1 tsp lime zest
1/2 tbsp honey

Directions

1. Combine the olive oil, lime juice and zest, and honey.
2. Add dressing to carrots and mangoes.
3. Let sit for 2 hours before serving. Serves 4.

SWEET POTATO FRIES

Ingredients

4 sweet potatoes, (2-1/2 lb/1.25 kg)
2 egg whites
1 tbsp vegetable oil

1 tsp ground cumin
1 tsp ground paprika
1/2 tsp salt (optional)
1/2 tsp pepper

Directions

1. Peel potatoes; trim ends and sides to create rectangles. Cut lengthwise into 1/2-inch (1 cm) thick slices; cut each lengthwise into 1/2 -inch (1 cm) wide strips.
2. In large bowl, whisk egg whites until frothy. Whisk in oil, cumin, paprika, salt and pepper. Add potatoes, tossing to coat. Spread on 2 parchment paper-lined rimmed baking sheets.
3. Bake in top and bottom thirds of 425°F oven for 30 to 35 minutes, rotating and switching pans halfway through, until tender and edges are browned and crisp. Serves 6.

MAPLE BAKED SALMON

Ingredients

1/4 cup maple syrup
4 tsp grainy or dijon mustard
4 tsp soy sauce
2 lb (907 g) salmon fillet, skinned

Directions

1. In small bowl, combine maple syrup, mustard and soy sauce.
2. Arrange salmon on foil- or parchment paper-lined rimmed baking sheet; spoon glaze over fish or marinate salmon in glaze overnight.
3. Bake in centre of 400°F convection oven until fish flakes easily when tested, 8 to 10 minutes.

Adapted from: http://www.canadianliving.com/food/maple_glazed_salmon.php

Grandmother Moon

Grandmother Moon is a powerful teaching about Aboriginal women's special connection to our strength, knowledge and wisdom in taking our sacred place in our families, communities and beyond. She teaches us about our sacred role as the life-givers and the heart of our nations – for without women our nations cannot go on. We need Grandmother Moon's presence in our lives now more than ever, especially for our young women who live in the dark and struggle to live in the light.

Prayer

Grandmother Moon
You know all women from birth to death
We seek your knowledge
We seek your strength
Some are STARS up there with you
Some are STARS on Mother Earth
Grandmother, lighten our path in the dark
Creator, keep our sisters safe from harm

Shkagamik-Kwe Health Centre honours the **sacred four stages of life** through the delivery of programs and services. They are as follows:



These four stages of life correspond to the four directions of the medicine wheel, the four seasons and the four components of self:

POLICE, AMBULANCE, FIRE: 911

Police, Non- Emergency: 705-675-9171
Poison Control: 705-674-3636
Health Sciences North (Hospital): 705-523-7100
Crises Intervention Program: 705-675-4760
Health Care Connect (if no family physician): 1-800-461-2919
Telehealth Ontario: 1-866-797-0000
Sudbury And District Health Unit: 705-522-9200
Employment Support, Ontario Works: 705-674-4455
Ontario Disability Support Plan (ODSP): 705-564- 4515
Geztoojig Employment and Training: 705-692-0766
Suicide/Self Harm Prevention: 1-800-366-8288
N'Swakamok Native Friendship Centre: 705-674-2128