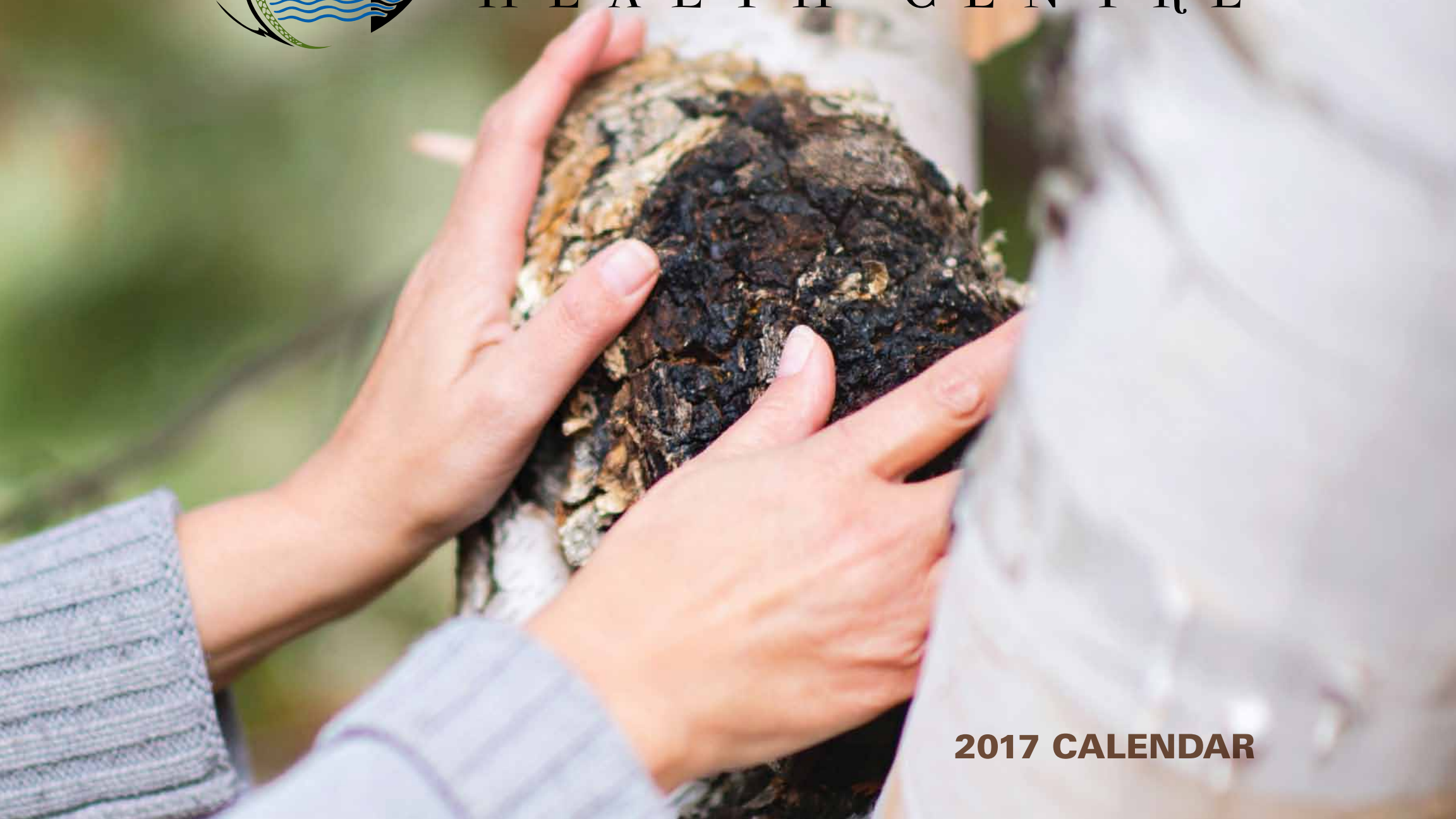




Shkagamik-Kwe

HEALTH CENTRE



2017 CALENDAR

Debenjiged, Gzhemnidoo, 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.



Wild Ginger/Nmepin

Found in rich hardwood forests, wild ginger grows near to the ground, features dark green heart shaped leaves and can reach up to 12 inches in length. The flowers appear in early April and continue into May. Wild ginger is heart medicine and aids in repairing damage to the heart muscles. Tea made from the roots has a warming effect and is good for winter consumption.



MEDICINE

Wild Ginger
Nmepin



TEACHING WORDS

New Year's Day
Nimkodaading



JANUARY

Alzheimer's Disease
Awareness Month

January 15-21: National
Non-Smoking Week



DECEMBER 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

JANUARY 2017

MANIDOO GIIZIS

FEBRUARY 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Day 1	Offices closed 2	LGBTQIA+ Youth Group Beading Session 3	Youth Big Drum Group 4	Men's Group Choices Winter Session 5	Foot Care Clinic Bowling Art Drop-In 6	7
8	Foot Care Clinic Yoga Diabetes Support Group 9	Two-Spirit LGBT Circle Beading Session Fitness Health @ YMCA Children's Drum Circle 10	Youth Big Drum Group Good Food Box Order Deadline 11	Full Moon Ceremony Men's Group Fitness Health @ YMCA Choices Winter Session 12	Foot Care Clinic Art Drop-In 13	14
15	Foot Care Clinic Yoga Parent Support Circle 16	LGBTQIA+ Youth Group Beading Session Fitness Health @ YMCA FASD Family Support Circle 17	Youth Big Drum Group Good Food Box Pick-up Community Kitchen 18	Men's Group Fitness Health @ YMCA Choices Winter Session 19	Foot Care Clinic Art Drop-In 20	21
22	Foot Care Clinic Yoga 23	Two-Spirit LGBT Circle Beading Session Fitness Health @ YMCA Children's Drum Circle 24	Youth Big Drum Group Community Kitchen 25	Men's Group Fitness Health @ YMCA 26	Friday Night Community Workshop Foot Care Clinic Nutrition Bingo Art Drop-In 27	28
29	Foot Care Clinic Yoga Parent Support Circle 30	LGBTQIA+ Youth Group Beading Session Fitness Health @ YMCA 31				



Bear Root/Osha/ Makwa jiibik

Bear root is commonly found in moist rich soil. This tall plant with small white or pinkish flowers and narrow pointed leaves is traditionally used to treat sore throats, colds and coughs. High in vitamins A and c, it can be used as a tonic or put in smudge to treat asthma.



MEDICINE

Bear Root
Osha/Makwa jiibik



TEACHING WORDS

Valentine's Day
Odeh/Zaagidwin giizhgad



FEBRUARY

National Heart Month
February 4: World
Cancer Day

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

FEBRUARY 2017

MAKWA GIIZIS

MARCH 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
			Youth Big Drum Group Community Kitchen 1	Groundhog Day Men's Group Fitness Health @ YMCA Choices Winter Session 2	Foot Care Clinic Bowling Art Drop-In PD Day Activities 3	4
5	Foot Care Clinic Yoga 6	Two-Spirit LGBT Circle Beading Session Fitness Health @ YMCA Children's Drum Circle 7	Youth Big Drum Group Good Food Box Order Deadline Community Kitchen 8	Men's Group Fitness Health @ YMCA Choices Winter Session 9	Full Moon Ceremony Foot Care Clinic Art Drop-In 10	11
12	Foot Care Clinic Yoga Diabetes Support Group Parent Support Circle 13	Valentine's Day LGBTQIA+ Youth Group Beading Session Fitness Health @ YMCA 14	Youth Big Drum Group Good Food Box Pick-up FASD Family Support Circle Community Kitchen 15	Men's Group Fitness Health @ YMCA Choices Winter Session 16	Foot Care Clinic Art Drop-In 17	18
19	Family Day Offices closed 20	Two-Spirit LGBT Circle Beading Session Fitness Health @ YMCA Children's Drum Circle 21	Youth Big Drum Group Community Kitchen 22	Men's Group Fitness Health @ YMCA Choices Winter Session 23	Friday Night Community Workshop Foot Care Clinic Nutrition Bingo Art Drop-In 24	25
26	Foot Care Clinic Yoga Parent Support Circle 27	LGBTQIA+ Youth Group Beading Session Fitness Health @ YMCA 28				



Balsam Poplar Buds/ Manabasa'di

Balsam poplar trees have deeply furrowed bark and can reach up to 25 meters tall. Their leaves are 5-12 centimeters long, round at one end and pointed on the other and are deep green on top and pale on the underneath. The resins from the buds are used in salves and have antibacterial, antiviral and antimicrobial properties and are natural anti-inflammatory painkillers. They can heal skin infections, soothe aching muscles, and mixed with fat/oil, they can also help relieve congestion.



MEDICINE

Balsam Poplar Buds
Manabasa'di



TEACHING WORDS

First day of spring
*Shki-mnookmi/ziigwan/
ziisbaakdokeng*



MARCH

National Nutrition Month
and Child Life Month

March 8: International
Woman's Day

FEBRUARY 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

MARCH 2017

NAABIDIN GIIZIS / BOPOGAAME GIIZIS

APRIL 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Youth Big Drum Group Community Kitchen 1	Men's Group Fitness Health @ YMCA Choices Winter Session 2	Foot Care Clinic Bowling Art Drop-In 3	4
5	Foot Care Clinic Yoga 6	Two-Spirit LGBT Circle Beading Session Fitness Health @ YMCA Children's Drum Circle 7	Youth Big Drum Group Good Food Box Order Deadline Community Kitchen 8	Men's Group Fitness Health @ YMCA Choices Winter Session 9	Foot Care Clinic Art Drop-In 10	11
Daylight Savings 12 	Full Moon Ceremony Foot Care Clinic Diabetes Support Group Parent Support Circle 13	LGBTQIA+ Youth Group Beading Session 14	Youth Big Drum Group Good Food Box Pick-up Community Kitchen 15	Men's Group 16	St. Patricks Day Foot Care Clinic Art Drop-In 17	18
19	First Day of Spring Foot Care Clinic Yoga 20	Two-Spirit LGBT Circle Beading Session Children's Drum Circle 21	Youth Big Drum Group Community Kitchen 22	Men's Group 23	Foot Care Clinic Art Drop-In 24	25
26	Foot Care Clinic Yoga Parent Support Circle 27 	LGBTQIA+ Youth Group Beading Session Foot Care Clinic Yoga Parent Support Circle FASD Family Support Circle 28	Youth Big Drum Group Community Kitchen 29	Men's Group 30	Friday Night Community Workshop Nutrition Bingo Art Drop-In 31	

Water/Nibi Maple Sugar Sap/ Wiishkbaagmig- ninaatigonbi

Water is life. Water surrounds life as it is being created in mother's womb. Water opens the doorway before life comes into this world.

Derived directly from the maple tree, our old ones would drink sap water for spring cleanses as it aids to detoxify our bodies.



MEDICINE

Maple Sugar Sap
*Wiishkbaagmig-
ninaatigonbi*



TEACHING WORDS

Colouring the eggs/Easter
*Baakwan/Tisgaadenoon
waawnoosan*



APRIL

Cancer Awareness Month



MARCH 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

APRIL 2017

BOPOGAAME GIIZIS / ZIISIBAAKADAKE GIIZIS

MAY 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
						1
2	Foot Care Clinic	3 Two-Spirit LGBT Circle Beading Session Fitness Health @ YMCA Children's Drum Circle	4 Youth Big Drum Group Community Kitchen	5 Men's Group Fitness Health @ YMCA	6 Foot Care Clinic Bowling Art Drop-In	8
9	Foot Care Clinic Diabetes Support Group Parent Support Circle	10 Full Moon Ceremony LGBTQIA+ Youth Group Beaded Session Fitness Health @ YMCA	11 Medicine Walk Youth Big Drum Group Good Food Box Order Deadline Community Kitchen	12 Men's Group Fitness Health @ YMCA Choices Spring Session	13 Good Friday Offices closed	14 15
Easter	16 Easter Monday Offices closed	17 Two-Spirit LGBT Circle Beaded Session Fitness Health @ YMCA Children's Drum Circle	18 Youth Big Drum Group Good Food Box Pick-up Community Kitchen	19 Men's Group Fitness Health @ YMCA Choices Spring Session	20 Foot Care Clinic Art Drop-In	21 22
23	Foot Care Clinic Parent Support Circle	24 LGBTQIA+ Youth Group Beaded Session Fitness Health @ YMCA FASD Family Support Circle	25 Youth Big Drum Group Community Kitchen	26 Men's Group Fitness Health @ YMCA Choices Spring Session	27 Friday Night Community Workshop Foot Care Clinic Nutrition Bingo Art Drop-In PD Day Activities	28 29
30						

Tobacco/Asemaa

Creator gave us this medicine so that we would always have a way to communicate spiritually. One of the four medicines, asemaa sits in the East and is used for communication with the Creator, ancestors and spirit world. It is smoked ceremonially and is given as an offering when asking for advice or help from an Elder/Knowledge Keeper. It is also offered to plants and animals prior to harvesting them and again after placing their remains back to Creation.



MEDICINE

Tobacco
Asemaa



TEACHING WORDS

Purifying the water/
Cleaning the water
*Bbaa-biinjige nmabine/
Biinton nbiish*



MAY

May 8-14: National
Mental Health Week

May 19-25: Aboriginal
Awareness Week

May 9-15: Nursing Week

May 31: World No
Tobacco Day



APRIL 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

MAY 2017

NMEBINE GIIZIS

JUNE 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Foot Care Clinic 1	Two-Spirit LGBT Circle 2 Beading Session Fitness Health @ YMCA	Youth Big Drum Group 3 Community Kitchen	Men's Group 4 Fitness Health @ YMCA Choices Spring Session	Foot Care Clinic 5 Bowling Trail Walking Art Drop-In	6
7	Foot Care Clinic 8 Diabetes Support Group Parent Support Circle	LGBTQIA+ Youth Group 9 Beadling Session Fitness Health @ YMCA Children's Drum Circle	Full Moon Ceremony 10 Medicine Walk Youth Big Drum Group Good Food Box Order Deadline Community Kitchen	Men's Spring Retreat 11 Fitness Health @ YMCA Choices Spring Session	Men's Spring Retreat 12 Foot Care Clinic Trail Walking Art Drop-In	13
Mother's Day 14	Sweatlodge 15 Foot Care Clinic	Two-Spirit LGBT Circle 16 Beadling Session Fitness Health @ YMCA	Youth Big Drum Group 17 Good Food Box Pick-up Community Kitchen	Men's Group 18 Fitness Health @ YMCA Choices Spring Session	Foot Care Clinic 19 Trail Walking Art Drop-In	20
21	Victoria Day 22 Offices closed	LGBTQIA+ Youth Group 23 Beadling Session Fitness Health @ YMCA Children's Drum Circle	Spring Fast Camp 24 Youth Big Drum Group Community Kitchen	Spring Fast Camp 25 Men's Group Fitness Health @ YMCA Choices Spring Session	Spring Fast Camp 26 Foot Care Clinic Trail Walking Nutrition Bingo Art Drop-In	Spring Fast Camp 27
Spring Fast Camp 28	Foot Care Clinic 29 Parent Support Circle	Two-Spirit LGBT Circle 30 Beadling Session Fitness Health @ YMCA FASD Family Support Circle	Youth Big Drum Group 31			

Strawberries/Heart Berry/Odemin

Leader of all berries, strawberries are high in vitamins and minerals. Also known as the heart berry, strawberries are good for treating anemia, high blood pressure and hemorrhoids, and are considered a blood and heart medicine. The leaves and roots can be used for teas to relieve sore mouths, throats and diarrhea.



MEDICINE

Strawberries/Heart Berry
Odemin



TEACHING WORDS

Aboriginal Day
Anishinaabe Giizhgad



JUNE

Stroke Awareness Month

June 21: Aboriginal
Solidarity Day



MAY 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

JUNE 2017

WAABGONII GIIZIS

JULY 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 Fitness Health @ YMCA Choices Spring Session	Foot Care Clinic Bowling Trail Walking Art Drop-In	
				1	2	3
4	Foot Care Clinic	LGBTQIA+ Youth Group Fitness Health @ YMCA Children's Drum Circle	Youth Big Drum Group Community Kitchen	Men's Group Fitness Health @ YMCA Choices Spring Session	Full Moon Ceremony Foot Care Clinic Trail Walking Art Drop-In	10
				8	9	
11	Foot Care Clinic Diabetes Support Group Parent Support Circle	Two-Spirit LGBT Circle Fitness Health @ YMCA	Medicine Walk Youth Big Drum Group Good Food Box Order Deadline Community Kitchen	Men's Group Fitness Health @ YMCA Choices Spring Session	Foot Care Clinic Trail Walking Art Drop-In PD Day Activities	17
				15	16	
Father's Day	Sweatlodge Foot Care Clinic	LGBTQIA+ Youth Group Fitness Health @ YMCA	First Day of Summer National Aboriginal Day Offices closed Good Food Box Pick-up	Men's Group Fitness Health @ YMCA	Foot Care Clinic Trail Walking Nutrition Bingo Art Drop-In	24
				22	23	
25	Foot Care Clinic Parent Support Circle	Two-Spirit LGBT Circle FASD Family Support Circle	Youth Big Drum Group Community Kitchen	Men's Group	Friday Night Community Workshop Foot Care Clinic Trail Walking Art Drop-In	30
				29	30	



Sweetgrass/ Wiingash/Mother Earth's Hair

One of the four medicines, sweetgrass sits in the South and reminds us of kindness. Found in damp places such as fields and roadsides, its leaves are shiny and root is reddish-purple. When braided, sweetgrass brings together mind, body and spirit. It is used for cleansing smudge and can help when children have nightmares.



MEDICINE

Sweetgrass/
Mother Earth's Hair
Wiingash



TEACHING WORDS

Canada
Giizhgad(Gaa-bi-daam-na?)



JULY

July 25: Preschool Clinic

JUNE 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

JULY 2017

MIIN GIIZIS

AUGUST 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
						Canada Day 1
2	Offices closed 3	4	Youth Big Drum Group Cambrian College Strawberry Picking 5	Men's Group 6	Foot Care Clinic Trail Walking Art Drop-In 7	8
9 ○	Full Moon Ceremony Foot Care Clinic Diabetes Support Group 10	11	Youth Big Drum Group Cambrian College Medicine Camp Good Food Box Order Deadline 12	Medicine Camp Men's Group 13	Foot Care Clinic Trail Walking Art Drop-In 14	15
16	Sweatlodge Foot Care Clinic 17	18	Youth Big Drum Group Cambrian College Good Food Box Pick-up 19	Men's Group 20	Foot Care Clinic Trail Walking Art Drop-In 21	22
23 ●	Foot Care Clinic 24	Preschool Clinic 25	Youth Big Drum Group Cambrian College 26	Men's Group 27	Foot Care Clinic Trail Walking Nutrition Bingo Art Drop-In 28	29
30	Foot Care Clinic 31					

Sage/ Mshkodewashk

One of four main medicines, sage sits in the West direction. Used for cleansing smudge, it clears away heaviness and brings about wellbeing. High in vitamins and minerals, sage has been used as a tea to relieve colds and fevers. Salves made with sage are used to treat eczema, sores and body odor.



MEDICINE

Sage
Mshkodewashk



TEACHING WORDS

Harvesting time/
Preserving time
Maajii-zgaknigeng/
Baashkminsigeng



AUGUST

August 1-7: World
Breastfeeding Week
August 12: International
Youth Day



JULY 2017
S M T W T F S
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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

AUGUST 2017

MNOOMNI GIIZIS

SEPTEMBER 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Youth Big Drum Group Cambrian College	2 Men's Group	3 Foot Care Clinic Trail Walking Art Drop-In	4	5
6 Civic Holiday Offices closed	7 ○	8 Full Moon Ceremony	9 Medicine Walk Youth Big Drum Group Cambrian College Good Food Box Order Deadline	10 Men's Group	11 Foot Care Clinic Trail Walking Art Drop-In	12
13 Foot Care Clinic Diabetes Support Group	14	15	16 Youth Big Drum Group Cambrian College Good Food Box Pick-up	17 Men's Group	18 Foot Care Clinic Trail Walking Art Drop-In	19
20 Sweatlodge Foot Care Clinic	21 ●	22	23 Youth Big Drum Group Cambrian College	24 Men's Group	25 Foot Care Clinic Trail Walking Nutrition Bingo Art Drop-In	26
27 Foot Care Clinic	28	29	30 Youth Big Drum Group Cambrian College	31 Men's Group		

Bear Berry/ Kinnkinkik

Bear Berry, a short shrub with spoon shaped evergreen leaves and red berries, is found in woodland areas, rocky shores and beaches. It aids with digestion, and is good for the kidneys, pancreas, and bladder. It flushes toxins and helps with diabetes. Bear Berry leaves are used for teas to treat urinary tract infections.



MEDICINE

Bear Berry
Kinnkinkik



TEACHING WORDS

Labour Day
Enkijik-Nokii-Gizhgad



SEPTEMBER

Cancer Awareness Month

National Arthritis Month

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

AUGUST 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

SEPTEMBER 2017

WAABAGAA GIIZIS

OCTOBER 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
					Foot Care Clinic Art Drop-In 1	2
3	Labour Day Offices closed 4	Two-Spirit LGBT Circle Beading Session 5	Full Moon Ceremony Youth Big Drum Group 6	Men's Group 7	Foot Care Clinic Bowling Art Drop-In 8	9
10	Foot Care Clinic Diabetes Support Group 11	LGBTQIA+ Youth Group Beading Session Foot Care Clinic Diabetes Support Group 12	Medicine Walk Youth Big Drum Group Community Kitchen 13	Men's Group Choices Fall Session 14	Foot Care Clinic Art Drop-In 15	16
17	Sweatlodge Foot Care Clinic Yoga Parent Support Circle 18	Two-Spirit LGBT Circle Beading Session 19	Fall Fast Camp Youth Big Drum Group 20	Fall Fast Camp Men's Group Choices Fall Session 21	First Day of Autumn Fall Fast Camp Foot Care Clinic Art Drop-In 22	Fall Fast Camp 23
Fall Fast Camp 24	Foot Care Clinic Yoga 25	LGBTQIA+ Youth Group Beading Session FASD Family Support Circle 26	Youth Big Drum Group Community Kitchen 27	Men's Group Choices Fall Session 28	Friday Night Community Workshop Foot Care Clinic Nutrition Bingo Art Drop-In 29	30



Sweet Flag/Wiikenh

Semi-aquatic and growing upright between 30 centimeters and 1.2 meters, Sweet Flag resembles small cattails with a brown stalk sticking out from the side of the plant. It is found in wetlands and on swampy lakeshores. Sweet Flag is good for colds and sore throats, and treats lung and respiratory problems. It is also a blood cleanser. Used in tonics and teas, it is also a digestive aid. (Note: Do not use while pregnant.)



MEDICINE

Sweet Flag
Wiikenh



TEACHING WORDS

All Souls Day/
Thanksgiving Day
*Tasenhwang/
Miigwech'e Giizhgad*



OCTOBER

Breast Cancer Awareness
Month

October 10: World Mental
Health Day

October 16: World Food Day

SEPTEMBER 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

OCTOBER 2017

BNAAKWII GIIZIS

NOVEMBER 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Foot Care Clinic Yoga	2 Two-Spirit LGBT Circle Beadling Session Youth Hunt Camp	3 Youth Hunt Camp Community Kitchen	4 Full Moon Ceremony Youth Hunt Camp Men's Group Choices Fall Session	5 Foot Care Clinic Bowling Art Drop-In	6
8	Thanksgiving Day <i>Offices closed</i>	9 LGBTQIA+ Youth Group Beadling Session	10 Youth Big Drum Group Community Kitchen	11 Men's Group Choices Fall Session	12 Foot Care Clinic Art Drop-In	13
15	Foot Care Clinic Yoga Diabetes Support Group Parent Support Circle Sweatlodge	16 Two-Spirit LGBT Circle Beadling Session	17 Youth Big Drum Group Community Kitchen	18 Men's Fall Retreat Choices Fall Session	19 Men's Fall Retreat Foot Care Clinic Pumpkin Patch Trip Art Drop-In	20
22	Foot Care Clinic Yoga	23 LGBTQIA+ Youth Group Beadling Session FASD Family Support Circle	24 Youth Big Drum Group Community Kitchen	25 Men's Group Choices Fall Session	26 Friday Night Community Workshop Foot Care Clinic Nutrition Bingo Art Drop-In	27
29	Foot Care Clinic Yoga Parent Support Circle	30 Halloween Two-Spirit LGBT Circle Beadling Session	31			



Cedar / Giizhigaandeg

One of the four medicines, cedar sits in the North direction. Made in to teas, cedar treats diarrhea, coughs, colds, sore throats, bronchitis and other respiratory ailments. Traditionally, the bark was peeled and used to make baskets, clothing, ropes, mats and other items. (Note: Should not be ingested when pregnant or by people with kidney disorders.)



MEDICINE

Cedar

Giizhigaandeg



TEACHING WORDS

Remembrance Day

Zhimaagnishi Giizhgad



NOVEMBER

Diabetes Month

Osteoporosis Month

November 14: World
Diabetes Day

OCTOBER 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

NOVEMBER 2017

BAASHKAAKODIN GIIZIS

DECEMBER 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
			Youth Big Drum Group 1	All Souls Day 2 Men's Group Choices Fall Session	Full Moon Ceremony 3 Foot Care Clinic Art Drop-In	4
Daylight Savings Ends 5	Foot Care Clinic 6 Yoga	LGBTQIA+ Youth Group 7 Beadling Session	Youth Big Drum Group 8 Community Kitchen	Men's Group 9 Choices Fall Session	Foot Care Clinic 10 Art Drop-In	Rememberance Day 11
12	Foot Care Clinic 13 Yoga Diabetes Support Group Parent Support Circle	Two-Spirit LGBT Circle 14 Beadling Session World Diabetes Day	Youth Big Drum Group 15 Community Kitchen	Men's Group 16 Choices Fall Session	Foot Care Clinic 17 Art Drop-In	18
19	Sweatlodge 20 Foot Care Clinic Yoga	LGBTQIA+ Youth Group 21 Beadling Session FASD Family Support Circle	Youth Big Drum Group 22 Community Kitchen	Men's Group 23	Friday Night Community 24 Workshop Foot Care Clinic Nutrition Bingo Art Drop-In	25
26	Foot Care Clinic 27 Yoga Parent Support Circle	Two-Spirit LGBT Circle 28 Beadling Session	Youth Big Drum Group 29 Community Kitchen	Men's Group 30		

Chaga/Shkitaagan

Known as the king of medicinal mushrooms, chaga is a fungus that grows predominantly on birch trees. It can be dried and ground into powder for tea to treat heart disease, boost the immune system and fight cancer. Chaga has the highest level of antioxidant potency than any other super food. It can also be used as incense or fire starter.



MEDICINE

Chaga
Shkitaagan



TEACHING WORDS

Christmas
Niibaanaamaang
Santa Claus
Dgoshin Waabshki
Miishdoon Nsko-
miiknoodish Kiwensinh



DECEMBER

December 1: World
AIDS Day

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

NOVEMBER 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

DECEMBER 2017

MANIDOO GIIZISOONHS

JANUARY 2018
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
					Foot Care Clinic Art Drop-In 1	2
3 ○	Full Moon Ceremony Foot Care Clinic Parent Support Circle 4	LGBTQIA+ Youth Group Beading Session Full Moon Ceremony 5	Youth Big Drum Group Community Kitchen 6	Men's Group 7	Foot Care Clinic Art Drop-In 8	9
10	Foot Care Clinic Diabetes Support Group 11	Two-Spirit LGBT Circle Beading Session FASD Family Support Circle 12	Youth Big Drum Group Community Kitchen 13	Men's Group Diabetes Holiday Cooking 14	Foot Care Clinic Art Drop-In 15	16
17	Foot Care Clinic 18 ●	LGBTQIA+ Youth Group Beading Session 19	Youth Big Drum Group 20	First Day of Winter Men's Group 21	Foot Care Clinic Art Drop-In 22	23
Christmas Eve 24	Christmas Offices closed 25	Boxing Day Offices closed 26	27	28	29	30
New Years Eve 31						

Programs & Services

TRADITIONAL

- Beading Workshop
- Youth Big Drum Group
- 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

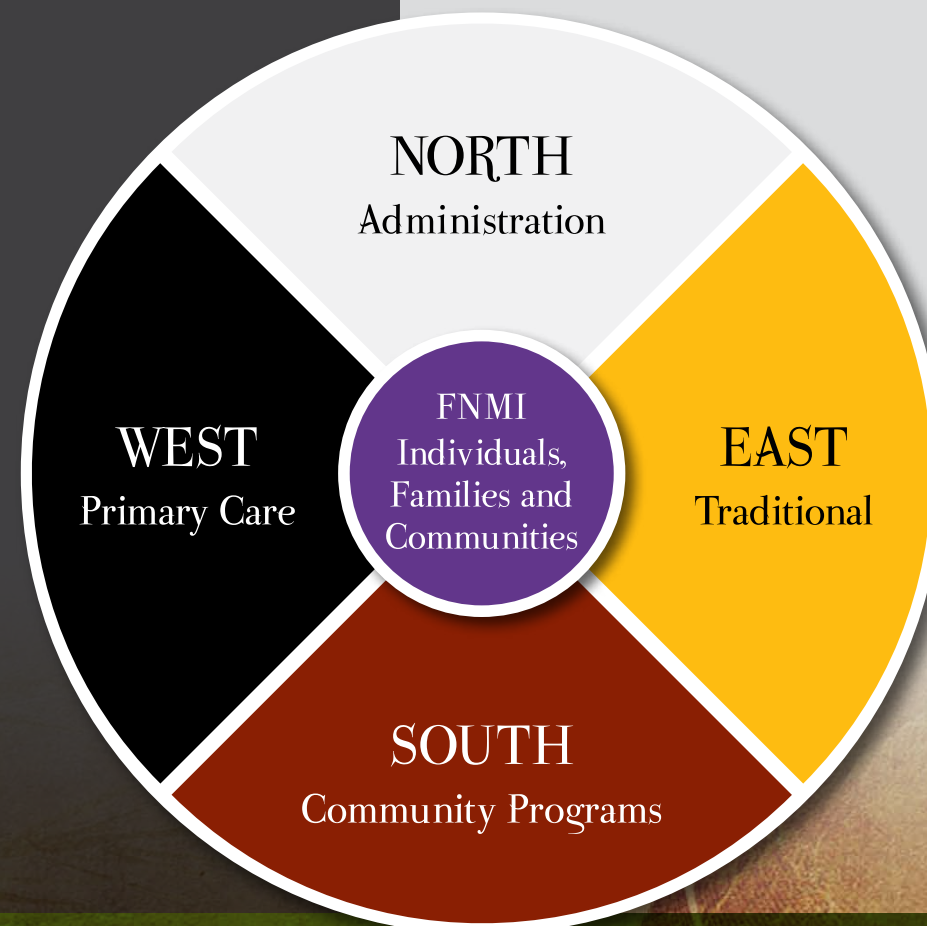
- Alternative School for Youth (ages 12-17)
- Experience Anishinaabe Culture, Language and Ceremony
- One-on-One Guidance Sessions
- Support students who struggle in mainstream education institutions, heal, gain confidence, gain identity, and motivate to thrive in their journey
- Youth Programming

Clinical Support (Client Centered)

- 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

KALE, LENTIL AND SWEET POTATO SALAD

Serves: 8

Salad

- 1 cup dry brown lentils
- 1 tbsp olive oil
- 1 lb sweet potato, peeled and shredded
- 1 large or 2 small bunches curly leaf kale
- 1 large red bell pepper, thinly sliced
- 1 large apple, thinly sliced
- ½ cup dried cherries or cranberries

Dressing

- ¼ cup olive oil
- ¼ cup raw almonds
- 2 tbsp maple syrup
- 2 tbsp cider vinegar
- 1 shallot, chopped
- 1 garlic clove, chopped
- 2 tsp lemon zest
- 2 tsp Dijon mustard
- Salt and pepper to taste (optional)

Directions

1. Place lentils in medium sauce pan along with 4 cups of water. Bring to a boil, reduce heat and simmer until tender, about 25 minutes. Drain and let cool.
2. Heat oil in large skillet over medium heat. Add sweet potato and cook until tender, about 5 minutes, stirring often. Remove from pan and let cool.
3. Tear kale leaves into approximately 2 inch pieces, place in large bowl.
4. Dressing: place oil, almonds, maple syrup, cider vinegar, shallot, garlic, lemon zest, mustard, salt and pepper in blender and blend until just slightly chunky. Pour dressing over

kale. With clean hands, massage kale firmly for 3 minutes or until tender and reduced in volume.

5. Add lentils, sweet potato, red bell pepper, apple and dried cherries/cranberries to bowl with kale and toss to combine.

CHICKEN FAJITAS

Serves: 4

Ingredients

- 1.5 lbs boneless, skinless chicken breasts, cut into 1/4" thick slices
- 2 red bell peppers, cut into strips
- 2 yellow bell peppers, cut into strips
- 1/2 large yellow onion, cut into thick slices
- 1 tbsp vegetable oil

Marinade

- 1 tbsp vegetable oil
- 2 tbsp lemon juice
- 1/2 tsp salt
- 1.5 tsp dried oregano
- 1.5 tsp ground cumin
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp crushed red pepper flakes

Directions

1. Place chicken strips into Ziplock bag.
2. In a small bowl, whisk together the marinade ingredients, then pour over chicken. Set chicken aside to marinate.
3. In a large skillet heat your vegetable oil, then add onions and peppers, cooking on medium/medium-high until peppers are tender and onion is turning translucent.
4. Remove peppers and onions and set aside. In the same skillet, cook chicken over

medium-high heat for 6 minutes or until no longer pink. Return pepper and onions to pan and heat through.

5. Serve on whole wheat tortillas, or use romaine lettuce leaves instead.
6. Top with salsa, sour cream, cheese, hot sauce, and/or fresh cilantro.

PUMPKIN CRANBERRY BREAD

Ingredients

- Butter or spray oil
- 2 cups all purpose flour
- 1 1/2 cups whole-wheat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 1/2 cups sugar
- 1 (15 oz) can pure pumpkin puree (*or 2 cups fresh pumpkin puree*)
- 2 eggs
- 2/3 cup water
- 1/2 cup oil
- 1/2 cup applesauce
- 1 teaspoon vanilla
- 2 cups fresh cranberries

Directions

1. Preheat oven to 350°F.
2. Coat two loaf pans with butter and/or cooking spray.
3. In a medium bowl, stir together flours, baking soda, cinnamon, nutmeg, ginger, and cloves.
4. In a large bowl, whisk together sugar, pumpkin puree, eggs, water, oil, applesauce, and vanilla.

5. Add flour mixture to pumpkin mixture, stir just until combined. Fold in fresh cranberries.
6. Divide batter between prepared pans. Bake for about 60 minutes or until a toothpick inserted in the center comes out clean.
7. Allow loaves to cool in pans for 10 minutes, then place on cooling racks.

CHICKEN AND RICE CASSEROLE

Ingredients

- Cooking spray
- 1 cup chopped onion
- 1 (8 oz) bone in chicken breast half, skinned
- 1/2 tsp black pepper, divided
- 1 (14 oz) can fat free, low sodium chicken broth
- 1 tbsp butter
- 1 zucchini, halved lengthwise, thinly sliced
- 1 yellow squash, halved lengthwise, thinly sliced
- 2 cups cooked long grain white rice
- 1 tsp minced fresh rosemary
- 1 1/2 tbsp all purpose flour
- 1 1/2 cups 2% milk
- 1/2 cup grated cheese
- 1/4 tsp salt

Directions

1. Preheat oven to 350°F.
2. Heat a large saucepan over medium-high heat. Lightly coat pan with cooking spray. Add onion to pan; saute 5 minutes, stirring occasionally. Sprinkle chicken with 1/4 tsp pepper; add chicken, meaty side down to pan. Cook 6 minutes or until browned; turn chicken over. Add broth to pan, reduce heat, cover and simmer 15 minutes or until chicken is done.
3. Remove chicken from pan, reserving broth

- in pan. Let chicken stand 10 minutes or until cool enough to touch. Remove chicken from the bones and shred. Place in a large bowl.
4. Bring borth to a boil; cook, oncovered until reduced to 1/2 cup (about 10 minutes). Add broth mixture to chicken. Melt butter in pan over medium-high heat. Add squash to pan and saute 3 minutes or until lightly browned, stirring frequently. Add squash mixture, rice and mined rosemary to the chicken mixture and toss gently to combine.
 5. Place flour in medium saucepan over medium heat. Gradually add milk, stirring until smooth. Bring to a boil. Cook 1 minute or until thick, stirring constantly with a whisk. Remove from heat and let stand 30 seconds. Add 1/4 cup cheese; stir with a whisk until smooth. Add remaining pepper, milk mixture and salt to chicken mixture; stir to combine.
 6. Spoon chicken mixture to a 8 inch ceramic baking dish coated with cooking spray. Sprinkle the remaining cheese over the rice mixture and bake for 20 minutes or until thoroughly heated.
 7. Broil casserol for 5 minutes or until golden.

GARLIC LIME MARINADED PORK CHOPS

Serves: 4

Ingredients

4 lean boneless pork chops
4 cloves garlic, crushed
1/2 tsp cumin
1/2 tsp chili powder
1/2 tsp paprika
1/2 lime, juice of
1 tsp lime zest
Salt and pepper to taste

Directions

1. Trim fat off pork. In a large bowl season pork with garlic, cumin, chili powder, paprika, salt and pepper. Squeeze lime juice and some zest from the lime and let it marinade at least 20 minutes.
2. To broil: line broiler pan with foil for easy clean up. Place pork chops on the broiler pan and broil about 4-5 minutes on each side or until browned. To grill, grill over medium-high 4 to 5 minutes on each side.

ROAST BEEF WITH PEPPERS, ONIONS AND POTATOES

Serves: 6-8

Ingredients

3 red bell peppers, cut into 1-inch-wide strips
2 yellow bell peppers, cut into 1-inch-wide strips
2 medium red onions, halved and cut into 1-inch wedges
3/4 pound white new potatoes, well scrubbed and cut into 1-inch chunks
5 garlic cloves, peeled (*3 left whole and 2 cut into 12 slivers*)
2 tablespoons olive oil
Coarse salt and ground pepper
2 1/2 pounds eye-of-round beef roast
3/4 teaspoon dried thyme

Directions

1. Preheat oven to 400°F. Place peppers, onions, potatoes, and whole garlic cloves on a large rimmed baking sheet. Drizzle with half the oil, season with salt and pepper, and toss to coat.
2. Using a paring knife, make 12 small slits in top and sides of roast; push in garlic slivers. Move vegetables to sides of sheet. Place beef in center, and coat with remaining oil;

- rub all over with 1 1/2 teaspoons coarse salt, 1/2 teaspoon pepper, and thyme.
3. Roast 40-50 minutes, tossing vegetables occasionally, until tender and an instant-read thermometer inserted into thickest part of beef registers 130 degrees for medium-rare. Let meat stand 10 minutes, loosely tented with aluminum foil to keep warm. Cut into very thin slices and serve with vegetables.
 4. Cool remaining beef to room temperature; place in an airtight container or wrap in plastic, and refrigerate.

WILD RICE AND CRANBERRY STUFFED TURKEY BREAST

Serves: 8

Ingredients

4 cups cooked wild rice
3/4 cup finely chopped onion (about 1 large)
1/2 cup sweetened dried cranberries
1/3 cup slivered almonds
2 medium cooking apples, coarsely chopped
1 boneless whole turkey breast (4-5 lbs), thawed if frozen

Directions

1. Preheat the oven to 375°F.
2. In a large bowl, mix all the ingredients, except for the turkey.
3. Cut turkey into slices at 1 inch intervals about 3/4 of the way through, forming deep pockets.
4. Place turkey in a casserole or baking dish. Stuff the pockets with wild rice mixture. Place any extra rice mixture around the turkey.
5. Bake for 1-2 hours or until an internal temperature of 170 °F in the thickest part of the meat (using a digital meat thermometer). The stuffing should reach a temperature of 165 °F.

CRISPY ROASTED CHICKPEAS

Makes about 2 cups

Ingredients

2 (15-ounce) cans chickpeas
2 tablespoons olive oil
1/2 teaspoon salt
2 to 4 teaspoons spices or finely chopped fresh herbs, like chili powder, curry powder, cinnamon, cumin, smoked paprika, rosemary, thyme, or other favorite spices and herbs

Instructions

1. Heat the oven to 400°F.
2. Rinse and drain the chickpeas.
3. Dry the chickpeas: Pat the chickpeas very dry with a clean dishtowel or paper towels. They should feel dry to the touch; if you have time, leave them to air-dry for a few minutes. Remove any chickpea skins that come off while drying, but otherwise don't worry about them.
4. Toss the chickpeas with olive oil and salt: Spread the chickpeas out in an even layer on the baking sheet. Drizzle with olive oil and sprinkle with salt. Stir with your hands or a spatula to make sure the chickpeas are evenly coated.
5. Roast the chickpeas in the oven for 20 to 30 minutes: Stir the chickpeas or shake the pan every 10 minutes. A few chickpeas may pop – that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle.
6. Toss the chickpeas with the spices: Sprinkle the spices over the chickpeas and stir to coat evenly. Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming chewy.



Shkagamik-Kwe HEALTH CENTRE

Building Healthy Communities – Respecting Traditional Values
161 Applegrove Street, Sudbury, Ontario P3C 1N2 Tel. 705-675-1596 Fax. 705-675-8040 shkc.ca

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



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

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
Gezhuojig Employment and Training: 705-692-0766
Suicide/Self Harm Prevention: 1-800-366-8288
N'Swakamok Native Friendship Centre: 705-674-2128



Ministry of Children
and Youth Services

North East LHIN
RISS du Nord-Est



Ministry of Health
and Long-Term Care

Shkagamik-Kwe Health Centre is a
multi-funded agency and would like
to acknowledge the ongoing support
from our funders.

