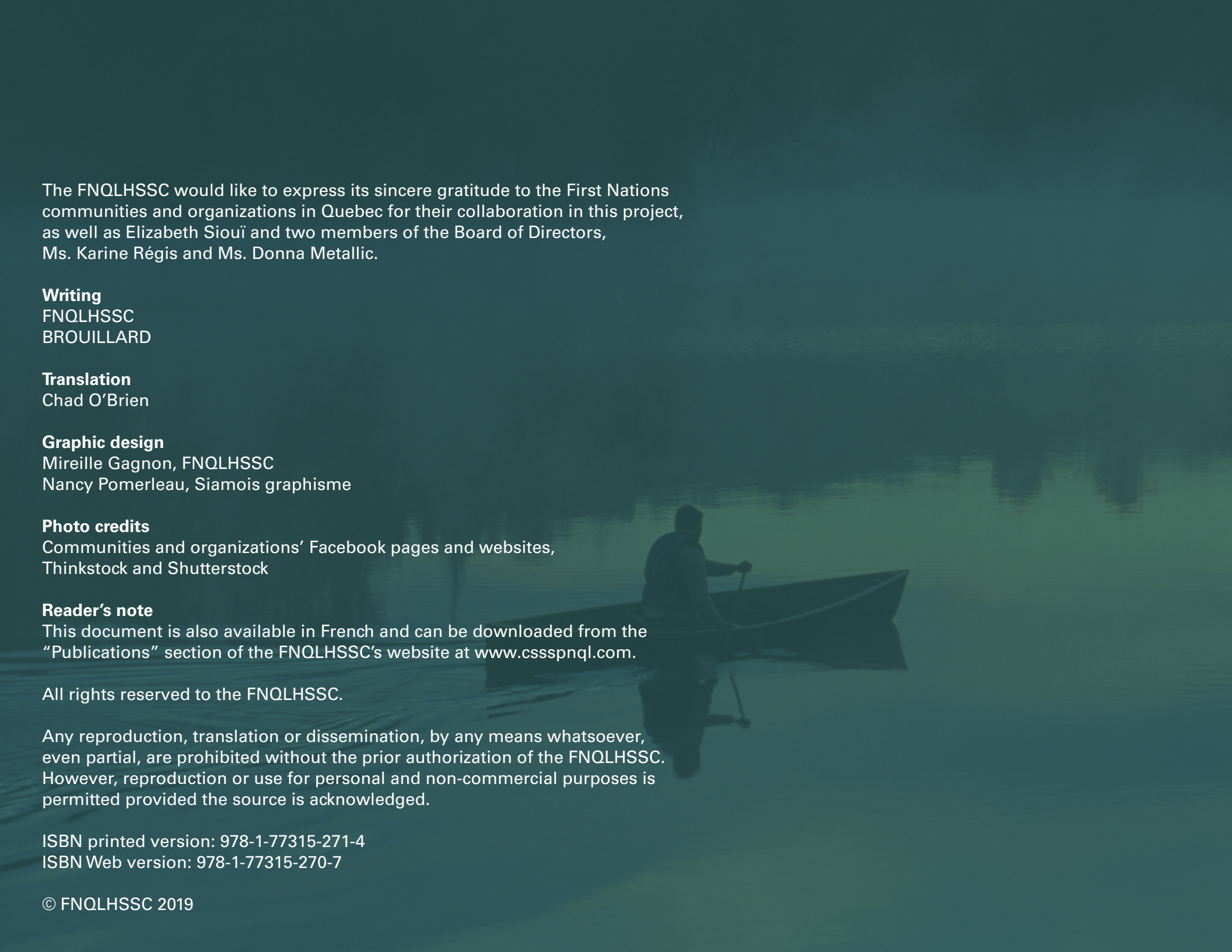




OUR LOCAL DEVELOPMENT, OUR COLLECTIVE WELLNESS



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION



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INTRODUCTION

The “Our local development, our collective wellness” project was initiated by the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) as part of the celebrations marking its 25th anniversary in 2019.

This significant event, under the theme “25 years of working together to improve the wellness of First Nations”, gave the FNQLHSSC the opportunity to emphasize this achievement by highlighting the communities and organizations that have contributed collectively to fostering the wellness of our people over the years.

Conducted in collaboration with First Nations communities and organizations, this project aimed to showcase the major developments, progress and successes of the communities and organizations in terms of health and wellness.

Marked by the actions, inspiration and leadership of the organizations and communities, the achievements and progress of recent years reflect the constant evolution and many steps taken to foster First Nations governance. The local successes and developments presented in this booklet are the result of sustained collective efforts to achieve the wellness of our people.

The FNQLHSSC is proud to support the First Nations communities and organizations in their journey towards greater governance and autonomy, thus guaranteeing the wellness of future generations.



ODANAK

1996

FOUNDATION OF THE ODANAK HEALTH CENTRE

Founded in 1996, the Odanak Health Centre brings together 13 staff who work in the fields of social work, nursing, addiction and kinesiology.

Since its opening, the Health Centre has been expanded twice, in 2015 and 2016, and more recently, in 2018, the facility was renovated and modernized.

MISSION

Contribute to improving the health and wellness of members of the Odanak community through health programs focused on prevention and health promotion, with an emphasis on respecting the beliefs and cultural values of the Abenaki Nation.



2002

OPENING OF THE CPE AW8SSISAK

The CPE opened on August 26, 2002, with 26 spaces per day available at the time.

In 2008, to accommodate growing needs, 11 additional spaces were created.

In December 2016, upon completion of expansion and renovation work, 16 additional spaces were added for a total of 52 spaces for children in the community.

CHILD AND FAMILY SERVICES

In Odanak, child and family services are provided by the social and community services of the Grand Council of the Waban-Aki Nation. The services delivered allow the creation of a more stable, dynamic and safe family and social environment for the children of Odanak, while respecting their culture and community traditions.

PRIDE

For staff and management, collaboration, dedication, loyalty, mutual assistance, professionalism, cooperation, support and team spirit are the values that have prevailed and been reflected throughout the childcare centre since it opened in 2002.

QUOTE

ALONE YOU GO FAST,
TOGETHER YOU GO FAR!



WÔLINAK

WÔLINAK HEALTH CENTRE

MISSION

The mission of the Wôlinak Health Centre is to carry out health promotion, prevention and awareness initiatives. This approach allows for a reduction of health risk factors and their consequences and the detection of disease and psychosocial issues early in the preclinical phase.

FRONT-LINE SERVICES OFFERED TO ALL COMMUNITY RESIDENTS:

- Home care
- Wound care
- Blood glucose monitoring
 - Taking vital signs
 - Venepuncture
- Patient education
- Monthly medical follow-up
- Referral for psychosocial support
 - Medical transportation



THE PHILOSOPHY OF THE PROGRAMS INVOLVES A COMPREHENSIVE VISION OF THE PERSON ACCORDING TO THE FOLLOWING VALUES:

- Respect for individuals and their dignity
 - User participation and recognition of his or her rights
 - User responsibility and recognition of his or her duties
 - Maximizing the person's potential
- Recognition of the strength and limitations of natural support networks
 - Respect for the user's values and sociocultural reality
- Uniqueness of the user and their home and family situation



The health of the Wôlinak community is an essential condition for its survival, growth and autonomy. It is a fundamental resource that allows community members to live their lives to the fullest.



CHILD AND FAMILY SERVICES

In Wôlinak, child and family services are provided by the social and community services of the Grand Council of the Waban-Aki Nation. The services provided enable a more stable, dynamic and safer family and social environment for the children of Wôlinak while respecting their culture and community traditions.

Other organizations that deliver services to children and families in the community include the ECC, the Abenaki Police Force and the Health Centre. All are important partners that share common objectives and provide complementary services. Therefore, the various stakeholders involved always strive to harmonize their actions to best meet the needs of children and families in the community.

GRAND CONSEIL DE LA NATION WABAN-AKI

HISTORY

Founded in 1979, the Grand Conseil de la Nation Waban-Aki is a Tribal Council that brings together the Abenaki communities of Odanak and Wôlinak.

MISSION

The mission of the Grand Conseil de la Nation Waban-Aki is structured around three main elements.

REPRESENTATION

To be the voice of both member communities and to defend the inherent rights of their members.

DEVELOPMENT

Ensure the economic development of the Abenaki people.

ADMINISTRATION

Ensure administrative management of all services delivered by the Department and other organizations to the members of both communities.

SERVICES OFFERED

SOCIAL SERVICES

Grand Conseil de la Nation Waban-Aki social services are offered as part of the First Nations Child and Family Services (FNCFS) Five-Year Action Plan. The primary mission of FNCFS is to create a more stable, dynamic and safer family and social environment for children in the communities of Wôlinak and Odanak. Two family rooms were built there for that purpose.

The main services provided by the community are front-line services, also referred to as “community prevention services”. The community intervention to be phased in through this approach aims to create a social and community environment that promotes the full development of children, youth and families. In short, it is about providing services that contribute to the social development of Odanak and Wôlinak, with the aim of promoting children’s safety and development.

HOME CARE SERVICES

Home care services are, first and foremost, a team effort. Whether you need the services of a home support worker, nurse or service technician, the team has only one goal: meeting the essential needs of every client. Home care services include assisted living, personal hygiene care, help getting dressed and in-home respite services.





PIKOGAN

PIKOGAN HEALTH CENTRE

The Pikogan Community Health Centre provides services focused on healthy lifestyles promotion, addiction and physical illness prevention, and medical follow-up.

The Centre has three full-time nurses and a team of four doctors and a pediatrician available once to twice a month.

Services provided by the Centre include home care, medical transport and support services for seniors. It also has a variety of programs in areas such as maternal health, suicide prevention, mental health, drugs, alcohol and diabetes.





MOKAAM EARLY CHILDHOOD CENTRE

The Mokaam early childhood centre has 10 spaces for infants aged 6 to 18 months and for 58 children over 18 months of age for a total of 68 spaces from the Algonquin community of Abitibiwinni and other nations. Services are also available to the population of Amos and surrounding area. Spaces are available at no cost for parents who receive income security.

MISSION

Provide quality child care that ensures the wellness, health and safety of children, while meeting the specific and cultural needs of each family, through educational programming that focuses on developing the full potential of children.

2013 OPENING OF THE MAISON DES AÎNÉS 8ATAPI

Located near the Pikogan Health Centre, the Maison des aînés 8atapi elders' home was built in 2013. In Algonquin, 8atapi means "root". The facility opened its doors to its first residents on June 1, 2014. People 55 and older can apply for care at the residence. Of course, services are designed to improve the wellness of residents. Staff is available to elders who need to be accompanied to medical appointments or who need help organizing activities. Currently, there are 11 elders living in the facility.



LAC-SIMON

TAKINAGAN EARLY CHILDHOOD CENTRE

Created in 1997, the Takinagan Early Childhood Centre currently has 30 children enrolled and was renovated in 2017.

2019

In 2019, the community will have a new building to open 49 new daycare spaces. The new facility will be managed by the Takinagan ECC.



MINO-TEHEWIN HEALTH CENTRE

The Mino-Tehewin centre is the community reference in healthcare.

The facility offers a range of clinical and preventive physical and mental health services and takes a holistic approach to promoting wellness. The centre employs several health professionals, including nurses and nursing assistants, a nutritionist, a speech-language pathologist, a psychologist, a psychoeducator, a specialized educator and social workers. It also has a visiting doctor, a visiting pharmacist and a dental hygienist.

2011

IMPLEMENTATION OF REMOTE SCREENING FOR DIABETIC RETINOPATHY

2019

EARLY CHILDHOOD DAYS

For the past 4 years, the various workers involved with families in the community have been organizing early childhood days, which, year after year, have been a great success.

This year, more than 65 parents participated in the various workshops.

PRIDE

It is important for the community that the children who live there have access to daycare services that give them the opportunity to learn and grow every day.



LONG POINT FIRST NATION (WINNEWAY)

AMOSESAG EARLY CHILDHOOD CENTRE

2009

The Amosesag Early Childhood Centre opened in May 2009.

Currently, the ECC has 30 spaces. Five are for infants and the other 25 are for children between 18 months and 5 years of age. 21 additional spaces are slated to be created in the coming years.



2018

In 2018, the ECC received capital funding from the federal government to build a new playground and storage garage, as well as to install air conditioning and replace all windows in the existing building.



QUOTE

“The key to successful leadership is influence, not authority.”

PRIDE

“The teamwork from staff and the sense of pride of staff when we host events for parents and children. The cultural identity of the facility with the seven grandfather teachings and medicine wheel at the centre of the building. The willingness of staff to take the lead when necessary. Hearing some parents appreciate our services.”



HEALTH AND WELLNESS CENTRE

Since its inception in 1989, the mission of the Long Point First Nation Health and Wellness Centre has been to nurture holistic health through wellness and a balanced lifestyle while instilling pride in Long Point First Nation’s children, families and community in a manner that is comprehensive, competent and guided by Anishnabeg values and traditions.

MISSION

Improve the physical and mental health of Long Point community members through the effective administration of community health programs tailored to the needs of the community.

2006

To increase the services it provides, the Health and Wellness Centre underwent expansion in 2006.

QUOTE

“The heart of the community is located at the Health and Wellness Centre.”

PRIDE

Having doctors provide services in the community regularly.

SPECIAL EVENT

Amosesag Early Childhood Centre staff organize annual graduation ceremonies for preschoolers, which can be very touching for both staff and parents. Once the children leave the ECC for school, some come back to remember good times with the staff. Children are always welcome!





KITCISAKIK

HEALTH SERVICES

The Kitcisakik health centre has a community health plan.

For nursing services, the community has a memorandum of understanding with the CISSS de l'Abitibi-Témiscamingue.

1999

MISIPISON CHILDCARE CENTRE

Incorporated in 1999, the Misipison CPE in Kitcisakik offers daycare services to children aged five and under.

Misipison has 7 spots for children aged 17 months and under, and 38 spots for ages 18–59 months, for a total of 45 spots.



2008-2015

PHASE 1 OF THE MISSION KITCISAKIK PROJECT

The aim of this project is to improve living conditions in the community by promoting the value of local skills, knowledge transfer and individual empowerment.

CLINICAL INNOVATION AWARD 2011

In 2011, a nurse from the Kitcisakik health centre won the award for clinical innovation from the Abitibi-Témiscamingue order of nurses, for the family support program Kitci Mino Obigan (or “growing well together”).

This program focuses on mother-child health and covers all aspects of family health, to give women and men the tools they need to take on their role as parents.

2017

AVENIR D’ENFANTS COMMUNITY PROJECTS

These projects encourage community mobilization and cross-sectoral collaboration in the area of child (ages 0–5) and family development.

2018

ODJI NITAGIYASIWIN CHILDHOOD SEMINAR

In November 2018, the various community sectors worked together to organize a seminar on childhood. The goal of this event was to promote community services to parents, to develop better intervention practices and to give parents tools that support their role as their children’s first educators.



BARRIERE LAKE

HEALTHCARE SERVICES

The Barriere Lake healthcare team at the community nursing station is composed of nurses under the direct management of Health Canada as well as employees reporting to the Band Council.

Primary health care, including clinical activities, are provided, as well as health promotion and disease prevention activities.

2015

REMOTE SCREENING FOR
DIABETIC RETINOPATHY

2018

IMPLEMENTATION OF
FRONT-LINE SERVICES





PRIDE

"OUR TRADITIONAL
WAY OF LIFE"

The Algonquins of Barriere Lake
have survived off the land for
generations, hunting, fishing,
trapping and gathering.



KITIGAN ZIBI

1983

KITIGAN ZIBI HEALTH AND SOCIAL SERVICES

Kitigan Zibi's health centre was built in 1983. From the very beginning, the centre has worked hard to achieve autonomy in the administration and delivery of its health services and social services. Its services were taken over in 1989, making it one of the first centres in Canada to achieve this level of autonomy.

The centre underwent significant expansion in 1999.

Kitigan Zibi Health and Social Services encompasses many programs that focus on the physical and mental health of all members of the community. From prenatal nutrition to home care programs for seniors, the centre offers a wide range of services. In addition, specific buildings within the community focus on various aspects of physical and mental health.

Services include the Waseya House Crisis Shelter, the Kiweda Assisted Living Group, the Nicholas Stevens Centre (for people with mental health problems) and the youth centre for child and family services.

KIWEDA GROUP HOME

Kiweda means "our home". Kiweda Assisted Living Group was created to help seniors remain in the community and maintain their independence.





WAZOSON CHILDCARE CENTRE

With a capacity of 47 spaces, the Kitigan Zibi Wazoson Childcare Centre provides an educationally sound program working to ensure the best possible environment to promote physical, cognitive, cultural, social and emotional growth for every child.

The program reflects all aspects of the Anishinabe tradition by promoting the use of our Algonquin language, culturally oriented materials and culturally based programmed activities.

PRIDE

The community of Kitigan Zibi offers services provided by its own people, for its own people. All employees of this health centre are members of the community of Kitigan Zibi.

Community members have worked together to continue expanding services in all areas related to health and social services.



KEBAOWEK FIRST NATION

KEBAOWEK CHILDCARE CENTER

2000

“NURTURING OUR FUTURE”

With the full support of Chief and Council, Kebaowek Childcare Centre has been able to grow from a small one room ‘Trappers Building’ to an entire fully functioning establishment. Through the growth and development of the center, services are offered from birth until children journey off to school.

The center is no longer just a childcare centre, we work ‘alongside’ many services to give children and their families the best start.

“As of 2019, Kebaowek Childcare Centre has 6 fulltime staff; 4 fulltime educators, 1 cook/secretary/bookkeeper and the childcare director. We are licensed for 21 childcare spaces. We continue to strive toward supporting children (infants to 5-year-olds) and their families, offering children a safe and welcoming atmosphere, and to continue to work alongside Kebaowek First Nation to continue to offer children the best start in their transition to school.”



KEBAOWEK HEALTH CENTER

MISSION

To deliver health prevention and wellness programs and services to our members with respect and courtesy and to ensure they have equal access to all the health services they are entitled to.

VISION

To empower, promote and encourage healthy lifestyles so that illness, disease and addictions no longer threaten our people. That our health status in no way sets us apart from the rest of Canadians in a negative way. That all members of our Nation live their lives to the fullest in a healthy and holistic manner.

SERVICES

Monthly visits from doctors.

Monthly clinics include: dietician, diabetes care, footcare, pre-natal and post-natal.

2010

REMOTE SCREENING OF DIABETIC RETINOPATHY

PRIDE

The practices we are most proud of in regard to service delivery are the continued support of leadership within the community and the progress made with the community and parents. Working with children and families from infancy and onward is a truly rewarding experience.



TIMISKAMING FIRST NATION

TIMISKAMING FIRST NATION HEALTH AND WELLNESS CENTRE

intervention is continuously evolving to adapt to various clienteles including children aged 0 to 12 years, their family members and elders. To do so, they implement measures to promote healthy lifestyles and ensure better access to health professionals.

The Community Health Centre interdisciplinary team shares common objectives and values aimed at ensuring the well-being of its clients, in terms of health equity, access and coordination, collaboration, partnerships and cultivating the notion of continuous quality improvement. The team includes physicians, nurse practitioners and registered nurses, licensed practical nurses, mental health workers and dietitians. Furthermore, by giving their time and expertise to the community, volunteers are a significant asset to the community centre.

Major programs in the community are:

HOME AND COMMUNITY CARE CENTRE

These services help people with chronic and acute illnesses receive the care they need at home or in their community.

BRIGHTER FUTURES PROGRAM

Brighter Futures is a community-based health promotion and ill health prevention program that uses learning activities to increase awareness, change attitudes, build knowledge and improve skills.





MEDICAL TRANSPORT

Medical transport assists clients in accessing the health professionals, tests, dental care and other treatments and services they need when these services are not available where they live.

COMMUNITY HEALTH REPRESENTATIVE

Community Health Representatives make a major contribution toward improving the health of our members: they increase accessibility to health care by bridging the cultural gap between health care professionals and their clients.

NATIONAL NATIVE ALCOHOL AND DRUG ABUSE PROGRAM (NNADAP)

Several prevention activities aimed at preventing serious alcohol and drug abuse problems are offered. The centre also provides current health care information and preventative health care programs.

WHAT WE ARE PROUD OF

Being conscious of our culture within programs.

Being an accredited health centre.

VALUES

Health equity

Access and coordination

Collaboration

Partnership

Quality improvement

2017

EXPANSION

The Centre underwent a major expansion in 2017 to bring all health services under one roof. This change made it possible to consolidate resources to better serve the community and make health services more accessible.





WOLF LAKE

2009

WOLF LAKE HEALTH CENTER

Since the transfer of some programs from First Nations and Inuit Health Branch, in 2009, the community provides services regarding HIV, diabetes, food security, physical fitness and the National Native Alcohol and Drug Abuse Program.

2013

CONTRIBUTION AGREEMENT FOR MEDICAL TRANSPORTATION



2017

PREVENTION AND AWARENESS

Hiring of a nurse to support the population of Wolf Lake in many ways. It gave the opportunity to organize training and workshops on different topics, such as prevention and awareness.



2019

WOLF LAKE HOME CARE PROGRAM

This year, Wolf Lake sent a community health proposal to First Nations and Inuit Health Branch.

The ultimate objective is to get a home care program that will give the opportunity to the community to offer better and culturally adapted services to elders and to the population with specific needs.





WEMOTACI

HEALTH CENTRE

1972

OPENING OF THE CLINIC

A clinic opened in 1972 in Wemotaci, the same year the members of the community were relocated to their new village.

The clinic later became the community's health centre, which today is managed by the Conseil des Atikamekw de Wemotaci. The health centre has been renovated and expanded several times since its creation.

As part of its workforce, the community is particularly proud to have First Nations nurses, many of whom come from the community of Wemotaci.





SERVICES OFFERED:

- Distribution of new injection equipment among people who use drugs (free service)
 - Recovery of used syringes and needles
 - Tests
 - Dressing changes and follow-up
 - Nurse consultations
 - Medical consultations the same day or the next (for everyone)
- Same-day or next-day medical consultations (for registered patients)

SOCIAL SERVICES CENTRE

Located in the administrative offices of the community, the social services centre is managed by the Conseil de la Nation Atikamekw.

1995

OPENING OF THE CPE SIX SAISONS

2000

The seniors' centre of the community opened in 2000.

PRIDE

The "Miroskamin" program, which was created in 2005, provides therapy in a natural environment to help members on their journey to wellness and healing.



CONSEIL DES ATIKAMEKW
D'OPITCIWAN

OPITCIWAN

HEALTH SERVICES

- The Opitciwan health centre offers a range of care and services to the population. Nurses alternate their work in the clinic with work in various programs.
- School health • Women's health • Maternal health • Child health • Chronic health
 - Home care • Community health • Home aids • Prenatal nutrition, RSC • Mental health
 - Drug-addiction prevention program

A few doctors and dentists come to Opitciwan on a regular basis to offer services to the population. And of course, a 24-hour emergency service is also available.

SOCIAL SERVICES

Social services support community members seeking to improve their wellness through the availability of current, specialized, protective and emergency social services, while respecting citizens' freedom.



2015

OPENING OF THE MAMONITOKIWAM FAMILY CENTRE

The Mamonitokiwan family centre in Opitciwan is a gathering place dedicated to the development and wellness of children and families. It takes a holistic approach that is respectful of Atikamekw values, customs and traditions.

The Centre offers activities for the community's children, youth and families.

2016

FORUM ON PARENTS' ROLE IN CHILDREN'S EDUCATION (FORUM SUR L'IMPORTANCE DU RÔLE DU PARENT DANS LE PROJET ÉDUCATIF DE L'ENFANT)

SAKIHITOKIWAM CHILDCARE CENTRE

The Sakihitokiwan childcare centre offers 80 spots for children from the community.

2015

CONSTRUCTION OF THE MAISON DES AÎNÉS TAPISKWAN RETIREMENT HOME

Offering its residents adapted services, Tapiskwan is a 16-unit residence for autonomous and semi-autonomous Elders from the Opitciwan community.



MANAWAN

MASKO-SIWIN HEALTH SERVICES

VOCATION

Provide first-line health services, that are clinical and preventative in nature, to the people of Manawan while facilitating access to other health services to which they are entitled.

MISSION

Contribute to improving the health status and wellness of the population of Manawan.

BACKGROUND

1994

In 1994, the Conseil des Atikamekw de Manawan (band council) signed a first transfer agreement with Health Canada. Manawan's Masko-Siwin health services were created to organize and manage the programs provided for in the agreement. It was a daunting challenge, but also an opportunity to tailor services to the genuine needs of individuals and the aspirations of the community. This opportunity to increase program management autonomy has certainly increased the motivation to succeed, which made it possible to carry out this transition.



2009

In 2009, the health services completed their third contribution agreement.

HEALTH PLAN

Recently, another opportunity to improve flexibility in the management of health programs and services has presented itself through the possibility to access a new funding model with Health Canada. To this end, the Services de Santé Masko-Siwin have developed a Community Health Plan and are tailoring their organizational structure accordingly and improving their management practices.

2019

INAUGURATION OF THE CENTRE MIHAWOSO

“HEALING YOUR CHILDREN AT HOME”

In the spring of 2019, the community opened the Centre de pédiatrie sociale Mihawoso (social paediatrics centre). Sponsored by the Fondation du Dr. Julien, the Centre Mihawoso makes it possible to provide culturally appropriate social medicine services while fostering support from the extended family and ensuring respect for Atikamekw values and culture.

A range of community and sociocultural activities focused on the overall development of children and the empowerment of parents with a view to improving living conditions will also be offered to the families who will be attending the centre.

QUOTE

“Among Aboriginal people, the circle is important because it fosters sitting together for circles of healing and discussion, to figure out what we can improve to protect the child while working with the family as a partner.” Sandro Échaquan, Director of the Centre Mihawoso





Pekuakamiulnuatsh
Takuhikan

MASHTEUIATSH

CENTRE DE LA PETITE ENFANCE AUETISSATSH

ONE COORDINATING OFFICE AND SEVEN FAMILY ENVIRONMENTS

At the CPE Auetissatsh, the principles of respect, equity, mutual aid and healthy communication are prioritized to ensure the provision of quality services fostering children's development, in a spirit of tradition and mutual respect.

BACKGROUND

1992

The CPE Auetissatsh opened in September 1992 to welcome 45 children from the community of Mashteuiatsh.

1999

The childcare centre established the coordinating office to meet the high demand for services, thus creating 39 additional spaces for family environments.

2015

After expanding in 2015, the coordinating office of the CPE Auetissatsh now has a total of 66 spaces.



COLLECTIVE HEALTH AND WELLNESS MILUELINIUN MAHK MAMU MILUE LIMUN

MISSION

- Contribute to wellness and support the Pekuakamiulnuatsh by offering innovative programs and services focused on prevention and the promotion of health and healthy lifestyles.
 - Offer an accommodation service for the Pekuakamiulnuatsh with decreasing independence.
- Ensure the protection of children whose safety or development is compromised as well as the rehabilitation and social reintegration of young offenders.

“CONTRIBUTE TO THE WELLNESS OF ALL BY PROMOTING HEALTHY LIFESTYLES AND CONDUCTING PREVENTION AMONG THE PEKUAKAMIULNUATSH”

HEALTH AND SOCIAL SERVICES

THE MAIN SERVICES ARE:

- Public health
- Promotion and prevention
 - Nursing care
- Social services and youth protection
- Healthy lifestyles and chronic diseases
- Medical transportation and support

CENTRE TSHISHEMISHK

The Centre Tshishemishk is a 20-room shelter that provides community seniors with services associated with monitoring and assistance for activities of daily living, including medication management. To do so, the centre offers a complete meal, laundry and janitorial service as well as recreational activities. Its staff includes nurses, licensed practical nurses, beneficiary attendants and support staff.

MAISON DE LA FAMILLE SHAPUTUAN PUAMUN

The Maison de la famille Shaputuan Puamun (family centre) provides culturally appropriate services that are tailored to pregnant women and families to ensure the optimal development of children aged 0 to 5 years. Its focus is to work closely with the families throughout the monitoring period (pregnancy and 0-5 years) based on the needs.

PRIDE

The teaching of Nehlueun and traditional activities are an integral part of the educational program where the wellness of children is at the heart of the concerns.

PESSAMIT

1996

OPENING OF THE CPE NUIJSHEUAKAN

In 1996, the CPE Nuitsheuakan was officially incorporated into the business register. The current facilities can accommodate 78 children.

HEAD START PROGRAM

BACKGROUND

In 2004, the First Nations Head Start Program (FNHSP) was established in the community. A new, fully equipped facility, which was built as an annex to the Nussim elementary school, was inaugurated on November 21, 2018.

MISSION

This program allows the community to offer services to parents and preschool-aged children ages 2 to 4 years. The holistic approach of the program takes into consideration all available services and the factors that influence the development of children, thus allowing greater resource efficiency and respect for the diversity of each community.

Organized into six interrelated components (culture and language, education, health promotion, nutrition, social support and parental involvement) to ensure greater action effectiveness, the FNHSP promotes the healthy and ongoing development of children and families and the involvement of parents, guardians and the extended family.

PRIDE

In addition to offering all FNHSP services in the Innu language, the community pays particular attention to parental involvement, especially among fathers, for whom they have noted an increase in the activity participation rate.



CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DR. STANLEY VOLLANT (HEALTH AND SOCIAL SERVICES CENTRE)

1977

Opening of the first clinic on the community's territory.

1989

Pessamit's band council took over certain services, following an agreement reached by the Conseil Atikamekw-Montagnais.

1992

As part of the government's approach to adapting program contents to the genuine needs of communities, the community's take-over of the management of the health and social services began in 1992.

2018

Inaugurated on May 10, 2018, the new health and social services centre brings together many health and social services under one roof. The facility also houses the community's first autonomous and semi-autonomous seniors' residence in the community.

2019

Official unveiling of the new name of the community health centre that now includes the name "Dr. Stanley Vollant" in honour of this surgeon and speaker from Pessamit.

COMMUNITY APPROACH

For the community, service improvement involves collaboration and support from all available resources, with the goal of integrating interventions, actions and services to ensure that they meet the needs of members.

PRIDE

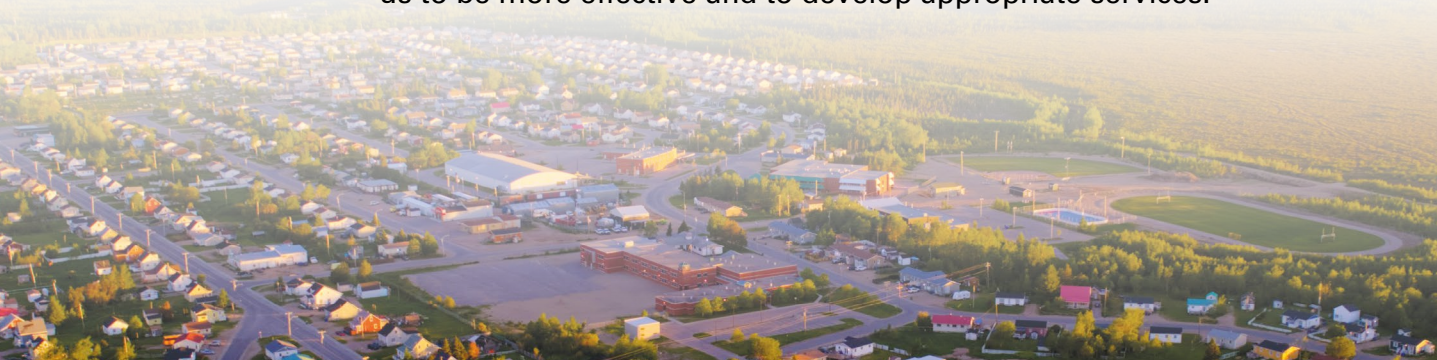
"Ensuring that services are provided to our members in their language by appropriately trained human resources from our community allows us to be more effective and to develop appropriate services."

SOME OF THE SERVICES THAT ARE PROVIDED

- First-line services and clinical care
- Social services and youth protection
 - Medical and screening clinics
 - Home care and medical transportation
- Community and social intervention
 - Maternal and child health
- Elementary and high school health
 - Support for parents
 - Elder wellness
 - Assisted living

"This is a promise for the future of our community and nothing in all that we seek to accomplish as elected officials is of greater importance to us. It is a decisive step towards collective wellness that we are taking together, but it will not be the last: we still have some way to go to achieve our social, economic and cultural goals."

Chief René Simon at the inauguration of the health and social services centre on May 18, 2018





ESSIPIT

“FOR OUR FATHERS AND OUR CHILDREN”

1992

HIRING OF THE FIRST NURSE

Since 1992, the community has been able to count on the presence of a nurse who provides its members with a wide range of healthcare services, all of which are offered out of a space located in the First Nation’s administrative centre.



1998

CONSTRUCTION OF THE ESSIPIT HEALTH CENTRE

In 1998, the community created its first health centre. This has allowed the community to make available, over the past 21 years, a wide range of quality healthcare services provided by doctors, nutritionists, dental hygienists, social workers and others.

Since its creation, the health centre has played a key role at the heart of the community’s activities. Its staff members are actively involved in the nation’s numerous social, cultural and sports activities. These various initiatives of all kinds help to build awareness among the community’s members regarding the overall health of everyone, from the youngest to the oldest.





2001

LA GIROFLÉE (EARLY CHILDHOOD CENTRE)

To meet the needs in the community and provide access to a high-quality childcare service, the Innus of Essipit undertook work to create adequate facilities that would perfectly match the needs of the community and surrounding region.

Upon its opening 18 years ago, La Giroflée offered 24 spaces. Today, the early childhood centre has 26 spaces for children aged from 18 months to five years.



QUOTE

“Our strength resides in the close cooperation of all the Council’s sectors because our objective is and will always be to ensure the wellness of our members.”

ACTIVITIES

Health day, cultural excursions, collective kitchens, sports activities, National Aboriginal Day, Défi Kapatakan, pow-wow, and much more!

PRIDE

The positive perception that the community members have of the health centre is clearly reflected in the pride felt by the community.

Through its work to organize a multitude of varied activities, the centre’s team has positioned itself as a social and cultural pillar for the different age groups participating in its workshops and events.



UASHAT MAK MANI-UTENAM

1987

TAKE-OVER OF SOCIAL SERVICES

Uashat mak Mani-Utenam became the first Innu community to administer social services.

1989

TAKE-OVER OF HEALTH SERVICES

The Community of Uashat mak Mani-Utenam became responsible for the administration of health services in 1989. Members receive services from two health centres located 15 km of each other, one in Uashat, the other in Maliotenam.

UAUITSHITUN HEALTH AND SOCIAL SERVICES CENTRE

In the Innu language, Uauitshitun means “survival through mutual help and overcoming challenges”, synonymous with solidarity and sympathy. During their peregrination inland, the Innu people helped each other in many ways to survive difficult times, more specifically as it related to the health of their fellow human beings. This term was coined by the late Desneiges Vollant, a founding member of the Uauitshitun Health and Social Services Centre.

MISSION

To foster the physical, mental, emotional and spiritual wellness of the Innu of Uashat mak Mani-Utenam by promoting the delivery of comprehensive programs that respect their own needs, aspirations, desires, culture and values.





SERVICES

Members receive services from two health centres located 15 km of each other, one in Uashat, the other in Maliotenam. In addition to health services, the Uashat centre also provides social services.

The programs and services offered in both centres are designed to help and equip individuals and their families to take ownership of their wellness and independence.

HEALTH SERVICES

Curative, preventive and residential services including nursing care, promotion of healthy lifestyles, medical transport, the Tshishennuat elders' residential centre and the Uikupeshakan multipurpose centre.

COMMUNITY SERVICES

Preventive services, family, child and youth services and adult wellness services.

SOCIAL SERVICES

Youth Protection and Mishta-An Auass Rehabilitation Centre.

IMPLEMENTATION OF FIRST-LINE SERVICES

FROM MOBILIZATION TO ACTION.

Delivered in a separate building, first-line community services are structured around six main areas of intervention: improving the clinical process, maximizing service points, strengthening parental support, cultural identity, and community outreach and engagement. Psychosocial and preventive services are for children, youth and adults alike with the goal of reducing long-term placement rates of children, improving parenting skills and living environment quality, providing social support to youth while improving individual and collective wellness.

EARLY CHILDHOOD CENTRES

CPE METUETAU

Created in 2003 and located in Uashat, the CPE Metuetau has 78 spaces.

CPE AUASSIS

Created in 1999, the CPE Auassis de Maliotenam was rebuilt in 2007 to accommodate a larger number of children, increasing its capacity from 28 to 58 spaces.

PRIDE 2015

THE FIRST RESIDENTIAL FACILITY FOR PEOPLE WITH HUNTINGTON'S DISEASE IN CANADA WAS CREATED IN UASHAT.

Since February 2011, a dedicated Huntington's disease program has been in place in the community of Uashat mak Maliotenam. The program is intended for people living with the disease, at risk of being affected and their families. In 2015, a regional residential facility for people with Huntington's disease was established in Uashat.



EKUANITSHIT

HEALTH AND SOCIAL SERVICES

The community's health centre is managed by the band council under a transfer agreement with the federal government. Social services are managed and offered by Mamit Innuat.

1997

OPENING OF THE UATIK^U DAY CARE CENTRE

The Uatik^U Day Care Centre was created at the end of the 1990s. It was the first one in the community and could welcome up to 25 children.

2019

In 2019, the community day care centre became an early childhood centre with a capacity of 50 children. The new facility is called Mikupishakan.



ASHU-MINEU ACTIVITIES AT THE HEALTH CENTRE

Ashu-Mineu involves a cultural activity organized by the health centre. Its objective is to promote traditional knowledge. Children gather in a tent (Innu-Patutshat) to learn how to make bannock (traditional bread). This teaching is carried out by way of oral transmission and demonstrations. This includes having elders tell legends and stories to share their life experiences, their common culture and pride in being Innu with the children. The children and the elders go on a community walk that same day to continue the conversation while exploring the territory. In the community, communication between young people and the elders is seen as being essential for improving everyone's wellness.

INNU NATUKUNA COMMUNITY PHARMACY

Every year since 2003, a community pharmacy named Innu Natukuna is held from May to September. The pharmacy is housed in the Ekuanitshit Cultural Centre. This project allows the sharing of knowledge concerning medicinal plants. The relationship between human beings and nature forms the heart of the community's culture. This pharmacy is accordingly a place of cultural importance serving to promote the knowledge necessary to enable proper use of the numerous plants in the community's environment for purposes of healing and pain relief.



NUTASHKUAN

1999

OPENING OF THE UAPUKUN CHILDCARE CENTRE

Since its creation, Uapukun has been expanded several times.

HISTORY

1998: Facility preparation and search for staff

1999: Start of services

2001: Permit obtained from the Ministère de la famille for 33 spots at \$7/day

2004: Two new spots obtained

2005: Request for new facility and the addition of 16 spots

2008: Move to the new 51-spot facility

2013: Expansion of the Uapukun childcare centre and addition of 29 spots



TSHUKUMINU KANANI HEALTHCARE SERVICES

The Nutashkuan nursing service point is managed by the Band Council under a transfer agreement with Health Canada.

SOCIAL SERVICES

Social services offered in the community are administered by the Regroupement Mamit Innuat tribal council.

- Psychological assessment
- Individual and group therapy
 - Psycho-social care
 - Youth protection
- Evaluations and accreditations for family-type resources
 - Placements in foster homes or centres
 - Home support
 - Talks, workshops and training

2014

IMPLEMENTATION OF REMOTE SCREENING
OF DIABETIC RETINOPATHY

PRIDE

Launch of the “Ninakatuenimau Nitauassim – Je prends soin de mon enfant” and sexual health programs, as well as the “Y a personne de parfait” workshop.



UNAMEN SHIPU



2017 OPENING OF THE NUSSUUM EARLY CHILDHOOD CENTRE

Unamen Shipu's Nussuum ECC has 29 spaces for children aged 0 to 5 years from the community.

Our community was thrown into the modern world.
Not so long ago, we lived on hunting and fishing.

Today, we have a local public administration that touches on many aspects of the daily lives of the Innu of Unamen Shipu.



HEALTH AND SOCIAL SERVICES

Unamen Shipu is a member of the Mamit Innuat Group of Innu communities.

The community has several health and wellness organizations, programs and services:

- Health centre
- Front-line services
- Social services (youth protection component)
- Youth centre

THE COMMUNITY
HEALTH CENTRE IS A
NURSING STATION





PAKUA SHIPU

1998-1999

The clinic was expanded in 1998 and a transfer agreement, signed in 1999, allowed the band council to manage the nursing station.



HEALTH CENTRE

1984

The first nursing station in the community was built around 1984. One nurse provided care with the help of a Community Health Representative.



2010

The nursing station was renovated and expanded in 2010.

2014 - 2016

Pakua Shipu's health centre undertook accreditation procedures in 2014 and obtained basic accreditation in the same year, followed by accreditation two years later, in 2016, with an overall compliance score of 99.8%.



PRIDE

Located in the heart of one of the smallest and most isolated communities in Quebec, Pakua Shipu's health centre has become the first nursing station in Canada to be accredited. Today, the centre features 18 full-time positions, including four nurses.



GARDERIE CHEZ NUKUM (DAY CARE CENTRE)

2016-2017

In 2016 and 2017, the day care centre's building was completely renovated with funding received from Health Canada.

2018

In the summer of 2018, the day care centre was renovated to improve the safety of children and educators and facilitate travel. Its outdoor playground was also completely redesigned and reorganized in 2018, with a synthetic play surface that greatly enhances child safety.

PRIDE

The quality of services, the adjustments to include cultural traditions and the commitment of staff to the quality and safety of the care and services provided to the population are among the success stories of the community. The team works in a more consistent way, with a common vision, mission and values. In addition, the structuring of services, training and the capacity-building program in the workplace foster better staff retention and make it possible to carry out different ambitious projects, for a small team, in a very isolated environment (QMENTUM accreditation, collaboration with academic experts, Jordan's Principle Program, service corridors, etc.).

QUOTE

"Beyond all health sciences, and even at a deeper level, we do not "fix" or "cure" any patient or client; our job consists more of encouraging the patient to rise to a state of healing awareness."

CHALLENGE

As a service and community, by acquiring new knowledge and skills, especially in the context of proactive communication practices, having a great sense of solidarity contributes greatly to the sense of wellness. In addition, as the first generation of workers whose native language is still the official language, the community has achieved its QMENTUM accreditation and has become the first independent nursing station in Canada to be accredited, with a compliance rate of 99.8%.



**CONSEIL
DE LA NATION INNU**
MATIMEKUSH-LAC JOHN

MATIMEKUSH- LAC-JOHN

The various services offered by the Matimekush–Lac-John community are designed to adequately meet the needs of members. The community also implements prevention projects aimed at encouraging individuals and families to achieve individual autonomy and collective balance.

The role of the community is to assess the care and services required, including nursing care and specialized psychosocial, preventive and rehabilitation services. The community ensures the delivery of care and services or the referral of clients, in a timely manner, to the health professionals, facilities or organizations best able to assist them.

The community also implements prevention projects aimed at encouraging individuals and families to achieve individual autonomy and collective balance.

HEALTH SERVICES

Matimekush–Lac-John’s nursing station

MISSION

Ensure the best possible service by delivering care, follow-up and prevention to the various clientele.

SERVICES

Front-line and diagnostic services
General medical care
Emergency medical or social care
Follow-up of pregnant women, young children and people with chronic diseases
Medical transportation

PROGRAMS

Indian Residential Schools
Drug addiction and suicide prevention
Home care

TEAM

With staff on duty 24/7, the health services team includes nurses, a charge nurse, a community health nurse, a nutritionist, psychologists, doctors, home care nurses and liaison officers.

SOCIAL SERVICES

Social services are delivered in a way that empowers community members to achieve wellness and healthy lifestyles.

VISION

Develop services that are specific to the community and adapted to the culture and community environment.

SERVICES

Services are intended for children and youth aged 0-18 and their parents.

Social workers are called upon to act within the framework of the Youth Protection Act to deal with issues such as ill-treatment, lack of an educational framework, negligence, physical and sexual abuse, suicidal behaviour and mental health disorders.

OBJECTIVES

- Address the diverse needs of community members and support children, youth and families through prevention.
- Promote and support proactive, early intervention with children and parents.
- Promote and support the implementation of least disruptive measures and preventive services for the wellness of children, families and communities.
- Promote the development of children and youth within their family of origin.
 - Prevent and reduce the incidence of crisis situations.
 - Prevent and reduce child reporting and placement rates.
- Reduce the number and duration of placements outside the family and outside the community of origin.

2009
CPE UATIKUSS

Located in Schefferville, the CPE Uatikuss was officially incorporated and registered in 2009. The current facility can accommodate 44 children, including 10 children under 18 months of age.





REGROUPEMENT MAMIT INNUAT

The Regroupement Mamit Innuat is a tribal council representing the interests of various Innu communities located on the lower north shore region of Quebec.

BACKGROUND

1982

The Innu Nation of the lower north shore region (Mingan, Natashquan, La Romaine and Pakua Shipu) created an advisory body called Mamit Innuat to establish a common development structure.

1988

In order to respond to the wishes of communities and their partners to decentralize programs to the regions, the organization became *Le Regroupement Mamit Innuat Inc.*, and transitioned to the status of manager responsible for education and economic development programs.

LATE 1990s

Mamit Innuat started managing the following programs for member communities: Health services, social development and social services.

A child in a dark jacket and blue pants is walking across a vast, flat landscape covered in snow and ice. The background shows a horizon line under a bright sky, with some distant structures or hills. The overall scene is bright and wintry.

1998

The community of Natashquan left the Regroupement and became independent. Mamit Innuat therefore continued to work with three member communities: Ekuanitshit, Unamen Shipu and Pakua Shipu.

1999

The band councils for the communities of Ekuanitshit, Unamen Shipu and Pakua Shipu took over the management of their health services.

2000

Mamit Innuat administers the following programs: Social development, finance and administration, patient services, social services, technical services and advisory services.

4 POINTS OF SERVICES

Sept-îles, Mingan, Pakua Shipu and La Romaine

SOCIAL SERVICES

Mamit Innuat provides, to the communities of Ekuanitshit, Unamen Shipu and Pakua Shipu, a helping relationship program featuring a range of specialized services such as:

- Psychological evaluation
- Individual and group therapy
- Psychosocial follow-up
 - Youth protection
 - Adoption
- Assessment and accreditation of family-type resources
- Placement among foster resources or centres
 - Home care
- Conferences, workshops and training sessions



GESGAPEGIAG

1996

GESGAPEGIAG HEALTH AND COMMUNITY SERVICES CENTRE

The Gesgapegiag Health and Community Services Centre was established in 1996 as a department of the Micmacs of Gesgapegiag First Nation. The social services provided by the centre operate out of the Healing Lodge.

The vision of the Gesgapegiag Health and Community Services Centre is to use the strengths of the family for healing and for promoting harmony, using a holistic approach based on Mi'gmaq traditional values. The goal is to create balance in the mental, emotional, physical and spiritual aspects that make up the wellness of the community's members.

The mission of the Centre is to Provide healing through a holistic and community approach, which creates harmony by instilling trust and equality, all in order to promote a balanced way of living.





1997

GESGAPEGIAG EARLY CHILDHOOD CENTRE

The Gesgapegiag Early Childhood Centre opened its doors for the first time in 1997. It had a capacity of 30 spaces, with five spaces intended for babies.

QUOTE

“It is important to create links with the community by getting it to participate in the self-governance process. This allows us the possibility of being included as part of the community and of sharing information, which connects us to our traditional Mi’gmaq knowledge, values and beliefs”
– Chief Rod Larocque

PRIDE

“We are proud to have physicians in the community who can make home visits to our elders.”



LISTUGUJ

COMMUNITY HEALTH SERVICES

Listuguj Community Health Services is working towards the goals of community wellness and safety by providing services and programs that help build a strong and healthy community. The health services offered promote healthy living for all community members, with a strong focus on youth and elders.



1989

INAUGURATION OF THE LISTUGUJ COMMUNITY HEALTH CENTRE

MISSION

Develop and deliver health services based on Mi'gmaq peoples' traditional understanding and approach to health.

PRIDE

In 2007, the Health Centre added adult care and home care programs.

COMMUNITY SOCIAL SERVICES

1994

In 1994, the Listuguj Mi'gmaq Government (LMG) took control of its social services. At that time, the programs administered by the LMG included home care, foster care, and social assistance. Soon after, the Social Services Department expanded and assumed control over child and family protective services.

2001

Agreement between the Listuguj Mi'gmaq Government and Quebec's Centre Jeunesse.

LISTUGUJ COMMUNITY SOCIAL SERVICES

Listuguj Community Social Services (LCSS) plays an active role in the community by providing culturally appropriate services to help children, youth, families, and elders who are experiencing difficulties. Through its three departments—Community Services, Families First Support Services, and Child and Family Services—the community delivers programs and services for prevention and intervention to support and assist individuals and families of Listuguj.

RESTORATIVE JUSTICE PROGRAM

Following the steps and teachings of our grandmothers and grandfathers, the Listuguj Restorative Justice program assists in the restoration of harmony and peaceful relations in our community. With an emphasis on Mi'gmaq cultural values and teachings, the program offers alternative ways to resolve conflict.

CHILDCARE SERVICES

1991

The Listuguj Daycare opened its doors in October 1991. At the time, it was the only daycare located in and administered by a First Nations community.

1998

In 1998, the daycare implemented a new after-school and summer program for children between the ages of 5 and 12.

1999

In February 1999, the Listuguj Daycare was renamed the Mawo'ltijig Mijjuaji'jg Child Care Centre, which means “a space where children gather,” in Mi'gmaq.

2002

In 2002, the Mawo'ltijig Mijjuaji'jg Child Care Centre was renovated to increase the centre's capacity from 35 to 65 spaces for Listuguj children.

QUOTE

“By building on our own capacity to develop and implement health programs and services, we can position ourselves to better serve the health needs of our current and future generations.”

– Donna V. Metallic



KAHNAWÀ:KE

1983

CREATION OF THE STEP BY STEP CHILD AND FAMILY CENTER

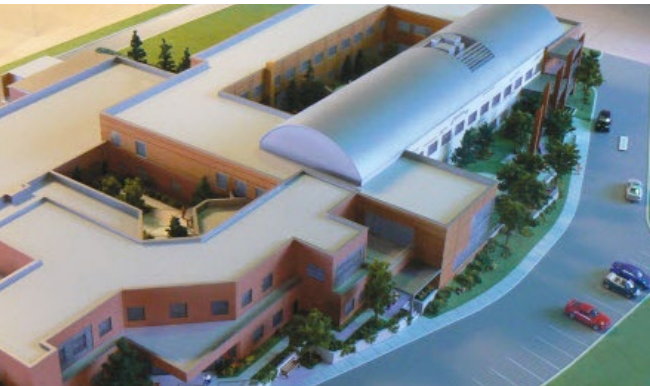
Tsi ionterihwaienhstahkwa ne Kahwatsiranó:ron is an inclusive early intervention program open to all children between the ages of 12 months and 6 years and their families. By carrying the family fire (Kahwatsire) forward, the center continues to provide culturally relevant childcare critical for the preservation of Mohawk language, traditions, and identity.



1986

INAUGURATION OF THE KATERI MEMORIAL HOSPITAL CENTRE (KMHC)

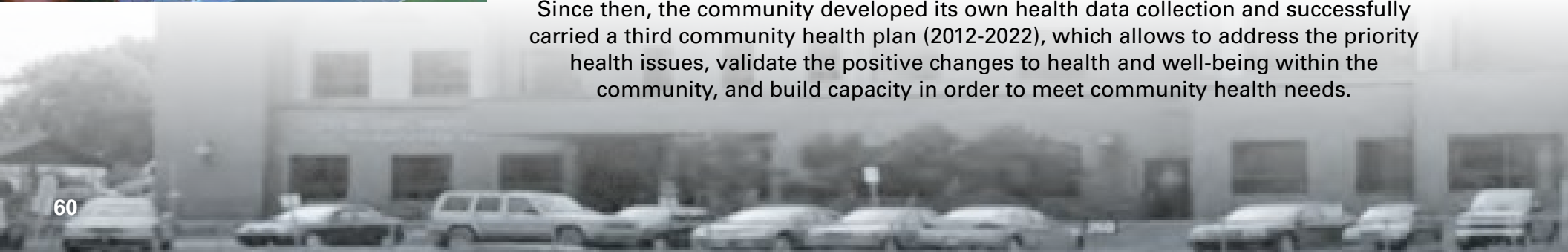
The KMHC provides well-integrated and high-quality acute care and preventive health services for the Mohawk. This is the first hospital facility to be created in a First Nations community in Quebec. After the expansion of 2017, the facility has grown from 43 to 73 long- and short-term beds.



1994

FIRST COMMUNITY HEALTH PLAN

Since then, the community developed its own health data collection and successfully carried a third community health plan (2012-2022), which allows to address the priority health issues, validate the positive changes to health and well-being within the community, and build capacity in order to meet community health needs.



1997

CREATION OF ONKWATA'KARITÁHTSHERA

Kahnawake's health and social services agency

Onkwata'karitáhtshera is the health and social services agency that brings together the input from community organizations and community members in order to lead the implementation of the community health plan. Onkwata'karitáhtshera, which means "for all the people to be concerned in the area of good health", is proud of having directors from different organizations sitting at one table working together to plan, maintain and improve health and social services.

CREATION OF THE TURTLE BAY ELDERS' LODGE

Turtle Bay Elders' Lodge is a residential elders institution, constructed based on National Building Codes and maintained under the National Fire & Safety Codes that provides a continuum of care to elders within their community that addresses health and social needs.

2018

LAUNCH OF KAHNAWÀ:KE'S FIRST HEALTH PORTRAIT

This portrait marks an important step forward in improving health for the community by revealing the first results from Kahnawake's participation in the First Nations Regional Health Survey (RHS) in 2015-2016 that helped the community to have a better understanding of local health issues. The portrait includes insight into community health trends based on data that has been accessed through collaboration with Health Canada and with the Montérégie Public Health Department and explains in detail the community's portrait of health for four distinct areas of focus.

QUOTE

"Relationships are so important. They create a sense of solidarity, support and strength. I won't list the matters we have collaborated on through the years but, suffice to say, our relationship with the FNQLHSSC has given all of us a greater sense of confidence as we work with our fellow chiefs and communities. Unity is strength and empowerment. In this area we would be at a great disadvantage if we weren't united. The FNQLHSSC has been a great conduit for all of us."

Chief Rhonda Kirby





KANESATAKE

TSI RONTSWA'TA:KHWA EARLY CHILDCARE CENTRE



1994

INAUGURATION OF THE TSI RONTSWA'TA:KHWA CHILDCARE CENTRE

The community's first early childcare centre opened its doors in 1994.

2007 and 2009

For many years the childcare centre was in a private home, but it had to move twice because of the high demand for its services, particularly the daycare.



2018

On January 11, 2018, Ministère de la Famille granted the community the necessary subsidies to obtain a permit that allowed the childcare centre to move into a new building.

PRIDE

In addition to developing services based on the Mohawk culture and language, the community is proud of the fact that it was able, after several years, to have a building for its childcare centre. It is especially proud of the fact that it was able to maintain services during this period without receiving any funding.

2007 INAUGURATION OF THE KANESATAKE HEALTH CENTRE

Following a process initiated in 2006, the community of Kanesatake has an incorporated health centre. This autonomy gives the health centre the opportunity to offer a greater variety of services for the benefit of its population.

MISSION STATEMENT

The Kanesatake Health Centre Inc. will provide community-based health and wellness programs that are holistic, inclusive, and open to all. Its mission is to provide people with safe, high-quality care and help them exercise their rights to make informed decisions regarding their health and wellness.

PROGRAMS OFFERED

Culturally Appropriate Client & Family-Centered Care Approach - Primary Care - Mental Health and Wellness - Assisted Living - Child & Family Support Program - Baby Friendly Services - Community-Based Drinking Water Monitoring - Non-Insured Health Benefits (NIHB) Program

PRIDE

Kanesatake Health Centre is pleased to promote interdisciplinary practice and to provide staff with ongoing training. Thanks to the specialized clinical competencies of its community health nurses, the centre is able to provide a full range of services dedicated to protecting public safety and managing risks for its most vulnerable clientele.

2016 RIVERSIDE ELDERS HOME

The Riverside Elders Home moved to the health centre in December 2016, ensuring continuity, quality, and safety of care for elder and handicapped Kanesatake residents.



AKWESASNE



The centre houses a medical clinic, a pharmacy, a dental clinic, an optometrist, and a community program for holistic and mental health. It also offers child and family services, traditional medicines, ambulance services, and health services for those without insurance.

AKWESASNE CHILDCARE PROGRAM

The professionals at the Akwesasne Childcare Program take into account the individuality and diversity of each child and family, delivering high-quality daycare services in a safe and stimulating environment. The program can take up to 97 children between the ages of 3 months and 5 years.

There is room for up to 97 children between the ages of 3 months and 5 years, as well as a private program for six children between the ages of 6 weeks and 12 years.

1993

INAUGURATION OF THE KANONHKWAT'SHERI:IO HEALTH AND SOCIAL SERVICES CENTRE

The Kanonhkwat'sheri:io Health and Social Services Centre officially opened its doors in December 1993 and continues to be a community hub for health and social services.



LONG-TERM HOUSING AND CARE FACILITIES

TSIIONKWANONHSO:TE LONG-TERM CARE FACILITY

The Tsiionkwanonhso:te Long-Term Care Facility provide their adult and elder residents with a safe environment where they receive nursing, medical, nutritional, cleaning, laundry, and food services and can participate in social and recreational activities.

The home has 50 long-term care beds.

IAKHIHSOHTHA PAVILION

The Iakhihsohta Pavilion opened its doors in the winter of 1990, providing adult and elder residents with a safe environment where they receive nursing, medical, nutritional, cleaning, laundry, and food services and can participate in social and recreational activities. The pavilion has 20 long-term care beds and six short-term care beds (respite care). Services for elders are rooted in respect and dignity in accordance with the values, culture, and beliefs of the Mohawk community.

IONKWANONHSASETSI ADOLESCENT TREATMENT CENTRE (IATC)

The Ionkwanonhsasetesi Adolescent Treatment Centre (IATC) is a positive, familial environment where teens age 13 to 18 and their families can address substance abuse and pursue therapeutic healing rooted in cultural and traditional teachings.

HEALTH AND SOCIAL SERVICE PROGRAMS

AKWESASNE FAMILY WELLNESS PROGRAM

The Akwesasne Family Wellness Program provides women and children who are victims of domestic violence with safe housing. The program philosophy is to provide women, children, and men with education and counseling opportunities to address issues of domestic violence in a safe and therapeutic environment. The goal of the service is to create a positive therapeutic learning environment that fosters growth and family wellness.

ONONHKWAON:WE TRADITIONAL MEDICINES PROGRAM

The Ononhkwaon:we Traditional Medicines Program provides the community with traditional healing services, access to healers and seers, cultural counseling, medicines, and ceremonial teachings. Participants undergo an emotional, physical, mental, and spiritual assessment, which is then used to create an individualized treatment plan. The plan can include one-on-one healing sessions, medicine walks, sweat lodge sessions, cultural counseling, and medicines. All services are confidential. No previous experience or knowledge of traditional practices is required to participate.

COMMUNITY SUPPORT PROGRAM

The Community Support Program delivers financial assistance for basic and related needs and promotes self-sufficiency through education and employment, particularly among members of the community.



QUOTE

“Akwesasne will be a community where people are engaged, children and families are resilient, and culture is honoured, and where we use innovative, holistic approaches to service delivery.”



WENDAKE

2002

INAUGURATION OF THE ORAK EARLY CHILDHOOD CENTRE

The Orak Early Childhood Centre in Wendake is a non-profit corporation created in 2002 under the initiative of a committee of parents from the community.

A few years later, the ECC went from 60 licensed spaces to 80.

MARIE-PAULE-SIOUI-VINCENT HEALTH AND SOCIAL SERVICES CENTRE



1990

Open in 1990, the Marie-Paule-Siou-Vincent Health and Social Services Centre is the organization responsible for delivering health and psychosocial services to the Huron-Wendat population. Marie-Paule Sioui-Vincent has devoted her entire career as a nurse to the health and wellness of the Huron-Wendat.

2013

Renovation and expansion

MISSION

The mission of the Marie-Paule-Siou-Vincent Health Centre is to promote optimal health among the members of the Huron-Wendat Nation, in harmony with their culture.

In a spirit of openness to the community, the Marie-Paule-Siou-Vincent Health Centre team believes in a dynamic, professional and respectful approach to the overall wellness of all.

Empowerment and prevention are at the core of their actions.

SERVICES

- Youth clinic
- Consultation - psychologists and social workers
- Onywahwatsira' child and family program
- Primary Care (front-line specialized nurse practitioner)
 - Nutrition
- Violence and suicide prevention
- Haronta'aha Program for children
 - Diabetic retinopathy
 - Mental health
- Home care and services
 - Nursing care
- Prenatal and postnatal follow-up
- Drug addictions and dependencies
 - Medical transport
- Residential and long-term care
- Diabetes and healthy lifestyles
- Communicable diseases prevention and control

MARCEL-SIOUI RESIDENCE

The Marcel-Siouï Residence is a residential facility reserved for a clientele experiencing loss of autonomy. The residence was built in 1995 and has 12 single rooms.

When it opened in 1995, the centre was referred to as "La maison annionen" which means bear house in Wendat.

Later, the centre was named after one of the founders of the Marie-Dolorès Centre, Mr. Marcel-Siouï.

Several services are provided, including:

- Nursing care
- Personal hygiene care
- Weekly medical follow-up
- Medication preparation and delivery by the community pharmacy
 - Foot care (frequency: 6 to 8 weeks)
- Psychosocial and nutritional consultations
- Entertainment and leisure activities
 - Meal and snack service
- Laundry and house cleaning
- End-of-life care (palliative and comfort care)

ACCREDITATION

In 2015, Accreditation Canada conducted a quality and safety assessment of the services offered at the Marcel-Siouï residence and the Marie-Paule-Siouï-Vincent Health Centre. Following the assessment, the Conseil de la Nation huronne-wendat was accredited with distinction.





2018

The new building is four times larger than the old one and includes an emergency department, routine and ambulatory health care services, a radiology unit, a social module and a dental department. With about twenty staff and a dozen contract professionals, the CLSC provides preventive and curative care, such as home care, community health services, dental care, social services and an outpatient clinic.

SACHIDUN EARLY CHILDHOOD CENTRE

The Sachidun Early Childhood Centre opened in 1993. The facilities can accommodate up to 26 children:

5 infants ages 6 months to 18 months; 3 toddlers ages 18 months to 2 and a half years; 10 children ages 2 and a half to 4 years; and 8 children ages 4 to 5 years. The ECC offers a wide variety of child development activities that promote self-esteem and self-confidence, while preparing the child for school. The language of communication is Naskapi.





WALGWAN CENTRE

HISTORY

1995

In the mid-1990s, Health Canada launched a national call for tenders to create three youth drug addiction treatment and rehabilitation centres with the specific objective of creating organizations that deliver services integrating youth solvent/substance abuse treatment.

1997

OPENING OF THE WALGWAN CENTRE

After an administrative team and a board of directors were created, the Walgwan Centre opened its doors in Gesgapegiag in 1997.



2011

FIRST OFFICIAL ACCREDITATION

The Walgwan Centre was officially accredited for the first time by Accreditation Canada, in compliance with the high standards of the Accreditation Canada Qmentum program.

MISSION

Guide First Nations and Inuit youth in their transition to a better and healthier life by providing them with customized care based on a holistic and cultural approach, with full respect for the dignity and value of each person.

VISION

Empowering First Nations and Inuit youth to take ownership of their wellness.

“Our actions are guided by tradition. They respect your expectations and needs and the values of your family and community. We help restore a harmonious balance between your physical, emotional, mental, and spiritual needs while assisting you in recapturing your sense of self-worth.”

SERVICES

Our program is designed for First Nations and Inuit youth between the ages of 12 and 17.

The services provided by the Walgwan Centre include pre- and post-treatment.

- Pre-admission client assessment
- Residential services (rehabilitation program)
 - Psychological assessment
 - Intervention plan
- Post-treatment action plan
 - Family Program

HOLISTIC APPROACH

At the Walgwan Centre, it is about creating balance with the spiritual, emotional, mental and physical elements in their life and wellness.

This approach allows the strength of our First Nation culture and fundamental traditional values to reinforce, empower and support their process of cultural identification.

ACHIEVEMENTS

Since its inception, the Centre has been proud to provide services and treatments based on Aboriginal values and cultures.

Today, all programs at the Walgwan Centre include a strategic plan in addition to involving family during the treatment period.

Active involvement of the board of directors is also one of the fundamental pillars of the continuous improvement of the Centre's services.



ONEN'TÓ:KON HEALING LODGE

1987

INAUGURATION OF THE TREATMENT CENTRE ONEN'TÓ: KON

Onen'tó: kon Healing Centre, which means "under the pines," opened its doors in 1987 to help adults from three Mohawk communities—Kahnawake, Kanesatake, and Akwesasne—overcome their addictions. Today the centre is recognized as a model in addiction treatment.

Located on the Mohawk territory of Kanehsatake, Onen'tó:kon Healing Lodge is a healing centre with 16 beds for Indigenous men and women age 18 or older who are dealing with addiction.

MISSION

To help addicts and alcoholics in three Mohawk communities—Kahnawake, Kanesatake, and Akwesasne—and from Montréal's urban Aboriginal population.





ONEN'TÓ:KON MEANS “UNDER THE PINES”

“STRENGTHENING THE HEALING JOURNEY”

The program was designed based on the philosophy that when clients understand the trauma they have faced in their lives and reconnect with Native culture—through individual counselling, healing circles, and program videos—it helps greatly in “Strengthening THEIR Healing Journey.”

The centre is also equipped to help people suffering from anxiety, depression, phobias, and other mental health issues.

Participants can also attend Alcoholics/Narcotics Anonymous meetings both at the facility and in the surrounding area.

CULTURAL PROGRAM

The cultural component of the program is a set of traditional activities that seek to integrate traditional Native practices. These include traditional ceremonies, foods, Native languages, beading/craftwork, singing, drumming and cultural exchange.



PRIDE

The centre has been in operation for over 30 years. With its focus on holistic and culturally based treatment, it has become a model for First Nations–run addiction treatment programs.



MAWIOMI TREATMENT CENTRE

With 7 beds, the treatment centre provides services to First Nations people directly affected by alcohol or drug use and addiction.

1987

Founded in 1986, the Mawiomi Treatment Centre opened in 1987 in Gesgapegiag.

Over the years, specifically in 1992, 2006 and 2016, many renovations, additions and expansions have contributed to improving the original building and making it what it is today.



MISSION

The Centre works to support Aboriginal people with addictions, their families and communities in achieving healing. The Centre aims to empower its users, so they develop a healthy lifestyle and contribute positively to their family life and community.

VISION

The Centre helps equip First Nations adults to live healthy and balanced lives in pursuit of their goals. By helping restore their autonomy and self-confidence, the Centre helps create citizens who are a positive influence in their communities and families.

PROGRAMS AND APPROACHES

RESIDENTIAL TREATMENT PROGRAM

Six-week program designed to overcome addiction. The program is based on several pillars of Mi'gmaq culture, values and traditions.

CULTURAL PROGRAM

Gives First Nations people the opportunity to get to know different cultures, to share what they know about their own and bring their own culture alive.

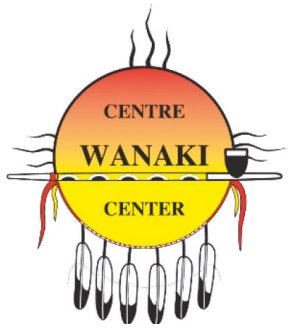
PRIDE

The Centre's users are at the centre of everything staff do, and respect for Aboriginal culture is at the heart of the learning and workshops we provide. The on-site support program respects and celebrates Aboriginal culture. The Centre focuses, first and foremost, on the journey and healing of the beneficiaries and proudly delivers ongoing care.

QUOTE

I am very proud that we, the Centre's employees, are able to make a difference in the lives of people on the path to sobriety. Our program promotes a holistic approach that is extremely rewarding because it is based on the sharing of traditional Aboriginal values. There's nothing more satisfying than seeing former residents who have overcome their addictions and are now living in harmony."
– Gloria Syvret





WANAKI CENTER

1991

INAUGURATION OF THE WANAKI CENTER

The Wanaki Center, which opened its doors in 1991, is a treatment facility for all First Nations and Inuit adults suffering from alcohol and substance abuse issues. It is located in the Kitigan Zibi Anishinabeg community.

The Center was created to provide treatment for substance abuse and to promote the physical, social, spiritual and mental wellness of its clients through a quality bilingual residential treatment program and support services to First Nation adults who are motivated to address their issues of alcohol and substance addiction.

The Wanaki Center works with adults from Algonquin, other First Nations and Inuit from across Canada.





SERVICES

Treatment services are provided over a five-week period in French and English.

APPROACH

The Wanaki Center uses a mix of cognitive behavioural therapy and Anishinabeg teachings based on the four aspects: mental, emotional, physical & spiritual.

MISSION

To contribute to each participant's successful transition to a healthier life, wellness, and sustained recovery.

VISION

To offer First Nations and Inuit a quality and cultural healing journey.

PRIDE

From 1991 to 1997 the Center was managed under an annual contribution agreement with the First Nations and Inuit Health Branch of Health Canada's National Native Alcohol and Drug Abuse Program (NNADAP).

Since 1997, a new agreement process with Health Canada was reached, giving the Center full responsibility for treatment program services, and the financial flexibility to administer and manage its operations.



WAPAN REHABILITATION CENTRE

1990

CREATION OF THE WAPAN REHABILITATION CENTRE

Built in 1990 on the site of Parc des Chutes in La Tuque, the Wapan Centre is one of six centres in Quebec built exclusively for First Nations clients.

With a capacity of 24 beds, the Centre serves French-speaking First Nations communities in Quebec. The administration and development of the Centre's program and its implementation are the responsibility of First Nations members.

"Wapan" means "dawn". It symbolizes the vision of a new day when the person, having overcome his or her addiction to alcohol or drugs, achieves a healthy and harmonious lifestyle, at the personal, family and community level.



MISSION

From a continuum of care perspective, the Wapan Centre is a residential addiction rehabilitation centre providing assessment, treatment and follow-up services in French to First Nations adults to help them achieve spiritual, cultural, mental, emotional and physical wellness.

VISION

The Wapan Centre is a centre of excellence in holistic addiction rehabilitation among French-speaking First Nations in Quebec.

PROGRAM

The goal of the rehabilitation program is to help First Nations adults struggling with addiction for a period of 34 days to help them achieve and maintain drug and alcohol abstinence. The program also aims to restore balance in the person's relationships by working on their physical, mental, emotional and spiritual spheres of life through the integration of a culturally-sensitive lifestyle based on the 12 steps.

VALUES

Consistency

Respect

Openness

Integrity

Responsibility

Commitment



MIAM UAPUKUN
Centre de réadaptation

MIAM UAPUKUN CENTRE



1990

OFFICIAL OPENING

Located in Maliotenam, the Miam Uapukun Centre was created through collaboration with Health Canada as part of the National Native Alcohol and Drug Abuse Program (NNADAP).



2003

ACCREDITATION BY ACCREDITATION CANADA

Since 2003, the Miam Uapukun Centre has been registered with Accreditation Canada as part of continuous efforts to improve service quality and recognize staff and organizational expertise.



SERVICES OFFERED

With a capacity of up to 12 beds for men and women, the Miam Uapukun Centre provides quality residential rehabilitation services in Innu and French for First Nations adults who are struggling with alcohol and/or drug use issue.

INTERVENTION APPROACHES

To achieve its general objectives, the Centre adopted two approaches: training and psycho-educational intervention.

The training program will enable participants to acquire intellectual skills, that is, knowledge. It will address concepts related to alcohol and drug addiction. More specifically, it will focus on causes, effects and solutions.

The psycho-educational intervention approach, in contrast, allows the acquisition of emotional skills. The guiding principle of psycho-educational intervention is experience-based knowledge. To acquire self-management skills, participants must be touched by what is happening and what is being said. They need to be actively involved in the proposed activities.

MEANING OF THE MIAM UAPUKUN LOGO

Inspired by Innu embroidery, Miam Uapukun's logo reminds us that human beings, like flowers, carry within them their own beauty, their own fragility and their pain.

Just like flowers, human beings can reconnect with their authenticity, truth, autonomy and the sense of sharing as represented by the flower outgrowing its original nurturing environment.

PRIDE

The Miam Uapukun Rehabilitation Centre is recognized for the high quality of services, the safety of the premises for users and delivery of services in Innu and French.

CITATION

"We have the strength to get back on our feet, since we are children of nature and each season brings renewal."



FEMMES AUTOCHTONES DU QUÉBEC INC.
QUEBEC NATIVE WOMEN INC.

QUEBEC NATIVE WOMEN INC.

Created in 1974, Quebec Native Women's mission is to represent and defend the interests of Indigenous women, their families and communities throughout Quebec.

For 45 years, QNW has supported the efforts of Indigenous women striving to improve their living conditions through the promotion of non-violence, justice, equal rights and health.

FILES

Justice - Elders - Employment and training - Youth - Non-violence
Bullying Prevention - Health - International Affairs - Environment

HISTORY AND OVERVIEW OF MAJOR POLITICAL, LEGAL AND SOCIAL FILES

1968

Creation of the Equal Rights for Native Women Association.

1987

Creation of an advocacy fund for Indigenous women who are victims of discrimination.

1993

Submission of the brief entitled "Taking our Rightful Place" to the Royal Commission on Aboriginal Peoples.

1974

Creation of the Quebec Native Women's Association.

1992

Recognition of QNW within the regional chapter of the Assembly of First Nations.

2001

Honourable Mention from the Commission des droits de la personne et des droits de la jeunesse highlighting QNW's remarkable contribution to the promotion of human rights and freedoms in Quebec.

2004

- Organization of the young Native women of Quebec rally, the first of its kind in the country.
- Signing of a Solemn Declaration of Solidarity with the Fédération des femmes du Québec.

2015

- Recognition of QNW as an Indigenous Representative Organization (IRO) by Indigenous and Northern Affairs Canada.
- Launch of the report on missing or murdered Indigenous women in Quebec entitled “Nānīawig Māmawe Nīnawind — Stand with Us”.

2018

- First Nations Forum on Sexual Assault and launch of the #WeHealTogether campaign.
- Submission of a brief to the NIMMIWG entitled “KA UTSHINIKANAT UTINNIUNNUAU, Those whose Lives Were Taken”

2011

Co-hosting of the International Forum “Women at the Heart of the Social and Solidarity Economy.”

2016

Launch of the National Inquiry into Missing and Murdered Indigenous Women and Girls.

2019

Launch of a petition to end discrimination in the *Indian Act*.

2013

YMCA Peace Medal awarded to QNW



Centre d'amitié autochtone
de Québec

CENTRE D'AMITIÉ AUTOCHTONE DE QUÉBEC

1981

OFFICIAL OPENING

Founded in 1979, the CAAQ officially opened its doors on May 17, 1981, as the culmination of several years of hard work toward its establishment on a permanent basis.

MISSION

The mission of the Centre is to provide, through its programs, services and facilities in Quebec City, a meeting place for urban Indigenous people, their families and those who need health, social, cultural, employment and training assistance or resources.

PROGRAMS, SERVICES AND FACILITIES

FOR FUTURE PARENTS OR PARENTS WITH YOUNG CHILDREN 0 TO 6 YEARS OLD:

- Auassiss – Little Child” Daycare - subsidized private daycare
- “Mikueniss – Little Feather” - Private daycare with anticipated tax rebate
 - Early learning workshops
 - Workshops for parents
- Christmas activity for children 0-5 and 6-9 years
 - Enchanted tree activity
- Customized parental follow-up

FOR 6- TO 17-YEAR-OLDS:

- Sports evenings
- Homework assistance
- Summer day camp
- Youth Saturdays
- Cultural and social activities

FOR ADULTS:

- Welcome/assessment, orientation and referral
 - Housing assistance service
- Coaching and individual support
 - Christmas baskets
 - Mitshem counter
- Community dinners (soup kitchen)
 - Café Roreke



NATIVE FRIENDSHIP CENTRE OF MONTRÉAL



1974 : YEAR OF FOUNDATION

Founded 45 years ago, the Native Friendship Centre of Montréal (NFCM) is a service, resource and referral centre with a mandate to provide services to urban Aboriginal peoples.

VISION

The philosophy of the Native Friendship Centre of Montréal is based on the spirituality of Aboriginal peoples.

MANDATE

To serve urban Aboriginal peoples, their families, and those in need of assistance or resources in relation to health, social services, legal, employment and training as well as cultural aspects.





HOLISTIC APPROACH

NFCM uses a holistic approach to its programming and services to promote justice, equity and equality for Aboriginal peoples.

PROGRAMS, ACTIVITIES AND SERVICES

Through exchanges, training, discussions, conferences and social activities, the NFCM works to develop, empower and maintain a strong indigenous community.

The NFCM offers a wide range of services for the Aboriginal population of Montréal. Services are provided through several types of specialized services or referral centres, such as:

INTER-TRIBAL YOUTH CENTRE

- A locally managed centre that Provides a safe and secure environment for youth ages 10 to 29 and offers various activities including cultural and sporting events, as well as literacy, cooking and Native crafts workshops.
- Services: referral, listening services and peer counseling, mentoring and leadership initiatives, employment postings and career development, Internet, TV, etc.

MONTRÉAL URBAN HOMELESSNESS ABORIGINAL PROJECT

- Drop-in centre which aims to assist and improve the quality of life of homeless or at-risk Aboriginals.
 - Services: breakfast and hot lunch, clothing depot, laundry facilities, showers, telephone, TV & computers (with internet), referrals, accompaniment, transport, food baskets, sporting activities, peer support, medical clinic, legal workshop, and access to traditional healer.

KA'WASHSE STREET PATROL

A mobile referral unit, which patrols throughout downtown Montréal to serve homeless and at-risk youth and adults.

- Services: distribution of meals, blankets and other materials, clean needle exchange, peer counseling, referrals to health and social services, check-ups on at-risk individuals and transport to shelters.



Centre d'amitié autochtone
du Saguenay

CENTRE D'AMITIÉ AUTOCHTONE DU SAGUENAY



2008

Creation of First Nations Support Committee to better understand the reality of Indigenous people living in the Saguenay, meet their needs and contribute to raising public awareness of the reality experienced by Indigenous people.

2010

OFFICIAL OPENING

The Centre d'amitié autochtone du Saguenay (CAAS) opened its doors to respond to the need of Indigenous people in the region for a gathering place. In addition, the Centre will allow for the creation of an accessible daycare, affordable housing, and provide for the involvement of interim directors.

MISSION

The mission of the Centre d'amitié autochtone du Saguenay is to bring together Indigenous citizens as a community, contribute to the individual and collective wellness of Indigenous people living in the Saguenay and allow them to express and share their Indigenous culture and values.

The Centre also promotes Indigenous languages, culture and education by providing a space where sharing those in an urban environment is a priority.

The Centre's health clinic contributes to the holistic wellness of Indigenous people living in the Saguenay by providing culturally sensitive and safe health and social services.





AWARD OF EXCELLENCE

In 2015, the Centre d'amitié autochtone du Saguenay was recognized and awarded by the National Association of Friendship Centres for its leadership, the availability of its services and service delivery.

SERVICES

MIRO MATISIWIN HEALTH CLINIC

A culturally appropriate health clinic for First Nations in Saguenay

The clinic opened in October 2015, but temporarily closed in May 2016 due to lack of funding. The clinic opened again on February 7, 2019 and the official inauguration took place on June 26.

The objective of the Miro Matisiwin Health Clinic, which means "wellness" in the Atikamekw language, is to provide health and social services by adapting them to the needs of First Nations, in a culturally safe environment, and making them more accessible for First Nations in the Saguenay.

HEALTH SERVICES PROVIDED ON SITE

- Diabetes monitoring
- Cholesterol monitoring
- High blood pressure monitoring
 - Pregnancy follow-up
 - Vaccination
 - Medical escort
 - Medical support
- School health monitoring

SOCIAL AND WELLNESS SERVICES

- Individual intervention
- Group intervention
 - Support group
 - Accompaniment
- Accompaniment to the Youth Centre and the Youth Division
 - Addiction follow-up
 - Crisis intervention
 - Family intervention
- Approach adapted to the reality of Aboriginals

CAFÉ MESNAK

Café Mesnak gives back to the community and financially supports cultural and social activities for the members of the Centre and their families.

COMMUNITY SERVICES

- Computer room with free Internet
- Day and evening community activities
- Referral to community partners and organizations
- Tutoring services for academic success
 - Mikueniss Early Childhood Centre (45 spaces) open since January 9, 2017
 - Outings and travel for youth
 - Community meals

LANGUAGES, CULTURE AND EDUCATION

- Services to promote transmission of Aboriginal languages and cultures
- Aboriginal language revitalization and preservation efforts
 - Accessible cultural and linguistic activities
- Inclusion of Aboriginal languages and cultures in all Centre activities
 - Involvement of elders and stewards of culture
- Developing the cultural and language skills of employees, volunteers and members
- Raising public awareness of the reality experienced by Indigenous people



VISION

First Nations individuals, families and communities are healthy, have equitable access to quality care and services, and are self-determining and culturally empowered.

MISSION

To accompany Quebec First Nations in achieving their health, wellness, culture and self-determination goals.



**FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION**