

Rising Sun | April 2022

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FNQLHSSSC Newsletter - April 2022

WORD FROM THE EXECUTIVE DIRECTOR

Ndio!

I hope you are doing well and taking full advantage of the spring activities on the territory, including maple sap harvesting!

The FNQLHSSSC is pleased to present the new edition of its newsletter, the *Rising Sun*. You will find topical articles on the agreement to repair for the harm done to First Nations families and children in addition to wellness, how to face the justice system, recommended cookbooks, daily healthy habits and an update on the health and social services governance process.

It features information about how to prepare for a media interview, well-deserved retirement and the resounding success of the 2021 edition of the Ancestors' Challenge!

We also offer you the opportunity to get to know Dr. André Corriveau, Medical Officer of Health, who has dedicated his work to First Nations and Inuit health for over 30 years!

We are also taking advantage of this issue to announce the holding of our next pre-Annual General Assembly on July 13 followed by the Annual General Assembly on July 14, 2022, in Québec City. Be sure to mark this date on your calendar!

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Marjolaine Sioui, *Executive Director*



[Mark your calendars!](#)

The FNQLHSSC will be holding its Annual General Assembly on **July 14, 2022 in Québec City**. More information will be disseminated shortly. In the meantime, we encourage you to visit the FNQLHSSC website to learn all about the organization's activities.

NEWS



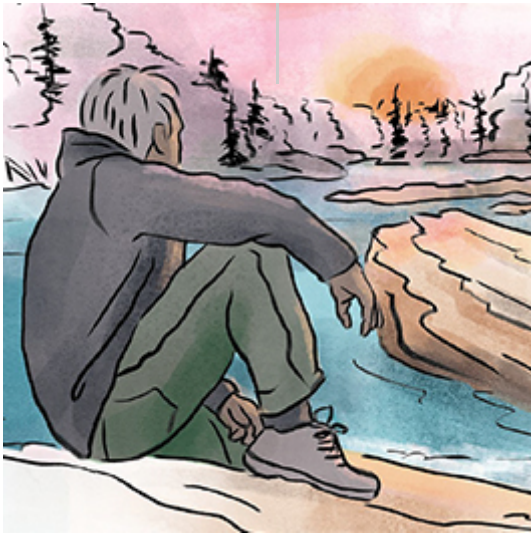
Historic agreement to repair the harm done to First Nations families and children

On January 4, 2022, after several weeks of negotiation, a historic \$20 billion agreement-in-principle on compensation and reform of the federal First Nations Child and Family Services (FNCFS) program was reached between Canada, the Assembly of First Nations (AFN), the First Nations Child and Family Caring Society of Canada and other parties with the goal of ending Canada's discriminatory conduct. **[Learn more.](#)**



Where are we with the health and social services governance process?

The governance process is a collective approach that aims to redefine the current governance structure so that First Nations can take over responsibilities that are currently held by Indigenous Services Canada (ISC) in the area of health and social services using a new governance model that will allow First Nations to take over health and wellness services that are intended for them. **[Learn more.](#)**



This year, my wellness is my priority! Twelve months to take care of ourselves

Every year, on February 1, the FNQLHSSC highlights First Nations Wellness Day to raise awareness in all communities about individual and collective wellness. [Learn more.](#)



Facing justice

In recent months, the FNQLHSSC team has tackled a very specific and unprecedented project consisting of a series of videos! The goal? To provide information and advice intended for First Nations adults and adolescents to increase their understanding of the justice system in Quebec, the legal process, rights and remedies and the various resources available. [Learn more.](#)

HATS OFF TO YOU



The first edition of the Ancestor's Challenge was a resounding success!

Almost a year ago, the First Nations Education Council (FNEC) launched its first edition of the Ancestors' Challenge, which consists of a mobile obstacle course, deployed by and for First Nations, allowing young people to enjoy an exhilarating experience while pushing their limits in their schoolyard. [Learn more.](#)

CHRONICLES



An interview with Dr. André Corriveau: a man who has taken First Nations and Inuit health to heart for over 30 years

With the sudden onset of the COVID-19 pandemic two years ago, the FNQLHSSC quickly had to surround itself with public health experts to help it properly accomplish its mission, which is to support First Nations communities and organizations to ensure the health and safety of their populations. One of those who has been helping us for several months is Dr. André Corriveau, Medical Officer of Health. [Learn more.](#)



From the land to the plate: recipe books to be shared!

Many communities offer collective kitchen initiatives, food banks, home food services for seniors, community meals as well as training workshops and radio spots on nutrition and physical activity. [Learn more.](#)



How to promote daily healthy habits for a healthy life?

A healthy lifestyle consists of the overall adoption of healthy behaviours that promote spiritual, emotional, physical and mental wellness. Healthy behaviours include many elements such as healthy eating, good sleep habits, regular physical activity, healthy social habits and sexual practices, smoking cessation and good stress management. [Learn more.](#)



How to prepare for a media interview?

Depending on your role in your community or organization, you may be called upon to do a media interview. [Learn more.](#)



For a well-deserved retirement

A new year is synonymous with new projects and new challenges. This is the case for four former FNQLHSSC team members, who have left the organization for a well-deserved retirement. [Learn more.](#)



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info@cssspnql.com

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