

# BRIDGES: Connecting Community Health Supports

Opaskwayak Cree Nation, MB and The Pas, MB

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2015



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## OCN BAND SUPPORTS

OCN Administration	204-627-7158
OCN Band Development Authority	204-627-7130
OCN Band Office	204-627-7100
OCN Big Eddy Youth Centre	204-623-2428
OCN Chief and Council	204-627-7193
OCN Child and Family Service Intake Office	204-627-7115
OCN Child and Family Services Main Office	204-627-7240
OCN Child and Family Services Family Enhancement	204-627-7157
OCN Child and Family Services Alternate Care Office	204-627-7227
OCN Community Works and Operations (CWO)	204-627-7051
OCN Dental	204-627-1507
OCN Educational Authority	204-627-7480
OCN Finance	204-627-7014
OCN Fire Department	204-623-7500
OCN Gordon Lathlin Memorial Centre	204-627-7076
OCN Health Authority	204-627-7410
OCN Joe A Ross School	204-623-4286
OCN Lands Department	204-627-7130
OCN Oscar Lathlin School	204-623-5259



OCN BAND SUPPORTS page 2

OCN Police

204-627-6244

OCN Police Toll-Free

1-888-763-1566

OCN Recreation

204-627-7070

OCN RCMP

204-627-6242

OCN Youth Centre

204-627-7181



## OHA HEALTH SUPPORTS

OHA Beatrice Wilson Health Centre	Home Care	204-627-7410
OHA Beatrice Wilson Health Centre	Foot Care	204-627-7410
OHA Beatrice Wilson Health Centre	Finance/Office	204-627-7410
OHA Beatrice Wilson Health Centre	CPNP	204-627-7410
OHA Beatrice Wilson Health Centre	IT Support	204-627-7410
OHA Beatrice Wilson Health Centre	Nursing	204-627-7410
OHA Beatrice Wilson Health Centre	Immunizations	204-627-7410
OHA Beatrice Wilson Health Centre	Well-Baby Clinic	204-627-7410
OHA Beatrice Wilson Health Centre	Wellness Counselling	204-627-7410
OHA Beatrice Wilson Health Centre	NIHB Department	204-627-7410
OHA Beatrice Wilson Health Centre	Healthy Workplace Co-ord	204-627-7410
OHA Beatrice Wilson Health Centre	Maternal Child Health	204-627-7410
OHA Beatrice Wilson Health Centre	Physician	204-627-7410
OHA Beatrice Wilson Health Centre	Disability Advocate	204-627-7410
Diabetes Education (1 <sup>st</sup> Tues each month)		204-627-7410
Breast Check Clinic (August)		204-627-7410



# BRIDGES: Connecting Community Health Supports

Beatrice Wilson Health Centre  
245 Waller Road  
Opaskwayak Cree Nation, MB

## LEARNING SUPPORTS (ages 0-6)

Marigold Preschool	Lenora Kerr	204-623-6006
The Pas Preschool		204-623-7700
Hilda Young Child Care Centre	Louise Contois	204-627-7090
The Pas Sweetgrass Head Start	Evelyn Ballantyne	204-623-6864
Kanawenimawasowin Day Care (UCN)	Avare Strangeland	204-627-8500
Uptown Day Care	Brenda Forster	204-623-7912
Margaret's Place Quality Home Day Care	Margaret Ross	204-623-2118

## LEARNING SUPPORTS (ages 5-18)

Ecole Opasquia School	Gavin Smith	204-623-3459
Joe A Ross School (Admin)	Karon McGillivray	204-623-4286
Joe A Ross School (Resource)	Sandra Ranville	204-623-4286
Kelsey Community School	Julia McKay	204-623-7421
Kelsey School Division	Doug Long	204-623-6421
Oscar Lathlin Collegiate (Admin)	Ron Constant	204-623-5259
Oscar Lathlin Collegiate (Resource)	Gordon Miller	204-623-5259
Opaskwayak Education Authority	Bev Fontaine	204-627-7480
Margaret Barbour Collegiate Institute	Doug Van Damme	204-623-3485



### LOCAL HEALTH SUPPORTS

Addictions Foundation of Manitoba	Elaine Karpick	204-627-8140
Anxiety Disorders Association of Manitoba	Deanna Scheres	204-271-0060
Ataraxia Massage Clinic	Catherine Langtry	204-627-0313
Audiology NRHA	vacant	204-623-9650
Aurora House	Dawna Pritchard	204-623-7427
Canadian Mental Health Association	Teresa Roberts	204-623-1208
Canadian Cancer Society Transportation	Brenda	204-620-7750
Crisis Line	Aurora House	204-623-5497
Children's disABILITY Services-The Pas	Zahid Ali	204-627-8206
Children's disABILITY Services- Supervisor	Linda Eryou	204-687-1700
Children's Therapy Initiative CTI-Northern	M. Levesque	204-623-9556
CTI Occupational Therapists-Children	Marni Streit	204-623-7780
CTI Occupational Therapists-Children	Melanie Read	204-623-7780
CTI Physical Therapist-Children (RCC)	Jackie Gulenchyn	204-452-4311
CTI Speech Language Therapist (SMD)	Jill O'Donohue	204-975-3070
Cree Nation Tribal Health Centre		204-627-1500



## LOCAL HEALTH SUPPORTS page 2

Enhanced Hearing	Shannon Osmond	1-866-802-0818
Herman Eye Care	Dr Garry Herman	204-623-1400
Herman Eye Care	Dr Tra Sin	204-623-1400
InSIGHT Program (Mentors)	Dee Harvey	204-623-9670
Juanita's Foot Care	Juanita Cote	204-623-7212
FASD Assessment Coordinator NRHA	JoAnne Wyman	204-623-9649
FASD Youth Justice	Lara Constant	204-627-8312
Internal Medicine Specialist	Dr Richard Kostyk	204-623-5443
McGillivary Care Home		204-623-5421
Naturopath	Dr C. Gordon	204-623-2989
Narcotics Anonymous	Brian	204-978-0610



## LOCAL HEALTH SUPPORTS page 3

Noel Medical Clinic	Dr Colin Noel	204-623-4866
NHR Aboriginal Liaison Worker	Alice Sayese	204-623-9248
NHR Board Chair	Doug Lauvsted	204-623-6431
NHR Community Dietician	Louise Spence	204-623-9681
NHR Complaints/Compliments		1-888-340-6742
NHR Diabetes Education Resource		204-623-9650
NHR Mental Health		204-623-9650
NHR Midwife	vacant til Aug 25/15	204-623-9650
NHR Rosaire House	Shannon Case	204-623-6425
NHR Social Worker	Delores Osborne	204-623-9218
NHR Spiritual Health Care		204-623-6431
NHR Speech Treatment	Janet Babchyshin	204-623-6431



NHR Walk-In Clinic (4<sup>th</sup> Floor)

204-623-3444



## LOCAL HEALTH SUPPORTS page 4

Pinder Clinic	Dr Pinder	204-623-5443
St Paul's Personal Care Home		204-623-9226
Shopper's Drug Mart Pharmacy		204-623-5331
Super Thrifty Pharmacy	Warren	204-623-5150
Sweatshop Training Centre	Jenn	204-627-9208
The Pas Alateen Group (ages 8-19)	Bev	204-623-5228
The Pas Dental Clinic	Dr S Srivastava	204-623-3544
The Pas Handi-Van		204-623-3026
The Pas Health Complex		204-623-6431
The Pas Golden Agers		204-623-3663
Tri Family Health		204-623-7042
Dr Ward (Chiropractor)	Dr J Ward	204-623-2989

## BRIDGES: Connecting Community Health Supports

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Charles Whitehead (Massage)

204-620-8843

Whitewater Clinic

204-623-5899

Victim Services (MB Justice)

204-627-8420



## COMMUNITY SUPPORTS

ALANON	Joy	204-623-6501
Alcoholics Anonymous	Brian	204-978-0610
Best Beginnings: Baby and Me		204-623-1023
Cree Nation Child and Family Caring Agency		204-623-7456
Intake (Child and Family Services)		204-623-6078
Family Enhancement Program (OCN CFS)		204-627-7240
Halcrow Lake Day Care Centre		204-623-5246
Healthy Child Manitoba/Triple P Parenting		204-627-2314
Kelsey School Division Student Services		204-623-6421



## COMMUNITY SUPPORTS page 2

MMF The Pas Region		204-623-5701
MB Justice (Probation)		204-627-8312
MB Justice (victim services)		204-627-8420
MB Schizophrenia Society	Teresa Roberts	204-623-3387
Macdonald Youth Services (NAHP Program)		204-627-1460
Margaret's Place Quality Home Day Care		204-623-2118
Niki Ashton (MP-Churchill Riding)		1-866-785-0522
Northern Authority (CFS)		204-623-4472
OCN Youth Centre		204-627-7181
Residential School Survivors Program	Janet Head	204-627-1500
Roy H Johnston Arena		204-627-1144
STARS Mentor Program (CNTH)	Betty Head	204-627-1500
The Northern Learning & Support Centre	Tania Catalano	204-620-5775



**COMMUNITY SUPPORTS page 3**

The Pas Action Centre (Tremauden)		204-623-5320
The Pas Metis Association		204-627-4700
The Pas Wellness Centre		204-627-1134
The Pas Homeless Shelter (Oscar's Place)		204-627-7515
Wanless Community Centre	Lisa Pfund	204-682-7618
Winton Pool		204-627-1145
WEST Centre (Essential Skills Training)		204-623-4874
X-Roads Teen Centre	Renee Kastrakoff	204-623-4841



## MANITOBA SUPPORTS

Age-Friendly Manitoba	1-800-665-6565
Alzheimer Society of Manitoba	1-800-378-6699
Anxiety Association of Manitoba	1-800-805-8885
A Port in the Storm (Wpg)	1-204-231-0720
Asperger Manitoba	1-204-975-3037
Autism Society of Manitoba	1-204-783-9563
Canadian Cancer Society	1-888-786-3934
Canadian Centre for Child Protection	1-866-543-8477
Canadian Diabetes Association	1-204-925-3800
Canadian Hard of Hearing Association	1-204-975-3037
Canadian Mental Health Association	1-204-953-2350



**MANITOBA SUPPORTS page 2**

CancerCare Manitoba	1-866-561-1026
CancerCare Manitoba BreastCheck	1-800-903-9290
Cancer Info Service	1-888-939-3333
Cerebral Palsy Association of Manitoba	1-800-416-6166
Childhood Cancer Canada Foundation	1-800-363-1062
Children’s Therapy Initiative Centralized Intake (Winnipeg)	1-204-958-9660
Community Living Manitoba	1-204-487-2808
Crisis Line for Abused Women-IKWE	1-800-362-3344
Domestic Violence Crisis Line	1-877-977-0007
Family Doctor Connection Program	1-866-690-8260
Heart and Stroke Foundation of Manitoba	1-888-473-4636
Health Links/Info Sante	1-888-315-9527
Independent Living Resource Centre	1-800-663-3043
Interagency FASD Program	1-204-582-8658



**MANITOBA SUPPORTS page 3**

Kids Help Phone	1-800-668-6868
KLINIC 24 Hour Suicide Crisis Line	1-888-322-3019
Learning Disabilities Association of Manitoba	1-204-774-1821
Legal Aid Manitoba	1-800-268-9790
Lennox Bell Lodge	1-204-787-4271
Manitoba Adolescent Treatment Centre (MATC)	1-204-958-9660
Manitoba Candlelighters (Childhood Cancer)	1-204-737-2684
Manitoba Down Syndrome Society	1-204-992-2731
Manitoba Fetal Alcohol Spectrum Disorder (FASD) Centre	1-204-235-8866





**MANITOBA SUPPORTS page 4**

Manitoba Farm and Rural/Northern Support Services	1-866-367-3276
Manitoba First Nations Education Resource Centre	1-204-831-1224
Manitoba Health	1-800-392-1207
Manitoba Huntington Disease Resource Centre	1-204-772-4617
Manitoba Lung Association	1-888-566-5864
Manitoba Schizophrenia Society	1-204-786-1616
Manitoba Suicide Line	1-877-435-7170
Mental Health Education Resource Centre	1-855-942-6568
Motherisk Helpline	1-877-327-4636



**MANITOBA SUPPORTS page 5**

Mood Disorders Association of Manitoba	1-800-263-1460
Multiple Sclerosis Society of Manitoba	1-800-268-7582
Nine Circles Community Health Centre	1-888-305-8647
Obsessive Compulsive Disorders MB Inc.	1-204-942-3331
Osborne House Crisis Line	1-204-942-3052
Parkinson Society of Manitoba	1-866-999-5558
Rehabilitation Centre for Children	1-204-452-4311
Ronald McDonald House	1-204-774-4777



**MANITOBA SUPPORTS page 6**

Seniors Abuse Support Line	1-888-896-7183
Sexual Assault Crisis Line	1-888-292-7565
Sexual Health Info Line	1-800-782-2437
Society for Manitobans with Disabilities Disability Travel Card	1-866-282-8041
Society for Manitobans with Disabilities Northern Office	1-888-367-0268
Society for Manitobans with Disabilities Parking Permit Program	1-888-836-5551
Society for Manitobans with Disabilities Wheelchair Services	1-800-836-5551
Specialized Services for Children & Youth Resource Centre	1-204-453-9820
WRHA Aboriginal Health Services Central Intake	1-877-940-8880



## INFORMATIONAL WEBSITES

## REGIONAL WEBSITES

<a href="http://www.opaskwayak.ca">www.opaskwayak.ca</a>	Opaskwayak Cree Nation
<a href="http://www.opased.com">www.opased.com</a>	Opaskwayak Educational Authority
<a href="http://www.swampycree.com/fns2">www.swampycree.com/fns2</a>	Swampy Cree Tribal Council
<a href="http://www.normanfamilyresources.weebly.com">www.normanfamilyresources.weebly.com</a>	NorMan Regional Parent Child Coalition
<a href="http://www.the595.ca">www.the595.ca</a>	595 Prevention Team
<a href="http://www.northernhealthregion.ca">www.northernhealthregion.ca</a>	Northern Health Region

## PROVINCIAL WEBSITES

<a href="http://www.wrha.mb.ca/aboriginalhealth">www.wrha.mb.ca/aboriginalhealth</a>	WRHA Aboriginal Health Services
<a href="http://www.aclmb.ca">www.aclmb.ca</a>	Community Living Manitoba
<a href="http://www.arthritis.ca">www.arthritis.ca</a>	The Arthritis Society
<a href="http://www.manitobaepilepsy.com">www.manitobaepilepsy.com</a>	Manitoba Epilepsy
<a href="http://www.specialolympics.mb.ca">www.specialolympics.mb.ca</a>	Special Olympics Manitoba
<a href="http://www.trauma-informed.ca">www.trauma-informed.ca</a>	KLINIC-Trauma Informed Care
<a href="http://www.trauma-recovery.ca">www.trauma-recovery.ca</a>	KLINIC-Trauma Recovery Information
<a href="http://www.fasdmanitoba.org">www.fasdmanitoba.org</a>	Manitoba FASD Centre (diagnostic)
<a href="http://www.capmanitoba.ca">www.capmanitoba.ca</a>	Coalition on Alcohol and Pregnancy
<a href="http://www.gov.mb.ca/healthychild/fasd">www.gov.mb.ca/healthychild/fasd</a>	Healthy Child Manitoba—FASD Division
<a href="http://www.rccinc.ca">www.rccinc.ca</a>	Rehabilitation Centre for Children
<a href="http://www.mbia.ca">www.mbia.ca</a>	Manitoba Brain Injury Association
<a href="http://www.alzheimer.mb.ca">www.alzheimer.mb.ca</a>	Alzheimer Manitoba
<a href="http://www.palliativemanitoba.ca">www.palliativemanitoba.ca</a>	Palliative Manitoba
<a href="http://www.hopeministries.org/grief-supports">www.hopeministries.org/grief-supports</a>	Grief Supports for People with Intellectual Delays
<a href="http://www.childrensadvocate.mb.ca">www.childrensadvocate.mb.ca</a>	Children’s Advocate—Manitoba
<a href="http://www.mfnerc.org">www.mfnerc.org</a>	Manitoba First Nations Education Resource Centre
<a href="http://www.amc.manitobachiefs.com">www.amc.manitobachiefs.com</a>	Assembly of Manitoba Chiefs

## PROVINCIAL WEBSITES page 2

<a href="http://www.mkonorth.com">www.mkonorth.com</a>	MB Keewtinowi Okimakanak (MKO)
<a href="http://www.edu.gov.mb.ca">www.edu.gov.mb.ca</a>	Manitoba Education
<a href="http://www.smd.mb.ca">www.smd.mb.ca</a>	Society for Manitobans with Disabilities
<a href="http://www.gov.mb.ca/thrive">www.gov.mb.ca/thrive</a>	MB Thrive! Initiative for Autism
<a href="http://www.autismmanitoba.com">www.autismmanitoba.com</a>	Autism Manitoba
<a href="http://www.siblingsupport.org">www.siblingsupport.org</a>	Support for Siblings of People with Disabilities
<a href="http://www.asperger-manitoba.ca">www.asperger-manitoba.ca</a>	Asperger Manitoba, Inc.
<a href="http://www.manitoba.ca/triplep">www.manitoba.ca/triplep</a>	Triple P Parenting
<a href="http://www.nobodysperfect.ca">www.nobodysperfect.ca</a>	Nobody's Perfect Parenting
<a href="http://www.oarc.ca">www.oarc.ca</a>	Open Access Resource Centre Wpg
<a href="http://www.gov.mb.ca/fs/pwd">www.gov.mb.ca/fs/pwd</a>	MB Persons with Disabilities Fact Sheets
<a href="http://www.gov.mb.ca/dio/resources">www.gov.mb.ca/dio/resources</a>	MB Disabilities Issues Office
<a href="http://www.gov.mb.ca/fs/imd">www.gov.mb.ca/fs/imd</a>	MB Family Services and Labour
<a href="http://www.gov.mb.ca/fs/childfam/cfsagencies">www.gov.mb.ca/fs/childfam/cfsagencies</a>	Child and Family Agencies in Manitoba
<a href="http://www.tcfwinnipeg.org">www.tcfwinnipeg.org</a>	The Compassionate Friends, Inc. Winnipeg Division



## NATIONAL WEBSITES

<a href="http://www.bcands.bc.ca">www.bcands.bc.ca</a>	BC Aboriginal Network on Disability Society
<a href="http://www.wherethechildren.ca">www.wherethechildren.ca</a>	Residential School History in Canada
<a href="http://www.nccah-ccnsa.ca">www.nccah-ccnsa.ca</a>	National Collaborating Centre on Aboriginal Health
<a href="http://www.fnhc.ca">www.fnhc.ca</a>	First Nations Health Council
<a href="http://www.cnib.ca">www.cnib.ca</a>	Canadian National Institute for the Blind
<a href="http://www.blindcanadians.ca">www.blindcanadians.ca</a>	Self-Advocacy Guide
<a href="http://www.journeysthroughgrief.wordpress.com">www.journeysthroughgrief.wordpress.com</a>	Peggy Sweeney Blog on Grief Resources
<a href="http://www.bebraveranch.littlewarriors.ca">www.bebraveranch.littlewarriors.ca</a>	Healing from Childhood Sexual Abuse
<a href="http://www.ccsmh.ca">www.ccsmh.ca</a>	Canadian Coalition for Seniors' Mental Health
<a href="http://www.earlydiagnosis.ca">www.earlydiagnosis.ca</a>	Early Warning Signs of Alzheimers
<a href="http://www.imaginationlibrary.com">www.imaginationlibrary.com</a>	Dolly Parton's Imagination Library
<a href="http://www.thehealthyaboriginal.net">www.thehealthyaboriginal.net</a>	Graphic Comics on various health/social issues
<a href="http://www.fncaringsociety.org">www.fncaringsociety.org</a>	First Nations Child and Family Caring Society
<a href="http://www.acc-society.bc.ca">www.acc-society.bc.ca</a>	Aboriginal Child Care Association (BC)
<a href="http://www.bloomparentingidswithdisabilities.blogspot.ca">www.bloomparentingidswithdisabilities.blogspot.ca</a>	Holland Bloorview Rehabilitation Hospital Blog
<a href="http://www.noordinaryboy.ca">www.noordinaryboy.ca</a>	Jennifer Johannsen--Son who had a disability
<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	Kids Help Phone—Canada
<a href="http://www.nada.org">www.nada.org</a>	National Aboriginal Diabetes Association
<a href="http://www.diabetes.ca">www.diabetes.ca</a>	Canadian Diabetes Association
<a href="http://www.hc-sc.gc.ca">www.hc-sc.gc.ca</a>	Aboriginal Diabetes Initiative
<a href="http://www.nwac.ca/health">www.nwac.ca/health</a>	Native Women's Association of Canada
<a href="http://www.cra-grc.gc.ca/disability">www.cra-grc.gc.ca/disability</a>	Canada Revenue Agency—Disability Benefits
<a href="http://www.rdsp.com">www.rdsp.com</a>	Registered Disability Savings Plan
<a href="http://www.servicecanada.gc.ca">www.servicecanada.gc.ca</a>	Child Disability Benefit
<a href="http://www.skprevention.ca">www.skprevention.ca</a>	Saskatchewan Prevention Institute
<a href="http://www.virtualhospice.ca">www.virtualhospice.ca</a>	Canadian Virtual Hospice
<a href="http://www.toddlerapproved.com">www.toddlerapproved.com</a>	Toddler Approved
<a href="http://www.bookmates.ca">www.bookmates.ca</a>	Bookmates—Early Literacy for Young Children

NATIONAL WEBSITES page 2

<a href="http://www.seedtocedar.com">www.seedtocedar.com</a>	Seed to Cedar Early Childhood Campaign
<a href="http://www.beststart.ca">www.beststart.ca</a>	Best Start Ontario—Early Childhood Resources
<a href="http://www.positiveparentingconnection.net">www.positiveparentingconnection.net</a>	Positive Parenting (Australia)
<a href="http://www.explorationsearlylearning.com">www.explorationsearlylearning.com</a>	Jeff Johnson’s Early Childhood Website
<a href="http://www.childcareexchange.com">www.childcareexchange.com</a>	Daily Messages for the Early Childhood World
<a href="http://www.canfasd.ca">www.canfasd.ca</a>	Fetal Alcohol Spectrum Disorder
<a href="http://www.fasdchildwelfare.ca/learning/caregivers">www.fasdchildwelfare.ca/learning/caregivers</a>	Free training for Caregivers of People with FASD
<a href="http://www.championsforcommunitywellness.wordpress.com">www.championsforcommunitywellness.wordpress.com</a>	Karen Copeland’s Blog -- Mental Health of Children
<a href="http://www.breakingbadnews.org">www.breakingbadnews.org</a>	Resources on Grief and Loss for people with disabilities

SEVEN SACRED TEACHINGS

- Eagle – sakitowin (love)
- Buffalo—kistenitamowin (respect)
- Bear—soketahawin (courage)
- Sabe—tapweyatisiwin (honesty)
- Beaver—Nipwakewin (wisdom)
- Wolf—Tapatenimowin (humility)
- Turtle—Tapewewin (truth)



## LOCAL ALPHABETICAL LISTING

### A

Addictions Foundation of Manitoba	Elaine Karpick	204-627-8140
ALANON	Joy	204-623-6501
Alcoholics Anonymous	Brian	204-978-0610
Anxiety Disorders Association of Manitoba	Deanna Scheres	204-271-0060
Ataraxia Massage Clinic	Catherine Langtry	204-627-0313
Audiology NRHA	vacant	204-623-9650
Aurora House	Dawna Pritchard	204-623-7427

### B

Best Beginnings: Baby and Me		204-623-1023
Big Eddy Youth Centre		204-623-2428

### C

Canadian Mental Health Association	Teresa Roberts	204-623-1028
Canadian Cancer Society Transportation	Brenda	204-620-7750
Crisis Line	Aurora House	204-623-5497
Children's disABILITY Services-The Pas	Zahid Ali	204-627-8206
Children's disABILITY Services-Supervisor	Linda Eryou	204-687-1700
CTI Occupational Therapists-Children	Marni Streit	204-623-7780
CTI Occupational Therapists-Children	Melanie Read	204-623-7780
CTI Physical Therapist-Children (RCC)	Jackie Gulenchyn	204-452-4311
CTI Speech Language Therapist (SMD)	Lygia Ramandan	204-975-3070
Cree Nation Child and Family Caring Agency		204-623-7456
Cree Nation Tribal Health Centre		204-627-1500

### E

Ecole Opasquia School	Gavin Smith	204-623-3459
Enhanced Hearing	Shannon Osmond	1-866-802-6818

### F

Family Enhancement Program (OCN CFS)	Donna Young	204-627-7240
FASD Assessment Coordinator NRHA	JoAnne Wyman	204-623-9649
FASD Youth Justice	Lara Constant	204-627-8312

### H

Halcrow Lake Day Care Centre		204-623-5246
Healthy Child Manitoba/Triple P Parenting	Louanne Beaucage	204-627-2314
Herman Eye Care	Dr Garry Herman	204-623-1400
Herman Eye Care	Dr Tra Sin	204-623-1400
Hilda Young Child Care Centre	Louise Contois	204-627-7090



## BRIDGES: Connecting Community Health Supports

### I

InSIGHT Program (Mentors)	Dee Harvey	204-623-9670
Intake (Child and Family Services)		204-623-6078
Internal Medicine Specialist	Dr Richard Kostyk	204-623-5443

### J

Joe A Ross School (Admin)	Karon McGillivary	204-623-4286
Joe A Ross School (Resource)	Sandra Ranville	204-623-4286
Juanita's Foot Care	Juanita Cote	204-623-7212

### K

Kanawenimawasowin (UCN) Day Care	Avare Strangeland	204-627-8500
Kelsey Community School	Julia McKay	204-623-7421
Kelsey School Division Student Services	Linda Markus	204-623-6421

### M

Margaret Barbour Collegiate Institute	Doug Van Damme	204-623-3485
Margaret's Place Quality Home Day Care	Margaret Ross	204-623-2118
Marigold Preschool	Lenora Kerr	204-623-6006
McGillivary Care Home		204-623-5421
Manitoba Metis Federation(MMF) The Pas Region		204-623-5701
MB Justice (Probation)		204-627-8312
MB Justice (victim services)		204-627-8420
MB Schizophrenia Society	Teresa Roberts	204-623-3387
Macdonald Youth Services (NAHP Program)		204-627-1460

### N

Naturopath	Dr C. Gordon	204-623-2989
Narcotics Anonymous	Brian	204-978-0610
Niki Ashton (MP-Churchill Riding)		1-866-785-0522
Noel Medical Clinic	Dr Colin Noel	204-623-4866
Northern Authority (CFS)		204-623-4472
Northern Learning & Support Centre	Tania Catalano	204-620-5775
NHR Aboriginal Liaison Worker	Alice Sayese	204-623-9248
NHR Board Chair	Doug Lauvsted	204-623-6431
NHR Community Dietician	Louise Spence	204-623-9681
NHR Complaints/Compliments		1-888-340-6742
NHR Diabetes Education Resource		204-623-9650
NHR Mental Health		204-623-9650
NHR Midwife	vacant	204-623-9650
NHR Rosaire House		204-623-6425
NHR Social Worker	Delores Osborne	204-623-9218
NHR Spiritual Health Care		
NHR Speech Treatment (Children)	Janet Babchishyn	204-623-6431

## BRIDGES: Connecting Community Health Supports

NHR Walk-In Clinic 204-623-3444

### O

OCN Administration		204-627-7158
OCN Band Development Authority		204-627-7130
OCN Band Office		204-627-7100
OCN Chief and Council		204-627-7193
OCN Child and Family Service Intake Office		204-627-7115
OCN Child and Family Services Main Office		204-627-7240
OCN Child and Family Services Family Enhancement		204-627-7157
OCN Child and Family Services Alternate Care Office		204-627-7227
OCN Community Works and Operations (CWO)		204-627-7051
OCN Dental		204-627-1507
OCN Educational Authority		204-627-7480
OCN Finance		204-627-7014
OCN Fire Department		204-623-7500
OCN Gordon Lathlin Memorial Centre		204-627-7076
OCN Health Authority		204-627-7410
OCN Joe A Ross School		204-623-4286
OCN Lands Department		204-627-7130
OCN Oscar Lathlin Collegiate		204-623-5259
OCN Police		204-627-6244
OCN Police Toll-Free		1-888-763-1566
OCN Recreation		204-627-7070
OCN RCMP		204-627-6242
OCN Youth Centre		204-627-7181
OHA Beatrice Wilson Health Centre	Home Care	204-627-7410
OHA Beatrice Wilson Health Centre	Nursing	204-627-7410
OHA Beatrice Wilson Health Centre	Immunizations	204-627-7410
OHA Beatrice Wilson Health Centre	Well Baby Clinic	204-627-7410
OHA Beatrice Wilson Health Centre	Counselling	204-627-7410
OHA Beatrice Wilson Health Centre	NIHB Referral	204-627-7410
OHA Beatrice Wilson Health Centre	Maternal Child	204-627-7410
OHA Beatrice Wilson Health Centre	Physician	204-627-7410
OHA Beatrice Wilson Health Centre	Disability Advocate	204-627-7410
OHA Diabetes Education (1 <sup>st</sup> Tues each month)		204-627-7410
OHA Breast Check Clinic (August)		204-627-7410
Opaskwayak Education Authority	Bev Fontaine	204-627-7480
Oscar Lathlin Collegiate (Admin)	Ron Constant	204-623-5259
Oscar Lathlin Collegiate (Resource)	Gordon Miller	204-623-5259

### P

Pinder Clinic 204-623-5443

## BRIDGES: Connecting Community Health Supports

### R

Residential School Survivors Program	Janet Head	204-627-1500
Roy H Johnston Arena		204-627-1144

### S

St Paul's Personal Care Home		204-623-9226
Shopper's Drug Mart Pharmacy		204-623-5331
STARS Mentor Program (CNTH)	Betty Head	204-627-1500
Super Thrifty Pharmacy	Warren	204-623-5150
Sweatshop Training Centre	Jenn	204-627-9208

### T

The Pas Action Centre (Tremauden)		204-623-5320
The Pas Metis Association		204-627-4700
The Pas Wellness Centre		204-627-1134
The Pas Homeless Shelter (Oscar's Place)		204-627-7515
The Pas Alateen Group (ages 8-19)	Bev	204-623-5228
The Pas Dental Clinic	Dr S Srivastava	204-623-3544
The Pas Handi-Van		204-623-3026
The Pas Health Complex		204-623-6431
The Pas Golden Agers		204-623-3663
Tri Family Health		204-623-7042
The Pas Preschool		204-623-7700
The Pas Sweetgrass Head Start	Evelyn Ballantyne	204-623-6864

### U

UCN Day Care	Avare Strangeland	204-627-8500
Uptown Day Care	Brenda Forster	204-623-7912

### V

Victim Services (MB Justice)		204-627-8420
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### W

Wanless Community Centre		204-682-7618
Dr Ward (Chiropractor)	Dr J Ward	204-623-2989
WEST Centre (Essential Skills)		204-623-4874
Charles Whitehead (Massage)		204-620-8843
Winton Pool		204-627-1145

## X

X-Roads Teen Centre 204-623-4841

<b>AMBULANCE</b>	<b>204-623-4500</b>
<b>FIRE</b>	<b>204-623-7500</b>
<b>POLICE</b>	<b>204-627-6244</b>
<b>HOSPITAL</b>	<b>204-623-6431</b>
<b>CRISIS LINE (Aurora House)</b>	<b>204-623-5497</b>
<b>CRISIS LINE (OCN Counseling)</b>	<b>204-623-0519</b>

### **Opaskwayak Cree Nation Vision Statement**

*Guided by the wisdom of our elders and the energy of our youth, OCN is proud, progressive and independent. Through our rich Cree cultural tradition and values the Innuwak of OCN are empowered to achieve an enhanced quality of life in a safe, healthy and strong community.*

### **OHA Mission Statement**

*minoyâwin katoskâtamâk*

*working together for health*

### **OHA Vision Statement**

*OHA will maintain and respect traditional cultural values and beliefs incorporating mental, physical, emotional and spiritual well-being into health programs and services for community healing and wellness.*

