# LAKE HELEN NEWSLETTER AUGUST 21, 2020



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#### OFF ROAD VEHICLES

Attention Lake Helen Community Members
This notice is a friendly reminder to all users of off-road vehicles on reserve.

Please operate these off-road vehicles in a safe manner, do not speed, use protective equipment, follow traffic rules, and respect Band and Community properties.

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#### NAME THE TRADITIONAL SPACE CONTEST

For all RRIB members, we want your INPUT!!

As you may already know we have been working on a Food Security/Sovereignty project at the Chalet Lodge which consists of a Moose Hanger, Butcher Shop and future Tannery. We are looking for a name in the Ojibwe language that will reflect a place for gatherings, teachings and to revitalize the Ojibwe culture.

The Chosen winner will receive a prize valued at \$100. Entries will be taken until Aug 22, 2020. Please submit your entries to <a href="mailto:Joanna.decicco@rrib.ca">Joanna.decicco@rrib.ca</a>

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# **BACK TO SCHOOL SUPPLIES**

Back to school supplies will be provided for youth living on Lake Helen Reserve and for youth off reserve who are RRIB members.

Deadline to sign up is: AUGUST 24<sup>th</sup> at 12 pm. Pick up date will be AUGUST 28<sup>th</sup> at the Chalet Lodge between 12 pm – 3 pm.

All RRIB member students will need to sign up whether they live on or off reserve. Please contact Lauren Michelle <a href="mailto:lauren.michelle@rrib.ca">lauren.michelle@rrib.ca</a> OR Terri-Lee Lanigan <a href="mailto:terri.lanigan@rrib.ca">terri.lanigan@rrib.ca</a>

# Review of Draft Forest Management Plan Nipigon East Portion of the Lake NipigonForest 2021-2031 Forest Management Plan

The Ontario Ministry of Natural Resources and Forestry (MNRF), Lake Nipigon Forest Management Inc. (LNFMI) and the Nipigon East Area Local Citizens' Committee (LCC) invite you to review and comment on the 2021 – 2031 Draft Forest Management Plan (FMP) for the **Nipigon East portion of the Lake Nipigon Forest**.

#### **The Planning Process**

The FMP takes approximately three years to complete. During this time, five formal opportunities for public consultation and First Nation and Métis community involvement and consultation are provided. The third opportunity (Stage Three) for this FMP occurredbetween May 6, 2020 and July 5, 2020 when you were invited to review and comment on proposed operations for the ten-year period of the FMP. This 'Stage Four' notice is to invite you to:

- review and comment on the draft FMP;
- review and provide comments on the draft Report on Protection of Identified First Nation and Métis Values:
- review and provide comments on the draft First Nation and Métis Background Information Report;
   and
- contribute to the background information.

Comments from the public will be considered in revisions to the draft FMP.

#### **How to Get Involved**

Further information on how to get involved in forest management planning and to better understand the stages of public consultation please visit:

https://www.ontario.ca/document/participate-forestmanagement-ontario/how-get-involved-forestmanagement.

The Draft FMP and the Draft FMP summary will be available electronically on the Ontario government website at <a href="www.ontario.ca/forestplans">www.ontario.ca/forestplans</a> and can be made available by contacting the Lake Nipigon Forest Management Inc. contact listed below, during normal office hours for a period of 60 days: **September 2, 2020 to November 1, 2020.** 

Comments on the draft FMP for the Nipigon East portion of the Lake Nipigon Forest must be received by Raymond Weldon, R.P.F. of the planning team, by **November 1, 2020.** 

In addition to the most current versions of the information and maps which were previously available, the following information can be obtained electronically on the Ontario government website (www.ontario.ca/forestplans) to assist you in your review:

- Draft FMP, including supplementary documentation;
- Draft FMP summary.

The Information Forum related to the review of Draft Forest Management Plan will be held via individual or group remote meetings which may be arranged by calling the individuals listed below during the review period. Remote meetings with representatives of the planning team and the LCC can be also requested at any time during the planning process. Reasonable opportunities to remotely meet planning team members during non-business hours will be provided upon request. If you require more information or wish to discuss your interests with a planning team member, please contact one of the individuals listed below:

- Raymond Weldon, R.P.F. MNRF, Nipigon District Office 5 Wadsworth Drive P.O. Box 970, Nipigon, ON P0T 2J0. tel: 807-887-5058
- Ryan Gleeson, R.P.F. Lake Nipigon Forest Management Inc. 2225 Rosslyn Road Rosslyn, ON P7K 1G9. tel: 807-285-4004
- Yvette Metansinine, Nipigon East Area LCC c/o MNRF Nipigon District Office 5Wadsworth Drive, P.O. Box 970 Nipigon, ON P0T 2J0

During the planning process there is an opportunity to make a written request to seek resolution of issues with the MNRF District Manager or the Regional Director using a process described in the 2020 Forest Management Planning Manual (Part A, Section 2.4.1). The last possible date to seek issue resolution with the MNRF Regional Director is **November 16, 2020.** 

#### Stay Involved

The MNRF-approved FMP will be available for inspection for the 10-year duration of the FMP.

Stage Five - Inspection of the MNRF-approved FMP which is tentatively scheduled for **January26**, **2021**.

The Ministry of Natural Resources and Forestry (MNRF) is collecting your personal information and comments under the authority provided by the Forest Management Planning Manual, 2020 approved by regulation under Section 68 of the Crown Forest Sustainability Act, 1994. Any personal information you provide (home and/or email address, name, telephone number, etc.) may be used and shared between MNRF and/or the sustainable forest licensee to contact you regarding comments submitted. Your comments will become part of the public consultation process and may be shared with the general public. Your personal information may also be used by the MNRF to send you further information related to this forest management planning exercise. If you have questions about the use of your personal information, please contact Marie Parsons at 807-887-5012.

FOR MORE ADDITIONAL INFORMATION OR FURTHER INQURIES PLEASE CONTACT COUNCILLOR SEAN RUTH VIA EMAIL <u>SEAN.RUTH@RRIB.CA</u> OR PHONE (807)889-1066

# ATTENTION RED ROCK INDIAN BAND MEMBERS

We have acquired numerous wood products for use from the East West Tie Project. These products vary in dimensions and usage pertaining to the project.

Any RRIB Members can take the different wood products that may be of use to them.

Location of the wood is at the back Quonset hut area behind the pile of granular "A" and reclaimed asphalt.

Please be advised access the area is limited to after 6:00pm during the week and anytime on weekends.

For more information please contact Councillor Sean Ruth via email sean.ruth@rrib.ca or phone (807)889-1066

Please use caution when accessing the site as there may be a possibility of ongoing activities.



# Protocols and Procedures for the issuing of Status cards (CIS)

Beginning Thursday, August 13, 2020 and every Thursday I will be able to issue Status cards (CIS) to only **Red Rock Indian Band members**. It will be once a week and by **appointment only.**No other membership issues at this time.

**Priority** will be given to those who **do not** have a status card (CIS) or a Temporary Confirmation of Registration Document (TCRD). Expired status cards are still being accepted.

Members wanting a status card (CIS) will have to wait in their vehicle or outside the building until their card is completed.

Appointments will begin at 9:30 am ending at 3:30 pm and at 30 minute intervals. If you are a family group please let me know ahead of time and I would book a block of time for you. Please do not miss your appointment time as you may have to wait until the next week.

Adults need 2 piece of identification and children 15 years and younger need 1 piece of identification and one from the parent/guardian.

Appointments can be made by email at marjorie.robert@rrib.ca and pictures can be sent to this email. I will take your picture if needed.

I will explain the procedure by email or by phone if you prefer.

All safety measures will be in place and the use of hand sanitizer is recommended during this process.

I look forward to serving our membership.

Marjorie Robert Membership clerk Red Rock Indian Band



We have recently had inquiries from numerous members regarding the funding the Red Rock Indian Band received to respond to the Covid-19 pandemic. The funding that we have currently received was proposal based and earmarked for very specific purposes which includes the following:

- Food Security for Community Members
- The Purchase of PPE for Essential Personnel
- Medical supplies (if needed)
- For the Hiring of Additional Personnel (I.E. Security or Gate Guards) if necessary.

Unfortunately, these funds were specifically identified by Indigenous Services Canada (ISC) for use to support **On-Reserve** population.

People who need financial assistance and live off-reserve can apply through the Covid-19 Emergency Benefits, or through their municipal/township they reside in.

All First Nation Emergency Funds that are allocated to each FN (on-reserve) are not designed for individual supports, they are intended to help the community with supplies and emergency equipment.

Other First Nations that do not have a land base to operate are more able to assist with membership off-reserve. However, each First Nation is autonomous and do not govern one another. Also, there are other organizations to whom Indigenous people can make direct applications such as Friendship Centre's, etc. Indigenous persons can access these programs and supports if necessary.

We, the Red Rock Indian Band have made application to ISC for support to our offreserve members. We have not yet received any approval to our application. We are hopeful our requests are met; however there is no guarantee that we will receive any funding in this area.

Should we receive any funding for off reserve members that we will distribute on asneeded individual basis.



# The Red Rock Indian Band Economic Strategic Plan Community Outreach Online Sessions

To participate in the online sessions please click the link below, follow on the Red Rock Indian Band Members Only Facebook site or call in. If you are calling in please reach out to Kirstine for a copy of the presentation. You may have to download the zoom application.

Session 1 – Step 1-3 Economic Strategic Plan – August 24<sup>th</sup> 6:30pm – 8pm <a href="https://us02web.zoom.us/j/82949033801?pwd=K0JOemJ3ZE15RUNsdUs4KzJRWStnQT09">https://us02web.zoom.us/j/82949033801?pwd=K0JOemJ3ZE15RUNsdUs4KzJRWStnQT09</a>
Or Call: 1 438 809 7799 Meeting ID: 829 4903 3801 Passcode: 615631

Session 2 – Step 4-5 Economic Strategic Plan – August 27<sup>th</sup> 6:30pm – 8pm <a href="https://us02web.zoom.us/j/88180488035?pwd=VjF0bGQrNFd0bHpiL0M5RDVvVVNHdz09">https://us02web.zoom.us/j/88180488035?pwd=VjF0bGQrNFd0bHpiL0M5RDVvVVNHdz09</a>
Or Call: 1 438 809 7799 Meeting ID: 881 8048 8035 Passcode: 654016
Please ensure you participate in both sessions as they provide different information and require your input.

If there are family, friends, Elders unable to connect, or not tech savvy, please invite them to connect with those that are. If you have any questions or comments, please contact Kirstine Baccar at 807-889-0812 or by email at <a href="mailto:kbaccar@superior-strategies.ca">kbaccar@superior-strategies.ca</a>.



# ATTENTION RED ROCK BAND MEMBERS

At this time, I am not able to process your registrations to access "the members only" area on our Red Rock Indian Band website.

I am **NOT** able to confirm your name and status number on our band list. Thank you for your understanding and patience.

I will NOT be accepting messages through Facebook messenger, if you need to contact me for Red Rock Indian Band membership issues it will be through my email at <a href="Marjorie.robert@rrib.ca">Marjorie.robert@rrib.ca</a>

I will not be answering messages through my personal Facebook account effective immediately!

Marjorie Robert - Membership Clerk Red Rock Indian Band

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# **ATTENTION!!!**

Any medical issues or concerns please contact Lucille at lucille.lesperance@rrib.ca

If you need something picked up from town, please contact Robert Stuart at 807-707-3573 or email at robert.stuart@rrib.ca

Example of items to be picked up - Medication from drug store, groceries, mail.

# **Community Update**

Dear Band and Community Members,

We hope that this letter finds you well during these strange and trying times. As many of you have seen in the news Ontario has begun the process of reopening. Chief and Council have been monitoring these situations closely, and are working with both the Federal and Provincial Government, and other subject matter experts to develop a plan to safely reopen the reserve. However, because of the uncertainty surrounding secondary outbreaks, the Chief and Council have taken certain precautions to protect our community from possible infections. These precautions include the cancellation of the following:

- 1. The Annual PowWow
- 2. The Annual Salmon Derby
- 3. All Social Programming.

Finally, due to the restrictions with the pandemic, we will be unable to host the Summer Student Program this year. We understand that many students depend on this program; however, with the closure of such a large portion of Ontario's Economy we have been unable to secure our usual placements with outside organizations. Furthermore, with the social distancing requirements, and safety restrictions we will be implementing when reopening RRIB Administration Office will make it impossible to accommodate the increase in staff that is represented by the number of student placements that are taken on internally.

We truly regret this decision because we understand that many of our youth enjoy and look forward to this program. We the Chief and Council would like to remind everyone to follow the Federal guidelines of social distancing measures, hand hygiene and to be mindful of your safety and that of the community and family when venturing out for shopping or appointments.

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Chief and Council.

#### ATTENTION LAKE HELEN COMMUNITY MEMBERS

Resolutions consented to by a quorum of the Chief and Council of the Red Rock Indian Band (the "First Nation") at a meeting of the Chief and Council duly convened on the 30<sup>th</sup> day of June 2020

**WHEREAS:** The Chief and Council of the Red Rock Indian Band are an elected body to represent the membership of Red Rock Indian Band pursuant to "The Red Rock Indian Band Custom" passed October 18, 1978

**WHEREAS:** The Chief and Council take the care and concern for their members very seriously and want to keep the community safe by preserving health and saving lives;

WHEREAS: First Nation communities have many vulnerable people due to high prevalence of:

- · Diabetes:
- · Respiratory illness;
- Elderly
- · Autoimmune-deficiencies:

**WHEREAS:** health officials have deemed the following as appropriate measures to limit or slow down the spread of the Coronavirus (COVID-19): For all Lake Helen Indian Reserve 53A residents please practice these "COVID-19 Safety Measures";

- Maintain a distance of at least 2 meters from others who are not your immediate family living in the same residence
- Wash your hands for minimum of 20 seconds
- Stay in your own residence with your own family
- Do not gather in groups of more than 10 people outside your immediate family
- Any events/ceremonies on reserve over 10 people must have prior approval from Chief and Council
- Follow Provincial, Federal and Public Health Guidelines

**WHEREAS**: the Chief and Council of the Red Rock Indian Band has been under a "Shelter in Place" order since the 1st day of April, 2020 for 4 consecutive weeks with an additional 8 weeks thereafter.

**THEREFORE, BE IT RESOLVED THAT**: The Chief and Council of Red Rock Indian Band resolve to lift the "Shelter in Place" order for the community and implement "COVID-19 Safety Measures".

**AND THEREFORE BE IT FURTHER RESOLVED THAT**: The Chief and Council of the Red Rock Indian Band will implement "COVID-19 Safety Measures" beginning July 1<sup>st</sup>, 2020. These measures will be in effect until lifted or changed by a quorum of Council at a duly convened Chief and Council Meeting.

Chief and Council extend our gratitude to all Members for their ongoing cooperation during this unprecedented time. Safety and well-being of our Members continue to be a priority while we make small progressions moving forward

Thank you from Chief and Council

# **JOB OPPORTUNITY**

The Red Rock Indian Band has immediate need for on-call DZ drivers to provide short term coverage to meet increased demand for the Red Rock Indian Band's Aggregate Division.

This work will be as needed based on the needs of the company and demand created by our customers.

Interested applicants should be prepared to work on a call-in as needed basis, and be prepared to work with minimum amounts of notice.

Those interested please submit your name, copy of driver's license and abstract to jobs@rrib.ca this posting will remain open until such time as the needs of the company have been filled.

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# **COMMUNITY ASSET MANAGER**

This letter is to inform you that the Community Asset Manager, will be temporarily away from the office for the immediate future. Nick Wawia will be temporarily assuming the duties of the Community Asset Manager.

All communications that need to be directed to the Community Asset Manager should be directed to him at <a href="mailto:nick.wawia.@rrib.ca">nick.wawia.@rrib.ca</a> until further notice.

Thank you for your assistance during this short-term transition. Sincerely,

Shannon Michelle-Ruth

Councillor

#### **RRIB STAFF EMAILS**

Marcus Hardy Sean Ruth Jolene Cote

Shannon Michelle-Ruth

Harold Sault Atkinson, Priscilla Blair, Michelle Borg, Tom

DeCicco, Joanna Dupuis, Pierre Dutil, Ryan Harvey, Caitlyn

Haskell, James (Slim)

Hicknell, Larry Lanigan, Terri Lee Legarde, Tom

Lesperance, Lucille

Lesperance, Sharon McDonald, Melissa

Michelle, Lauren
O'Donnell, Sarah
Pelletier, Hoss
Pelletier, Lissette
Price, Stephen
Ray, Alyssa
Robert, Jessica
Robert, Marjorie

Sorensen, Tina Stuart, Robert

Thompson, Florence Tuck, Candace

Wawia, Darlene Wawia, Ivy

Wawia, Judy Wawia, Nick Wawia, Tiffany Wawia, Tina

Wright, Rodnie

**CHIEF** 

COUNCILLOR
COUNCILLOR
COUNCILLOR
COUNCILLOR
Band Administrator

**ECE** 

Environmental Officer Employment Counsellor

Water Treatment Asset Manager

Family Support Worker

Water Treatment
Fire Chief/Prevention
Family Support Worker
OW Administrator

CHR

Relief Reception

Energy Initiatives Officer
Brighter Futures Coordinator
Lands & Resources Director
Business Projects Officer

Business Manager
Human Resources
Communications Officer

**EDO** 

Membership/EPP
Properties Manager
Family Well Being

Data Clerk Mental Health

Restorative Justice

Reception

Education Director Carpenter Lead Hand

Admin Asst.

Healing and Wellness

Child/Family Services Manager

marcus.hardy@rrib.ca sean.ruth@rrib.ca

Jolene.cote@rrib.ca

Shannon.michelle-ruth@rrib.ca

Harold.sault@rrib.ca
priscilla.atkinson@rrib.ca
Michelle.Blair@rrib.ca
Tom.Borg@rrib.ca

joanna.decicco@rrib.ca
Pierre.dupuis@rrib.ca
ryan.dutil@rrib.ca
caitlyn.harvey@rrib.ca
James.haskell@rrib.ca

Larry.hicknell@rrib.ca
terri.lanigan@rrib.ca
tom.legarde@rrib.ca
lucille.lesperance@rrib.ca

sharon.lesperance@rrib.ca
melissa.mcdonald@rrib.ca
lauren.michelle@rrib.ca
sarah.odonnell@rrib.ca
hoss.pelletier@rrib.ca
lisette.pelletier@rrib.ca
stephen.price@rrib.ca
alyssa.ray@rrib.ca
jessica.robert@rrib.ca

marjorie.robert@rrib.ca tina.sorensen@rrib.ca robert.stuart@rrib.ca

florence.thompson@rrib.ca

candace.tuck@rrib.ca darlene.wawia@rrib.ca reception@rrib.ca

judy.wawia@rrib.ca nick.wawia@rrib.ca tiffany.wawia@rrib.ca tina.wawia@rrib.ca Rodnie.wright@rrib.ca

# Recycling Reminders

Pick up times will be starting at 5pm every second Tuesday.

- Place your bins at the end of your driveway before 5pm.
- Place flattened cardboard boxes between your blue and grey boxes or underneath the bins.
- If it is windy, place your blue box on top of your grey box to keep the papers from flying away.
- · Do not use blue recycling bags in
- No Kleenex or paper towel your bins.
- ONLY USE BLUE RECYCLING
  BAGS IF YOUR BINS ARE FULL
  AND YOU HAVE MORE TO
  RECYCLE.
  DO NOT TIE THE BLUE BAGS
  ITEMS ARE EASY TO REMOVE.

# REMEMBER:

REMOVE ALL CAPS
RINSE ALL CONTAINERS



\*\*Now recycle all #1 and #2 plastic containers\*\*

(Those include extra items like clamshell containers often used for salads/berries. Check the recycle symbol on the container with the number inside.)



# **JANUARY**

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# Thunderbird Friendship Centre 301 Beamish Ave. West, P.O. Box 430 Geraldton, ON P0T 1M0

Tel: 807-854-1060 Fax:P 807-854-0861

Email: Karen.stephenson@thunderbirdfriendshipcentre.ca

#### **Indigenous Community Mental Health Worker - Geraldton**

The Indigenous Community Mental Health Program provides wholistic and culture-based supports through a range of trauma-informed and strengths-based cultural approaches to be responsive to the needs of mental health and addictions for urban Indigenous individuals and families.

#### Qualifications

- Post-secondary education in Indigenous studies, Social Work, Child and Youth Work or in related field is preferred; or a combination of equivalent and relevant education and work related experience.
- Ideal candidate will have minimum of (2) years of demonstrated and related work experience within a mental health and/or social service setting.
- Must have experience in planning, coordinating, implementing and monitoring community-based programming with specific emphasis on the impacts of trauma, family violence, Indigenous youth engagement and community outreach.
- Knowledge of Indigenous Healing and Wellness Strategy, Ontario Mental Health Act, community health services and other related agencies.
- Strong knowledge and awareness of Indigenous culture and history.
- Ability to work as a team member and meet deadlines with minimum supervision.
- Excellent communication, facilitation skills and experience working with diverse groups.
- Knowledge of computers and various applications. (Word processing, database programs, internet and email)
- Willing to work evenings and weekends when necessary.
- Must have a Criminal Reference check, including a Vulnerable Sector Screening completed and approved prior to the commencement of the position.
- Standard First Aid, CPR Level C, Applied Suicide Intervention Skills Training an asset.
- Possess a valid class driver's license and use of personal vehicle.

#### Responsibilities

- Conduct peer-counselling sessions and case management services.
- Organize group counselling and/or psychoeducational workshops such as talking/sharing circles, teaching circles, positive self-esteem, healthy relationships etc.
- Support individuals, families, or communities who request assistance or information concerning mental health and addictions treatment programs and services.
- Design, develop and deliver mental-health and addiction educational presentations and information materials.
- Integrate with internal and external partners to promote culturally appropriate activities that minimize the stigma surrounding mental health and addictions.
- Follow and adhere to program guidelines and expectations, including database, narrative and statically reporting.

#### Closing Date: Friday, September 4, 2020 at 4:00 PM

Interested candidates are invited to submit a cover letter, resume and the names of three references with candidate's written permission to contact the provided references in a sealed marked envelope, or by fax or email to the attention of Karen Stephenson, Executive Director. We appreciate your interest; however, only those selected for an interview will be contacted.

# Thunderbird Friendship Centre 301 Beamish Ave. West, P.O. Box 430 Geraldton, ON P0T 1M0

Tel: 807-854-1060 Fax:P 807-854-0861

Email: Karen.stephenson@thunderbirdfriendshipcentre.ca

# **Aboriginal Healing and Wellness Coordinator**

The Aboriginal Healing and Wellness Coordinator will provide direct counseling and outreach/preventative services to adults and youth, in order to reduce family violence, promote healthy lifestyles, culture based programming and healing.

#### Qualifications

- Post-Secondary Degree or Diploma in Social Services, or relevant accredited training combined with 2 years of related work experience.
- Additional training in Applied Suicide Intervention Skills Training, Crisis Intervention, etc. is an asset.
- Working knowledge of counseling methods & case management practices.
- A strong understanding of Aboriginal culture, practices: Ability to speak and write Ojibway, Cree and/or Oji-Cree is an asset.
- Ability to work as a team member and meet deadlines with minimal supervision.
- Excellent communication, facilitation skills and experience working with diverse groups.
- Knowledge of computers and various applications.
- Able to work flexible hours including occasional evenings and weekends.
- Must have a Criminal Reference check, including a Vulnerable Sector Screening completed and approved prior to the commencement of employment.
- Standard First Aid and CPR would be considered an asset.
- Must possess a valid class "G" driver's license, and access to a reliable vehicle.

#### Responsibilities

- Follow and adhere to program guidelines.
- Prepare quarterly narrative and financial reports.
- Provide accurate records and reports of program activities and needs.
- Provide counseling and support for clients.
- Ensure culture based support programs are in place for all clients.
- Provide community education to community members, organizations, and others.
- To liaison with other community programs and services in order to make referrals.

### Closing Date: Friday, September 4, 2020 at 4:00 PM

Interested candidates are invited to submit a cover letter, resume and the names of three references with candidate's written permission to contact the provided references in a sealed marked envelope, or by fax or email to the attention of Karen Stephenson, Executive Director. Resumes without references will not be accepted. We appreciate your interest; however, only those selected for an interview will be contacted.



#### **DILICO PRIMARY CARE TRAVELLING TEAM**

# ng culturally appropriate health care to YOU!

#### **Our Team Consists of:**

- Nurse Practitioners
- Social Workers
- Registered Practical Nurses
- Mental Health Nurses
- Pharmacist
- Psychologist
- Chiropodist



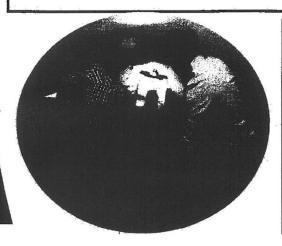
# Schedule your appointment for:

When: September 14th to 17th 2020

**Location: Nipigon Dilico Office** 

To Make an Appointment:

Contact Dilico CHN at 807-887-2510 or the PCTT Administrative Assistant (Jaimie) at: !-807-626-5249 for specific date and time.



#### Services Available:

- Physical Assessments
- Treatments and Referrals
- Chronic Disease Management
- Foot Care
- Programming to Support Healthy Lifestyles
- Advice and Counselling on Diet and Nutrition
- Medication Review and Adherence
- Individual, Family and Group Counselling
- Assessment, Diagnosis and Treatment of Psychological Problems