



# Aboriginal Health & Wellness Centre of Winnipeg, Inc.

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“The Aboriginal Health & Wellness Centre provides access to those resources that will enable an enhancement of the lifestyles and living conditions of the urban Aboriginal people and facilitate the creation of a healthy, self-determining community Centre where healing is holistic, culture-based and accessible to all Aboriginal people regardless of beliefs and backgrounds.”

<p align="center"><b><u>WELLNESS CENTRE</u></b>  <b>Main Receptionist: 925-3700</b></p> <ul style="list-style-type: none"> <li>• Doctors, Nurses, Social Worker, Community Health Workers</li> <li>• Primary Health Care Facility</li> <li>• Healthy Child Program, Diabetes Workshop, Medicine Wheel Health Assessment, Health Outreach &amp; Education Symposiums/Presentations</li> <li>• Promoting Holistic Health for the Wellness of individuals, families and community.</li> </ul>	<p align="center"><b><u>WELLNESS CENTRE</u></b>  <b><u>TRADITIONAL SERVICES &amp; PROGRAMS</u></b>  <b>Main Receptionist: 925-3700</b></p> <ul style="list-style-type: none"> <li>• Elders/Teachers/Healers providing guidance and ceremonies, through spiritual direction and knowledge.</li> <li>• Medicine Picking (Summer program)</li> </ul>
<p align="center"><b><u>STOP FAS</u></b>  <b>Debbie: 925-3750</b></p> <ul style="list-style-type: none"> <li>• A prevention program where mentors work with pregnant women (or within two months after birth of child), at risk for drug/alcohol use.</li> <li>• Education &amp; Outreach about FAS/E</li> </ul>	<p align="center"><b><u>ABINOTCI MINO-AYAWIN</u></b>  <b>(Children’s Healing): 925-3755</b></p> <ul style="list-style-type: none"> <li>• Community Wellness Workers work on a one to one with families who have children 0-6 yrs., to deliver support and resource services.</li> <li>• Parenting Groups, Anger Management Groups, Recreational Activities, Outings.</li> <li>• For Families who are willing to commit.</li> </ul>
<p align="center"><b><u>HEAD START PROGRAM</u></b>  <b>Carla: 925-3704</b></p> <ul style="list-style-type: none"> <li>• An Aboriginal pre-school program that develops positive self-growth and education to Aboriginal children ages 3-5 years. This program requires an active participation by parents towards the growth and education of their children.</li> <li>• Transportation (within Designated neighborhoods)</li> <li>• Snacks provided</li> <li>• Culture, Language, Education, Nutrition, Health and Social Supports</li> </ul>	<p align="center"><b><u>WOMEN’S HEALING PROGRAM</u></b>  <b>Cheryl: 925-3748, Norma: 925-3749</b></p> <ul style="list-style-type: none"> <li>• A program to reduce family violence in the Aboriginal Community.</li> <li>• Offers a blended approach of contemporary and Traditional methods of healing for Aboriginal women who have identified they are violent with their partner and/or children.</li> <li>• The program will provide healing groups, presentation of information on contributors to violence, effects of violence, socialization of women and skills to deal effectively with their anger/violence.</li> </ul>
<p align="center"><b><u>MEN’S HEALING PROGRAM</u></b>  <b>MH Receptionist: 925-3755</b></p> <ul style="list-style-type: none"> <li>• An intensive, holistic and contemporary therapeutic program for Aboriginal men and their male children who are survivors of the mental, physical and sexual abuses in the residential school system.</li> <li>• Therapy includes individuals as well as group sessions.</li> </ul>	<p align="center"><b><u>INDIAN RESIDENTIAL SCHOOL PROGRAM</u></b>  <b>IRS Receptionist: 925-1204</b></p> <ul style="list-style-type: none"> <li>• The Resolution Health Support Worker service is set up to provide a variety of flexible “front-line” safety supports and to coordinate services directly to Indian Residential School claimants involved in the Alternative Dispute Resolution process or litigation.</li> <li>• Assist claimants before, during and after their claim is validated.</li> </ul>

**There is no cost for any of these Programs.**