

# Minoayawin

The Good Life

## WHAT WE DO

As presenters, teachers and service providers of healthy living programs, our goal is to empower First Nations peoples to live healthy, vibrant and productive lives in a safe community environment. We promote the improvement of the well-being of the body, mind, spirit and emotions to First Nation families and communities within the Interlake Region.



INTERLAKE RESERVES TRIBAL COUNCIL

## Wellness Team

### Head Office:

General Delivery  
Fairford, MB ROC 0X0  
Phone: 204-659-4465  
Fax: 204-659-2147

### Winnipeg Office:

Unit 105 -  
1555 St. James Street  
Winnipeg, MB R3H 1B5  
Phone: 204-956-7413  
Fax: 204-942-8840

[www.irtc.ca](http://www.irtc.ca)  
[wellness@irtc.ca](mailto:wellness@irtc.ca)

### MARCIE TAVARES

Wellness Facilitator  
204-803-0700

### CHEYANNE GOULD

Wellness Outreach  
204-302-1344

### SHERI GOULD

Tribal Wellness Coordinator  
204-659-4465

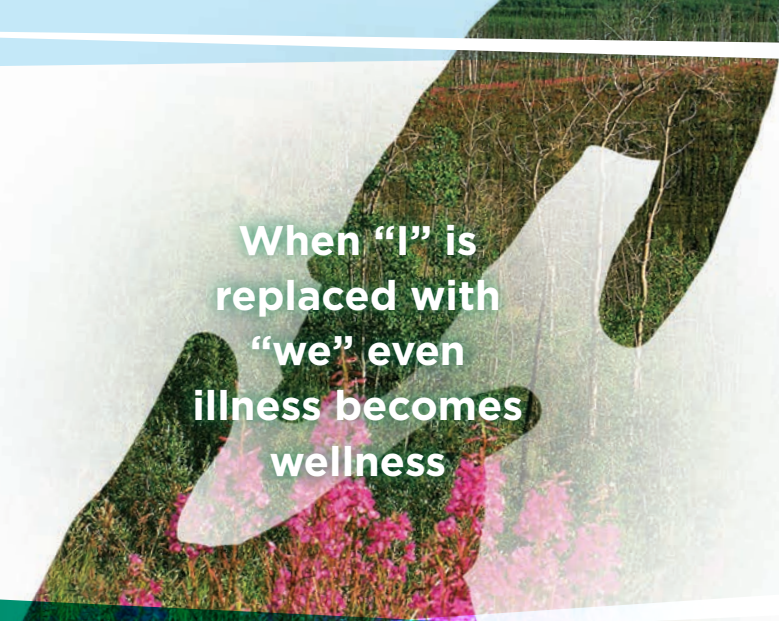


INTERLAKE RESERVES TRIBAL COUNCIL

## Wellness Team



Improving Interlake Manitoba First Nations in Mental Health and Wellness



When “I” is replaced with “we” even illness becomes wellness

We work with Interlake First Nations by offering collaborative programs and services for wellness and health resources in each community. Our specialized tribal wellness facilitator, outreach workers and tribal wellness coordinator help improve family’s and individual’s overall health and wellness.

### Tribal Wellness Facilitator

Facilitators bring people together and help them to talk and understand one another. We can do this by:

- ▶ Facilitating workshops and training for service providers and community members;
- ▶ Co-ordinating with the communities to create and implement their local wellness teams;
- ▶ Assist in organizing community events, programs, networking meetings, and development of the wellness plan.

### Tribal Outreach Worker

Outreach helps communities to access the Mental Wellness services they require to assist their citizens. We can do this by:

- ▶ Liaisoning with communities in the IRTC area and the other networks identified within the municipality, provincially and nationally;
- ▶ Working with communities to provide better quality of service concerning Mental Wellness;
- ▶ Assisting grassroots service providers with community prevention, awareness, and information events;
- ▶ Following up with the individuals, families and community members after a crisis call to action.

### Tribal Wellness Coordinator

- ▶ Build capacity within the frontline workers within the community;
- ▶ Deliver the training or coordinate the trainings to be delivered;
- ▶ Organize events and workshops within the communities;
- ▶ Assist in the development of intake procedures, assessments, treatment planning, after care services, sharing of records, referral processes, follow-up and reporting;
- ▶ Liaison with communities in the region, and the other networks identified in the region and nationally.



Love, Safety and Compassion is our foundation.

For more information about training and workshops please contact the Wellness Team.

Other important contact information:

IERHA 24-hour Crisis Line  
(204) 482-5419 / Toll Free: 1 (866) 427-8628

IERHA Crisis Stabilization Unit  
(204) 482-5361 / Toll Free: 1 (888) 482-5361

IERHA Mobile Crisis Unit  
(204) 482-5376 / Toll Free: 1 (877) 499-8770

MKO Mobile Crisis Response Team  
Toll Free: 1 (844) 927-LIFE (5433)