

ONTARIO REGION UPDATE



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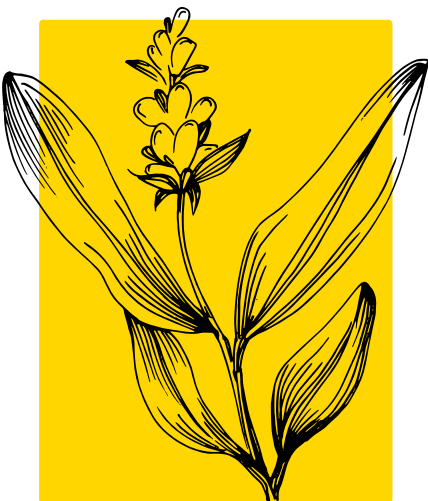
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Mental Wellness This Winter

During the winter, it can be hard to care about anything beyond how you are going to make it through the season. Understandably, this can make prioritizing your mental wellness difficult. Below are a few social media resources that may be helpful when having these difficult conversations in and with your community.

Text & images for social media

The following text examples are formatted to fit all of the main social media platforms. The images below are also available for your use. [Click here to automatically download](#) copies from the OneHealth Portal. The resources can also be used in other mediums, such as posters or radio.



Text 1

Winter is the hardest time of year for a lot of us. Holidays bring pressure, snow brings cold and darkness, and suddenly the threads we were holding on by just come apart. It's a lot easier to weave the threads into something new when we have help.

Text 2

Shorter days & cold temperatures are abundant, but our animal relatives aren't. Many have begun hibernation, curling up after months of preparation. Their survival depends on slowing down. We are no different. Our survival also depends on rest. It's perfectly natural to need it



Text 3

Winter marks long periods of darkness, yet solstice also sparks spring. Each new day now gets a little longer & brighter as the land slowly renews under the snow. The same is true of us. Slowing down & leaning on one another isn't "lazy" — it's how we renew under winter gloom. ☁️

This Year in Health: Information and Resources

The following is a recap of the key health topics shared in the Ontario Region Updates throughout 2024. Each of the links below represent a past entry. To read an entry, click on the link below. When the newsletter opens, select the entry you want from the Table of Contents. Whether you are receiving this newsletter for the first time or wanting to revisit a resource (without digging through e-mails), this recap is a quick way to download some evergreen communication products.

- [Protecting against iGAS](#) (February 2024)
 - Radio script and general information
- [Syphilis resources](#) (February 2024)
 - Factsheet and poster about the impact in Indigenous communities
- [Protect against measles](#) (March 2024)
 - Information about measles [[click here to download](#) communications package]
- [Sexual health and summer events](#) (June 2024)
 - Social media graphics
- [Preventing tick bites](#) (June 2024)
 - Communication resources for educators and children, such as games and comics
- [Immunizations for children and teens](#) (August 2024)
 - Social media graphics and captions about routine immunization
- [Mpox virus update](#) (September 2024)
 - General information
- [2024 Respiratory illness season](#) (September 2024)
 - Communication resources
- [Communicating about flu shots](#) (October 2024)
 - Posters for printing and social media

Help is Here Whenever You Need It

Support is available 24/7 for all First Nations, Inuit, and Métis peoples. Please find a list of mental health helplines below that are able to provide culturally relevant support. To find more services and resources, [click here to go to the national Indigenous mental health page](#).



Hope for Wellness Helpline

Phone: 1-855-242-3310

Online chat: www.hopeforwellness.ca

Missing and Murdered Indigenous Women and Girls Support Line

Phone: 1-844-413-6649

Indian Residential Schools Crisis Line

Phone: 1-866-925-4419

Mental Health and Suicide Prevention Services

Phone: 9-8-8 (call or text)





Resource: Winter Activity Booklet for Kids and Families

Check out this handy [winter activity booklet](#) to keep your kids entertained over the holiday season. The booklet includes a word search, land-based scavenger hunt, colouring pages, family conversation starters, and more.

Funding Opportunity: Canada Housing Infrastructure Fund

Indigenous communities and municipalities are now able to apply online to the Canada Housing Infrastructure Fund's (CHIF) direct delivery stream, which provides communities across Canada with funding to build or improve their critical infrastructure—such as drinking water, wastewater, stormwater and solid waste. Applications are due by May 19, 2025 at 3 pm Eastern Time. Please visit the [CHIF webpage](#) for more information, such as [how to apply](#) and how to [register for an informational webinar](#).

★ Nominations Open: 2025 Prime Minister's Awards ★

Do you know an outstanding educator or a teacher? Honour their impact by nominating them for the 2025 Prime Minister's Awards, which recognize innovative teaching practices and teachers who make a lasting difference in their communities. Nominations are due by January 15, 2025 at 8:59 pm Eastern Time (11:59 pm Pacific). Please visit the [Nominate a Teacher webpage](#) or [Nominate an Early Childhood Educator webpage](#) for more information.

Updated: NIHB Ontario Contact List

Please [click here to view](#) and/or save the updated contact list for the Non-Insured Health Benefits Program in Ontario Region.



Sandy Lake First Nation Ushers in a New Era of Modern Healthcare



Residents of Sandy Lake First Nation celebrated a significant step forward for health care in the community as Chief Delores Kakegamic and honoured guests cut the ribbon on their new health centre on October 25, 2024.

An outdoor banquet of traditional food opened the health centre in a good way and residents were invited in for a tour of the space designed for healing, wellness, and recovery. Many local Elders attended to share in the excitement of the day and bridge the community's past with its new beginnings.

As a new cornerstone for modern healthcare in Sandy Lake, residents are excited to access health services under one roof. The large, spacious facility connects residents to primary health care, dental care, vision care, and addictions treatment services. Visiting health professionals and nursing staff can access improved accommodations, with two new apartment buildings beside the health centre.

Together, the centre's increased size and capacity, along with modern technology, meets the growing needs of more than 2,600 community members. It's also located right in the downtown making it easier for people to access. Residents shared it will help make their health appointments much easier with everything in once place in a convenient location. The new centre will serve the health care needs of today and will continue to do so for generations to come.

Thank you to Sandy Lake First Nation for contributing this community story and sharing it great news with our readers!

