

MISSION STATEMENT

Our Mission as the Garden River Wellness Centre is to work together to:

- *Build a healthier First Nation and,*
- *Optimize individual health and wellness.*

Our Beliefs are guided by the Seven

Grandfather Teachings:

Respect—Mnaadeniwim

Wisdom—Nbwaakaawin

Love—Zaagidwin

Bravery—Aakdehwin

Honesty—Gwekwaadziwin

Humility—Dbaaswendizwin

Truth—Debwewin

Our Vision

The Garden River First Nation Wellness Centre strives to:

- *Be a welcoming, friendly Centre where help is given and received.*
- *Integrate alternative, traditional and Western approaches to develop, offer, improve and expand health and community services.*
- *Encourage and support people to help themselves and each other.*
- *Build relationships within & outside of our community to enhance programs and services for our people.*

Our Programs & Services will be:

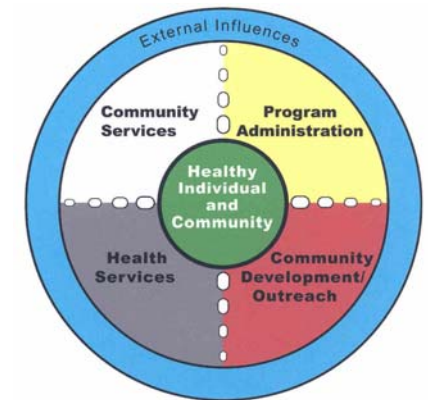
- *Reflective & responsive of community needs (community/people-centered)*
- *Considerate of the teachings and values of our community*
- *Delivered in a professional manner in accordance with:*
 - *Mandatory regulations/legislation*
 - *Program guidelines*
 - *Funding restraints*
 - *Scopes of practice including research, professional standards, current practices . . .*

Our People . . .

Our programs and services are geared to Garden River First Nation members living on our reserve, however, programs and services may be extended to others based on resources available and/or program/service guidelines.

GARDEN RIVER WELLNESS CENTRE

NAAN-DOO-WE'AN WIGWAM



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PROGRAMS & SERVICES

Community Outreach

Community Outreach programs are designed to meet the needs of members of the community from children to elders. A wide range of Traditional and Western awareness and outreach programs are offered and include but are not exclusive to the following:

- Family Wellness
 - Parent Resource Packages
 - Child Development & Speech Language Services & Assessments
 - Parenting Programs/Workshops
- Cultural Awareness Programs
 - Traditional First Nation ceremonies and circles
 - Traditional teachings (mind, body, emotion and spirit)
 - Traditional medicine program and referrals
 - Cross-cultural teachings/training for agencies and groups
- Addiction Awareness
 - Addiction Awareness Workshops
 - Resource Packages
- Social Activities for Elderly & Disabled
- Health Awareness Programs/Education

Health Services

Designed to meet the needs of its people, Health Services focuses on direct, clinical services such as on site:

- Family Physician services & Visiting Health Professionals
- Foot Care Clinics
- Well Child/Woman Clinics
- Laboratory & Diagnostic Services (limited)
- Perinatal care
- Health education: diabetes, pre/postnatal health, nutrition, sexual health, etc.
- Environmental Health
- Infant Development Planning & Speech Language Assessment
- Non-Insured medical benefits—referrals to others
 - Medical Transportation
- Elderly & Disabled Services
 - Coordinated community support
 - Homemaking & safety
 - Referral system to appropriate services

Community Services

Community Services provides direct services to individuals in need of mental health and addictions support. In addition, internal human resource issues are supported. The program encompasses:

- Mental Health & Addictions
 - Traditional Counselling

- Referral to Treatment Centres & assistance with aftercare
- Medical Assistance
- Child Welfare Protection
 - Band Representation for First Nation
- Human Resource Development
 - Maintain & develop job descriptions
 - Develop policies & guidelines to support staff
 - Develop guidelines for training, professional development & performance appraisals

All areas are directly responsive to individual and community needs, providing a holistic (mind, body, emotion and spirit) integrated approach to all program and service delivery. Similar to the progression and changing of seasons, people are able to pass freely from program area to program area, learning and growing from each experience. This is depicted by the alignment of stones between the four areas on the model (shown on cover). The open space between areas visually illustrates the integration and connection of all Centre functions.

All our programs & services are voluntary