

Health Department

Health, Mental Health and Addictions, Diabetes and Early Years



***Fort William
First Nation***

Health - Overview

Health Department

- The Community Health Team works in partnership with individuals, families, and the community to support holistic health and wellness
- Focuses on prevention, health promotion, and coordination of services
- Responds to the unique needs of Fort William First Nation members and the community



Your Community Health Team

Health Team Includes

- Community Health Representative (CHR)
- CHR Clerks
- Diabetes Worker
- Medical Transportation



Health Programs & Services

- Elders Assistance Program
 - Limited financial assistance for registered members aged 65+
 - Medical transportation available for members aged 60+
- Monthly Elders Program
- Diabetes education and awareness
- Assistance navigating the Non-Insured Health Benefits (NIHB) Program



Health Supports & Services

- Medical transportation within the City of Thunder Bay
- Coordination with NIHB for medical travel outside the Thunder Bay area
- Advocacy with external partners for health services
- Bereavement services, including:
 - Funeral expenses
 - Bereavement travel



Additional Supports for Elders

Limited yard maintenance services, including:

- Grass cutting
- Snow removal



Early Years - Overview

Early Years Program

- Supports children aged **0–6** and their parents
- Focuses on school readiness and early childhood development
- Delivered through workshops and drop-in programs
- Supports children’s learning, wellbeing, and preparation for future school success



Early Years – Learning & Development

Programs and Activities Include

- Family reading together and story time circles
- Early writing, literacy, and reading skill development
- Letter tracing books, flashcards, wall words, and age-appropriate books
- Math skills and basic counting
- Fair Start screenings



Early Years – Family & Cultural Supports

- Bus safety education
- Back-to-school readiness:
 - School supplies
 - Healthy eating guides
- Culturally based activities, including:
 - Basic Ojibwa language teaching
 - Elder guidance
 - Land-based activities



Early Years – Life Skills & Parenting Support

- Medicine picking, gardening, and water play
- Social skills, culture, and early life skills development
- Supporting caregivers with:
 - Homework support
 - Importance of routines
 - Adequate sleep and healthy snacks
- Parent reading circles to strengthen:
 - Early reading skills
 - Communication between parent and child



Community Health Events

Annual Community Events

- Annual Health Fair
- Elders Christmas Party
- Holiday Draws

