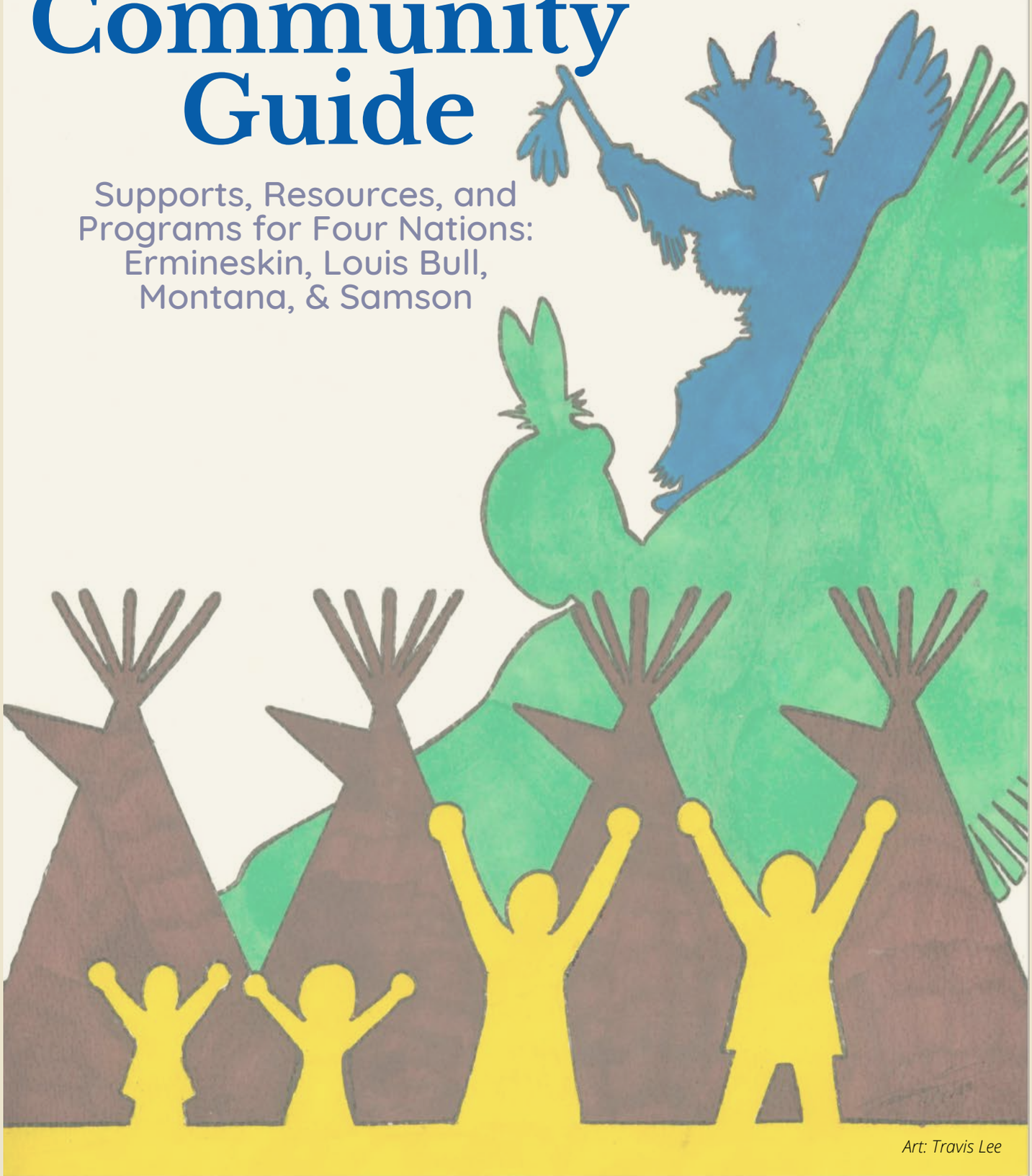
JUNE 2023

Maskwacîs Community Guide

Supports, Resources, and Programs for Four Nations: Ermineskin, Louis Bull, Montana, & Samson



Art: Travis Lee

SAMSON CREE NATION | ERMINESKIN CREE NATION | LOUIS BULL TRIBE | MONTANA BAND

Maskwacîs Maternal, Child & Family Wellbeing (MCFW) Research Group

The Maskwacis Maternal, Child & Family Wellbeing Research Group is a collaborative research group in partnership with Maskwacis communities, University of Alberta, and Maskwacis Health Services. Our research is community-based, strengths-based, and includes community members as experts. We seek to develop and evaluate culturally-based strategies to improve wellbeing and better support families in Maskwacîs. Through our research and findings with community, the need for navigation for young parents and families was evident. We have created this guide to meet that need. With the collaboration of many we created this guide for parents, families, and community members to help them navigate community programs.

We would like to thank the Indigenous Healthy Life Trajectories Initiative (I-HeLTI) Maskwacîs Community Advisory Committee, Maskwacis Elders Mentoring Program and the Four Nations of Maskwacîs for contributing to the creation of this community guide.
If you feel there should be a program added please feel free to email us at ihelti@ualberta.ca

Thank you to the following groups for their contributions:

I-HeLTI Community Advisory Committee:
Muriel Lee, Rick Lightning, Carmella Cutknife, Deneika Dennehy, Jaden Krause, Bonny Graham, Richard Oster, Winnie Chow-Horn, Rhonda Bell, Adam Putrificati-Fune, Luwana Listener, Tyrelle Yellowbird, Denise Young.

Elders Mentoring Program Community Advisory Committee:
Sophie Bruno, Lena Cutknife, Muriel Lee, Richard Oster, Winnie Chow-Horn, Luwana Listener, Tyrelle Yellowbird, Denise Young.

Deadly Dads Support Group
Rick Lightning, Cliff Potts, Adam Purificati-Fuñe, Sonny Lightning, Dylan Lightning, Jerry Young, Delaney Eagle Sr., Kenneth Cutarm.

Maskwacîs Maternal, Child & Family Wellbeing (MCFW) Research Group

10 Year CBPR Partnership

THANK YOU TO OUR FUNDERS

I-HeLTI:

Elders Mentoring Program:

Deadly Dads:

Emergency

Maskwacis Ambulance	**(780) 585-4000**
Maskwcis Fire Dept.	**(780) 585-3071**
Maskwacis Mobile Mental Health (Crisis Line)	**(780) 362-2150**
Maskwacis RCMP	**911** or **(780) 585-4600** **(780) 585-3767 for non-emergency**
Maskwacis Victim Services	**(780) 585-4640**
Ermineskin Women's Shelter (Open to Four Band female members and those with children leaving domestic violence)	**(780) 585-4444**

Four Nation Health Services

Akamihk (Montana First Nation) Medical Clinic	**(587) 742-1244**
Maskwacis Dental	**(780) 585-2112** Toll Free **1-877-585-2113** **(780) 952-0445** (For after hours emergency)
Maskwacis Health Services (MHS administration)	**(780) 585-3830**
MHS Community Health	**(780) 585-2266**
MHS Counselling & Support Services	**(780) 585-2268**
MHS Diabetes Education & Care	**(780) 585-2020**
MHS Early Years	**(587) 768-0250**
MHS Environmental Health	**(780) 585-4030**
MHS Home Care	**(780) 585-2020**
MHS Laboratory Services	**(780) 585-2266**
MHS Medical	**(780) 585-2266** or text **(780) 312-4793**
MHS Public Health	**(780) 585-2020**
MHS Medical Transportation • Open 24/7 • Meals & Accomodations Referrals	**(780) 585-2223/(780) 585-2224** Toll Free **1-866-585-2223**
Maskwacis Optical	**(780) 585-3686**

Four Nation Health Services

Young Spirit Winds Treatment Program	**(780) 585-2219**
Nayoskan Treatment Centre (Detox & Addiction Treatment) Monthly intake 1st of each month please call	**(780) 585-2268**
Samson Pediatric Clinic • (Dr. Dreise) - Open to all 4 Nations	**(780) 585-4062** Battle River Clinic **(403) 783-3399**

Did you know

Midwifery services are covered by Alberta Health Services coverage. You can find Midwives offering services to Maskwacis moms on Facebook at Midwives for Maskwacis...or you can find more information about midwives at Indigenous Birth Alberta. We also have Doula's and Birth workers in Maskwacis. Birthworkers offer support during the pre/post-natal period, they advocate for mothers during this special time. One of our very own, Vanessa Buffalo, is a Birthworker from Samson Cree Nation. She offers services within the area, and you can reach her on Facebook or by email at v_buffalo@hotmail.com.

Nehiyawewin

Miyo Kîkisepâyâw
Good morning

Miyo ohpikihâwasowin
Good child-rearing

Nohtawîy
My father

Nikawîy
My mother

Nikosis
My son

Nitanis
My daughter

Kisakihitin
I love you

Kimamîcihin
You make me proud

Sâkihitowin
Love

ALBERTA ASSOCIATION OF MIDWIVES

Did You Know That Midwives...

- Provide **client centred-care** and advice during pregnancy, labour, birth and postpartum for the birthing person and baby
- Deliver care in a **variety of settings** including hospitals, clinics, birth centres, homes and other locations
- Order, perform and interpret results of **screening and diagnostic tests**
- Assess need for **pain relief** during labour and intervene using non-pharmacological and **pharmacological** measures
- Prevent, recognize and manage **obstetrical emergencies**
- Provide ongoing **newborn care and assessment** of well being and development
- **Collaborate** with other health care professionals, facilitate referral and consult when appropriate
- Provide **education, health promotion and informed choice**
- Prescribe, order and administer **pharmacologic agents**
- **Identify abnormal conditions**, recommend and initiate treatment, and make referrals if needed
- Counsel on **vaccinations** and administer certain **vaccinations**
- Counsel on benefits of **breastfeeding**; encourage and assist with initiation
- Counsel on **human sexuality, fertility and contraception**
- Provide well-client care for at least **six weeks post-partum**

1.888.316.5457 | info@alberta-midwives.ca | www.alberta-midwives.ca

MASKWACIS PUBLIC HEALTH

MHS PUBLIC HEALTH

Every program we host has health teachings along with an activity

Health is very important to our people

Our programs are centered around the medicine wheel teachings: Physical, Mental, Spiritual & Emotional. We are educating on modern health issues but also leaving room for those traditional teachings to fill the voids.

Partnering with other organizations

Partnering up with other organizations in Maskwacis encourages cost sharing and allows our department to provide more services and activities for the community.

"Public Health's main focus is Education, Health Promotion & Disease Prevention" - Kayla Ward/ Team Lead

Programs we offer:

- Car Seat Exchange
- Good Food Bags ($20/bag)
- Age/Gender focused Info Sessions
- Poker Walks
- SHAPE/Walking Challenge
- Art Therapy
- Parent Moments
- Courses (First Aid, Babysitting etc)
- Nutrtion Bingos
- Winter/Summer Family Fun Challenges
- Medicine/Berry Picking *and more...*

Call 780.585.2266 and speak to a Public Health Worker or Follow @MaskwacisHealth on Social Media to find our program posters and monthly calendars.

Four Nation Services & More

Alberta Indigenous Virtual Care Clinic (Open 7 days a week and some Holidays. All appointments are covered by Alberta Health)	**1-888-342-4822**
Elders Mentoring Program (Elder Support for expecting and New mothers)	**(780) 913-5341** email: elders@ualberta.ca
HBMC Public Library	**(780) 585-3012**
Indigenous Birth Alberta (Culturally sensitive Maternity Support for Indigenous Families; Midwifery, Doula/Birthworkers, & more)	**(780) 919-6870** Email: indigenousbirthalberta@gmail.com Facebook: Kihew Awasis Wakamik
Jordan's Principle (Local office located in MHS Administration Building)	**1-833-632-4453**
Maskwacis Cree Tribal Council (Governance & Advisory Program)	**(780) 585-0016**
Maskwacis Cultural College • Maskwacis Cultural College Library	**(780) 585-3925**
Maskwacis Employment Centre • Service Canada Outreach Site every Wednesday from 9:30am-3:30pm	**(780) 585-4450** https://www.maskwacisemployment.ca

Maskwacis Employment Center

MEC successfully assists and promotes the independence of clients to prepare for, obtain and maintain employment through client based services and collaborative partnerships.

Services:

- ✓ Employer Connections
- ✓ Resume & Cover Letters
- ✓ Interview preparation & mock interviews
- ✓ Exposure Courses (safety tickets)
- ✓ Budgeting & Life Skills & more
- ✓ Job Fairs
- ✓ Client computers & Fax
- ✓ Employment Readiness Sessions
- ✓ Service Canada outreach site every Wednesday from 9:30am-3:30pm
- ✓ Job Board

OFFICE HOURS:
8:30AM-12PM
1-4:30PM

LOCATION:
MASKWACIS MALL

Contact Us
780-585-4450

Maskwacis Employment Center (Facebook Group)

Visit Our Website
www.maskwacisemployment.ca

info@maskwacisemployment.ca

Pigeon Lake Health Centre

Division of Maskwacis Health Services

PROGRAMS OFFERED:

- Cultural programs: ribbon skirt making, arts/crafts, and traditional teachings & more
- Immunization clinics, on-site nurse & prenatal health/nutrition
- Adult/Elder Health Days, Infant/toddler health days
- Art Therapy
- Addictions Awareness & more

Hours: 8:30 am-4:30 pm

Monday - Friday (with exception of statutory holidays

(780) 586-2003 www.mymhs.ca

Follow us on Facebook for updated monthly calendars and events: Pigeon Lake Health Centre

nanatohk kesiwaskawîk (Verbs)

nipâ	sleep
waniskâ	wake up
kisîpêkâphitêho	brush your teeth
sîkaho	comb your hair
kâsihkwe	wash your face
kâkîsimo	pray
api	sit
pimohtê	walk
pimipahtâ	run
pîhtikwê	come in
pasikô	get up
nîmihto	dance
sêsâwî	exercise
kitôcikê	play music
kwâskôti	jump
wâyawî	go out
mêtawê	play
mîciso	eat
minihkwê	drink

Cree Provided by BETTY SIMON

Maskwacîs Young Spirits Winds Society

Youth Treatment Program

For Youth ages 12-17

VISION STATEMENT

The Maskwacis Young Spirit Winds Society empowers healthy, balanced, proud First Nations youth in a safe, respectful and holistic environment.

MISSION STATEMENT

While maintaining high quality standards of service, Maskwacis Young Spirit Winds Society offers First Nations youth holistic treatment, aftercare & support by utilizing cultural teachings, appropriate resources and partnerships.

Topics covered in our Treatment Programs:

- Orientation to Treatment
- Communication
- Addictions Awareness
- Cultural Identity
- Self-esteem & Self-awareness
- Health Awareness
- Grief, Loss & Recovery
- Harm reduction & prevention
- Anger management & cycle of violence
- Relapse prevention & Aftercare

Four Sessions Annually

- Spring - April/June
- Summer - June/August
- Fall - Sept/December
- Winter - January/April

DAY PROGRAM

Young Spirit Winds is an outpatient day treatment program serving First Nations youth ages 12-17 who are in need of treatment for substance abuse. Program hours begin at 9am and end at 3pm. Transportaion is provided to those who reside in within the Four Bands. Breakfast and lunch is provided. Our program is culturally focused with traditional healing practices.

MATRIX PROGRAM

Matrix program is designed to assist youth who are struggling with addictions due to the multiple concerns including youth in school, relapse, family dyncamics, environmental factors like gangs, violence, self-harm, etc., crime prevention, and lack of youth support systems. The Matrix program will be delivered in a group setting 3 evenings per week from 6-8pm once date has been confirmed. Evening lunch will be provided.

For more information or to register contact: (780) 585-2219
Toll free 1-877-585-2219

Find us on Facebook: Maskwacis Young Spirit Winds Society *www.youngspiritwinds.com*

MIDWIVES FOR MASKWACIS

midwivesformaskwacis@gmail.com
Find us on Facebook

Individualized Pregnancy Care

Meet one of Maskwacîs own Birthworkers!

Tansi, my name is Carmella Cutknife. I am a member of Samson Cree Nation (Nipisihkopahk) and currently reside there with my spouse and children. I have 5 beautiful children ages 7 - 22 years old. I am currently training with Kihew Awasis Wakamik (Indigenous Birth Alberta) to become a support "aunty" for prenatal moms before, during, and after labour and delivery. At this time, I am a coordinator of a Special Needs Support program called Maskwacis Parents Place. I enjoy working with families and children so becoming a Birth Support person was something I have always wanted to do. I have witnessed many births in my life and find that Labour and Delivery is a beautiful ceremony to witness. I look forward to working with new moms/ clients and once again witnessing the sacred time of new life coming Earth side. I can be reached at carmella_ck@yahoo.ca.
Hai Hai

Early Years Program

The Early Years supports young families during the most important phase of their childs development to ensure parents have the tools they need to be their childrens first, and best teacher.

Love Builds Brains

The Early Years buiilds on community strengths and cultural context

PARTICIPANTS HAVE ACCESS TO:

- WEEKLY ONE ON ONE VISITS
- WEEKLY DROP-INS SUCH AS SEWING AND BEADING
- ELDER FACILITATED SHARING CIRCLES
- TOPIC SPECIFIC WORKSHOPS
- TRANSPORTATION TO AND FROM APPOINTMENTS
- ASSITANCE WITH BIRTH AND BAND REGISTRATIONS
- ASSITANCE RELOCATING
- ASSISTANCE WITH HOUSE HOLD ITEMS, AND BABY NEEDS
- GUIDED RESOURCES EX. INCOME SUPPORT, PRENATAL CLASSES, COUPONS, SCHOOLING
- MENTAL HEALTH AND EMERGENCY SUPPORTS
- GAS CARDS, WALMART CARDS
- DIAPERS/FORMULA

Who can participate?

Band members from any one of the Four Nations living on reserve or residing in Wetaskiwin or Ponoka.

Contact: (587) 768-0250
joinearlyyears@mymhs.ca

Maskwacis Counselling & Support Services

Let's Connect

Fully Certified Staff

Confidential

Management Team
- ✓ Peyasu Wuttunee
- ✓ Justin Fraser-Bruno
- ✓ Tyresse Yellowbird

Mental Health Team
- ✓ Olivia Buffalo
- ✓ Marilyn Rowan
- ✓ Charmaine Soosay
- ✓ C Lorne Green
- ✓ Garry Louis

NNADAP TEAM
- ✓ Craig Dion
- ✓ Brailon English

IRS TEAM
- ✓ Noreen Omeasoo
- ✓ Leo V Bruno

We deliver an array of services that include mental health counselling, addictions prevention, Indigenous Residential School support services, & a Detox/Treatment Facility .

Online Programs & In Person.
Anger Management, Cancer Survivors
AA & Others

Mending Broken Hearts
Equine Therapy
Youth Programs

Psychologists available

Professional

Contact Information
Call: 780.585.2268
Text: 780.312.5268
Email: mcss@mymhs.ca
Facebook: Maskwaciscounselling

Proudly serving Maskwacis for over 25 years.

MASKWACÎS ELDERS MENTORING PROGRAM

Are you pregnant or recently had a baby?

Follow us on social media to stay updated about how the Maskwacîs Elders Mentoring Program will be creating new programming for Maskwacîs parents

Our program connects you with Elders from your community. The Elders provide **guidance**, **compassion**, and **cultural teachings** around pregnancy, postpartum and parenthood.

Interested in learning more? Send us a message through Facebook, Instagram, email or phone.

elders@ualberta.ca
(780) 913-5341
Maskwacis Elders Mentoring Program
eldersmentoringprogram

Maskwacis Counselling & Support Services

Nayoskan Detox & Treatment Centre

28 DAY TREATMENT PROGRAM

ADMISSIONS ON A 45 DAY CYCLE.
OPEN TO FOUR NATION MEMBERS.
CONTACT US AT (780) 585-2268
FOR MORE INFORMATION/INTAKE

Contact us at 780.585.2268 for more information

Surrounding Area Services & More

ALBERTA/ALBERTA HEALTH SERVICES:	
211 Alberta (helpline & online database)	**211**
Alberta Health Link (24/7 Health Advice)	**811**
AHS Addiction Helpline	**1-866-332-2322**
AHS Mental Health Hotline	**1-877-303-2642 (24 hours)**
Alberta QUITS (Tobacco)	**1-866-710-7848**
AHS Indigenous Support Line	**1-844-944-4744**
Kids Help Phone	**1-800-668-6868** or text **686868**
Alberta's One Line for Sexual Violence (for anyone who has been sexually abused, harassed/assaulted)	**1-866-403-8000 (call or text)**
Sexual Assault Centre of Edmonton (SACE)	**(780) 423-4102**
Central Alberta Sexual Assault Support Centre	**1-866-956-1099 (call or text)**
PONOKA SERVICES:	
Ponoka Hospital & Care Centre	**(403) 783-3341**
Ponoka Community Health Centre	**(403) 783-4491**
Ponoka Mental Health	**(403) 783-7903**
Battle River Medical Clinic (Ponoka Primary Care Network)	**(403) 783-3399**
INDIGENOUS/OTHER SERVICES	
Bullying Helpline	**310-1818**
Child Abuse Hotline	**1-800-387-5437(KIDS)**
Hope for Wellness Helpline (Helpline with culturally competent counsellors available 24/7 to all Indigenous Peoples across Canada)	**1-855-242-3310**
National Indian Residential School Crisis Line	**1-866-925-4419** (24 hours)
Native Counselling Services of Alberta	**(780) 451-4002** Email: info@ncsa.ca
Native Youth Crisis Hotline	**1-877-209-1266**
Camrose Women's Shelter	**1-877-672-1010**
Elder Abuse/Family Violence	**310-1818**
WETASKIWIN SERVICES:	
Wetaskiwin Adult Community Services (Addiction/Mental Health)	**(780) 361-1245**
Wetaskiwin Boys & Girls Club	**(780) 352-4643**
Wetaskiwin Community Health Centre	**(780) 361-4333**
Wetaskiwin Family & Community Support Services	**(877) 768-7656**
Wetaskiwin Hospital & Care Centre	**(780) 361-7100**
Wetaskiwin Manluk Centre	**(780) 361-4444**
Wetaskiwin Primary Care Network (Prenatal care, Women's health clinic, Teen clinic)	**(780) 312-2500**

Pigeon Lake

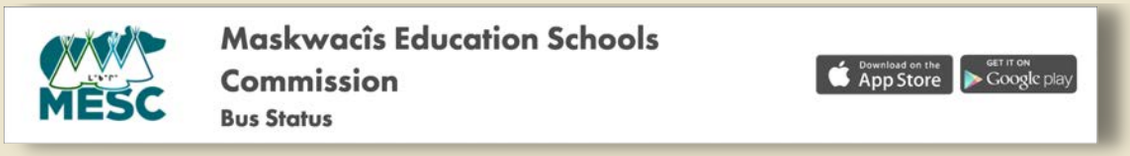
Pigeon Lake Emergency Services	**911**
Pigeon Lake Health Centre • Immunizations • Public Health Education • Prenatal Health & Nutrition • Women's & Men's Health • Cultural Programs & more	**(780) 586-2003**
Pigeon Lake Recreation	**(780) 586-2211**

Follow us on Facebook: Pigeon Lake Health Centre

MESC
Maskwacis Education Schools Commission

MESC Main Administration	**(780) 585-3333**
MESC Learning Services	**(780) 585-3243**
MESC Transportation	**(780) 585-3333**
Ermineskin Elementary School (Grades K-6)	**(780) 585-3760**
Ermineskin Kindergarten	**(780) 585-3788**
Grace Marie Swampy Primary School (Grades K4-2)	**(780) 585-2075**
Nipisihkopahk Elementary School (Samson)	**(780) 585-2244**
Kisipatinahk School (Louis Bull, Grades K4-8)	**(780) 585-0035**
Maskwacis Cree High School (Grades 10-12)	**(780) 585-4449**
Maskwacis Cree Junior High School (Grades 7-9)	**(780) 585-3931**
Maskwacis Outreach School (Grades 10-12)	**(780) 585-2202**
Meskanahk Ka Nipa Wit School (Montana)	**(780) 585-2799**
Mimiw-Sakahikan School (Pigeon Lake)	**(780) 586-3808**

Maskwacîs Education Schools Commission **https://www.maskwacised.ca/**



Ermineskin Cree Nation

Ermineskin Cree Nation (administration)	**(780) 585-3741**
Ermineskin Brighter Futures (Prenatal nutrition, newborn carseat, parenting skills, & more)	**(780) 585-2000** Email: futuresbrighter@yahoo.com
Ermineskin Community Wellness (Wellness Programs, Youth and Community Outreach)	**780) 585-3741**
Ermineskin Daycare	**(780) 585-3866**
Ermineskin Education Trust Fund (Post-Secondary student support program, Adult literacy program, Kindergarten to Grade 12 incentive program and supports. Application forms can be found at ermineskin.ca)	**(780) 585-4006**
Ermineskin Food Bank (must request and appointment or leave a message)	**(780) 585-2377**
Ermineskin Headstart	**(780) 585-3008**
Ermineskin Membership (General tribal membership, proper documentation, trusts, distribution, Indian Status Cards, band cards etc.)	**(780) 585-3741**
Ermineskin National Child Benefits (Support projects for low income families with children)	**(780) 585-2377**

https://ermineskin.ca

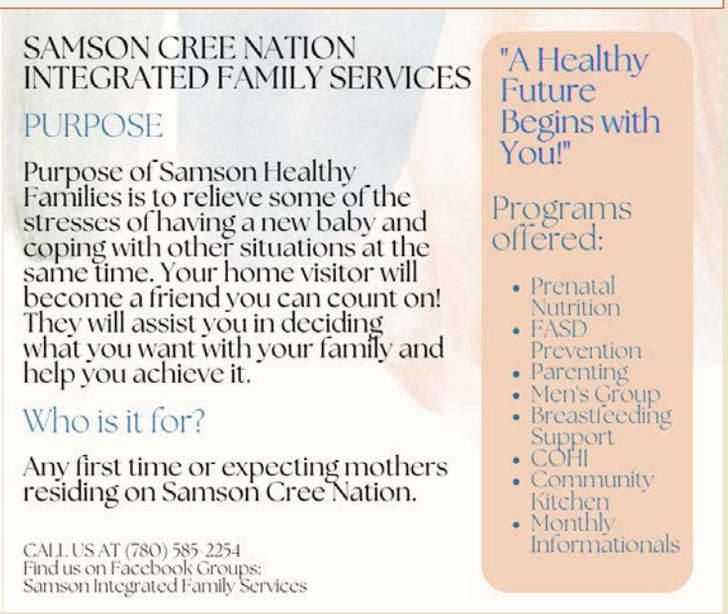
Ermineskin Cree Nation **@ermineskincreenation**

Ermineskin Cree Nation

Ermineskin Restorative Justice Mediation, Justice circles for youth & adults, Talking (healing) circles, advocacy on police matters, tribunals, hub coordination - wrap around program for families/individuals in crisis.	**(780) 585-3741**
Ermineskin Tribal Support Services Support Services for eligible emergency needs	**(780) 585-3741**
Ermineskin Women's Shelter (open to all Four Nations women & children leaving domestic abuse)	**(780) 585-4444**
Ermineskin Youth & Sports Development (Recreation) Seasonal sports programs, weight room, skate park.	**(780) 585-3088**
Kanawemahwasowin-Kamik Providing support & advocacy to those Ermineskin members, parents, children that have involvement with Delegated First Nation Authorities or Child and Family Services.	**(780) 585-3721** **(780) 335-1778** (After-hours helpline)
Neyaskweyahk Employment Program (NEP) (Temporary and seasonal employment)	**(780) 585-2101**
Neyaskweyahk Employment Skills Training (NEST) Program Capacity program, employment assistance services, Miyo Pimatisiwin program.	**(780) 585-0191**
Neyaskweyahk Human Services Provides income support and support services for Ermineskin members	**(780) 585-3835**
Pihtwâhew Gift Shop (Maskwacis Mall)	**(780) 585-2972**
Pemîsco Cafe & Bistro	**(780) 585-3493**

Samson Cree Nation

Samson Cree Nation (Administration) • Personnel • Finance • Education • Communications • Membership	**(780) 585-3793** Toll free **1-800-661-2579**
Samson Community Initiatives	**(780) 585-0111**
Samson Community Wellness	**(780) 585-3634** Facebook group: Samson Community wellness
Samson Daycare	**(780) 585-3930**
Samson Headstart	**(780) 585-2230**
Samson Food Bank/Friendship Centre	**(780) 585-3902**
Samson Integrated Family Services (Prenatal Nutrition, FASD Mentor Program, Maskwacis Parents Place, Elders & more)	**(780) 585-2254**
Samson Management	**(780) 585-2468**
Samson Public Works	**(780) 585-3936**
Samson Pediatric Clinic (open to all Four Nations)	**(780) 585-4062**
Samson Youth & Sport Development (Howard Buffalo Memorial Centre)	**(780) 585-3012**
Hawk Radio 93.5FM	**(780) 585-4295(HAWK)** Email: Connect@HawkRadio935.com
Kasohkowew Child Wellness	**(780) 585-3300**
Nipisihkopahk Education (Post-Secondary Student Support Program)	**(780) 585-2211**



Montana First Nation

Montana First Nation (Administration) • Brighter Futures ext. 232 • Economic Development • Education ext. 253 • Finance • Headstart ext. 231 • Housing ext. 228 • Human Resources ext. 252 • Income Support ext. 259 • Membership ext. 251 • Public Works ext. 237 • Youth Development ext. 239	**(780) 585-3744**
Montana Afterhours Hotline	**(403) 785-4552**
Montana Medical Transport/Elders	**(403) 785-4546**
Montana Integrated Services Dept.	**(780) 585-3744**
Akamihk Health Care Services Email: info@akamihkhealthcare.ca	**(587) 701-1244**
Akamkisipatinaw Ohpikihawasowin Child & Family Services (Delegated First Nation Authority delivering services to Montana & Louis Bull Tribe members)	**(780) 585-2125**
Ponoka Regional Fire Services (If fire emergency call 911)	**(780) 783-3333**

https://montanafirstnation.com

Montana First Nation

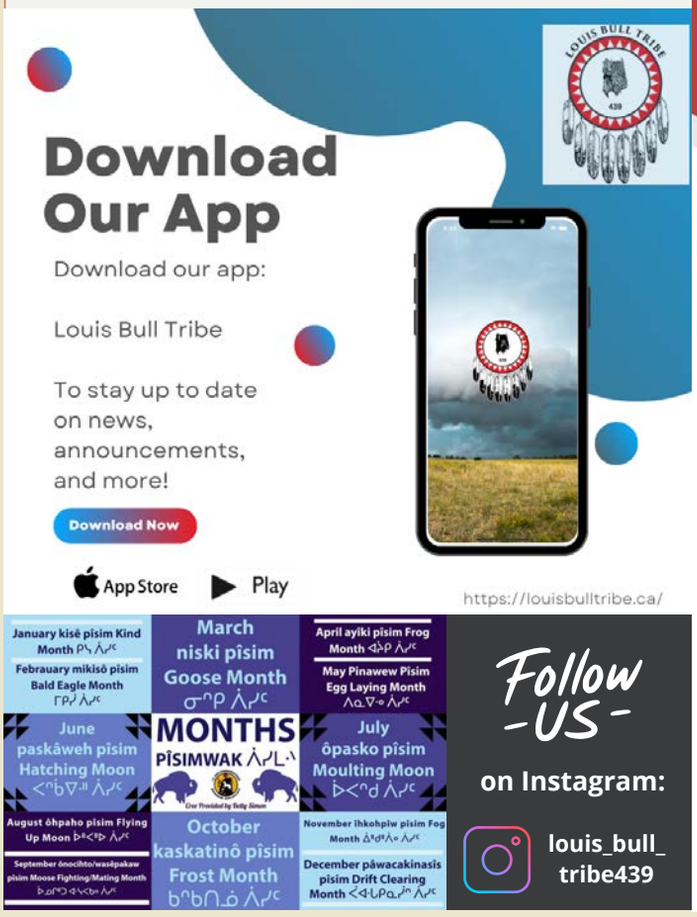
Louis Bull Tribe

Louis Bull Tribe (Administration) **(780) 585-3978**
Open Mon-Fri (Closed every second Friday) 8:30am-4:30pm

- Education
- Finance
- Indigenous Skills & Employment Training (ISETP) - email: employment.training@louisbulltribe.ca
- Housing/Public Works
- Lands & Consultation
- Social Development

Kisipatnahk Health & Wellness	**(780) 585-4075**
Louis Bull Daycare Centre	**(780) 585-3802**
Louis Bull Fire Department/Security	**(780) 335-0761**
Louis Bull Satellite Health Centre	**(780) 585-4030**
Louis Bull Service Station	**(780) 585-2539**

Akamkisipatinaw Ohpikihawasowin Child & Family Services **(780) 585-2125**
(Delegated First Nation Authority located on Montana First Nation delivering services to Montana & Louis Bull Tribe members)



Are you an Indigenous person that has questions about Alberta Health Services, has a concern, or needs to find help or navigation?

- Patient Concerns
- Referrals
- Cultural support
- Primary Care support
- Addiction Mental health support
- General Indigenous AHS support

1-800 Indigenous Support Line:

Walk with me, Talk with me, Learn with me.

Call 1-844-944-4744.

Alberta Health Services

CARING FOR YOU AND YOUR FAMILY

OPEN 7 DAYS A WEEK

OPEN LATE MONDAY, WEDNESDAY	8:30AM - 8:30PM
TUESDAY, THURSDAY, FRIDAY	8:30AM - 4:30PM
SATURDAY, SUNDAY AND SOME HOLIDAYS	12:30PM - 4:30PM

All visits are 100% covered by Alberta Health

1.888.342.4822

AIVCC.ca

Alberta Indigenous Virtual Care Clinic

HOW OUR VIRTUAL CLINIC WORKS

1. Call **1-888-342-4822** and a Medical Office Assistant will **register** you and **book** your appointment.
2. **Speak to a Doctor** by telephone or video using your preferred device.
3. After your appointment, **our office will fax prescriptions, requisitions** and more where you would like them to go.

NEHIYAWEWIN CLASSES

MESC

Learn Cree with us! Classes offered fall and winter, please check our website for updates and to register for the next class!

https://www.maskwacised.ca/

Folllow us on Facebook for updates

Follow us on Instagram: @maskwaciseducation

DEADLY DADS:

MASKWACÎS MEN'S SUPPORT PROGRAM

"Kîsta Ekîmiyikosiyin "You too were gifted with this"

Support group for dads, uncles, and mosoms connecting to culture, lifting spirits, and supporting families during pregnancy, fatherhood, and life.

What we've done:

- Sharing circles
- Cultural Activities
- Family Actitivities
- Ceremony
- Community Engagement

JOIN US

Follow us on Facebook:

Deadly Dads: Maskwacîs Men's Support Program

For more information about meeting times/locations or to sign up please call us or text us or email us at:

(780) 913-5341

FutureFathersMaskwacis@gmail.com

MEMBERS OF

ERMINESKIN CREE NATION

NEVER MISS AN UPDATE

GET THE APP

The app uses state-of-the-art technology to notify ECN members of breaking news, documents, videos, and events, instantly delivered via push notifications.

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HOW TO GET THE APP

1. *Scan the QR code below or visit the App Store or Google Play Store and Search 'Ermineskin Cree Nation'*
2. *Tap 'Register' under 'Member Login'*
3. *Fill out your information and press 'Register'*
4. *Click the verification link in your email address*

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