

# HEALTH & SOCIAL MENO BIIMADESWIN

## GOALS

- Improved approaches to community wellbeing, which are integrated, wholistic, sustainable and proactive
- Increased community ownership over our health and wellbeing
- Increased number of people leading the way who are committed to healthy communities
- Safer communities
- Increased number of children raised as healthy community members
- Increased connection to the teachings of our Peoples

## VISION

The Anishinabe Peoples of this land are on a journey to good health by practising lifestyles rooted in cultural knowledge.

## MISSION

Our Mission is to develop integrated, sustainable, and community owned approaches to community wellbeing. The approach will be rooted with the traditional teachings of our Peoples and will promote healthy lifestyles, active leaders, and positive Anishinabe Peoples.

## FIRST NATIONS CONTACTS HEALTH & SOCIAL DIRECTORS

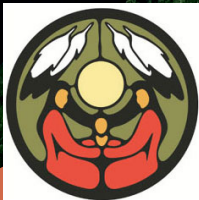
Eabametoong First Nation  
(807) 242-1151

Neskantaga First Nation  
(807) 479-2570

Nibinamik First Nation  
(807) 593-2131

Webequie First Nation  
(807) 353-6531

*approaches to*  
COMMUNITY WELL BEING



Sioux Lookout  
First Nations  
Health Authority

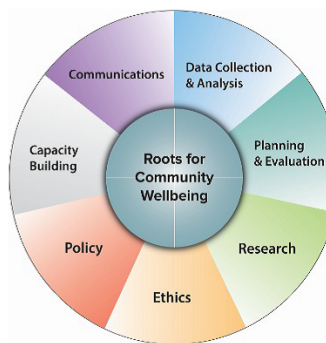
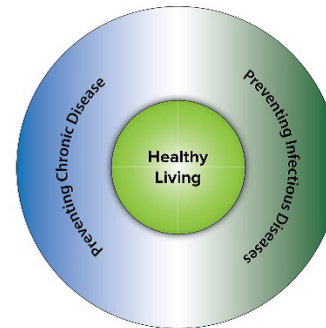
Matawa First Nations Management  
233 South Court St.  
Thunder Bay, Ontario  
P7B2X9  
Ph: 807.344.4575  
Fax: 807.344.2977  
[matawa.on.ca](http://matawa.on.ca)





# Approaches to Community Wellbeing

## Model Description



## RAISING OUR CHILDREN

Makes sure all the children and families in the communities are supported and that children are being raised with strong connections to family, community, spirituality, land, cultures, language and each other. Also, the approach creates a supportive environment for children to grow and to help put people on a healthy life path from a young age.

## HEALTHY LIVING

Looks at preventing chronic diseases such as heart problems, diabetes, cancer, addiction issues and other mental health concerns. Also, the approach looks at preventing infectious diseases such as sexually transmitted and blood-borne infections, tuberculosis control, harm reduction, and investigating outbreaks.

## SAFE COMMUNITIES

Works on decreasing health hazards to make communities safe. Also, the approach looks at how to prevent injuries and prepare for emergencies before they happen.

## ROOTS FOR COMMUNITY WELLBEING

Provides support to the other areas of the model to make sure the services provided are effective, sustainable, ethical and culturally appropriate. The bulk of the work in this area may be done at the regional level but the information gained will be provided to the community level.

