



National Truth and Reconciliation Day



Every Child Matters



In loving memory of **NORMAN RECOLLET**

July 8, 1927 – January 11, 2019

Norman will be fondly remembered as a wise, loving, kind and humorous man of 91 years of age. Norman was a proud son, brother, husband, father, grandfather, great grandfather and Uncle (5 Generational Uncle).

Norman was born in 1927 on the Wiikwemkoong Unceded Territory. He was the only surviving child of Annie Wakegijig and Alex Recollet. His siblings were: Philip, Bella, Eli, Margaret, Sam, Stella and Isadore. Norman married his wife Muriel in 1957 and shared a life together until she passed into the Spirit World in 2012. Muriel gifted Norman with her two children, Eddy and Carol (both predeceased) who gifted them with grandchildren and great-grandchildren.

Norman was a silent warrior who fought for the reclamation and protection of the inherent rights of the Anishinaabe people. Norman remained a humble man regardless of his significant contributions and accomplishments as a warrior.

Norman was a defender of the land and the people. He began his duty as land protector as a water guide to campers in the waters of Killarney at the young age of 14. He continued his journey as defender of lands and resources when he and his wife Muriel returned home to Wahnapiatae First Nation in 1964. His vision was for the preservation and protection of our traditional territory. They built Post Creek Campground into a business and maintained it for many years. Norman became a friend to many and created an ever-growing extended family with his campers. He was instrumental in the process of the Wahnapiatae First Nation land claim.

He had much pride in the work he engaged in. He was a lumberjack and served in the USA Army - 82nd Airborne Regiment. He was very proud to be an Iron Worker and member of the International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers. He worked on the Mackinaw Bridge, as well as other bridges in Saginaw and Kalamazoo, Michigan.

In July of 1972, Norman was elected the first Customary Chief of Wahnapiatae First Nation and devoted 28 years of duty in his role as Chief.

In 1979, one of his most prominent movements was his journey to England alongside of other First Nation leaders to meet the Queen. This journey was successful in ensuring the rights of First Nations were preserved and entrenched in the Canadian Constitution.

The township of Recollet located near Wawa, Ontario, was named after Norman with a certificate and the map of the township. The document was dated in 1974 from the Government of Ontario in recognition of the valuable contribution to the development of the region. His name appears on all official maps, records and documents of the Province of Ontario since June 27, 1974.

In 2012, Norman was recognized by the Wahnapiatae First Nation with the health centre created in his name "Norman Recollet Health Centre".

A portrait of Norman Recollet, an elderly man with glasses, wearing a blue jacket over a plaid shirt. He is smiling slightly and looking towards the camera. The background is blurred with colorful, multi-colored flags or confetti.

**NORMAN WAS A CULTURAL TREASURE,
FULL OF KNOWLEDGE AND WILLINGNESS
TO SHARE THOSE TEACHINGS WITH
EVERYONE HE KNEW. HE WAS SO AUTHENTIC
IN HIS TRUTH THAT IT GESTURED YOU
TO BE AUTHENTIC IN YOUR PURSUIT OF
KNOWLEDGE, TRUTH AND TO UPHOLD YOUR
INDIVIDUAL INTEGRITY IN THE COLLECTIVE
DUTY TO THE PRESERVATION OF THE
ANISHINAABE WAY OF BEING AND LIVING.
HIS CONTRIBUTIONS WERE IMMEASURABLE,
HIS REPUTATION IMMENSE, HIS HUMILITY
LEGENDARY.**

Norman Recollet Health Centre

AHAC: Programming

The NRHC focuses on family and community health offering primary health care, clinical services, health examinations, immunizations, chronic disease management and more:

- Bloodwork (phlebotomy),
- Comprehensive assessments,
- Corticosteroid injection,
- Diagnosis,
- Diagnostic tests and referrals,
- Dressing, wound care and suturing,
- Immunizations,
- Injections (B-12, allergy shots),
- Minor procedures,
- Naloxone training and distribution,
- Nebulizer treatments,
- Nexplanon birth control implants,
- Pap smear and testing,
- Physical exams and check ups,
- Social work therapy (mental health and wellness services by telephone or in person),
- Specialist and provider referrals,
- Drivers exams,
- E-consultations (virtual),
- OTN telemedicine,
- Forms,
- Insurance document assistance,
- Medical notes,
- WSIB form assistance,
- Home and community care services,
- Diabetes care,
- Health information sessions,
- Oral hygiene items and information,
- Personal support workers,
- Well baby examinations,
- Massage therapy, acupuncture,
- Dolphin therapy,
- Foot care,
- Medical transportation



Norman Recollet Health Clinic

Monday

9 AM - 4 PM - By appointment only

Tuesday

9AM - 12 PM - By appointment only
1 - 4 PM - Walk-ins welcome

Wednesday

9 AM - 11 AM - lab/blood clinic
1 PM - 4 PM by appointment,
4-5:30 PM are for pre-booked patients only.

Thursday

9 AM - 11:30 AM - Phone & Virtual Appts
(1-4 PM: only RN services are available).

Closed daily from 12 - 1 PM for lunch Phones open Mon, Wed, and Thu, 9 AM - 12 PM and 1 - 4 PM (no calls after 4). Phones open Tues, 9 AM - 10:30 AM and 1 - 4 PM. Wednesdays 4 - 5:30 PM are for pre-booked patients only. Thursdays 9 AM - 4 PM: only RN services are available.



Truth and Reconciliation: Walking Together

As September brings an important time for reflection on Truth and Reconciliation, communities across Canada observe the National Day for Truth and Reconciliation and Orange Shirt Day on September 30 to honour the Indigenous children who attended residential schools, remember those who never returned home, and recognize the lasting impacts on Survivors, families, and communities.

The phrase “Every Child Matters” reminds us of our shared responsibility to learn about this history and support reconciliation, which is an ongoing journey built on respect, understanding, honesty, and meaningful relationships rather than a single event. Individuals and families can participate in many ways; such as wearing an orange shirt on September 30, learning the history from Indigenous voices and organizations, attending local community events, listening to Survivor stories to support healing, and talking with children about kindness, inclusion, and respect for all cultures.

As an Indigenous Health Clinic, we recognize the strength, resilience, and wisdom of Indigenous Peoples, remaining deeply committed to supporting culturally safe care, promoting health and wellness, and fostering respectful relationships that honor Indigenous histories, cultures, traditions, and ways of knowing. Together, through continuous learning, listening, and action, we can build a future rooted in respect, healing, and reconciliation, because **Every Child Matters**.



Foot Care, Massage & Acupuncture

With Sue Chartrand

I am a Registered Nurse with over 30 years of experience in healthcare and a Registered Massage Therapist with over 10 years of experience in massage therapy. I provide client-centred care that supports comfort, function, and overall well-being. For the past nine years, I have specialized in diabetic foot care, focusing on health maintenance, prevention of complications, and client education. I also have additional training in acupuncture (3 years) and neurostimulation for pain management (2 years), which I incorporate as appropriate and within my scopes of practice. My approach is respectful, individualized, and grounded in clinical experience. I am committed to providing safe, ethical, and culturally respectful care in partnership with the community.



Call to book today.

 **(705) 858-7700**

Dolphin Therapy

MPS Therapy-Integrative Pain Management Techniques

Microcurrent Point Stimulation (MPS) Therapy is the world's first integrative therapy developed exclusively to sympathetically DE-Regulate the ANS and fight chronic pain. The theoretical underpinnings of MPS Therapy are based on combining the "therapeutic pearls" of acupuncture, osteopathy, integrative dentistry, neural therapy with modern neurology and microcurrent.

How Does it Work?

The MPS device locates and applies concentrated DC microcurrent to therapeutically active points (acupuncture & trigger) for the purpose of relaxing muscles, calming the nervous system and releasing endorphins, the body's natural painkillers. The device is engineered to detect and treat these active points with great scientific precision & potency, providing stimulation of all three systems at once, nervous, muscular and endocrine.

It is designed for the novice in mind, so there is no prior knowledge of acupuncture or medical anatomy required to apply the device to MPS protocols. (However, educational courses are available for those who wish to master this potent therapy).

Call to book today.

 **(705) 858-7700**

Dolphin Therapy

Scar, Pain & Stress Management



Dolphin
Neurostim

Chronic pain, stress management and scar therapy combining acupuncture with segmental and dermal therapy.

Free for all members, available at the NRHC Clinic!
Call to book an appointment today!



Migraines



Menstrual Cramps



Stress



15X+
Stress reduction as compared to 1 hour massage

& More!

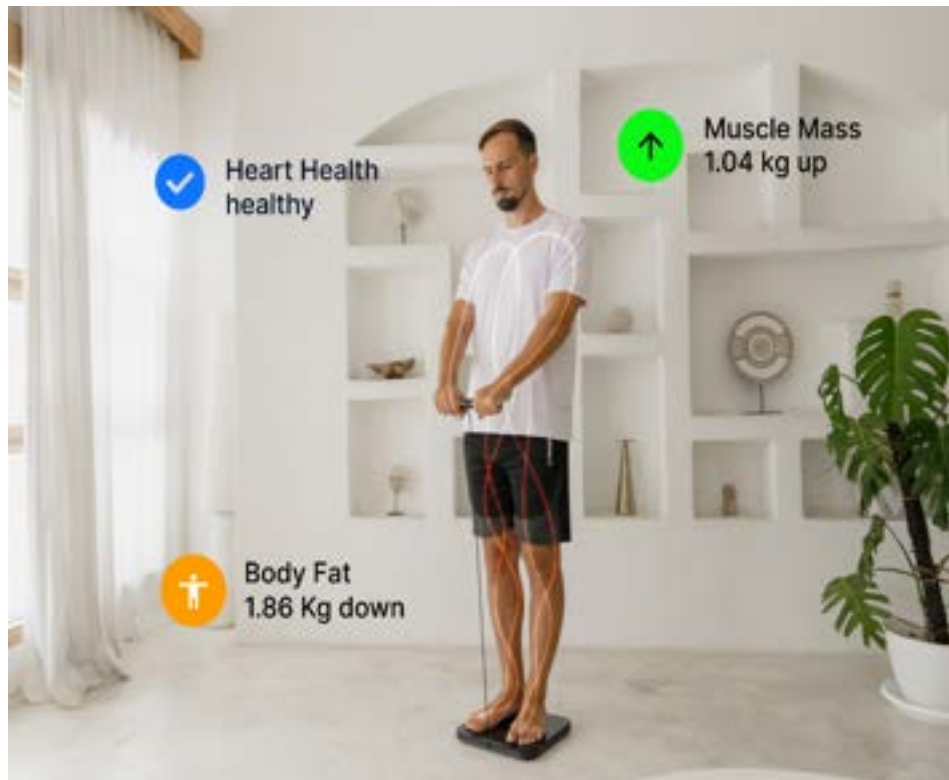
Want to know more? Visit dolphinmps.ca

Full Body Vibration Plate



With whole-body vibration, you stand, sit on a machine with a vibrating sensation. As the machine vibrates, it transmits energy to your body, forcing your muscles to contract and relax dozens of times each second. It may also help improve your strength, flexibility, and circulation, and boost your bone mass.

ASK ABOUT THE NEW HUMEHEALTH



MONITOR MORE THAN YOUR WEIGHT

(THURSDAY MORNING BE A PART OF OUR COMMUNITY WEIGHT IN)

PRECISE ACCURACY EASY TO INSTALL & USE





Individual and Family Therapy and Counselling

With Kevin McPhee at the NRHC:
Aboriginal Health Access Centre

With 40 years of experience as a therapist, I have dedicated my career to supporting individuals and families through diverse and complex challenges. My professional journey includes 30 years in pediatric psychiatric settings and a deep, ongoing commitment to working with First Nations communities since 1989.

In 2002, I completed a postgraduate specialization in family and couples therapy, which remains a cornerstone of my international practice. Beyond clinical work, I have shared my expertise as an instructor at the college, university, and medical school levels, and I frequently serve as an expert witness for the courts regarding parenting and parent-child relationships. I remain incredibly passionate about this field and am truly honored to bring my global experience to your local community. I look forward to the opportunity to work alongside you and support your well-being.



Available Upcoming Appointment Dates:

- September 9 & 10
- September 23 & 24
- October 7 & 8
- October 21 & 22
- November 7 & 8
- November 21 & 22
- December 2 & 3
- December 16 & 17



family therapy



individual therapy

Call to book today. ☎ (705) 858-7700





Shkagamik-Kwe HEALTH CENTRE

Traditional Healer

If you would like to see a Traditional Healer you can self-refer to Shkagamik-Kwe health Centre if you Identify as First Nation, Métis or Inuit. If you require assistance, the Norman Recollet Health Centre is happy to help, and can refer on your behalf with your consent.

Address: 161 Applegrove Street
Sudbury, ON P3C 1N2
Phone: 705-675-1596

Youth Support



Developmental Support



Parenting Support



**For questions or more information
please contact us today.**

WORD SEARCH

P	T	C	H	I	L	D	J	Q	A	S	K
M	G	M	A	T	T	E	R	S	W	S	T
S	U	R	V	I	V	O	R	S	A	T	R
E	C	Q	E	V	E	R	Y	J	S	C	A
H	E	A	L	I	N	G	K	G	R	I	U
I	X	N	T	R	U	T	H	D	J	X	M
R	E	S	I	L	I	E	N	C	E	N	A
R	E	M	E	M	B	R	A	N	C	E	O

Every
Child

Matters
Truth

Reconciliation
Survivors

Trauma
Remembrance

Healing
Resilience

A Healthy Start to The School Year

As summer comes to an end, September brings new routines, opportunities for learning, and a fresh start for students and families. Returning to school can be exciting, but it can also be stressful. Taking small steps to prepare can help children feel confident, healthy, and ready to learn.

Back-to-School Tips & Tricks

1. Re-establish routines early

- Begin adjusting bedtime and wake-up times a week before school starts.
- Create a morning checklist to reduce stress and forgotten items.
- Set aside time each evening to prepare clothing, backpacks, and lunches.

2. Support emotional wellness

- Talk openly about any worries or excitement your child may have.

- Encourage children to share their feelings and ask questions.
- Practice calming techniques such as deep breathing or taking a short walk.

3. Stay active

- Aim for at least 60 minutes of physical activity each day.
- Walking, biking, dancing, and outdoor games are great ways to stay active.

4. Encourage healthy screen habits

- Establish screen-free family times, especially during meals and before bedtime.
- Balance screen time with outdoor activities, reading, and creative play.

5. Build healthy connections

- Encourage children to participate in school events, sports, cultural activities, or clubs.
- Staying connected to family, community, culture, and language supports overall wellness and a strong sense of identity.

COVID-19 & FLU VACCINES

Available at NRHC Health Clinic
Book your appointment today.

📞 (705) 858-7700
📍 190 Loonway Road



Easy and Healthy Lunch Ideas

Packing nutritious lunches can help students stay energized and focused throughout the day.



1 Mix-and-Match Lunch Box Ideas

Protein



Boiled eggs



Chicken or turkey slices



Tuna salad



Cheese cubes



Beans or hummus

Fruits & Vegetables



Apple slices



Berries



Grapes



Carrot sticks



Cucumber rounds



Bell pepper strips

Whole Grains



Whole wheat wraps



Whole grain crackers



Brown rice



Whole grain muffins



2 Quick Lunch Ideas

Turkey Wrap



Turkey Wrap

- Whole wheat tortilla
- Turkey, lettuce, cucumber, and cheese
- Side of fruit

DIY Snack Box



DIY Snack Box

- Cheese cubes
- Crackers
- Sliced vegetables
- Hummus
- Fresh berries

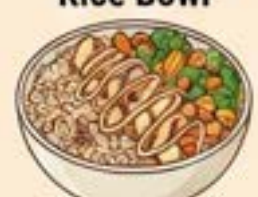
Breakfast for Lunch



Breakfast for Lunch

- Whole grain mini pancakes
- Yogurt
- Fresh fruit
- Hard-boiled egg

Chicken & Veggie Rice Bowl



Chicken & Veggie Rice Bowl

- Leftover chicken
- Brown rice
- Mixed vegetables
- Light dressing or sauce

3 Healthy Snack Ideas



Trail mix (nut-free if required by school)



Apple slices with sunflower seed butter



Yogurt cups



Homemade muffins



Fresh fruit



Vegetables with dip



POP-UP CLINIC

Cervical Cancer Screenings

Tuesday, September 15

🕒 9 AM - 12 PM & 1 PM - 3 PM

Wednesday, September 16

🕒 9 AM - 12 PM

📍 190 Loonway Rd. ☎ (705) 858-7700
Open to everyone 25+. Appointments encouraged.



Traditional Medicines & Teachings for Members



Liquid Smudge • A smokeless alternative to burning medicines when you are in situations, such as an office or building where burning is not permissible or desirable.

Minagin Salve • provides fast relief and promotes healing for cuts, rashes, infections, eczema, and sore joints. Safe for all ages — even pets — it's your go-to natural remedy whenever you need quick, effective care.

Five Thieves Oil • Supports immune system, clear nasal and sinus congestion, and promotes respiratory and heart health — all while boosting energy and lifting your mood naturally.

Lavender Salve • A natural anti-inflammatory, antibacterial, antifungal, and antioxidant remedy that soothes pain, supports skin repair, speeds up wound healing, and encourages deep relaxation and calm.

Cedar Oil • Remedy to reduce inflammation, combat harmful bacteria, and relieve pain, this blend also supports nervous system balance by enhancing relaxation, easing stress, and improving sleep quality.

Bath & Foot Soaks • Natural ingredients and epsom salts warm your bones, calm stress, release toxins, promote relaxation and soothe skin irritations.

Indian Aspirin • Helps to soothe aches and pains as well as cold and flu symptoms.

Available FREE for members, contact Line or Lori today.

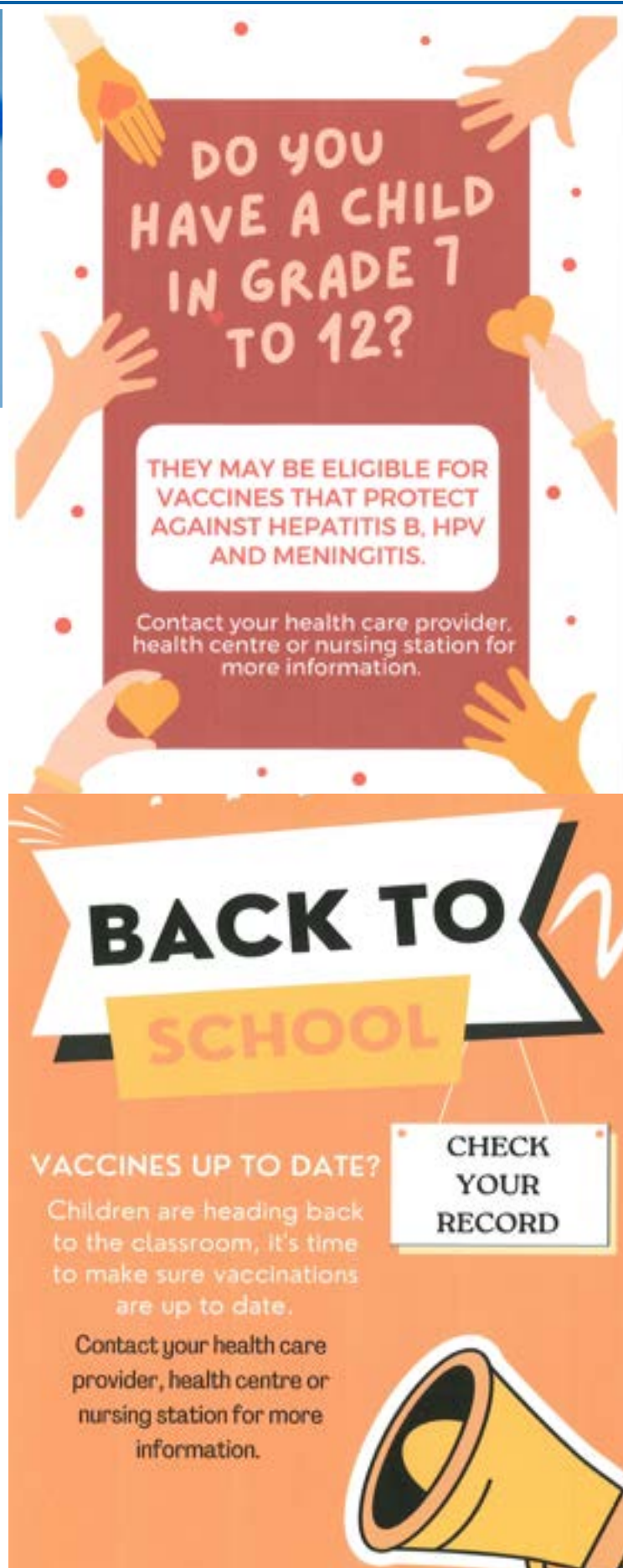
✉ line.baillargeon@wahnapietaefn.com ✉ lori.corbiere@wahnapietaefn.com

☎ **(705) 858-7700**



Norman Recollet Health Centre Reaches Primer Stage of Accreditation

Our Health Department is thrilled to announce a major and exciting milestone in our ongoing journey toward community care and service excellence: during the week of September 8, 9, and 10, we will proudly host our Primer Stage of Accreditation! Two specialized surveyors will be visiting us onsite at both the clinic and the Band Office, working hand-in-hand with our incredible Health Department teams across both Health & Wellness and Clinical services. This visit is a wonderful opportunity to celebrate our hard work, dedication, and high standards of safety and well-being. Achieving this milestone relies on our collective spirit, and everyone's enthusiastic participation, engagement, and cooperation will make all the difference as we support the surveyors throughout their visit. Thank you for your continued passion, teamwork, and dedication to our community's bright future!



HEALTHY BABIES DURING FLU SEASON

PRACTICE HAND HYGIENE



Wash hands frequently with
soap & water.
Use sanitizer when needed.

STAY UP-TO-DATE ON VACCINES



Ensure baby gets all
recommended vaccinations.
Protect against flu & illness.

ENSURE ADEQUATE SLEEP



Babies need quality sleep to
build immunity.
Establish a bedtime routine.

CONSULT YOUR PEDIATRICIAN



Seek medical advice promptly
if baby shows symptoms.
Follow doctor's guidance.

STAY HEALTHY, PROTECT YOUR LITTLE ONE

Mino Bimaadiziwin

Clinical & Urgent Care

For medical needs that cannot be handled by the NRHC Nurse Practitioner:

- **Health Sciences North (HSN) – Main Hospital** | Phone: (705) 523-7100 Location: 41 Ramsey Lake Rd, Sudbury - Indigenous Health Team: You can request an Indigenous Patient Navigator to assist with advocacy and cultural support during a hospital stay.

Walk-In Care

- **Northwood Medical Clinic:** 93 Notre Dame Ave W, Azilda (closest to the area) or 1280 Lasalle Blvd, Sudbury.
- **Lasalle All Day Walk-In:** (705) 222-9038 (1813 Lasalle Blvd).

Mental Health & Addictions Culturally-Specific Support (Indigenous Focused):

- **Shkagamik-Kwe Health Centre (SKHC)** | Location: 151 Applegrove St, Sudbury Phone: (705) 675-1596 Focus: Core mental health services using a “Two-Eyed Seeing” approach (Traditional & Western). Programs: Art/Craft drop-ins, Men’s support groups, “Mindful Way” workshops, and traditional medicine walks.
- **Aboriginal Peoples’ Alliance of Northern Ontario (APANO)** | Phone: (705) 670-9252 Focus: Community wellness and advocacy for Indigenous people living off-reserve. Services: Case management, advocacy, and access to traditional healing practices.
- **Indigenous Patient Navigators (Health Sciences North)** Focus: Helping patients navigate the hospital system while ensuring cultural needs are met. Access: You can request a navigator by emailing indigenoushealth@hsnsudbury.ca or asking any nurse at the hospital.

Youth & Family-Specific Supports:

For younger community members or families dealing with complex dynamics, these specialized services are available:

- **Compass (Boussole/Akii-Izhinoogan)** | Phone: 1-800-815-7126 Focus: The lead agency for child and youth mental health services in Sudbury. Services: Intensive support, family counseling, and youth justice programs.

- **N'Swakamok Native Friendship Centre – Youth Programs** | Phone: (705) 674-2128 Focus: Cultural identity as a tool for wellness. Programs: Akwe:go (ages 7–12) and Wasa-Nabin (ages 13–18). They also offer the “I Am a Kind Man” youth initiative.
- **Kids Help Phone (Indigenous Support)** | Text **FIRSTNATIONS** to **686868** to connect with a crisis responder specifically trained in Indigenous cultural safety.

Specialized Addiction & Trauma

Services for addiction or long-term trauma:

- **N'Swakamok Addiction and Mental Health Programs** | Phone: (705) 674-2128 (Ask for the Addiction worker). Services: One-on-one addiction counseling, treatment referrals, and “Healing the Circle” groups.
- **Farmer & Associates (Indigenous Counselling)** | Phone: 1-226-797-5583 Focus: Trauma-informed counseling that is often covered by NIHB (Non-Insured Health Benefits) for those with a status card. Services: Virtual and in-person sessions focusing on grief, loss, and residential school trauma.
- **Northern Initiative for Social Action (NISA)** | Phone: (705) 222-6472 Focus: A peer-run organization where every staff member has “lived experience” with mental health challenges.

Specialized Crisis Help for Women

- **Talk4Healing** | Call/Text: 1-855-554-4325 Services: A 24/7 helpline specifically for Indigenous women across Ontario. They offer support in 14 different languages.
- **Voices for Women (Sudbury Sexual Assault Centre)** | Crisis Line: (705) 675-1344 Services: Provides counseling and support for survivors of sexual violence.

Community Policing Trafficking Awareness:

- **Anishinabek Police Service (APS)** | **CALL 911**

