



WORK BURNOUT AWARENESS



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 checkered shirt. He is smiling slightly. The background is a colorful, out-of-focus pattern of many small, 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

9 AM - 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.





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.

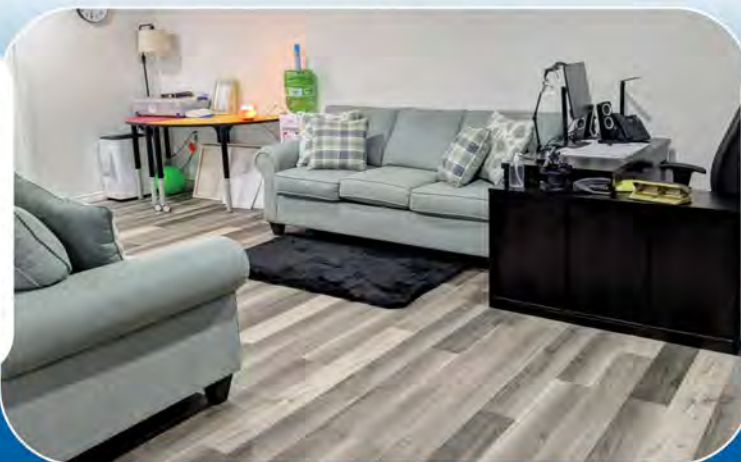


Available Upcoming Appointment Dates:

- Tuesday, June 30
- Wednesday, July 15
- Wednesday, July 29
- Thursday, July 2
- Thursday, July 16
- Thursday, July 30



family therapy



individual therapy

Call to book today. ☎ (705) 858-7700



Foot Care, Massage & Accupuncture

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



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

Want to know more? Visit dolphinmps.ca



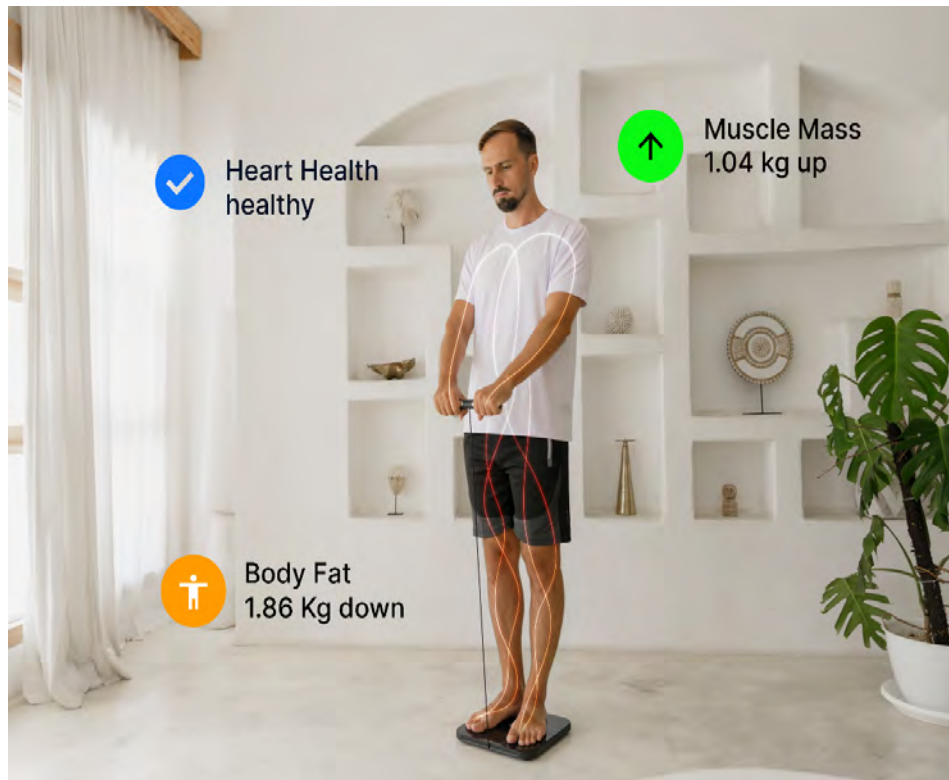
& More!

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





unions offer mental health support, only 10% have actually used them, largely due to lingering stigma. Experts emphasize that burnout is not a character flaw or a sign of weakness, but rather a predictable reaction to a high-stress, low-recovery environment that can easily be reversed with the right tools.

Recovery does not require a total life overhaul, but it does require breaking the silence and utilizing accessible support, like virtual therapy. To bridge this gap, a highly practical, 8-week online workshop called “Running on Empty” is launching specifically for men in the trades. Designed to be straightforward and actionable rather than overly clinical, this small-group program provides real-world tools to manage stress, stabilize sleep, and track energy recovery. By shifting away from all-or-nothing thinking and introducing small, structured routines, trades workers can successfully rebuild their resilience, regain their patience, and take back control of their lives.

Running on Empty: Tackling the Hidden Burnout Crisis in the Skilled Trades

Burnout is no longer just an office-chair phenomenon; it is actively showing up on job sites, in work trucks, and at the end of exhausting shifts across Canada. A recent report reveals that half of all skilled trades workers experiencing mental health issues are suffering specifically from burnout. Because the trades culture heavily rewards grit and “pushing through,” the warning signs are incredibly easy to miss. According to mental health advocate Trevor Botkin and psychotherapist Jessie MacAlpine Shearer, burnout doesn’t announce itself, it creeps in quietly. It masks itself as ordinary physical fatigue, but quickly evolves into uncharacteristic irritability, emotional numbness, chronic sleep issues, and a loss of pride in the work.

The root of the problem stretches far beyond just a hard day’s labor. Tradesmen face a compounding stack of risk factors: relentless physical strain, long hours, financial pressures, and an internalized identity that equates masculinity with absolute self-reliance. This rigid expectation of being “tough” creates a dangerous barrier to recovery; while 84% of tradespeople believe their





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.**

WELLNESS

WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

BALANCED
BREATHE
CARE
CLEANSE
ENERGY
FITNESS
GRATITUDE
HARMONY
HEALING
HOLISTIC
HYDRATION
MEDITATION
MINDFULNESS
NUTRITION
RECOVERY
RELAXATION
RESILIENCE
ROUTINE
SERENITY
SLUMBER
STAMINA
STRENGTH
VITALITY
WELL-BEING

Lyme Disease Fact Sheet

What is Lyme disease?

A bacterial infection spread by the bite of an infected blacklegged tick (deer or western). It can usually be treated successfully with antibiotics, especially when caught early.

How do people get it?

Blacklegged ticks can become infected with the bacteria that causes Lyme disease. They then pass on the bacteria by:

- Biting a human
- Staying on the human for at least 24 hours

People are often bitten while hiking, camping, and when spending times outdoors in wooded areas, tall grass, and brush.

How is it diagnosed?

A doctor or nurse practitioner may diagnose Lyme disease based on symptoms and possible exposure to ticks. Blood tests may be used to help confirm the diagnosis.

What should I do if I find a tick?

Remove the tick as soon as possible.

Steps to remove a tick:

- Use fine-tipped tweezers
- Grasp the tick close to the skin
- Pull upward slowly and steadily
- Clean the bite area with soap and water



Avoid using methods such as burning the tick or applying substances like petroleum jelly, as these are not safe or effective.

Contact a healthcare provider if you develop symptoms after a tick bite.

How is it treated?

Lyme disease is usually treated with antibiotics for about 2–3 weeks. Early diagnosis and treatment help prevent complications.

What are the common symptoms?

Symptoms usually appear **3–30 days** after a tick bite.

Early symptoms may include:

- A red expanding rash (sometimes shaped like a bull's-eye)
- Fever
- Fatigue
- Headache
- Muscle or joint aches
- Swollen lymph nodes



If untreated, Lyme disease can spread and cause problems with the joints, heart, or nervous system.

How do I prevent tick bites?

- Wear long sleeves and long pants when outdoors
- Walk in the centre of trails and avoid tall grass
- Use insect repellent containing DEET or Icaridin
- Check for ticks after spending time outside

When should I contact a health care provider?

Contact a healthcare provider if you:

- Develop a rash or flu-like symptoms after a tick bite
- Feel unwell after spending time in areas where ticks may live
- Are unsure how to remove a tick or if part of the tick remains in the skin

JUNE 2026



Canada

West Nile Virus Fact Sheet

What is West Nile Virus?

A mosquito-borne infection found in many parts of Canada, especially during the summer and early fall.

How do people get it?

- Most commonly spread through the bite of an infected mosquito
- Rarely spread through:
 - Blood transfusion
 - Organ transplant
 - From mother to baby during pregnancy/breastfeeding
- **Not** spread by casual contact such as touching, coughing, or sneezing



How is it diagnosed?

A doctor or nurse practitioner may diagnose based on symptoms and possible exposure to mosquitoes. Blood tests may be used to help confirm the diagnosis.

How do I prevent it?

- Use insect repellent (e.g., DEET or icaridin) on skin
- Wear long sleeves, long pants, and light-coloured clothing when outdoors
- Keep doors closed and limit being outdoors at dawn and dusk, when mosquitoes are most active
- Remove standing water around your home (e.g., buckets, containers, birdbaths, clogged gutters, tires)
- Use mosquito netting over sleeping or resting areas when needed

How is it treated?

There is no specific treatment. Most people recover with fluids and rest.

What are the common symptoms?

Symptoms usually appear 2-14 days after a mosquito bite and may include:

- Fever
- Headache
- Body aches
- Skin rash
- Swollen lymph nodes
- Nausea or vomiting
- Diarrhea
- Eye pain or light sensitivity



Rarely, severe illness may cause neurological symptoms.

What do I do if I get sick?

- Rest and drink plenty of fluids
- Use over-the-counter medications for pain and fever medication as needed
- Monitor for worsening symptoms
- Seek medical care if symptoms are severe, worsen, or do not improve

When should I contact a health care provider?

Contact a healthcare provider if you have a:

- High fever
- Severe headache
- Neck stiffness
- Confusion or trouble thinking clearly
- Muscle weakness or paralysis

JUNE 2026



Canada

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**

