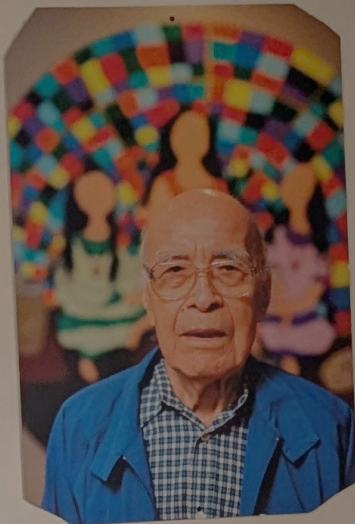




Norman Recollet Health Clinic Programming

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,



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 - 12 PM - Phone & Virtual Appts
(1-4 PM: only RN services are available).

*Closed daily from 12 - 1 PM for lunch.
Phones open Mon–Thu, 9 AM - 12 PM and
1 - 4 PM (no calls answered after 4 PM).*



Mental Health

Supporting Mental Health in Our Community

Mental health is an important part of overall wellness. Our Nurse Practitioner (NP) is able to make referrals to Social Worker Kevin McPhee, who provides on-site support focused on emotional well-being, coping strategies, and recovery.



and

Kevin is available four days each month: Every second Thursday and Wednesday per month. His areas of support include:

- Stress management,
- Building resilience,
- Reframing negative thought patterns,
- Addictions support.

- Changes in appetite, over eating,
- Physical aches, pains, or headaches,
- Thoughts of death or suicide.

What Helps?

- **Talking to someone.**
- **Therapy:** Cognitive Behavioral Therapy (CBT)
- **Medication:** Antidepressants, when appropriate.
- **Lifestyle supports:** Regular physical activity, Consistent sleep routines, Balanced nutrition, Staying socially connected.

For Seasonal Affective Disorder, additional supports may include: Light therapy, Vitamin D supplementation.

Bottom Line

Depression and Seasonal Affective Disorder are treatable conditions. Early support can make a significant difference. If symptoms persist, speak with a healthcare provider to explore the right plan for you. Help is available—and you don't have to face it alone.

During Winter Months Understanding Depression & Seasonal Affective Disorder (SAD)

Depression is more than just feeling sad. It is a persistent low mood that can interfere with daily life, relationships, and overall functioning. When depressive symptoms appear mainly during the winter months, it may be Seasonal Affective Disorder (SAD), a condition often linked to reduced exposure to sunlight.

Quick Facts

- Approximately 21 million adults experience major depression each year,
- About 5% of adults experience SAD annually,
- SAD symptoms typically last 4–5 months, beginning in autumn and improving in spring.

Common Symptoms of Depression

- Persistent sadness or feelings of hopelessness,
- Fatigue or low energy,
- Oversleeping
- Loss of interest in activities, social withdrawal,

When to Seek Help

If you or someone you know is experiencing a mental health crisis or is at risk of harm:

- Call or text 988 — Suicide & Crisis Lifeline,
- Text HOME to 741741 — Crisis Text Line,
- Call 911 or local emergency services if there is immediate danger,
- Support is available 24/7, and reaching out can save lives.

Signs of Vitamin D Deficiency

- **Frequent Illness:** Catching colds, flu, or infections often.
- **Slow Healing:** Wounds or bruises taking a long time to disappear.
- **Muscle Pain:** Unexplained muscle aches, weakness, or cramping.
- **Constant Fatigue:** Feeling exhausted despite getting enough rest.
- **Bone & Back Pain:** Dull aches in the bones, lower back, or hips.
- **Mood Changes:** Feelings of depression or “low” moods (common in winter).
- **Hair Loss:** Significant thinning or loss of hair.



HBHC Circle of Support

Historically, parenting in First Nations involved strong connections with extended family and community, where children are considered sacred gifts and raised with the support of grandparents, aunts, and other family members. However, modern families often live far from their traditional territories and communities, which can lead to a loss of these close-knit family ties and cultural connections. This shift has impacted the way families interact and support one another, emphasizing the importance of foster a sense of belonging and cultural identity.



Parents as first teachers

- 1. Bonding and Attachment:** building strong emotional connection with our child by responding to their needs, offering comfort, and showing love and care consistently.
- 2. Play and Interaction:** Engage in play and interactive activities that encourage learning and creativity, and emotional expression. Follow your child's lead and introduce age-appropriate games that teach sharing, patience, and empathy.
- 3. Establish Routines:** Create consistent daily routines to help children feel safe and secure. This includes regular sleep, meals, and play schedules.
- 4. Talk and Listen:** Communicate with your child, describe their surroundings and talk about feelings of others.
- 5. Provide a Safe Environment:** Baby-proof your home, ensure safe sleeping arrangements, and supervise your child to prevent accidents.
- 6. Encourage Connections:** Help your child build relationships with extended families and community through storytelling, cultural events, and traditional practices.
- 7. Teach Responsibility:** assign age-appropriate tasks to help children learn responsibilities and develop a positive self image.
- 8. Model Positive Behavior:** Be consistent, use kind and loving words, and guide your child's behaviour positively rather than punishing them.
- 9. Focus on Self Care:** Parents should prioritize their mental, physical and emotional well-being to better support their child's development.
- 10. Access Resources:** Utilize WFN Community support programs, parenting support, education materials to gain knowledge in fostering health development.

These 10 practices help children develop emotional resilience, self-regulation, problem-solving skills, and a sense of belonging, which are essential for their growth and well-being. Please reach out to book an appointment.



HBHC Program: Supporting Strong Families from the Very Beginning

The Healthy Babies Healthy Children (HBHC) program, funded by the Anishinabek Nation, provides prevention and early intervention supports and services for families with children from the prenatal stage up to six years of age. The program is designed to support families during the critical early years of a child's development, helping to lay a strong foundation for lifelong health and well-being.

At the heart of the HBHC program is a commitment to a holistic, culturally responsive, and strength-based approach. The goal is to assist all families in providing the best possible opportunities for healthy growth and development by recognizing family strengths, honoring culture, and responding to individual needs. Families are also supported through connections to community resources, referrals, and additional services when needed.

Youth Support



Developmental Support



Parenting Support



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

5 Tips for Happy, Healthy Babies

Respond With Love

Comforting your baby when they cry builds trust, security, and healthy emotional development.

Create Gentle Routines

Consistent sleep and daily routines help babies feel safe and support healthy growth.

Feed With Care

Follow your baby's hunger cues and offer nourishing feeds to support strong bodies and brains.

Play, Talk, & Connect

Talking, singing, reading, and tummy time help babies learn, grow, and bond with caregivers.

Care For Yourself, Too

When caregivers feel supported and rested, babies thrive.
Strong families build healthy beginnings.

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!

Health Promotion: Diabetes Prevention

Non-Nutritive Sweeteners & Sugar Alcohols in Diabetes Management



Non-nutritive sweeteners (NNS) and sugar alcohols are commonly used as alternatives to sugar to help reduce overall sugar intake. When used in moderation and alongside careful food label reading, these sweeteners can be helpful tools for people living with diabetes.

Non-Nutritive Sweeteners (NNS)

Non-nutritive sweeteners are sweetening agents that provide little to no calories or nutrients and are significantly sweeter than sugar. Because of this intense sweetness, only small amounts are needed. Common examples include aspartame, saccharin, sucralose, and stevia.

Benefits of NNS include:

- Minimal impact on blood glucose levels,
- Potential to reduce overall calorie intake,
- Considered safe when consumed within Health Canada's Acceptable Daily Intake (ADI).

NNS are commonly found in products such as diet soft drinks, sugar-free gum and candy, desserts, yogurts, medications, protein bars, breakfast cereals, sauces, and baked goods. Because NNS are often used in processed foods, it is important to always check the Nutrition Facts table and ingredient list to understand what you are consuming.

Sugar Alcohols

Sugar alcohols are low-calorie sweeteners that are neither sugars nor alcohols, despite their name. Common types include xylitol, sorbitol, and mannitol.

Sugar alcohols are only partially absorbed by the body, which means they generally have a smaller effect on blood glucose levels compared to regular

sugar. However, consuming large amounts can lead to digestive discomfort such as gas, bloating, or diarrhea.

To reduce the risk of side effects, it is recommended to limit sugar alcohol intake to no more than 10 grams per day. Checking food labels is essential, as sugar alcohols are most commonly found in sugar-free candies and similar products.

Important Considerations

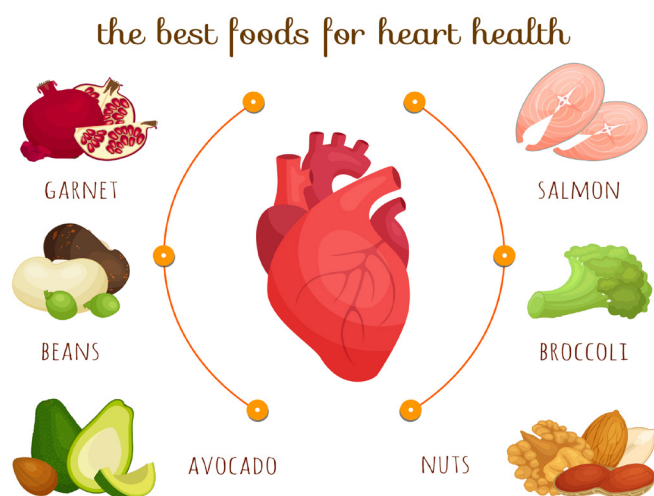
It is important to remember that “sugar-free” does not mean carbohydrate-free. For example, a cake made with a sugar substitute may still contain carbohydrates from ingredients like flour. These carbohydrates can still affect blood glucose levels.

Non-nutritive sweeteners and sugar alcohols are optional tools and are not required for effective diabetes management. Balanced meals, portion awareness, and overall dietary patterns remain key components of blood sugar control.

Key Takeaways

- NNS and sugar alcohols are safe when used within recommended limits,
- They have minimal impact on blood glucose levels,
- Reading nutrition labels is essential,
- Sugar alcohol intake should be limited to 10 g per day to avoid digestive issues.

For more information, visit Diabetes Canada and explore resources on sugars and sweeteners.



Health Promotion: B12 Vitamin Deficiency

Understanding Vitamin B12 and Folate Deficiency

What Are Vitamin B12 and Folate Deficiencies?

Vitamin B12 and folate (also known as folic acid) are two essential vitamins the body needs to function properly. A deficiency occurs when the body does not have enough of one or both of these vitamins. Some people may have a vitamin B12 deficiency, a folate deficiency, or both at the same time.

Why Are Vitamin B12 and Folate Important?

Vitamin B12 plays a vital role in the body. It is needed to produce healthy blood cells, including red blood cells, white blood cells, and platelets. Vitamin B12 also supports proper functioning of the nervous system.

Folate is equally important for cell growth and development. It is especially critical for people who are planning to become pregnant or who may become pregnant. Folate helps support normal fetal development during the early weeks of pregnancy. Without enough folate, a developing baby may be at risk for neural tube defects, such as a hole in the spine.

What Causes Vitamin B12 or Folate Deficiency?

Vitamin B12 or folate deficiency can occur for several reasons:

- Not getting enough from food: Folate is added to many grains and cereals, so most people receive enough through their diet. Vitamin B12 is found mainly in animal products such as meat, fish, eggs, and dairy. People who follow a vegetarian or strict vegan diet may need a vitamin B12 supplement.
- Problems with absorption: Some people eat foods containing these vitamins but cannot absorb or use them properly. This can occur due to medical conditions such as pernicious anemia, after weight-loss surgery, or as a side effect of certain medications. Absorption issues are more common with vitamin B12.

- Increased needs: Certain health conditions, including some types of anemia and skin diseases, can increase the body's need for folate.

What Are the Symptoms of Vitamin B12 and Folate Deficiency?

A deficiency in vitamin B12, folate, or both can lead to low blood counts, which can be identified through a blood test. Low blood counts may affect:

- Red blood cells (anemia): This can cause fatigue, weakness, headaches, or shortness of breath, especially during physical activity,
- White blood cells: Low levels can increase the risk of infections,
- Platelets: Low platelet counts can increase the risk of bleeding.

Vitamin B12 deficiency can also affect the nervous system, leading to symptoms such as tingling or numbness in the hands or feet, difficulty walking, mood changes, memory problems, or trouble thinking clearly.

During pregnancy, folate deficiency can prevent proper fetal development and may result in serious birth defects affecting the spine and back.

When Should You See a Health Care Provider?

You should see a doctor or nurse if you experience any of the symptoms listed above. Early diagnosis and treatment are important to prevent complications.

How Are Vitamin B12 and Folate Deficiencies Diagnosed?

Vitamin B12 and folate deficiencies are diagnosed through blood tests. If a deficiency is found, additional tests may be done to determine the underlying cause, such as a medical condition or absorption issue.

How Are Vitamin B12 and Folate Deficiencies Treated?

Vitamin B12 deficiency is treated by replacing vitamin B12, either through injections or oral supplements, depending on individual needs. Folate deficiency is treated with folic acid supplements taken as pills. Health care providers will also address the underlying cause of the deficiency when possible.

Can Vitamin B12 and Folate Deficiency Be Prevented?

Yes. Eating a balanced diet can help prevent these deficiencies:

What If You Are Planning to Get Pregnant?

If you are planning a pregnancy, start taking a multivitamin that contains folic acid or folate at least one month before trying to conceive. Choose a supplement with at least 400 micrograms of folic acid. A doctor or nurse can help you choose the right multivitamin for your needs.

Vitamin B12 sources:

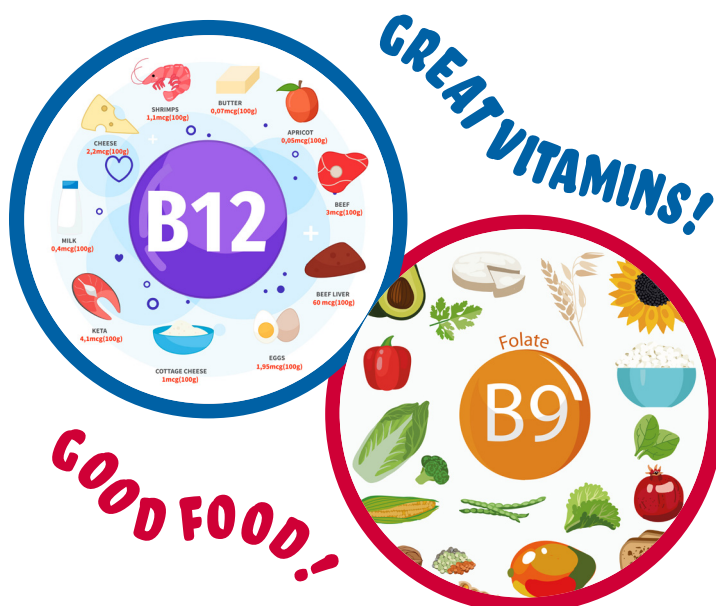
Meat, fish, eggs, milk, and other animal products. People who follow a vegan diet should take a vitamin B12 supplement.

Folate sources:

Fruits, green leafy vegetables, and foods made from fortified grains such as bread and cereals.

Special considerations:

People who have had weight-loss surgery often need ongoing vitamin supplementation, especially vitamin B12. A health care provider can help determine appropriate supplements.



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

STOP BULLYING

February 21, 2026 #PinkShirtDay



7 Signs Your Child Might Be Experiencing Bullying

Bullying continues to be a major problem across the country. The National Center for Education Statistics reports that one out of every five students reports being bullied, although many people do not admit to it occurring, so bullying might be even more prevalent than statistics indicate. The primary reasons for being bullied include physical appearance, race/ethnicity, gender, disability, religion, and sexual orientation.

In the past, bullying may have ceased when students left school. But since the internet and digital devices provide round-the-clock exposure and access, bullying now takes places even after school hours through social media posts and texts. Students who experience bullying may be susceptible to anxiety, depression, sleep difficulties, lower academic achievement, and dropping out of school, says the Centers for Disease Control and Prevention.

Discovering the signs of bullying early on may help students get the help they need. Parents and other adults may not be sure how to identify signs a child is being bullied. Here are seven signs that could indicate a child is being bullied.

1. Reluctance to go to school: Students being bullied may make excuses to stay home, such as saying they are sick. Frequent calls from the school nurse for early pickups also may occur.

2. Mood changes: Children may appear sad, moody, teary, or depressed more often than usual.
3. Changes in friendships: Loss or changes of friends could be signs of bullying. A reluctance to hang out in a once familiar social circle could signal bullying is taking place within that group.
4. Bad dreams or trouble sleeping: Bullying could cause worry at night or subconsciously while a child is dreaming, interrupting sleeping patterns.
5. Intense emotional reactions: Intense emotional reactions to school or social activities could be indicators that bullying is occurring. Although children may not always be able to articulate their feelings, excessive emotions concerning certain topics may be red flags.
6. Signs of physical abuse: By and large a majority of bullying tends to lean toward the verbal and emotional. However, RaisingChildren.net, an Australia-based parenting website, reports bruises, cuts, scratches, torn clothing, or missing property might be indicators of physical bullying.
7. Withdrawal from devices: Students being bullied online or over social media may decide not to use mobile phones or gaming systems as frequently as they once did.

Maintaining an open dialogue with a child may help him or her feel more comfortable, which can lead to the child sharing details of bullying at school or elsewhere.

Health Promotion: Heart Health & Wellness

Symptoms of common heart conditions

Cardiovascular diseases (CVDs) are the leading cause of death around the world, indicates the Centers for Disease Control and Prevention. Globally, CVDs were responsible for around 19 million deaths in 2022. In the United States, heart disease affects around 128 million adults. Learning to recognize symptoms of potential heart conditions can ensure people know when to take action that may prevent further problems down the road.

Heart conditions can present in many ways, and symptoms of various conditions can overlap. This general guide, based on data from the Mayo Clinic and the Cleveland Clinic, serves as a warning and not a diagnosis. Those with any sudden, severe or “not right” symptoms are urged to seek immediate medical attention.

- **Coronary artery disease:** CAD can result in chest pain (angina), often with exertion. Shortness of breath, fatigue, and pain that may radiate to the arm, jaw, neck, or back are possible.
- **Myocardial infarction (heart attack):** A heart attack can produce different symptoms in men and women, so it's best to treat any out-of-the-ordinary signs with caution. Intense chest pressure or squeezing; pain spreading to arms, jaw, back, or stomach; shortness of breath; nausea; cold sweats, lightheadedness; fatigue; or back pain merit medical attention.
- **Heart failure:** Those experiencing heart failure may have persistent shortness of breath; swelling in legs, feet or abdomen; rapid weight gain from fluid retention; fatigue; and difficulty lying flat due to breathing trouble.
- **Arrhythmia (irregular heartbeat):** Irregular heartbeat can lead to palpitations or fluttering of the heart; dizziness or fainting; shortness of breath; chest discomfort; and fatigue.
- **Atrial fibrillation (AFib):** AFib is an irregular and often rapid heart rhythm that starts in the heart's upper chambers. It can cause fast heartbeat; fatigue; shortness of breath; dizziness; and chest discomfort.

Heart conditions can lead to a variety of symptoms, many of which will overlap. For a thorough diagnosis, it is best to first see a primary care physician, who may then refer patients to a cardiologist.



HEALTHY HEART WORD SEARCH

AEROBIC
ARRHYTHMIA
ARTERIES
ATHEROSCLEROSIS
BEATS
BLOOD
CARDIAC
CARDIOVASCULAR

CHOLESTEROL
CIRCULATION
CORONARY
ENDURANCE
EXERCISE
HEALTHY
HEART
HYPERTENSION

INFLAMMATION
MUSCLE
PLAQUE
PULSE
STRESS
STROKE
VALVES
VEINS

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

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



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 of 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

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**

