



**Services available in the community**

Family Support  
Pic River Health Centre  
807-229-1836 ext 612

**Elders - Spiritual teachers**

Community Health Nurse  
Pic River Health Centre  
807-229-1836 ext 609

Addiction Services  
Pic River Health Centre  
807-229-1836-604

Social Services  
Pic River Health Centre  
807-229-1836 ext 606

Pic River Holistic Healing Centre  
807-229-3592

**Services Outside of Community:**

Marathon Family Health Team  
807-229-3243

Julie Voit RSW, Ph.D  
Mental Health Counselor  
807-622-3995

Wilson Memorial General Hospital  
Marathon, Ontario  
807-229-1740

North of Superior Programs  
Mental Health Counselors  
51 Peninsula Rd, Marathon, Ontario  
807-229-0607

Mental Illness Support Network  
52 Peninsula Rd, Marathon, Ontario  
807-229-0357

Thunder Bay District Health Unit  
22 Peninsula Road, Marathon, Ontario  
807-229-1820



# DIABETES

in the Aboriginal Community



**Pic River First Nation Health Centre**

This project is made possible by funding by Pic River Health Centre & The Northern Diabetes Health Network.

# Pic River First Nation

## Community Mobilization for Diabetes Prevention

### Vision

The community of Pic River first Nation is a healthy vital community. Learning from our individual and collective history, and steeped in our teachings and values we promote a holistic, culturally-based lifestyle. All community members strive to live in harmony with Mother Earth, to respect individuality and diversity, and to practice our beliefs and traditions. All community members participate in physical activity on a regular basis and maintain healthy eating habits. All community members are encouraged to participate in personal healing opportunities we are committed to continue to work for the ultimate vision that future generations are diabetes free.

### Goals

#### Physical Activity

- The community of Pic River First Nation is provided with opportunities and a foundation to be healthy, physically active role models for the Pic River First Nation.
- All staff and students of the Early Childhood Learning Centre and the Education Department will work towards meeting recommended levels of physical activity as set by Canada's Physical Activity Guide.
- Pic River First Nation departments host a monthly physical activity event for the community on a rotating basis.

### Healthy Eating

- A healthy eating awareness program is delivered to all children, youth, adults, and elders of Pic River First Nation.
- There is a program of policies and procedures that support Pic River Healthy food choices using the resources of Pic River First Nation programs and staff
- There will be a Pic River First Nation community garden (that is used by 5% of the community members).

### Positive Attitude

- Pic River First Nation departments will work together to deliver four holistic, seasonally-themed community events per year which will increase awareness towards becoming a well balanced community.
- Pic River First Nation community members are encouraged to participate in programs that result in empowerment.
- The diabetes prevention committee will acknowledge and recognize Pic River First Nation role models at the four holistic seasonally themed events.