

Aboriginal Head Start on Reserves - Atlantic Region

Address Aboriginal Head Start on Reserves - Atlantic Region
Maritime Centre, 18th Floor, 1505 Barrington Street
Halifax, Nova Scotia B3J 3Y6

Contact: Maureen E. Collins

Telephone: 902-426-6583 **Website:** www.hc-sc.gc.ca

Fax: 902-426-8675 **E-Mail:** maureencollins@hc-sc.gc.ca

Description:

The Aboriginal Head Start On Reserve initiative is designed to prepare young First Nations children for their school years, by meeting their emotional, social, health, nutritional and psychological needs.

This initiative is intended to encourage the development of projects that are comprised of the following program components: culture and language, education, health promotion, nutrition, social support and parental involvement.

This initiative will encourage the development of locally controlled projects in First Nation communities that strive to instill a sense of pride, a desire to learn, provide parenting skills, foster emotional and social development, increase confidence, and improve family relationships.

It is also designed to assist parents in enhancing their skills which contribute to their child's healthy development.

Afton First Nation

Address Afton First Nation
R.R. #1
Afton, Antigonish County, Nova Scotia B0H 1A0

Contact: Juliana Julian, Community Health Representative Clerk

Telephone: 902-386-2048/2991 **Website:**

Fax: 902-386-2523 **E-Mail:** aftonmedical@ns.sympatico.ca

Description:

Most local people attend a Diabetes Clinic at the regional hospital 15 minutes away. We do education, screening and home visits for new clients, awareness promotion, foot care clinic, pre-natal education, cholesterol and glucose clinic.

Annapolis Valley First Nation

Address Annapolis Valley First Nation
Box 89
Cambridge, Nova Scotia B0P 1G0

Contact: Lisa Bowler, Community Health Nurse

Telephone: 902-538-1444 **Website:**

Fax: 902-538-1353 **E-Mail:**

Description:

We hold monthly foot clinic for all people living with diabetes and those at risk, dDietitian services, monthly glucose screening and drop-in anytime, pre-natal education with incentives for early contact, one-on-one and groups when necessary. We hold an annual Diabetic Fair in cooperation with the local hospital Diabetic Clinic, exercise sessions (10 weeks at a time) with step and mat work, nutrition programs, awareness promotion, traditional herb and medicine workshop and support group.

Bear River First Nation Health Centre

Address Bear River First Nation Health Centre
PO Box 210
Bear River, Nova Scotia B0S 1B0

Contact: Muriel F. Goguen, Registered Nurse, Community Health Nurse

Telephone: 902-467-4197 **Website:**

Fax: 902-467-0951 **E-Mail:**

Description:

We conduct screening for diabetes twice a year at the Health Centre. The nurse follows up by visiting diabetes patients in their homes on a monthly basis. We go into the school twice a year to give a presentation on diabetes followed by a general quiz to the students 7 to 15 years of age. Pamphlets, posters and videos are available at the Health Centre and once a year we distribute these through a general mailing to every family in the community. Fitness and nutrition programs, school diabetes program, foot care clinic, support group, glucose monitoring and pre-natal education.



Eskasoni Health Centre



Address Eskasoni Health Centre
Box 7745
Eskasoni, Nova Scotia B1W 1B3

Contact: Annie Denny - Community Health Representative, Patricia Steele – Registered Nurse,
Mary Basque - Community Health Representative or Anita MacKinnon - Dietician

Telephone: 902-379-3200 **Website:** www.eskasonihealth.ca

Fax: 902-379-2421 **E-Mail:** info@eskasonihealth.ca

Description:

Our clinic is open daily five days a week 8:30a.m. - 4:00p.m. We provide education sessions in diabetes complications, general diabetes care, monitor blood pressure, blood glucose and cholesterol levels. Fitness and nutrition programs, walking club, foot care clinic, pre-natal education, physician referrals, patient education and workshops held on a monthly basis.

Mikmaq First Nation Healing Society

Address Mikmaq First Nation Healing Society
2209 Bishopville Road, RR # 1
Hansport, Nova Scotia B0P 1P0

Contact: Gail Smith, Coordinator

Telephone: 902-684-0104 **Website:** www.aboriginaldiabetes.ca

Fax: 902-684-0169 **E-Mail:** info@aboriginaldiabetes.ca

Description:

We have a healthy living club that meets bi-weekly, workshops on various topics, as required. We have an out reach program, where we go to the homes of people who cannot make it out for workshops.

Pictou Landing First Nation

Address Pictou Landing First Nation
R.R. #2, Trenton, Box 55 Site 6
Pictou Landing, Nova Scotia B0K 1X0

Contact: Darlene Bachiri or Michelle Franus Denny, Community Health Representatives
Denise Connors, Community Health Nurse

Telephone: 902-752-0085 **Website:**

Fax: 902-752-6465 **E-Mail:** darlene.chr@pchg.net

Description:

We work with the Hospital Diabetes Program for referrals for people with Diabetes. We have different workshops every month with different themes. Organize walks, walking clubs, fitness programs, nutrition programs, awareness promotion, foot care clinics, support group, glucose monitoring, breakfast and lunch programs and pre-natal education (CHR).

Waycobah First Nation

Address Waycobah First Nation
Box 149
Whycocomagh, Nova Scotia B0E 3M0

Contact: Elaine Rankin, Health & Welfare Director

Telephone: 902-756-2156 **Website:**

Fax: 902-756-3263 **E-Mail:** elaine.rankin@ns.sympatico.ca

Description:

We hold monthly support diabetes clinics where blood sugar results are reviewed, blood pressure, cholesterol, and weight is monitored. We offer reminders regarding eye exams, dental, medical alert bracelets. Dietitian is present at clinics. We offer one-to-one insulin instruction and group meetings with MD, CHN and client regarding planning care. Nutrition program, awareness promotion, foot care clinic, support group and pre-natal education.