Aboriginal Head Start on Reserves - Quebec Region

Address Aboriginal Head Start on Reserves - Quebec Region
Guy Favreau Complex, East Tower, 2nd Floor, 200 Rene Levesque Blvd
Montreal, Quebec H2Z 1X4

Contact: Robert Young, Regional Consultant

Telephone: 514-283-0618 **Website:** www.hc-sc.gc.ca

Fax: 514-283-8067 **E-Mail:** robert_young@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.

Ata'karitehtshera Vitality Activity Program (Kateri Memorial Hospital)

Address Ata'karitehtshera Vitality Activity Program (Kateri Memorial Hospital)
Box 10
Kahnawake, Quebec J0L 1B0

Contact: Lidia deSimone, Community Health Nurse
Kateri Delisle-Riddell, Fitness Leader

Telephone: 450-638-3930 **Website:**

Fax: 450-638-4634 **E-Mail:**

Description:
Targeted for adults who may have difficulty starting or maintaining a regular fitness routine because they may be challenged by health problems, they are new to exercise or de-conditioned, they may have no desire or are unable to attend mainstream fitness activities because they are too difficult. Participants learn to involve themselves safely and comfortably in physical activity. Emphasis is placed on learning safe activity practices, building motivation to maintain a fitness program, and facilitating support within the group.

Betsiamites

Address Betsiamites
2 rue Ashini
Betsiamites, Quebec G0H 1B0

Contact: Lisa Picoutlaigan, Community Health Representative

Telephone: 418-567-2241 **Website:** www.pessamite.ca

Fax: 418-567-8542 **E-Mail:** conseil@pessamit.ca

Description:
Home visits are made to treat on a one-on-one basis. We have an Annual Health Fair. This project's target group is "everyone" in general. All involved, including the CHR, deal with activities regarding diabetes. Nutrition program, school diabetes program, awareness promotion, traditional herb/medicine workshops, foot care clinics, support group, community kitchens, recipe exchanges, glucose monitoring, breakfast/lunch programs and pre-natal education.

Cree Nations of the Eeyou Ischee / Cree Board of Health and Social Services of James Bay

Address Cree Nations of the Eeyou Ischee / Cree Board of Health and Social Services of James Bay
277 Duke Avenue, #201
Montreal, Quebec H3C 2M2

Contact: Paul Linton, Program Manager

Telephone: 418-923-2500 ext 32 **Website:**

Fax: 514-861-2681 **E-Mail:**

Description:
Our prevention and promotion activities are ongoing, especially with the groups on the community level called Cree Diabetes Network. Plans are in place to do more prevention-type activities. Sadie's Walk, nutrition program, school diabetes program, foot care clinic and pre-natal education. Cover Whapmagoostui, Chisasibi, Wemindji, Eastmain, Waskaganish, Nemaska, Oujebougoumou, Waswanipi and Mistissini regions.

Diabetes Quebec

Address Diabetes Quebec
8500 Pie tx, Office 300
Montreal, Quebec H1N 4G2

Contact: Louise Tremblay, Nurse

Telephone: 514-259-3422 **Website:** www.diabete.qc.ca

Fax: 514-259-9286 **E-Mail:** info@diabete.qc.ca

Description:
Mission:

- Educate
- Foster research
- Inform, promote awareness
- Provide services
- Act as an advocate for the social and economic interests of people with diabetes

Eagle Village First Nation

Address Eagle Village First Nation
3 Ogima Street
Kipawa, Quebec J0Z 2H0

Contact: Tina Chevrier, Community Health Representative

Telephone: 819-627-9060 **Website:**

Fax: 819-627-1885 **E-Mail:**

Description:
Community Diabetes projects include 2 screening clinics per year for blood glucose, cholesterol and blood pressure. Monthly newsletter articles and healthy recipes. Foot care and dietician services at the Health Centre. Diabetes clinics for monitoring. Healthy snacks program for workshops. Resource materials and workshops. We do not have a Diabetes worker therefore all health programs incorporate “diabetes prevention” in their programs. Walking clubs, awareness promotion and pre-natal education.

Ekuanitshit Health Centre

Address Ekuanitshit Health Centre
PO Box 357
Mingan, Quebec G0G 1V0

Contact: Elaine Beaudet, Nutritionist

Telephone: 418-949-2300 **Website:**

Fax: 418-949-2328 **E-Mail:** mmederick@hotmail.com

Description:
A lot of prevention is done via the nutritionist. Our Aboriginal Diabetes Initiative (ADI) program gives us ideas for activities that have been done during the past year for prevention of diabetes. Nutrition program, awareness promotion, community kitchen, glucose monitoring and pre-natal education.

First Nations of Quebec and Labrador Health & Social Services Commission

Address First Nations of Quebec and Labrador Health & Social Services Commission
250 Place Michel Laveau
Wendake, Quebec G0A 4V0

Contact: Francine Vincent, Diabetes Coordinator

Telephone: 418-842-1540 **Website:** www.cssspnql.com

Fax: 418-842-7045 **E-Mail:** fvincent@cssspnql.com

Description:
"Empowering Words of First Nations Women", a manual that speaks about life, health and diabetes. It presents diabetes in a context that is deeply rooted in the realities experienced by Aboriginal women. This manual is an excellent working tool that sets out the basic organizing principles for setting up and facilitating discussion circles.

Kahnawake Schools Diabetes Prevention Project

Address Kahnawake Schools Diabetes Prevention Project
PO Box 989
Kahnawake Territory, Quebec J0L 1B0

Contact: Rhonda Kirby,
Joyce Rice or
Dr. Ann Macaulay

Telephone: 450-635-4374 **Website:** www.ksdpp.org

Fax: 450-635-7279 **E-Mail:** info@ksdpp.org

Description:
The Kahnawake School Diabetes Prevention Project (KSDPP) is one of the first community based projects for the Primary Prevention of Diabetes in North America. The long term goal of the project is to decrease Diabetes through increasing healthy eating and physical activity among the children and youth. Organize walks, fitness programs, nutrition programs, awareness promotion (traveling booth), school wellness workshops, foot care clinics, glucose monitoring, breakfast/lunch programs, school canteen support and cooking classes for students.

Kanesatake Health Centre

Address Kanesatake Health Centre
12 Joseph Swan Road
Kanesatake, Quebec J0N 1E0

Contact: Iliana Lauriston, Head Nurse

Telephone: 450-479-6000 **Website:**

Fax: 450-479-8313 **E-Mail:** donna3@bellnet.ca

Description:
An elder is trained in lactation support. She makes herself available 24 hours a day, seven days a week for new mothers to promote breast feeding. Since implementation of this program, rates and duration of breast-feeding has increased. School diabetes program and pre-natal support group.

Kawawachikamach

Address Kawawachikamach
PO Box 5154
Kawawachikamach, Quebec G0G 2T0

Contact: Catherine Boudin, Nutritionist

Telephone: 418-585-2110 **Website:**

Fax: 418-585-3126 **E-Mail:** mary_guanish@ssss.gouv.qc.ca

Description:
Diabetes Walk every year in May and Diana's Day every year in September. Nutrition programs, school diabetes program, awareness promotion, traditional herb/medicine workshops, foot care clinics, community kitchen, glucose monitoring, breakfast/lunch programs (School).

Kitigan Zibi Health and Social Services

Address Kitigan Zibi Health and Social Services
8 Kikinamage Mikan, Box 160
Maniwaki, Quebec J9E 3B4

Contact: Eliza McGregor, Community Health Representative

Telephone: 819-449-5593 **Website:**

Fax: 819-449-7411 **E-Mail:**

Description:
We have a Diabetes Support Group bingo with healthy prizes. We participate and facilitate berry picking and ice fishing. We have a diabetes newsletter on various topics and questionnaires. The person with the correct answers will win a cook book. We also have a dental information booth and a Diabetes and Heart booth. We have a weight loss clinic. Recipes for Indian medicine. We also have someone come in to do messages for arthritis and exercise program, organize walks, nutrition programs, awareness promotion, traditional herb/medicine workshops, support groups, recipe exchanges, glucose monitoring and pre-natal education.

Listuguj Community Health Services

Address Listuguj Community Health Services
PO Box 364, 6 Pacific Drive
Listuguj, Quebec G0C 2R0

Contact: Patricia Gray, Community Health Representative

Telephone: 418-788-2155 **Website:**

Fax: 418-788-3155 **E-Mail:**

Description:
Daily, sugar-free breakfast is served at school to 270 students. There is a group of elders who swim, lift weights, and walk at the gym daily. We have over 100 people living with diabetes who do their own glucose monitoring at home. Organize walks, fitness and swimming programs and breakfast and lunch program.

Long Point First Nation

Address Long Point First Nation
207 Pawatig Mikana
Winneway, Quebec J0Z 2J0

Contact: Nancy Gaddet, Community Health Representative

Telephone: 819-722-2440 **Website:**

Fax: 819-722-2768 **E-Mail:**

Description:
We promote awareness through our local radio station. Guest speakers are invited to speak on nutrition and diet, and complications of diabetes. Our support group meets once a month at the Elders Center. Glucose monitoring is done both at the Health Centre and through home visits. Our nurse is in training to do foot care for diabetics, community kitchens, recipe exchanges, breakfast and lunch programs.

Manawan-Opitciwan-Wemotaci

Address Manawan-Opitciwan-Wemotaci
3500 Bordeaux
Montreal, Quebec H2K 3Z3

Contact: Genevieve Mercille, Nutritionist

Telephone: 514-523-0690 **Website:**

Fax: 514-523-1420 **E-Mail:** genevievemercille@sympatico.ca

Description:
Since September 2000 a regional focus group on diabetes made up of diabetics and members of health services like community health representatives has been set up. They have a multi-dimensional program (promotion, prevention, treatment) using a holistic approach. Primary objectives: includes diabetes and healthy behavior.

Mashteviatsh

Address Mashteviatsh
1743, rue Amishk
Mashteviatsh, Quebec G0W 2H0

Contact: Johanne Philippe

Telephone: 418-275-2473 ext 354 **Website:** www.mashteuiatsh.ca

Fax: 418-275-4570 **E-Mail:** info@masehteuiatsh.ca

Description:
Conferences on general population on how to prevent diabetes and/or how to take care of diabetes. We offer teaching about all aspects of the disease to the diabetics. The teaching courses are divided into nurse-dietitian-physician. There are close follow-ups by the team of health professionals. Organize walks, nutrition programs, awareness promotion, foot care clinics, support group, community kitchens, glucose monitoring and pre-natal education.

Matimekush

Address Matimekush
PO Box 549

Schefferville, Quebec G0G 2T0

Contact: Ben Mohamed, Registered Nurse In Charge
Robert Madden, Director Social & Health Services

Telephone: 418-585-2667 **Website:**

Fax: 418-585-2890 **E-Mail:** benjazlo5@hotmail.com

Description:
We are currently working on an ecological garden project that includes walking paths to promote physical activity, good nutrition and herbal medicines. We also have a School diabetes program, community kitchen, recipe exchange and glucose monitoring.

Mistissini Clinic

Address Mistissini Clinic
395 Mistissini Boulevard
Mistissini, Quebec G0W 1C0

Contact: Helen Iserhoff, Community Health Representative

Telephone: 418-923-3376 **Website:**

Fax: 418-923-3240 **E-Mail:**

Description:
Information not available at this time

Odanak

Address Odanak
105 Sibosis
Odanak, Quebec J0G 1H0

Contact: Deny Obomssawim, Health Director

Telephone: 450-568-6766 **Website:**

Fax: 450-568-6717 **E-Mail:**

Description:
We currently have a conference for the general public followed by a series of workshops, nutrition program, awareness promotion, community kitchen, recipe exchange, glucose monitoring and information workshops.

Pikogan Health Centre

Address Pikogan Health Centre
35 Migwan
Pikogan, Quebec J9T 3A3

Contact: Alice Jerome

Telephone: 819-732-9096 **Website:**

Fax: 819-732-9824 **E-Mail:**

Description:
Our project has existed for just over four years. The doctor, nutritionist, nurse, CHR, sometimes a psychologist work together as a team. Our objective for the coming year is to do a prevention program in the schools, organize walks and walking clubs, fitness and nutrition programs, traditional herb/medicine workshops, foot care clinic, community kitchen and recipe exchanges, breakfast and lunch program and pre-natal education.

Puvirnituq

Address Puvirnituq
General Delivery
Puvirnituq, Quebec J0M 1P0

Contact: Carole Beaulne

Telephone: 819-988-2957 **Website:**

Fax: 819-988-2639 **E-Mail:** carole.beaulne@ssss.gouv.qc.ca

Description:
Pivaliatisijiit (Vitality) a 12 week program on prevention which meets twice a week for 1 hour of exercises, 1 hour of nutrition and vitality modules. Intervention once a week in a grocery store from 2:00 to 4:00 pm.

The Kidney Foundation of Canada

Address The Kidney Foundation of Canada
300-5165, Sherbrooke Street West
Montréal, Quebec H4A 1T6

Contact: Marlene Shoucair, Director, National Communications

Telephone: 514-369-4806 **Website:** www.kidney.ca

Fax: 514-369-2472 **E-Mail:** webmaster@kidney.ca

Description:
An estimated 2 million Canadians have kidney disease, or are at risk, particularly people with high blood pressure, diabetes or heart disease. Members of certain ethnic groups are also at higher risk. These include people of Aboriginal, Asian, South Asian, Pacific Island, African/Caribbean and Hispanic origin. But with few warning signs or symptoms, kidney disease often goes undetected.

The Kidney Foundation of Canada, through its network of 13 Branches and 52 Chapters, helps people to manage, delay and even prevent kidney disease by raising awareness of treatment options, appropriate lifestyle choices, and the importance of early detection. Through public initiatives, we are increasing understanding of the vital role kidneys play in overall health, disease warning signs and the rewards of organ donation. The Kidney Foundation of Canada is a national, volunteer organization dedicated to improving the health and quality of life of people living with kidney disease. Supported by the public and responsive its beneficiaries, the Foundation:

- Funds research and related clinical education;
- Provides services for the special needs of individuals living with kidney disease;
- Advocates for access to high quality health care; and,
- Actively promotes awareness of and commitment to organ donation.

Timiskaming First Nation Diabetic Support Group

Address Timiskaming First Nation Diabetic Support Group
14 Algonquin Avenue, Box 370
Notre Dame Du Nord, Quebec J0Z 3B0

Contact: Colleen Polson

Telephone: 819-723-2260 **Website:**

Fax: 819-723-2272 **E-Mail:**

Description:
Organize walks, walking clubs, Sadie's walk, fitness programs, nutrition programs, school diabetes program, awareness promotion, traditional herb / medicine workshops, foot care clinics, support group, community kitchens, recipe exchanges, glucose monitoring, breakfast and lunch programs and pre-natal education.

Unamen Shipu Health Centre

Address Unamen Shipu Health Centre
Rue Principale
La Romaine, Quebec G0G 1M0

Contact: Jean-Marc Langlois, Diabetes Program Coordinator

Telephone: 418-229-2166 **Website:**

Fax: 418-229-2234 **E-Mail:**

Description:
There are regular follow-ups on all diabetics by a nutritionist. School diabetes prevention program, awareness promotion, support group, glucose monitoring, diabetes camp and pre-natal education.