

NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Anniversary of Thunder Bay and District Flood and New Health Care Investment



Please Join Us

NorWest Community Health Centres is Celebrating the **Volunteer Recognition**, in conjunction with the **Annual General Meeting** of the NWCHCs Board of Directors.

Date: Tuesday, June 25, 2013 • Time: 5:00pm to 6:00pm

Place: NorWest Community Health Centres - Kam Rm (2nd flr)
525 Simpson Street, Thunder Bay, ON P7E 4Y3



Please RSVP to Executive & Communications Assistant, Kelly Binette, at
kbinette@norwestchc.org or **807-626-8488** by June 15, 2013

Every One Matters.

Supported by:



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North West Local Health
Integration Network

One Year Anniversary of the Flood

By Wendy Talbot,

CEO of NorWest Community Health Centres

On May 28th of last year heavy rains and a flooded Water Treatment Plant in the East End of Thunder Bay, altered the lives of hundreds of people. The anniversary of that event has left us thinking about those people most affected by the loss of their homes, possessions and security. For those of us not directly impacted by the flood waters, by the sewage back up in basements, by the act of moving out of your home, it is perhaps easy to forget the devastation experienced by so many.

Some people are still recovering from the loss a year ago. We hear about compensation difficulties, homes still in disrepair and people still displaced. While people continue to work to recover from the flood of 2012,

I want to again thank all those individuals, groups and organizations who “stepped up” to help. Many in our community volunteered and did extraordinary tasks to help those in need. It speaks well of a community that will, when tragedy and crisis occur, put aside their own comfort to help others.

Every One Matters. It is not simply a tag line it is a belief and principle of Community Health Centres in the province.



NorWest CHCs Mobile Health Services and staff on site at St. Peter's Church during the flood tragedy.



New Health Care Investment Will Help the District

NorWest Community Health Centres provides primary and health care and education to people and communities in the District of Thunder Bay. On May 21, 2013, M.P.P's Bill Mauro and Michael Gravelle announced that the government is investing in a building capital project that will significantly expand the Thunder Bay site.

parenting programs, access to diabetes health education, seniors programming and supports to name a few. A 2012 study from the Institute of Clinical evaluative studies found that NorWest CHC was 45% more effective than other primary care models in keeping people out of emergency departments.

This multi-million dollar building expansion will facilitate increased efficiencies in service, and provide a safer, more effective environment for clients and staff. This addition will help increase the capacity to partner with other organizations and serve communities within the District of Thunder Bay.

Chief Executive Officer, Wendy Talbot, says **“this is a significant**

investment, not only for the city of Thunder Bay, but also

for the District. Rural communities and partners will continue to benefit from Mobile Health Services that are based out of the Thunder Bay Site. We will now have adequate space to house the many programs we offer”. The expansion will include much needed exam rooms for our primary health services, program facilities for chronic disease management, health promotion initiatives including



NorWest CHCs Board of Directors Chair, Nancy Black, NorWest CHCs CEO, Wendy Talbot and M.P.P. Bill Mauro during the funding announcement event at NorWest Community Health Centres on May 21, 2013.

“CHCs can play a huge role enabling the province’s new action plan to make Ontario one of the healthiest places to grow up and grow old,” said Wendy Talbot.

Wendy Talbot sincerely thanks Minister Gravelle and M.P.P. Bill Mauro for their support and dedication to this project.

2013 Board of Directors

Dale Ashbee
Nancy Black
Sue Childs

Joanne St. Germain
Armand Giguere
Lisa Hadland

Susan Jones
Lori Livingston

Huguette Marchak
Lynn Peterson

Access NorWest

A New Way to Access your Health Care Provider

NorWest Community Health Centres, **Thunder Bay** and **Longlac** site continue to work towards increasing access to health care through an initiative called **Access NorWest**.

Staff and clients are excited that with this innovative way of scheduling appointments as we are able to offer clients medical appointments when needed with their health care provider on either the same day you call, or, within a few days of calling the centre.

Why Change?

There are a number of reasons for

introducing this new way of scheduling medical appointments:

- 1) We want to have your health care provider available when you need it
- 2) We want you to see your health care provider because they know you best
- 3) We want to reduce the time it takes for you to receive health care

Access NorWest has started with many of our Nurse Practitioners at the Thunder Bay site with our Physicians soon to follow. Our Longlac health care providers will be commencing this new way of

scheduling in September 2013.

Our goal is to provide an appointment when you need it; on occasion your health care provider may still schedule an appointment for you.

If you have any questions or concerns regarding this new scheduling system please call NorWest Community Health Centres at (807) 622-8235.

What's new
at my CHC?



NorWest CHCs **True Blue Health Crew** team participating in the Relay for Shelter. The event took place from May 31st to June 2nd. For more information, please contact Shelter House Thunder Bay at 807-623-8182 or events@shelterhouse.on.ca

Cooking with Assistance

This new program has just recently started at the **Longlac site**, and is facilitated by Community Health Workers, Rebecca Adams and Danielle Berard. This program covers cooking on a low budget, health-related information, physical activity and discussions about challenges that some people with difficulties may experience. Cooking takes place where the participants learn to make recipes

they can replicate at home. Every One Matters in our community is always our goal! For more information please contact Rebecca or Danielle at 807-876-2271.



The Other 10% - An LGBTQ Youth Community Group

By **Julia MacArthur**
Member of the Other 10%

The Other 10% is a group open to all LGBTTIQ+ Questioning people between the ages of 12 and 25. The focus of our group is on acceptance, regardless of sexual orientation and gender identity. The Other 10% started meeting in November 2011. LGBTTIQ+ is an acronym for lesbian, gay, bisexual, transgender, two-spirited, intersex, queer and questioning (LGBTTIQ).

Latest News: The Other 10% are the proud recipients of the United Way's Youth 4 Community grant! We have received \$2500 for programming that we otherwise would not have been able to do!

Awards: "I am so excited that the Other 10% was awarded the 2012 Mayor's Community Safety & Crime Prevention Award for Education," states Julia MacArthur, Group Member. The Other 10% supports LGBTTIQ youth and educates the broader community about differences in gender and sexual identities by working with community members, community services and community partners, such as Children's Centre Thunder Bay,

and NorWest Community Health Centres.

Activities: Topics and activities are chosen by the group members which keeps our gatherings relevant. Some of the past activities include: A Safetalk (Suicide Prevention) presentation at the March Break Retreat, t-shirt printing, exploring expression through writing with Susan Goldberg, a Valentine's Day party featuring the wonderful people and products of LUSH, and a Prom for everyone in the community. Community activities such as Thunder Pride are supported and attended by the group.

Group History: The Other 10% is a name that was chosen by the group's members. In the 1950s, the Kinsey Reports found that about 10% males between the ages of 16 and 55 were exclusively homosexual in behaviour. Although this number has been challenged repeatedly over time and in different studies, it's entered our culture as a symbolic number, a notion that we are not alone. Not even in Thunder Bay. Not even in our darkest hours.

In the past, sometimes it was possible for people to fly under

the radar. It was possible "that's so gay" wasn't in style in your town, or your school. It was possible that you wouldn't get called a fag or a dyke or genderbender in the corridors at school. But today people show who they are and who they like at a younger age than in the past. They are told how to act as a "boy" or a "girl" at more extreme levels at a younger age than ever before. They might be told that they are a fag or a lesbo before they have even had time to work out their feelings for anyone. They are facing bullying at a younger age. That's why The Other 10% exists. We won't make you declare who you are attracted to. We won't ask why you have that hair cut or wear those clothes, or why your name doesn't fit the gender you look.



If you want to join us, we meet every second Thursday at NorWest Community Health Centres from 5-7pm. It's open to all LGBTTIQ+ Questioning people between the ages of 12 and 25. If you want more information, email other10percent@childrenscentre.ca, call 343-6373, or check out Facebook.

The Manitowadge Diabetes Health & Wellness Program Finds a New Home with NorWest Community Health Centres

For the past 19 years the **Manitouwadge Diabetes Health & Wellness Program** (MDHWP) has been serving the community of Manitowadge with specialized diabetes education services. Originally hosted by the Manitowadge General Hospital for several years, then under the Northern Diabetes Health Network (NDHN), it continued to grow and address the needs in Manitowadge as the increasing rate of diabetes soared. With the closing of the NDHN last year, the MDHWP was “orphaned” and needed a new host agency. There was much worry by the community about the closure of this vital Diabetes Education Program and what the new funders – the North West LHIN would do to continue this service.

A wonderful thing happened – the MDHWP found a new home with the NorWest Community Health Centres (NWCHC) – a place where “Every One Matters”. Despite the 4 ½ hour drive distance between the

Program and NWCHC, they warmly accepted the MDHWP into its family. Along with the program came the Certified Diabetes Educator, Jackie Jung, RN who has been with the MDHWP since its inception in 1994 and Angel Fonseca, the Registered Dietitian.

The MDHWP has continued with its goal to help people with diabetes live life to the fullest while managing their diabetes. Staff provide individual counseling and education about diabetes management in order to help people with diabetes make decisions about self-care. Patients are listened to and are part of the plan of care that is tailored to suit their personal needs and lifestyle. Diabetes

Educators work as a team with the person with diabetes, their Physician, the Family Health Team, the Lab, Pharmacist and the CNIB Eye Van when it visits yearly. People through understanding, support and education are empowered and feel confident in day to day management whether they are controlled by diet, oral pills or insulin.

The MDHWP encourages healthy living and prevention of diabetes in

continued on page 6



As part of the CNIB Eye Van collaboration, a patient practices his “Just Move It” Resistance Band exercises while waiting for his appointment.



A group joins together for an educational foot care session using Conversation Maps.

the community by providing education, screening for diabetes and promoting public awareness. A new "Just Move It" weekly Resistance Band physical activity group has started recently. Led by Peer Leaders and with a partnership with the Golden Age Center, it has been very successful and enables all ages and abilities to get active. Group education sessions facilitated throughout the

year such as Feet for Life, Recipe Make-over, Fit with Fibre, Label Reading, Living with Diabetes, Blood Sugar Bingo, Salt –Where's the Sodium Hiding, provide further knowledge and understanding of specific topics. Being in a group setting also encourages sharing and helps people feel they are not alone with diabetes.

Although this is a part-time program, it continues to be an active one that has recognized the need for flexibility and putting the patient first. As diabetes education is ever changing with new treatment methods and medications, so is the MDHWP. For more information please contact Diabetes Nurse Educator, Jackie Jung at 807-826-3251, ext. 208.

MCAG Receives Prestigious Award in Toronto!

Imagine being chosen out of hundreds and hundreds of applications of so many deserving volunteers throughout Ontario. Well, that is exactly what happened for the **Manitouwadge Cancer Assistance Group - Friends Who Care.**

Nominated by Councilor Connie Hunter with supporting letters from two families the MCAG was honored and humbled to receive the 2013 June Callwood Outstanding Achievement Award for Voluntarism.

Six volunteer members of the MCAG were flown to Toronto to accept this prestigious recognition by the Minister of Citizenship and Immigration, Michael Coteau on Friday, April 26th. Representing the group were Betty Oksanen, Debbie Ray, Anne Williams, Clare Milks, Priscilla Gray and Jackie Jung. Joining in on the recognition is Jennifer Budden, Lisa Budden and former volunteer Darlene Tessier.



Healthy Grocery Shopping

What's new
at my CHC?

A visit to the grocery store can be an overwhelming experience to the average shopper, particularly if you are trying to make healthy choices. Making sense of product labels and advertising can be a daunting task - “low salt, low sugar” “100% whole grain”, “high fibre”
– how do you know what is the best option?

The NorWest Mobile Health Services’ diabetes team hosted the first Healthy Grocery Store Tour during their monthly visit to **Armstrong** in April. Facilitated

by the community dietitian, Lara Steinhouse and the community health worker, Mary Carothers-Bell, the tour took place at J&J General Store in the northern community of 500 residents. The Mobile Health Services diabetes team travels to Armstrong and the nearby Whitesand First Nation on a monthly basis to provide diabetes care including footcare, diabetes teaching and health promotion programming. The team includes a footcare nurse, registered nurse, dietitian and community health worker.

Healthy Grocery Shopping continued on page 8



NorWest CHCs Community Health Worker, Mary Carothers-Bell recommending and providing healthy and helpful information at local grocery store in Armstrong.

Grocery tour participants learned about the major food groups according to Canada's Food Guide and were introduced to the basics of label reading when trying to select the healthiest choice. "With so much nutrition information out there and so many new foods on the shelves, grocery shopping can feel overwhelming," says mobile services' dietitian Lara Steinhouse, "but it doesn't have to be! By learning to read labels and choosing foods from the four food groups, you can make smart choices at the grocery store, save time and get the most nutrition for your dollar." Participants were introduced to food alternatives including sweet potatoes instead of white potatoes, and whole wheat pasta instead of white pasta. Tour participants were provided with samples and recipes to take home so they could try out some of these newly introduced items.

Feedback from participants indicated that the tour was very useful, with one participant saying "This was great. You get so confused sometimes standing

in the aisle with so many choices. Now I feel a lot better knowing what to buy and I'm really going to start reading all those food labels now".

Grocery store customers also had the opportunity to learn the basics of diabetes by interacting with the 'Sugar Dude' game. The 'Sugar Dude' explains the basics of type II diabetes while providing information on diabetes prevention and management in a fun and engaging way.

The mobile health services' team will be unrolling new health promotion programming in the mobile communities this coming year. For more information please contact Community Health Worker, Mary Carothers-Bell at 807-626-7868 or Community Dietitian, Lara Steinhouse at 707-

For more healthy shopping tips, visit the Dietitian's of Canada website: [HYPERLINK "http://www.dietitians.ca" www.dietitians.ca](http://www.dietitians.ca)



NorWest CHCs Community Dietitian, Lara Steinhouse discussing food, nutrition and inexpensive shopping at local grocery store in Armstrong.

A Collaborative Team Approach... Does it Really Make a Difference?

NorWest Community Health Centres works collaboratively as a team to provide health services to you. What does that really mean when it comes to your health and well being? Here are answers to some frequently asked questions that may help you understand how our clinical and program team “collaborate” to assist you.

We are the Best kept Secret!!

Q - Why would I need a team to take care of me?

A - We believe that taking care of the “whole person” is important. While our physical health is very important, we know that when individuals are experiencing poverty, discrimination and barriers to service, this impacts our overall health and well being.

Q - My health care provider suggested that I meet with the Community Health Worker. How might this be helpful?

A - It is possible that your health care provider thought you might benefit from the attending one of our programs such as Living with Diabetes, Seniors lunch, Triple P Parenting, Breakfast Buddies, Community Kitchen, or receive support to access services in the community.

Q - Am I able to participate in programs at NWHC if I am not a client of the centre?

A - Yes, you can participate in many of our health promotion services even if you are not a client of the centre.

Q - I have been assigned a Nurse Practitioner. Do I still need to look for a Physician?

A - No, you do not need to look for a Physician, as our health care team which has Nurse Practitioners, Physicians, Therapists, Dietitians, Foot care, and Registered Nurses will take care of your health care needs.

Q - Can a Nurse Practitioner take care of my prescriptions?

A - Yes, Nurse Practitioners can prescribe a range of medications and will consult with our Physicians as needed. As an example, Nurse Practitioners cannot prescribe narcotics or controlled substances.

Q - What happens if my health care provider is no longer employed at NorWest Community Health Centres?

A - All individuals who receive health care services at NorWest Community Health Centres are clients of the centre and we will continue to provide the health care services you require.

We believe that “Everyone Matters”, our staff, our clients and our community and we look forward to being able to provide these valuable services for and with you.



Craft Group

The Craft Group at the **Thunder Bay site** can mean different things to different people. Our group is quite diverse and unique, and we welcome people of all races.

People who join the Craft Group come for various reasons including a place to belong, bond with others and learn crafts such as beading and moccasin design. Some people will come to have a good dinner, since this may be the only meal they have had all day.

Most importantly, it is a place to share ideas, and make new friendships.

Everyone learns about culture and its diversity, not only Aboriginal, but every other culture as well. Meegwetch. For more information please contact Community Health Worker, Rolande Veilluex at 626-8487.



NorWest CHCs staff Craft Group leads Community Health Worker, Rolande Veilluex, Program Assistant, Marlene Lesperance, and volunteers Mona Hardy and Annette John.

Mommy and Me Cooking Program

**What's new
at my CHC?**

Mommy and Me Cooking classes were designed for Mothers with children ages four to six. It is an evening program, free of charge, which runs every Tuesday for the months of April and May at our **Longlac site**. Priceless smiles lit up the room when the children received their chef hats and aprons. This made them

very eager to begin cooking. The recipes are all two to four ingredient recipes, nothing is complicated, so this allows each child to actively participate and feel some independence. Some examples of the food prepared are Chocolate

Avocado Smoothies, Greek Yogurt Pizza Dough, and a Blueberry Tofu Beverage. This is a great opportunity for parents and children to bond and try delicious new foods through basic nutrition teachings and cooking fun. For more information, please contact Community Nutrition Worker, Shannon Tucker at 807-876-2271.



Mom's and kids ready for some fun and cooking.

Specialized Care Closer to Home

Telemedicine services are helping those living across Northwestern Ontario receive care closer to home—providing access to specialized doctors and other health care providers through videoconferencing.

**We are the
Best kept Secret!!**

What are the benefits of telemedicine?

There are many benefits, including travel, decreased money spent on Travel Grants, and sometimes shorter wait times for service.

Where can you access telemedicine through the Ontario Telemedicine Network?

NorWest CHCs has Telemedicine equipment at sites including Armstrong, Longlac, Manitowadge Diabetes Health and Wellness Program through the Manitowadge General Hospital. In Longlac and Thunder Bay, we are fortunate to have nurses dedicated to telemedicine, supporting our providers and clients in arranging care in this way.

Through the NorWest CHC's sites alone over 1,200 visits are provided per year for our clients via telemedicine—a number that continues to grow!

What can you expect at a telemedicine appointment?

Your telemedicine appointment will run much like any appointment with a provider. All communications between your provider (physician or nurse practitioner) will take place before and after the appointment the same way as with any in-person consultation.

When you arrive at one of our sites, you will check in at reception. At the time of your appointment, you will be brought into a room with telemedicine equipment that will look just like your TV at home, with a camera that works like Skype or other online communication programs. You will be able to see the specialist on the screen and they can see you on theirs. You can then talk like normal back and forth through a secure connection.

Sometimes equipment such as a stethoscope or digital camera may also be used to give the specialist the information they need—a nurse or nurse practitioner will do this part.

Following your appointment, all information will be sent to your provider for follow up.

How can you access telemedicine?

If you have or are being referred to a specialist, ask your doctor or nurse practitioner if you can access through telemedicine.

There is no fee for this service. You will not be billed as it is a service covered under the Ontario Health Insurance Plan (OHIP). For more information please visit [HYPERLINK "http://www.otn.ca"](http://www.otn.ca) www.otn.ca or contact NorWest CHCs Telemedicine Nurse Coordinators, Jane in Thunder Bay at 807-626-7855 or Natalie in Longlac at 807-876-2271.





Program participants group together to display their gold and silver achievement medals.

Healthy Aging Exercises

Our healthy aging exercise program at our **Longlac site** is open to all ages and runs through from October to the end of April. Twice a year, we hold the Olympics where the participants are put into teams and are challenged with different obstacles. They achieve a Gold or Silver medal and an athlete of the season is also chosen.

We have a great time and would like to thank our community members for participating and making our program a success. For more information please contact Community Health Worker, Danielle Berard at 807-876-2271.

Exercices pour un vieillissement en santé

Notre programme d'exercices pour un vieillissement en santé est offert à notre site de Longlac aux personnes de tout âge et se déroule d'octobre à la fin d'avril. Nous organisons des jeux olympiques deux fois par année, où les participants sont réunis en équipes pour relever différents défis. Des médailles d'or et d'argent sont remises, et un athlète de l'année est aussi nommé.

Nous avons beaucoup de plaisir et souhaitons remercier les membres de notre communauté de leurs participations et de leurs efforts pour assurer le succès de notre programme.

Urgent Care Clinic

Weekly Schedule

Thunder Bay Site

Everyone welcome

Monday's to Thursday's

(4:30pm to 8:00pm)

Friday's (1:00pm to 4:00pm)

Longlac Site

Need to be a client of the centre

Tuesday's (4:30pm to 7:00pm)

Thursday's (1:00pm – 3:30pm)

- **You do not need to be a client of the centre**
- **No appointment is required**
- **First come – first served**

Nurse Practitioners will provide care for your health concerns.

A Doctor is **NOT** available
Narcotic refills are **NOT** available.

The following health concerns are **examples** of matters that can be dealt with effectively:

- * Coughs and colds
- * Fevers
- * Ear aches and sore throats
- * Infections
- * Pregnancy test
- * Sexual health
- * Birth Control
- * HIV testing
- * Hepatitis testing

For Additional Information on the Thunder Bay Site:

(807) 622-8235 or

Toll free 1-866-357-5454

For Additional Information on the Longlac Site:

(807) 876-2271 or

Toll free 1-888-876-2271

Eating Well



Couscous & Fruit Salad

http://www.eatingwell.com/recipes/couscous_fruit_salad.html

From EatingWell: July/August 2008

Try this fruit-and-nut-studded couscous salad alongside grilled salmon or chicken for supper or on its own for a fresh lunchbox treat.

4 servings, about 3/4 cup each | Active Time: 15 minutes | Total Time: 15 minutes

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons orange juice
- 1 tablespoon cider vinegar
- 2 teaspoons finely chopped shallots
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups cooked whole-wheat couscous
- 1 cup chopped nectarine
- 1 cup mixed fresh berries, such as blueberries and raspberries
- 2 tablespoons toasted sliced almonds, (see Tip)

Preparation:

- Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl.
- Add cooked couscous, nectarines, berries and almonds; gently toss to combine.

Nutrition

Per serving : 259 Calories; 9 g Fat; 1 g Sat; 6 g Mono; 0 mg Cholesterol; 40 g Carbohydrates; 7 g Protein; 7 g Fiber; 146 mg Sodium; 116 mg Potassium
2 Carbohydrate Serving
Exchanges: 2 starch, 1/2 fruit, 2 fat

Tips & Notes:

Tip: To toast sliced almonds, heat a small dry skillet over medium-low heat.

Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Here are a few other ideas for snacks;

- Mix yogurt with a Mott's fruit/veggie cup; add bananas and blueberries
- Make a sandwich with humus and sliced cucumbers; cored, sliced apples and cheese and heat through, or with peanut butter and chopped nuts



Every One Matters.





NorWest Community Health Centres
Centres de santé communautaire NorWest



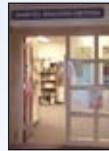
Find us on Facebook

NorWest is on facebook! Next time you log into your facebook look us up at both our sites.

For Thunder Bay at: www.facebook.com/NorWestCHC

For Longlac at: <https://www.facebook.com/NorWestCHC.Longlac>

We would like to hear from you, please contact us!



Armstrong Site

P.O. Box 104
Armstrong, ON POT 1A0
Tel: (807) 583.1145
Fax: (807) 583.1147

Hours of Operation

Monday, Tuesday, Thursday
8:30am - 4:30pm
Wednesday 8:30am - 5:30pm
Friday 8:30am - 1:00pm
Closed for lunch 12:00pm - 12:30pm
on Monday, Tuesday, Wednesday
Closed for lunch 12:00pm - 1:00pm
on Thursday

Longlac Site

99 Skinner Ave, P.O. Box 910
Longlac, ON POT 2A0
Tel: (807) 876.2271
Fax: (807) 876.2473
Toll Free: 1.888.876.2271

Hours of Operation

Monday 8:30am - 4:30pm,
6:00pm - 8:00pm
(Lab hours start at 8:00am)
Tuesday 8:30am - 7:00pm
(Urgent Care 4:30pm to 7:00pm)
Wednesday 8:30am - 4:30pm
(Lab hours start at 8:00am)
Thursday 8:30am - 4:30pm
(Urgent Care 1:00pm to 3:30pm)
Friday 8:30am - 4:30pm

Manitouwadge Diabetes Health & Wellness Program

1 Health Care Crescent
Manitouwadge, ON POT 2A0
Tel: (807) 826.3251 ext. 208
Fax: (807) 826.3701
Toll Free: 1.888.876.2271

Hours of Operation

Thursday 8:30am to 4:30pm
Open additional hours to accommodate client needs when necessary

Thunder Bay Site

(Main Office)
525 Simpson Street,
Thunder Bay, ON P7C 3J6
Tel: (807) 622.8235
Fax: (807) 622.3548
Toll Free: 1.866.357.5454
Mobile Unit: (807) 626.8474

Hours of Operation

Monday to Friday 8:30am - 4:30pm
(Urgent Care 4:30pm to 8:00pm)
Monday to Thursday Urgent Care
4:30 to 8:00pm
Friday Urgent Care: 1:00 to 4:00pm

Website: www.norwestchc.org



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