

# NorWest Community Health Centres

NorWest Community Health Centres provide health care and health promotion in Thunder Bay, Armstrong and Longlac. As part of a network of 56 community centres, they have been providing services for more than ten years with special efforts to serve people who have a higher risk of poor health, or those having difficulty finding health care because of language, cultural barriers, poverty or isolation.

“We consider the social, emotional and financial needs of our clients, since these factors affect a person’s health,” says Stacy Roberts, one of seven nurse practitioners at the centre. “And what makes our centre unique is that we are a multidisciplinary team. We like to say that we are one-stop health care.”

The network of care features family physicians, nurses, nurse practitioners, counsellors, dietitians, nutrition workers, community health workers, childcare workers and support staff.

Relative to the rest of the province, North-western Ontario has a higher prevalence and earlier onset of many chronic diseases including diabetes, high blood pressure and arthritis/rheumatism. “We aim at intervention to reduce the rates of many of these diseases and we work with clients with a focus to promote self-care to empower them to take care of themselves,” shares Stacy.

Filling the gaps and making primary health-care accessible is what drives the programming, community partnerships and outreach. NorWest offer countless programs such as Diabetes Self Management, Gray Hares Exercise, Nobody’s Perfect Parenting, an Aboriginal drop-in and programs that address everything from cooking to substance abuse prevention.



*Stacy Roberts, Nurse Practitioner*

In addition, the centre has a mobile unit to offer care to areas and clients without access. “Our mobile unit is a unique model of care because we send a team out into the communities,” says Stacy.

An urgent care clinic is offered Monday to Thursday (4:30 - 8:00 p.m.) and Friday (1:00 - 4:00 p.m.). You do not need to be a client of the centre; no appointment is required and nurse practitioners are on hand to provide care for your health concerns.

NorWest Community Health Centres: healthy people in healthy communities. For more information, visit them online at [www.norwestchc.org](http://www.norwestchc.org).

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