



Healthy  
 people  
 in healthy  
 communities

Dedicated to Your Health NorWest Community Health Centres offer free and confidential health care and health promotion programs.



Armstrong • Longlac • Thunder Bay

## Reaching Out

We meet community members, social, emotional, and financial needs and empower them to take care of themselves.

### Our support programs:

- Create pride in Aboriginal heritage
- Deal with personal difficulties
- Reduce the use of drugs and alcohol
- Promote active lifestyles
- Navigate through community services

### Outreach activities include:

- Programs to prevent bullying
- Babysitting courses for students
- Smoking cessation programs
- Recreational opportunities for seniors



## Urgent Care Clinics

A nurse practitioner is available at all NorWest Community Health Centres Sites to assist with immediate health concerns such as cuts, colds and fevers, earaches, infections, birth control, HIV testing, etc.

## Health Services

The health care teams at our Thunder Bay and Longlac sites include family physicians, nurses, dietitians, nurse practitioners and footcare specialists.

**Toll Free 1-866-357-5454**

[www.norwestchc.org](http://www.norwestchc.org)

