

Swan River Health Centre

March 2024

Phone: 780.775.3544 Fax: 780.775.2002



****For emergencies or life-threatening situations, please call 911****



Child/Family Psychologist

We will be having a Psychologist come in weekly. Any questions or to book please call the Health Centre and speak to Cory.



Immunizations

Dates for Immunizations will be on March 27th. For more information and to book please contact Keisha.



Elders Walking

Elders walking will be happening every Tuesday, to attend or for more info please contact Lorraine.



A Dietitian will be available to come to the Health Centre. For those interesting in booking please contact Roberta.

***The Health Centre will
be closed on Friday
March 29th for Good
Friday & Monday April
1st for Easter Monday,
Reopening on Tuesday
April 2nd***



Creating Communicators
To Book with the Speech
Language Pathologist that will
be coming in please contact
Cory to book an appointment

- * For anyone interested, Quit Smoking kits are available at the Health Centre.
- * There is Traditional Healing funding available through the NIHB/MED Trans Program If you are attending traditional ceremonies such as sweats, pipe ceremonies, etc. Gas support is available as well as tobacco offering. For more information, please contact Nicole D.
- ***Indian Residential School Survivors Society 24 hr Crisis
Line 1-866-925-4419
www.irsss.ca**



To anyone feeling under the weather, there are new tests that can be taken here at the Health Centre; These tests are for:

Influenza A+B

RSV

Adenovirus

For any questions, please contact the Health Centre and ask for Lorraine or Ashley.



Honouring Life



HOME alone SAFETY For Kids!

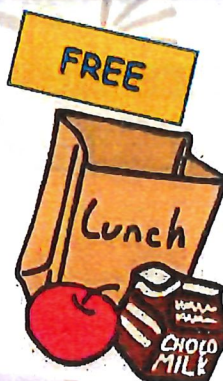
Register Today! Call Carrie @ 780-775-3544/780-668-9071 OR
Email: srfnhonouringlife@gmail.com

WHEN: Saturday, March 9th, 2024

TIME: 1:00pm - 5:00pm

WHERE: Swan River School Gymnasium

WHO: Ages 8-11 All Genders



16 SPOTS AVAILABLE

Win Prizes!

**LIMITED SPACES
AVAILABLE**

REGISTER NOW

This course is for kids 8 to 11 years old who are home alone before or after school. You will learn about following rules, fire safety, roles & responsibilities, things you can cook and being safe on your own and more!

Would you like them to learn important safety skills and encourage self reliance?
This course is for them!

You can also win some AWESOME DOOR PRIZES!



Honouring Life



BABYSITTING COURSE

Register Today! Call Carrie @ 780-775-3544/780-668-9071 OR
Email srfnhonouringlife@gmail.com

WHEN: Saturday, March 16th, 2024

TIME: 10:00am - 5:00pm

WHERE: Swan River School Gymnasium

WHO: Ages 12-17 All Genders

FREE



16 SPOTS AVAILABLE

Win
Prizes!

Register **NOW!**



Space is Limited

Do you want to learn some babysitting basics and what to expect of children of different ages and how to handle emergencies? Come learn about all the information your parents will want you to know. There will be tons of useful tidbits and suggestions that will make you the most popular babysitters in our community!

You can also win some **AWESOME DOOR PRIZES!**

Swan River Health Centre

CPNP presents

Baby Food Making Class

Tuesday March 26, 2024
1:30pm - Health Centre



Must pre-register!

Learn how to make fresh, nutritional, and age appropriate food for your baby.

Max. of 6 participants with babies ages 0-18 months.

Blenders, containers, and First Solid Foods guide provided for class and to take home.

Please contact Keisha at 780-775-3544 to register