

NOVEMBER 2022

Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Disability Tax Credit (DTC) Info Session

Thursday, November 17, 2022, at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

Medicine Wheel Teachings & Self-Care

Friday, November 4, 2022 at 1:00 p.m. – 3:00 p.m.

[Register here](#)

Diabetes Sharing Circle – with Mona Joudry

Tuesday, November 8, 2022 at 1:00 p.m. – 2:30 p.m.

[Register here](#)

Virtual Cooking Kitchen

Thursday, November 10, 2022 at 4:30 p.m. – 5:30 p.m.

[Register here](#)

Mindful Movement Matters: Cultivating Good Health & Vitality by Exercising with Intention

Tuesday, November 15, 2022 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Frontline Health Worker Training

Looking for training for your team?

IDHC's Knowledge Department offers frontline health worker training related to diabetes wellness through our:

- 13 Grandmother Moons Diabetes Prevention Training
- Foot Care Level 1 Training
- Seven Generations Gestational Diabetes Prevention Training

We also customize trainings to fit the needs of your team.

Questions? Contact Jessica at knowledge@idhc.life.

Foot Care Program

The Foot Care Program offers resources for personal foot inspections and basic daily foot care.

Organizations and programs that service Indigenous communities [request kits here](#).

Ongoing Foot Care Clinic Locations

Ongoing Foot Clinics are by appointment only for pre-approved registered clients. For more information, please contact your local ongoing clinic host.

Hamilton Regional Indian Center

34 Ottawa Street North, Hamilton

Upcoming Clinic Date: Friday, November 4, 2022

Contact: Tiana Cress

Tel: 905-548-9593 Email: lifelongcareb@hric.ca

Fort Erie Native Friendship Centre,

Life Long Care Program

796 Buffalo Road, Fort Erie

Upcoming Clinic Date: Wednesday, November 23, 2022

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931, extension 230

Email: llc1@fenfc.org or llc2@fenfc.org

Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Date: Tuesday, November 15, 2022 Host

Contact: Gail Whitlow or Kateri Sandy

Tel: 519-445-0777 Email: ancestralvoices21@gmail.com

Nogojwanong Friendship Centre

580 Cameron Street, Peterborough

Upcoming Clinic Date: Wednesday, November 23, 2022

Contact: Amber Rose Email: wellness@nogofc.ca

Contact: Ashley Safar Tel: 705-775-0387, extension 224

Email: manager@nogofc.ca

Alderville First Nation

8467 County Road 45, Roseneath Upcoming Clinic Dates:

Wednesday, November 2, 2022

Wednesday, November 16, 2022

Contact: Sylvia Hache Email: shache@alderville.ca

Contact: Ellie Henry Email: ehenry@alderville.ca

Tel: 905-352-2140, extension 204 or 236

Traditional Practitioner Schedule

Wednesday, November 2, 2022 – Grandmother Renée Thomas-Hill

Wednesday, November 9, 2022 – Gail Whitlow

Wednesday, November 16, 2022 – Audra Maloney

Friday, November 18, 2022 – Lance Logan-Keye

Wednesday, November 23, 2022 – Lisa Green

Friday, November 30, 2022 - Grandmother Renée Thomas-Hill

To book a time to speak with an Elder-Practitioner, register here or contact Gail Stup at elderhelper@idhc.life or call 289-241-9913.

