

JANUARY 2023 Indigenous Diabetes Health Circle Programming

IDHC Webinar Series

Nokomis Kinoomaagewin (Wellness Teachings for the New Year) with Mary Elliott

Thursday, January 12, 2023 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Virtual Workshops & Programs

New Year, New Opportunities for Wellness

Wednesday, January 11, 2023 at 1:00 p.m. – 2:00 p.m.

[Register here](#)

Diabetes Sharing Circle (Ask Our Dietician) with Karine Boucher

Tuesday, January 10, 2023 at 6:30 p.m. – 8:00 p.m.

[Register here](#)

Virtual Cooking Kitchen

Thursday, January 12, 2023 at 4:30 p.m. – 5:30 p.m.

[Register here](#)

Foot Care Presents: Rock Your Mocs Workshop Series

Thursday, January 12, 19, 26 and February 2, 9, 2023
[at 6:00 p.m. – 8:30 p.m.]

[Register here](#)

Winter Speaker Series: Ganikwi:yo (The Good Mind) with Lance Logan-Keye:

Friday, January 20, 2023 at 6:00 p.m. – 7:30 p.m.

[Register here](#)

New Year|New Ideas (Dealing with Rising Food Prices)

Tuesday, January 24, 2023 at 11:00 a.m. – 12:00 p.m.

[Register here](#)

Frontline Health Worker Training

Virtual IDHC Foot Care Level 1 Training

[Tuesday afternoons] January 17, 2023 to February 28, 2023
at 1:00 p.m. – 4:00 pm.

[Register here](#)

Looking for training for your team? IDHC's Knowledge Department offers frontline 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.

Fort Erie Native Friendship Centre (FENFC) Life Long Care Program

796 Buffalo Rd, Fort Erie

Upcoming Clinic Dates:

Wednesdays, January 11 and January 25, 2023

Contact: Geralda Jamieson or Karen Hilston

Tel: 905-871-8931 ext. 230

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

Ancestral Voices Healing Centre

2066 Chiefswood Road, Ohsweken

Upcoming Clinic Dates:

Friday, January 13, 2023

Host Contact: Gail Whitlow or Kateri Sandy

Tel: 519-445-0777

Email: ancestralvoices21@gmail.com

Nogojwanong Friendship Centre

580 Cameron Street, Peterborough

Upcoming Clinic Dates:

Wednesday, January 18, 2023

Contact: Amber Rose

Email: wellness@nogofc.ca

Contact: Ashley Safar

Tel: 705-775-0387 ext. 224

Email: manager@nogofc.ca

Alderville First Nation

8467 County Road 45, Roseneath

Upcoming Clinic Dates:

Wednesday, January 11, 2023

Wednesday, January 25, 2023

Contact: Sylvia Hache

Email: shache@alderville.ca

Contact: Ellie Henry

Email: ehenry@alderville.ca

Tel: 905-352-2140, ext. 204 or ext. 236

Traditional Practitioner Schedule

Wednesday, January 11, 2023 – Audra Maloney

Friday, January 13, 2023 – Valarie King

Wednesday, January 18, 2023 – Lisa Green

Friday, January 20, 2023 – Lance Logan-Keye

Wednesday, January 25, 2023 – Grandmother Renée Thomas-Hill

Friday, January 27, 2023 – Dorothy Taylor

To book a time to speak with an Elder-Practitioner, [register here](#)

Contact Gail Stup at elderhelper@idhc.life or call 289-241-9913.

