



Healthy Menu of Services

INDIGENOUS-LED

WHOLISTIC WELLNESS MODEL OF CARE

Body **Client Services Team**

Wholistic preventative care and services; the program features:

- Foot and eye screening events
- Diabetic retinopathy screenings
- Foot care education
- Ongoing foot care clinics
- Subsidy program
- Self-care kits
- Discussions and teachings about healthy lifestyle choices

Arrange foot and eye health screenings, presentations and clinics.

Client Services Manager

- 289-968-7577
- samanthalascelles@idhc.life

Mind **Knowledge Team**

Frontline health worker professional development for communities and organizations, featuring:

- Research
- Culturally appropriate wellness resources and education
- ISO certified trainings, such as:
 - Foot Care Level 1
 - Diabetes Awareness
 - Gestational Diabetes Prevention

Arrange customized trainings and community outreach.

Knowledge Manager

- 289-407-1033
- jessicapace@idhc.life

Spirit **Client Services Team**

Traditional Healer & Practitioner sessions, including:

- Traditional foods and medicines
- Diabetes, diabetes management
- Cultural teachings and/or guidance
- Consultations enhance client healthcare and complement client circle of care.

Book one-on-one time with an Elder-Practitioner.

Traditional Wellness Coordinator

- 905-388-6010
- kathleenlaforme@idhc.life

All IDHC programs, services, training and resources are developed and delivered through a culturally safe, trauma-informed lens.



Community Wellness Sessions

INDIGENOUS-LED WHOLISTIC WELLNESS MODEL OF CARE

Interested in a wellness session for your community? We offer sessions on a wide range of topics:

- Creating a Supportive Home Environment for Those Living with Diabetes
- Cultivating Good Health and Vitality by Exercising with Intention
- Cultivating Inner Peace: Mindful Daily Living to Prevent Stress and Burnout
- Daily Mindfulness Practices for Holistic Wellness
- Diabetes and Mental Health
- Diabetes Awareness and Prevention from an Indigenous Lens
- Diabetes Medicine Wheel – Grief, Acceptance, and Wholeness
- Foot Care Awareness
- Gestational Diabetes Awareness and Prevention
- Goal Setting: Setting Intentions & Action Steps for Wellness
- LAWS: Land, Air, Water, Sun – The Healing Qualities of the Natural Elements
- Making it Sacred: Healthy Mindful Eating
- Managing Diabetes at Work and School
- Meal Preparation and Budgeting
- Mindfully Breathing Now & Beyond
- Nurturing a Healthy Pregnancy
- Sacred Duty of Mindful Self-Care
- Supporting Families when a Child has Diabetes
- Sweet Trickster: Sugar Awareness and Reducing Consumption
- Walking with Creation: Enjoying the Benefits of a Regular Walking Routine
- Self-Revitalizing During Winter Months
- Mindful Relaxation as an Act of Self-Love
- IDHC Youth Video, Activity Book and Facilitator's Guide
- Culturally Relevant Approaches to Diabetes Awareness and Prevention in the Indigenous Community (*Intended for frontline workers, this presentation addresses diabetes through an Indigenous lens, promotes a wholistic approach to diabetes wellness, and reviews IDHC programs and services*).

Request your session here:



www.idhc.life