

The
BLACKFOOT
CONFEDERACY

TRIBAL COUNCIL
HEALTH

Siksikaitsitapi

Niitsitapi

A'paitsitapi



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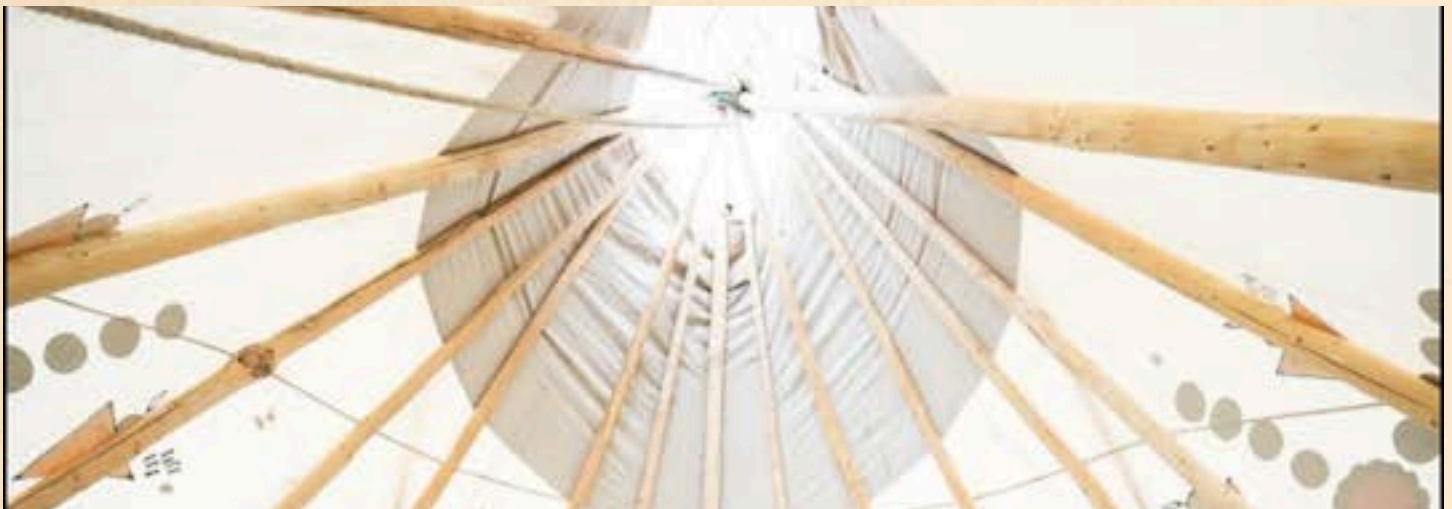
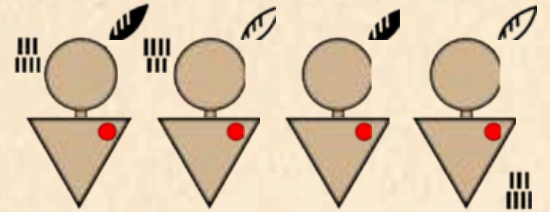


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Our HEALTH DEPARTMENT

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Calgary, AB T2H 1G3
www.blackfootconfederacy.ca



The Blackfoot Confederacy Tribal Council Health department strives to close the gaps in health outcomes between Blackfoot people and non-Indigenous communities, focusing on infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidences and the availability of appropriate health services, including healing centres.



MEET *our* Health Team



Dustin Walter,
Health Director

Dustin Walter, **Ksk'staakiinna (Beaver Chief)** is Niitsitapi from Amskapi Pikuni. Dustin holds a Bachelor of Science in Nursing and a Master of Education in Educational Research from the University of Calgary. He is currently a fourth-year doctoral student in Community Health Sciences, specializing in Population and Public Health at the Cumming School of Medicine. His work is grounded in Blackfoot ways of knowing and focuses on advancing holistic, community-driven health and wellbeing. To contact Dustin, email: dustinw@blackfootconfederacy.ca



Charles Weaselhead,
Health Consultant

Charles Weaselhead, **Taatsiikiipoyii**, is a respected Kainai-Blood Tribe leader with over 40 years of experience in health governance and policy. As a Health Advisor, he supports Blackfoot Nations through culturally grounded, community-led approaches and helps address key systemic priorities. To contact Charles, email: charleswh@blackfootconfederacy.ca



Buffy Bromley-Grier,
Health Coordinator

Buffy, **A'poyakii (Fair Lady)** is Niitsitapi from the Kainai Nation, with a strong foundation in Indigenous health and research. She holds a BA in International Indigenous Studies from the University of Calgary, where she developed expertise in Indigenous histories, governance, and global perspectives on well-being. Her work focuses on Indigenous populations and the social determinants of health. To contact Buffy, email: buffyb@blackfootconfederacy.ca



Travis Yellowwings,
Health
Administrative
Officer

Travis, **Aa Ka Ksitsipomotaisi (Owns Many Pinto Horses)** is Niitsitapi from the Piikani & Kainai Nation and has worked with the BCTC for over four years health. He works closely with leadership and the Blackfoot Nations health directors to improve health services, support collaboration, and ensure that programs reflect Blackfoot values and priorities. Travis is committed to strengthening unity across the Nations and supporting better health outcomes. To contact Travis, email: travisy@blackfootconfederacy.ca



Nitasha Scout,
Administrative &
Cultural Liaison
Officer

Nitasha, **Sakoyi'pot'taki (Last Woman to Fly)** is Niitsitapi from Kainai Nation whose work centers on Blackfoot ways of being. She supports maternal and prenatal health across Blackfoot communities, helping families reconnect with culture, ceremony, and identity, while advocating for culturally grounded care guided by Elders. Sakoyi'pot'taki is committed to strengthening future generations through cultural, family, and community. To contact Nitasha, email: nitashas@blackfootconfederacy.ca



LEADERSHIP *in Health*



Saakooyinaa, Kash Shade, Chief Executive Officer (CEO),
Blood Tribe Department of Health



Angie Sarsons, Chief Executive Officer (CEO),
Siksika Health Services



Dustin Wolfe, Health Director, Aakom-kiyii Health
Services



Vernon Grant, Chief Executive Officer
(CEO), Blackfeet Tribal Health



Kelly Smith, Health Manager, Aakom-Kiyii Health Services



MEET OUR *Board*



Aakaayaamihtsinima, Traveller Plaited Hair, Chief of Blood Tribe (Kainai)



Siipiinaomahka, Samuel Crowfoot, Chief of Siksika Nation



Kiaayo'mo'takaan, Troy "Bossman" Knowlton, Chief of Piikani Nation



Rodney "Minnow" Gervais Jr., Chairman, Blackfoot Tribal Nation



MEET OUR *Youth Council*

Kainai Nation



Oki, niisto annok **Sipiatoesaki**, Night Owl Woman. My government name is Chalaine Eagle Child. I am 19 years old. I come from the Fish Eaters Clan on the Blood Reserve. I graduated High School last year and I am currently attending Red Crow College. I love learning about my way of life as a Niitsitapi and experiencing new opportunities.

Piikani Nation

Aasoatsiinoamahka (Shield Rider), Travis Bastien Jr., is a proud member of the Piikani Nation. He began playing hockey at age four and plans to play his final year of Junior hockey this fall. Travis has also travelled extensively pursuing acting opportunities in western and period films, visiting destinations across Canada, Romania, Ireland, Mexico, and Hawaii. An accomplished horseman, he has competed in Indian and Warrior relay races throughout Alberta and Montana. This fall, he will attend Olds College to pursue an Equine Massage Therapy Certificate, with graduation expected in spring 2027.



Siksika Nation

Anataki, Pretty Girl, Trinity Pretty Young Man is an inspiring young Blackfoot woman from the Siksika Nation. She is recognized for her extensive contributions to her community. Anataki is an accomplished athlete, actor, director, and filmmaker. She has a prominent role in the acclaimed theatrical production "New Blood". Anataki has served as both the Strathmore High School Princess and Chief.



Amohkohtoka, Red Rock, Jax Running Rabbit is a 16-year-old member of Siksika Nation and Kainai Nation (Blood Tribe). Jax is currently in Grade 11 at Calgary Arts Academy, where he enjoys a hands-on, arts-focused approach to learning. A passionate musician, Jax is the lead singer and guitarist for the youth band Pollux and has performed throughout Blackfoot territory in Alberta and Montana. As a member of the Blackfoot Confederacy Youth Council, he is committed to connecting with and representing Blackfoot youth while honouring his culture, community, and ancestors.





Amskapi Piikuni



lipisowasshs, Morning Star, Taos Yellow Owl is an enrolled member of the Aamsskáápipikani, a graduating senior at Heart Butte High School, and a dual-enrollment student at Blackfeet Community College. As President of the Piikani Youth Council, he is a dedicated youth leader who promotes Blackfeet language, culture, and traditions. Through his involvement in cultural initiatives, youth research projects, athletics, and community events, Taos continues to inspire and empower the next generation of Blackfeet youth.

WELCOMING OUR NEWEST BLACKFOOT CONFEDERACY TRIBAL COUNCIL YOUTH COUNCIL MEMBER



The Blackfoot Confederacy Tribal Council is pleased to welcome its newest member, **l'minni**, Wings, **Nash Little Shields**. l'minni is a proud member of the **Kainai Nation** and part of the **Mamio'yiksi (Fish Eater Clan)**. Currently in Grade 11, l'minni enjoys playing hockey, boxing, and spending time on the land. He believes that much of our strength, healing, and identity comes from the land and the teachings it provides.

We are excited to have l'minni join the Youth Council and look forward to his contributions. The Youth Council is always welcoming new members who are interested in sharing their voices, learning, and helping shape a strong future for Blackfoot youth.



Welcome to the Blackfoot Confederacy Tribal Council's (BCTC) Health Chronicle.

BCTC health mandate provides advocacy, coordination, planning and support to Blackfoot Nations rather than direct service delivery. We advocate on behalf of the Blackfoot Nations; coordinating regional health priorities supporting BFC health directors through planning, research, and evaluation.

Our role involves facilitating nation-to-nation and government relationships;

supporting data, reporting, and evidence-based decision making. The Health team represents BFC health interests at regional tables and advocates related to funding inequities, program misalignment, and ensuring entities provide Nation-specific and culturally grounded approaches to health.

Thank you for taking the time to read through each feature. It will provide an insight into what we do within the health department at Blackfoot Confederacy Tribal Council.





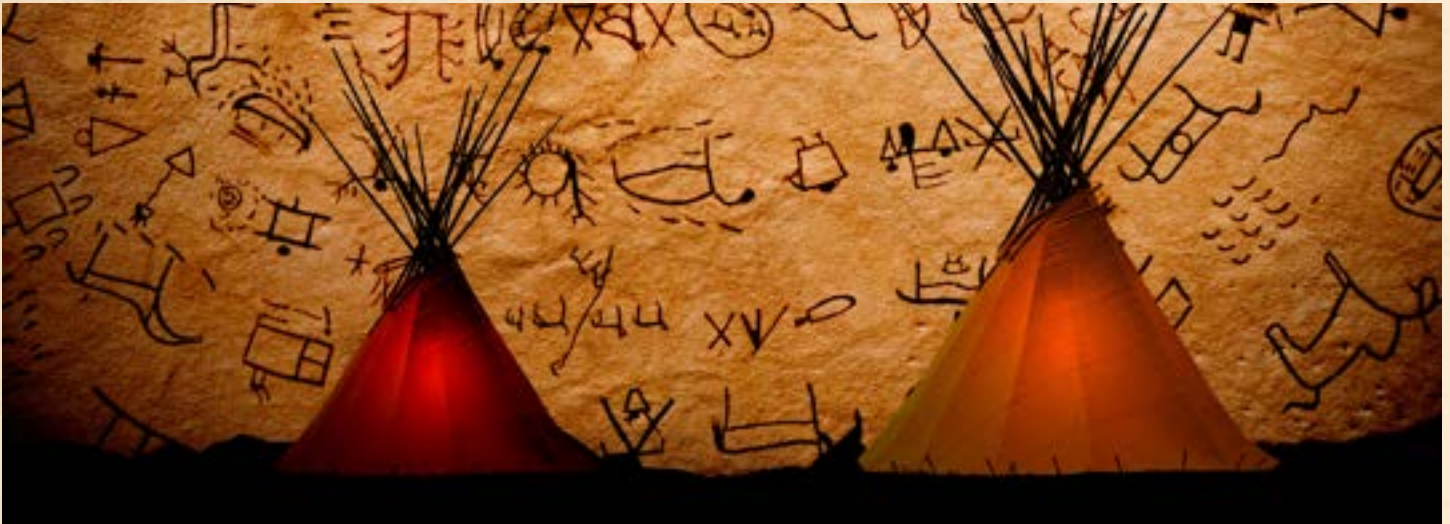
BLACKFOOT CONFEDERACY HEALTH PRIORITIES

The Blackfoot Confederacy Tribal Council Health workplan goals are to close the gap in health outcomes between Blackfoot Confederacy Nations (BFC), and non-Indigenous communities focusing on infant mortality, maternal health, suicide, mental health, addiction, infant and child health issues, chronic disease, illness and injury, and availability of appropriate health services.





HEALTH SYSTEM PARTNERSHIPS



The Blackfoot Confederacy continues to strengthen collaborative partnerships that support the advancement of culturally grounded, Nation-led health priorities of Blackfoot communities.



Through ongoing work with the Health Co-Management Committee, the Government of Alberta, the Blackfoot Confederacy Health Directors, and the Board of Blackfoot Confederacy Chiefs, these partnerships foster meaningful dialogue, shared planning, and coordinated advocacy efforts focused on improving health outcomes and advancing equitable health systems for Blackfoot people. On behalf of the Blackfoot Confederacy, our health team actively participates in Health Co-Management (HCoM) meetings

to remain informed on key decisions, contribute to community perspectives, and support coordinated planning aligned with community health priorities. Our ongoing partnership with the Government of Alberta also provides an important connection to provincial health leadership, including engagement with health ministers through the Protocol Health Sub-Table and shared health work plan priorities.



ADVANCING THE VOICES OF OUR NATIONS

The Blackfoot Confederacy Health team remains committed to ensuring the voices, priorities, and lived experiences of our Nations are represented within regional, provincial, and partner health discussions. Through advocacy, collaboration, and relationship-building, we continue to bring forward the perspectives of our communities to support meaningful and culturally informed changes within health systems.

Our work involves participating in leadership discussions, engaging with health system partners, and contributing to planning initiatives that impact the wellbeing of our people.

By maintaining a presence at these tables, we help ensure that decisions affecting Blackfoot communities are guided by the realities, strengths, and priorities of the Siksikaitsitapi.

Advancing the voices of our Nations also means creating space for community perspectives, strengthening Nation-led approaches, and advocating for equitable access to healthcare services. We recognize the importance of ensuring our people are heard, respected, and included in conversations that shape healthcare delivery and future health initiatives.

As we move forward, we remain committed to strengthening relationships, supporting collaborative solutions, and continuing to advocate for health systems that honour the rights, dignity, and wellbeing of Blackfoot people and future generations.



INTERNAL STRATEGIC PLANNING SESSION

The Blackfoot Confederacy Health Directors and Health Team came together for a two-day strategic planning session at the Seton Marriott Courtyard on March 12-13, 2026, working collaboratively to develop a shared five-year strategic plan for the Nations. Guided by facilitator Gabrielle Weaselhead, the session focused on aligning priorities and strengthening a unified vision for health and wellness. Rooted in Treaty rights and Blackfoot

ways of knowing, the discussions emphasized culturally grounded approaches to care, service delivery, and funding inequities. This gathering marked an important step forward in advancing self-determined, community-driven health systems for the Blackfoot Nations. A number of health priorities have been identified by the Health Directors that will guide further development of the comprehensive health strategic plan that will address these priorities.



1. BFC Health Directors and BCTC Health Team gather at Seton Marriott Courtyard for a Monthly Health Directors Meeting and strategic planning meeting.
2. L to R: Charles Weaselhead, Crystal Sparrow, Kelly Smith, Angie Sarsons, Kash Shade, Travis Yellowwings, Buffy Bromley-Grier, Gabrielle Weaselhead (missing: Dustin Walter, Nitasha Scout)



HEALTH DATA & DATA SOVEREIGNTY

Supporting informed decision-making across the Blackfoot Confederacy requires access to meaningful, relevant, and culturally grounded health information. As part of our role at the Blackfoot Confederacy Tribal Council, we help strengthen leadership capacity by bringing forward presentations, expertise, and strategic discussions that support our Health Directors in addressing the unique health priorities within their respective Nations.

Our approach recognizes that each Nation has distinct health priorities and community realities. For this reason, the information and presentations we facilitate are intentionally tailored to support Nation-specific planning, decision-making, and long-term health system improvement.

To advance these conversations, we have welcomed respected leaders and subject experts to engage with our Health Directors on key topics related to health data, governance, and Indigenous rights.

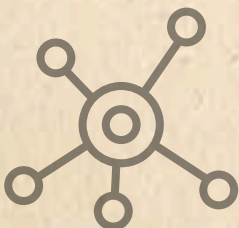
These include presentations from Deena Hinshaw on health data strategy, and Dr. Leroy Little Bear, who shared important perspectives on data sovereignty and the treaty right to health.

In addition, we have developed a valued partnership with Health Quality Alberta to improve access to relevant health data pertaining to Blackfoot populations. This collaboration supports our efforts to better understand service utilization, identify gaps in care, and strengthen evidence-informed planning that reflects the realities and priorities of our communities.

As we move forward, we remain committed to advancing Blackfoot data sovereignty and ensuring that health information is used in ways that honour Blackfoot knowledge, self-determination, and Nation-led decision-making.

“The closest English term that I know to what we mean by sovereignty is ‘self-actualization.’ Sovereignty is having access to all of ourselves”

-Leroy Little Bear





BUILDING EQUITY

Through

ANTI-RACISM IN HEALTH SYSTEMS

The Blackfoot Confederacy Health team continues to support initiatives aimed at addressing anti-racism within healthcare systems and improving the experiences of Blackfoot Confederacy members when accessing care. Through collaboration, advocacy, and community engagement, we are working to advance culturally appropriate approaches that promote equity, respect, and safer healthcare environments for our people.

In partnership with Patrick McLane from the University of Alberta, our team has contributed to important work focused on addressing anti-racism within emergency departments. This work supports ongoing efforts to better understand the systemic barriers experienced by Blackfoot patients and identify opportunities for meaningful change within healthcare systems.

This work directly supports the priorities identified by Blackfoot Confederacy Health Directors, including improving emergency care experiences, advancing culturally appropriate care, and addressing systemic inequities impacting Blackfoot Confederacy members. By ensuring community perspectives remain central to these discussions, we continue to advocate for healthcare systems that are accountable, culturally respectful, and responsive to the needs of our Nations.

As these partnerships and initiatives continue to grow, we remain committed to supporting system-level change that strengthens equity, dignity, and culturally safe care for present and future generations.



CULTURAL SUPPORTS *in* HEALTHCARE



The BCTC Health team alongside staff from the Arthur J.E. Child Comprehensive Cancer Centre, gathered in support of collaborative efforts to enhance culturally safe cancer care for Blackfoot patients.

The Blackfoot Confederacy Tribal Council continues to strengthen its partnership with Cancer Care Alberta to support Blackfoot patients and families throughout their cancer journey. Through ongoing meetings and collaboration, both organizations have worked together to improve access to culturally meaningful supports for Blackfoot patients receiving care at the Arthur J.E. Child Comprehensive Cancer Centre. This partnership reflects a shared commitment to creating a more culturally safe, compassionate, and supportive healthcare experience for Blackfoot patients and their families.

As part of this work, Blackfoot Elders have been connected with Cancer Care Alberta to provide patients and families with access to cultural guidance, traditional support, and community connection throughout treatment and healing. The Blackfoot Confederacy Tribal Council continues to work closely with partners and healthcare teams to identify meaningful ways to continuously support Blackfoot cancer patients, improve access to culturally grounded care, and strengthen relationships between healthcare systems and Blackfoot communities. Through collaboration, advocacy, and ongoing engagement, these partnerships continue to support the wellness and healing journeys of Blackfoot patients and families.





SUPPORTING PRENATAL

Where culture, care, and new life
come together.

and

MATERNAL WELLNESS

Long before colonial systems reshaped care, Blackfoot people practiced their own birthing traditions - rooted in Blackfoot knowledge, ceremony, and deep respect for mothers and new life. Today, we work to advocate for Blackfoot mothers within health systems to reconnect with those teachings, support informed choices, and uphold their rights in healthcare. By creating space for traditional knowledge alongside clinical care, we help ensure that families can welcome their children in ways that honour both their Blackfoot identity and wellbeing.





Nitasha Scout and Nick Manyfingers present at Siksika Health Services during a community session with Blackfoot mothers.

The Blackfoot Confederacy Tribal Council continues to advocate for the wellness of Blackfoot mothers and families throughout their prenatal journey by supporting culturally safe care, education, and access to health resources. This work ensures that Blackfoot women are supported not only medically, but also culturally and spiritually throughout pregnancy and labour. Advocacy efforts focus on strengthening understanding within healthcare systems while empowering Blackfoot women with knowledge about their health rights and the supports available to them during pregnancy.

A key part of this work is led by Cultural and Administrative Liaison Nitasha Scout,

who conducts presentations at educational institutions such as Mount Royal University for students studying to become midwives. Through these presentations, students learn about traditional Blackfoot birthing practices, cultural teachings, and the importance of culturally grounded supports for Blackfoot women during pregnancy and labour. In addition, she works collaboratively with each Blackfoot Confederacy Nation's health services to support Blackfoot mothers directly, helping to strengthen coordination, navigation, and access to culturally safe prenatal supports within their respective communities. Through education, advocacy, and partnership, this work continues to enhance care and support for Blackfoot mothers and future generations.



ANTI-RACISM ELDERS GATHERING: SHARING KNOWLEDGE, STRENGTH, AND BLACKFOOT PERSPECTIVES

On June 8 & 9, 2026, the Blackfoot Confederacy Tribal Council Health team along with Blackfoot Elders gathered for a two-day Anti-Racism Elders Gathering held at the Courtyard Marriott in Seton, Calgary, Alberta. This important gathering created a space for Blackfoot Elders to share their lived experiences, teachings, and perspectives on racism, while exploring ways to address and advocate against racism through a Blackfoot lens.

Facilitated by Dr. Gabrielle Weaselhead, the gathering encouraged meaningful conversations focused on healing, resilience, cultural strength, and the importance of carrying forward the voices and knowledge of our Elders. The discussions captured the wisdom of our community and highlighted the role of advocacy, education, and collective action in creating safer and more equitable spaces for Blackfoot people.





PROGRESS



THROUGH PARTNERSHIP & ADVOCACY



MEDICINE *Line*



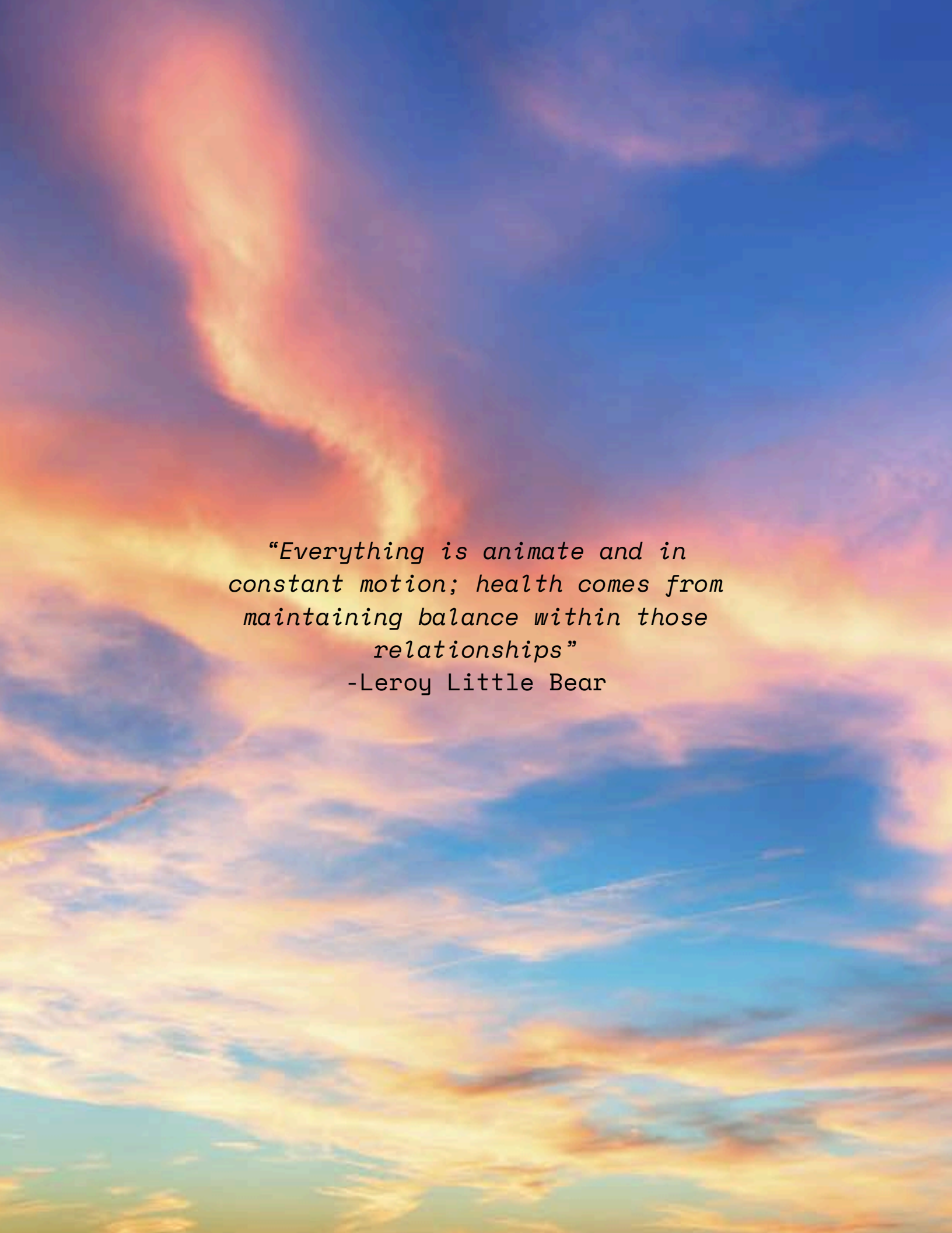
The Blackfoot Confederacy Council Health Team played an important role during the COVID-19 pandemic by coordinating and distributing COVID-19 vaccines across the Medicine Line to support the health and safety of communities on both sides of the border. Through collaboration with health partners, and local health providers, the team helped ensure equitable access to vaccines free of charge for Blackfoot members, while extending vaccine availability to non-Indigenous community members.

This initiative reflected BFC's commitment to protecting the wellbeing of all people through coordinated, community-centered public health leadership.

The vaccination effort demonstrated the strength of

Blackfoot-led health coordination and highlighted the importance of partnerships and collective action in responding to public health emergencies. Through this work, the BCTC Health Team supported not only the health of Blackfoot communities, but also the broader region population across the Medicine Line.





*“Everything is animate and in
constant motion; health comes from
maintaining balance within those
relationships”*

-Leroy Little Bear

HONOURING CARE *across* GENERATIONS



The Blackfoot Confederacy Tribal Council has continued to advance advocacy and community engagement efforts focused on improving continuing care services for Blackfoot communities. In partnership with the Indigenous Primary Health Care and Policy Research (IPH CPR) at the University of Calgary, this work was proposed to identify gaps, inequities, and barriers in continuing care across federal, provincial, municipal, First Nation, and third-party systems.

A major issue is the fragmented and unclear responsibility for care on reserve, which contributes to inequitable access and poor coordination.

The plan emphasized that continuing care must be culturally relevant, community-led, and grounded in Blackfoot priorities, including language, cultural practices, and family/community connection. The work broadens continuing care beyond elder care to include people with disabilities, chronic illness, addictions, rehabilitation needs, and palliative/end of life care.

This was a two-year, four-phase engagement process. The intended outcomes were stronger coordination, better data governance, improved cross-sector collaboration, and a clearer oath to equitable continuing care for Blackfoot communities.



NOURISHING OUR BODIES

the GOOD WAY

Traditional Blackfoot ways of living emphasized balance, movement, community, and nourishing foods from the land. Today, many packaged and fast foods are heavily processed and can impact our health when consumed too often. This section is meant to help our readers better understand ultra-processed foods, how they affect our bodies, and how making small healthy choices can support lifelong wellness.

What are Ultra-Processed Foods and why are they a concern?

Ultra-processed foods are foods and drinks that are made mostly in factories and contain added ingredients like:

- Sugar
- Salt
- Artificial flavours & colours
- Preservatives
- Unhealthy fats

Common Examples:

- Chips
- Pop
- Candy
- Instant noodles
- Fast food
- Energy drinks

Why does it matter?

Eating too many ultra-processed foods can affect:

- Energy levels
- Focus at school
- Sleep
- Mood & mental wellness
- Long-term health

Over time, these foods may increase the risk of:

- Diabetes
- Heart Disease
- Obesity
- Other health concerns

Fuel your body the good way

Healthy foods help our bodies and minds stay strong. Traditional foods and homemade meals can give us:

- More energy
- Better focus
- Stronger bodies
- Better overall wellness

Healthier Choices

- Water instead of pop
- Fruit instead of candy
- Popcorn or trail mix instead of chips
- Homemade meals more often



HOW DO I RECOGNIZE ULTRA-PROCESSED FOOD?

Understanding the Nutrition Facts Table: What does % Daily Value Mean?

When shopping for food, the Nutrition Facts Table can help you make healthier choices. One of the most important things to look at is the % **Daily Value (% DV)**, especially for **saturated fat, sugars, and sodium (salt)**.

What is % Daily Value?

The % Daily Value tells you whether a food contains a little or a lot of a specific nutrient.

A simple rule to remember is:

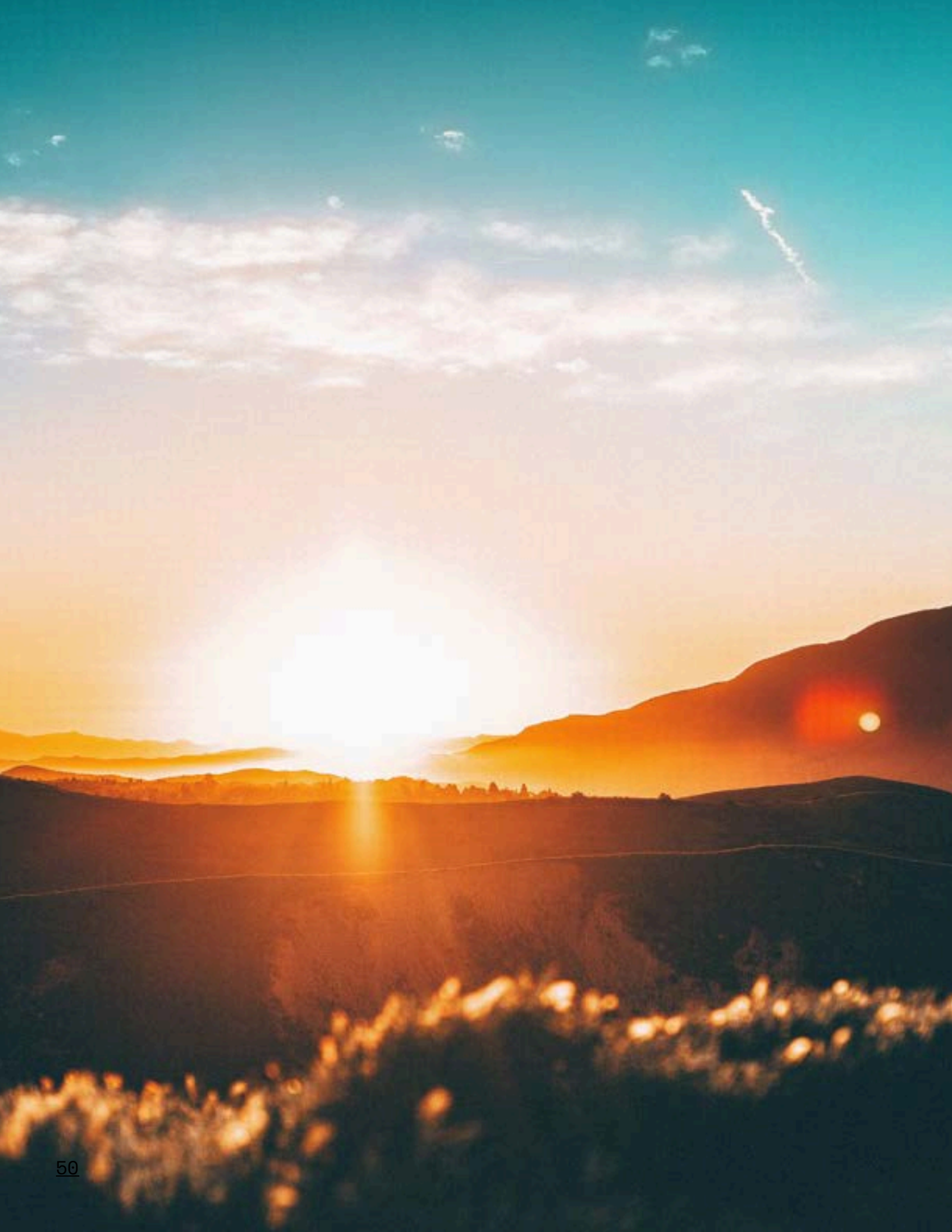
- **5% DV or less = A little**
- **15% DV or more = A lot**
- **20% DV or more = Very high**

When it comes to nutrients that can negatively impact health when consumed in excess - such as **saturated fat, sugar, and sodium** - it is generally best to choose foods with lower percentages.

Why should I pay attention to Saturated Fat, Sugar, and Sodium?

Consuming too much of these nutrients over time can increase the risk of chronic health conditions such as:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Stroke
- Kidney disease



HOW DO I READ THE LABEL

For example, if a package shows:

Nutrient	% Daily Value
Saturated Fat	22%
Sugars	24%
Sodium	18%

This tells us:

- **Saturated Fat (22%)** - High
- **Sugars (24%)** - High
- **Sodium (18%)** - Approaching a high amount

A single serving of this food provides almost one-quarter of the recommended daily amount of saturated fat and sugar.

Quick Tip While Shopping

Before putting a product in your cart, take a quick look at the % Daily Value column:

- Choose foods with **lower percentages** of saturated fat, sugars, and sodium.
- Aim for foods that are **5% DV or less** whenever possible.
- Be cautious when you see **20% DV or higher** for saturated fat, sugars, or sodium, as these nutrients are present in high amounts.

Supporting Wellness Through Food Choices

Making informed food choices is one way we can care for our physical health. By learning to read nutrition labels and choosing foods lower in saturated fat, sugar, and sodium, we can support our overall wellness and reduce our risk of chronic disease. Combined with traditional foods and home-cooked meals, these small choices can help strengthen the health of our families and communities for future generations.

Easy to Remember:

5% = Low

15% = High

20%+ = Very High

When checking food labels, look for **lower percentages of saturated fat, sugars, and sodium, and higher percentages of fibre, vitamins, and minerals.**

TRADITIONAL FOODS = *Strength*

Traditional Blackfoot foods and ways of living supported healthy, active lifestyles and strong communities. Learning about healthier food choices today can help support strong minds, bodies, and spirits for the future. Traditional Blackfoot foods helped keep our people strong, active, and connected to the land. Many of these foods are still healthy choices that youth and families can enjoy today. Traditional foods are often rich in nutrients, protein, vitamins, and natural energy that support overall wellness.

Traditional Foods That Can Still Be Enjoyed Today

Bison

- High in protein and iron
- Helps build strong muscles and energy
- Can be eaten as dry meat, stew, soup, or burgers

Soups & Stews

- Homemade soups with meat and vegetables provide healthy nutrients
- Warm, filling, and good for overall wellness

Traditional Plants & Herbal Teas

- Some traditional plants and teas have been used for wellness and healing for generations
- Teachings from Elders and Knowledge Keepers help preserve this knowledge

Saskatoon Berries & Other Berries

- Full of vitamins and antioxidants
- Support heart and immune health
- Can be eaten fresh, dried, or added to meals

Fish

- A healthy source of protein and omega-3 fats
- Supports brain and heart health

Root Vegetables & Garden Foods

- Potatoes, turnips, carrots, and other vegetables provide energy and nutrients
- Support healthy growth and strong bodies

Why Traditional Foods Matter

Traditional foods are more than just healthy meals - they connect us to:

- Our culture
- The land
- Family and community
- Traditional knowledge and teachings

Choosing traditional and homemade foods more often can help support strong minds, bodies, and spirits while promoting lifelong wellness for Blackfoot youth and future generations.



CHOOSE YOUR PATH

Our Blackfoot youth are the future leaders, caregivers, and healers for our communities. Through our *Choose Your Path* section, we aim to introduce youth to the many rewarding careers within health and wellness while highlighting the important role these professions play in supporting the health of our Nations. By sharing

educational pathways, we hope to inspire and encourage the next generation to pursue careers that strengthen and uplift Blackfoot people and communities.



“Believe in yourself the way your ancestors believed in the generations to come.”
-Unknown



HEALTH CAREER GUIDE



Doctor/Physician

Doctors diagnose illnesses, treat injuries, prescribe medication, and help patients maintain overall health and wellness.

Education Pathway

High school courses:

- Biology
- Chemistry
- Math
- English
- Physics (recommended)

Pathway:

- University undergraduate degree (usually 4 years)
- Medical school (4 years)
- Residency training

Alberta Schools:

- University of Alberta (780) 492-9526
- University of Calgary (403) 210-5409

Registered Nurse (RN)



Registered Nurses care for patients, provide treatment, educate families, and support community wellness.

Education Pathway

High school courses:


- Biology
- Chemistry
- Math
- English

Pathway:

- Bachelor of Nursing Degree (University)

Alberta Schools:

- University of Alberta (780) 492-3111
- University of Calgary (403) 220-5110
- Mount Royal University (403)-440-6111



"You are capable of becoming a healer, a leader, and a voice for your community"
-Unknown



Licensed Practical Nurse (LPN)

LPN's provide basic nursing care, monitor patients, and support healthcare teams in hospitals and clinics.

Education Pathway

High school courses:

- Biology
- English
- Math
- Science

Pathway:

- Practical Nursing diploma (College)

Alberta Schools:

- Bow Valley College (403) 410-1400
- Lethbridge Polytechnic (403) 320-3200
- Norquest College (866) 534-7218

Paramedic



Paramedics respond to emergencies, provide lifesaving medical care, and transport patients safely to hospitals.

Education Pathway

High school courses:

- Biology
- English
- Math
- Science

Pathway:

- Paramedicine diploma or degree (College/University)

Alberta Schools:

- SAIT (403) 284-7248
- NAIT (780) 471-6248



Physiotherapist

Physiotherapists help people recover from injuries, improve movement, and manage pain through exercise and rehabilitation.

Education Pathway

High school courses:

- Biology
- Chemistry
- Math
- Physics

Pathway:

- University degree
- Master of Physiotherapy

Alberta Schools:

- University of Alberta (780) 492-3111

Pharmacist



Pharmacists prepare and provide medications, educate patients, and help manage safe medication use.

Education Pathway

High school courses:

- Biology
- Chemistry
- Math
- English

Pathway:

- University pharmacy degree

Alberta Schools:

- University of Alberta (780) 492-3111





Dentist

Dentists care for teeth and gums, treat oral health problems, and help patients maintain healthy smiles.

Education Pathway

High school courses:

- Biology
- Chemistry
- Math
- Physics (recommended)

Pathway:

- University undergraduate degree
- Dental school

Alberta Schools:

- University of Alberta (780) 492-3111



Midwife

Midwives support mothers and babies during pregnancy, birth, and postpartum care.

Education Pathway

High school courses:

- Biology
- English
- Science
- Math

Pathway:

- Bachelor of Midwifery degree (University)

Alberta Schools:

- Mount Royal University (403) 440-6111

Dental Hygienist

Dental Hygienists clean teeth, educate patients about oral health, and help prevent dental disease.



Education Pathway

High school courses:

- Biology
- English
- Science

Pathway:

- Dental Hygiene diploma or degree (College/University)

Alberta Schools:

- University of Alberta (780) 492-3111
- Toronto College of Dental Hygiene and Auxiliaries (416) 423-3099

Dietitian/Nutritionist

Dietitians and nutritionists help people improve their health through food, nutrition, and healthy lifestyle choices.



Education Pathway

High school courses:

- Biology
- Chemistry
- Math
- English

Pathway:

- University nutrition degree
- Internship/practicum

Alberta Schools:

- University of Alberta (780) 492-3111





Psychologist

Psychologists support mental wellness by helping people understand emotions, behaviours, stress, and mental health challenges.

Education Pathway

High school courses:

- Biology
- English
- Social Studies
- Math

Pathway:

- Bachelor degree in Psychology
- Master's or Doctoral degree

Alberta Schools:

- University of Alberta
(780) 492-3111
- University of Calgary
(403) 220-5110

Addictions Counsellor

Addictions counsellors support individuals and families dealing with substance use and recovery challenges.



Education Pathway

High school courses:

- English
- Biology
- Social Studies

Pathway:

- Counselling or Addictions diploma/degree (College or University)

Alberta Schools:

- Bow Valley College (403) 410-1400
- NorQuest College (866) 534-7218
- University of Lethbridge (403) 329-2111



EDUCATION FUNDING OPPORTUNITIES

Indigenous Career Award (ICA)

\$4,000

Application Deadline: September 15

First Nations pursuing certificate, diploma, applied, or bachelor's degree programs

Contact: Aboriginal Futures Career & Training Centre at
www.aboriginalfutures.com or
(403) 253-5311

Alberta Blue Cross Indigenous Scholarship

\$1,500

Application Deadline: January 27

Open to Indigenous students entering 1st year of post-secondary

www.nlpsab.ca/1-866-513-2555

Inspire (Building Brighter Futures)

\$1,500

Application Deadline: August 1, November 1, February 1 at 11:59 pm

Open to Full and part time studies in college, university, skilled trades, apprenticeships, and technology programs.

www.indspirefunding.ca

For Siksika Members: Post Secondary Student Support

Deadline for Applications: June 15 - Fall Start (September) for New and Continuing Students

Will provide financial assistance to registered treaty members who are accepted to any of the following programs of study:

- UCEPP (University and College Entrance Preparation Program)
- College (Certificate & Diploma Programs)
- University (Bachelors/Masters, Doctorate Degree Programs)

Phone: (403) 734 - 3862 (ext. 227/228)

RBC Future Launch Scholarship for Indigenous Youth

\$10,000

Application Deadline:

Open to students to self-identify as Status Indian, you have applied or enrolled in a post-secondary institution in Canada, you require financial assistance; Ages: 15-29

www.fl scholarship@univcan.ca/1-833-264-4103

For Blood Tribe Members: Post Secondary Student Support

1. Apply to their chosen program at institution.
2. Complete a Post-Secondary Student Support Program (PSSSP) funding application.
3. Submit required documents, including proof of First Nation membership, transcripts, Alberta Health Care card, and proof of acceptance or application.
4. Meet with a Post-Secondary Counsellor if they are a new applicant.
5. Submit all applications and documents by the required deadline (June 15 of every year).

For more information, contact Red Crow Community College at (403) 737-2400.

For Piikani Members: Post Secondary Student Support

Fall Term: September - December
Application Deadline: June 15

Winter Term: January - April
Application Deadline: October 15 (New Applicants)

Phone: 403-965-3910 OR Email:
postsecondary@piikani.ca



RESOURCES FOR BLACKFOOT FAMILIES *Living* OFF-RESERVE

Indigenous Primary Care Clinics

Elbow River Healing Lodge
Location: 7th Floor, Sheldon M.
Chumir Health Centre, 1213 4
Street SW
Contact: 403-955-6600

Addictions and Recovery Supports

Blood Tribe litakamotsiipiohsopi
Recovery Community
Location: Moses Lake, Alberta
Contact: 403-737-8509

Sunrise Healing Lodge Society
Location: 1231 34 Ave NE
Contact: (403) 261-7921

Miskanawah Healing Lodge (East Hub)
Location: 2335 30 Ave NE, Calgary, AB
Contact: (403) 247-5003

Miskanawah Healing Lodge (West Hub)
Location: 2340 1 Ave NW, Calgary, AB
Contact: (403) 247-5003

Elbow River Healing Lodge
Location: 1213 4 St SW, Calgary, AB
Contact: (403) 955-6600

Simon House Recovery Centre
Location: 5819 Bowness Rd NW, Calgary, AB
Contact: (403) 247-2050

Helplines & Crisis Support

Indigenous Support Line (Alberta Health Services)
Contact: 1-844-944-4744

Hope for Wellness Help Line
Contact: 1-855-242-3310

AHS Addiction Helpline
Contact: 1-866-332-2322

Emergency Food Hampers/Food Bank

Aboriginal Friendship Centre of Calgary (AFCC)
Location: 316 - 7 Avenue SE, Calgary, AB
Contact: (403) 270-7379

Native Network Parent Link
Location: 19 Erin Woods Dr SE, Calgary AB
Contact: (403) 240-4642 extension. 303

Calgary Food Bank
Location: 5000 - 11 Street SE, Calgary, AB
Contact: (403) 253-2055

The Alex Community Health Centre
Location: 1315 16 Avenue SE
Contact: (403) 455-5792

Lethbridge Food Bank Society
Location: 1016 2 Ave S, Lethbridge,
AB
Contact: (403) 320-1879



Indigenous Specific Supports

Jordan's Principle
Contact: 1-855-572-4453

Non-Insured Health Benefits (NIHB) Pharmacy Benefits
Contact: 1-800-580-0950

Non-Insured Health Benefits (NIHB)
Drug Exception Centre
Contact: 1-800-580-0950

First Nations Health Consortium
Location: 3016 19 St NE #100, Calgary
Contact: 1-844-558-8748

Arthur J.E. Child Comprehensive Cancer Centre
Location: 3395 Hospital Dr NW, Calgary
Contact: 1-844-465-6330

Non-Insured Health Benefits (NIHB) Dental Benefits
Contact: 1-855-618-6291

Non-Insured Health Benefits (NIHB) Medical Supplies
Contact: 1-800-232-7301

Non-Insured Health Benefits (NIHB) Medical Transportation
Contact: 1-800-514-7106

Indigenous Cancer Patient Navigation
Location: Department of Psychosocial Oncology, Holy Cross Site, Calgary
Contact: (403) 476-2763

Indigenous Wellness Core & Health Link
Support Line: 1-844-944-4744

Indigenous Birth Support Services

Heart Lodge (in collaboration with Juniper Midwives)
Location: 1240 14th Avenue SW, Calgary
Contact: (403) 206-2580

How to Request a Liaison

- Ask your healthcare provider: Nursing staff and doctors can put in an internal referral to the Indigenous Hospital Support Services team at any Calgary site (e.g., Foothills Medical Centre, Peter Lougheed Centre, Rockyview General Hospital).
- Family referral: Family members or support persons can also directly request a liaison to be assigned to the patient.
- Alberta Children's Hospital: An Indigenous Hospital Liaison can be reached Monday to Friday (8 p.m. - 4 p.m.) at the Family & Community Resource Centre or by referral.
- Indigenous Support Line (Province-wide): You can call 1-844-944-4744 (toll-free) or dial 811 to reach clinically trained Indigenous listeners for cultural support, care navigation, and addiction/mental health advice (available Monday to Friday, 10:00 a.m. to 6:00 p.m.)



LEARN THE BLACKFOOT LANGUAGE

The Blackfoot language is more than a way of communicating - it is the foundation of our identity, culture, history, and worldview as Blackfoot people. Our language carries the teachings, stories, ceremonies, values, and knowledge passed down by our ancestors for generations. When we learn and speak Blackfoot, we strengthen our connection to the land, our relatives, and our responsibilities as Blackfoot people. Language revitalization helps ensure that our cultural knowledge survives and thrives for future generations. Every word learned and spoken is an act of honouring our ancestors and preserving our Blackfoot culture for our children, grandchildren, and those yet to come.

Blackfoot Classes Available

Calgary & Surrounding Area

Aboriginal Friendship Centre of Calgary (AFCC)
Beginner Blackfoot Language Virtual Learning
Instructor: Krista White / Siksapiaki
Format: Virtual via **Microsoft Teams**
Dates: Every Tuesday, beginning **February 3rd, 2026**
and ending **March 24, 2026**
Time: 7:00 PM - 7:30 PM
Cost: Free
Level: Beginner Friendly
How to Register: please register by emailing kjwhite@afccalgary.ca

Lethbridge & Surrounding Area

Blackfoot Resource Hub
Instructor: Julius Delaney
Address: #50 - 450 31 Street North,
Lethbridge, AB
To Register, Please contact the office at: (587) 787-4486
Transportation & Supper provided.



SPEAK BLACKFOOT

Greetings

<p>Oki. (Hello)</p> <p>Phonics: Oak-Key</p>	<p>Nitanikkoo (My name is)</p> <p>Phonics: Knee-Da-Nick-Go</p>	<p>Tsa kitanikkoo? (What is your name?)</p> <p>Phonics: Tsa-Key-Da-Nick-Go</p>
<p>I'ksimato'taatsiyiop (Nice to meet you)</p> <p>Phonics: Eek-Ksee-Mut-Daa Tsee-Yo</p>	<p>Tsa niita'piiwa? (How are you today?)</p> <p>Phonics: Tsa-Knee-Da-Bee</p>	<p>liksooka'piiwa (I am fine)</p> <p>Phonics: Eek-Sue-Gaa-Bee</p>
<p>Kiisto? (And you?)</p> <p>Phonics: Gee-stu</p>	<p>Tsima kimoh'too pa? (Where are you from?)</p> <p>Phonics: Tse-Maa-Kim-O-Too-To Ba</p>	<p>Nimoh'tooto... (I am from)</p> <p>Phonics: Nimm-Oh-Too-To</p>
<p>Tsima kitsitoo'pa? (Where do you live?)</p> <p>Phonics: Tsee-Ma-Kee-Tset-Opee-Ba</p>	<p>Nitsitoo'pii (I live...)</p> <p>Phonics: Knee-Tset-Oo-Bee</p>	<p>Okii Nikso'kowaiksi (Hello my friends/relatives)</p> <p>Phonics: Oak-Key-Nic-Kso-Goo-Waa-Ksee</p>



Blackfoot Values

<p>Aatsimoyihkaani (Prayer)</p> <p>Phonics: Aa-Tsee-Moy Eeh-Gaan</p>	<p>Awaatoyi'takio'pa (Be spiritual)</p> <p>Phonics: Aa-Waa-To-Yee-Daa-Kyoop</p>	<p>Aiksimatsi'takio'pa (Be thankful)</p> <p>Phonics: A-Ksee-Ma-Tsee-Daa-Kyop</p>
<p>Omai'takssini (Believe)</p> <p>Phonics: Oo-May-Tuck-Sen-Knee</p>	<p>Isspommotsiiyssini (Be helpful)</p> <p>Phonics: Iss-Boom-Mo-Tsee-Sin</p>	<p>Kimmapiiyipitssini (Be kind)</p> <p>Phonics: Gim-Maa-Bee-Yee-Bit-Sen-Knee</p>
<p>Mokakissini (Gain wisdom)</p> <p>Phonics: Mo-Gaa-Giss-Sin-Knee</p>	<p>Iiyika'kimaahsini (Always try hard)</p> <p>Phonics: Ee-Yik-Ga-Key-Maah-Sin-Knee</p>	<p>Aahsitapiissini (Be generous)</p> <p>Phonics: Aah-Sit-Daa-Bee-Sin-Knee</p>
<p>Sakakimmotsiiyssini (Cherish)</p> <p>Phonics: Saa-Ka-Kim-Moo-Tsee-Sin</p>	<p>Aokakio'so'pi (Awareness)</p> <p>Phonics: Awe-Gaa-Gue-Soup</p>	<p>Aawooka'pssini (Ambitious)</p> <p>Phonics: A-Woo-Gaap-Sin</p>
<p>Sapa'tsima'pii (Harmony)</p> <p>Phonics: Saa-Baa-Tsem-Maa-Bee</p>	<p>liko'pohsini (Fear/be afraid)</p> <p>Phonics: Ee-Goo-Pooh-Sin-Knee</p>	<p>Nitaikso'kowammotsiiyo'pa (Relationship)</p> <p>Phonics: Knee-Daa-Kso-Goo-Wam-Moo-Tsee-Yopa</p>



ALBERTA HEALTH'S FOUR PILLARS OF CARE

Alberta's health system is now organized into four main areas, often called the **Four Pillars of Health Care**. Each pillar focuses on a different part of helping people stay healthy and receive the care they need.

Primary Care Alberta helps people access family doctors, nurse practitioners, and community health services. It focuses on preventing illness and keeping people healthy close to home.

Acute Care Alberta provides emergency and hospital care when people are seriously injured or sick and need immediate treatment.

Recovery Alberta supports mental health, addiction recovery, and wellness services to help individuals and families heal and thrive.

Assisted Living Alberta helps Elders, people with disabilities, and others who need ongoing support through home care, assisted living, and continuing care services.

Together, these four pillars are designed to make health care easier to access and ensure Albertans receive the right care, at the right time, and in the right place. For Blackfoot youth, understanding these services can help you know where to turn for support, whether it's for physical health, mental wellness, emergencies, or care for family members and Elders.



THE FORCED AND COERCED STERILIZATION OF INDIGENOUS WOMEN

The forced and coerced sterilization of Indigenous women is a painful part of Canadian history that continues to affect Indigenous communities today. Sterilization is a medical procedure that prevents a person from having children. In many cases, Indigenous women were pressured, manipulated, or underwent the procedure without their full and informed consent.

These practices were rooted in colonial policies and discriminatory beliefs that sought to control Indigenous populations and undermine Indigenous families. Many women were not provided with adequate information, were asked to consent while in vulnerable situations such as during childbirth, or were not given a meaningful choice.

For Blackfoot people, understanding this history is important because it reflects the broader impacts of colonization on our families, communities, and reproductive rights. The loss experienced by women, their children, and future generations continues to be felt today.

By learning about these experiences, we honour the strength and resilience of the women who came forward to share their stories. Their courage has helped raise awareness, advocate for justice, and promote the importance of culturally safe and trauma-informed healthcare for Indigenous peoples.

Every person has the right to make informed decisions about their own body, health, and future. Recognizing the past helps us work toward a future where Indigenous women are treated with dignity, respect, and self-determination in all areas of healthcare.

Did You Know?

The right to informed consent means that every person has the right to receive complete information about a medical procedure, understand the risks and benefits, ask questions, and make a voluntary decision free from pressure or coercion.



FEDERAL INDIAN HOSPITALS SETTLEMENT

The Federal Indian Hospital Settlement provides compensation to Indigenous people who suffered psychological, physical, verbal, and/or sexual abuse while admitted to one of 33 federally operated Indian hospitals between 1936 and 1981. Applications will be accepted until **July 27, 2028**.

WHO IS ELIGIBLE?

You may be eligible if you were admitted to one of the 33 Federal Indian Hospitals included in Schedule D:

Blackfoot Indian Hospital

Other Names: Blackfoot I.N.H.S Hospital, Blackfoot Hospital

Dates Operated: January 1, 1936 - April 1, 1976

Located: Siksika Nation, Alberta

Blood Indian Hospital

Other Names: Blood Agency Hospital, Blood Hospital, Blood Reserve Indian Hospital, Blood Reserve Hospital

Dates Operated: January 1, 1936 - December 31, 1981

Location: Kainai Nation, Alberta

Charles Camsell Indian Hospital

Other Names: Charles Camsell Hospital, Edmonton Indian Hospital, Edmonton Military Hospital, Indian Health Services Hospital, Jesuit College Hospital

Dates Operated: November 1, 1945 - December 1, 1980

Located: Edmonton, Alberta

Peigan Indian Hospital

Other Names: Peigan Agency Hospital, Peigan Hospital

Dates Operated: January 1, 1936 - December 31, 1954

Associated Nation/Territories: Piikani Nation, Alberta



HOW TO BEGIN YOUR CLAIM

The Claims Process is designed to be trauma-informed, clear and straightforward so people can move through it at their own pace. Primary Class Members, their Representatives and Estates of Primary Class Members who passed away on or after January 25, 2016, can submit a Claim.

You do not need to have medical records or hospital documentation to submit a Claim.

The Settlement does not provide compensation for medical malpractice or claims related to medical treatment.

The Claims Period is now open, and Claims can be submitted until **July 27, 2028**.

You can download the Claim Form or request to have a paper copy mailed to you by calling the Info Line at **1-888-592-9101**.

The Claim Form asks for personal information, identification, admission details, and written responses to questions about your experience.

You do not need records or proof related to your admission to one of the 33 Federal Indian Hospitals operated by the Government of Canada between 1936 and 1981, unless you choose to include them.

Step 1: Get the Claim Form

The online Claims Portal is the fastest option to submit a Claim.

You can download the Claim Form or request to have a paper copy mailed to you by calling the Info Line at **1-888-592-9101**

Step 2: Gather your information

You will need personal and contact information, government-issued identification (photo ID if you have it), and what you can remember about being admitted to one of the 33 Federal Indian Hospitals.

Information about hospital admission

- Name of the Federal Indian Hospital
- Approximate dates of admission
- Additional details (if known)

For more information and/or to start your application. Scan the QR code.





INDIAN BOARDING HOMES CLASS ACTION SETTLEMENT

Many Blackfoot children were required to leave their homes and communities to attend school. Some were placed in private family homes, often far from their families, language, culture, and traditional ways of life. These placements were part of what became known as the Indian Boarding Homes Program.

The Indian Boarding Homes Class Action Settlement provides compensation and recognition for eligible First Nations individuals who were placed in boarding homes for the purpose of attending school. Survivors may be eligible to submit a claim if they lived in a boarding home between September 1, 1951, and June 30, 1992, or in certain circumstances after that date where the Government of Canada was responsible for the placement.

If you, a parent, grandparent, auntie, uncle, or other family member were placed in a boarding home to attend school, you may qualify for this settlement. The claims process is intended to acknowledge the impacts of family separation, cultural loss, and the challenges many children experienced while living away from their communities.

The deadline to submit a claim is February 22, 2027.

For information about eligibility, assistance with the application process, or to obtain a claim form, contact the Claims Administrator at **1-888-499-1144** or visit the official Indian Boarding Homes Class Action Settlement website at <https://boardinghomesclassaction.com>

Our stories matter. By learning about these experiences and supporting survivors, we continue the work of truth, healing, and strengthening our Blackfoot communities for future generations.

For more information and/or to start your application. Scan the QR code below:





THE SIXTIES SCOOP AND BLACKFOOT FAMILIES

The Sixties Scoop refers to a period from the 1950s through the 1980s when thousands of First Nations children were removed from their families and communities by child welfare agencies and placed in foster homes or adopted by non-Indigenous families. Many children lost connections to their language, culture, identity, and relatives.

Blackfoot families were among those impacted by these policies. Children from Siksika, Kainai, and Piikani Nations were removed from their communities often raised away from their culture and kinship networks. The effects of these removals continue to be felt today through intergenerational trauma, loss of language, and disrupted family connections.

Despite these challenges, Blackfoot people continue to reclaim their identities, reconnect with relatives, revitalize language, and strengthen cultural practices. Learning about the Sixties Scoop helps honour the experiences of survivors and supports the ongoing journey of healing.

Resources and Supports

- National Sixties Scoop Healing Foundation – Provides information, healing initiatives, and resources for survivors and descendants.
- Indian Residential Schools Resolution Health Support Program – Offers emotional and cultural support services for survivors and family members affected by residential schools and related colonial policies.
- First Nations Health Consortium (Alberta) – Can assist First Nations individuals in accessing health supports, mental wellness services, and cultural resources.
- Provincial Child and Family Services Records Requests – Survivors seeking information about their time in care may be able to request historical records through Alberta Children's Services.
- National Centre for Truth and Reconciliation – Offers educational resources and historical information about Indigenous child welfare policies and their impacts on Indigenous families.



MISSING AND MURDERED INDIGENOUS WOMEN, GIRLS, AND TWO SPIRITED PEOPLE (MMIWG2S+)

The crisis of Missing and Murdered Indigenous Women is a national tragedy that continues to impact Indigenous communities across Canada, including Blackfoot families and communities. Many Indigenous women and girls have experienced violence, exploitation, and systemic barriers that have contributed to their disappearance or loss of life.

For Blackfoot people, the safety and wellbeing of our women and girls is connected to the strength of our families, our communities, and our cultural teachings. Our women have always held important roles as caregivers, knowledge keepers, leaders, and protectors of our people.

The National Inquiry into Missing and Murdered Indigenous Women and Girls identified that this crisis is connected to the impacts of colonization, racism, poverty, and systems that have failed to protect Indigenous people. Addressing this issue requires listening to survivors, supporting families, strengthening community safety, and restoring connections to culture, language, and traditional ways of knowing.

As a community, we can help create safer spaces by:

- Supporting and believing survivors
- Learning the signs of violence and exploitation
- Checking in on relatives and youth
- Strengthening cultural identity and connection
- Speaking up when someone is missing or at risk.

Every missing person has a family, a story, and a community who loves them. Remembering our people and protecting one another is part of our responsibility as Blackfoot people.

Resources and Support

- National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG) – Reports, findings, and information on the Calls for Justice.
 - Alberta Missing and Murdered Indigenous Women and Girls (MMIWG) supports – Community-based resources and advocacy supports.
 - Siksika, Kainai, and Piikani community health and family support programs – Local supports for safety planning, wellness, and cultural connection.
 - Hope for Wellness Help Line – Available 24/7 for Indigenous peoples needing emotional support, counselling, or crisis assistance.
- Call: 1-855-242-3310



NON-INSURED HEALTH | FIRST NATIONS THERAPISTS

**Dr. Courtney Dookie, PsyD, RPsych,
Neuropsychologist**

Profession: Registered Clinical Psychologist
& Neuropsychologist

Location: Calgary, Alberta

Phone: (587) 604-0817

NIHB: Accepts Non-Insured Health Benefits
(NIHB)

Services Offered:

- Neuropsychological Assessments
- Psychoeducational Assessments
- Neurofeedback Training
- Brain Mapping
- ADHD Assessments (Children & Adults)
- Autism Assessments
- Learning Disability Assessments
- Giftedness Assessments
- Traumatic Brain Injury (TBI) Assessments
- Dementia Assessments
- Depression Counselling
- Anxiety Counselling
- PTSD Treatment
- Borderline Personality Disorder Treatment
- Childhood Trauma Therapy
- Psychological Assessments

Populations Served:

- Children
- Youth
- Adults

Anmol Hajraw, MC

Profession: Registered Psychologist

Location: Calgary, Alberta

Phone: (403) 560-0997

NIHB: Accepts Non-Insured Health Benefits (NIHB)

Services Offered:

- Individual Counselling
- Autism Support
- ADHD Support
- Neurodiversity-Affirming Counselling
- Cultural Identity Support
- Family and Relationship Concerns
- Anxiety and Stress Management
- Self-Esteem and Personal Growth

Populations Served:

- Youth
- Young Adults
- Adults

Rose Thatcher, MSW, BSW, BCC, RCSW

Profession: Registered Clinical Social Worker /
Therapist

Location: Calgary, Alberta

Phone: (825) 250-0618

NIHB: Accepts Non-Insured Health Benefits
(NIHB) and offers direct billing

Services Offered:

- Individual Counselling
- Emotional Wellness Support
- Stress and Anxiety Support
- Coping Skills Development
- Relationship Support
- Family Support
- Mental Health Counselling
- Personal Growth and Resilience Building

Populations Served:

- Youth
- Adults
- Families



Carolyn Frew, MEd, RPsych

Profession: Registered Psychologist

Location: Calgary, Alberta

Phone: **(587) 418-8989**

NIHB: Confirm NIHB direct billing availability with provider

Services Offered:

Individual Counselling

Anxiety Support

Stress Management

Emotional Wellness Support

Coping Strategies

Self-Esteem Support

Personal Growth Counselling

Populations Served:

Adults

Youth (confirm availability with provider)

Areas of Focus:

Anxiety, stress, self-doubt, emotional challenges, life transitions, resilience, and navigating difficult experiences.

Amelia Larson, Registered Clinical Social Worker (Calgary, AB)

Contact: **(587) 404-7433**

Amelia Larson supports individuals experiencing feelings of being stuck, overwhelmed, or disconnected. With over 17 years of experience, she provides personalized counselling tailored to each person's unique needs, goals, and strengths. She offers a variety of therapeutic approaches and works collaboratively with clients to help them navigate life's challenges and improve their overall well-being.

Dr. Katrina McDougall, Psychologist (Calgary, AB)

Contact: **(825) 521-1317**

Dr. McDougall specializes in evidence-based therapy for children and adolescents. She provides compassionate, collaborative, and empowering mental health support for youth and their families. Her experience includes therapy and psychological assessments in community mental health, primary care, hospitals, and school settings.

Vicki Park, Psychologist (Calgary, AB)

Contact: **(587) 327-9385**

Vicki Park works primarily with adults and teens, using a collaborative, strengths-based approach tailored to each client's values and goals. She provides support for trauma, addiction, depression, anxiety, stress management, and relationship concerns. She also offers couples counselling using Gottman-based approaches and utilizes Accelerated Resolution Therapy.

For a full list of NIHB-approved therapists, scan the QR code below:



