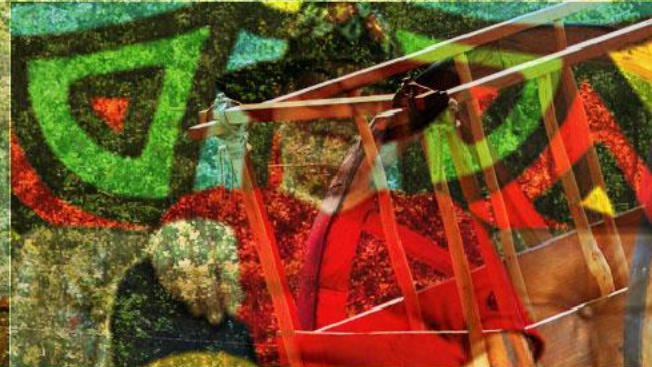


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RECOGNIZING OUR PLACE IN HISTORY



Health & Wellness
Minister Frances Chartrand

Minister Frances Chartrand

- Vice-President, Northwest Region
- Minister of Health and Early Learning Child Care
- Re-elected by acclamation in 2026 MMF Election
- Honoured to serve and advocate for Red River Métis Citizens across the Homeland
- Committed to the health and wellbeing of Citizens by building on the success of Health & Wellness Department research, programs and services



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**RECOGNIZING
OUR PLACE
IN HISTORY**

VISION

A Well Red River Métis Community

HEALTH RESEARCH

Research,
education and
partnerships

COMMUNITY HEALTH PROGRAMMING

Navigation,
prescription drug
program, vision
care, mental
health

CLINICAL SERVICES

Mobile clinic,
clinical
programs

MICHIF MANOR

Accommodation
for Citizens
travelling for
medical care

POLICY & HEALTH INFORMATION

Health
information to
support policy
and services

Health Research

The Health Research team centers Red River Métis voices to shape health knowledge that reflects our culture, values, and lived experiences.

Completed Projects:



Riel Personalized Cancer Care



META-Care: Resources and Education for Metastatic Breast Cancer



Distance to Cancer Care



Medical Assistance in Dying and Advance Care Planning

Current Projects:



Supporting Caregivers of Red River Métis Living with Dementia



Red River Métis Maternal Health



Connect to Change

Tobacco Cessation

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Health Research



Cancer Kindness Kits

Navigating cancer is a challenging journey that affects many **Red River Métis Citizens**

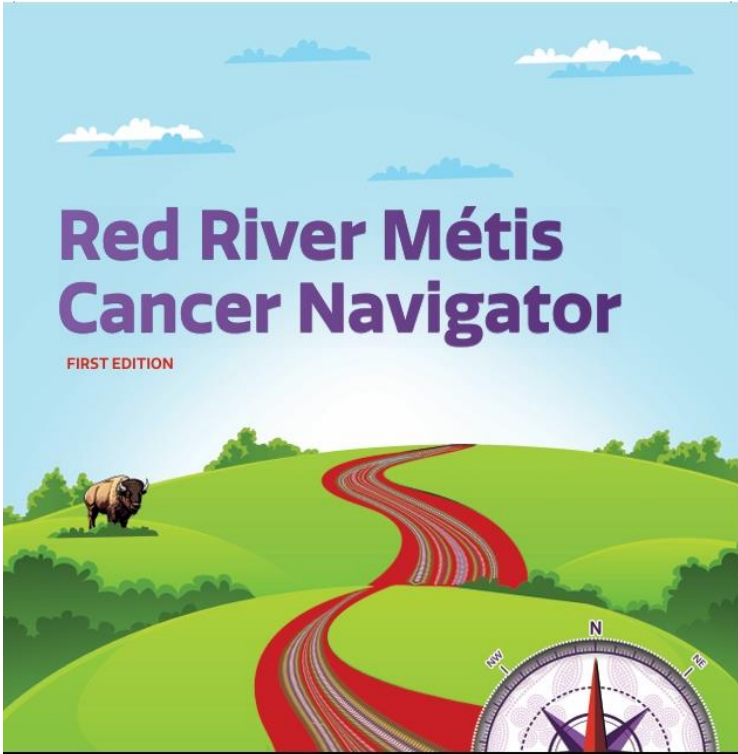
The MMF's Health & Wellness Department provides Cancer Kindness Kits, which include a variety of self-care items to support and comfort Citizens throughout their journey.

If you are a Red River Métis Citizen and feel this could support you, please call 204-586-8474 ext. 2960 or email healthresearch@mmf.mb.ca

 Health & Wellness

Red River Métis Cancer Navigator

FIRST EDITION



Winnipeg, Manitoba, Canada, 2026
Manitoba Métis Federation
Health & Wellness Department

 Health & Wellness

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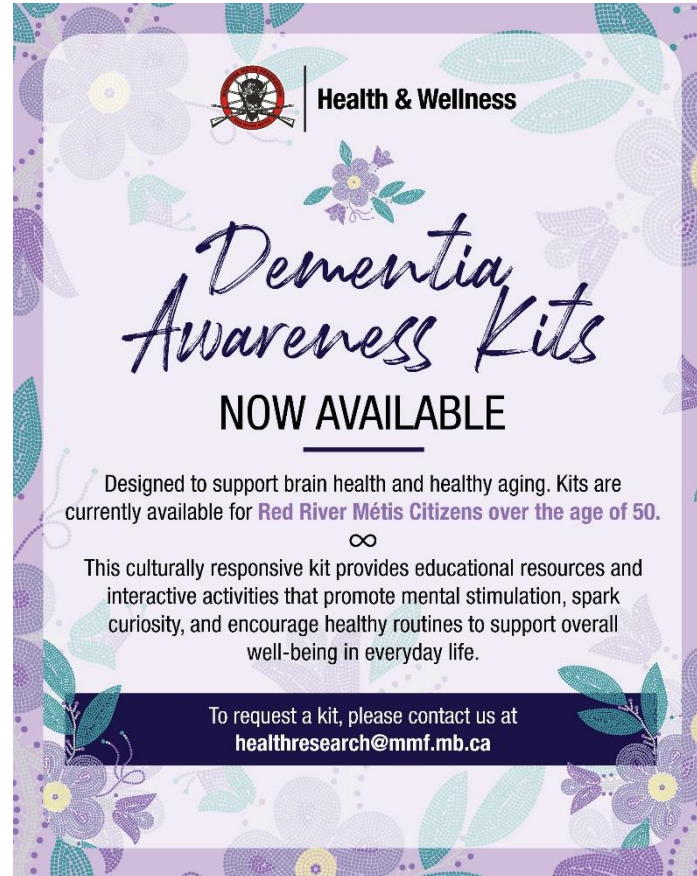


RECOGNIZING
OUR PLACE
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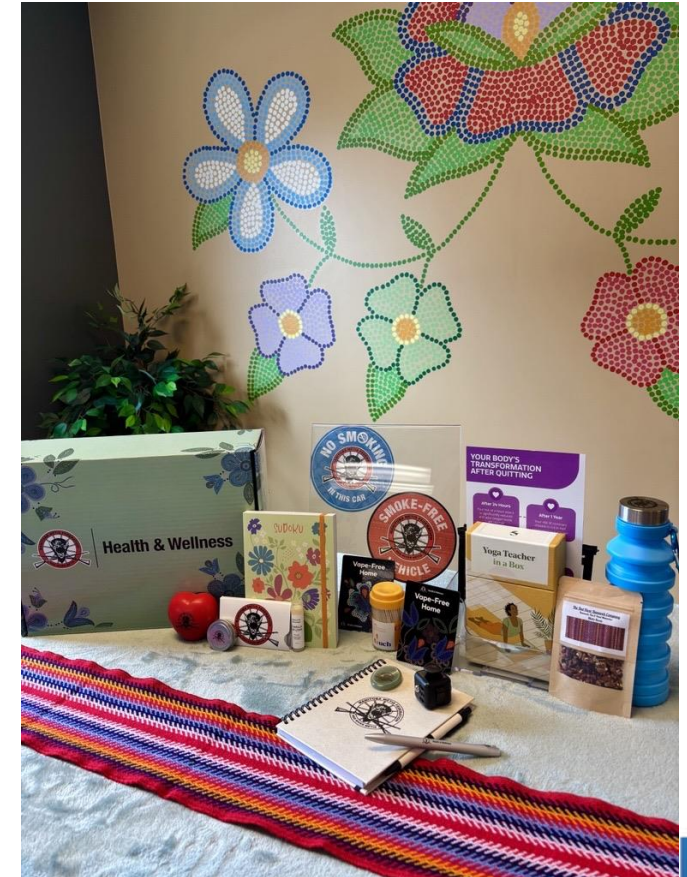
Health Research



Dementia Awareness kit



Commercial Tobacco Reduction kit



Growing Strong Together kit

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RECOGNIZING
OUR PLACE
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Health Research

**Scan to request
a Wellness Kit!**

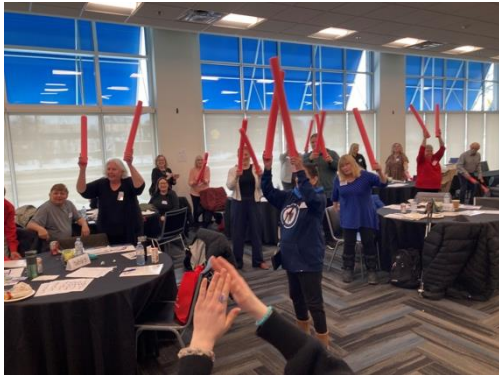


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**RECOGNIZING
OUR PLACE
IN HISTORY**

Health Research Events



Aging Well, February 2026

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Research Showcase, March 2026

RECOGNIZING
OUR PLACE
IN HISTORY

Community Health Programming

Community Navigation

Community Navigators are located throughout Manitoba to support Red River Métis Citizens with their health needs

Prescription Drug Program

Pays eligible Citizens' calculated deductible throughout the year for Pharmacare-eligible drugs

Senior Vision Care

Aids aging Citizens in managing their eye health, including regular eye exams and prescription eyeglasses



Community Health Programming

Mental Wellness Support Line

Mental Wellness phone line provides free support for Red River Métis Citizens experiencing sadness, stress, or anxiety

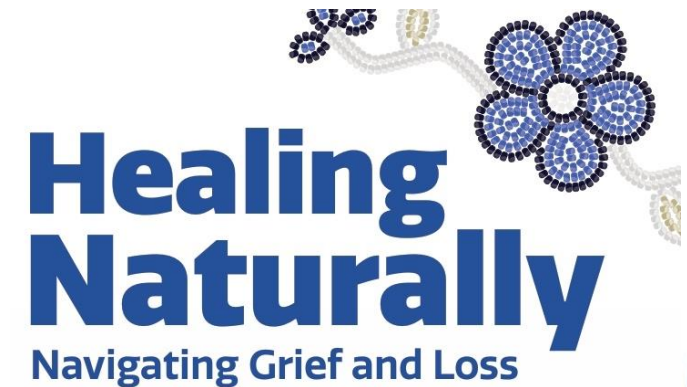


Citizen Support Program

Emotional support, guidance, and access to resources for Red river Métis Citizens

Grief and Loss Program

An 8-week program that assists Citizens who are struggling with emotions due to grief and loss



**RECOGNIZING
OUR PLACE
IN HISTORY**

Clinical Services

Bringing culturally appropriate health and wellness services to Citizens throughout Manitoba, including:

- General health assessments/check-ins
- HbA1C (blood sugar) testing
- Cholesterol/lipid testing
- Kidney testing (new!)
- Vaccinations
- Health education and wellness supports



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Clinical Services

Public Health Education:

- Diabetes Wellness Sessions
- Mental Health and Addictions Sessions
- Educational Resources for Chronic Illness Prevention
- Aging Well at Home, Nutrition Program (AWAH)
- Embracing Wellness: Mental Health and Addictions



Michif Manor

- Short-term accommodations for Red River Métis Citizens and their families who are in Winnipeg for medical appointments or treatment
- Reduces the burden of travel and accommodation costs
- A safe, comfortable place for Citizens to stay during a challenging time
- Located near Health Sciences Centre in Winnipeg



Michif Manor

- Facilities include:
 - 12 rooms (including 2 family suites)
 - Accessible accommodations
 - Communal kitchen
 - Fitness room
 - Entertainment room
 - On-site laundry
 - Outdoor patio
 - Outdoor children's play area



Policy and Health Information

Gathering and developing Red River Métis-specific health information to support policies, programs and services for Citizens, promoting informed decision-making

Completed Projects:



Enhancing Food Security and Community Wellness through Gardening



Long-Term and Continuing Care Framework



Perspectives on Missing and Murdered Indigenous Women, Girls and 2SLGBTQQIA+ People



Suicide Prevention and Engagement

Current Projects:



COVID-19 Surveillance and Future Pandemic Planning



Climate Health



Cancer Data Monitoring



Impacts of COVID-19 on Red River Métis Mental Health



Empowering Red River Métis: Breaking Barriers for Accessibility and Inclusion



Red River Métis Regional Health Survey

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**RECOGNIZING
OUR PLACE
IN HISTORY**

Policy and Health Information

Red River Métis Regional Health Survey (MRHS)

- **30%** reported **fair** or **poor** general health
- **31%** agree that there has **not** been a doctor or a nurse available in their area
- **54%** have **not** had a complete physical examination in the last 12 months

Perspectives on Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ People

- **41%** of respondents indicated personally knowing at least one directly affected family
- **58%** found the justice system to be incompetent at handling MMIWG2S+ cases
- **41%** of respondents indicated lack of sufficient mental health support for coping with MMIWG2S+ in their community

National AccessAbility Week May 2025



Research Showcase March 2026



Gardening Initiative Growing Season 2025



Health & Wellness Team



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