

HP/DP Contacts,

I hope this finds each of you well and busy with lots of activities as summer approaches. Here are resources and funding opportunities for review and to share. Thanks to all who have provided information and excuse any cross posting.

Updates:



Are you part of a community coalition or group organizing and taking action for wellness?

Then the **2013 Healthy Native Communities Fellowship** is a perfect fit, if what you want is to...

- *Work with your community to realize their own vision of wellness!*
- *Create effective teams & coalitions to sustain community efforts!*
- *Mobilize your community for positive change!*
- *Energize and deepen your leadership skills!*

Learn more by reading the attached brochure or viewing it at:

<http://dl.dropbox.com/u/9576776/HNCF%202013/2013%20HNCF%20brochure%20r.pdf>. More information is also available at:

<http://www.hncpartners.org/HNCF/Home.html>. Important dates: **8/3/2012** Letters of Intent due & **10/5/2012** applications due. Selected teams to be notified by end of December 2012. **Start the application process** by getting your team together and submitting the short online **Letter of Interest by 8/3/2012** at:

<http://www.surveymonkey.com/s/HNCF2013LOI>

Wednesday, June 13th in Sacramento, the Prevention Institute, U.S. DHHS Region IX, The California Endowment is co-hosting the **U.S. Surgeon General, Dr. Regina Benjamin**. She will release **The National Prevention Council Action Plan**. The Action Plan details the **next steps in the federal implementation of the National Prevention Strategy**, which was released in 2011. Location/time; The California Museum Sacramento 10:30am -12:30pm. **PDF copies of the 2011 National Prevention Strategy are available at:**

<http://www.healthcare.gov/prevention/nphpphc/strategy/report.pdf>. (I have one copy, email if you want it).

Health Careers Coloring Book for Native kids, PDF attached

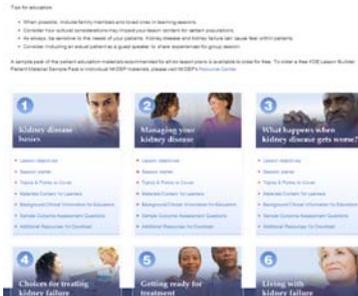
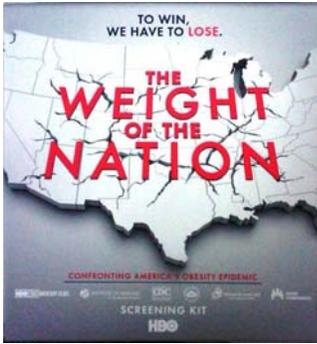
The Guide to Community Preventive Services (The Community Guide) is a collection of all



the evidence-based findings and recommendations of the Community Preventive Services Task Force. It provides community preventive services, program, and policies that have been shown to work to include estimated cost and return on investment. For more information visit the website at:

<http://www.thecommunityguide.org/index.html>

Did your organization receive a copy of this? Many have reported getting a copy of, *The Weight of the Nation Discussion Guide*....but no instructions on what they are to do with it were included. If your organization offers group classes consider streaming segments of the documentary (online link below) and use the guide to help start the conversations.....conversations about what we are wanting for ourselves, our health, our next generation. **The Weight of the Nation: Documentary Series is available for viewing at:** <http://theweightofthenation.hbo.com/films/main-films/Consequences#>. This is a four part miniseries (Consequences, Choices, Children in Crisis and Challenges), a collaboration of HBO and the Institute of Medicine (IOM), in association with the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH). (I have two copies, email if you want one).



The National Kidney Disease Education Program has an **Educate Your Patients: Kidney Disease Education Lesson Builder** web section. It supports educators in creating and implementing lesson plans for counseling patients with Chronic Kidney Disease (CKD). It also helps health professionals find patient education content and resources based on CKD topic. <http://nkdep.nih.gov/identify-manage/educate-patients.shtml?ref=NKDEP-news>

Funding Opportunities:

1. CDC Community Transformation Grants – Small Communities Program (2012 Public Prevention and Health Funds). Overarching purpose of this program is to **prevent heart attack, stroke, cancer, diabetes and other leading chronic disease causes of death or disability** through implementation of a variety of evidence based programs, policies, and infrastructure improvements to promote healthy lifestyles in small communities that improve health and health behaviors among an intervention population. **Deadlines, required Letter of Intent *June 18* and applications due July 31, 2012. Estimated funding: \$70,000.00. More information is at:** <http://www.grants.gov/search/search.do?mode=VIEW&oppld=173114>

1. RWJF, Healthy Eating Research: Building Evidence to Prevent Childhood Obesity 2012. Call for Proposals-Round 7 New Connections. This call for proposals (CFP) is for two types of awards aimed at providing key decision- and policy-makers with evidence to reverse the childhood obesity epidemic by 2015. Approximately \$1.9 million will be awarded. **Deadline for concept papers:** any time until **August 9, 2012** (3 p.m. ET), with deadlines for receipt of invited full proposals **October 1, 2012, December 1, 2012, and March 1, 2013**. For more information visit: http://www.rwjf.org/applications/solicited/cfp.jsp?ID=21393&cid=XEM_A5779

2. The California Wellness Foundation - Responsive Grantmaking Program (California). The California Wellness Foundation is dedicated to improving the health of the people of California by offering program grants for health promotion, wellness education, and disease prevention. The foundation is offering grants to programs which address a number of health issues. **Deadline for Applications: Rolling.** For more information visit: http://www.calwellness.org/how_to_apply/

3. Ben & Jerry's Foundation: National Grassroots Grant Program aims to further social justice, protect the environment and support sustainable food systems. Grants of up to \$15,000 are provided to grassroots, constituent-led organizations that are using community organizing strategies to accomplish their goals as well as organizations that provide technical support and/or resources to such groups. **Deadline for Applications: Rolling.** For more information visit:

<http://www.benandjerrysfoundation.org/the-national-grassroots-grant-program.html>

4. Bayer USA Foundation – Community Health and Development Grants support programs that enhance the quality of life, provide unique and enriching opportunities that connect diverse groups, and ensure preparedness for tomorrow's leaders. Proposals focused on health and human services, education and workforce development, environment and sustainability, and/or arts and culture are welcomed. **Deadline varies.** For more information visit: <http://www.bayerus.com/Foundation/giving.aspx>

5. The CA Wellness Foundation supports project-driven initiatives and nonprofit organizations ability to meet basic organizational needs. Core operating support can be used to help underwrite the regular, ongoing health promotion and disease prevention activities of your organization and strengthen organizational infrastructure. **For more information visit:** http://www.calwellness.org/how_to_apply/

6. James Irvine Foundation, Information on the **Special Initiatives funding** is available at: <http://www.irvine.org/grantmaking/our-programs/specialinitiatives>

7. Operation Green Plant, of The America the Beautiful Fund, is offering free vegetable, flower, and herb seeds to outdoor community projects. **Deadline for Applications: Rolling.** For more information visit: http://www.america-the-beautiful.org/free_seeds/index.php

8. Michael and Susan Dell Foundation - Helping Children in Urban Poverty Grants funds projects that directly serve or impact children living in urban poverty, particularly in the areas of education, childhood health and family economic stability. Funding amount varies, generally not funding more than 25% of a project's budget or more than 10% of an organization's total annual operating expenses. Deadline: rolling. Visit: <http://www.msdf.org/Grants/default.aspx>

CDC & NIH

School Nutrition and Physical Activity Policies, Obesogenic Behaviors and Weight Outcomes (R01, and R21) *Cycle Due Dates (new submission): Oct. 5 2012 and Jan. 8, 2013* For more information <http://grants.nih.gov/grants/guide/pa-files/PA-10-052.html> and <http://grants.nih.gov/grants/guide/pa-files/PA-10-053.html>

Home- and Family-Based Approaches for the Prevention or Management of Overweight or Obesity in Early Childhood (R01 and R21), *Cycle Due Dates (new submission): Oct. 5 2012 Expires: May 8, 2013.* For more information visit: <http://grants.nih.gov/grants/guide/pa-files/PA-10-127.html> and <http://grants1.nih.gov/grants/guide/pa-files/PA-10-128.html>

Healthy Native Communities Fellowship

Fellowship teams put into practice the strategies they learned for community change. Teams will build upon their skills to keep track of the work they are doing and evaluate the impact of their community work. The third year of the Fellowship is centered around teaching and leading. Fellows accepted into the third year will mentor others to build communities of practice. Fellows and teams are invited to apply for Year Two and Year Three of the Fellowship once they successfully complete Year One.

COSTS OF THE FELLOWSHIP

The Healthy Native Communities Fellowship will provide scholarships for selected Fellows to include:

- Excellent learning experience with Faculty and peers
- Tuition and Materials
- Meals and lodging at Fellowship retreats. Fellows will share lodging rooms.

The Fellow's organization contributes:

- Release time from work to attend three (3) 1-week-long Fellowship sessions in 2013
- 6 hours per week to work on the Fellowship Action Learning process
- Internet, computer, printer and phone access
- Travel costs to/from Retreat sites



APPLICATION PROCESS

Each applicant must apply as part of a team of 2-3 individuals.

- Letter of Interest Due August 3, 2012. Go online to www.hncpartners.org and click on "Apply for the Fellowship"
- Supporting Documents Due October 5, 2012
 - » Two (2) letters of Recommendation Due
 - » One (1) Letter of Support from CEO of your organization
 - » One (1) Signed Supervisor Agreement Form Due
- Team Interviews: Likely candidates will be interviewed as application documents are received. Interviews will be completed by November 2012.
- HNCF Selection Committee will meet by December 2012.
- Selected applicant Teams will be notified by the end of December 2012.



"The Fellowship, it opened me up to other cultures around the US. I gained new ideas and insights on ways to improve wellness of the Native population we work with."

**LETTER OF INTEREST
DUE:
AUGUST 3, 2012**

Go to website: www.hncpartners.org
Click link to submit your Letter of Interest



FOR MORE INFORMATION

CONTACT:

MARGE BLUEHORSE-ANDERSON AND/
OR TINA TSO

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Healthy Native Communities Fellowship



HNCF

APPLICATION INFORMATION 2013

For session beginning March



Building Healthy Native Communities



This community leadership, grass-roots organizing experience connects you to tools to engage communities in collective actions to make a difference in Indian country. You will meet and learn from other aspiring community change leaders working with Native people across the country. The Fellowship is created in collaboration with the Healthy Native Communities Partnership, Inc., and the Indian Health Service National Health Promotion Program.

THE FELLOWSHIP

When you join Year One of the Fellowship, you become part of a life-long journey to create positive community change. Fellows are encouraged to take risks and “stretch” their images and perceptions of themselves, their Fellowship Team, and their communities. More than 200 Fellowship Alumni are using their tools as advocates, facilitators, leaders, resource and program developers, and social change agents in Native Communities from Alaska to Maine, from the Plains to the Southwest.

When you choose to join the Fellowship here’s what to expect:

- One Year Commitment: The Fellowship begins with a one-year commitment to hands-on, collaborative learning grounded in Native cultural, spiritual and intellectual perspectives over the course of three week-long retreats. Fellows co-create the learning that takes place.
- Sharing Cultural/Traditional Teachings: Each day begins and ends with Fellows

providing intentions and reflections based in spiritual and cultural traditions from their communities. Over the years these have included songs, smudging, prayers, traditional stories, Bible readings, dances, and lessons learned.

- Fellowship Retreats: Fellows will gather three (3) times throughout the year. The first retreat will be held in March; the second retreat is scheduled for June and; the third retreat will be in October.
- Online Learning Community: is a secure place for Fellows to plan and share the work they do in community. Fellows connect with one another, with HNCF Alumni and other Native leaders who share a passion for community change and sustainability work.
- Fellowship Support: Tuition, materials and lodging are provided for selected teams that fully participate in Fellowship activities. Each team member is responsible for their own travel to each retreat site. Limited assistance may be available on a case-by-case basis.

THE TEAM APPROACH

We are looking for teams of 2-3 people who want to take action for change in their community. It takes a team of people from different sectors of the community to build and sustain community wellness. For example, law enforcement, education, youth, elder, business, spiritual/cultural leaders

- Are you part of a change group?*
- Is your group listening to community voices?*
- Is your group working towards wellness?*

and others who work together to achieve solutions. This approach ensures that Fellows have strong community support when they return home after each retreat.

We are looking for Team members who are part of a community group (Home Team)

Team members should be part of an on-going community group working towards



“The Fellowship ... made me more aware of who I am and what my responsibility is within my community.”



“I now realize that my community needs healing before we can move forward... I am more aware of all the native leaders that are in different tribes that work toward the same vision.”



collective action. This group will be your community-based “home team” (examples: community wellness coalition, taskforce, board or other active group or initiative).

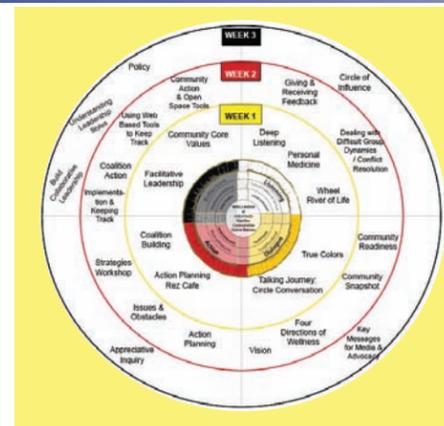
We are looking for team members who:

- Will commit one year to participate in all Fellowship events and activities;
 - Will apply the skills and knowledge they learned at the Fellowship in their home communities during the Fellowship Action Learning process;
 - Demonstrate personal commitment to improve the wellbeing of the whole community, not just the clients served by their particular organization;
 - Demonstrate they are part of a community group working together with Tribal members across organizational boundaries to address broad community issues and;
 - Have access to a computer, printer and internet and demonstrate basic computer literacy.
- Role of Sponsoring Organization / Workplace:**
- Ensure Fellows have 6 hours per week to work on broad community concerns and wellness activities under the auspices of the Fellowship;
 - Support Fellows with release time to attend all Fellowship retreats, conference calls, Webinars, online tracking and other activities and;
 - Work across organizational boundaries to support community change efforts.

In order to ensure a diverse Fellowship experience, consideration will be given to the factors listed above as well as geographic and Urban, Tribal and IHS representation.

BENEFIT TO MY COMMUNITY AND ORGANIZATION

Fellows will become more effective community change leaders, with increased group process and inter-personal skills, strengthened critical thinking and problem-solving abilities and a greater capacity for effective teamwork. Fellows will bring back new ideas and models to engage communities and organizations to take collective actions towards solutions to their



community’s felt needs. Fellows will train others in their community and organization in new skills learned in the Fellowship.

HNCF MEDICINE WHEEL FRAMEWORK

The curriculum framework for Year One is based on the Medicine Wheel in a 3-week format. The three weeks represent the holistic path towards wellness in Mind, Body and Spirit. The Year 1 framework has four (4) concentric circles. In the middle of the framework is the Medicine Wheel. The HNCF Medicine Wheel is at the core. It guides our work to build healthy Native communities. Moving out from the center, the second circle represents the holistic path of the Mind in Week One of the Fellowship. During each week of the Fellowship as we learn and practice new skills, we will move around the Medicine Wheel, beginning in the East/ White direction and ending in the North/ Black direction.

The Healthy Native Communities Fellowship is about transformation at all levels - individual, team, community and Nations. When you join the Fellowship, you make a commitment to challenge yourself with new learnings and to put those new learnings into practice to make a difference in building healthy Native communities.

HNCF YEAR 2 & YEAR 3

The Healthy Native Communities Fellowship is a three-year process. The first year is focused on intensive community organizing and mobilization skills where new insights lead to transformation. Fellows share real world experiences that lead to co-learning about what works to build healthy, strong Native communities. In the second year,

WEEK 1 GOALS

- Practice observation and listening skills to hear hidden voices in community
- Conduct a Listening to Community Voices Survey to listen to community
- Implement a Community Rez Cafe to explore community connectedness
- Practice strategies to build collaborative leadership for community wellness

WEEK 1 - SKILLS TO BRING HOME

- Forming a Community Wellness Group
- Collaborative Leadership Skills
- Listening to Community Voices

WEEK 2 GOALS

- Strengthen communication skills to create effective dialogue in your team and community
- Develop a community wellness plan
- Develop effective community wellness strategies
- Implement a community wellness action plan

WEEK 2 - SKILLS TO BRING HOME

- Community Wellness Planning Process and Tools
- Creating a Community Wellness Plan
- Collaborative Leadership

WEEK 3 GOALS

- To keep track of community wellness work
- Understand the Tribal / Federal policy process
- Strengthen collaborative / ethical leadership practices

WEEK 3 - SKILLS TO BRING HOME

- Keeping Track with Community Wellness Planning
- Collaborative Leadership
- Policy Orientation

What it IS:	What it ISN'T:
Highly interactive	Lectures in a Classroom
Sharing Collective Experience & Knowledge	Experts Giving the Answers
Action Learning Process	One Big Research Project
Learning Community	Individual Study
Coaching & Support	Going It Alone

“ALL GOOD WORK
IS DONE THE WAY
ANTS DO THINGS,
LITTLE BY LITTLE.”

LAFADIO HEARN



When you think about health, what words come to mind?

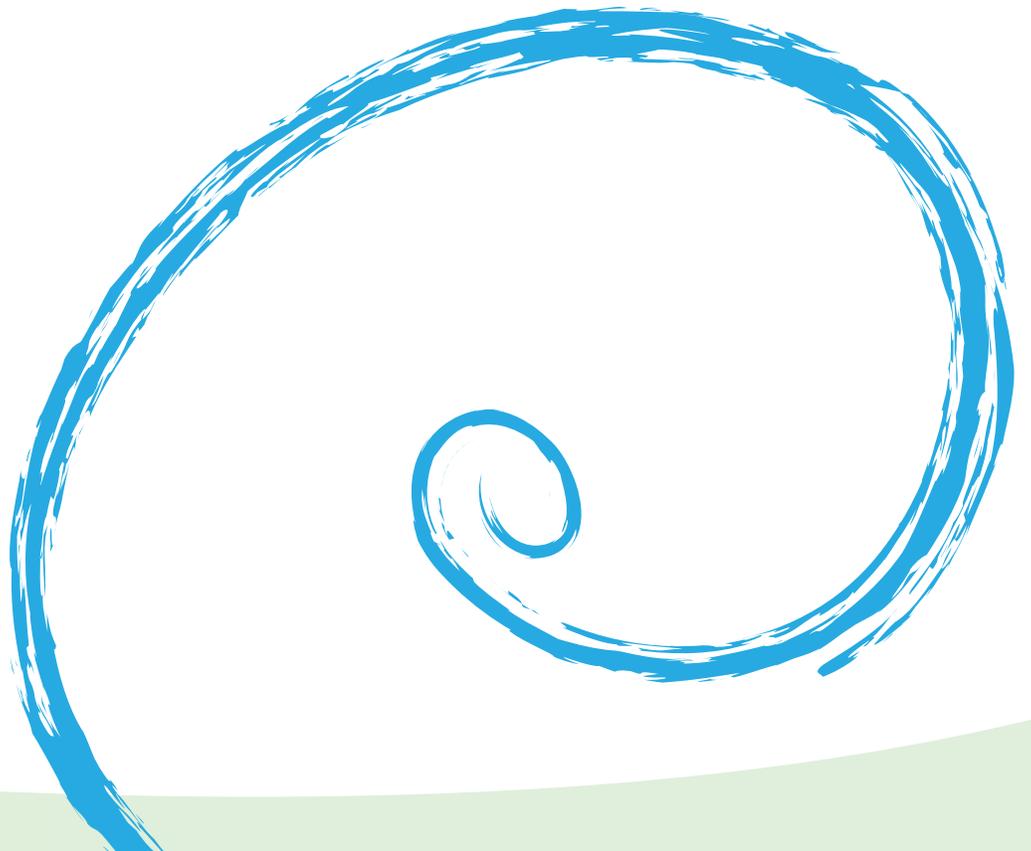
Write them down and arrange the words to create a song.

How do you feel today?

Fill this page with the colour that matches your mood.

“ A LINE IS A DOT
THAT WENT
FOR A WALK. ”

PAUL KLEE



Healers

Anishnabe members of the bear clan were known to be warriors, police and healers. They spent a lot of time patrolling the land. In doing so, they learned how flowers, berries, leaves, bark, and the roots of plants can be used as medicine to keep people healthy.



Draw some medicines on this page without using any straight lines.



*Fill this page with
doodles of your own.*



A SNAPSHOT OF HEALTH CAREERS

ADMINISTRATION

Health Director
Health Manager

ARTS AND HUMANITIES

Art Therapist
Medical Historian
Medical Illustrator
Medical Librarian

DENTISTRY

Dental Hygienist
Dentist

ENVIRONMENTAL HEALTH

Environmental Health Officer
Food Safety Specialist

HEALTH PARA-PROFESSIONS

Community Health Representative
Counsellor
Home Health Aide
Personal Support Worker

MEDICINE

Medical Doctors specialize in many different areas, such as:

- Anaesthesiology
- Emergency Medicine
- Family Medicine
- Obstetrics and Gynaecology
- Orthopaedics
- Pathology
- Psychiatry
- Radiology
- Sports Medicine
- Surgery

MIDWIFERY

Midwife

NURSING

Registered Nurses, Registered Practical Nurses and Registered Nurses Practitioners specialize in many different areas, such as:

- Community Health
- Informatics
- Neurology
- Obstetrics and Gynaecology
- Oncology
- Orthopaedics
- Paediatrics
- Public Health
- Psychiatry
- Surgery

NUTRITION

Dietetic Technician
Registered Dietician

PHARMACY

Pharmaceutical Scientist
Pharmacist
Pharmacy Technician

PHYSIOTHERAPY

Physiotherapist
Physiotherapy Assistant

PUBLIC HEALTH

Biostatistician
Epidemiologist

SOCIAL WORK

Social Worker

TRADITIONAL MEDICINE

Healer
Herbalist

*There's a health
career to suit
every interest.*

What health career interests you?

***Fill this page with words that come to mind
when you think about this career.***





“ COLOUR
IS THE FRUIT
OF LIFE. ”



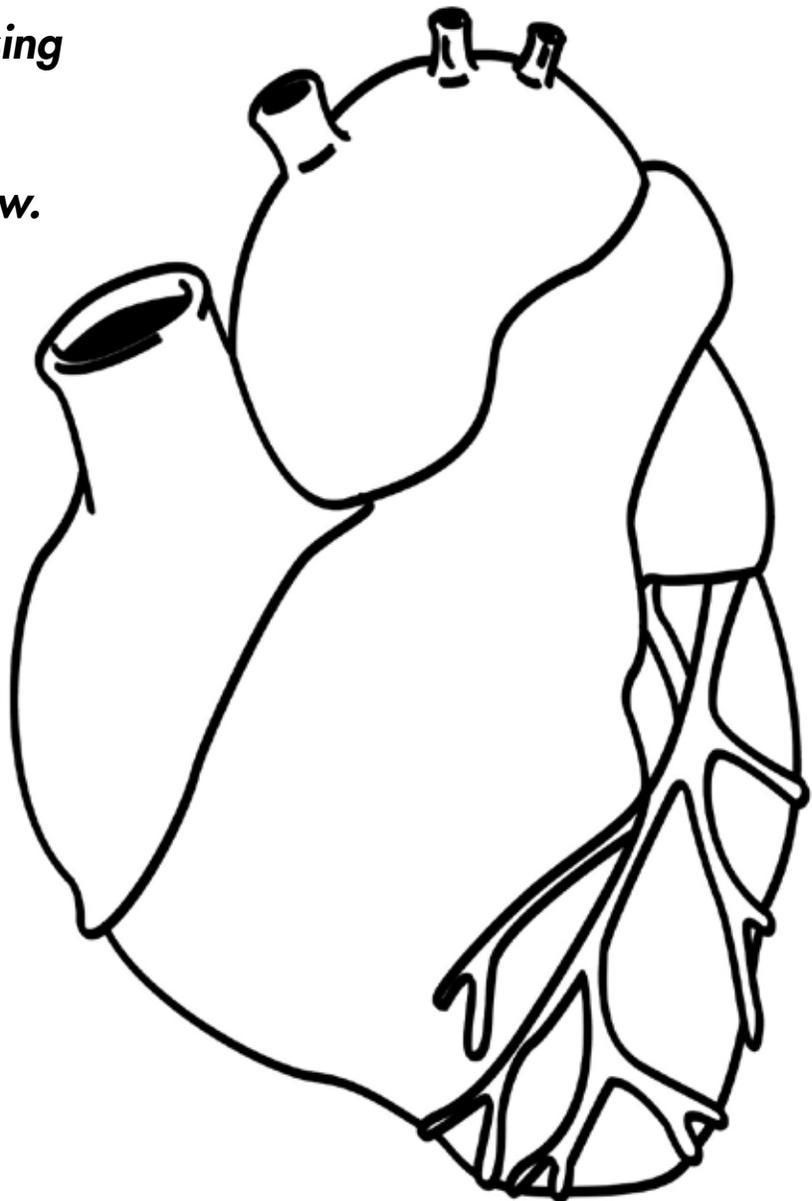
GUILLAUME APOLLINAIRE

Science & Math

Do you like science and math?

They are often vital subjects if you want to have a health career.

Colour the heart using primary colours— red, blue and yellow.



*Colour the brain using
your favourite colours.*



*Your brain is like
a muscle. The more
you use it the
stronger it gets.*

Midwives

This is Kerry Bebee, and she is a registered Aboriginal midwife.

She cares for pregnant women and newborns in Lindsay, Ontario and in places such as the hospital and home.

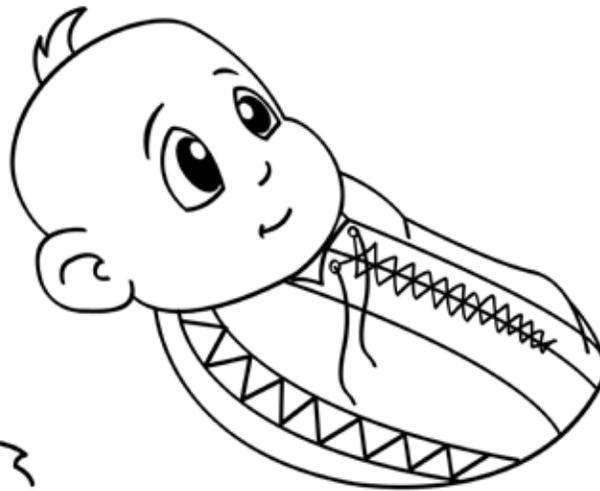
Aboriginal midwives are experts in healthy pregnancies and birthing, and they combine Indigenous knowledge with Western medicine.

For example, they can give newborn babies erythromycin ointment to prevent eye infections, and they can teach parents how to prepare a cedar bath for their newborn.



How much weight did the infant gain from birth to 6 months of age?

**At birth –
3,278 grams**



**At 6 months
7,854 grams**

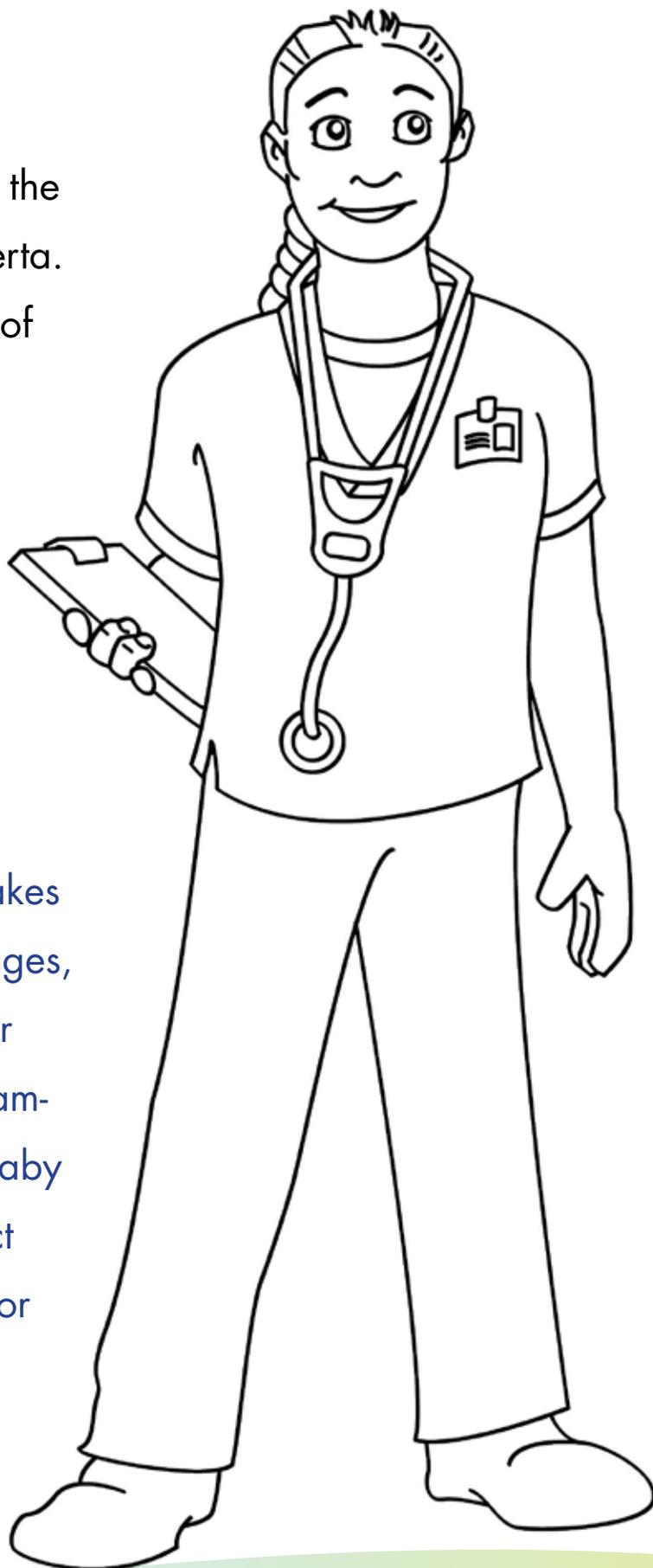
The baby gained _____ grams of weight.

Medical Doctors

This is Dr. James Makokis from the Saddle Lake Cree Nation, Alberta.

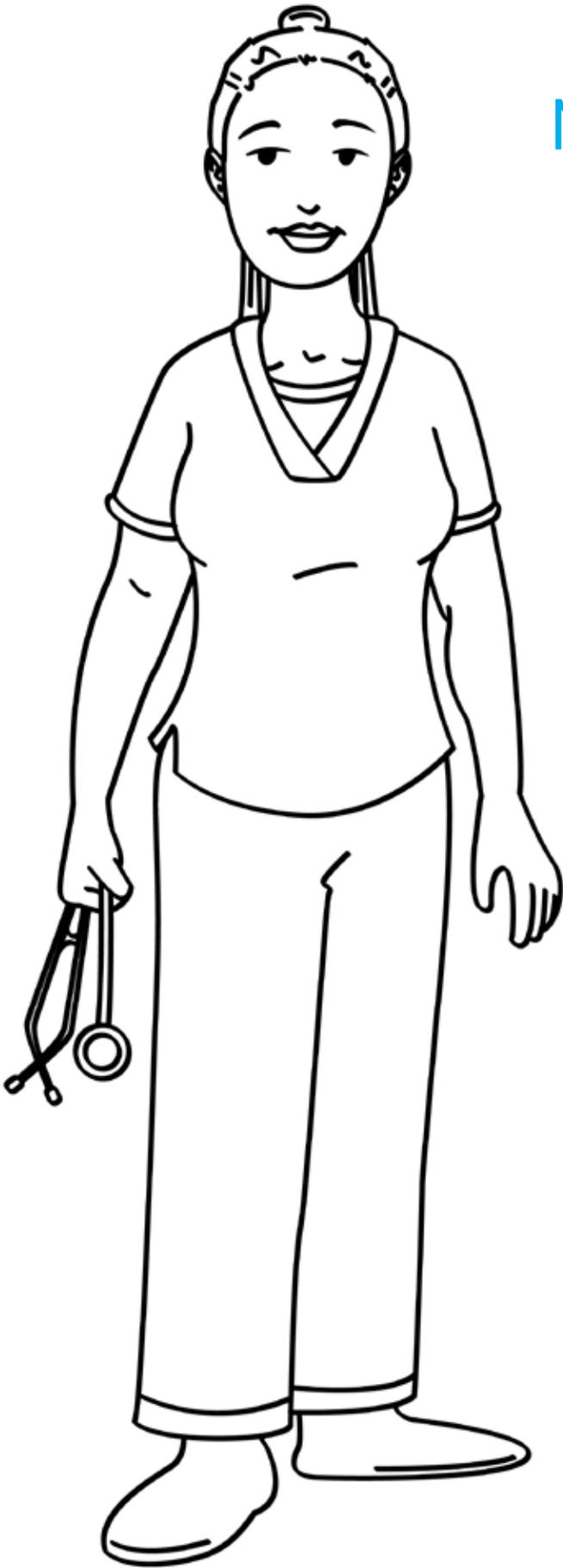
There are many different kinds of doctors, such as paediatricians (doctors just for kids), cardiologists (doctors for your heart) and dermatologists (doctors for your skin). James is a family physician.

As a family physician, James takes care of people of all different ages, and people come to see him for many different reasons. For example, a parent may bring their baby to see him because they suspect the baby has an ear infection, or an elderly person might come for a regular checkup.



Divide the cedar into groups, with an equal number in each group. Draw a circle around each group.





Nurses

This is Inez Jasper from Skowkale First Nation, British Columbia.

She is a registered nurse and helps people be healthy.

There are many different places where nurses work, such as clinics, hospitals and schools. Inez works at a community health centre. Community health nurses take care of people of all different ages, and they see people for many different reasons. For example, a parent may bring their baby to see her for their routine vaccinations and to learn about nutrition.

How many times did your heart beat in 60 seconds? Write this number on this page using your favourite colour.

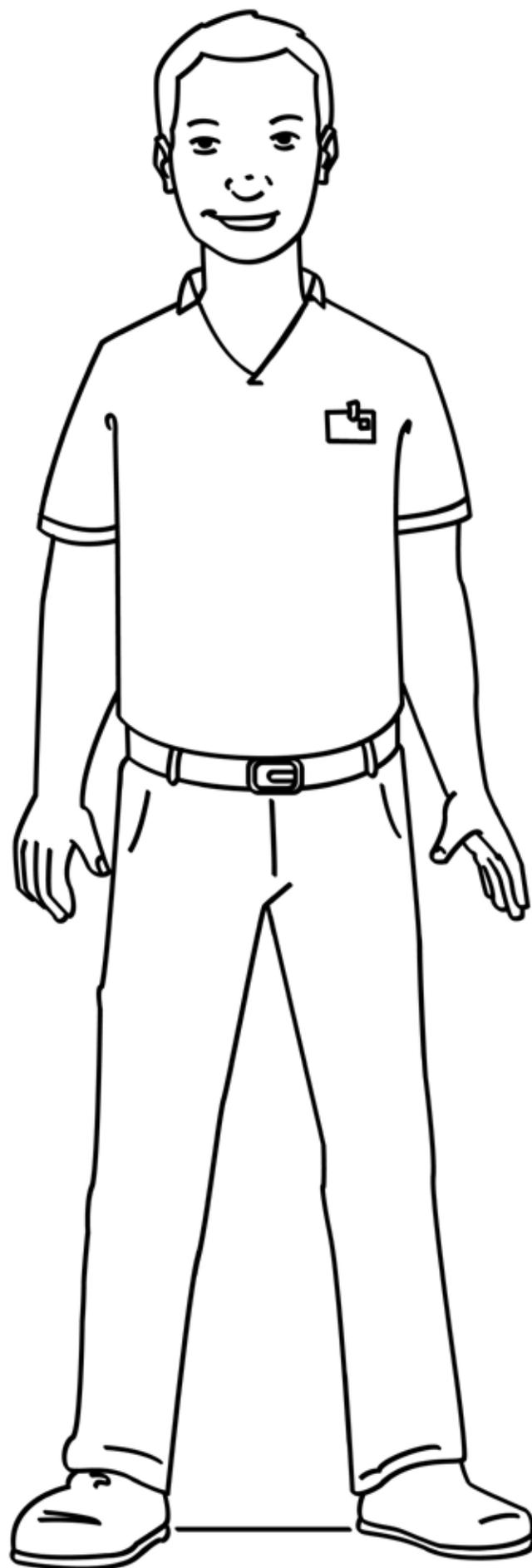
My heart rate is _____ beats per minute.



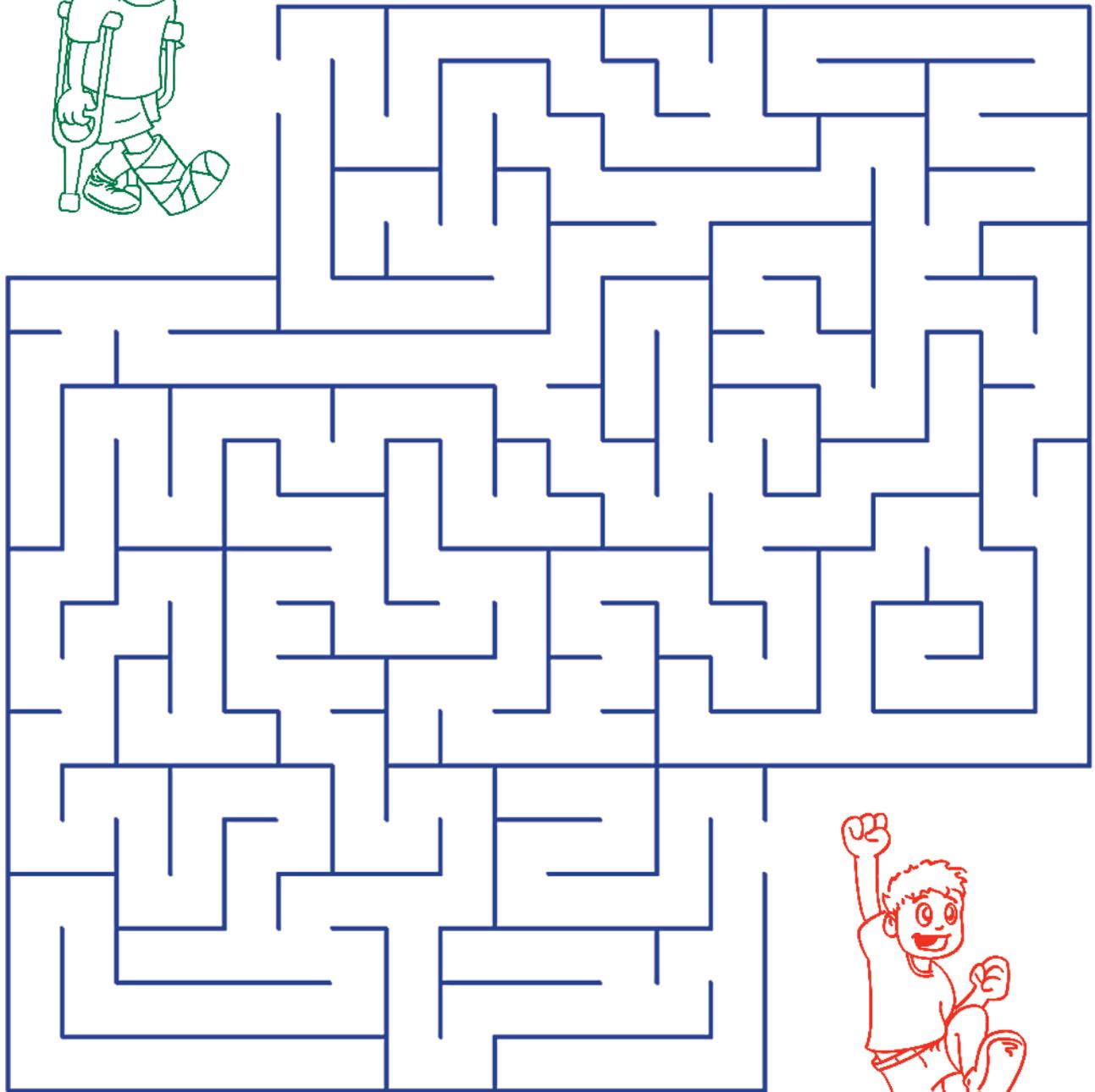
Physiotherapists

This is Derek Debassige from M'Chigeeng First Nation, Ontario. He is a registered physiotherapist.

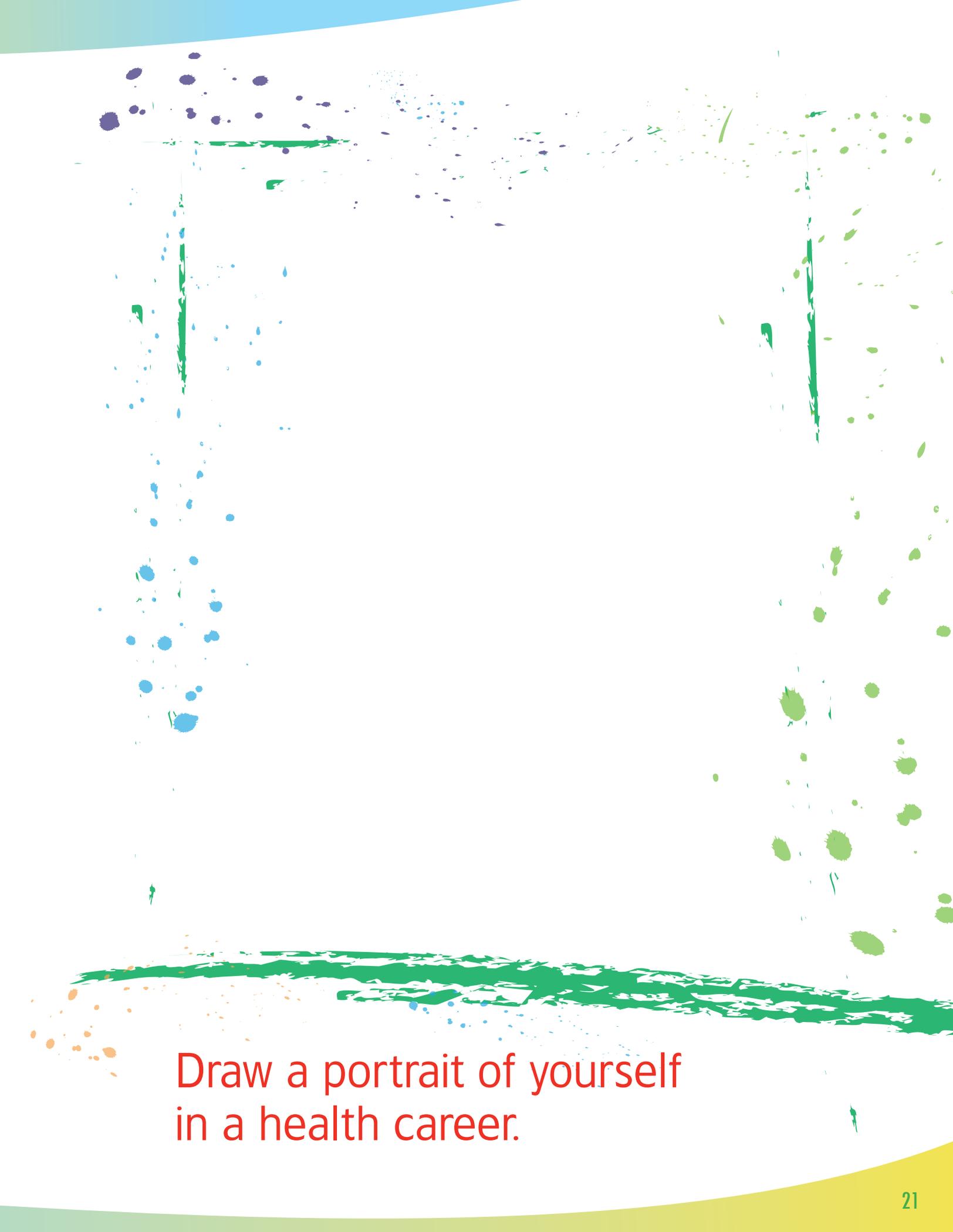
Physiotherapists help people of all ages move their bodies better after illness or injury. They work at clinics, at hospitals and sometimes in people's homes if that is where they need help. For example, athletes may see a physiotherapist like Derek to recover from sports injuries, such as a broken ankle, a dislocated shoulder or a tear in the knee's tissue.



Help Neebin's broken ankle heal using **only one line** from the start to the finish of the puzzle.



Fill this page with a drawing of your own.



Draw a portrait of yourself
in a health career.

Draw a line from the question to the correct answer.

QUESTIONS

ANSWERS

1. These people help care for pregnant women and newborns.
2. _____ help people be healthy, for example by giving routine vaccinations to babies.
3. _____ help ill or injured people restore their body's movement.
4. There are many types of _____, such as paediatricians, cardiologists and family physicians.
5. Anishnabe members of the bear clan were known to be warriors, police and _____?
6. What school subjects are important if you want to have a health career?
7. The more you exercise your brain the _____ it gets.

- NURSES
- DOCTORS
- MIDWIVES
- PHYSIOTHERAPISTS
- STRONGER
- SCIENCE AND MATH
- HEALERS

Join our health care team. Make a difference in your community.



*Want some help with
science and math?*

Visit

www.khanacademy.com

FOR MORE INFORMATION:

Aboriginal Nurses Association of Canada

www.anac.on.ca

Canadian Association of Midwives

www.canadianmidwives.org

Canadian Association of Schools of Nursing

www.casn.ca

Canadian Medical Association

www.cma.ca

Canadian Nurses Association

www.cna-aiic.ca

Canadian Physiotherapy Association

www.physiotherapy.ca

Explore Health Careers

explorehealthcareers.org

First Nations Centre at the National Aboriginal Health Organization

www.naho.ca/fnc

Health Canada's Health Careers Web pages for Aboriginal students

www.hc-sc.gc.ca/fniah-spnia/services/career-carriere/stud-etud/index-eng.php

Indigenous Physicians Association of Canada

ipac-amic.org

Indspire (formerly the National Aboriginal Achievement Foundation)

www.indspire.ca

Answers

QUESTIONS

Page 13

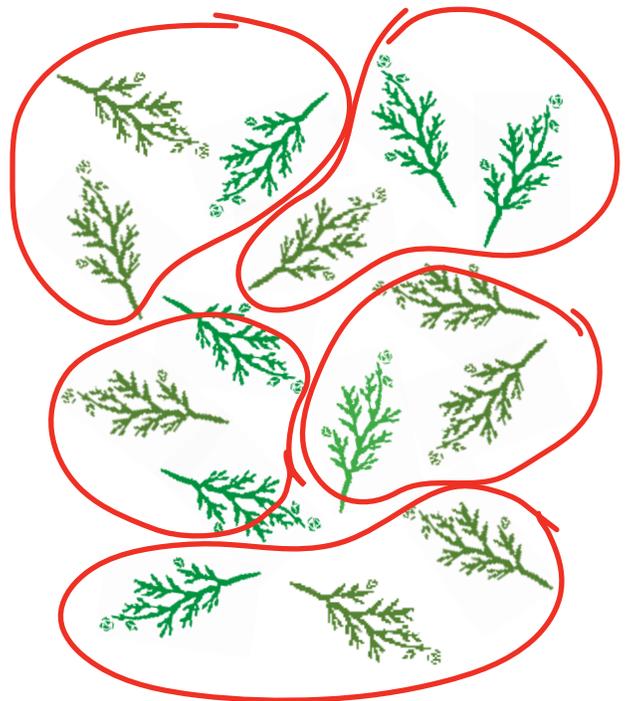
How much weight did the infant gain from birth to 6 months of age?

ANSWERS

The baby gained 4,576 grams of weight.

Page 15

Divide the cedar into groups, with an equal number in each group. Draw a circle around each group.



Page 17

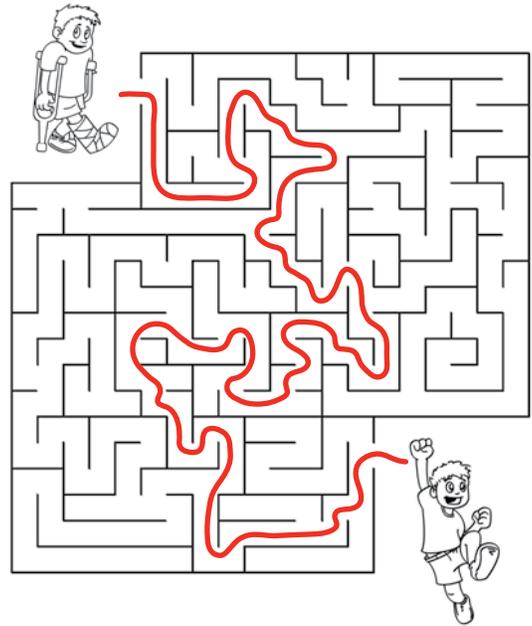
How many times did your heart beat in 60 seconds?

The resting heart rate for children aged 10 years and older and adults is typically 55 to 90 beats per minute.

QUESTIONS

Help Neebin's broken ankle heal using only one line from the start to the finish of the puzzle.

ANSWERS



Draw a line from the question to the correct answer.

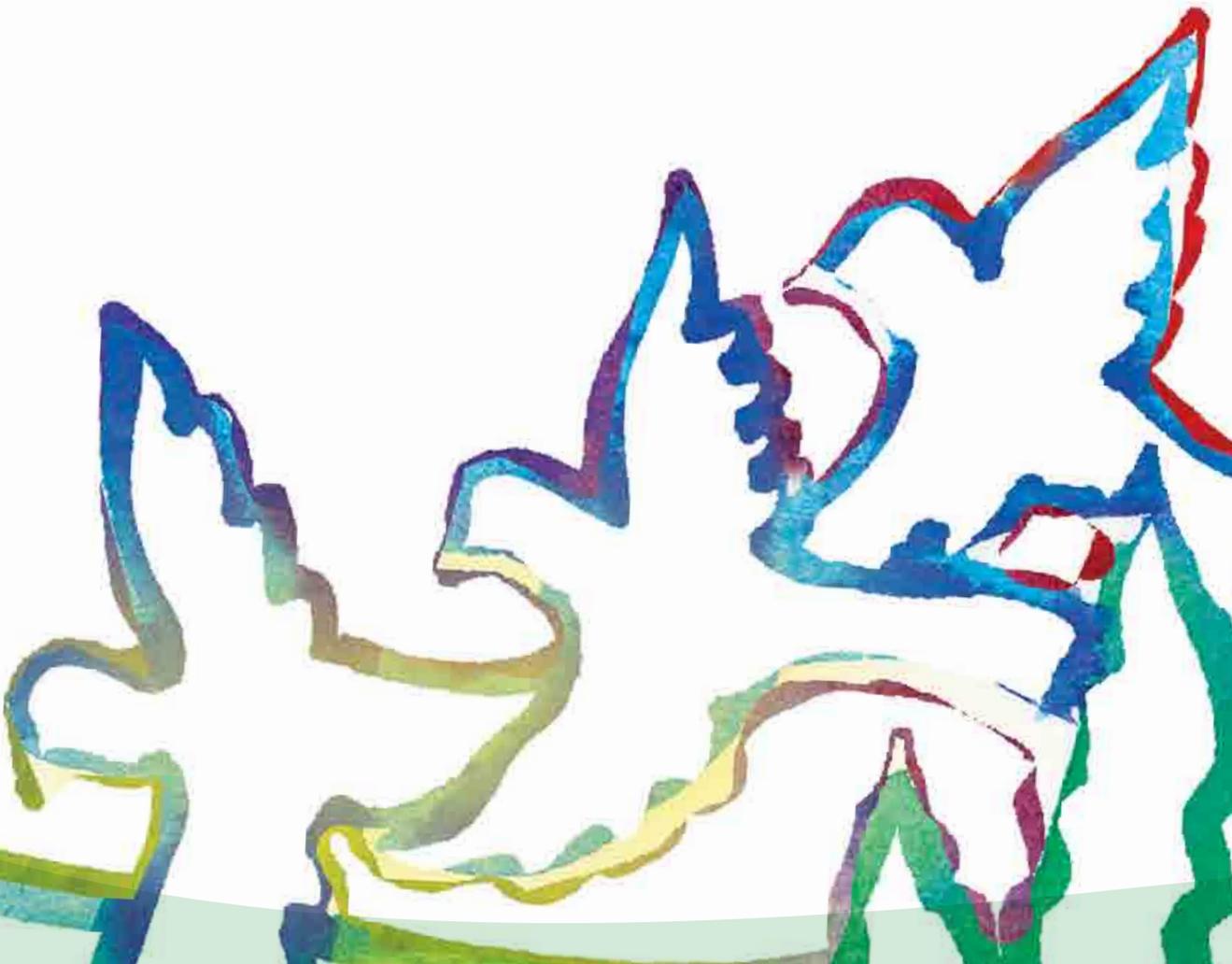
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- NURSES
- DOCTORS
- MIDWIVES
- PHYSIOTHERAPISTS
- STRONGER
- SCIENCE AND MATH
- HEALERS

CONGRATULATIONS
ON FINISHING
THIS BOOK!





YOU'RE A STEP
CLOSER TO A
HEALTHY CAREER.

NOTES





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