



Keewatinohk Inniniw Minoayawin Inc.

Yathe Hotśj Dene ʔ Edenąkane[nj] | Northern Peoples' Wellness

Staying Safe & Connected in the City: For Those Displaced in Winnipeg

Coming to a big city like Winnipeg during a crisis is stressful and unfamiliar. Stick together, look out for each other, and check in often, our safety is in our relationships.



Dr. Barry Lavallee
CEO - Keewatinohk Inniniw
Minoayawin Inc.

Being in Winnipeg after evacuation can feel overwhelming, but there's support all around you. First Nations organizations, the province, and caring people are stepping up to help. Here are a few ways to stay grounded, safe, and connected:

- **Stick with family and friends; there's safety and strength in numbers.**
- **Check in often, even a quick message means a lot.**
- **Take advantage of support services for health, wellness, and available activities that will be coming soon.**
- **Visit community spaces when you can.**
- **Be kind to yourself, this is tough, and you're doing your best.**