



Building a better health system with the voice of our community

Where we are

The True North Health Advisory Council stretches from Indian Cabins in the north to Rainbow Lake in the west, continuing eastward to Garden River and south to the Paddle Prairie Métis Settlement. The council area is a mixture of over 25 communities spread across 90,000 km of forests, fields, rivers, and lakes. Four reserves with a total of 10 First Nations communities, one Métis settlement, and a multitude of hamlets and rural communities all nestled along our rivers and lakes, and on expansive farmlands.



Accomplishments

- Continued support for addressing mental health needs in the area, and filling staff vacancies; working with Addiction and Mental Health staff on providing regular updates.
- Partnered with AHS to host [Community Conversations](#) in High Level and Paddle Prairie (2019). Stakeholders engaged in discussion on what is working well in healthcare, challenges and opportunities for partnership.
- Partnered with AHS to host two virtual community engagement events (2021)
 - A training session on Psychological First Aid where we learned about managing stress, self-awareness and emotional literacy
 - An information session on Wellspring Edmonton, an organization that provides free support services for people living with cancer in Northern Alberta.

Our role and objectives

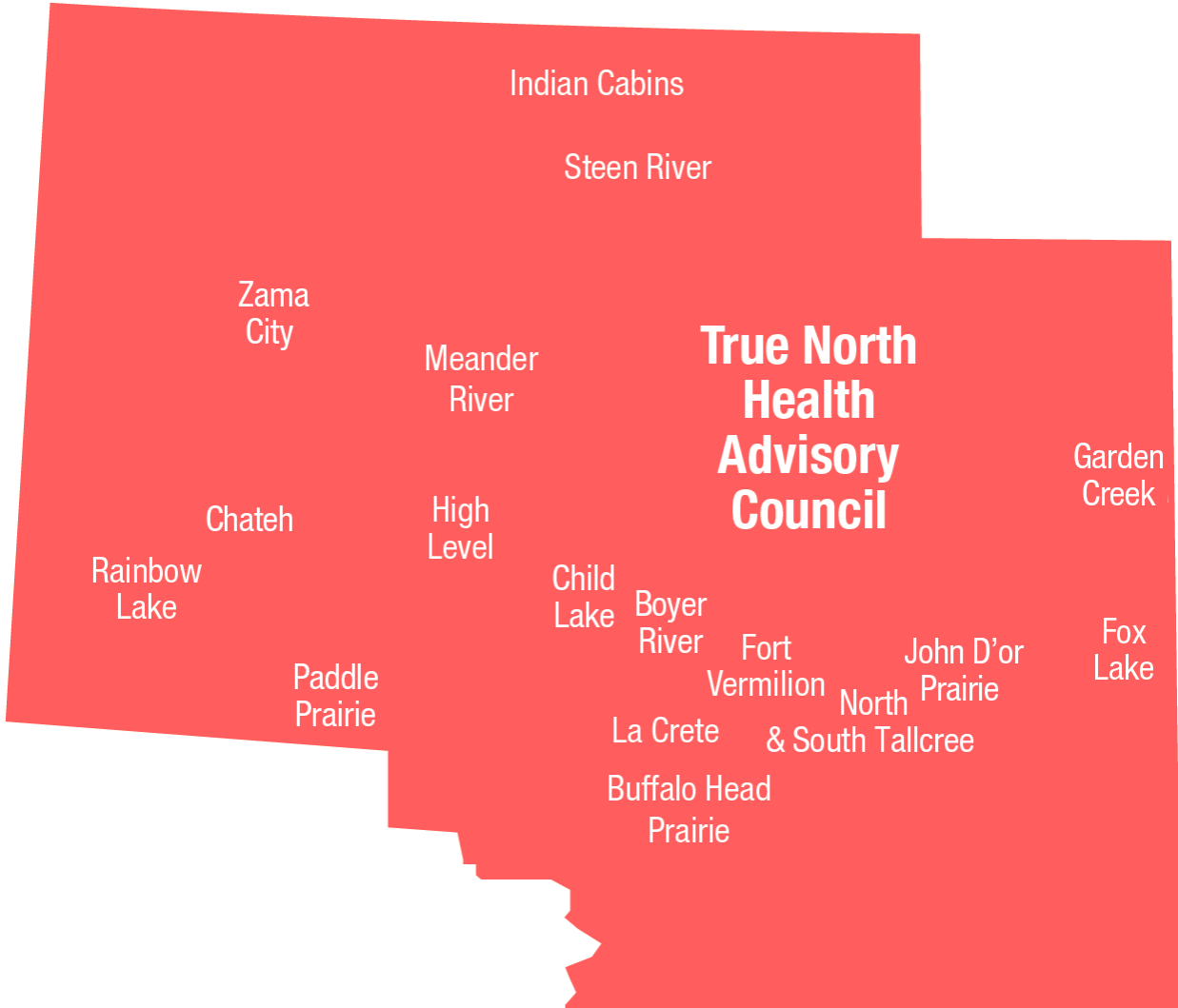
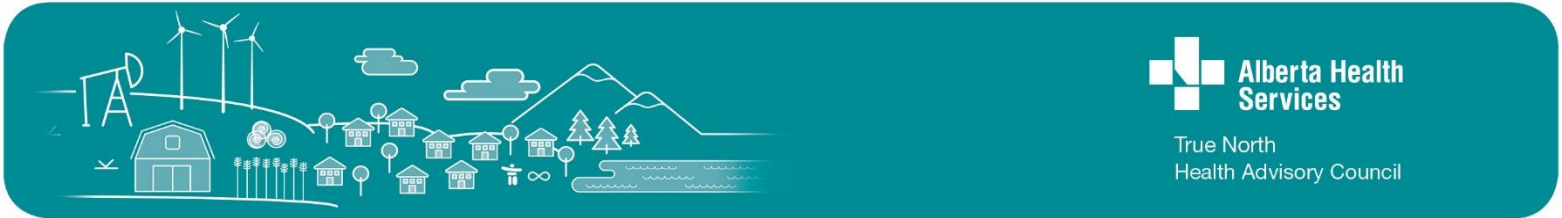
Everything we do is about improving the health and wellness of Albertans, no matter what part of the province they live in. We:

- Are a group of volunteers focused on listening to your thoughts and ideas on health services to help AHS enhance care locally and province-wide.
- Develop partnerships between the province's diverse communities and AHS.
- Provide feedback about what is working well within the healthcare system and suggest areas for improvement.
- Promote opportunities for members of our local communities to get engaged.

Join us - your voice matters

There are a number of opportunities to participate:

- Attend an [upcoming Council meeting](#) to hear feedback, offer comments, and ask questions.
- [Make a presentation](#) at our Council meeting on a health area of interest or concern to you.
- Bring your community's voice forward to provide input on local and regional health.
- Volunteer your time as a Council member. Recruitment is ongoing throughout the year until a Council is at maximum membership. Members are appointed for a three-year term.
- Share your feedback with Council: TrueNorth@ahs.ca.



More information

TrueNorth@ahs.ca

Chair: [Nella Fehr](#)

Vice Chair: [Richard Cartier](#)

[Full member list](#)

Toll free: 1-877-275-8830

More information

[AHS.ca/advisorycouncils](https://ahs.ca/advisorycouncils)

[Twitter](https://twitter.com/ahs_councils) (twitter.com/ahs_councils)

[Facebook](https://facebook.com/advisorycouncils) (facebook.com/advisorycouncils)

[Indigenous communities map](#)

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