



*Rooted in culture.
Backed by evidence.
Ready for support.*

First Light Indigenous Health Clinic

A Strategic Solution to Urban
Indigenous Health Gaps

February 2026



THE NEED IS CLEAR



7000+

Indigenous people live in the St. John's CMA



1300

or more have no family doctor



60%

are living with a chronic condition



1 in 5

report racism from healthcare providers



THIS IS NOT JUST DATA

THIS IS:

ELDERS

waiting months without care

YOUTH

slipping through the cracks

FAMILIES

caught in a system that was never designed with us in mind





First Light Indigenous Health Clinic

WHERE CARE FEELS LIKE HOME

For our people, medicine lives in the land, in our languages, in ceremony, and in the wisdom of our Elders. This clinic, created by and for community, brings those medicines into the heart of healthcare. It will be a home for healing, where our community and future generations can come and know they belong. It's not just healthcare, it's reclamation, justice, and the future our people deserve.



Culturally Safe, Trauma-Informed Care

Care that respects Indigenous values, traditions, and lived experience every step of the way.



Wraparound Healing & Wellness

Family medicine meets mental health, housing, harm reduction, and Elder-led supports all under one roof.



Rooted in Ceremony & Culture

Healing includes smudging, kullik, traditional medicines, and access to community Elders. Not as add-ons, but as core care.

SERVICES OFFERED



Primary Care



Harm Reduction



Mental Health
& Peer Support



Traditional
Healing



Elder-Led Care



System
Navigation

“To heal a nation we must first heal the individuals, the families, and the communities.”

– Art Solomon
Anishinaabe Elder



THE COST OF INEQUITY

Systemic inequity **increases**
healthcare costs in NL by as much as

\$4,400,000
every year

PROJECTED OUTCOMES, **REAL CHANGE**

First Light's Health Clinic will provide
Indigenous people with life-saving care
and pathways to lasting wellness.

1,300 
patients served annually
with culturally safe care



49%
fewer ER visits among
clinic patients



ALIGNED WITH COMMITMENTS

These commitments reflect what our community already knows: healing must be Indigenous-led, culturally safe, and rooted in care.



HEALTH ACCORD NL

Community teams and equity in care

Partner with Indigenous communities to ensure appropriate response across the health system.



TRC CALLS TO ACTION

Close gaps & value Indigenous healing

Answering Calls 19–24 by embedding culture, ceremony, and traditional healing into care.



MMIWG CALLS FOR JUSTICE

Culturally safe, no-barrier services

Ensuring Indigenous women, girls & 2SLGBTQQIA+ people can access safe, trauma-informed healthcare.



UNDRIP

Right to self-determined healthcare

Advancing Articles 21, 23 & 24: Indigenous Peoples leading and shaping the health programs that affect them.



WE'RE BUILDING THE CLINIC. NOW WE NEED SUPPORT TO RUN IT.

This is not a pilot. This is a proven, turn-key model.
Rooted in culture, backed by data, and built in community.

The need is clear. So is the path forward.

WHAT WE'RE ASKING FOR:



From Government

- ✓ Multi-year operational funding
- ✓ Access to provincial health systems
- ✓ Recognition as a Collaborative Clinic



From Partners

- ✓ Walk alongside this work in collaboration & advocacy
- ✓ Support research, evaluation, and cultural competency
- ✓ Help expand Indigenous health capacity across the system



From Community

- ✓ Use your voice: post, share, and talk about the clinic.
- ✓ Ask political leaders: "Will you commit to funding First Light's Indigenous Health Clinic?"
- ✓ Hold space for this work

"We have been laying the groundwork since 2018. The need is undeniable. What's missing is delivery, and every delay is costing lives, breaking families, and jeopardizing futures."

– Stacey Howse
President & CEO, First Light



CONNECT WITH US



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First Light's mission is to deliver transformative programs and services that empower, uplift, and support Indigenous communities and nations in ways that promote good relations between all.

Through advocacy, research, and social entrepreneurship, we foster inclusive environments that unite Indigenous and non-Indigenous peoples, promote social well-being, and drive sustainable change.

Guided by principles of trust, respect, and friendship, we aim to build a brighter future where Indigenous Peoples thrive and flourish, leaving a profound and lasting legacy for generations to come.

