

Office Hours

<u>Monday:</u>	11am-7pm
<u>Tuesday:</u>	11am-7pm
<u>Wednesday:</u>	11am-7pm
<u>Thursday:</u>	11am-7pm
<u>Friday:</u>	9 am – 5 pm (Office Day)
<u>Summer Hours:</u>	8am-4pm (July-August)

For further information contact:

AKWE:GO Coordinators
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FUNDED BY:

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Youth Services

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Ontario Federation of Indian
Friendship Centers

The Ontario Federation of
Indian Friendship Centers
(OFIFC) is a provincial
Aboriginal organization
Representing the collective
Interests of twenty-seven
Friendship Centers located
in towns and cities
throughout the province.



N'SWAKAMOK NATIVE FRIENDSHIP CENTRE



Akwe:go Coordinators
Koreen Lewis &
Melodie Thomas

The AKWE: GO Program

This program is designed for urban at-risk Aboriginal children from the ages of 7-12 years. The program takes a holistic approach and incorporates the four aspects of the medicine wheel (physical, mental, emotional, and spiritual) into the program to promote a healthy and balanced life style.

The goal of the AKWE:GO program is to provide urban Aboriginal children with the support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices.

This program has been designed based on a fundamental principle: to improve the quality of life of Urban Aboriginal Children through the delivery of culturally appropriate programs and service.

Programs and Services

Child

- One-on-one with client
- Cultural crafts
- Homework and Tutoring
- Peer support
- Outdoor activities
- Traditional and Cultural Teachings done by local Elders
- Referrals to community resources and agencies
- Personalized plan of action for each client (child/youth)

Family

- Referrals to programs for parents (F/C, community)
- Parenting (as requested)
- Family activity (monthly)
- Provide support as needed
- Public awareness and community outreach through events and local agencies

Referrals:

- Aboriginal Children's Wellness Strategy Program
- Aboriginal Prenatal Nutrition Program
- Aboriginal Family Support Program CAP-C
- Healthy Babies Program
- Healing and Wellness Program
- Eshkiniigjig Circle/CCAY
- Housing/Outreach Program
- Nokiiwin Employment Services
- N'Swakamok Alternative School
- Native Drug and Alcohol Program
- Native Court Worker Program
- Community Support Worker
- Wasa-Nabin
- Urban Aboriginal Healthy Lifestyle Worker
- Other Community Agencies