

Funded by:
**Aboriginal Healing and Wellness
Strategy**

The Aboriginal Healing and Wellness Strategy (AHWS) is a policy and service initiative that brings together Aboriginal people and the Government of Ontario in a unique partnership to promote health and healing among Aboriginal people.

Funded through:
**Ontario Federation of Indian
Friendship Centres**

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



Office Hours:

Monday–Friday
9:00 am–5:00 pm

Summer

Monday–Friday
8:00 am–4:00 pm

Referrals

- Referrals are made within the Friendship Centre for Families to the appropriate programs.
- Referrals also made to outside agencies and work in partnership to meet the need of the child/family.



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Aboriginal Children's Wellness Strategy Program

This program is designed for high risk urban Aboriginal youth ages 7 to 15 years. The program incorporates the four aspects (physical, mental, emotional, and spiritual) into the program to achieve balance and wellness in their lives.

The goal of the Aboriginal Children's Wellness Strategy Program is to improve the quality of life for urban Aboriginal youth by promoting and implementing the physical, mental, emotional, and spiritual aspects into programs/services, using a holistic approach.



Holistic Approach

Child

- Case Management
- Advocacy for child at school, home and medical appointments where needed and/or requested.
- Plan of Action (reviews and assessments every 3 months)
- I am A Kind Man Youth Initiative program for child/youth Ages 7-15 years old. (Healthy equal relationships)
- Referrals to community programs
- 1:1 Peer counselling (coping and anger management strategies) in school and home.
- Cultural Teachings, Children's sweats, Teaching circles, Medicine Walks, Tee-Pee circles, F/C Land Visits

Family

- Case Management
- Referrals for parents within the Friendship Centre and other appropriate community agencies.
- Weekly Parent Support Group Tuesday's 12 - 2pm.

Community

- Networking/Partnering with other community agencies
- Network/Partner with programs within the Friendship Centre. i.e. Aboriginal Prenatal Nutrition Program, Aboriginal Family Support Program, Healthy Babies, Courtworker Program, etc.

