

The Aboriginal Family Support Program is designed for children 0 to 6 years old, young moms/ moms to be, and single parents.

Community Action Program for Children (CAP-C) is a program for single mothers/ families and their children. The program provides group and individual activities.

These activities address the culture and physical needs of children and mothers.

Transportation is provided via bus tickets to and from programs.

Program Goal

The goal for the CAP-C Program is to provide support to urban Indigenous families. This is done through holistic healing, and support to single parents. Services shall be made available in a culturally based way.

For more Information Contact:

Aboriginal Family Support Workers

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N'Swakamok

Native Friendship Centre

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Web Site: www.nfcsudbury.org

Office Hours:

Monday to Friday

9:00am to 5:00pm

Summer Hours

8am to 4pm

Funding provided by Health Canada

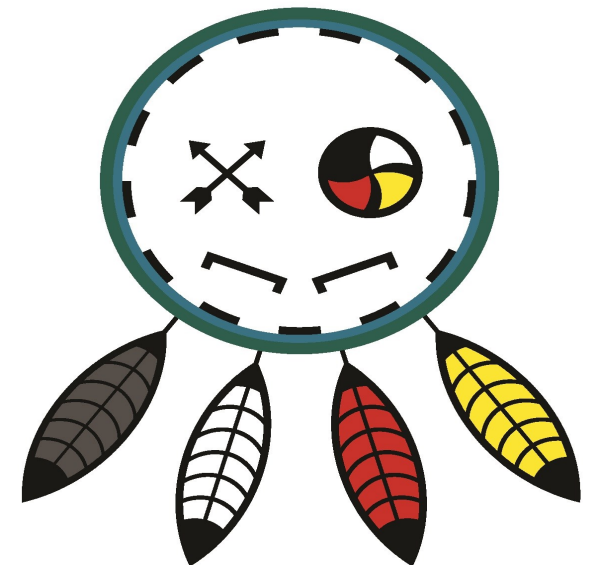


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ABORIGINAL FAMILY SUPPORT PROGRAM

**Community Action
Program for Children
(CAP-C)**



**N'SWAKAMOK NATIVE
FRIENDSHIP CENTRE**

AFTER SCHOOL PROGRAM

This program is designed so children will acquire necessary skills to succeed in a school environment.

- For ages 4 & 5 years of age
 - Introduction of language and culture
 - Nutritional Supplement
 - Recognition of numbers and letters
 - Printing skills
 - Arts & Crafts
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COMMUNITY KITCHEN

Cooking classes are held to encourage proper nutrition and meal planning.

- Child Development
- Nutritional Supplement

PARENTING CLASSES

These classes are instructed by the Indigenous Support Worker and taught in a cultural way.

- Parent Support circles
 - Sharing Circles
 - Guest Speakers
 - Cultural Teachings
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SUMMER PROGRAMS

The Summer program is offered during the summer season and is available to children ages 4, 5 & 6 years of age.

- Cultural Teachings
- Recreation
- Child Development
- Nutritional Supplement
- Special Outings
- Co-operative Skills

PARENTS AND TOTS

This program is designed for parents and their children to get a chance to communicate with other parents and children by joining in the activities and crafts that are planned weekly.

- Recreation
 - Swimming
 - Crafts
 - Nutritional Supplement
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REFERRALS & LINKAGES

- Prenatal Program
- Healthy Babies
- Healing and Wellness
- Drug and Alcohol
- Employment Services
- Life Long Care
- Court Worker Program