

## Mission Statement

N'Swakamok Native Friendship Centre is committed to preserving language and culture, enhancing quality of life and empowering family and community by providing supports, services and partnerships for the Native community in an urban setting.



## Vision Statement

The N'Swakamok Native Friendship Centre is a holistic, healthy Native community center which promotes culture, language and well-being in a balanced way.



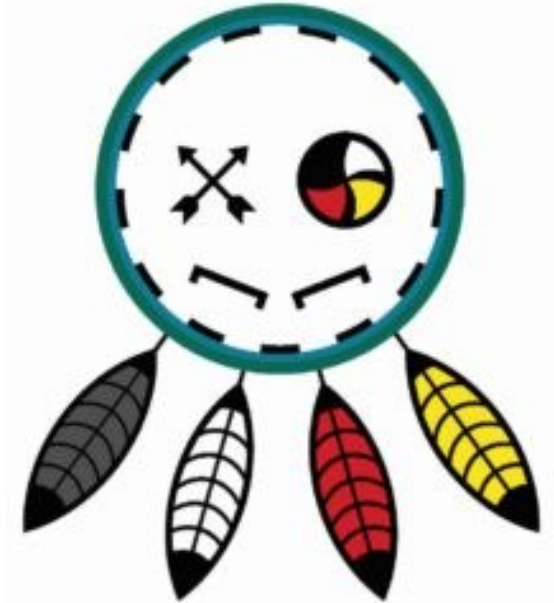
For more information contact:  
Esther Waymouth  
Children's Mental Health Program  
N'Swakamok Native Friendship Centre  
10 Elm Street  
Sudbury, Ontario  
P3C 1T5  
(705) 674-2128  
Fax: (705) 671-3539  
Email: [acws@nfcsudbury.org](mailto:acws@nfcsudbury.org)

### Office Hours

Monday to Friday  
9am to 5pm

*Summer Hours*  
Monday to Friday  
8am to 4pm

## Children's Mental Health Program



N'Swakamok Native  
Friendship Centre

## Children's Mental Health Program Aim:

The Children's Mental Health Program Aim is to ensure that 'at-risk' and "high-risk" children, youth and their families that require supportive mental health resources have access to culturally-sensitive, healthy and /or holistic healing activities and services.

*At Risk refers to children or youth who are dealing with many risk factors. Children and youth may become "High Risk" if the challenges are numerous and the challenges are ongoing.*



Children's Mental Health Program provides services and support to children (ages 7-15) and their families that address behavioral and mental health needs. The Program offers a "wraparound" approach to provide services that build community-based relationships and support networks between children and their families, teachers, and other caregivers.

## Highlights of The Program

Referrals to Tele-Mental Health Tele psychiatry  
Intake & assessments  
Counseling to assist with coping strategies  
Therapeutic group services such as children's circles, & healing circles  
Safety Planning  
Service Navigation  
Crisis Intervention  
Advocacy  
Referrals to appropriate services for families and children  
Public education about violence, addictions and Children's Mental Health  
Community and cultural events  
Open traditional ceremonies