

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
Koreen Lewis or Dennis Trudeau

N'Swakamok Native Friendship Center
110 Elm Street
Sudbury, Ontario
P3C 1T5

Phone: (705) 674-2128

Cell: (705) 665-0897

Fax: (705) 671-3539

Web Site: www.nfcsudbury.org

E-mail:

Koreen akwego@nfcsudbury.org

Dennis akwego1@nfcsudbury.org

FUNDED BY:

The Ministry of Children and
Youth Services

FUNDED THROUGH:

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 &
Dennis Trudeau

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