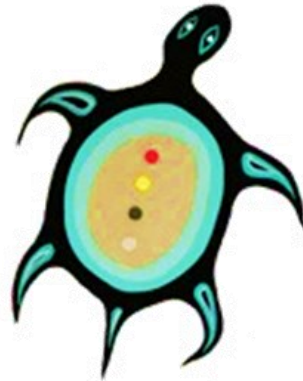


*Creator has
given us the
gifts we need
to live a Good
Life*



The Cultural Resource Coordinator Program is a result of Ontario's Walking Together Strategy to End Violence Against Indigenous Women and is funded by the Ministry of the Children and Youth Services.

Connectedness to culture is a critical aspect of development and wholistic well-being.

The Cultural Resource Coordinator Program can provide support and enhance individual, family and community access to cultural knowledge through a range of approaches - all of which are designed to foster a strong sense of well-being and positive Indigenous Identity.

Contact:

**Brad Robinson,
Cultural Resource
Coordinator**

N'Swakamok Native
Friendship Centre

110 Elm Street,
Sudbury, ON P3C 1T5

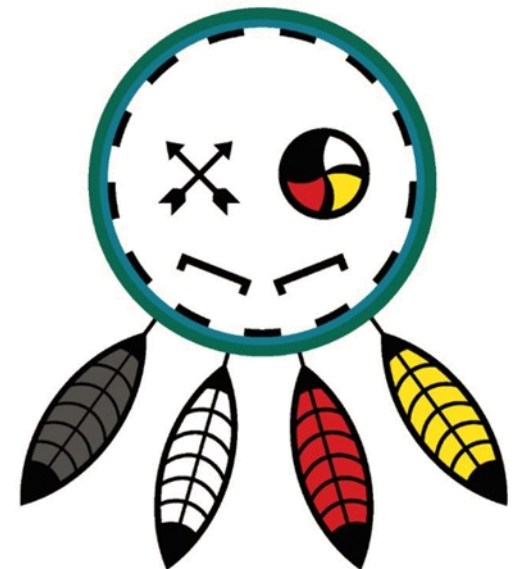
T: 705-674-2128

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CULTURAL RESOURCE PROGRAM

*Mino-
Biimaadiziwin*
Fostering The Good Life



**N'SWAKAMOK
NATIVE
FRIENDSHIP CENTRE**

The smudging ceremony is for purification. Anyone or all of the four sacred medicines can be used:



Mino-Biimaadziwin Fostering the Good Life

Mino-Biimaadziwin vision follows traditional Indigenous teachings about our way of life - to live a good life throughout our life's journey. Through teachings, ceremonies, songs, prayers and crafts we learn various ways of healing, growth and development which foster family and community well-being and promotes positive Indigenous identity.

This is accomplished by promoting balance & harmony in all aspects of self: physical, emotional, mental and spiritual and with Creation as we pick up our Sacred Bundles to live a good life.

- **Semaa (tobacco),**
- **Ggiishig (cedar),**
- **Mshkwadewashk (sage)**
- **Wiingash (sweetgrass)**



Activities:

Mino-Biimaadziwin vision follows traditional Indigenous teachings about our way of life - to live a good life throughout our life's journey. Through teachings, ceremonies, songs, prayers and crafts we learn various ways of healing, growth and development which foster family and community well-being and promotes positive Indigenous identity.

This is accomplished by promoting balance & harmony in all aspects of self: physical, emotional, mental and spiritual and with Creation as we pick up our Sacred Bundles to live a good life.



Individual, Family and Community Supports & Service

- ✓ Individuals & families can do a personalized In-Take to create an individualized plan for cultural, traditional and ceremonial supports.
- ✓ Individuals, families and community of all ages are always welcome to attend open sessions and events. Pre-registration and attendance is taken for reporting purposes.
- ✓ Community relationship building, networking and partnerships are always welcome.