

## Friendship Centre Programs

### Aboriginal Family Support Program

#### (Brighter Futures)

To provide assistance to children 0-6 years of age. To promote nutrition/health. To promote education on child rearing. To provide social/recreational involvement. To refer individuals to community services.

### Aboriginal Prenatal Nutrition Program

Our goal is to provide community based education and health related program for Aboriginal women who are expecting or who already have young children. We will educate, encourage and support women to enhance their physical, emotional, spiritual and mental well being.

### Aboriginal Healthy Babies Program

Our goal is to improve the quality of life for urban Aboriginal children by promoting optimum physical, cognitive, communicative and social development skills for at risk Aboriginal children age 0-6.

### Aboriginal Children's Wellness Strategy Program

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 the programming. Providing activities with these four aspects will help Aboriginal youth achieve wellness and balance in a supportive and fun environment.

### Drug & Alcohol Program

To assist Aboriginal people in addressing alcohol & drug issues and preventing/minimizing the negative effects of addictive substances in the Aboriginal individual, family and community.

### Youth in Transition Program

The goal if the program is to support Indigenous Youth in a successful transition out of the child welfare system into adulthood. The Youth in Transition worker will help youth develop their goals, support youth to connect to existing supports within the community, and will help youth to identify, access and navigate adult service systems.

## Friendship Centre Programs

### 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, spiritual) into the program to promote a healthy and balanced lifestyle.

### Wasa-Nabin Program

The Wasa-Nabin Program is designed to improve the quality of life if urban Aboriginal youth through the delivery of culturally appropriate services and programs. The program is specifically designed to provide a comprehensive set of activities for at risk urban Aboriginal youth ages 13-18 yrs.

### Urban Aboriginal Healthy Lifestyles Program

This program is taking major strides to help community members to increase their physical activity levels and their cardio-vascular health; to become smoke-free; to increase their knowledge of nutrition, healthy eating practices and weight management; and, to enhance the leadership ability of our youth.

### Community Support Program

The Community Support Worker will be responsible for providing overall program delivery in the area of child nutrition and FAS/FAE including working with all participating agencies involved.

### Administration

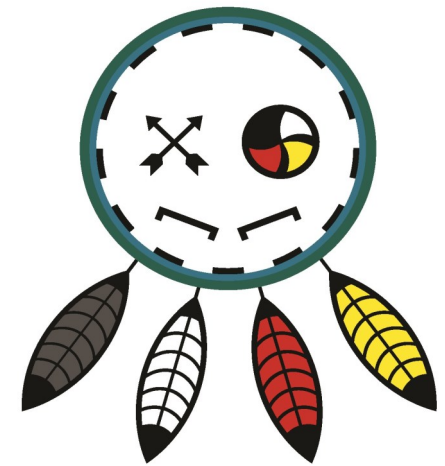
**Executive Director:** Marie Meawasige

**Bookkeeper:** Wendy Shawana

**Administration/Finance Clerk:** Heather Gunner

**Reception:** Liz Trudeau

**For more information please contact the program workers.**



## **N'Swakamok Native Friendship Centre**

110 Elm Street  
Sudbury, ON

P3C 1T5

Phone: (705) 674-2128

Facsimile: (705) 671-3539

Web Site: [www.nfcsudbury.org](http://www.nfcsudbury.org)

### **Office Hours**

**9:00 to 5:00 p.m.**

### **Evening Programs**

**1:00 p.m. to 9:00 p.m.**

**\*Summer hours begin the first Monday in June\***

**\*Summer office hours\***

**8:00 a.m. to 4:00 p.m.**

**\*Summer Evening Programs\***

**1:00 p.m. to 9:00 p.m.**

## History of the Friendship Centre

The Friendship Centre was first established in 1967 through the efforts of the Nickel Belt Indian Club. By that time, the Directors and some of the Members of the Club were already involved in voluntary work such as courtwork and referral work.

In 1972, the Friendship Centre was officially incorporated under the name "Indian-Eskimo Friendship Centre". In October 1972, a Steering Committee which consisted of 11 people hired four (4) staff. The Director, Secretary, Program Director and a Trainee on the job.

To this day, the Friendship Centre has had four previous locations. It was first located on Ignatius Street, which was a one room establishment. It then moved to Douglas Street, which provided more office space. It was also located on Larch Street. Due to the growing needs of the Aboriginal community, the Friendship Centre moved to our present location on Elm Street.

The Friendship Centre purchased this building in 1980 which now provides adequate space to efficiently serve the Aboriginal community.

In 1983, we officially changed our name to N'Swakamok Native Friendship Centre which translates into "where the three roads meet".

The Friendship Centre is managed by a Board of Directors which are elected by the membership. The Friendship Centre has an open membership and is available to any person or group wishing to join.

The purpose of the Friendship Centre is to assist Aboriginal people migrating to or already living in the Greater City of Sudbury. The Centre has developed and implemented programs and activities that serve the social, cultural and recreational needs of the Aboriginal community.

## Aims & Objectives

To provide a medium for the meeting of Native and non-Native people and the development of mutual understanding through common activities.

To stimulate and assist Native self-expression and the development of Native leadership by providing assistance in the implementation of programs and services which provide opportunities for Native people to improve their social and economic status.

To assist and encourage the study of Native needs and the planning of services with Native people in both public and private agencies.

## Friendship Centre Programs

### Aboriginal Courtwork Program

The Aboriginal Courtworker Program provides assistance to all Aboriginal people who are in conflict with the law, whether they are Status, Non-status or Metis.

### Aboriginal Family Courtwork Program

The Aboriginal Family Courtwork Program is designed to assist all Aboriginal people who are in the court process whether they are Status, Non-Status, Inuit or Metis.

### N'Swakamok Alternative School

The mission of the N'Swakamok Alternative School is to create a comfortable, educational environment that is sensitive to the needs of Aboriginal students. All areas of life (emotional, intellectual, physical, spiritual) are addressed so that the student can become an active member in the community and obtain a secondary school graduate diploma and integrate into the career world.

### Apatisiwin Employment and Training

To assist Aboriginal people (over the age of 15) in identifying and securing employment opportunities. To identify and access education and training with the ultimate goal of obtaining meaningful employment. To identify and breach the barriers Aboriginal people face in competing and maintaining employment in the job market.

### Translation Program

To work jointly with health professionals and agencies ensuring that a more effective and efficient service is provided to the urban Aboriginal population who request translation services.

### Healing & Wellness Program

To ensure that the Healing & Wellness needs of the Aboriginal community are addressed by implementing the Aboriginal Healing & Wellness Strategy at the local level in order to reduce family violence, promote healthy lifestyles and provide culture based programming.

## Friendship Centre Programs

### Life Long Care Program

The goal of the Life Long Care program is to identify and assess the life long care needs of Aboriginal people within our urban Aboriginal community by providing the support and services necessary to live a full and independent life.

### Aboriginal Homelessness and Housing Support Program

To develop a support system for Homeless Aboriginals. To assist clients in developing basic life skills which will help in self motivation. To increase the awareness of homelessness in the City of Greater Sudbury.

### Healthy Kids Program

Increase; healthy eating habits, knowledge of nutritional food, healthy eating practices, traditional diets and activities, healthy weight and weight management. Increase physical recreation activities. Increase healthier life style choices. Enhance skills and values of self-care for healthy living Healthy Kids Program can be accessed by children, youth and families.

### Kizhaay Anishnaabe Niin (I am a Kind Man)

The overall purpose of the Kizhaay Anishnaabe Niin program is to engage men in ending all forms of violence towards Indigenous Women. It is supportive, holistic model for community healing and can easily adapted to fit different communities specific needs.

### Cultural Resource Coordinator Program

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.