

## Our Children, Our Future;

**Community Action Program For Children (CAP-C)** is a program for single mothers/families and their children. We provide 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 program.

### GOAL

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

For more Information Contact:

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Aboriginal Family Support Workers  
Phone: (705) 674-2128  
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Web Site: [www.nfcsudbury.org](http://www.nfcsudbury.org)

Located at:

N'Swakamok Native Friendship Centre  
110 Elm Street  
Sudbury ON  
P3C 1T5

**Office Hours:**  
**Monday to Friday**  
**8:30am- 4:30pm**

## Community Action Program for Children

### ABORIGINAL FAMILY SUPPORT PROGRAM



This program is designed for children 0-6 years, young mothers/fathers, to be mothers, and single parents.

**N'SWAKAMOK NATIVE FRIENDSHIP CENTRE**

## **Afterschool Program**

This program is held on Monday's and Tuesday's and is designed so children will acquire necessary social skills to interact successfully with one another when they attend school.

For ages 4, 5, and 6 years old.

Introduction of language and culture

Nutritional Supplement

Recognition of numbers and letters

Beginning of printing skills

Arts & crafts

Recreational time

## **Parenting Classes**

These classes are instructed by the Aboriginal Support Worker or an outside Agency and taught in a cultural way. All classes are conducted in a circle because the circle helps teach our people about what there is to know about our culture.

Parent Support Circles

Sharing Circles

Guest Speakers

Cultural Teachings

## **Parents and Tots**

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

Recreation

Swimming

Crafts

Special Outings

Nutritional Supplement

## **Community Kitchen**

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

Child Development

Nutritional Supplement

## **Summer Programs**

This program is on during the summer season and is available to children ages 4, 5, and 6 years.

Cultural Teachings

Recreation

Child Development

Nutritional Supplement

Special Outings

Co-operative Skills

## **Refererrals & Linkages**

Prenatal Program

Healthy Babies

Healing and Wellness

Drug and Alcohol

Employment Services

Life Long Care

Court Worker Program

**With other community resources and supports needed.**