

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 both to and from programs.

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.



Contact:

Charlena McGregor
Aboriginal Family Support Worker
capc@nfcsudbury.org

Funding provided by Health Canada

**N'Swakamok Indigenous
Friendship Centre**
110 Elm St
Sudbury, On
P3C 1T5

Phone: (705) 674-2128
Fax: (705) 671-3539

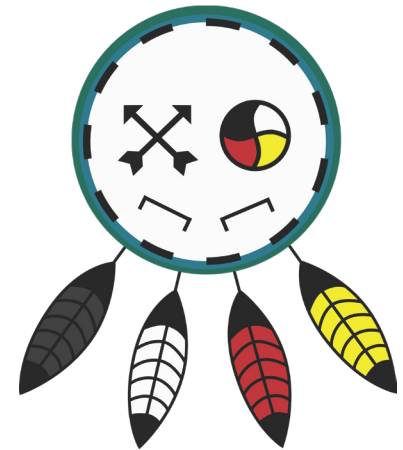
www.nfcsudbury.org

Hours

Monday - Thursday
8:30 to 4:30
Friday
8:30 to 2:30

Community Action Program for Children (CAP-C)

Aboriginal Family Support Program



**N'Swakamok Indigenous
Friendship Centre**

CAP-C PROGRAM

AFTER SCHOOL PROGRAM

This program is designed so children will acquire necessary skills to succeed in a school environment.

For ages 4 & 5 yrs of age

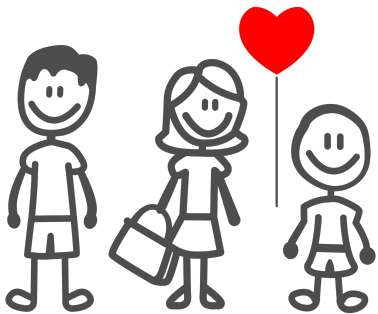
- Introduction of language and culture
- Nutritional Supplement
- Recognition of numbers and letters
- Beginning of printing skills
- Arts & Crafts

COMMUNITY KITCHEN

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

Child Development

Nutritional Supplement



PARENTING CLASSES

These classes are instructed by the Aboriginal Support Worker 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

SUMMER PROGRAMS

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

- Cultural Teachings
- Recreation
- Child Development
- Nutritional Supplement
- Special Outings
- Co-operative Skills

PARENTS AND TOTS

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

Recreation

Swimming

Crafts

Nutritional Supplement

REFERRALS & LINKAGES

Prenatal Program

Healthy Babies

Healing and Wellness

Drug and Alcohol

Employment Services

Life Long Care

Court Worker Program

Other community resources and supports as needed.