



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 holistic 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:

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Cultural Resource Coordinator

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**N'Swakamok Indigenous
Friendship Centre**

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Hours

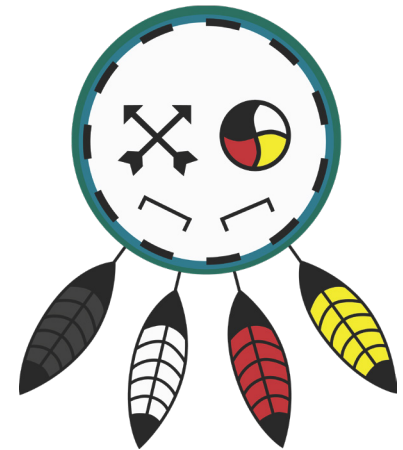
Monday - Thursday

8:30 to 4:30

Friday

8:30 to 2:30

Cultural Resource Program



N'Swakamok Indigenous Friendship Centre



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.

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

- Semaa (Tobacco)
- Giisik (Cedar)
- Mshkwadewashk (Sage)
- Wiingashk (Sweetgrass)

What supports are available:

- Provide direct traditional-based peer counseling
- Coordinate, facilitate and or deliver cultural, traditional and ceremonial supports and services
- Connect with Elders, Knowledge Keepers and traditional resource people
- Planning of traditional community and seasonal events
- Coordinate land-based and traditional food activities
- Provide space and opportunities for traditional arts & crafting
- Develop relationships with local community service organizations & institutions to promote cultural awareness

Individual, Family and Community Supports & Service

- Individuals & families can do a personalized intake 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.

Activities:

- Cultural Workshops
- Ceremonies
- Traditional & Cultural Circles
- Traditional Land Based Activities
- Educational & Historical Teachings
- Language Restoration
- Traditional Teachings
- Traditional Food Preparation
- Traditional Food Prevision
- Cultural and Traditional Advocacy Supports
- Traditional Counseling
- Referrals can be made to other supports in the community