

The Wasa-Nabin Program

This program is designed for at risk urban Aboriginal children who are from the ages of 13-18 years. The activities of the program will focus on:

- Provision of social supports
- Outreach to youth in care
- Promotion of health and physical development
- Support of educational services
- Support anti-violence techniques

The goal of the Wasa-Nabin program is to provide urban Aboriginal children with the support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices.

This program has been designed based on the fundamental principle of: Improving the quality of life of urban Aboriginal children through the delivery of culturally appropriate programs and service.



Contact:

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N'Swakamok Indigenous Friendship Centre

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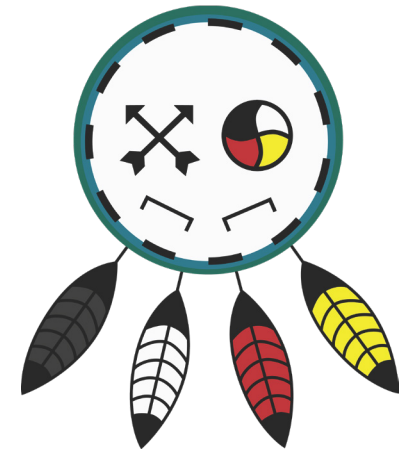
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www.nfcsudbury.org

Hours

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

Wasa-Nabin Program



N'Swakamok Indigenous Friendship Centre

Wasa-Nabin Program Services

Child

- After-school programs
- Cultural crafts
- Peer support
- Outdoor activities
- Referrals to community resources and agencies
- Personalized plan of action for each youth

Family

- Referrals to programs for parents
- Parenting (as requested)
- Parent support
- Provide support as needed
- Public awareness and community outreach through events and local agencies

Programming will include:

- Peer mentoring
- Recreational outings
- YMCA participation
- Games night
- Addressing Self-Esteem Issues
- Confidence building
- Bullying workshops
- Negative effects of drugs and alcohol



Referrals

- Children's Mental Health
- Aboriginal Prenatal Nutrition Program
- Community Action Program for Children (CAP-C)
- Healthy Babies Health Children Program
- Healing and Wellness Program
- Aboriginal Housing Outreach
- Apatisiwin Employment Services
- N'Swakamok Alternative School
- Aboriginal Drug and Alcohol Program
- Aboriginal Court Worker Program
- FASD & Child Nutrition
- Akwe:Go
- Urban Aboriginal Healthy Lifestyles
- Other community agencies