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The Ministry of Children and
Youth Services

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Ontario Federation of Indian
Friendship Centers

The Ontario Federation of
Indian Friendship Centers
(OFIFC) is a provincial
Aboriginal organization
Representing the collective
Interests of twenty-seven
Friendship Centers located in
towns and cities throughout the
province.



Contact:

Jade John
AKWE:GO Coordinator
akwego@nfcsudbury.org

Katie Borne
AKWE:GO Coordinator
akwego1@nfcsudbury.org

N'Swakamok Indigenous Friendship Centre

110 Elm St
Sudbury, On
P3C 1T5

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

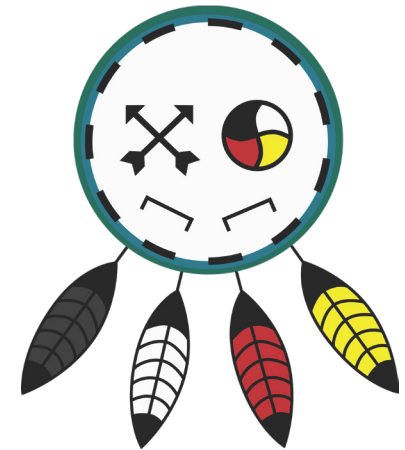
www.nfcsudbury.org

Hours

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

AKWE:GO

(7 - 12)



N'Swakamok Indigenous Friendship Centre

The 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, and spiritual) into the program to promote a healthy and balanced life style.

The goal of the AKWE:GO program is to provide urban Ab-original children with the sup-port, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices.

This program has been designed based on a fundamental principle: to improve the quality of life of Urban Aboriginal Children through the delivery of culturally appropriate programs and service.

Programs and Services

Child

- One-on-one with client
- Cultural crafts
- Homework and Tutoring
- Peer support
- Outdoor activities
- Traditional and Cultural Teachings done by local Elders
- Referrals to community resources and agencies
- Personalized plan of action for each client (child/youth)

Family

- Referrals to programs for parents (F/.C, community)
- Parenting (as requested)
- Family activity (monthly)
- Provide support as needed
- Public awareness and community outreach through events and local agencies

Referrals

- Children's Mental Health
- Aboriginal Prenatal Nutrition Program
- CAP-C
- Healthy Babies Program
- Healing and Wellness Program
- Housing/Outreach Program
- Apatisiwin Employment Services
- Alternative School
- Drug and Alcohol Program
- Native Court Worker Program
- Wasa-Nabin
- Urban Aboriginal Healthy Lifestyle Worker
- Other Community Agencies

