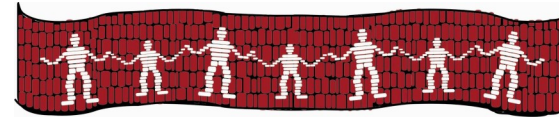


Aboriginal Family Support Program



Please
Contact the
Family Support
Program Coordinator
or
Program Assistant
for further information

Ne-Chee Friendship Centre

326 Second Street South
Kenora, Ont
P9N1G5

Phone: 807-468-5440

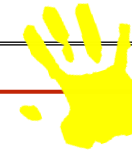
Fax: 807-468-5340

E-mail:

familysupport@nechee.org

Website: www.nechee.org

The goal of the Ne-Chee Friendship Centre, Aboriginal Family Support Program is to provide support to children ages zero to six years, and their families through the provision of holistic healing, and preventive services.



**The Aboriginal Family Support
Program offers programs and services
as listed:**

- Bun In The Oven Baking
- Drop-in
- Little Leaders Cultural Group
- Community Kitchens & Nutrition Bingo
- Healthy Families Support Group
- Transportation
- Mino-Miikana Traditional Parenting Course
- Cultural Craft



Public Health
Agency of Canada

Agence de la santé
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*Public Health Agency
of Canada*

Mino-Miikana Traditional

Parenting Course

GOAL: To provide parents with cultural related teachings about parenting and a healthy safe place to share and communicate with other parents.

Description: Mino– miikana (good path) Traditional Parenting Course is a 8 week course provided to families who wish to learn a holistic balanced way of raising a healthy family. Participates will receive a certificate of completion after the 8 week program. The 8 weeks will follow the 8 grandfather teachings, Love, humility, truth, honesty, courage, respect, wisdom and forgiveness.



Local Transportation
Provided upon prior
request

Bun In The Oven Baking

GOAL: To provide pregnant mothers with healthy snack recipes and pregnancy health information.

Description: Clients will bake a pregnancy wise recipe from scratch and take it home. We will also discuss current pregnancy health issues and updates with mothers and fathers to further their knowledge in pregnancy health.

Healthy Families Support Group

GOAL: To maintain a balance between traditional parenting and modern day parenting skills by using elders and professionals.

Description: A traditional based program geared to assist, support and share information with parents in regard to raising children. Some of the subjects are positive and effective communication with the child, positive discipline strategies, spirituality, nutrition, budgeting, employment, safety drug & alcohol education, etc. We also provide information on local resources.

Community Kitchen &

Nutrition Bingo

GOAL: To provide parents and caregivers with knowledge about healthy meal planning and provide them with a nutritional supplement.

Description: Regular bingo games with prizes such as lunch products, bread, milk, eggs, fruit, and dry goods. Also learn to cook nutritional meals as per Canada's Food Guide.

Cultural Craft

GOAL: To spread traditional knowledge to future generations on regalia, moccasins, star blanket and mitt making.

Description: The program provides a light lunch, transportation and all the material needed to make the craft.



Little Leaders Cultural

Group

GOAL: To provide cultural based support and education for children 4-6 years old.

Description: Children will participate in evening programming once a week to learn our rich and vibrant culture and our history as Aboriginal Peoples. Craft supplies and snack are provided in a safe and relaxed environment.

