

Eligibility

- ◆ Families with children (prenatal to age 6)
- ◆ Teens/adults expecting or have become new parents
- ◆ Families at risk of physical, emotional, mental or social difficulties

The Indigenous Healthy Babies Program is a voluntary program for parents needing guidance and support. Self-referrals and referrals by other service providers are accepted, based on family needs.



For more information, please contact the Indigenous Healthy Babies Coordinator at:

Ne-Chee Friendship Centre
326 2nd Street South
Kenora, Ontario
P9N 1G5

Office: (807) 468-5440 ext. 237
Fax: (807) 468-5340
Email:
healthybabies@nechee.org

Visit our website at:
www.nechee.org

Find us on Facebook!

Program Facebook page: NFC-Indigenous Healthy Babies Healthy Children Program

Regular Office Hours

Monday to Friday
9:00am - 4:30pm

Funded by the Ontario Federation of
Indigenous Friendship Centres



OFIFC



Ne-Chee Friendship Centre

Indigenous Healthy Babies Program





Program Objectives

- ◆ Support families in celebrating and honouring new and young life.
- ◆ Promote prevention and early intervention services and strategies for urban Indigenous families with children up to the age of 6
- ◆ Create safe and suitable points of access for families and communities for pre and post-natal services
- ◆ Facilitate and navigate with families to access resources and services available in the community that will best address their needs

Program Components

The program is delivered through five primary components:

- ◆ Home visits
- ◆ Early Identification
- ◆ Screening
- ◆ Family support plans
- ◆ Service coordination and referrals

Home visits

- Intake and information
- Identify family strengths
- Develop a support plan and identify goals
- Educate and provide information to families
- Encouraged to take part in family-based programming offered at the Centre

Service Support Assessment & Coordination

- Ongoing review of goals/support plan and identify additional resources
- Referrals to other Friendship Centre programs/services or outside agencies
- Attendance with other health care or legal professionals, at families discretion if/when needed
- Case management

Participant Based Activities

- ◆ Large or small groups based on a variety of topics depending on group interest such as:
 - goal setting
 - budgeting
 - nutrition
 - family planning
 - child development
- ◆ Traditional workshops
 - various craft making
 - traditional parenting
- ◆ Traditional ceremonies
 - Sweat Lodge
 - Full Moon
- ◆ Traditional healing/cultural circles
- ◆ Pow-wows
- ◆ Feasts



"Participant based activities are oriented towards reducing and preventing family violence and improving health."