

About the logo

Three symbol logo:

- * The turtle represents Turtle Island. This is Mother Earth.
- * The people are holding hands. This means they will help each other.
- * The people are standing in a circle; The circle of life. The people are our friends, families and strangers; people who need our help or who are helping us.



**PROMOTING A
WHOLISTIC APPROACH**

For more information,
please contact:



NE-CHEE FRIENDSHIP CENTRE

326 2nd Street South
Kenora, Ontario
P9N 1G5

Office: (807) 468-5440 ext. 226
Fax: (807) 468-5340

Email: healingandwellness@nechee.org
www.facebook.com/HWNechee

The IHWS receives financial support from



OFIFC

Ontario Federation of Indigenous Friendship Centre

INDIGENOUS HEALING AND WELLNESS



NE-CHEE FRIENDSHIP CENTRE



“Servicing people of all ages”

BACKGROUND



In 1989, a report called “Breaking Free” brought province-wide attention to the issue of family violence. The findings of this report led to the development of the Indigenous Healing and Wellness Strategy (IHWS), which was officially established in June of 1994.

The Ontario Federation of Indigenous Friendship Centre's (OFIFC) played an important role in the development of the IHWS. The OFIFC was granted a portion of the IHWS funds to implement crisis intervention services through IHWS coordinators. These workers are employed by the Friendship Centre's located across Ontario.



OBJECTIVES



Reduce Family Violence



Promote healthy life-styles through culture-based programming

The Indigenous Healing and Wellness Coordinator provides support to community members affected by violence. These services are available on a one-to-one basis or in a group setting. Action plans are developed to help meet short-term and long-term goals of participants.







The Indigenous Healing and Wellness Coordinator is well equipped to assist individuals in accessing services, provide crisis intervention, offer traditional supports and provide peer counselling to any community member impacted by violence.

Furthermore, the Indigenous Healing and Wellness Program integrates with other Friendship Centre programs to provide community members with a wholistic approach to healing and wellness.

SERVICES



The Indigenous Healing and Wellness Program offers:

-  Coordinating & Facilitating Workshops
-  One-to-one Support
-  Peer Support
-  Cultural Supports; Smudging, sharing circles, transportation to ceremonies
-  Referrals to internal programs, external organizations and to community Elders
-  Community Outreach Services

