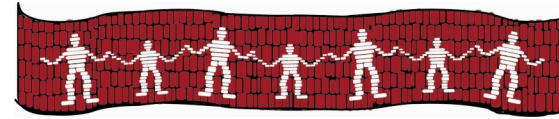




Funded By:
*Public Health Agency
of Canada*

Aboriginal Family Support Program



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

Ne-Chee Friendship Centre

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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 Kitchen & Nutrition Bingo
- Healthy Families Support Group
- Transportation
- Traditional parenting Group
- Cultural Craft

Traditional Parenting Class

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

Description: A traditional parent course that consists of a twelve week schedule with twelve different cultural subjects. We provide transportation, helpful advice, a sharing circle and a certificate of completion.



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 Parent 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.

***Lunch & Snacks Provided**

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.

