

Special Events:

Socials: such as: Back to School Dance, Maamwi Kindaaswin Pow Wow Festival (June), Spring, Fall Feasts, Birthday Parties, Christmas/Easter Parties.

Field Trips: Strawberry Picking, SweetGrass Picking, Summer Picnics, Park Hops, Sweetman's Garden, Public Library, Discovery Train Museum, Outdoor Nature Parks, Recreation Centers (YMCA), PowWows, Farms, Farmers Markets, Pumpkin Patch,

Women's Wellness Day

Mother's Day/Fathers' Day Celebrations

Traditional Cooking/Community Kitchens, 'Kids in the Kitchen' Program, Nutrition Bingo/Clothing Exchange, Healthy Lunches Workshop, Budgeting, Family Meal Planning

Sweetlodge, Mother's Sharing Circle, Full moon ceremonies, Family Support Circle, Father's Group (Dad N Lil' Bannocks)

Seven Grandfather Teachings, 7 Stages of Life, Walking-Out Ceremony, Elders, Smudging, Talking Circles, Traditional Crafts, Drum Making, Cradle Board Making, Story Telling, Elders (Nokomis/Mishomis)



Community Kitchens:

Opportunity for parents/caregivers to share and learn how to properly prepare, cook, and store food. They will also learn how to make nutritious and economical meals for their family. At the same time this gives parents and caregivers opportunities to socialize and make new friends. While the parents are in the kitchen, their children are in the Family Support room, involved in their own activities. This program is available once a month.

Positive Parenting Class:

This program offers parents to enhance their parenting skills, develop a supporting network and help build self-esteem. Various resources people (professionals, elders) will be a part of this program. Mandatory topics include, Stress Management (self care), Nutrition & Budgeting, Childhood Diseases & Immunization, Child Safety 1&2, Child Rearing, Child Development and Developmental Activities, Hygiene. This program is offered twice a year 8 sessions.

Parent's Circle:

Weekly parents circle is a place to share the joys and challenges of parenting. Come into a safe environment to connect, share and grow with other families.

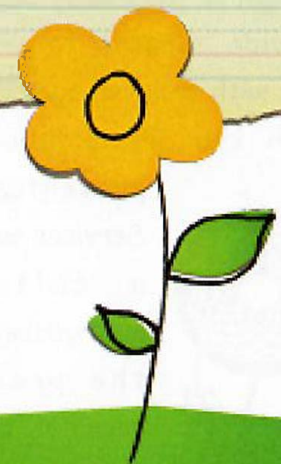
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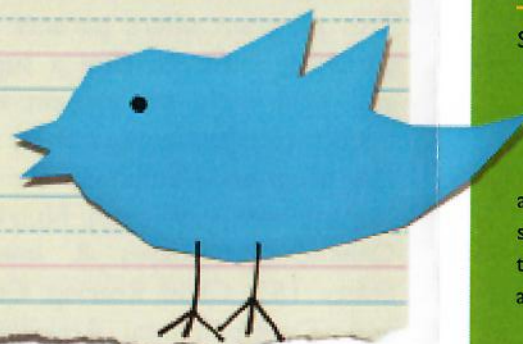
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**NORTH BAY INDIGENOUS
FRIENDSHIP CENTER**

**FAMILY SUPPORT
PROGRAM**





abcd

The design of the Family Support Program is to provide support to urban Aboriginal families with children ages 0-6 years of age through the provision of holistic and preventative services. Services will be available in a cultural based methodology, which targets the preconceptions, prenatal, postnatal, infant, toddler and early development and learning years of the child.



"It takes a community to raise a child."



ASSISTING FAMILIES IN NORTH BAY

Services Include: Referrals, Advocacy, Liaison, Home Visits, Transportation, Individual Support, Emergency Lending Material (Formula/Diapers)

FAMILY DROP-IN FRI 1-4

We welcome children and their families of the Family Support Program to come into socialize, enjoy the playroom, part-take in 'arts n crafts', read, share and be in a positive easy-going supportive environment.

PARENT RELIEF TUES 1-4

Support service is for child caregivers to sign-in their children so that they can have an afternoon out such as to complete errands, attend appointments, or if they just need time for themselves. Children will be involved in various activities which will develop their social and motor skills. They will also be receiving traditional teachings through crafts, storytelling, circles, smudging, elders and learning through play. Ages 0-6.

LITTLE EAGLETS THUR 1-4



A program for children ages 3-6 years. This structured program offers children to develop social, fine and gross motor skills through various activities. Traditional teachings are a vital part of this program. Children will also be taken on special field trips.

TRADITIONAL CRAFT CIRCLE WED 9:30-11:30

Learn how to make things for their children and homes. Traditional crafts such as: Moccasins, regalia, medicine pouches, loom/bead work, dream catchers, 'tikinagan' (cradle board/moss bags), basket making, drums and shakers/rattles.