

OUR MISSION

The mission of the North Bay Indigenous Friendship Centre is to improve the quality of life for First Nation, Metis, and Inuit people in the urban environment of North Bay by supporting self-determined activities which encourage equal access and participation in society and which respects Aboriginal cultural distinctiveness.

The North Bay Indigenous Friendship Centre provides a wide array of programs and services to support Aboriginal people of all ages. An important part of our mandate is to serve as a Gathering Place for Aboriginal people and non-Aboriginal People.

The NBIFC invites all community members to visit the Centre and to participate in the many communal activities that are held throughout the year.



CONTACT

Simon Mathias
Wasa-Nabin Facilitator
Ext: 220

**North Bay Indigenous
Friendship centre**

980 Cassells Street
North Bay, ON P1B-4a8
P: (705) 472-2811
F: (705) 472-5251

wasanabin@nbifc.org



"To Look Ahead"

FOR YOUTH 13-18 YEARS OF AGE

OUR PURPOSE

The purpose of the **Wasa-Nabin** Youth Program is to provide support and guidance within a cultural framework for youth aged 13-18 who is at risk for specific negative behaviours and outcomes as a result of their circumstance in life. The program will incorporate traditional cultural teachings and values to encourage healthy lifestyle choices, foster responsible decision making and influence critical thinking.

WHO IS AN URBAN NATIVE?

"A person who identifies having Native Ancestry (Aboriginal, Non-Aboriginal, Inuit or Metis) and does **NOT** reside on a First Nation.

ACCESSING SERVICES

Wasa-Nabin is a referral based program that will accept self-referrals from the youth, referrals from a parent, grandparent, guardian, school official, agency, or organization representative that has an interest in the youth's life.

WASA-NABIN COMPONENTS & OBJECTIVES

Social Supports

- Addressing Self-Esteem Issues
- Victimization & Peer Pressure Issues
- Peer Counseling & Life Skills

Education

- Access to Tutoring & Homework Assistance
- School Suspension Support
- Individualized Support

Health & Physical Development

- Cooking traditional & non-traditional foods
- Personal Health & Hygiene Information
- Recreational Programs & Activities

Youth In Care

- Cultural Awareness for client & caregivers
- Outreach & advocacy for youth
- Individualized Supports

Violence Prevention

- Roles & responsibilities teaching
- Involvement of Elders
- Kiizhay Anishanaabe Niin; "I am a Kind Man"

Justice Interventions

- Positive role modeling & mentoring supports
- Elder teachings
- Justice Diversion Program
- Buffalo Riders (7 Principles of Self-Leadership)



CLIENT ACTIVITIES

- One-to-one support
- Family & caregiver support
- Cultural based programming
- Drumming, dance & singing
- Crafts, & regalia making
- Traditional teachings
- Leadership activities
- Recreation/Outdoor activities
- Mentoring & youth group
- Youth talking circle
- Workshop & presentations

PARTICIPANT ACTIVITIES

The Wasa-Nabin Youth Program will have some activities, events, and workshops that may be open to the community, provided there is not an individual cost to participate.

PROGRAMMING LOCATIONS

Client & participant activities may be held at various locations but typically, programming will occur at:



**NORTH BAY INDIGENOUS
FRIENDSHIP CENTRE
980 CASSELLS STREET
NORTH BAY, ONTARIO
P1B-4A8**