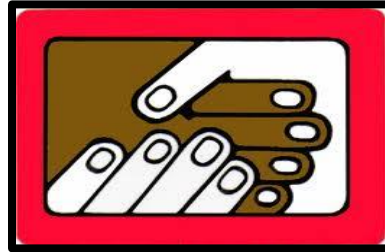


Mission Statement

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 Indian Friendship Centre provides a wide array of programs and services to support Indigenous people of all ages.

An important part of our mandate is to serve as a Gathering Place. The NBIFC invites all community members to visit the Centre and to participate in the many communal activities that are held throughout the year.



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URBAN ABORIGINAL HEALTHY LIVING KIDS PROGRAM



NORTH BAY INDIGENOUS FRIENDSHIP CENTRE

*"To improve the quality of life for
First Nation, Metis, and Inuit
people in the urban environment"*



Goals:

1. Teach a variety of skills, both Traditional and Recreational.
2. Teach about a healthy lifestyle, through proper eating, and smoking prevention.
3. Get the youth to try new things.
4. Teach about some of the past traditions
5. Follow the 7 Grandfather Teachings
6. **Have Fun!!**

Programs:

Campingg

Skiing/Snowboarding

Snowshoeing

JIU JITSU

COOKING

Canoeing

Kayaking

...and much more!

Urban Aboriginal Healthy Living

Kids Program Objective:

The Urban Aboriginal Healthy Living Kids Coordinator will be responsible for the design, development, coordinate, facilitate, monitor, and evaluate healthy lifestyle programs based on the needs of our community, in the urban area of North Bay.

Services Provided:

- Healthy eating
- Recreational Activities
- Traditional activities
- Increase physical activity levels
- Interactive workshops