

## Our Purpose

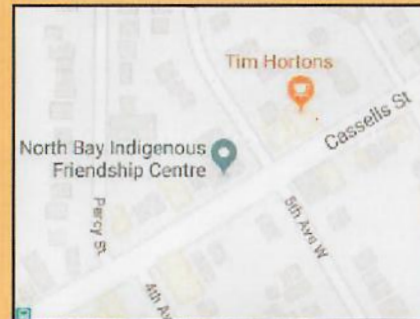
The purpose of the Akwe:GO program is to provide support and guidance within a cultural framework for children aged 7-12 who are at risk for specific negative behaviours and outcomes as a result of their circumstances in life. The goal is to be able to foster abilities to make healthy choices.

It is hoped that children involved with the program will enhance:

- Skills
- Knowledge
- Attitudes
- Positive personal choices
- Develop awareness of assertive and positive outcomes



**NORTH  
BAY  
INDIGENOUS  
FRIENDSHIP  
CENTRE**



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**NORTH  
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CENTRE**

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



Mohawk meaning  
**"ALL OF US"**

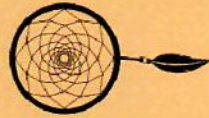


For Urban  
Aboriginal Children  
7-12 Years of Age



## Provided Services

- A personalized plan of action for each child & youth with focus on emotional health and self care.
- Referrals and advocacy to community resources and agencies
- Parental support and resources
- Cultural teachings
- Recreational and after school programs
- Cultural Ceremonies and Celebrations
- Arts and Crafts, Life Skill, Communication Workshops
- Community outings
- Educational Supports



## Five Program Objectives

1. **Provision of Social Supports**
  - to help build self esteem , offer proper guidance to promote healing and growth
2. **Outreach for Children in Care**
  - increase access to culturally appropriate services and include support and education for non Aboriginal adoptive and foster parents
3. **Promotion of Health and Physical**
  - Development-address interrelated health impacts of poverty, diabetes and obesity
4. **Institutional Interventions**
  - increase support for children by providing school suspension supports, direct access to computers and literacy initiatives and encouraging healthy relationships with peers and authority figures
5. **Support for Children with FASD** and other disabilities and their families
  - providing access to tutoring, mentoring supervised physical activities and incorporating family involvement

## 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-terminate activities which encouraged 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 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.