

For more Information Contact:

Our Children, Our Future;

**Community Action Program
for Children (CAP-C)** is a

program for single mothers/ families
and their children. We provide
group and individual activities.
These activities address the culture
and physical needs of children and
mothers.

Transportation is provided via bus
tickets to and from programs.

GOAL

Our goal for the CAP-C Program is
to provide support to urban aborigi-
nal families, holistic healing, and
support to single parents. Services
shall be made available in a
culturally based way.

Trina Cameron

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Aboriginal Family Support Workers

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Web Site: www.nfcsudbury.org

Email: capcsudbury@bellnet.ca

Located at:

N'Swakamok

Native Friendship Centre

110 Elm Street

Sudbury, Ontario

P3C 1T5

Office Hours:

Monday to Friday

9:00am to 5:00pm

Funding provided by Health Canada

**Community Action
Program for Children
ABORIGINAL FAMILY
SUPPORT PROGRAM**



**This program is designed for
children 0-6 yrs, young mothers/
to be mothers, and single parents.**

**N'SWAKAMOK
NATIVE FRIENDSHIP
CENTRE**

CAP-C PROGRAM

AFTER SCHOOL PROGRAM

This program is designed so children will acquire necessary skills to succeed in a school environment.

- For ages 4 & 5 yrs of age
- Introduction of language and culture
- Nutritional Supplement
- Recognition of numbers and letters
- Beginning of printing skills
- Arts & Crafts

COMMUNITY KITCHEN

Cooking classes are held to encourage proper nutrition and meal planning.

- Child Development
- Nutritional Supplement

PARENTING CLASSES

These classes are instructed by the Aboriginal Support Worker and taught in a cultural way. All classes are conducted in a circle because the circle helps teach our people about what there is to know about our culture.

- Parent Support circles
- Sharing Circles
- Guest Speakers
- Cultural Teachings

SUMMER PROGRAMS

This program is on during the summer season and is available to children ages 4, 5 & 6 yrs.

- Cultural Teachings
- Recreation
- Child Development
- Nutritional Supplement
- Special Outings
- Co-operative Skills

PARENTS AND TOTS

This program is designed for parents and their children to get a chance to communicate with other parents and children joining in the activities and crafts that are planned weekly.

- Recreation
- Swimming
- Crafts
- Nutritional Supplement

REFERRALS & LINKAGES

- Prenatal Program
- Healthy Babies
- Healing and Wellness
- Drug and Alcohol
- Employment Services
- Life Long Care
- Court Worker Program

With other community resources and supports needed.