

Bebiins Miinwaa Niin Jii bwaa Daadzid Miinwaa Gmaapiich

...is a program coordinated by a
Canadian Prenatal Nutrition
Program (CPNP) Worker.

GOAL

To support the health of Aboriginal
women and their infants and
families through community based
prenatal and postnatal Aboriginal
programs.

We educate, encourage and
support women in a holistic way by
incorporating traditional values and
beliefs in all programs. In this way,
we enhance the physical,
emotional, spiritual and mental well
being of mother, infant, family and
community.

ABORIGINAL PRENATAL NUTRITION PROGRAM

Located and Sponsored by:

**N'Swakamok Native
Friendship Centre**
110 Elm Street
Sudbury, Ontario
P3C 1T5

**For more information:
Phone: (705) 674-2128
Fax: (705)671-3539**

**Rose O'Bumsawin –Prenatal
Worker**

**Vanessa Pelletier- Assistant
Worker**

Email: prenatalprogram@on.aibn.com

Web Site: www.nfcsudbury.org

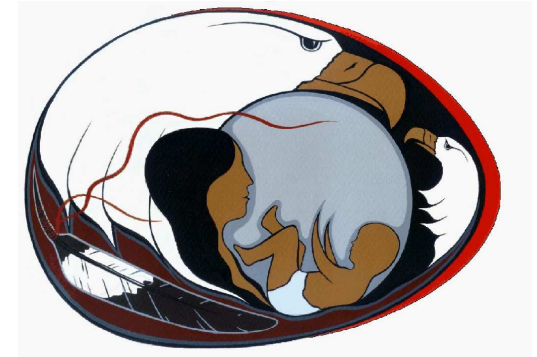
Office Hours:
Monday to Friday
9:00am to 5:00pm

Summer Hours:
Monday to Friday
8:00 a.m. to 4:00 p.m.

Programming:
Tuesday to Friday
10:00am to 1:00pm

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**Baby and Me
Before Birth and Later On**

**N'SWAKAMOK NATIVE
FRIENDSHIP CENTRE**



PRENATAL PROGRAM

Support persons are encouraged to attend!

- * Cultural Teachings
- * Nutrition
- * Relaxation and Exercise
- * Pregnancy
- * Labor and Delivery
- * Postnatal Care
- * Breastfeeding
- * Newborn Care and Safety
- * Hospital Tours
- * Nutritious snack/lunch is always provided
- * Individual home or office counseling

HOSPITAL VISITS

- * In-hospital support
- * Breastfeeding support
- * Delivery of baby basket

HOME VISITS

Information and support concerning:

- * Setting up
- * Newborn Care
- * Breastfeeding
- * Relationships
- * Sexuality and Birth Control
- * Family adjustment and growth

Assessment of:

- * Postpartum recovery
- * Newborn health

TALK AND TASK

- * Crafting, quilting, knitting, baking
- * Sharing about successes and challenges of infant care, parenting, safety, relationships and lifestyle
- * Breastfeeding support
- * Nutrition information and snack

Any other topics are welcome!

REFERRALS & LINKAGES

With other N'Swakamok programs:

- * Aboriginal Family Support
- * Healing and Wellness
- * Drug and Alcohol Program
- * Alternative School
- * Employment Services
- * Life Long Care
- * Court (Family and Criminal)

With other community resources and supports as needed.

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