

## Weekly Meetings

- **Monday**– Office Day
- **Tuesday**– 7pm-9pm  
Men's Sharing Circle
- **Wednesday**– Women's  
Drumming 6pm-7pm
- **Wednesday**-Women's  
Sharing Circle 7 p.m. to  
9:00 p.m.
- **Thursday**– AA Meeting  
8:00 p.m. to 9:00 p.m.
- **Friday**– Office Day

For further information about the Drug and Alcohol Program, please feel free to contact our office anytime after 9:00 a.m. Monday through Friday.

## Drug and Alcohol Workers

**Lisa Osawamick**  
**Email: [daap@on.aibn.com](mailto:daap@on.aibn.com)**

**Brian Nootchtai**  
**[daap@nfcsudbury.org](mailto:daap@nfcsudbury.org)**

## COFFEE IS ALWAYS READY!

### Program Hours:

**Lisa Osawamick**

Mon., Tues., Thurs., Fri.  
9am to 5:00 p.m.  
Wed.-1:00pm-9:00pm

**Brian Nootchtai**

Mon.-Thurs. 1:00pm-9:00pm  
Friday– 9:00-5:00pm

Web Site: [www.nfcsudbury.org](http://www.nfcsudbury.org)

Hours are subject to change  
according to different activities.

*Summer Hours are in effect  
from June to September.*

8:00am—4:00pm

## DRUG AND ALCOHOL PROGRAM



**N'Swakamok Native  
Friendship Centre**

---

## The Circle Meeting

The purpose of the weekly Circle Group meetings are to provide knowledge and understanding about Native Culture and its Traditions.

Our focus is to develop a lifestyle free of alcohol and drugs. This lifestyle will help strengthen our sobriety through the sharing of our experiences and hopes for a better way of life.

Elders, guest speakers and pipe carriers are invited to come in and share their knowledge, wisdom, and understanding about Native ways and the negative impact that alcohol and drugs have on the mind, body, and spirit.

## History

The Drug and Alcohol Program was established in March 1985.

The Native Community saw a need for a drug and Alcohol Worker. This person would assist the Native people with their issues arising from their addictions.

The Worker would also assist individuals by helping them rebuild their lives by gaining their cultural identity, dignity, respect and traditional knowledge.

## Services

The Drug and Alcohol Program provides the Native Community with services such as:

- One on one assessments and support for both adults and youth
- Follow-up treatment
- Referrals to withdrawal management, recovery homes and rehabilitation/ treatment centres.
- Utilization of all self-help groups such as: A.A., Spiritual and Cultural Circle Groups.
- Home, hospital and jail visits upon request.