

Program Summary

NAWASH FAMILY WELL-BEING



Overview

Provides targeted prevention and awareness programs:

- 1) promote healthy communities
- 2) encourage positive family relationships
- 3) support children/youth and their families to heal and recover from the effects of intergenerational violence and trauma

Objectives and Services

Coordinated Family Support Activities: bringing opportunities to support families (hands on skills; family activities; cultural/land-based learning, social engagements/social inclusion, etc.) through partnership with other programs

Land Based Learning: promotion and support of cultural skills/cultural practices i.e., gathering and harvesting, materials utilization, conservation, stewardship and traditional skills and practices as they relate to well-being and knowledge sharing

Awareness and Prevention campaigns: violence awareness and prevention, safe community initiatives i.e., Missing/Murdered Indigenous Women/Girls, Indian Residential Schools, Addictions Awareness, Human Trafficking awareness/prevention, etc.

SOCIAL INCLUSION INITIATIVES

Community Relationship Building: to remove barriers created by historic intrusion, colonization, community division, or gender and generational segregation. Providing year-round activities i.e., knowledge sharing workshops, feasts/gatherings, special outings, hot meals, music programs, busy hands craft nights and other well being initiatives and community celebrations intended to bring community together.

FWB Volunteer Circle: we recruit and are supported by 10 adult community members who participate in program planning, hands on support, and program/event evaluation throughout the year. We meet monthly and provide team building opportunities and incentives.

Targeted Programming: we continue to provide outreach programming to the vulnerable, and underserved population in the Nawash community to offer information on services provided, and keep informed of upcoming activities (i.e, socially isolated, adult 50+ males)

Target Audience

Nawash community – all demographics, all ages.

Recent Developments**Recent Limitations**

Physical space; programming space, outreach vehicle, and staffing continue to be obstacles

Next Steps

Future plans are to return to original site located at 376 Sydney Bay Road – Basement of wellness Centre

Community Engagement

Physical Location: 34 Community Centre Road - upper level – office space only

Telephone: 534-4445 (messages only)

E-Mail: family.system.nav@gbtel.ca

Online: <https://www.nawash.ca/family-well-being-program/>

Social Media: <https://www.facebook.com/nawashFWBP>