

WHO WE ARE

The Nogojiwanong Friendship Centre (NFC) is a not-for-profit, culture and community based organization mandated to serve the needs of urban Aboriginal people in the City of Peterborough and surrounding area. We provide culture based programs and social activities to all urban Aboriginal people along the life cycle.



OTHER PROGRAMS

PRENATAL & FAMILY SUPPORT

- Aboriginal Family Support

CHILDREN & YOUTH

- Akwe:go Program
- Wasa-Nabin Program

YOUTH COUNCIL

HEALTH

- Addictions & Mental Health
- Healthy Kids Program
- Urban Aboriginal Healthy Living

HEALING

- Aboriginal Community Wellness
- Kizhaay Anishinaabe Niin

CULTURAL RESOURCE PROGRAM

COURT WORKER PROGRAM

For more information on our programs
check out our website:
nogofc.ca



Nogojiwanong Friendship Centre
...serving the needs of urban Aboriginal
people in the city of Peterborough.

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ABORIGINAL PRENATAL NUTRITION PROGRAM

The Aboriginal Prenatal Nutrition Program will provide community, culture based wholistic programs and services to improve the health outcomes of Aboriginal mothers and their babies (pre-natal to 6 months). We aim to support Aboriginal Moms to address any challenges they may face that puts their health and the health of their infant at risk.

Programs are also designed to include fathers and extended family, and women contemplating pregnancy.

PROGRAM DESCRIPTION:

The Aboriginal Prenatal Nutrition Program will provide support and guidance within a cultural framework to urban Aboriginal families expecting a new baby and their babies.

The program will provide coaching and hands on opportunities to support a healthy pregnancy and a healthy outcome for baby. We will support Mom and Dad to enhance their parenting and caregiving capacity as well as support healthy family dynamics and attachment.

ABORIGINAL PRENATAL NUTRITION PROGRAM SERVICES:

- Well Baby Clinics
- Prenatal health and lifestyle counselling
- Infant and childcare development education
- Breastfeeding education and support
- Nutritional counselling
- Drop-in supports
- Traditional/cultural celebrations
- Parenting classes

ADDITIONAL ABORIGINAL FAMILY SUPPORT PROGRAMS INCLUDE:

- Baby food making
- Daddy and Me programs
- Mommy and Me programs
- Clothing exchange
- Baby products when needed ie. Diapers, nursing pumps, formula, and more.

Come and join us in our Children and Family Resource Room to learn more about our program.

