

## About the logo

Three symbols make up the Indigenous Healing and Wellness Strategy logo.

- \* The turtle represents Turtle Island. This is Mother Earth.
- \* The people are holding hands. This means they will help each other with their problems.
- \* The people are standing in a circle. This is the circle of life. The people are our friends, families and strangers — people who need our help or who are helping us.



**PROMOTING A  
WHOLISTIC APPROACH**

**For more information,  
please contact:**



**NE-CHEE FRIENDSHIP CENTRE**

P.O Box 241  
326 2nd Street South  
Kenora, Ontario  
P9N 3X3

Office: (807) 468-5440 ext. 226  
Fax: (807) 468-5340

Email: [healingandwellness@nechee.org](mailto:healingandwellness@nechee.org)  
[www.facebook.com/HWNechee](http://www.facebook.com/HWNechee)

*The IHWS receives financial support from*



**OFIFC**

Ontario Federation of Indigenous Friendship Centre

## **INDIGENOUS HEALING AND WELLNESS PROGRAM**



**NE-CHEE FRIENDSHIP CENTRE**



**"Servicing Indigenous People of all ages"**

# BACKGROUND

In 1989, a report called "Breaking Free" brought province-wide attention to the issue of family violence. The findings of this report led to the development of the Indigenous Healing and Wellness Strategy (IHWS), which was officially established in June of 1994.

The Ontario Federation of Indigenous Friendship Centre's (OFIFC) played an important role in the development of the IHWS. The OFIFC was granted a portion of the IHWS funds to implement crisis intervention services through IHWS coordinators. These workers are employed by the Friendship Centre's located across Ontario.



# OBJECTIVES

## IHW Vision



**REDUCE FAMILY VIOLENCE**



**PROMOTE HEALTHY LIFESTYLES THROUGH CULTURE-BASED PROGRAMMING AND HEALING**

The Healing and Wellness Coordinator provides support to community members through family violence support services, individual healing and wellness needs and accessing traditional services and supports. These services are available on a one-to-one basis or in a group setting where action plans are developed to help meet short-term and long-term goals of participants.

With the goal of reducing family violence and improving Indigenous health, the Healing and Wellness Coordinator is well equipped to assist individuals to access services, provide crisis intervention, offer traditional supports and provide peer counseling to any community member impacted by violence.

Furthermore, Healing and Wellness programs integrate with other Friendship Centre programs to provide community members with a wholistic approach to healing and wellness.

# SERVICES

## The Indigenous Healing & Wellness Program offers:



Coordinating & Facilitating Workshops



Cultural Supports



One-to-one Peer Support



Referrals to internal programs, external organizations and to community Elders



Community Outreach Services



Support to Cultural & Traditional Ceremonies and Sweats

