



*The project has received funding from the
Government of Ontario, Aboriginal Healing and
Wellness Strategy.*

A Healthy Start lasts a Lifetime

Ontario Native Women's Association's
Aboriginal Healthy Babies Healthy
Children program works with Aboriginal
families to make sure that children get the
best possible services to address health
needs and improve the well-being of
children and families



www.onwa.ca

Head Office

Unit 15 - 684 City Road
Fort William First Nations ON P7J1K3
Phone: (807)577-1492 · Toll Free: 1-800-667-0816
Fax: (807) 623-1104

Thunder Bay Satellite Office

380 Ray Boulevard, Thunder Bay ON P7B 4E6
Phone: (807) 623-3442



— Aboriginal —
**HEALTHY BABIES
HEALTHY CHILDREN**

**ABORIGINAL
HEALING & WELLNESS
STRATEGY**

*A Voice for Aboriginal Women
and their Families*

BEING A PARENT IS A FULL TIME JOB

The **Ontario Native Women's Association** delivers the **Aboriginal Healthy Babies Healthy Children Program** to seven communities:

- Thunder Bay
- Sioux Lookout
- Dryden
- Geraldton
- Ottawa
- Napanee
- Hamilton

Our program is designed to assist Aboriginal families to provide the best opportunities for healthy development of children 0-6 years of age through family home visiting, service coordination and referrals.

The Family Home Visitor works one on one with the family. Home visits are developed through a plan of care and offered weekly, biweekly and monthly.

KIDS DON'T COME WITH INSTRUCTIONS

The **Aboriginal Healthy Babies Healthy Children Program** offers:

- Home Visiting

Education & Support in:

- Breastfeeding
- Pre & Postnatal
- Nutrition
- Growth & Development
- FAS / FAE
- Parenting
- Bonding
- Building Self-Esteem
- Health & Safety
- Cultural Teaching

Promotion of:

- Healthy Living
- Healthy Relationships

HEALTHY BABIES HEALTHY CHILDREN HEALTHY COMMUNITIES

The **Ontario Native Women's Association** also offers all of our families access to other supports including:

- Diabetes Health
- Problem Gambling
- Employment & Training
- Nihdawin
- Community Wellness Worker
- Aboriginal Victim & Liaison

If you are interested in our program or any other program that the Ontario Native Women's Association offers, call us at:

Phone: (807) 623-3442

Fax: (807) 623-1104

Toll Free: 1-800-667-0816