



## A HEALTHY START LASTS A LIFETIME

ONWA's Aboriginal Healthy Babies Healthy Children Program works with Aboriginal families by providing the best possible services for the benefit of the children.



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



[www.onwa.ca](http://www.onwa.ca)

### Head Office

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Hamilton Native Women's Centre · 1900 King Street, East ·  
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— *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 and have Family Home Visitors in:

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

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

The Family Home Visitor works one on one with the family. Home visits are developed through a plan of care and are 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
- Responsible Gambling
- Employment & Training
- Nihdawin
- Community Wellness Worker
- Aboriginal Victim & Liaison

If you are interested in the AHBHC 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