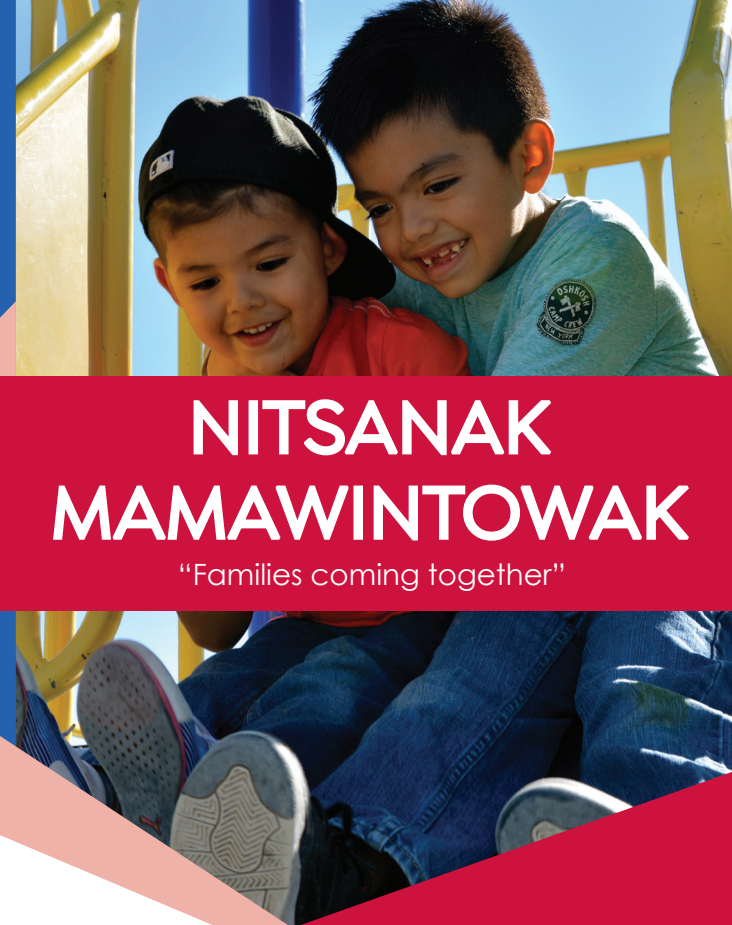
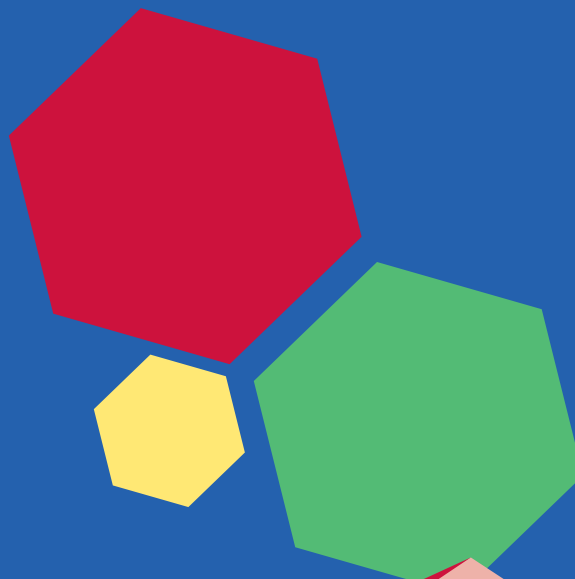


Nitsanak Mamawintowak

Nitsanak Mamawintowak provides Indigenous parents, babies and their young children with home-based parenting supports.

This program offers families with child-development best practices combined with traditional child-rearing knowledge.

The program also provides families with opportunities to develop their social network through participation in community events. Traditional knowledge keepers and Elders are available for guidance, teachings and ceremony.



NITSANAK MAMAWINTOWAK

"Families coming together"



miskanawah
empowerment • strength • family

2335 30 Ave NE,
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For additional information, please contact:

Phone: 403-247-5003
info@miskanawah.ca
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Who **can** participate?

- Your family identifies as Indigenous
- You are expecting a baby or have a child that is under 6 years old
- You want to learn more about your baby and child's development
- Nitsanak Mamawintowak is offered free of charge



Healthy children and families are the foundation of strong communities.

By bringing families together, Nitsanak Mamawintowak nurtures Indigenous children and their families to thrive in all areas of their lives – mental, physical, emotional and spiritual.

What will your visits **look like**?

- Family visits can happen in your home or in the community depending on the activity
- Home visitors will work with you in a respectful and meaningful way to meet your needs and goals.
- You decide on what areas you want help with, from language development to completing a food bank referral.
- Some visits will include assessments to see how your child is doing and identify any areas that may need additional supports.
- Visits can include ceremony, as well as meeting with Elders and knowledge keepers.
- Visits typically happen once a week and continue until you no longer need or want supports.



Why should you **participate**?

- You will have someone to support you with motherhood and parenting
- You will learn new activities and games to play with your child
- You will learn about child development and important milestones as your child grows
- You will learn about communication and healthy relationships
- You will make new friends and be part of a healthy community
- You will connect with culture, ceremony and Elders