

Annual Report 2012-2013



Centre d'amitié
autochtone
de Val-d'Or



Val-d'Or Native
Friendship
Centre



WORD FROM THE PRESIDENT

Last January, 6 Cree youth under the age of 20 and their guide began the long march: "The Journey of Nishiyuu", which would lead them in the footsteps of their ancestors from Whapmagoostui to Ottawa. They wish to assert their desire to protect the land, lakes and rivers, and demonstrate the importance they attach to the unity among people. They walked more than 1600 kilometers. Many of their brothers and sisters, members of the First Peoples, joined them along the way. On the way, walkers were greeted by various communities. In total, there were nearly 270 indigenous walkers accompanied by more than 3,000 supporters to reach Parliament Hill in March. For us, Anishinabek, the passage of these walkers awakened hope, we met them and followed their journey our hearts filled with pride.

These walkers carried hope for justice and equity for the emerging First People youth, a flame to preserve and maintain. This young generation will not bear to see its horizons paralyzed by inertia. They want to participate in society in accordance with their Aboriginal identity. It gave birth to the movement Idle No More - Gone the inertia, which our Friendship Centre spontaneously joined because it is the essence of our work for nearly 40 years. Our governments have not always met our legitimate desire to establish a real dialogue between nations, each of us can try to contribute daily by our actions.

The Friendship Centre Team does and constantly demonstrates ingenious and daring feats to ensure the sustainability of our services to meet the changing expectations of our communities and our people. We must double our efforts to support the dream of this young generation who wanted to rediscover the path of his ancestors, guided by the lessons of courage, honesty, humility, compassion, respect, sharing and wisdom. This youth draws its strength from these ancient teachings to build a bright future for us and our nations.

At the Friendship Centre, it is these aspirations that guide our actions. We can count on a dedicated team and genuine partners to grow with them. The contribution of each of you is real and essential, and we say *Kitci Meegwetc!*

Oscar Kistabish
PRESIDENT

mission

The Val-d'Or Native Friendship Centre is an urban service hub, a living environment and a cultural anchor for First Peoples dedicated to wellness, justice and social inclusion, it promotes harmonious cohabitation in its community.

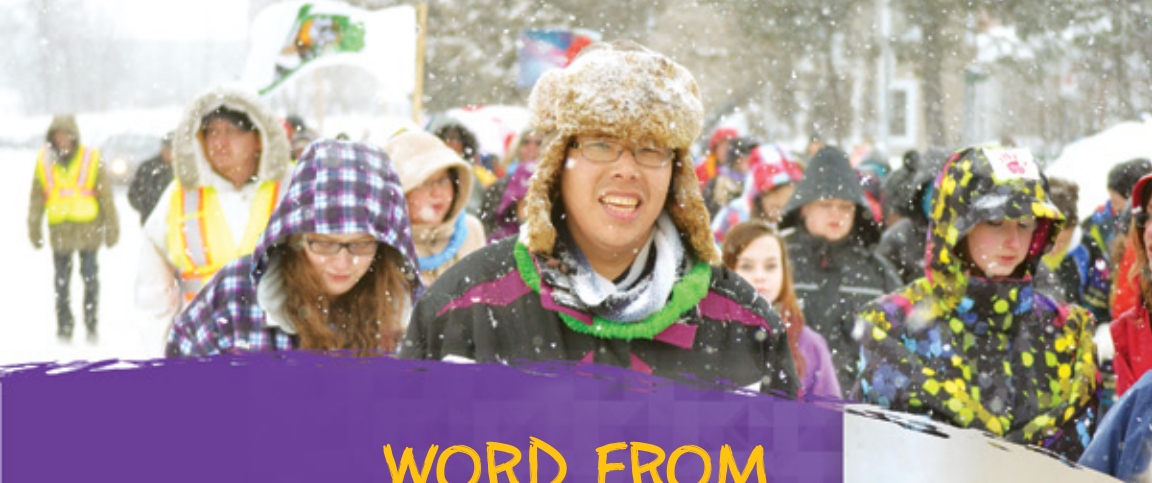
vision

The Val-d'Or Native Friendship Centre, leader of a committed Aboriginal civil society, actively contributes to the social, community, economic and cultural development of its community through innovative and proactive strategies.

values

At the Friendship Centre, programming and service delivery are based on human values of commitment, respect, integrity and solidarity.





WORD FROM THE EXECUTIVE DIRECTOR

Kwé, Wachiya,

It is with pride that I invite you to read the 39th annual report of the Val-d'Or Native Friendship Centre. Over the years, our center has become a reference in Quebec for organization of services and mobilization of Aboriginal people in cities. This report reflects the vitality and dynamism of our community. Since its founding in 1974, the Center adheres to a vision of development based on its community member's ambitions. Their aspirations feed the roots of an urban project of Aboriginal society which is reflected in a diverse range of services, accessible and culturally relevant.

Our Friendship Centre falls more under the banner of social innovation to define its collective action. Social innovation "promotes resilience, creates undertaking rather than participation, innovate rather than repeat, transform the process rather than solve problems" ¹. In recent years, several social innovation processes are initiated at the Friendship Centre. Tainted by the values and traditions of the First Peoples, the process anchors our socially innovative projects in a specific identity and cultural context. Thus, deep in the heart of a social transformation in Val-d'Or - reliant on the increase of aboriginal people present in the city - our Friendship Centre innovates particularly in the areas of education, housing, economic development, youth services and early childhood health and social services. While our innovative projects have "a transformative insight" ² in the sense that our initiatives "emerge from a desire to get out of current practices" ³. However, the Val-d'Or Native Friendship Centre's social innovation embodies the emancipation of a colonial past and the liberation of its legacy which overshadowed our dreams and aspirations as a people.

Bearer of social innovation in the movement of Aboriginal Friendship Centres in Quebec, our organization is an incubator of promising pilot projects and initiatives for urban Aboriginal people. In Val-d'Or, under the leadership of the community, the Friendship Centre takes new paths and introduces new social practices from a millennium lifestyle upset by modern and contemporary urban reality.

Because he dares, innovates and disrupts, our Friendship Centre knows an influence that goes beyond the borders of Abitibi-Témiscamingue and Quebec. Since our center has adopted a posture that focuses on social innovation, national and international forums are made available to our community. These new opportunities are seized as they pave the way for new avenues of rapprochement and reconciliation, avenues so far unexplored. Through these forums, the dialogue is well under way, creating new forms of solidarity between peoples. Kitci Meegwetci!

Edith Cloutier
EXECUTIVE DIRECTOR



1. La Fondation de la famille J.W. McConnell.
www.mcconnellfoundation.ca/fr/programs

2. Déclaration québécoise pour l'innovation sociale, RQIS, Avril 2011

3. Définition et processus de l'innovation sociale. RQIS.
www.ptc.quebec.ca/rqis

ADMINISTRATIVE SECTOR



AN ANSWER TO THE COMMUNITY'S ASPIRATIONS

- **Reorganization of our services** in a global vision, transversal and based on proximity, placing people at the center of the programming, revisited and expanded.
- **Services evaluation:** «The talking stick » permitted to consult about thirty members of the community, who expressed their satisfaction and their ideas.
- **The Center's notebook** celebrated its 30th anniversary!

PRIDE AND GATHERING

- **A record 263 students were honored** at the prestigious 10th Mëmëgwashi Gala highlighting academic perseverance, held at the Télébec Theater.
- **The 10th edition of the agenda "Catch your dreams"**
- **800 people attended the outdoor show** – travels to the four directions with the First Peoples of America to celebrate the National Aboriginal Day.
- **The cultural site**, a privileged place for gathering and renewing traditions, hosts many activities and continues to expand.



HOUSING

- Memoires presented to the « Commission populaire itinérante sur le droit au logement ».
- Partners of a building project including **24 social housing « kijaté »**.



HEALTH



The Minowé Clinic, a resource integrated to the health and social services network of Val-d'Or, opened 346 different files for people encountered since its beginning in January 2011. As a novelty, our nurse provides

developmental assessment for 3 year old children. Since February, a doctor provides consultations to people with chronic illnesses who have no family doctor.

THE CLINIQUE IN NUMBERS:

- > **155 new arrivals at the Minowé Clinic and 2224 interventions were performed:**
 - PRE AND POSTNATAL MONITORING: **28 mothers**
 - CONTRACEPTION: **23 women**
 - VACCINATION 0-5 YEARS: **25 children**
 - INFLUENZA VACCINATION: **330 people**
 - DIABETES MONITORING: **11 people**
 - SOCIAL INTERVENTIONS: **78 families**
(96 adults, 37 children 0-5 years et 79 youths 6-18 years)



9TH PROMOTION OF LIFE WEEK

444 participants took part in activities aimed at the development of a healthy lifestyle, active leisures, food and culture. Presentation of the DVD awakening to the Algonquin language, **Migona & Moko**



IDLE NO MORE

- Solidarity to the **movement Idle No More - Gone the inertia** which requires people to peacefully advocate in favor of justice for the First Peoples and environmental protection: peaceful demonstrations and distribution of some 700 explanatory leaflets to motorists.
- **The Gabriel-Commanda Walk** on the Elimination of Racial Discrimination adopted the Idle No More colors: 1200 people followed suit. Lisa Won and Marlene Jerome are the spokespersons. Kitci Meegwet!



PARTNERSHIP AND KNOWLEDGE SHARING

Collaborating with university research and sharing our ways on many local and provincial forums, some national and even international, in collaboration with Dialog and Research Alliance ODENA: for a better understanding of the issues concerning First Peoples within cities.

HUMAN RESOURCES

75 EMPLOYEES AT THE FRIENDSHIP CENTER AS OF MARCH 31ST 2013	38 ABORIGINAL EMPLOYEES	37 NON ABORIGINAL EMPLOYEES	51 % ABORIGINAL EMPLOYEES
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75% OF EMPLOYEES PARTICIPATED IN THE TRAINING PIWASEHA (FIRST LIGHT OF DAWN) ON CULTURE AND ABORIGINAL REALITIES OFFERED BY UQAT.

Transportation service for medical reasons responded to 3,340 requests.



AN ACTION THAT IS BASED ON STRONG PARTNERSHIPS IN CULTURE, EDUCATION, RECREATION, ECONOMIC, HEALTH AND COMMUNITY ACTION AND SOCIAL ISSUES!

A privileged partner of the Friendship Centre, the Centre for Early Childhood Abinodjic-Miguam welcomes 80 aboriginal and non-aboriginal children in its facilities and 52 toddlers in family surroundings.

TRANSPORTATION SERVICE FOR MEDICAL REASONS

COMMUNITY DEVELOPMENT SECTOR

ITS MANDATE IS THE WELL-BEING OF THE ABORIGINAL COMMUNITY BY THE STRENGTHENING OF COMMUNITY LIFE THROUGH THE MOBILIZATION OF DYNAMIC, COLLECTIVE AND INDIVIDUAL APPROPRIATION OF OWNERSHIP. ITS EMPOWERED APPROACH IS BASED ON THE SUPPORT AND DEVELOPMENT OF THE CAPACITY AND THE SELF-ESTEEM OF INDIVIDUALS AND CRITICAL AWARENESS AS WELL AS PARTICIPATION, INVOLVEMENT AND NETWORKING.



CHILDHOOD 5 - 12 YEARS

MOHIGANECH CLUB « LITTLES WOLVES »

52 FAMILIES REACHED, INCLUDING 77 CHILDREN AND 79 PARENTS

HOMEWORK SUPPORT GROUP

22 children registered
Attendance rate for Francophone and Anglophone groups is 91%. 174 hours of homework.

SOCIAL CLUB

56 children registered
Average of 16 in attendance on pedagogical days

SUMMER DAY CAMP

42 children registered
Attendance rate of 68% for 6 weeks of activity



YOUTH 10 - 29 YEARS

A8ENENKIN « WHO ARE YOU ? »

161 YOUNG ADULTS - 151 ACTIVITIES

3253 PROJECTS ACCESS - AVERAGE OF 7 IN ATTENDANCE PER ACTIVITY

KABADU

« Portage »

Homework help and exams preparation
577 attendances for 190 hours of homework help

MADJIMÂKWÎN

« Accroche-toi »

Support for Aboriginal youth aged 18-24. Provide culturally relevant tools to develop a life plan.
17 including 12 new participants during the year





COMMUNITY

DO8DEI8IN ELDERS GROUP

« VISITING AND EXCHANGING KNOWLEDGE »

Cultural and social activities aimed at ending the isolation by the sharing of knowledge, appreciation and networking.

32 members registered

11 days of activities,

including two fundraisers

97 present

Average attendance

of 9 participants per activity

WEEKLY CAFÉ-MEETINGS

121 members registered

41 activities

562 present

Average 14 in attendance at activities

KIN ODJA

« IT DEPENDS ON YOU! »

Promoting a healthy lifestyle

324 members joined through project activities,

including 200 members through sports and

110 members through the culinary workshops

and community kitchens.



INTERGENERATIONAL ACTIVITIES



VAL-D'OR EMBELLISHES

24 membres present

SUMMER DAYS

7 activities

285 present

TRADITIONNEL DAYS

Summer:

48 members present

Fall:

93 members present

Winter:

200 members present

ARTS AND CRAFTS WORKSHOPS

28 evenings offered

255 present

LUNCH BOX WORKSHOP

85 members present

FAMILY COMMUNITY KITCHENS

4 days offered

31 present for a total

of 18 families

2114 portions prepared

HEALTH CIRCLE (ADVISORY COMMITTEE)

12 meeting offered

148 present

MOTHER'S DAY BRUNCH FATHER'S DAY BRUNCH

HALLOWEEN

CHILDREN'S CHRISTMAS



SOCIAL DEVELOPMENT SECTOR



ITS MANDATE IS TO CONTRIBUTE TO THE GROWTH AND WELL-BEING OF THE INDIVIDUALS OF THE ABORIGINAL COMMUNITY BY PROVIDING PSYCHO-EDUCATIONAL AND PSYCHOSOCIAL SERVICES TO CREATE A BALANCE OF MIND, BODY, SOUL AND HEART (HOLISTIC APPROACH), PROMOTING RECOGNITION AND DEVELOPMENT OF CAPABILITIES, SKILLS AND COMPETENCE (EMPOWERMENT).



EARLY CHILDHOOD AND FAMILY

The **Aboriginal Head Start program** promotes healthy child development and supports the extended families in the development of parenting skills. Our team has served **78 children aged 0-5 years** and their families during the year. New this year, a socialization and cultural awakening group, Little Foxes was added to the early stimulation groups.

INTERVENTION SERVICE

The **psychosocial intervention service** aims to improve the living conditions of Aboriginal people in Val-d'Or through culturally relevant interventions aimed at prevention and support. Our team conducted **6887 interventions with 532 different people** during the year.



Our intervention services include the following projects:

EAGLE'S NEST

Fight against homelessness and housing instability
2 592 interventions
319 persons reached

PIBAMADZI

« Walk to the rhythm of the environment »
Fight against HIV/Aids, as part of the Outreach program
1 242 Outreach meetings

MISKWÂ SINIBÂÑ

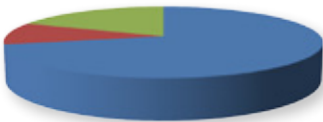
« Red ribbon »
Fight against HIV/ Aids and other STD's, support groups
100 people for 1 300 interventions

MINO PIMADIZIWIN

« Live in peace with life: passed, present and future »
Health support for former Indian Residential School students and their families
151 people for 638 interventions

AN EVALUATION WITH 91 USERS OF THE INTERVENTION SERVICE HAS PROVIDED THE FOLLOWING RESULTS:

Improvement of the quality of life of the users of the intervention services



65 persons have improved their quality of life
9 persons have not improved their quality of life
17 persons don't know

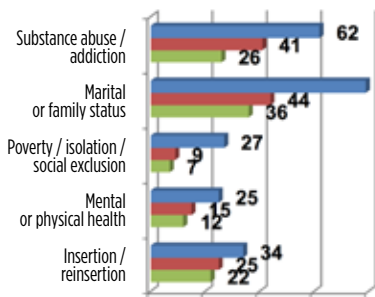
Increase in housing stability of the users of the intervention services



Housing stability

32 persons have not found fixed housing in the last year
14 persons have found fixed housing

Improvement of the situation of the users of the intervention services 2012-2013



Number of people who received psychosocial services
Number of people who took actions to improve their situation
Number of people who improved their situation



GREAT ACHIEVEMENTS in social development:

MISKWÂ SINIBÂÑ GAME

The Centre has produced a HIV / AIDS and other STIs prevention game. Our board game Miskwâ Sinibân increases people's knowledge about the risks of infection and means of prevention through scenarios often funny.

TRUTH AND RECONCILIATION COMMITTEE

The Commission was in Val-d'Or in February, where hearings were held in the presence of a hundred people. Its goal was to collect testimonies of residential school survivors and their families. The school in Saint-Marc-de-Figuery near Amos, hosted Anishinabek children between 1955 and 1973. The Friendship Centre team was there to offer its support throughout the hearings.

SOCIAL ECONOMY SECTOR

THE COMMUNITY ECONOMIC DEVELOPMENT BECOMES THE SOCIAL ECONOMY SECTOR! THE NEW NAME CLEARLY REFLECTS THE WAY IN WHICH SERVICES ARE OFFERED AND AFFIRMS OUR INTENTION TO FURTHER DEVELOP THIS PHILOSOPHY OF COLLECTIVE ENTERPRISE.

THE ABORIGINAL SOCIAL ECONOMY BY ITS CULTURALLY RELEVANT APPROACH AND ITS SOCIAL INNOVATION INITIATIVES, CONTRIBUTES TO THE COLLECTIVE WEALTH, DEVELOPMENT AND RECOGNITION OF SKILLS AS WELL AS THE INCLUSION AND PROMOTION OF ABORIGINAL LABOR FOR A FULL PARTICIPATION IN THE ECONOMY AND CIVIC LIFE.

Revenue resulting from the sale of products and services from the social economy sector represent nearly 900 000\$ annually



THE EMPLOYEES

Every day, twenty employees contribute to the success of our mission, using their talents to serve the community. Through their commitment and involvement, services are offered 7 days a week.

72% of them are Aboriginal.



FOOD SERVICE

In a warm and friendly atmosphere, our food service offers healthy cooking, composed of a variety of balanced meals, all at affordable prices. The weekly menu and the opening hours are available on our website.

With **70 seats**, the Centre's cafeteria served **59,963 meals** during the last year, and prepared **42,543 snacks** for the children of the daycare center Abinodjic Miguam and the various programs of the Friendship Centre.





LODGING SERVICE

The Val-d'Or Native Friendship Centre is a unique anchor of cultural roots. With its 24 rooms, individual or family size, the hosting service can accommodate up to **54 people**. In 2012-2013, our occupancy rate reached 66%, **totaling 12,041 nights**.

ARTS AND CRAFTS

In order to promote native arts and crafts, a counter-display showcases the talent and creativity of local Aboriginal artists. The essence of the Aboriginal culture, authentic and exclusive, is reflected through the exhibit.

ODABI – « OUR ROOTS »

TRAINING IN ESSENTIAL SKILLS



93 aboriginal adults have benefited from the skills development programs implemented by the Friendship Centre, with the Pidaban or the Odabi projects.

Odabi offers a socio-professional approach based on a reclaiming of one self, an identity building and valorisation through work. Odabi includes: training, work placements, physical activity, visits to companies and organizations and cultural activities. Odabi leads to recognized credentials. In addition, contributes to building new solidarity between the participants, Odabi is involved in the development of a mutually beneficial alliance between the aboriginal workforce and businesses.

Odabi's richness is: a dynamic and dedicated team, enthusiastic and generous partners, a program of stimulating learning, but mostly enthusiastic participants!

30 PARTICIPANTS GRADUATED WITH THE 2ND AND 3RD COHORTS:

- 20 EMPLOYED
- 4 RETURNED TO STUDIES
- 6 LOOKING FOR EMPLOYMENT

17 PARTICIPANTS ARE PROGRESSING WITH THE 4TH COHORT (JUNE 2013)



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