



National Association  
of Friendship Centres  
Association nationale  
des centres d'amitié

## Trauma-informed Mental Health Support Program

### About the Program

The NAFC is excited to offer the Trauma-informed Mental Health Support Program, aimed at supporting member-FCs in expanding their capacity to provide trauma-informed mental health and cultural support services. This program is funded by Indigenous Services Canada (ISC), First Nations and Inuit Health Branch (FNIHB), and the Public Health Agency Canada (PIHAC).

### Funding Overview

- Application Period: July 10<sup>th</sup>-28<sup>th</sup>, 2023
- Project Start Date: No later than September 5, 2023
- Project End Date: March 31, 2025

### Program Objectives

- **Support pre-existing mental health initiatives** by integrating cultural components and fostering knowledge mobilization and information sharing to better understand urban Indigenous mental health needs.
- **Increase mental health programming and capacity** at Friendship Centres (FCs) and Provincial/Territorial Associations (PTAs) to ensure that all Indigenous individuals, regardless of status, residence, or intergenerational trauma, can safely address mental wellness issues related to their lived experiences.
- **Address mental health concerns and promote mental wellness** for all Indigenous individuals, irrespective of status, residence, or intergenerational trauma, in a community-based, holistic, and integrated manner.

### Project Activity Categories:

1. **Cultural Programming:** I.e., Offer teachings, traditional medicines, land-based activities, ceremonies, and access to traditional foods.
2. **Community-based Health and Support Services:** I.e., Enhance food security, family programming, community gatherings, and provide wrap-around services to ensure clients feel safe and supported.
3. **Community Outreach and Partnerships:** I.e., Conduct outreach, provide workshops and support groups, and collaborate with partners to connect community members to available support services.
4. **Other Mental Health Supports:** I.e., Integrate Indigenous traditional knowledge and Western teachings, distribute self-care bundles, and assist with transportation when local mental health counseling and cultural support services are not available.
5. **Staff Capacity and Expertise:** I.e., Hire mental health support staff, promote resource sharing and training, and provide regular training opportunities for Health and Cultural Support Workers.

*Please note that funding for this program is distributed through an application-based model, and we cannot guarantee funding for all PTAs and FCs. For detailed guidelines and eligibility criteria, please refer to the provided Trauma-informed Mental Health Support Program documentation.*