

Our Mission

The Mission Friendship Centre's purpose is to meet the needs of First Nations and Non-First Nations people, who are making a transition to the urban community. We provide a central and suitable facility where counseling information, guidance and referral services will be provided.



Mission Friendship Centre Society

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Mission Friendship Centre Society

Community Health program

Community Health Workshops

Emotional Wellness Workshop

In this workshop our community health worker provides information such as:

- Emotional and mental health issues along with the proper way to deal with them
- provide tools and opportunities for participants such that they are able to better deal with their health issues
- Further develop participants' pre-existing strengths
- create a community such that participants can share their feelings and support one another

This workshop will take place in a safe environment to encourage mutual sharing of feelings.

Workshop Schedules

- Emotional Wellness Workshop:
Friday 1:30 pm – 3:30 pm
- Community Kitchen:
Thursday 2:00 pm – 4:30 pm



Community Kitchen

In this workshop our community health worker will focus on Diabetes along with other chronic health issues. Some topics that will be covered include:

- Healthy diet
- What kind of a diet is suitable for people with diabetes (or other chronic diseases?)
- the merits of a healthy diet
- teaching participants delicious and healthy recipes
- expose participants to different kind of foods

This workshop will provide participants with a fun and safe learning environment where emotional support is strongly encouraged.

Individual Support Services

The Community Health Worker also holds one on one consultation in a supportive and non-judgmental environment. In these private sessions, the conversation between the participant and the Community Health Worker will remain confidential under all circumstances. Appointment can be booked from Monday to Wednesday 8:30 am to 4:30 pm. Some of the individual support services that are offered include:

- Health Educational Workshops
- Diabetes Awareness Workshops
- General Information Workshops