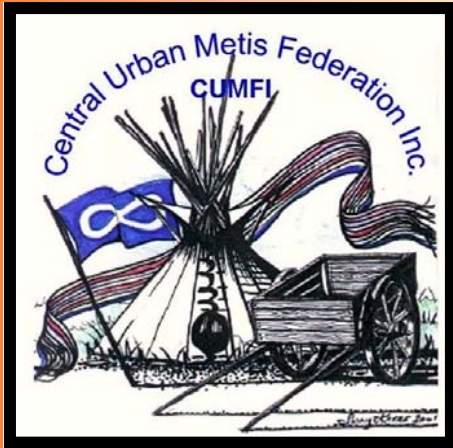


CUMFI
WELLNESS CENTER



Location:

315 Avenue M South
Saskatoon, SK

Phone:

(306) 651-1010

Fax:

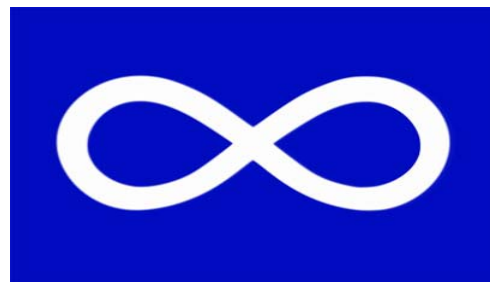
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CENTRAL URBAN METIS FEDERATION INC.



CENTRAL URBAN METIS
FEDERATION INC.

CUMFI
WELLNESS CENTER



Mentoring Built On a Relationship Of
Trust.

CUMFI WELLNESS CENTER

Through a partnership with the Saskatoon FASD Supported Housing Project and the Central Urban Metis Federation Inc., the CUMFI Wellness Center was established on the 1st of April, 2007.

The CUMFI Wellness center provides mentoring services for older youth and adults with FASD or other cognitive disabilities. Mentoring is defined as providing support according to the unique needs and goals of each individual built on a relationship of trust. Mentoring may include assistance with housing, accessing income security and health care, budgeting and shopping, dealing with justice issues and all other aspects of daily living. Equally important is assistance to build on strengths and interests to become involved in recreation, obtain and maintain appropriate employment, develop pro-social relationships and build self-esteem.

WHAT WE PROVIDE

The CUMFI Wellness Center provides assistance in many different areas such as:

- Obtaining and maintaining appropriate housing.
- Access to required services and resources, including income security and health care.
- Money management and bill paying.
- Building on strengths and interests to become involved in recreation, obtain and maintain appropriate employment, develop pro-social relationships and increase self-esteem.
- Decision-making and remembering, as well as the many tasks that are part of daily living (i.e. personal care, nutrition & wellness, daily routine charts, shopping, cooking, child care & parenting support, etc.)

All of these activities undertaken with each client is personalized according to their unique strengths, needs, and interests.

The Resource Room is part of the CUMFI Wellness Center and provides a place

for people being mentored to drop in, take part in various activities and spend time with their mentors. Appropriate activities are developed in the resource room according to the interests of people receiving services. The Wellness Center also plays a justice role that provides support to people who are dealing with justice issues as well as criminal or family matters. Mentors accompany individuals to court and pre-trials, police interviews and ensure that individuals understand the procedures and can make informed decisions, along with many other justice matters.

CRITERIA FOR SERVICES

Diagnoses of a cognitive disability or characteristics consistent with a cognitive disability; no limited services through Social Services or CDS.

CENTRAL URBAN METIS
FEDERATION INC.

315 M South

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