



Trauma-Informed Resources and Traditional Services

Eastern Region

ONWA Site:

Napanee

Ottawa

ONWA Chapter:

Kirkland Lake: Temiskaming Native Women's Support Group

Lakefield: Lovesick Lake Native Women's Association

Orillia: Orillia Native Women's

ONWA Local:

Baltimore – Aboriginal Women On-Line

Kingston: Kingston Thunder Women's Group

Shannonville – Tyendinaga Native Women's Association

Sudbury – All Our Relations

www.onwa.ca

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Head Office: 150 City Road • P.O. Box15-684 City Road • Fort William First Nation, ON P7J1J7 •
Toll Free: 1-800-667-0816 • Phone: (807) 577-1492 • Fax: (807) 623-1104



EAST

Agency	Region Locations	Description of Agency Service	Contact Info
Adventure Place Child and Family Centre	Toronto	Adventure Place provides a continuum of services ranging from those that promote healthy child development to targeted intervention and treatment services for children with special needs and their families. We work collaboratively with individuals, families and community partners to promote the well-being and success of children and their inclusion in the community.	McNicoll Public School 155 McNicoll Avenue Toronto, Ontario M2H 2C1 Phone: (416)744 7650 Fax: (416)744 8055 Email: contact@adventureplace.ca http://adventureplace.ca/
The Akwesasne Family Violence program - Domestic Violence Program	Cornwall Island	Emergency safe housing for victims of domestic violence, abusive situations, self-abuse, drug & alcohol and high risk behaviors. Provides 24 hour crisis hotline, on-site support, information, referral, advocacy, support, education and counseling. We have independent transitional housing available for up to one year for those who complete our 16 week educational program. Our “Men for Change” program assists men in developing positive healthy relationships through our 16 week cultural education sessions. Objectives: To minimize domestic violence in the community, awareness on domestic violence, educational information domestic violence. Key Components: <ul style="list-style-type: none"> • Full time 24 hour counselling, emergency housing, advocacy and support are provided, transportation is provided for residents for appointments. • Use of traditions or ceremonies • Talking circles, moon ceremonies, smudging, sweats. Cultural programming • Elders conduct ceremonies, guidance and support. Elders counselors on staff • Youth attend circles and workshops. • Evaluation Design • Client-based discharge evaluation, client evaluation surveys and referrals. 	PO Box 579 Cornwall Island/Akwesasne, Ontario K6H 5T3 Phone: (613) 937-4322 Fax: (613) 937-4979
Anishnaabe Kwewag Gamig-	Roseneath	Our shelter provides a safe, supportive, temporary alternative to a violent home for	PO Box 39



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Women's Centre		<p>Aboriginal and non-Aboriginal women and their children (16 years and under) who are seeking refuge from abuse.</p> <p>Located in a First Nation, we help women and children to overcome the unique obstacles faced by those who access our services. We offer a blend of Aboriginal traditional healing techniques and conventional forms of counseling to both women and children during their stay at the shelter.</p> <p>We empower women through the use of women's circles, individual counseling and support, to help them decide on the appropriate steps for them to take on their path to healing. We offer many services including Advocacy, Referrals, Court Accompaniment, Confidential Crisis Intervention, Emergency Transportation and a comprehensive children's program facilitated by a Child/Youth Counselor. Our clients are also assisted with accessing legal, financial, housing and medical resources.</p> <p>Counselors are available 24 hours a day, 7 days a week. Our shelter serves South Eastern Ontario including 8 First Nations, has 14 beds and can accommodate a combination of 15 women and children for a maximum stay of up to 8 weeks.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • To provide a safe environment for women and their children who are fleeing abuse. • Key Components • Eight (8) week stay, communal living, programming, activities, house meetings. • Use of traditions or ceremonies • Smudges, medicine wheel, holistic approach. • Elders are brought in to discuss anything with employees or with residents. 	<p>Roseneath, Ontario K0K 2X0 Phone: (905) 352-3898 Fax: (905)352-2225</p> <p>http://www.akgshelter.com/</p>
Centre for Addiction & Mental Health	Sudbury Kingston Ottawa	<p>CAMH is committed to providing comprehensive, well-coordinated, accessible care for people who have problems with mental illness and addictions. A wide range of clinical programs, support and rehabilitation services are provided that meet the diverse needs of people who are at risk and are at different stages of their lives and illnesses.</p> <p>Services include: assessment, brief early intervention, residential programs, day treatment, continuing care and family support.</p>	<p>CAMH Main: (416) 535-8501 Toll Free: (800) 463-2338 Sudbury Toll-free: (888) 880-7063 or (705) 675-1195 Kingston Toll-Free: (888) 287-4439 or (613) 546-4266</p>



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		CAMH staff work with family doctors, home support services, community agencies and other health care providers to make sure that clients and their families can receive assistance in their own communities and homes if possible. Additionally, they address larger issues that arise from four major factors affecting health -- housing, employment, social support and income support.	Ottawa Toll-Free: (888) 441-2892 or (613) 569-6024 www.camh.ca
Child and Family Centre (CFC)	Sudbury	Accredited children's mental health agency providing mental health services to children and youth. We recognize that every situation is unique and all of our programs and services are designed to respond to the expectations of our clients while respecting their culture and language. Our counseling staff works directly with children and families, encouraging their active participation in making decisions about the services they will receive.	319 Lasalle Blvd, Unit 4 Sudbury, ON, P3A 1W7 Phone: (705) 525-1008 1-800-815-7126 (Toll Free) www.childandfamilycentre.on.ca
Children's Mental Health Services	Belleville Trenton Madoc Picton Bancroft	Community Services include the following services to children & youth under the age 18, provided by the locally based service teams: <ul style="list-style-type: none"> • Access Intake Service Planning • Crisis Service • Brief Service • Counselling / Therapy Services • Family / Caregiver Skill Building and Support Services • Specialized Consultation / Assessment Services • Service Coordination • Targeted Prevention • Community Collaboration • After Hours On-Call Service <p>Intensive In-Home - this is an intensive in-home parent training program where a Child and Youth Worker attends the client's home during regularly scheduled identified high stress times during a six to eight week time frame to teach the family appropriate behaviour management and coping skills.</p> <p>Psychological Consultation and Assessment - Psychological services are provided by a</p>	3 Applewood Dr. Suite 300 Belleville, Ontario K8P 4E3 Toll Free: 1-844-GO2-CMHS (462-2647) Email: info@cmhs-hpe.on.ca http://cmhs-hpe.on.ca/



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		<p>Registered Psychologist, who is a clinician with Doctoral level training in the assessment and treatment of behavioural, emotional, and cognitive or difficulties. The Psychologist provides consultation to both the Community Program and the Residential Program at Children’s Mental Health Services (CMHS).</p> <p>Consultation to Community and Mental Health Programs - A Psychological Consultation is requested by a CMHS’ Staff who requires further evaluation of the child or adolescent. In some situations, the CMHS’ staff might be concerned that a clinical disorder is present. In other situations, there might be concerns about a possible learning problem or disability. A consultation also might be requested to provide recommendations about treatment approaches. A consultation often involves a clinical interview with the parents, child or adolescent, and the CMHS’ Clinician. In some situations, only the CMHS staff is present and presents an overview of the concerns. At the conclusion of the consultation session, the Psychologist provides her conclusions and treatment recommendations.</p> <p>Psychological Assessment - Psychological Assessments are useful when there is a need for an in-depth evaluation of one or more areas of psychological functioning; for example, learning problems, emotional concerns, and/or behavioural problems. This assessment includes a review of available background information (e.g., Report Cards, Individual Education Plan), clinical interviews with the parent and child or adolescent, and psychological testing. Oftentimes, the parents and the child’s teacher are asked to complete questionnaires to provide additional information. After the assessment procedures are completed, the Psychologist meets with the parents and the CMHS’ Staff to review the assessment findings, provide recommendations, and answer questions. A written report is provided that outlines the assessment findings and recommendations in detail.</p> <p>Psychiatric Consultation - Psychiatric consultation service is provided by a Child Psychiatrist, who is a member of the Division of Child and Adolescent Psychiatry at Kingston General Hospital. The Psychiatrist consults to the Community and Residential Services of Children’s Mental Health Services (CMHS).</p>	
Community Counselling and	Peterborough	Skilled professional therapists will help you explore and understand your issue and assist you	459 Reid Street



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Resource Centre		<p>to develop solutions. The Resource Centre uses a short-term to mid-term model of therapy, meaning that most issues are resolved in a maximum of six to twelve sessions.</p> <p>The Resource Centre provides counselling for individuals, couples, families and also offer a number of counselling groups. The Resource Centre helps people facing challenges related to personal well-being, relationships, family issues, parenting, aging, grief and loss, caregiving, separation/divorce, or any form of abuse including elder abuse and domestic violence.</p> <p>Core service is providing general counselling services to the community. However, the Resource Centre also offer a number of specialized counselling programs, including:</p> <ul style="list-style-type: none"> • Individual counselling for women and their children who have experienced domestic violence or abuse • Individual and group counselling for survivors of sexual abuse and sexual assault, to reduce the effects of trauma • Groups for women and their children (ages 4 - 16) who have witnessed or experienced violence in the home, so that the impact of the trauma is lessened • Individual and/or group counselling to provide information and support for caregivers • Individual, couple and family counselling to members of our community over the age of 60 	<p>Peterborough, ON K9H 4G7 Phone: (705) 742-4258 Fax: (705) 741-1734</p> <p>http://www.ccrcc-ptbo.com/</p>
Crossroads Children's Centre	Ottawa	<p>Works with children under 12 years of age (and their families) struggling with severe emotional, behavioral and social difficulties. Specialize in behavioral problems such as aggression, impulsivity, poor social skills, anxiety, sadness, depression, fear, and suicidal thoughts.</p> <p>Provides many home-based services (we work with you and your child right in your home environment). We have a Day Treatment Program that runs in two Ottawa schools for children who are not managing in a regular school setting. We provide Wraparound, TAPP-C (The Arson Prevention Program for Children) to reduce the risk of fire setting behavior, and Police Referral services for children who have been (or are at risk of being) in trouble with the law. Our School Based Program is offered in ten Ottawa schools and is for children who are typically verbally and/or physically aggressive and oppositional. We also offer Clinical Services</p>	<p>1755 Courtwood Crescent Ottawa, ON K2C 3J2 Head Office: (613) 723-1623 Fax: (613) 723-7393 Email: info@crossroadschildren.ca</p> <p>http://www.crossroadschildren.ca/</p>



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		provided by our Child & Family Therapists to provide counseling for children and caregivers, both individually and together, and family therapy. We also run a Mental Health Walk-in Clinic every Wednesday from 9am to noon, and every Thursday from noon-8pm.	
Eastern Ottawa Resource Centre (EORC)	Ottawa	<p>Community-based, non-profit organization offering a wide range of social and community services.</p> <p>Services offered to Blackburn Hamlet, Beacon Hill, Carlsbad Springs, and Gloucester South. Community Support Services are also available in Orleans, Cumberland, Navan and Sarsfield. Violence Against Women Services are available across the 613 area code.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Community Support Services - For seniors and people with physical disabilities. • Child and Youth Services - Serving children and youth ages 6-21. Early Years centre • Resource and Referral services - Assisting with access to basic needs and support. • Violence Against Women Services - Serving women who live or have left an abusive partner. • Other services - The EORC works collaboratively with other organizations and government programs to provide access to a range of services. 	<p>215-1980 Ogilvie Road Ottawa, ON, K1J 9L3 Phone: (613) 741-6025 613-745-4818 x6137453665 (Crisis Line) TTY: 613-741-3556 Fax: 613-741-7029</p> <p>www.eorc-creo.ca</p>
Enahtig Healing Lodge and Learning Centre, Outreach Mental Health Team, Orillia	Orillia	<p>This program offers mental health case management, care and support, as close to home as possible, for individuals living with a mental health disorder or concurrent disorders. In a Shared Care format we work with other Aboriginal and non-Aboriginal service providers. We employ an Aboriginal cultural approach built on Aboriginal best practices. Services include family consultation, counseling and psychotherapy, assessment, care planning and referral. Services are available for families affected by mental health challenges and support for children, youth and adults needing after care. Community capacity building, training, service system liaison and networking are available for other service providers.</p>	<p>334 West Street North, Enahtig Outreach Office Orillia, ON, L3V 5E3 Phone: (705) 330-4059</p> <p>www.enahtig.ca</p>
Family Services Ottawa	Ottawa	<p>Counselling Services: can help with a variety of issues, such as:</p> <ul style="list-style-type: none"> • Relationship difficulties • Parenting challenges • Experiences of trauma and abuse 	<p>312 Parkdale Avenue Ottawa, ON Phone: (613) 725-3601</p>



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		<ul style="list-style-type: none"> • Anxiety and depression • Family stressors • Adjustments to separation, divorce, and blended families • Grief and loss <p>A counsellor can work together with you to find ways to address the challenges you are facing. Counselling offers you an opportunity to discuss your concerns, clarify what would be helpful, and strengthen your ability to make the desired changes in your life. Depending on your situation and needs, counselling services can support you in:</p> <ul style="list-style-type: none"> • Finding different ways to cope with your stressors • Developing different options in solving the problems you are experiencing • Learning how to improve your relationships and connections to others • Obtaining information and accessing resources that can help you <p>Mental Health Counselling: The Mental Health Program offers a range of counselling services to adults who are living with a mental health illness. Counselling services are offered through individual counselling, couple and/or family counselling, workshops and group programs. Our program works from the perspective that everyone struggles with mental health at different times in their lives. Our program addresses those aspects of challenges to mental health where daily functioning is impaired. We support people living with chronic or acute mental health issues or who have been diagnosed within a range of psychiatric diagnosis. Our counselling services include workshops series and group programs that are focused on a variety of issues that are related to mental health and well-being.</p>	http://familyservicesottawa.org/
Frontenac Youth Services	Oshawa	<p>Frontenac includes a team of professionals who work with you in a scent-free office to fulfill all your needs, including;</p> <ul style="list-style-type: none"> • Social Workers • Youth and Family Counsellors • Child and Youth Counsellors • Art Therapist • Consulting Child Psychiatrist 	<p>1160 Simcoe St. S. Oshawa, ON L1H 5L8 Telephone: (877) 455-5527 Toll Free: (905) 579-1551 Fax: (905) 723-7059</p> <p>http://frontenacyouthservices.org/</p>



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		<ul style="list-style-type: none"> • Psychologist/Psychometrist <p>Counselling services: Offered for adolescents and their families who are not in need of more intensive services such as residential and day treatment. Assessment and treatment may be provided through individual, family, couples, art or group therapy. Community Services also provides therapeutic follow-up supports for residential and day treatment clients.</p> <p>Day Treatment: Frontenac Youth Services Day Treatment programs are available to adolescents and operate in partnership with the Durham District School Board, the Durham Catholic School Board and the Kawartha Pine Ridge District School Board. There is a smaller adolescent population per class and each class contains a Teacher and a Child and Youth Counsellor. Adolescents are placed in classes that represent their age group and academic level. Treatment is based on a variety of therapeutic interventions.</p> <p>Residential Program: Adolescents admitted to the Frontenac Residential Program have been prioritized each month at the D.R.A.P. (Durham Region Admission Process) Committee and considered most in need of admission to a Residential Program. The Residence is licensed for eight beds and staffing of the residential program is provided twenty four hours a day seven days a week.</p> <p>Our Frontenac Residence Goals:</p> <ul style="list-style-type: none"> • To help youth develop interpersonal living skills and resolve individual problems • To assist the family in supporting a health change • To return the youth to the home environment whenever possible; or to other suitable community living arrangements 	
Griffin Centre Mental Health Services	Toronto	<p>We offer a range of professional services including; assessment, service coordination and planning, individual, family and group counselling, specialized day/residential services and respite services.</p> <p>Committed to fostering positive change and a culture of respect, acceptance and safety for youth and adults with challenging needs so that they have a place to belong, and opportunities to build skills, confidence and connections to make the transition to a satisfying life.</p>	1126 Finch Ave West, Unit 16 Toronto, Ontario, M3J 3J6 Phone: (416) 222-1153 Fax: (416)222-1321 E-mail: contact@griffincentre.org http://www.griffin-centre.org/



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		Griffin Centre staff and programs address a broad range of issues including: <ul style="list-style-type: none"> • Conflict with family, peers or others • Problems at school and/or in the community • Depression or other mental health concerns • Drug and/or alcohol abuse • Sexual abuse • discrimination and/or harassment counselling • Conflict with the law • Developmental disabilities • Autism 	
Kingston Community Health Services	Kingston	Counsellors with Street Health Centre are able to work with people on a variety of issues, including basic needs, referrals, life skills, support and personalized counselling on issues related to drug use, addictions, sexual health, mental health, Hepatitis C, smoking cessation, pregnancy child protection issues complicated by substance abuse and practical needs. Indigenous Health: A Traditional Medicine Person - Elder/Healer offers counseling and Traditional Teachings, plant-based medicines and ceremony to promote health and wellbeing. Open to all.	115 Barrack St. Kingston ON K7K 1G2 Phone: (613) 549-1440 Fax: (613) 549-7986 http://www.kchc.ca/home/
Kirkland and District Hospital	Kirkland Lake	Provides in-patient and out-patient mental health services. Services include mental health assessments, health teaching, smoking cessation, monitoring the effects of treatment, ensuring follow up in the community by completing appropriate referrals, providing family support, administering psychotropic medications, advocating for the mental health client, participating with the multidisciplinary team in the hospital and networking with the community partners.	145 Government Rd E Kirkland Lake, ON P2N 3P4 705-567-5251 http://www.kdhospital.com
Lennox and Addington Addiction and Community Mental Health Services	Napaneer	AMHS-KFLA offers a diverse array of supports and services for people experiencing a mental health problem, mental illness or mental health condition. Case Management: Case Managers work with individuals who have mental health or	70 Dundas Street East Napaneer, Ontario Phone: (613) 354-7521



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		<p>addiction issues and are living independently in the community. Clients are assigned a Case Manager with whom they can meet regularly. Services are designed to assist clients in their home, work, school and social environments. Case Managers provide goal-oriented and individualized supports focusing on improved self-sufficiency, through assessment, planning, referrals, advocacy and the development of skills and resources that meet the individual's needs. Meetings are confidential and can take place in the home, in a community setting (e.g. coffee shop), or at our offices. Case management can assist with:</p> <ul style="list-style-type: none"> • Development of problem solving and coping skills. • Development of skills for budgeting and personal care as well as time, anger and stress management. • Learning about mental illness or addiction and symptom management. • Connecting to other community supports and services. • Interactions with landlords, Public Trustees, ODSP or other services. <p>Rural Counselling and Treatment: Napanee and rural locations offer evidence-based psychotherapy for people with serious mental health issues. Strong focus on recovery and wellness in relation to trauma, anxiety, grief and loss, suicidal ideation, self-harm, emotions and mood, attachment, stress management, communication, motivation, interpersonal skills, coping skills and self-care. Therapy is available in individual, couple, family or group formats, provides therapeutic support in managing emotions, moods or anxiety symptoms, and offers assistance in understanding and resolving past traumatic events.</p>	<p>https://www.amhs-kfla.ca/</p>
<p>Odawa Native Friendship Centre (Ottawa)</p>	<p>Ottawa</p>	<p>The Odawa Native Friendship Centre (ONFC) was incorporated on August 19, 1975 and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) on October 25, 1975.</p> <p>The Friendship Centre offers various programs and services to people of all ages and where "Everyone Is Welcome". For over three decades now, Odawa's volunteers, Board of Directors, committee members and staff have worked diligently to ensure that they positively affect the quality of life for Aboriginal people in the Capital region. The centre serves the Aboriginal</p>	<p>100-250 City Centre Avenue Ottawa, ON K1R 6K7 Phone: (613) 722-3811 Fax: (613) 722-4667</p> <p>http://www.odawa.on.ca/</p>



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		<p>community in the Ottawa-Carleton Region of Eastern Ontario and surrounding communities.</p> <p>Programs & Services:</p> <ul style="list-style-type: none"> • Aboriginal Criminal Courtwork Program • Aboriginal Community Justice Program • Aboriginal Healthy Babies Healthy Children Program • Akwe:go: Urban Aboriginal Children’s Program • Alternative Secondary School Program • Cultural Connections for Aboriginal Youth • Healing and Wellness Program • Homelessness Partnering Strategy • Life Long Care Program • Urban Aboriginal Fetal Alcohol Spectrum Disorder Program • Urban Aboriginal Healthy Living Program • Wasa-Nabin: Urban Aboriginal Youth Program 	
Makonsag Aboriginal Head Start	Ottawa	<p>The purpose of Makonsag Aboriginal Head Start is to provide a culturally-enriched preschool environment that fosters early learning and enhances pride through education to ensure that Aboriginal children and their families have positive lifelong experiences as members of Aboriginal communities.</p> <p>Education among many of our nations is traditionally the responsibility of every member of the community, providing children with lifelong learning from an early age. In the urban environment, however, families need extra support to engage the Aboriginal community in educating our children.</p> <p>At Makonsag, we work closely with extended families, Elders and community members to share their knowledge and skills with the next generation and to strengthen the urban Aboriginal community around children and their families.</p>	<p>#600 - 700 Industrial Ave. Ottawa, ON K1G 0Y9 Phone: (613) 724-5844 Fax: (613) 724-7944 www.makonsag.ca</p>
Metis Nation of Ontario	Chapleau Kingston	<p><i>Healing & Wellness</i></p> <p>The goal of the Aboriginal Health and Wellness Strategy (AHWS) is to improve the health of</p>	<p>61 Birch Street East Box 1059</p>



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	Ottawa Peterborough	<p>Aboriginal individuals, families, communities and nations. This will be realized by reduced family violence through equitable access to health care, Aboriginal specific health care facilities, improved standards of care, the provision of culturally appropriate health services, and the promotion of a healthy environment. A traditional and culturally appropriate approach to healing and wellness for all Aboriginal peoples of Ontario will ensure access for all to the type of health care and services most other Ontarians take for granted.</p> <p>The two main components of the Strategy are "healing" and "wellness". These evolved from the need to address the issues of family violence in Aboriginal communities and to create a province wide, Aboriginal-specific health policy.</p>	<p>Chapleau, ON, P0M 1K0 Phone: (705) 864-0224</p> <p>2-629 Division Street Kingston, ON K7K 4B7 Phone: (613) 549-1674</p> <p>500D Old St. Patrick Street Ottawa, ON K1N 9G4 Phone: (613) 798-1488</p> <p>340 Charlotte Street Peterborough, ON K9J 2V9 Phone: (705) 876-9806</p> <p>http://www.metisnation.org/</p>
Minwaashin Lodge	Ottawa	<p>Minwaashin Lodge provides a range of programs and services to First Nations, Inuit and Metis women and children who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey.</p> <p>Services and programs include:</p> <ul style="list-style-type: none"> • Counselling specializing for adults, youth and children • Children's program (Sacred Child Program) for aged 0-6 and parents/caregivers • Oshki Kizis Lodge -- shelter for aboriginal women and children fleeing violence • Transitional and Family Support 	<p>100-1155 Lola Street Ottawa, ON, K1K 4C1 Phone: (613) 741-5590</p> <p>www.minlodge.com</p>



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		<ul style="list-style-type: none"> • Youth Programs (Fire Keepers and Spirit Movers) for children and youth aged 8-18 • Traditional Healer/Elder Cultural Programing, including teachings, ceremonies and visiting Elders • Program for Two-spirit people • Pre-employment readiness training 	
N'Swakamok Native Friendship Centre (Sudbury)	Sudbury	<p>The N'Swakamok Native Friendship Centre (NNFC) was incorporated on December 18, 1972 and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) on February 25, 1973. The Friendship Centre was first established in 1967 through the efforts of the Nickel Belt Indian Club.</p> <p>The purpose of the N'Swakamok Friendship Centre is to assist Aboriginal people migrating to or already living in, the Greater City of Sudbury. The centre has developed and implemented programs and activities that serve the social, cultural and recreational needs of the Aboriginal community. The centre is managed by a Board of Directors which is elected by the membership. The Friendship Centre has open membership that is open to any person or group wishing to join.</p> <p>Programs & Services:</p> <ul style="list-style-type: none"> • Aboriginal Criminal Courtwork Program • Aboriginal Family Courtwork Program • Aboriginal Healthy Babies Healthy Children Program • Addictions and Mental Health Program • Akwe:go: Urban Aboriginal Children's Program • Alternative Secondary School Program • Apatisiwin • Children's Mental Health Project • Cultural Connections for Aboriginal Youth • Healing and Wellness Program • Homelessness Partnering Strategy • Life Long Care Program 	110 Elm Street W. Sudbury, ON P3C 1T5 Phone: (705) 674-2128 Fax: (705) 671-3539 http://www.nfcsudbury.org/



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		<ul style="list-style-type: none"> • Urban Aboriginal Fetal Alcohol Spectrum Disorder Program • Urban Aboriginal Healthy Living Program • Wasa-Nabin: Urban Aboriginal Youth Program 	
New Path Youth and Family Services	Orillia Alliston	<p>New Path Youth and Family Services of Simcoe County is the Lead Agency in Simcoe County for Moving on Mental Health. They are an accredited children's mental health centre providing a range of compassionate, innovative and accessible services for children, youth and their families throughout Simcoe County.</p> <p>Services and programs offered are as follows:</p> <ul style="list-style-type: none"> • Adolescent outreach • Attendance centre • Blind-low vision program • Brief in Three • Community Partners with Schools • Child and Family Counselling Program • Early Years Services • Extra Judicial Measures (EJM) and Extra Judicial Sanctions (EJS) • Infant Hearing Program • New Directions Treatment Program • Probation in-house clinical services • Residential Program • Walk-in clinics • Youth and family counselling • Partner Abuse Program Women's Services • Partner Abuse Program Children's Services 	169 Front St. South, Orillia Phone: (705) 434-0477 46 Wellington St W, Alliston Phone: (705) 325-6161 http://www.newpath.ca/
Open Doors for Lanark Children and Youth	Carleton Place Smith Falls Perth	Open Doors for Lanark Children and Youth is the accredited child and youth mental health centre delivering service throughout Lanark County. Staff members are highly trained professionals in the fields of family therapy, child and youth counselling and early childhood education. Professionalism is assured as each staff is a member of a regulatory college	40 Bennett Street Carleton Place, Ontario Toll Free: (877)232-8260 Carleton Place:(613)257-8260



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		<p>including Ontario College of Social Work and Social Services, and the Ontario College of Psychotherapists. Each staff member is dedicated to improving the mental health and wellbeing of children, youth and families. When necessary, we arrange for consultation with other mental health professionals in other organizations to secure the most appropriate services to assist children and youth to be healthy. We believe that each child, youth and parent/guardian possesses the strengths and resources to be successful.</p> <p>Services offered are as follows:</p> <ul style="list-style-type: none"> • Counselling program: when families, children or youth need help to address mental health worries or concerns, an Open Doors Counsellor can help. Counsellors assess how factors in a child or family members' life might be affecting their well-being, and are able to propose a treatment plan to help address those factors. They can deliver services in a way best suited for that individual group. Counselling can take many forms, and usually involves children and their families working together to sort through difficulties and solve problems. • Youth program: when youth are struggling, and those who care for them - from parents to teachers to probation workers - are worried that youth are at risk, the youth program provides an alternative to the traditional path into counselling services. • Family Resource Team: The Family Resource Team (FRT) is an intensive service that works with parents to help identify and respond to the unique challenges faced by their family. Services are offered in a family's home, at times that makes sense for the family. The Family Resource Team strongly believes that every child is different and so is every family. In order to support the family, the FRT will also work with children or extended family members to better the situation at hand, including collaboration with school or other agencies in the community. 	<p>Smith Falls: (613)283-8260 Perth: (613)264-1415</p> <p>https://www.opendoors.on.ca/</p>
Peterborough Youth Services	Peterborough	<p>Counselling Services: Individual counselling gives young people an opportunity to meet privately with a counsellor to talk about problems they may be having and explore possible solutions. Your counsellor</p>	<p>459 Reid St, Peterborough, ON K9H 4G7 Phone: (705)743-1681</p>



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		<p>will talk with you and gather some information from you and answer any questions you might have. Counselling often includes using role plays, art or drama and games. You and your counsellor will decide what works best for you.</p> <p>Some issues which might lead you to call for help may include:</p> <ul style="list-style-type: none"> • bullying or teasing • peer pressure • conflict with parents • separation and divorce • loss of someone you love • depression, anger, sadness • suicidal thoughts or behavior • poor self image • gender and identity • eating disorders • questions or concerns about drugs or alcohol • sexuality • relationships <p>Counselling sessions are usually about one hour long. For some people, a few meetings with a counsellor is all they need. Others will meet with a counsellor for several months. This will be decided between you and your counsellor. All counselling is private and confidential.</p> <p>Family counselling is an opportunity for you and members of your family to meet with a counsellor to work out problems that you haven't managed to solve on your own. This could mean we meet with one other person in your family or several members, whatever would be most helpful. We usually start by meeting with the young person on their own before moving to family counselling. This can help you to figure out what the problem is and decide on the best way to solve it.</p> <p>Community Response Team: The Community Response Team provides a range of client-centered services for youth 0-18</p>	<p>Toll Free:(888)475-3420 Fax: 1-705-743-1994 E-mail: pysyouth@pysonline.ca</p> <p>http://www.pysonline.ca/</p>



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		<p>and their families.</p> <p>The PYS Community Response Team is designed to be as flexible and responsive to the needs of youth as possible. Within 24-72 hours after a referral is made, an appointment is set up with the young person and an initial assessment is conducted involving both the client and his/her family when appropriate. The goals of the assessment are to determine the needs of the young person and to develop a plan of action to meet those needs. The focus is on safety and basic needs first and then if or when needed and ready, to transfer to our Counselling Program or other agency. The service is provided where the youth is located, in the youth's environment rather than within the agency, when possible. We work very closely with school guidance departments, chaplains and social workers in identifying kids in need and in crisis.</p>	
Phoenix Centre for Children and Families	Pembroke	<p>The mandate of the Phoenix Centre is to counsel children and youth with their parents or other family members. The Phoenix Centre services children and youth aged 0-18 years. Services include the following:</p> <ul style="list-style-type: none"> • Walk-in counselling • Group services • School-based programs • Youth Justice Services • Family and Child Treatment 	<p>130 Pembroke St W, 2nd Floor Pembroke, ON K8A 5M8 Phone: (613)735-2374 Toll Free: (800) 465-1870 Fax: (613) 735-2378</p> <p>http://www.phoenixpembroke.com/</p>
Shkagamik Kwe Health Centre	Sudbury	<p>Programs and services include traditional healing methods, primary health care, high blood pressure and diabetes screening and treatment, family planning, among many others. These are provided in a culturally-appropriate manner to Aboriginal people within the City of Greater Sudbury and associate First Nations. Programs and services support traditional aboriginal values encompassing the connectedness of emotional, spiritual, physical and mental well-being. Transportation to and from the Centre is available to qualified individuals.</p>	<p>161 Applegrove Street Sudbury, ON, P3C 1N2 705-675-1596</p> <p>www.shkagamik-kwe.org</p>
Sivummut Head Start	Vanier	<p>In the past 5 years Sivummut Head Start has grown into a program that is celebrated locally and nationally while the originating Aboriginal Head Start components guide all of the Ottawa Inuit Children Centre's programs. Twenty families received extended support and 32 children participated during 840 hours of direct programming.</p>	<p>224 & 230 McArthur Ave Vanier, Ontario Canada K1L 6P5 Tel: (613) 744-3133 x232</p>



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		<p>Activities</p> <ul style="list-style-type: none"> • Culture and language • Parental involvement • Social support • Nutrition • Health promotion • School readiness • Dental screenings • Monthly well child checks • Monthly field trips • Cultural performances • Guests and visitors • Literacy circles • Uquasivut circles • Seeds of Empathy circles 	<p>Fax: (613) 744-7629</p> <p>www.ottawainuitchildrens.com</p>
<p>St. Clair Child and Youth Services</p>	<p>Point Edward</p>	<p>St. Clair Child & Youth Services is a progressive Children’s Mental Health Centre dedicated to helping children, youth and families with coping and adapting to life’s challenges. Our service delivery philosophy incorporates values for the people we serve, as well as the recognition of the rights and responsibilities of each client while participating in any of our services.</p> <p>Services include the following:</p> <ul style="list-style-type: none"> • Walk-in clinic • Assessments • Brief services • Crisis services • Early years mental health services • Family drop-in • Group services • Individual or family therapy 	<p>129 Kendall St., Point Edward Head Office: (519) 337-3701 Fax: (519) 337-7750</p> <p>http://www.stclairchild.ca/</p>



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		<ul style="list-style-type: none"> • Infant & child development program • Intensive services • Out-reach program • Post-partum • School-based services • Workshops and education 	
St. Mary's Home	Ottawa	<p>St. Mary's Home has continuously and responsively served pregnant youth in Ottawa since 1933. Specialized residential and community support services are provided to marginalized young pregnant women (ages 13-25), young parents and their children. The approach is holistic, grounded in a strong commitment to strengthen and build upon the personal resilience of each individual.</p> <p>St. Mary's Home is a not-for-profit charitable organization serving the Ottawa area and beyond.</p> <p>As the only Residential / Shelter program in Eastern Ontario for this population of interest, the Home accommodates 15 homeless young women and up to 7 newborn infants at a time. The Residence assists approximately 70 young mothers and their infants annually. Residential support continues from pregnancy until the infant is up to 6 months of age.</p> <p>Community support and follow-up programs are available for another 3-4 years.</p> <p>The Residential Program offers much more than a place to live during your pregnancy and the first few months after your baby is born. It can provide you with the supports so you can succeed as a parent. There are counsellors available to you at the residence along with one on one supports. This is a 24/7 facility where you will have your own room and all meals and snacks are provided.</p>	<p>780 rue l'Eglise Street Ottawa, Ontario K1K 3K7 Phone: (613) 749-2491 Fax: (613) 569-6582 Email: info@stmaryshome.com</p> <p>http://stmaryshome.com/</p>
Tungasuvvingat Inuit (TI)	Ottawa	<p>Tungasuvvingat Inuit (TI) is a community-based counselling and resource centre and serves to empower and enhance the lives of Inuit residing in Ontario. TI offers a supportive environment that attempts to duplicate the community spirit and cultural surrounding of the Inuit homelands. Visitors at the drop-in centre can make tea and bannock; catch up on news</p>	<p>604 Laurier Ave. West Ottawa, ON, K1R 6L1 Phone: (613) 565-5885</p>



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		from home by reading northern newspapers, and socialize with other Inuit. Services include: Addictions and trauma treatment and continuing care; counselling for families, adults, youth and children; diabetes awareness and prevention and other health care; employment skills and training and head-start educational opportunities for children.	www.tungasuvvingatinuit.ca/
Wabano Centre for Aboriginal Health Walk-in Counselling Clinic Program/Service of : Wabano Centre for Aboriginal Health	Ottawa	Wabano's Mental Health Walk-in Counselling is a free counselling service for First Nations, Métis, and Inuit clients of any age or gender. It offers the same day short-term mental health/wellness support for you and/or your family. There is no referral or appointment necessary to access Walk-in Counselling service.	299 Montreal Road Ottawa, ON, K1L 6B8 Phone: (613) 748-0657 http://wabano.com/mental-wellness/walk-in-crisis-counsellor/
Wabano Centre for Aboriginal Health	Ottawa	The Wabano Centre for Aboriginal Health is an urban health centre that: Provides quality, holistic, culturally-relevant health services to Inuit, Métis and First Nation communities of Ottawa; Engages in clinical, social, economic and cultural initiatives that promote the health of all Aboriginal people; Promotes community-building through education and advocacy; Serves as a centre of excellence for urban Aboriginal health. Programs include: <ul style="list-style-type: none"> • Working Hope program, which connects at-risk and distressed Aboriginal youth with culturally based mental health and addictions supports in their community. Serves youth aged 5-24. • Individual and group counselling for men and women in crisis, addictions counselling and historical trauma • Couples counselling, • Child and family art therapy • Traditional healing • Psychoeducation 	299 Montreal Road Ottawa, ON, K1L 6B8 Phone: (613) 748-5999 www.wabano.com