



Trauma-Informed Resources and Traditional Services

Southern Region

ONWA Site:

Hamilton

ONWA Chapter:

Hamilton: Hamilton-Wentworth Chapter of Native Women

Hamilton: Metis Women's Circle

Midland: Georgian Bay Native Women's Association

Niagara: Niagara Chapter of Native Women

Toronto: Native Women's Resource Centre of Toronto

ONWA Local:

Barrie: Pugook Mooka'am

Blind River: Blind River Anishabek Women

Garden River – Anishinaabekwek of the North Shore

www.onwa.ca

[@ONWA7](https://www.facebook.com/ONWA7) [@_ONWA_](https://twitter.com/_ONWA_) [/onwa_official](https://www.instagram.com/onwa_official)

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



Garden River – Anishnaawbek Nokomisc

Little Current – Waibejawong Anishnabequek

London – Deshkan Ziibi

Manitowaning – Wikwemikong Anishinawbekwek

Newmarket – Newmarket & Area Native Women's Group

Niagara – Indigenous Women of Niagara

Sault Ste. Marie – Bawating Anishnabekwewok

Sault Ste. Marie – Northern Superior Native Women's Association

Sault Ste. Marie – Rainbow Women

St. Catherines – Thorold Chapter of Native Women



SOUTH

Agency	Region Locations	Description of Agency Service	Contact Info
Algoma Family Service	Sault Ste. Marie Elliot Lake Wawa	<p>Algoma Family Services is a provider of specialized services for children, youth, adults and families in the Algoma District. Our services are evidence-based, client-centered, family-focused and delivered by a team of skilled professionals.</p> <p>Our work is focused in the following key areas:</p> <ul style="list-style-type: none"> • Child and youth mental health services • Specialized programs for youth substance abuse, young offenders and family violence. • Community Partnerships, as a lead sponsor for a number of programs with local collateral agencies 	<p>205 McNabb Street Sault Ste. Marie, ON P6B 1Y3 Toll Free: (800) 461-2237 Phone: (705) 945-5050 www.algomafamilyservices.org</p>
Anishnawbe Health Toronto	Toronto	<p>Traditional Counselling Services: Our Traditional Team uses both traditional and western approaches to healing. They provide non-judgmental, compassionate support and work with individuals on a broad range of issues, for example: abuse (physical/emotional/sexual/spiritual/etc.), effects of the residential school system, heritage identity, substance use, adoption and foster care issues, self-esteem, and relationship issues. Through our culture and traditional healing methods, Traditional Healers, Elders and Medicine People help individuals, families and communities strive for balance, harmony and good health. The traditional team utilizes a variety of approaches to healing which incorporate the mind, body, emotions and spirit. These approaches include: Traditional Doctoring, Traditional Medicine, Guidance and Counselling, Teaching Circles, and Healing Circles. An integral part of one's healing path involves Spiritual Ceremonies, and those offered include Sweat Lodge, Shaking Tent, Full Moon Ceremony, Naming Ceremony, Clan Feasts, Pipe Ceremony, and Vision Quests.</p> <p>Mental Health Services: Our service model integrates Traditional and Western approaches to assess, diagnose and treat mental health issues across the life cycle. Our multi-disciplinary team of mental health professionals goes beyond treating symptoms by identifying and addressing the underlying causes of trauma (i.e. the residual effects of colonialism and the Residential School System). Our services are for all people with concerns about their emotional, psychological, behavioural and/or cognitive health.</p>	<p>225 Queen Street East Toronto, Ontario M5A 1S4 Phone: (416) 360-0486 https://www.aht.ca/</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>Priority groups for this program include seniors, people who are homeless, people affected by Fetal Alcohol Spectrum Disorder (FASD), people experiencing a mental health crisis, and people with concerns about their substance use or problem gambling.</p>	
<p>Anduhyaun Inc.</p>	<p>Toronto</p>	<p>Anduhyaun Shelter is a Violence against Women (VAW) Emergency Shelter servicing Aboriginal and Non-Aboriginal women with or without children fleeing violence. The Shelter is a substance free (VAW) Violence against Women) 19 bed family support agency that provides culturally sensitive counselling and referrals for women and their children. Women are provided support in a culturally safe and inclusive environment. The shelter operates on a client focused and strength based approach which promotes advocacy and empowerment for woman while maintaining their cultural identity in addition to respecting diversity of race, religion and sexuality. The goal here is to address the unique needs of each woman as she navigates her path on her healing journey.</p> <p>Services offered at the Shelter include, but are not limited to: individual counselling, sexual assault counselling, crisis counselling, life skills, resident support services, and cultural ceremonies and Elders.</p>	<p>1296 Weston Road, Toronto, ON, M6M 4R3 Phone: (416) 920-1492 ext 221 Fax: (416) 920-6134</p> <p>http://anduhyaun.org/</p>
<p>Arrabon House</p>	<p>Toronto</p>	<p>Arrabon House Incorporated is a not-for-profit organization located in Toronto, offering residential treatment, supportive housing, aftercare support and counseling services to young women 13 to 24.</p> <p>Residential program: our therapeutic group home is the core residential program, providing 24-hour support in a structured and home-like environment for up to 7 residents between 13 and 18 years of age. They attend school, are employed or are enrolled in a training program while at Arrabon. Arrabon House accepts a range of clients, some that may have developmental or mental health concerns. This program uses a client-focused wellness model to develop plans of individual care, ensuring all residents needs are met.</p> <p>Supportive Housing: Arrabon's sister program, Lanthier Place, provides co-op housing to women between the ages of 16 and 24 as a transitional, independence-based living environment. Three co-operative apartments with three bedrooms each allow residents</p>	<p>29 Wilson Park Road Toronto, Ontario M6K 3B6 Phone: (416)536-7037 Fax: (416)536-7721</p> <p>http://www.arrabonhouse.org/</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>the opportunity to prepare for fully independent living, with the support of an on-site mentor. Lanthier Place has a small drop in centre for the Hope for Youth clients that offers a food, clothing and household items resource.</p> <p>Aftercare: Hope For Youth assists after-care clients with a variety of life skill activities. These life skills range from assisting with further education applications, helping to secure employment or permanent housing, providing counseling, or just simply providing an ear to listen when the women need a trusted confidant. The goal is that these young women transition to an independent, productive and meaningful adult life.</p>	
<p>At^lohsa Native Family Healing Service Inc.</p>	<p>London</p>	<p>Elders Circle & Teaching Program: Presently, Ate^nllos has (3) three Elders who work with First Nation individuals, families, staff, volunteers, board members and our community to ensure the ongoing cultural relevancy of our programs and services by offering support, guidance and teachings in the promotion of wellness and healing through Aboriginal traditional healing practices. Ate^nllos is presenting seeking additional Traditional Elders to further ensure the inter-connectedness of all ages and stages of the life cycle and to further ensure the ongoing development of a range of culturally appropriate programs and services relating to the promotion of the prevention of family violence that will benefit all our Nations.</p> <p>Family Support Unit: Is a service which focuses on the intervention and prevention of family violence by offering a wholistic framework to address the physical, mental, emotional and spiritual well-being of First Nation women, men children and their families, through: counselling (group or individual); support; traditional teaching circles; and advocacy, for those who have been or continue to be affected by the impacts of family violence. Our Family Support Unit consists of 3 full time workers comprised of two women counsellors and one men and children's counsellor.</p>	<p>109-343 Richmond Street London, Ontario N6A 3C2 Phone: (519) 438-0068</p> <p>http://www.atlohsa.com/contact_us.html</p>
<p>Banyan Community Services Inc.</p>	<p>Hamilton</p>	<p>Banyan is a not-for-profit organization that serves three sectors: youth in conflict with the law, children and seniors/adults with disabilities.</p> <p>The organization operates two secure custody/detention centres, Arrell Youth Centre (AYC) and Peninsula Youth Centre (PYC), as well as an open-custody/detention centre, George R. Force (GRF). Banyan has developed a strong infrastructure to support high-</p>	<p>688 Queensdale Avenue East, Suite 2B Hamilton, ON L8V 1M1 Head Office: (905) 545-0133 Toll-Free (866) 545-0133</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>risk youth who have been placed by the court into our secure and open facilities. Specialized programs and services offer youth new learning opportunities to increase their skills and abilities, improve and change negative behaviour, increase youth engagement with supports and decrease re-offending to ensure public safety. Banyan promotes the successful reintegration of youth back into their communities. The program's staff, including a team of clinicians, work closely with the youth; mentoring and caring for them with the utmost respect and dignity.</p>	<p>www.banyancommunityservices.org/</p>
<p>Barrie Native Friendship Centre</p>	<p>Barrie</p>	<p>The Barrie Native Friendship Centre was incorporated on April 11, 1988 and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) in October 1988. In 1988, the Barrie Native Friendship Centre secured a tiny office space on Dunlop Street that consisted of three rooms, however with a growing organization, a bigger space was required which eventually lead to the purchase of 175 Bayfield Street. Since its inception, the Friendship Centre has grown to serve specific community needs through programs and services ranging from educational, social and cultural activities. The BNFC hosts numerous social gatherings and fundraising activities. These activities assist in gathering support for the Centre as well as raising the consciousness of the whole community by attempting to bring people together. The BNFC has existed solely on the efforts of volunteers and supporters who believe in a common vision; that the Aboriginal and non-aboriginal communities in Barrie would benefit greatly from this multi-service centre.</p> <p>Services Include:</p> <ul style="list-style-type: none"> • Aboriginal Healthy Babies Healthy Children Program • Aboriginal Family Support Program, • Aboriginal Health Outreach program, • Life Long Care Program, • Aboriginal Healing and Wellness Program, • Akwe go Program, Wasa-Nabin Program, • Urban Aboriginal Healthy Living Program, • Apatisiwin Employment Counsellor, 	<p>175 Bayfield St Barrie, ON L4M 3B4</p> <p>Phone: (705) 721-7689</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<ul style="list-style-type: none"> Aboriginal Criminal Court Worker, Ojibway classes every Mon 5:30 pm-7 pm 	
Blue Hills Child and Family Centre	Aurora Maple Richmond Hill	Services are offered in the community, in family homes and on-site at Blue Hills. Our services have been developed to meet the needs of York region families where their child(ren) or youth is experiencing significant emotional, social, psychological or behavioural problems at home, in school environment, and or in the community. Blue Hills provides services to families experiencing intensive and/or chronic mental health issues.	402 Bloomington Rd., Aurora, Ontario L4G 0L9 Phone: (905) 773-4323 Fax: (905) 773-8133 Toll Free: (866) 536-7608 Email : bluehills@bluehillscentre.ca http://bluehillscentre.ca/
Central Toronto Youth Services (CTYS)	Toronto	Central Toronto Youth Services (CTYS) is a community-based, accredited Children’s Mental Health Centre that serves many of Toronto’s most vulnerable youth. Our programs and services meet a diversity of needs and challenges that young people experience, such as <ol style="list-style-type: none"> serious mental health issues conflicts with the law coping with anger, depression, anxiety, marginalization, rejection issues of sexual orientation and gender identity offer both one-on-one and group counselling connect with youth in their homes, neighbourhoods, schools and communities 	65 Wellesley Street East, Suite 300 Toronto, ON M4Y 1G7 Phone: (416) 924-2100 Fax: (416) 924-2930 General Inquiries: mail@ctys.org www.ctys.org
Centre for Addiction & Mental Health	Toronto London Hamilton	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. Services include: assessment, brief early intervention, residential programs, day treatment, continuing care and family support. 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	Toronto Main Sites: -1001 Queen Street West -30, 40, 50 and 60 White Squirrel Way -100 and 101 Stokes Street -80 Workman Way -250 College Street (College and Spadina) -33 Russell Street



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>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.</p>	<p>CAMH Main: (416) 535-8501 Toll Free: (800) 463-2338 staffed 24/7. London Toll-free: (888) 495-2261 or (519) 858-5110 Hamilton Toll-free: (888) 857-2876 or (905) 525-1250</p> <p>www.camh.ca</p>
<p>Chatham-Kent Children's Services (CKCS)</p>	<p>Chatham</p>	<p>CKCS is an accredited multi-service agency that responds to the unique dynamics of our families. We support the well-being and safety of our children and their families through evidence-based practices and collaboration with community partners. Chatham-Kent Children's Services currently provides the following "core services" as defined by the Ministry of Children and Youth Services:</p> <ul style="list-style-type: none"> • Crisis services • Counselling and Therapy Services • Brief Services • Family / Caregiver Capacity Building and Support • Specialized Consultation and Assessment Services • Intensive Treatment Services 	<p>495 Grand Ave. West Chatham Ontario Phone: (519) 352-0440 Fax: (519) 352-4152</p> <p>www.ckcs.on.ca/</p>
<p>Child Development Institute – The Integra Program</p>	<p>Toronto</p>	<p>Child Development Institute (CDI), an accredited children's mental health agency in Toronto, is a groundbreaker in developing innovative programming. We offer evidence-based programs for children ages 0-12 and youth ages 13-18, and their families across four streams: Early Intervention Services, Family Violence Services, the Integra Program and Healthy Child Development. The Integra Program provides the following family-centred, evidence-informed, direct clinical services to children and youth ages 8 to 18:</p> <ul style="list-style-type: none"> • Psychological consultation to understand the child's learning profile 	<p>197 Euclid Ave. Toronto, Ontario M6J 2J8 Phone: (416) 603-1827 Fax: (416) 603-6655 Email: info@childdevelop.ca</p> <p>http://www.childdevelop.ca/programs/integra-program</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<ul style="list-style-type: none"> • Individual, parenting and family therapy or counselling • Triple P Positive Parenting Group Program • Integra Mindfulness Martial Arts (MMA) (ages 12 to 18 years) • Integra Young Warriors (ages 9 to 11 years) • Integra Social ACES Group Program • Towhee Summer Residential Program 	
Craigwood Youth Services (12-18yrs)	London Alisa Craig	Craigwood provides a broad range of counselling, care and therapeutic services to adolescents and to their families, all designed to make a positive change in their lives. Our services include: <ul style="list-style-type: none"> • Individual and group counselling for youth and parents • Day treatment and alternative school programs • Community-based programs providing family support in the home • Residential programs providing out-of-home support for young • Intensive therapeutic services for complex needs We believe strongly in providing a “continuum of care” which matches the evolving needs of individual youth to our broad range of resources in: <ul style="list-style-type: none"> • Residential therapeutic care • Community-based youth and family counselling • Intensive support for complex-needs 	520 Hamilton Road London, ON N5Z 1S4 Head Office: (519) 432-2623 Fax: (519) 432-8964 Crisis and Intake– 24 hour support: (519)- 433-0334 www.craigwood.on.ca/
De Dwa Da Dehs NYE>S Aboriginal Health Centre	Hamilton	Our Centre provides programming in 7 areas. Health Care (Doctors, nurse practitioners, and other health care professionals), Health Promotion, Our Health Counts, Advocacy Services, Children’s Programs, Mental Health Programming, Traditional Healing. Mental health services include: <ul style="list-style-type: none"> • Addictions • Case Management • Mental Health Outreach Services • Mental Health Counseling 	678 Main Street East Hamilton, ON, L8M 1K2 Phone: (905) 544-4320 Fax: (905) 544-4247 http://aboriginalhealthcentre.com/
Enaahrig Healing Lodge and Learning Centre - AHWS	Victoria Harbour	The Enaahrig Healing Lodge and Learning Centre provides residential and non-residential healing and learning opportunities for Aboriginal persons and their families. The Lodge	R.R.#1 4184 Vasey Road Victoria Harbour, Ontario



Agency	Region Locations	Description of Agency Service	Contact Info
Mental Health Clinician Program		<p>also provides a community-based mental health program for children, youth, and adults needing aftercare.</p> <p>Objectives:</p> <p>Key Components:</p> <ul style="list-style-type: none"> • Healing and learning. • Use of traditions or ceremonies • Medicine wheel approaches in combination with contemporary mental health clinical approaches. • Role of Elders • In Mental Health Program - support as required. • Role of youth • Aboriginal Community Resources 	<p>L0K 2A0 Phone: (705) 534-3724 Fax: (705) 534-4991</p> <p>http://www.enaahdig.ca/</p>
Enaahdig Healing Lodge and Learning Centre-MOH Aboriginal Community Mental Health Service	Victoria Harbour	<p>The Enaahdig Healing Lodge and Learning Centre (EHLLC) provides residential and non-residential healing and learning opportunities for community members and their families.</p> <p>The EHLLC also offers an Aboriginal community-based mental health service for Aboriginal adults in Simcoe County such as case management.</p> <p>Objectives:</p> <p>Case management: CM focus on Concurrent Disorders. - CM-2 focus on Family mental health support. Community networking and liaison</p> <p>Key Components:</p> <ul style="list-style-type: none"> • Specialized Case management support. • Use of traditions or ceremonies • Contemporary clinical approaches. "Shared Care" model. Case management focus. • Use Youth and Elders for resource • Ongoing systems evaluation. Direct client evaluations - Form 4's. 	<p>R.R.#1 4184 Vasey Road Victoria Harbour, Ontario L0K 2A0</p> <p>Phone: (705) 534-3724, Fax: (705) 534-4991</p> <p>http://www.enaahdig.ca/</p>
First Nation Counselling	London	Our mandate is to provide effective and accessible counselling support by mental health staff that come from Global Indigenous backgrounds. We are familiar with the	211-186 King Street London, Ontario



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>experiences of local Indigenous communities who have been impacted by colonization and who may be requiring mental health support, healing and recovery from inter-generational impacts as Indigenous Canadians.</p> <p>Grounding in one's cultural identity is essential to process traumatic experiences in a way that improves health over the long term. Our therapists use integrated Aboriginal methods combined with western evidence-based therapies and treatment. These treatment approaches are grounded in Indigenous epistemology and informed by healing and counselling experiences within the distinct Indigenous Worldviews of the Cree, Anishinabek and Iroquoian cultures. This promotes a harmonious treatment of mental health.</p> <p>Short-term Crisis Counselling: Whether you are young or old LMCAAS provides mental health support for you through times of crisis and distress. If you find yourself in crisis, experiencing mental health or distress you can receive clinical counselling. Our master-level pre-approved Mental health Clinician is Health Canada FNIHB approved to provide services to you. This service is available to you by home-vist or at our office site. Our services are offered to you during times of crisis, emotional or psychological turmoil, family breakdown or crisis. We will provide you therapeutic support through these times and provide you with coping skills to manage stress, anxiety and depression. We will assist you to access greater community support and enhance your ability to manage crisis. This service is confidential and fees are covered.</p>	<p>N6A 1C7 Phone: 1-(855) 339-1666 Fax: (519) 204-3886</p> <p>http://www.firstnationscounselling.com/</p>
<p>Ganaan De We O Dis ^ Yethi Yenahwahse (Southwest Ontario Aboriginal Health Access Centre)</p>	<p>London</p>	<p>Mental Health & Addition Services for Adults: Mental Health and Addiction Services are provided by counselors, transitional case management workers (TCMs), a family social worker, and addictions counselors. Services are available across the lifespan. Offers brief (short term), and long term counseling with no constraints on number of sessions. Some of the services include: crisis intervention, planning and prevention, using assessments and screening tools, individual and family counseling, transitional case management, art therapy, Teaching Circles (White Bison Teachings/Purpose of Life), strategies to help with self-care, anxiety and depression, addiction recovery, grief and loss, abuse trauma, intergenerational trauma, and other impacts of loss of culture and identity.</p>	<p>425-427 William Street London, Ontario N6B 3E1 Phone: (519) 672-4079</p> <p>http://www.soahac.on.ca</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>Traditional Healing: Believe that having access to traditional healing services is an essential part of integrated, wholistic health care and a vital component of healing the ongoing effects of colonization.</p> <p>Traditional healing services are provided by:</p> <ul style="list-style-type: none"> • Resident Healers/Elders • Visiting Healers, Elders & Teachers • Shkaabewis (Helper) <p>Storytelling, teaching, doctoring, guidance, drumming, singing or smudging may all be part of your visit. The Shkaabewis (Helper) will assist you and the Traditional Healer with all aspects of your visit, including note taking to help you remember your conversation.</p>	
<p>Georgian Bay Native Friendship Centre (Midland)</p>	<p>Midland</p>	<p>The Georgian Bay Native Friendship Centre (GBNFC) was incorporated on July 5, 1984 and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) on October 20, 1984. The GBNFC evolved from a very humble beginning into an organization that has become an important aspect of the urban Anishinabek in the Midland/Penetanguishene area. This area includes Midland, Tiny Township, Penetanguishene, Port McNicoll and the surrounding villages in the area.</p> <p>The Centre has increased its profile in the community at large with networking, partnering, and marketing strategies; annual GBNFC awards presented to Aboriginal students graduating from the local area high schools; monthly newsletters to the membership; community workshops; career fairs; cultural ceremonies; and celebrations.</p> <p>Programs & Services:</p> <ul style="list-style-type: none"> • Addictions and Mental Health Program • Akwe:go: Urban Aboriginal Children's Program • Apatisiwin • Children Who Witness Violence Program • Cultural Connections for Aboriginal Youth • Healing and Wellness Program • Homelessness Partnering Strategy 	<p>175 Yonge Street Midland, ON L4R 2A7 Phone: (705) 526-5589 Fax: (705) 526-7662</p> <p>http://www.gbnfc.com/</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<ul style="list-style-type: none"> • Life Long Care Program • Urban Aboriginal Healthy Living Program • Wasa-Nabin: Urban Aboriginal Youth Program 	
The George Hull Centre	Etobicoke	<p>The George Hull Centre for Children and Families offers a full spectrum of child and youth mental health services from birth to age 18.</p> <p>Counselling Services: staff, comprised of psychiatry, psychology, social work and child and youth work, believe in finding family strengths and promoting positive outcomes for children and adolescents through comprehensive assessment, consultation and treatment.</p> <p>Community Clinic services are as follows:</p> <ul style="list-style-type: none"> • Assessment • Individual, family, and group therapy • Therapeutic groups for all ages • An emphasis on sound, clinical, and evidence-based practice • Partnerships with other organizations serving children and their families • Educational workshops on topics relevant to today's family • Education and advocacy for the prevention of mental health problems <p>Group Programs, Day Treatment services and Residential Treatment Services are also available.</p>	<p>81 The East Mall, Third Floor Toronto, Ontario M8Z 5W3 Phone: (416) 622-8833 Fax: (416) 622-7068 E-mail: reachus@georgehullcentre.on.ca</p> <p>www.georgehullcentre.on.ca</p>
Hamilton Regional Indian Centre	Hamilton	<p>The Hamilton Regional Indian Centre (HRIC) was formally incorporated on June 19, 1973 and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) in 1973.</p> <p>Through the course of its history, the HRIC has gained and maintained credibility in the Aboriginal and non-aboriginal sector at large. The HRIC is constantly growing and expanding its operations to meet the ever-changing and growing needs of the Aboriginal community.</p> <p>The HRIC is a member of the Hamilton Executive Directors' Aboriginal Coalition (HEDAC) that focuses on interagency advocacy, inter-community networking, sharing and working together to address issues of mutual interest or concern (i.e. Homelessness & Affordable</p>	<p>34 Ottawa St. N. Hamilton, ON, L8H 3Y7 Phone: (905) 548-9593 Fax: (905) 545-4077</p> <p>http://www.hric.ca/</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>Housing, Education and Life Long Learning, Community Capacity Building, Economic Development, Justice, Health, and Arts and Culture).</p> <p>Aboriginal cultural centre providing numerous programs including:</p> <ul style="list-style-type: none"> • Alternative education program for students • Alcohol/drug program • Criminal/Family Courtwork program to assist those who are in contact with the legal system • Aboriginal Healing & Wellness Program: to ensure that the healing and wellness needs of the Aboriginal community are addressed and to reduce family violence, promote healthy lifestyles, and culture- based programming and healing. • Aboriginal Healthy Babies/Healthy Children Program • Aboriginal Prenatal/Nutrition Program • Akwe:go Program providing cultural activities for children 7 years – 12 years old focusing on understanding and values of Aboriginal culture. • Apatisiwin Program providing employment supports • Fetal Alcohol Spectrum Disorder (FASD) and Nutrition Program <p>Life Long Care Program provides community support services to urban Aboriginal clients, regardless of age, who are disabled, chronically ill, frail, elderly or require acute/chronic continuum of care</p>	
<p>Huron-Perth Centre for Children and Youth</p>	<p>Clinton Listowel Stratford</p>	<p>The Huron-Perth Centre for Children and Youth is an accredited community-based children’s mental health centre.</p> <p>Our Timely Access Team offers:</p> <ul style="list-style-type: none"> • Access Intake/Service Planning – timely access to a staff member who will complete an assessment and start the service planning process • Referral/linkage to other services offered by the Centre • Brief Services <ul style="list-style-type: none"> ○ Weekly Drop in Clinic ○ Solution –focused sessions 	<p>73 Wellington Clinton, ON N0M 1L0 Phone: (519)482-3931 Fax: (519)482-9251</p> <p>570 Main Street W Listowel, ON Phone: (519) 291-1088</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<ul style="list-style-type: none"> ○ Referral to Tele-Mental Health (access to child psychiatric consultations by video conference) ○ Referrals to other services in the community ○ Consultation with other professionals who are also involved with your child and family ○ Linkage to the Huron Perth Helpline and Crisis Response Team for situations for which crisis intervention may be needed <p>Crisis services: Concerns related to imminent risk of self harm or harm to others receive an urgent response on a 24/7 basis. Crisis staff work with others, including hospital emergency staff to help stabilize the situation.</p> <p>Counselling and Therapy Services: Our team of skilled therapists provide a range of individual, family and group counselling and therapy approaches to address a broad range of child and youth mental health concerns. We have skilled clinicians in attachment, trauma and loss. Whenever possible we seek out current evidence-informed approaches to help with healing and to restore functioning.</p> <p>Group therapy is provided to clients in service when a number of people would benefit from the provision of group service and when group therapy is a preferred method of treatment.</p> <ul style="list-style-type: none"> • “Therapeutic Parenting”, a parent counselling group, combines a number of techniques within the philosophic frame of attachment and emotional regulation. • “Trauma Group”, a parent treatment group, provides trauma intervention for parents whose own past trauma/abuse is impacting their capacity to respond to their children’s needs, within the philosophic frame of attachment and emotional regulation. • Other topic -specific groups when there is a treatment issue identified by clinicians impacting clients in services 	<p>Fax: (519) 291-9850</p> <p>63 Lorne Ave E Unit 2A Stratford, ON Phone: (519)273-3373 Fax: (519) 273-0892</p> <p>www.hpcentre.on.ca/</p>
Huron House Boys’ Home	Bright’s Grove	Huron House Boys’ Home is a non-denominational non-profit charitable organization whose mission is to provide a safe structured residential environment for adolescent	P.O. Box 260 2473 Lakeshore Road



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>boys with complex needs in order that they may have the opportunity to make positive changes in their lives.</p> <p>Counselling: is provided at various levels in the Huron House program. There is a consulting clinical psychologist who can provide counselling as well as diagnostic services for the residents and training and support for the frontline staff. Also, there is an in-house clinical social worker who can provide individual and family counselling sessions. The clinical social worker is trained and certified in the delivery of a wide range of clinical intervention models. The counselling models that are utilized are client-centred and they focus on not only helping the resident to process unresolved issues, learn socially accepted techniques that are meant to improve his social interactions and self-regulatory skills and improve his self-esteem but also to increase his personal resiliency and guide him to self-awareness and an effective level of personal autonomy. All of the residents also participate in the Anger Awareness and Life Skills Groups that are facilitated by frontline staff. Each resident has a primary worker who also provides frequent personal counsel, support and encouragement.</p>	<p>Bright's Grove, Ontario Phone: (519) 869-4000 Fax: (519) 869-6999 Email Address: info@hhbh.ca www.hhbh.ca</p>
<p>The Indian Friendship Centre (in Sault Ste. Marie)</p>	<p>Sault Ste. Marie</p>	<p>The Indian Friendship Centre (IFC) in Sault Ste. Marie was incorporated on March 30, 1972, and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) on February 25, 1973.</p> <p>The need to expand the IFC building, which was occupied since 1995, due to increases in programs and services to a growing urban population, led to the addition of the newly constructed hall on June 16, 2003. Today, the IFC has four locations in Sault Ste Marie: 122 East Street, 268 Wellington Street W, 376-378 Queen Street, and 188 Kohler Street. All staff full and part time actively participates on internal committees, while the majority of staff serve on external job-related boards and committees, locally and provincially. As well, some have chosen to volunteer their personal time for other endeavors in the area.</p> <p>Program and Services:</p> <ul style="list-style-type: none"> • Aboriginal Combined Courtwork Program 	<p>122 East Street Sault Ste. Marie, ON P6A 3C6 Phone: (705) 256-5634 Fax: (705) 256-5370 http://www.ssmifc.com/</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<ul style="list-style-type: none"> • Aboriginal Criminal 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 • Cultural Connections for Aboriginal Youth • Healing and Wellness Program • Homelessness Partnering Strategy • Life Long Care Program • Urban Aboriginal Healthy Living Program • Wasa-Nabin: Urban Aboriginal Youth Program 	
Kinark Child & Family Services	Aurora Markham	<p><i>Targeted Prevention:</i> services focus on changing views and behaviours, building skills and competencies and/or creating awareness and resiliency through the provision of information, education and programming to defined at-risk populations. Targeted prevention programs may occur in a variety of settings, including education, health and community settings, and may involve health practitioners and educators as partners.</p> <p><i>Brief Services:</i> like counselling and therapy services, brief services focus on reducing the severity of and/or remedying the emotional, social, behavioural and self-regulation problems of children and youth, but these services differ with respect to the duration of the service. Brief services provide “quick access” (usually up to six sessions of therapy) to address the immediate or presenting needs of a child or youth.</p> <p><i>Counselling and Therapy Services:</i> counselling and therapy services include a series of planned, inter-related interventions focused on reducing the severity of and/or remedying the emotional, social, behavioural and self-regulation problems of children and youth. Services are provided within the context of the family, culture and community and can be delivered in a range of settings.</p> <p><i>Family/Caregiver Capacity Building and Support:</i> families (including parents, caregivers, guardians, siblings and other family members) have a critical role to play in promoting</p>	500 Hood Road, Suite 200 Markham ON L3R 9Z3 Head Office: (800)230-8533 Fax: 905-474-1448 Central Intake (888)454-6275 Email: info@kinark.on.ca www.kinark.on.ca



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>and supporting the mental health of their family members. Family capacity building and support services may include access to peer support to promote resilience and positive child, youth, and family functioning.</p> <p><i>Specialized Consultation and Assessment Services:</i> Specialized consultation and assessments are designed to provide advice in the assessment, diagnosis, prognosis and/or treatment of a child or youth with identified mental health needs. Children and youth may only receive a specialized consultation or assessment as a component of a service plan.</p> <p><i>Crisis Support Services:</i> Crisis support services are immediate, time-limited services, delivered in response to an imminent mental health crisis or an urgent situation as assessed by a mental health professional that places the child/youth or others at serious risk of harm.</p> <p><i>Intensive Treatment Services:</i> Intensive treatment services are targeted to children and youth who have been diagnosed/identified with mental health problems that impair their functioning in some or many areas. Many of these children/youth will require intensive intervention either for a defined period of time or periodically throughout their lifespan, to maintain functioning in their home, school and/or community.</p> <ul style="list-style-type: none"> ○ Intensive treatment services include: <ul style="list-style-type: none"> ▪ community-based/day treatment services; ▪ in-home services and ▪ residential services. 	
Lutherwood	Waterloo Cambridge Kitchener Guelph	<p>Lutherwood is a progressive, not-for-profit health and social service organization that strengthens people's lives in our community by providing mental health, employment and housing services.</p> <p>Lutherwood provides a range of services to assist children and their families coping with mental health challenges. We provide residential treatment and assessment services, family crisis and prevention counselling, community and school-based interventions and operate a youth shelter.</p>	<p>Foundation Office: 285 Benjamin Rd Waterloo, ON N2J 3Z4 General Inquiries, Administration, Foundation: (519)884-7755 Children's Mental Health Services: Access to services (Front Door) (519) 749-2932 Children's Mental Health Centre (519)</p>



Agency	Region Locations	Description of Agency Service	Contact Info
			884-1470 Family Counselling (519) 622-1670 ext 200 www.lutherwood.ca
Manitoulin Family Resources	Manitoulin Island	<p>Outreach Counselling: Manitoulin Family Resources offers flexible, trauma-informed counselling services in the areas of woman abuse, sexual assault, sexual abuse, and addictions' support services. Counselling services are free and confidential and are offered in agency offices or an alternate safe and secure setting throughout the communities of Manitoulin, Espanola and the North Shore. Women and/or children accessing any of our counselling programs do not need to have accessed the shelter program in order to participate in counselling programs. All counselling services follow the philosophy of the shelter in seeing the woman as the expert of her own situation, and the lead in identifying the issues she would like to work on. Manitoulin Family Resources promotes collaborative service delivery with other partners involved in a woman's healing journey, but always with the woman's expressed and written consent. Outreach services include safety planning and risk assessment, crisis management, long and short term counselling, court support, and referrals to other appropriate community resources to assist a woman on her healing journey. Self-referrals can be made by calling into the shelter on the crisis line. Referrals will then be assigned to the worker most appropriate to respond to the needs identified.</p> <p>Haven House Shelter offers safe emergency accommodation to all self-identified women 16 years of age and older, with or without dependents, who experience or are at risk of experiencing violence and/or abuse. Women are supported by residential counsellors in developing client-led plans for their future, while also addressing current needs with respect to safety planning and risk assessment, legal and financial issues, and counselling support. Women staying at the shelter have access to internal programs and resources, but can also choose to become connected, or remain connected, to other community resources and supports. The shelter program is free and confidential and can be</p>	P.O. Box 181 Mindemoya, Ontario POP 1S0 Phone: (705) 377-5532 info@mfresources.net http://www.mfresources.net/



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>accessed by calling either of the listed crisis lines.</p> <p>Transitional and Housing Support Program (THSP): we realize that re-establishing life after experiencing violence or abuse can require help in many areas in order to move forward. Manitoulin Family Resources' Transitional and Housing Support program is open to assisting all women navigate such challenges while trying to move forward. THSP can provide information and assistance making connections with housing, educational opportunities, job training, income support, navigating the legal system, or making other changes in line with their long-term goals. Women can access THSP from the shelter program or while residing in the community. Self-referrals can be made by calling into the shelter on the crisis line.</p>	
<p>Metis Nation of Ontario</p>	<p>Hamilton Midland Thorold Blind River Sault Ste. Marie</p>	<p><i>Healing & Wellness</i></p> <p>The goal of the Aboriginal Health and Wellness Strategy (AHWS) is to improve the health of 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>443 Concession Street Hamilton, ON L9A 1C1 Phone: (905) 318-2336</p> <p>355 Cranston Crescent PO Box 234 Midland, ON L4R 4K6 Phone: (705) 527-1228</p> <p>1A-3250 Schmon Parkway Thorold, ON L2V 4Y6 Phone: (905) 682-3487</p> <p>10C Hanes Avenue Blind River, ON P0R 1B0 Phone: (705) 576-2135</p> <p>26 Queen Street East Sault Ste. Marie, ON P6A 1Y3</p>



Agency	Region Locations	Description of Agency Service	Contact Info
			Phone: (705) 254-1768 http://www.metisnation.org/
Native Women's Centre - Hamilton		All services are confidential and include: <ul style="list-style-type: none"> • Safe, emergency shelter 24 hours per day, 7 days per week including all meals, emergency clothing and personal need items for all residents. • 24-hour counseling for residents, non-residents and past residents. Long distance or local collect crisis calls are accepted. • Transitional Housing Support assists residents to secure transitional housing and/or permanent housing. • Counseling services primarily using one-on-one counseling. Group counseling sessions are scheduled, upon request. • Emergency transportation to our shelter can be arranged upon request. Temporary transportation assistance is available to residents for appointments. • Provides information and/or referrals for legal, medical, financial, housing, and employment services. • Provides access to Native Traditional methods of healing, but remains sensitive to other cultures. • Woman Abuse Educational Program, weekly in-house educational and informative groups. 	1900 King Street East PO Box 69036 Hamilton, Ontario L8K 1W0 Phone: (905) 664-1114 Toll-free: (888) 308-6559 http://www.nativewomenscentre.com/
Niagara Regional Native Centre (Niagara-on-the-Lake)	Niagara	The Niagara Regional Native Centre (NRNC) was incorporated on October 9, 1974 and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) in 1975. The centre offers programs and services to all age groups, both Aboriginal and non-aboriginal, and provides transportation to and from the center for groups and individuals upon request. The philosophical base of our culture teaches us that all change occurs in cycles and the vision connected with that change must come from within. In keeping with the inherent	382 Airport Road R.R.#4 Niagara-on-the-Lake, ON L0S 1J0 Phone: (905) 688-6484 Fax: (905) 688-4033 http://nrnc.ca/



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>intent of this philosophy the main priority for the Niagara Regional Native Center has been to work with the winds of change to determine its own destiny. Long-range expansion plans were formulated with a strong vision and a determination to achieve economic independence, sustainable growth and self-sufficiency in this millennium. The vision that began thirty-one years earlier has come full circle and the determination of everyone involved in bringing this Center to its maturity is complete.</p> <p>Programs & Services:</p> <ul style="list-style-type: none"> • Aboriginal Community Justice Program • Aboriginal Healthy Babies Healthy Children Program • Akwe:go: Urban Aboriginal Children's Program • Apatisiwin • Children's Mental Health Project • Cultural Connections for Aboriginal Youth • Healing and Wellness Program • Health Outreach Program • Homelessness Partnering Strategy • Life Long Care Program • Urban Aboriginal Healthy Living Program • Wasa-Nabin: Urban Aboriginal Youth Program 	
<p>N'Amerind Friendship Centre (London)</p>	<p>London</p>	<p>The N'Amerind Friendship Centre (NFC) is one of the "original six" Friendship Centres in Ontario, founded in 1965 and incorporated on April 20, 1967. The N'Amerind Friendship Centre was also one of the founding members of the Ontario Federation of Indigenous Friendship Centres (OFIFC) which was incorporated in 1971. The centre has been the founding organization in providing support to London's Aboriginal community and played a founding role in developing other Aboriginal organizations including Nokee Kwe, Native Housing Co-ops (2), Southern Ontario Aboriginal Health Access Centre and Atenlos. Since its operation, the NFC has taken possession of their facilities and developed and implemented social, educational, and cultural and recreational services and programs.</p>	<p>260 Colbourne Street London, ON N6B 2S6 Phone: (519) 672-0131 Fax: (519) 672-0717</p> <p>http://www.namerind.on.ca/</p>



Agency	Region Locations	Description of Agency Service	Contact Info
		<p>Programs & Services:</p> <ul style="list-style-type: none"> • Aboriginal Combined Courtwork Program • Aboriginal Community Justice Program • 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 • Gladue Writer • Healing and Wellness Program • Life Long Care Program • Cultural Connections for Aboriginal Youth • Urban Aboriginal Healthy Living Program • Wasa-Nabin: Urban Aboriginal Youth Program 	
<p>N'Mninoeyaa: Community Health Access</p>	<p>Cutler</p>	<p>Mental Health & Addictions Program: assists men and women (18+ years) in determining their own vision and path to maintaining wholistic health and well-being through traditional and contemporary mental health counselling and treatment services. We offer a wide variety of counselling services and educational workshops including individual client-centered counselling, family and group therapy for: anger management, self-esteem, substance abuse, parenting issues, phobias, grief and loss, anxiety disorders, couples/marital counselling, post-traumatic stress disorder, addictions, family violence, sexual abuse, depression, other mental health disorders and referrals to other agencies/services as needed.</p> <p>Traditional Health Program: the goal is to facilitate access to diverse traditional healing services and cultural ceremonies for, and with, our communities and to actively advance cultural safety in the delivery of primary health care to Aboriginal people. Communities autonomously select and coordinate traditional healing and ceremonies to address the</p>	<p>49 Indian Road, P.O. Box 28 Cutler, Ontario POP 1B0 Phone: (705) 844-2021 http://www.nmninoeyaa.ca/</p>



Agency	Region Locations	Description of Agency Service	Contact Info
Niwasa Aboriginal Head Start	Hamilton	<p>effects of residential school.</p> <p>Focused on learning: Niwasa’s programs build on the natural curiosity and potential of all children and combine that with qualified staff and a curriculum that emphasizes and promotes learning.</p> <p>Culturally inclusive: We offer an Aboriginal curriculum that embraces all cultures.</p> <p>Highly qualified staff: Our staff include qualified Early Childhood Educators as well as fluent language teachers and Aboriginal artists.</p> <p>Our Mission: To provide early intervention programs and services for the health and well-being of Urban Aboriginal (Status & Non-Status Indian, Métis & Inuit) preschool children in the Hamilton Area. To foster the spiritual, emotional, intellectual, and physical growth of each child, which will contribute to lifelong learning and transition to elementary school.</p>	1869 Main Street East Hamilton, ON L8L 1G2 Phone: (905) 549-4884 Fax: (905) 549-7337
Noojmowin Teg Health Centre	Little Current	<p>Traditional Medicine Program: the Noojmowin Teg Health Centre offers teachings and workshops on different aspects of individual and family needs with respect to specific needs on the life journey, such as pre and postnatal, parenting, children and adolescent, adult life skills, elder care, and holistic health promotion.</p> <p>Program Delivery (Individual/Family):</p> <ul style="list-style-type: none"> • Referrals by other health care providers or self-requests for traditional teaching, supportive counselling: traditional healing. • Consultation protocol teachings, intake assessment. • Referral to traditional healer or other health care provider. • Helper duties involved in ceremonial preparation, documentation, and filling herbal prescription. • Follow-up appointment, referrals, case management as required. <p>Psychologist Services: Many people faced with stresses need professional help with their problems. Sometimes it is difficult to recognize when help is needed. Here is a list of reasons why people may require the assistance of a psychologist: abuse/violence, addiction, adjustment to illness/disability, depression, eating disorders, stress/anxiety, parent-child conflicts, memory/cognitive problems, hyperactivity, etc.</p>	Hwy 540, Hillside Road, Bag 2002 Little Current, Ontario POP 1K0 Phone: (705) 368-2182 ext. 204 http://www.noojmowin-teg.ca



Agency	Region Locations	Description of Agency Service	Contact Info
Southwest Ontario Aboriginal Health Access Centre (SOAHAC)	London	We strive to provide quality, wholistic health services by sharing and promoting traditional and western health practices to enable people to live in a more balanced state of well-being. The Centre services on and off reserve, status, non-status, and Metis Aboriginal populations of the Southwest Ontario region and associate First Nations with the mandate of ensuring that health services are accessible, of high quality and culturally appropriate.	425-427 William Street London, ON, N6B 3E1 Phone: (519) 672-4079 1-877-672-4079 (Toll Free) Fax: (519)672-6945 http://soahac.on.ca/
Toronto Council Fire Native Cultural Centre	Toronto	The Toronto Council Fire Native Cultural Centre (Council Fire) was established in 1978 and incorporated on February 9, 1982. Council Fire became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) on October 24, 1982. After three decades, Council Fire has not only taken its place in the city but has become a significant team player in the Greater Toronto Area. An indicator of success is the marked respect afforded to the Centre for the spirit of the work and support to the community. Council Fire is proud to say "it is an organization that provides a listening ear and caring staff to help people close the gaps that otherwise may have put them at risk of falling through the cracks. This means that when people are searching for help they are not told what to do with their lives but are shown acceptance, love, respect, and support. Anyone who works in this environment can be proud of this accomplishment. The future is now! The ability for growth and development has no limitations. We need only to reflect on the foot prints of our past leaders and ensure that our path is consistent, our minds are open and our actions are based on those we serve". Programs & Services: <ul style="list-style-type: none"> • Akwe:go: Urban Aboriginal Children's Program • Healing and Wellness Program • Life Long Care Program • Urban Aboriginal Healthy Living Program • Wasa-Nabin: Urban Aboriginal Youth Program 	439 Dundas Street E. Toronto, ON M5A 2B1 Phone: (416) 360-4350 Fax: (416) 360-5978 http://www.councilfire.ca/
Waabinong Head Start (Sault Ste. Marie)	Sault Ste. Marie	Teachers are qualified Early Childhood Educators and trusted community members providing appropriate, culturally sensitive childcare and opportunities to participate in	169 Spring Street Sault Ste. Marie, ON.



<u>Agency</u>	<u>Region Locations</u>	<u>Description of Agency Service</u>	<u>Contact Info</u>
		<p>activities that celebrate and strengthen the culture and spiritual traditions of our communities.</p> <p>The classroom is licensed to accommodate 24 children in the morning and another 24 in the afternoon. Classes are held from Monday to Thursday during September to June.</p>	<p>P6A 3A3 Phone: (705) 253-3129</p>
<p>Yorktown Child & Family Centre</p>	<p>Toronto</p>	<p>Yorktown Family Services is a community-based nonprofit social services agency dedicated to providing effective, accessible, quality mental health treatment, prevention and out-reach services to children, youth, women and families in the former City of York. We are uniquely organized to deliver services through two independent but integrated organizations: Yorktown Child and Family Centre – a children’s mental health centre, and Yorktown Shelter for Women – a shelter for women and their children who are fleeing an abusive relationship.</p>	<p>Head Office: 2010 Eglinton Avenue West, Suite 300 York, ON M6E 2K3 Child & Family Centre: (416) 394-2424 Shelter for Women: (416) 394-2950 Crisis Line: (416) 394-2999</p> <p>E-mail: info@yorktownfamilyservices.com</p> <p>www.yorktownfamilyservices.com</p>

