

Za-geh-do-win
INFORMATION CLEARINGHOUSE

THE KEY



Aboriginal Mental Health
Services / Support Directory

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ZA-GEH-DO-WIN INFORMATION CLEARINGHOUSE

Our Mission

The Za-geh-do-win Information Clearinghouse is a library of information about Aboriginal initiatives in health, healing and family violence.

Our purpose is to provide information to Aboriginal communities and organizations across Ontario that will assist in their own initiatives.

The Objectives

We research, collect and catalogue information about resources and initiatives from a variety of sources:

- other libraries and clearinghouses
- Aboriginal communities and organizations
- other organizations that provide information and services for Aboriginal people on health, healing and family violence

Za-geh-do-win Information Clearinghouse

P.O. Box 40 – 603 Gabode Dr.
Atikameksheng Anishnawbek
Naughton, ON
P0M 2M0

Tel: 705.692.0420

Toll free 1.800.669.2538

Fax: 705.692.9039

E-mail: info@za-geh-do-win.com

Web site: www.za-geh-do-win.com

PURPOSE OF THIS DIRECTORY

The purpose of this directory is to provide links to First Nations mental health services and programs within Ontario. In the fall of 2007, Za-geh-do-win Information Clearinghouse distributed a questionnaire to give organizations across the province the opportunity to add their listing to this directory. The contents of this directory include the results of the questionnaire and an arbitrary Internet search by Za-geh-do-win Information Clearinghouse staff.

WHAT IS ABORIGINAL MENTAL HEALTH

Regardless of the variations in the histories and health beliefs of First Nations and other Aboriginal people across Canada, many hold to the view that health refers to a person's whole being. The notion of health captures aspects of physical, mental, emotional and especially spiritual being. According to most First Nations traditions, mental health problems are a reflection of imbalance or disharmony in the circle of physical, emotional, intellectual and spiritual dimensions of the self. The medicine wheel, which is used widely across Native communities, symbolizes wholeness and the importance of balance. It is important to reflect the holistic approaches of Aboriginal tradition by using healing methods that include; connection to culture, connection to family, spirituality, healing ceremonies, role models, and connection to nature.

**Information adapted from discussion paper: Aboriginal Mental Health: What Works Best July 2001, Vicki Smye and Bill Mussell.
Canadian Mental Health Association*

“It is normal to feel overwhelmed sometimes by life's problems. Asking for help is not a weakness, but a sign of strength. It takes a lot of strength to face a problem. Caring professionals are available to help you deal with your issues at your own pace. The first step is making a call and reaching out for help.”

CHILD & FAMILY SERVICES

ANISHINAABE ABINOOJII FAMILY SERVICES

20 Main Street South
KENORA, ON
P9N 1S7

Tel: 807.468.6224
Fax 807.468.6643
Toll free 1.866.420.9990

Services they provide:

- Child Protection to children 0-15 years of age
- Alternative Care (foster care)
- After Hours On Call Services
- Customary Care
- Family Involvement
- Community Involvement
- Holistic and Bi-cultural Services.
- Prevention Services: Assisting families with services in order to prevent family breakdown.

DILICO ANISHNABEK FAMILY SERVICES

Main Office

200 Anemki Place
Fort William First Nation
THUNDER BAY, ON
P7J 1L6

Tel: (807) 623-8511
Fax: (807) 626-7999
Toll-Free: 1-800-465-3985

Dilico District Offices

Armstrong District Office
111 Queen Street
P.O. Box 306
ARMSTRONG, ON
P0T 1A0

Tel: (807) 583-2013
Fax: (807) 583-2785
Toll-Free: 1-800-668-3023

Marathon District Office

2 Ontario Street, Unit 10
P.O. Box 1679
MARATHON, ON
P0T 2E0

Tel: (807) 229-8910
Fax: (807) 229-9276
Toll-Free: 1-800-465-5306

Longlac District Office

121 Forestry Road, #2
P.O. Box 509
LONGLAC, ON
P0T 2A0

Tel: (807) 876-2267
Fax: (807) 876-2312
Toll-Free: 1-800-465-0957

Nipigon District Office

112 - 4th Street
P.O. Box 700
NIPIGON, ON
P0T 2J0

Tel: (807) 887-2514
Fax: (807) 887-2184
Toll-Free: 1-800-361-7019

Mental Health & Addictions:

Adult Service provides many opportunities to support healthy adult lifestyles. Through individual and community services, Adult Services provides assessment, treatment and follow-up.

The Adult Residential Treatment Centre provides a safe, clinically based approach to treatment for alcoholism and drug dependency. The 5-week co-ed treatment program successfully combines cultural teachings, and clinical counselling with a 12-step recovery program.

Aftercare is an 8-week support program including group counselling, relapse prevention education, case management and client-centered support services. Assistance with integration back into the community is provided.

District Services provide mental health, early intervention and aftercare for addictions.

District Early Intervention and Aftercare assists Anishinabek adults in experiencing the satisfaction of living an alcohol and drug free life.

District Mental Health Services provides mental health counselling and case management for both adults and children in First Nations communities.

Children's Service provides many opportunities to support the development of healthy children, youth and families. Through individual and community services, Children's Services provide assessment, treatment and follow-up.

Referrals are accepted from parents, community workers and agencies, schools, physicians, clients and other professionals provided the child or guardian is aware of the referral. If you have a child, or know of a child, who you feel would benefit from our services, contact Dilico to discuss making a referral.

KINA GBEZHGOMI CHILD & FAMILY SERVICES

98 Pottowatomi St.
WIKWEMIKONG, ON
P0P 2J0

Tel: (705) 859-2100
Fax: (705) 859-2195

NATIVE CHILD AND FAMILY SERVICES OF TORONTO

464 Yonge Street, Suite 201
TORONTO, ON
M4Y 1W9

Tel: 416-969-8510
Fax 416-969-9251

Email: info@nativechild.org
Website: www.nativechild.org

Programs & Services

Children's Mental Health & Family Well being. They provide counselling and related programs.

All programs provide the best of Aboriginal and contemporary approaches to healing and treatment.

NOG-DA-WIN-DA-MIN

Head Office Contact Information

Address: 405 Gran St.
BATCHEWANA FIRST NATION, ON
P6A 5K9

Toll Free: 1 (800) 465-0999

Tel: (705) 946-3700

Fax: (705) 946-3717

Email: info@nog.ca

Nog-da-win-da-min Family and Community Services is a Native Child Welfare Prevention service agency that works in collaboration with the seven First Nations in ensuring that children, youth and families receive culturally appropriate services. Nog-da-win-da-min offers various services and programs to the children, youth and families who are members of the First Nation communities.

First Nations Contact Information:

Batchewana First Nation

Native Family Preservation worker: (705) 759-0914

Fax: (705) 941

Garden River First Nation

Native Family Preservation worker: (705) 946-3700

Fax: (705) 946-5702

Thessalon First Nation

Native Family Preservation worker: (705) 842-0642

Fax: (705) 842-0911

Mississauga First Nation

Native Family Preservation worker: (705) 356-1621 ext. 2236

Foster Care Worker: (705) 356-1621 ext. 2233

Fax: (705) 356-1740

Serpent River First Nation

Native Family Preservation worker: (705) 844-2512

Fax: (705) 844-1329

Sagamok First Nation

Native Family Preservation worker: (705) 865-2818

Fax: (705) 8665-1340

Whitefish Lake First Nation

Native Family Preservation worker: (705) 692-3674

Foster Care worker: (705) 692-5848

Fax: (705) 692-0358

TIKINAGAN CHILD AND FAMILY SERVICES

P.O. Box 627

SIOUX LOOKOUT, ON

P8T 1B1

Tel: (807) 737-3466

Fax: (807) 737-3543

Focus is on the residential treatment of youth with addiction problems in a residential setting as well as to provide support to their families and communities with respect to intake and aftercare. If the facility is providing residential services to children and youth 16 years of age and under, they must be licensed.

WEECHI-IT-TE-WIN FAMILY SERVICES

P.O. Box 812
FORT FRANCES, ON
P9A 3N1

Tel: 807-274-3201
Fax: 807-274-0780

Weechi-it-te-win Family Services is an Indian alternative to child welfare, to preserve Indian culture and identity among the people, to strengthen and maintain Indian families, and to assure the growth, support and development of all the children within Indian families and communities.

The Communities Represented Are:

- Couchiching First Nation
- Lac La Croix First Nation
- Naicatchewenin First Nation
- Nicickousemenecaning First Nation
- Rainy River First Nation
- Seine River First Nation
- Stanjikoming First Nation

FIRST NATIONS

ATIKAMEKSHENG ANISHNAWBEK SHAWENEKEZHIK HEALTH CENTRE (Whitefish Lake First Nation)

PO Box 98
NAUGHTON, ON
P0M 2M0

Tel: 705-692-3674
Fax: 705-692-7255
Tel: 705-844-1175
Toll-Free: 1-866-730-0229

Website: www.wlfn.com

CAT LAKE FIRST NATION

P.O. Box 55
CAT LAKE, ON
P0V 1J0

Tel: 807-347-2280
Email: catlakehealthauthority@knet.ca

Services: counselling for adults, families, couples & teens

CONSTANCE LAKE FIRST NATION

P.O. Box 4000
CALSTOCK, ON
P0L 1B0

Tel: 705-463-2155
Fax: 705-463-2400
Email: jmhc@clfn.on.ca
Website: www.clfn.on.ca

Eligibility: status, non-status, non-band members who reside on reserve

Catchment area: Constance Lake, Hearst, on & off reserve

Services: one on one counselling; workshops; anger management; stress; anxiety; depression; traditional teachings; self care plans; over coming cocaine addiction.

WULAMALISWIKWAAN DELAWARE FIRST NATION HEALTH CENTRE

14737 Schoolhouse Line
R. R, 3
THAMESVILLE, ON
N0P 2K0

Tel: 519-692-3969
Fax: 519-692-3182

Sara Plain, Health Director
Email: splain@mnsi.net

Services: Grief recovery program; addictions – intake; after-care; traditional healer; family violence program.

EAGLE LAKE HEALTH & RESOURCE CENTRE

P.O. Box 1002
MIGISI SAHGAIGAN, ON
P0V 3H0

Tel: 807-755-1157
Fax: 807-755-1161
elhrc@migisi.ca

Services

Mental Health Counselling, utilizing traditional methods & practices; referrals to other psychiatrist & mental health counselors. Addictions counselling – NNADAP/gambling counselling; referrals to psychologist, treatment centres & other addictions based agencies.

Family counselling; Indian Residential school program; one on one & group counselling.

GOLDEN LAKE HEALTH CENTRE

P.O. BOX 100
GOLDEN LAKE, ON
K0J 1X0

Tel: 613-625-2259
Fax: 613-625-1124

Provides community members with mental and emotional support, make referrals for necessary care. Provides individual, family, group and community support related to mental health.

Services: Advocacy & Support Services

Counselling, Psycho Education; Psychologist Referrals; Other Health and Mental Health Services referrals and support; client intake, client assessments, and to ensure appropriate referrals for the best care for the client.

Counselling: one on one; family situations or group settings. Referrals to traditional supports when requested related to Mental Health. Psychologist Referrals: Other Mental and Health Services Referrals and Support:

Child and Youth Mental Health Project

is a three year community based initiative that will provide culturally appropriate services for Aboriginal children and youth between the ages of 0-18 years of age. The services provided will be for children and youth/families outside the community within a 30 km radius of the Algonquins of Pikwakanagan (Golden Lake) community. Some of the direct client services include: Prevention, Education, Intake and Assessment, Early Intervention, Case Management, Therapeutic Counselling, Peer Mentoring, and Healing Circles. The Child and Youth Mental Health Project consists of an Elder, Child and Youth Therapist, Child and Youth Worker, Child and Youth Coordinator/Support Worker and the Project Supervisor. Any one of the team members can be contacted at 613-625-2259 ext. 234 Monday to Friday 8:30 a.m. - 4:30 p.m.

GRASSY NARROWS FIRST NATION

GRASSY NARROWS, ON
P0X 1B0

Tel: 1-807-925-2850

Catchment

Grassy Narrows Reserve, Whitedog, Whitefish Bay

Response Crisis Program; Crisis Intervention;

This is an after-hours service provided by a mobile safety patrol on the reserve. The program provides stabilization to residents in crisis and referrals to appropriate community resources. Model of service is mobile.

**JAMES BAY COMMUNITY
MENTAL HEALTH PROGRAM**

P.O. Box 370
MOOSONEE, ON
P0L 1Y0

Tel: 705-336-2164
Fax: 705-336-2746

Services: case management; community support; concurrent disorder; court support and diversion; public education; follow up & aftercare from hospital and self help.

To provide community counselling, clinical intervention and psychiatric assessments.

KASHECHEWAN HEALTH SERVICES

Box 242
KASHECHEWAN, ON
P0L 150

Tel: 705-275-4470
Fax: 705-275-1172

Mushkegowuk; Treaty Nine

Services: Counselling, support system, intervention, referrals to treatment centres, doctors and other professionals, outdoors programming, sweat lodges, ceremonial pursuits, research program development

KETTLE AND STONEY POINT HEALTH SERVICES

6275 Indian Lane
FOREST, ON
N0N1J0

Mailing Address:
PO Box 670
Forest, ON
N0N1J0

Tel: 519-786-6588
Fax: 519-786-4341

Services

Integrated Client Service; Community Support. Case Management; Provide education on health and medication, life skills development, crisis prevention and intervention, linkage to community resources, symptom assessment and management, and education and support to families. Model of service is psychosocial rehabilitation. Average length of stay is two to five years.

M'CHIGEENG HEALTH CENTRE

P.O. Box 308
M'CHIGEENG, ON
P0P 1G0

Tel: 705-377-5347
Fax: 705-377-5090

Services

Counselling, advocacy, referral & support. Mental health promotion, community based prevention, public education & awareness. Access to visiting professionals, psychiatric & psychological services as well as addictions counsellors.

MOHAWKS OF THE BAY OF QUINTE

142 Hickory Road
Tyendinaga Mohawk Territory
R.R.#1
DESERONTO, ON
K0K 1X0

Services

Clinical therapies & indigenous-holistic approaches in social work practice for wellness; Assessment counselling – children, adults & families. Group facilitation one to one counselling; workshops; referrals

LAWRENCE COMMANDA HEALTH CENTRE NIPPISSING FIRST NATION

58 Semo Dr., RR #1
WEST NIPPISSING, ON
P2B 3K2

Tel.: (705) 753-1375
Fax: (705) 753-9176

Services

Provide a wide variety of Health Services for First Nation Members. Some Services Include:

- Medical Transport
- Traditional Healing Services
- Dietary Needs Assessment
- Community Health Nurse
- Giyak Moseng - The Right Path Counselling and Prevention Services

Services

"Giyak Moseng" (The Right Path) Counselling and Prevention Services is a community based voluntary service for Nipissing First Nation community members to access. It provides professional mental health and addictions counselling, assess-

ment, consultation, educational and prevention services to all members of Nipissing First Nation community.

Mental Health Services

Individual, couple & family counselling; stress & coping, grief, anger, abuse, addictions, mood disorders can be available; mental health disorders (ie. Depression) referrals to psychologists & psychiatrists; group sessions; self esteem; abuse & violence; grief & loss. Addictions Counselling/Alcohol & Drug Prevention Services are also available.

A psychologist is on-site on a part time basis, to offer clinical consultation, psychological assessments and treatment. A coordinator of traditional healing is available for those who wish to access traditional services in their healing journey.

RED ROCK INDIAN BAND LAKE HELEN RESERVE

Box 1030
NIPIGON, ON
P0T 2J0

Tel: 807-887-2510
Fax: 807-887-2581

Services

Brief services - crisis Intervention; referrals-treatment counselling, shelters. Prevention activities-community focused, workshops & activities geared to the family. Family law-support & custody, legal aid assistance, court support, separation, divorce, probation/parole support.

SIX NATIONS MENTAL HEALTH SERVICES

P.O. Box 609
1745 Chiefswood Road
OHSWEKEN, ON
N0A 1M0

Tel: (519) 445-2143
Fax: (519) 445-2529

Referrals

We accept referrals via telephone, mail and fax: from individuals/self referrals, family members, doctors, nurses, social workers, police, first response staff, hospitals.

Fee: Our services are free-of-charge Accessibility: We are wheelchair accessible

Availability

Obtaining an appointment with a psychiatrist can take between 7 and 30 days.

Services

Who We Are

Six Nations Mental Health Services is dedicated to Promoting mental wellness of the individual, family and community.

Our Goals

- To provide mental health crisis response to Six Nations community members.
- To provide case management services to clients experiencing mental illness.
- To provide an opportunity for adult and child psychiatric assessments and consultations in a community integrated clinical setting.
- To provide an advocacy role for clients and family members who are seeking various services in and out of the community.
- To promote and enhance individual and family awareness, education and understanding of mental health.

- To provide culturally relevant care to registered band members residing on Six Nations Grand River Territory.
- Services Offered;

Crisis Response Services for: Serious mental health illnesses; an individual experiencing a crisis

Staff are available on an immediate/temporary basis. Services can be accessed over the telephone to discuss your needs. Office or home visits are possible. Following an initial assessment appropriate services will be implemented as required.

Support Services for clients, Case Management; Psychiatric Care: Child Psychiatrist available for assessments

WALPOLE ISLAND HEALTH CENTRE

R.R.#3
WALLACEBURG, ON
N8A 4K9

Tel: (519) 627-0765
Fax: (519) 627-0017

Services

Family Wellness workshops; Teen wellness, native family traditional wellness; mental wellness workshops; grief support/counselling; trauma debriefing; facilitator for Nobody's Perfect Parenting Program; suicide awareness/prevention networking; referral, advocacy, short term supportive counselling, home, nursing home and hospital visits.

FRIENDSHIP CENTRES

THE ONTARIO FEDERATION OF INDIAN FRIENDSHIP CENTRES (OFIFC)

219 Front Street East
TORONTO, ON
M5A 1E8

Tel: 416-956-7575
Fax: 416-956-7577
<http://www.ofifc.org>

The OFIFC sponsors Health Outreach Workers located in 11 urban centres throughout Ontario. For more information on the Health Outreach Workers sponsored by the OFIFC please contact:

ATIKOKAN NATIVE FRIENDSHIP CENTRE

P.O. Box 1510, 307 - 309 Main Street W.
ATIKOKAN, ON
P0T 1C0

Tel: (807) 597-1213
Fax: (807) 597-1473
E-Mail: nativefriendship@bellnet.ca

BARRIE NATIVE FRIENDSHIP CENTRE

175 Bayfield Street
BARRIE, ON
L4M 3B4

Tel: (705) 721-7689
Fax: (705) 721-7418

CAN-AM INDIAN FRIENDSHIP CENTRE

1100 University Avenue West
WINDSOR, ON
519-258-8954

COUNCIL FIRE NATIVE CULTURAL CENTRE INC.

439 Dundas Street East
TORONTO, ON
M5A 2B1

Tel: (416) 360-4350
Fax: (416) 360-5978
E-Mail: info@councilfire.ca

DRYDEN NATIVE FRIENDSHIP CENTRE

53 Arthur Street
DRYDEN, ON
P8N-1J7

Tel: (807) 223-4180
Fax: (807) 223-7136

GEORGIAN BAY NATIVE FRIENDSHIP CENTRE

175 Yonge Street
MIDLAND, ON
L4R-2A7

Tel: (705) 526-5589
Fax: (705) 526-7662

E-Mail: gbnfc@rogers.com
Website: www.gbnfc.com

HAMILTON REGIONAL INDIAN CENTRE

712 Main Street East
HAMILTON, ON
L8M-1K8

Tel: (905) 548-9593
Fax: (905) 545-4077
E-Mail: cstaats@cogeco.net

INDIAN FRIENDSHIP CENTRE SAULT STE. MARIE

122 East Street
SAULT STE. MARIE, ON

Tel: 705-256-5634
705-942-3227

Willard Pine, Traditional Mental Health Worker
Website: www.friendshipcentresaultste.marie.com

Services

Counselling, one on one, group circles, pipe ceremony; sweat lodges, traditional medicine & grief counselling.

ININEW FRIENDSHIP CENTRE

P.O. Box 1499, 190 Third Avenue
COCHRANE, ON
P0L-1C0

Tel: (705) 272-4497
Fax: (705) 272-3397

KATAROKWI NATIVE FRIENDSHIP CENTRE

50 Hickson Ave
KINGSTON, ON
K7K-2N6

Tel: (613) 548-1500
Fax: (613) 548-1847

M'WIKWEDONG NATIVE CULTURAL RESOURCE CENTRE

1723 8th Ave East
OWEN SOUND, ON
N4K 3C2

Tel: (519) 371-1147
Fax: (519) 371-6181
E-Mail: execdir.m.wik@bmts.com
Website: www.nativecentre.ca

MOOSONEE NATIVE FRIENDSHIP CENTRE

P.O. Box 478, 31 Ferguson Road
MOOSONEE, ON
P0L 1Y0

Tel: (705) 336-2808
Fax: (705) 336-2929
E-Mail: cmaybe.mnfc@onlink.net

N'AMERIND INDIAN FRIENDSHIP CENTRE

260 Colborne Street
LONDON, ON
Tel: (519)-672-0131
Alcohol / Drug / Addictions Programs

N'SWAKAMOK FRIENDSHIP CENTRE

110 Elm Street
SUDBURY, ON
P3C 1T5
(705) 674-2128
(705) 671-3539 (Fax)

NATIVE CANADIAN CENTRE OF TORONTO

16 Spadina Road
TORONTO, ON
M5R 2S7

Tel: 416 964-9087
Fax: (416) 964-2111

NE'CHEE FRIENDSHIP CENTRE

P.O. Box 241, 1301 Railway Street
KENORA, ON
P9N-3X3

Tel: (807) 468-5440
Fax: (807) 468-5340
E-Mail: adminnfc@kmts.ca

NIAGARA REGIONAL

382 Airport Road R.R.#4
NIAGARA-ON-THE-LAKE, ON
L0S 1J0

Tel: (905) 688-6484
Fax: (905) 688-4033

NISHNAWBE-GAMIK FRIENDSHIP CENTRE

P.O. Box 1299
SIOUX LOOKOUT, ON
P8T-1B8

Tel: (807) 737-1903
Fax: (807) 737-1805

Website: ngfc@sioux-online.com

NORTH BAY INDIAN FRIENDSHIP CENTRE

980 Cassells Street
NORTH BAY, ON
P1B 4A6

Tel: (705) 472-2811
Fax: (705) 472-5251

ODAWA NATIVE FRIENDSHIP CENTRE

12 Stirling Avenue
OTTAWA, ON
K1Y-1P8

Tel: (613) 722-3811
Fax: (613) 722-4667

Website: www.odawa.on.ca

PARRY SOUND FRIENDSHIP CENTRE

13 Bowes Street
PARRY SOUND, ON
P2A 2K7

Tel: (705) 746-5970
Fax: (705) 746-2612

RED LAKE INDIAN FRIENDSHIP CENTRE

P.O. Box 244
RED LAKE, ON
P0V 2M0

Tel: 807-727-2847 ext. 30
Fax: 807-727-3253

Email: healing@goredlake.com

Services

Mental spiritual peer support; advocacy; workshops / presentations / home visits / youth group activities; cultural based activities.

THUNDERBIRD FRIENDSHIP CENTRE

30 Beamish Ave. West P.O. Box 430
GERALDTON, ON
P0T 1M0

Tel: (807) 854-1060
Fax: (807) 854-0861

E-Mail: tbirduae@astrocom-on.com



TIMMINS NATIVE FRIENDSHIP CENTRE

316 Spruce Street South
TIMMINS, ON
P4N 2M9

Tel: (705) 268-6262
Fax: (705) 268-6266

E-Mail: tnfcfinance@ntl.sympatico.ca
Website: www.tnfc.ca



UNITED NATIVE FRIENDSHIP CENTRE

P.O. Box 752, 516 Portage Avenue
FORT FRANCES, ON
P9A-3N1

Tel: (807) 274-8541
Fax: (807) 274-4110

E-Mail: inquiry@unfc.org

ABORIGINAL HEALTH ACCESS CENTRES

ANISHNAWBE HEALTH TORONTO

225 Queen Street East
TORONTO, ON
M5A 1S4

(416) 360-0486
(416) 365-1083

<http://www.aht.ca/home>

24/7 Mental Health Crisis Management Service
Call 416-891-8606

Mental Health Services

Our service model fully integrates Traditional and Western approaches to assess, diagnose and treat mental health problems across the life cycle. A multidisciplinary team of mental health professionals work together to go beyond treating only symptoms, by identifying and addressing the underlying issues; for example residual trauma and identity issues due to colonialism, assimilation and Residential Schooling. Mental Health Services are for all people with concerns about emotional, psychological, behavioral or cognitive health. Priority groups include people who are homeless, people affected by FASD/E, people in mental health crisis, seniors, and people with substance use or problem gambling concerns.

Services

- Intake & Assessment
- Crisis Management & Case Management
- Discharge Planning & Ongoing Care
- Referrals & Community Partnerships
- Individual, Family and Group Counselling
- Circles & Support Groups
- Traditional Ceremonies and Teachings
- Psychiatric Consultation

- Aboriginal Substance Abuse and Problem Gambling Services
- Aboriginal Mental Health Promotion
- Multidisciplinary Plans of Care to guide the Healing Path

Satellite Office

179 Gerrard Street East
Toronto, ON
Canada
M5A 2E5
Tel: 416-920-2605
Fax 416-920-8876

ANISHNAWBE-MUSHKIKI

29 Royston Court
THUNDER BAY, ON
P7A 4Y7

(807) 343-4843
(807) 343-4728 (Fax)

<http://www.anishnawbe-mushkiki.org>

- Anishnawbe Mushkiki is an Aboriginal Community Health Centre which has been established as a primary health care facility within the District of Thunder Bay.
- Our Centre's mandate is to improve the health of Aboriginal people by means of a wholistic approach combining western traditional and alternative medicine.
- Programs and services are provided to Aboriginal individuals, families and communities.

Mental Health

- Individual and Group Counselling
- Suicide Intervention/Prevention
- Aftercare and Follow Up
- Case Management
- Referral Services
- Anger Management

We also offer workshops on Mental Health issues: On Tuesday afternoons: 2:00pm - 4:00pm topics such as, Depression, Post Traumatic Stress Disorder, Panic Attacks, Suicide Intervention and Prevention, Addictions, and more are discussed.

For more information on programming contact Mary Lou Auger or Tracey Sauls (Mental Health Workers).

Traditional Services

- Traditional Teachings and Ceremonies
- Promotes Access to Traditional Healers and Elders
- Provides Support and Counselling from a Traditional Perspective
- Promotes Traditional Health to the Community
- Healing Circles

Traditional Teachings and Ceremonies are scheduled monthly at the Centre or you can request with Teresa Magiskan, Traditional Coordinator.

To register for any of these programs, call 343-4843. If you would like a monthly calendar of program events, call 343-4843 or e-mail mail@anishnawbe-mushkiki.org to be placed on our mailing list.

ATIKOKAN COMMUNITY COUNSELLING SERVICES

123 Marks Street
P.O. Box 1956
ATIKOKAN, ON

Tel: 807-597-2724
Fax: 807-597-4679
Email: communitycounselling@nwon.com

The mental health program at Atikokan Community Counselling Services began in 1978. Individual and group counselling services are available in a number of different areas. The focus of the program is to provide services to persons suffering from serious mental illness. This includes, but is not limited to:

- Schizophrenia
- Affective Disorders (including Major Depression and Bipolar)
- Anxiety Disorders (including Post Traumatic Stress Disorder, Obsessive Compulsive Disorder)
- Personality Disorders
- Violence and Abusive Behavior
- Eating Disorders
- Counselling to victims of past trauma
- Suicide / Crisis Intervention

The target client population is ages 16 and over. Counselling is client focused and client directed. Funding for this program is through the Ministry of Health and the Atikokan General Hospital sponsors the agency.

B'SAANIBAAMAADSIWIN NATIVE MENTAL HEALTH PROGRAM

(Muskoka-Parry Sound Community
Mental Health Service-Parry Sound Site)

26 James Street
PARRY SOUND, ON
P2A 1T5

Tel:705-746-2512
Fax: 705-746-1537
Toll-Free 1-866-829-7049

Website: www.mpscmhs.on.ca

This program is aimed at providing culturally appropriate support and treatment for Aboriginal individuals, families, and community. Model of service is culturally relevant and community specific therapeutic interventions that are based on best practices. Average length of stay is undetermined.

Community Development

This program aims at developing in each community, and across the communities, the capability to improve First Nations

mental health and the resources to deal with mental health issues. Model of service is culturally relevant and community specific. Average length of stay is ongoing.

Additional Programs offered at this site;

Community Service Information and Referral; Counselling and Treatment; Crisis Intervention; Case Management; Diversion and Court Support; Early Intervention Peer/Self-help Initiative; Intake Support Services Counselling/Psychotherapy and Educational Services

**DE DWA DA DEHS NYE > S
ABORIGINAL HEALTH CENTRE**

678 Main Street East
HAMILTON, ON
L8M 1K2

(905) 544-4320
(905) 544-4247 (Fax)
e-mail: dedwada@execulink.com
<http://www.aboriginalhealthcentre.com/dedwada/>

**GANAAAN DE WE O DIS ^YETHI YENAHWAHSE
(SOAHAC)**

425 - 427 William Street
LONDON, ON
N6B 3E1

519-672-4079
Toll free: 1-877-672-4079
519-672-6945 (Fax)

<http://www.soahac.on.ca>
email: mentalhealth@soahac.on.ca

The Southwest Ontario Aboriginal Health Access Centre strives 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.

Satellite Office

Chippewa of the Thames
P.O. Box 426 - R. R. #1
MUNCEY, ON
N0L 1Y0

Tel: 519-289-0352

Our satellite office is located on the Chippewa's of the Thames First Nation and is housed within the Health Centre on Sutherland Road. Our Dietitian and Mental Health Worker do offer limited services in Chippewa. Appointments can be pre-booked by calling our appointment secretary at (519)-289-0352.

GIZHEWAADIZIWIN ACCESS CENTRE

1460 Idywild Drive RMB 2004 R.R. #2
P.O. Box 686
FORT FRANCES, ON
P9A 3M9

(807) 274-3131

(807) 274-2050 (Fax)

Eligibility: Aboriginal people, status/non-status/Metis

Programs/Services

- Mental Health Program; individual and family counselling; group sessions; prevention/education workshops and presentations; counselling &

- workshops to address issues of grief & loss, family violence, addictions; stress management, etc.
- FASD/Child Nutrition Program; parenting & community kitchens; education/prevention workshops.
 - Traditional Healing Program; access to traditional healers & elders; arrangements of ceremonies (naming, shake tent, sweat lodges, etc.)
 - Medical Clinic; access to doctors & nurse practitioners; assessments of mental health issues/disorders as well as mental health issues; referrals for assessments.

JAMES BAY COMMUNITY MENTAL HEALTH PROGRAM

P.O. Box 370
MOOSONEE, ON
P0L 1Y0

(705) 336-2164
(705) 336-2746 Fax

Serving Moosonee & Moose Factory

Eligibility: 16 years of age and over; status and non-status

Programs

Case Management, Community support, concurrent disorders, court support and diversion, public education, follow-up and after care from hospital and self help.

To provide community counselling clinical intervention and psychiatric assessments.

KANONKWA'TESHEIO:IO SOCIAL

P.O. Box 579
CORNWALL, ON
K6H ST3

(613) 575-2341
(613) 575-1311 (Fax)

e-mail: spembleton@akwesasne.ca

MISIWAY ENINIWUK HEALTH CENTRE

P.O. Box 842, 137 Pine Street South
TIMMINS, ON
P9N 7G7

Tel: (705) 264-2200
Fax: (705) 267-5688

N'MNINOEYAA: MENTAL HEALTH PROGRAM

Hwy. 17 East
CUTLER, ON
P0P 1B0

Tel: (705) 844-2021
Fax: (705) 844-2844

website: <http://www.mamaweswen.ca>

Counselling and Treatment

The program aims to assist individuals with significant mental health challenges (aged 18 and over) in determining their own vision and path to maintaining holistic health and wellbeing, through traditional and contemporary mental health counselling and treatment services. Model of service is cul-turally appropriate. Average length of stay is five sessions.

Other Restrictions: Non-aboriginal spouses with band residency are accepted. Native, Metis and Inuit populations included.

Clients Served: Male and female 18 to 99

Catchment

Serves the following communities along the North Shore:

Atikameksheng Anishnawbek Shawenekezhik Health Centre

PO Box 98
NAUGHTON, ON
P0M 2M0

Tel: 705-692-3674
Fax: 705-692-7255

Tel: 705-844-1175
Toll-Free: 1-866-730-0229

Batchewana First Nation Health Centre

236 Frontenac Street
SAULT STE. MARIE, ON
P6A 5K9

Tel: 705-254-7827
Fax: 705-759-6159

Garden River First Nation Naan Doo We'an Wigwam Health Centre

23 Shingwauk Street
GARDEN RIVER 14, ON
P6A 6Z9

Tel: 705-946-5710
Fax: 705-946-5702

Indian Friendship Centre of Sault Ste. Marie

122 East Street
SAULT STE. MARIE, ON

P6A 3C6

Tel: 705-256-8925
Fax: 705-256-1266

Mississauga First Nation Health Centre

64 Park Road
BLIND RIVER, ON
P0R 1B0

Mailing Address
PO Box 1299
Blind River, ON
P0R 1B0

Tel: 705-356-1621
Fax: 705-356-3608

Sagamok Anishnawbek Sagmok Naandwedjige Gamik

PO Box 610
Espaniel Street
MASSEY, ON
P0P 1P0

Tel: 705-865-2171
Fax: 705-865-3131

Serpent River First Nation Kenabutch Health Centre

PO Box 21
117 Ball Park Road
CUTLER, ON
P0P 1B0

Contact
Tel: 705-844-2152
Fax: 705-844-2414

Thessalon First Nation Health Centre

PO Box 9 - 35 Sugarbush Road - RR # 2
THESSALON, ON
P0R 1L0

Mailing Address
Thessalon, ON P0R 1L0

Tel: 705-842-2670
Fax: 705-842-0282

NOOJMOWIN TEG HEALTH ACCESS CENTRE

Aundeck Omni Kaning
48 Hillside Road
LITTLE CURRENT, ON
P0P 1K0

Tel: (705) 368-2182 ext. 204
Fax: (705) 368-2229

<http://www.noojmowin-teg.ca>

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

What is a psychologist?

A psychologist is a professional who is trained in assessment and treatment of mental health problems. He/she uses his/her therapeutic skills to help people make healthy changes in their coping styles and emotional and behavioral patterns. A professional help you can trust.

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. The Centre also provides traditional Crisis support for individuals, families or communities.

Program Delivery (Individual/Family)

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. Follow-up appointment, referrals, case management as required.

Traditional Healing Services

Consultation with traditional teachers, helpers and traditional healers. Coordination of workshops or healing service as per individual/community request.

Provision of offerings of tobacco and honorariums.

SHKAGAMIK-KWE HEALTH CENTRE

161 Applegrove Street
SUDBURY, ON
P3C 1N2

Tel: (705) 675-1596

Fax: (705) 675-8040

<http://www.shkagamik-kwe.org/>

Mental Health Program

- Counselling & treatment (outpatient)
- Case management
- Crisis counselling (day time)

Dealing with all issues considered under mental health, mental illness banner including, but not limited to; moods; anxiety; depression; grief; anger; relationships; concurrent disorders; life skills, etc.

Provides mental health support, crisis intervention services, practical & emotional client support, home/hospital visits, referrals, and advocacy and participates in community development.

SHIBOGAMA FIRST NATIONS COUNCIL HEALTH AUTHORITY

PO Box 449
SIOUX LOOKOUT, ON
P8T 1A5

Tel: 807-737-2662
Fax: 807-737-4099

<http://www.shibogama.on.ca/>

The main focus of Shibogama's healing program is to devise coordinated strategies of healing that rely on local strengths and fit the culture and traditions of the people.

Nurses are integral participants in Payahtakenemowin, as they are usually the first on the scene of a mental health or child welfare emergency, and work with medical conditions that are caused or aggravated by personal distress.

Together nurses and local resources work to create exciting healing initiatives for Shibogama First Nations.

Support Services

Each community has a local Health Council and Health Director, who work closely with the Nurse-in-Charge and staff nurses. Resource Teams, made up of Band Family Services, family counselling, and Mental Health Services, Alcohol, Drug, and Solvent Abuse counselling services have also been organized.

A local First Response Team is available for emergencies. Health Centre staff including Community Health Represen-

tatives (CHR's), Clerks, and Caretakers are essential in the operation of the Centres. There is policing in each community.

Clinical assistance is provided 24 hours a day via telephone by physicians located at the Meno-Ya-Win Health Centre in Sioux Lookout. A physician is designated to each community and visits monthly. Other health professionals such as physiotherapists, diabetes specialists, dentists, optometrists, and pediatricians also visit periodically. Nurses consult with the Meno-Ya-Win physicians and medical specialists as needed. Air ambulance is used for medical evacuations.

SIoux LOOKOUT MENO-YA-WIN HEALTH CENTRE

61 King Street
 SIOUX LOOKOUT, ON
 P8T 1A8

Mailing Address
 PO Box 506
 SIOUX LOOKOUT, ON
 P8T 1A8

Tel: 807-737-1275
 Toll-Free 1-877-737-1275
 Fax 807-737-1856

Email: lmiles@slmhc.on.ca

Services

Counselling to individuals with social and emotional problems. Case management for people with serious mental illness, forensic case management for people with SMI and legal problems, psycho geriatric counsellor for mental health issues associated with ageing.

Community Counselling and Addiction Services (CCAS) of Sioux Lookout provides mental health and addictions counselling, problem gambling counselling, a needle exchange program, community outreach, assessment, treatment referral (mental health and addictions), case management of people

with serious mental illness and addictions problems, forensic case management, and post inpatient treatment follow up and aftercare. Counsellors are cross-trained in mental health and addictions and a variety of different therapeutic approaches are applied dependent upon client presentation. CCAS does a tremendous amount of community development work in the areas of seminars, workshops, presentations, clinical articles for newspapers, and Psycho-educational/therapeutic small groups. Model of service is an eclectic service delivery model.

THUNDER BAY ABORIGINAL COMMUNITY HEALTH CENTRE ANISHNAWBE MUSHKIKI

29 Royston Court
THUNDER BAY, ON
P7A 4Y7

Tel: (807)343-4843
Fax: (807) 343-4728
Clinic Tel: (807) 343-4819
Fax: (807) 345-0627

email: mail@anishnawbe-mushkiki.org
website: <http://www.anishnawbe-mushkiki.org/>

- Our Centre's mandate is to improve the health of Aboriginal people by means of a wholistic approach combining western traditional and alternative medicine.
- Programs and services are provided to Aboriginal individuals, families and communities.
- Mental Health
- Individual and Group Counselling
- Suicide Intervention/Prevention
- Aftercare and Follow Up
- Case Management
- Referral Services
- Anger Management

We also offer workshops on Mental Health issues such as:

Depression, Post Traumatic Stress Disorder, Panic Attacks, Suicide Intervention and Prevention, Addictions, and more

For more information on programming contact Mary Lou Auger or Tracey Sauls (Mental Health Workers).

Traditional Services

- Traditional Teachings and Ceremonies
- Promotes Access to Traditional Healers and Elders
- Provides Support and Counselling from a Traditional Perspective
- Promotes Traditional Health to the Community
- Healing Circles

Traditional Teachings and Ceremonies are scheduled monthly at the Centre or you can request with Teresa Magiskan, Traditional Coordinator.

WABANO CENTRE FOR ABORIGINAL HEALTH

299 Montreal Road
OTTAWA, ON
K1L 6B8

Clinic Telephone: (613) 748-5999
Program Telephone: (613) 748-0657
Program Fax: (613) 748-9364

<http://www.wabano.com>

The main purpose of the Centre is to create and deliver services that will prevent ill health, treat illness and provide support and aftercare. Services will be offered in a culturally-sensitive way that welcomes, accepts and represents all Aboriginal people(s).

Counselling Centre

This centre offers one-on-one and group counselling sessions for Aboriginal adults and families. Our services are rooted in Aboriginal traditions for healing.

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.
- Peer Support Group for Depression (men & women welcome)
- Trauma Recovery Women's Support Group
- Dealing with Anger
- Regalia Making
- Healthy Relationships & Healthy Sexuality
- Ongoing workshops

Child and Family Art Therapy Project 748-0657 ext. 225

WASSAY-GEZHIG NA-NAHN-DAH-WE-IGAMIG

P.O. Box 320
KEEWATIN, ON
P0X 1C0

807-543-1065
807-543-1126 (Fax)

<http://www.kahac.org>

Satellite Clinic
212 Fourth Ave. S.,
KENORA, ON
P9N 1Y9

Tel: (807) 467-8770
Toll Free: 1-877-224-2281
Fax: (807) 467-2666

Mental/Emotional Health & Wellness

A mental Health & Wellness Worker is responsible for planning and delivering group education and workshops that promote wellness and address preventative strategies.

This worker is available to address the emotional and mental health needs of clients and family members in dealing with illness, chronic disease, or other issues affecting overall health.

HEALING LODGES

ONYOTA'A:KA FAMILY HEALING LODGE

R.R. #2
SOUTHWOLD, ON
N0L 2G0

Tel: (519) 652-0657
Fax: (519) 652-9091

The Lodge will respectfully provide a safe and supportive atmosphere for families, while offering guidance and education of the effects which violence has on all parts of our being.

Services

Emergency shelter (up to 6 weeks)
One on one counselling; educational jobs; talking circles; advocacy; children's programming; referrals

Men's Program

The Men's program will work in conjunction with the women's program. The priority of this specific program is to provide information and education through a variety of programming sessions to assist in the empowerment of First Nations men.

Services include: one on one or group counselling; talking circles; research and provide resources of men in relation to cultural awareness of family violence; assist with development of family safety planning; to provide support and referrals.

TEMAGAMI FAMILY HEALING AND WELLNESS CENTRE

Bear Island
LAKE TEMAGAMI, ON
P0H 1C0

(705) 237-8600
(705) 237-8778 (Fax)

OOSHKE BEMAHDESEWIN

(Alpha Court Community
Mental Health Services)

100-106 Cumberland Street N
THUNDER BAY, ON
P7A 4M2

Tel: 1-807-683-8200
Fax: 1-807-683-8225

Case Management

This program provides goal orientated, individualized support and rehabilitation to adults 16 years of age and over with a serious and persistent mental illness through outreach, assessment, assistance with money management, individualized rehabilitation planning, crisis intervention, social skills development, daily living skills development, advocacy, youth services, service coordination, housing support, assistance with medication management, education and vocational support, family support and education, and supportive counselling. Access to Elders and Aboriginal programming is also available. Model of service is psychosocial rehabilitation, recovery orientated, and medicine wheel teachings. Average length of stay is two years.

BIIDAABAN HEALING LODGE

HERON BAY, ON
POT 1R0

(807) 229-3592
(807) 229-0308(Fax)

email: request@biidaaban.com
website: <http://www.biidaaban.com>

ENAAHTIG HEALING LODGE & LEARNING CENTRE

R.R. #1, 4184 Vasey Road
VICTORIA HARBOUR, ON
L0K 2A0

(705) 534-3724
(705) 534-4991 (Fax)

website: <http://www.enaahdig.ca/>

**ENAAHTIG MENTAL HEALTH INITIATIVE &
ABORIGINAL COMMUNITY MENTAL HEALTH
PROGRAM**

Enaahdig Outreach Centre
334 West Street North
ORILLIA, ON
L3V 5E3

Tel: 705-330-4059
Fax: 705-330-4067

mhealthpc@enaahdig.ca

The Enaahdig Community Mental Health program provides mental health treatment, care and support to community members as close to home as possible in partnership with other Aboriginal and non-Aboriginal service providers (shared care).

We employ Aboriginal culture based approach built upon best practices. Some of the types of services offered are:

- Family Consultation
- Counselling and Psychotherapy
- Community Clinical Consultation
- Frontline Worker Peer Support
- Intensive and non-intensive Case management
- Community capacity building, training, service system liaison and networking
- Screening and assessment, Comprehensive Assessments, care planning and referral.

We also offer specialized services for:

- Families affected by mental health challenges
- Persons affected by concurrent disorders (a number of different mental health challenges at the same time; ie. Someone affected by a mental illness and a substance abuse problem).
- Children, youth and adults needing aftercare.

We are not a crisis service.

Values underlining the program are:

- Cultural appropriateness
- Respect for client choices and autonomy
- Aboriginal best practices
- Shared care
- Strengths based assessments and intervention
- Service integration and streamlined administration
- Community based
- Client satisfaction
- Ongoing evaluation and research

ENAAHTIG NORTH HEALING LODGE

Highway 805
RIVER VALLEY, ON
P0H 2C0

Tel: 705-853-0177
Fax: 705-853-0177 (call ahead to fax)

Enaahdig Central Office
Victoria Harbor
Website: www.enaatig.ca

Eligibility: All Aboriginal people/Metis/Inuit (do not need to provide status card)

Servicing all of Ontario; first priority; second outside of province.

Programs/Services:

- Residential 4 week program dealing with sexual/multiple abuses for survivors.
- Residential 4 week program dealing with sexual/multiple abuse for survivors/offenders.
- In the near future; programs for perpetrators of family violence

KII-KEE-WAN-NII-KAAN MUNSEE-DELAWARE NATION

R.R.#1, Jubilee Road
MUNCEY, ON
N0L 1Y0

Tel: (519) 289-0148
Fax: (519) 289-0149

Short-term residential Aboriginal Healing programs are available through Kiikeewanniikaan (Southwest Regional Healing Lodge) located in Muncey, ON. Please phone for more information or to obtain a referral package. Please note

that the demand for this service is high and your client may have to wait up to two months prior to acceptance if they qualify.

MOOSE CREE HEALING CENTRE

71 Jaban Street
MOOSE FACTORY, ON
P0L 1W0

Mailing Address
PO Box 5
MOOSE FACTORY, ON
P0L1W0

Tel: 705-658-4674
Fax: 705-658-4152

NANAANDAWE'IYEWIGAMIG

c/o Kenora Area Health Access Centre
General Delivery
LONGBOW LAKE, ON
P0H 1H0

Tel: (807) 548-7629
Fax: (807) 548-7706

website: <http://www.kahac.org>

This facility is located at Longbow Lake and was established to provide a culture-based, residential healing program for at-risk youth between 16 and 24 years of age. The intent of the program is to break the cycle of violence and abuse within families and communities through development of knowledge and skills that promote healthy lifestyles.

Outreach services including workshops and support relating to grief recovery and suicide prevention are also available.

SAGASHTAWAO HEALING LODGE

PO Box 99
100 Quarry Road
MOOSONEE, ON
P0L 1Y0

Tel: 705-336-3450
Fax: 705-336-3452

SHAWANAGA FIRST NATION HEALING CENTRE

R.R.#1
NOBEL, ON
POG 1G0

Tel: (705) 366-2378
Fax" (705) 366-2496

website: <http://www.shawanaga.com>

**TORONTO COUNCIL FIRE
NATIVE CULTURAL CENTRE**

439 Dundas Street East
TORONTO, ON
M5A 1B2

Tel: (416) 360-4350
Fax: (416) 360-5978

Email: info@councilfire.ca

Aboriginal Healing and Wellness Program

The Program is directed at the healing and wellness needs of the Aboriginal community. Through the design and delivery of cultured-based activities, the Program endeavors to reduce family violence, promote healthy lifestyles and encourage healing. Traditional arts & crafts activities include the making

of purses, necklaces, wristbands, paintings, beading and quilting. Other activities include but are not limited to feasts, support circles, visiting elders, and sweats.

HEALTH OUTREACH WORKERS

ONTARIO FEDERATION OF INDIAN FRIENDSHIP CENTRES (OFIFC)

219 Front Street East
TORONTO, ON
M5A 1E8

Tel: 416-956-7575
Fax: 416-956-7577

<http://www.ofifc.org>

The OFIFC sponsors Health Outreach Workers located in 11 urban centres throughout Ontario. For more information on the Health Outreach Workers sponsored by the OFIFC please contact:

THE ONTARIO NATIVE WOMEN'S ASSOCIATION (ONWA)

212 East Miles Street
THUNDER BAY, ON
M7C 1J6

Tel: 807-623-3442
Fax: 807-623-1104

ONWA sponsors Health Outreach Workers in 3 urban centres. For more information on the Health Outreach Workers sponsored by ONWA please contact:



NISHNAWBE ASKI NATION

Crisis Intervention Team Coordinator
100 Beck Street., Unit 200
THUNDER BAY, ON
P7J 1L2

Tel: 807-623-8228
Fax: 807-623-7730

<http://www.nan.on.ca>

SHELTERS & HOSTELS

MEDICAL HOSTEL/SELF CARE UNIT C/O LAKE OF THE WOODS DISTRICT HOSPITAL

21 Sylvan Street West
KENORA, ON
P9N 3W7

Tel: (807) 468-9861
Fax: (807) 468-3939

<http://www.lwdh.on.ca>

KAPASHEWEKAMIK HOSTEL

3255 Airport Road
TIMMINS, ON
P4N 7C3

Tel: (705) 264-8549
Fax: (705) 264-8572

The Hostel provides short-term accommodation for inpatients and outpatients referred from the Weeneebayko area accessing health care in Timmins. The Hostel offers meals, accommodation, transfers between the airport, Hostel and Hospital or other Specialty Service, and translation services to clients.

Support Services:

- Translation Services and Referrals
- Transportation (to and from an airport, train station or bus terminal to a health facility only)

The majority of the translation requiring medical terminology is done by the Translator(s) at the Timmins & District Hospital. However, all the hostel staff are fluent in Cree and the first

language that is used there is Cree. Most referrals are done by the Timmins Translator.

Client-Based Services:

The hostel provides a safe and culturally sensitive environment for clients who have to leave familiar surroundings in order to attend medical appointments. Many of the clients are Cree-speaking only, so it becomes important that the staff in Hostel services are fluent in Cree and English.

Transportation to arrival and departure points and to appointments, meals, and accommodations are provided to patients whether they are in Timmins for overnight stays or for day appointments. Those patients who have arrived in Timmins by medevacs are sometimes accommodated at the hostel upon discharge until travel arrangements can be made for their return trip home.

NA-ME-RES NATIVE MEN'S RESIDENCE

14 Vaughan Rd.
TORONTO, ON
M6G 2N1

Email: general@namerres.org
Tel: (416) 652-0334
Fax: (416) 652-3138

Outreach Services
26 Vaughan Rd.
TORONTO, ON
M6G 2C4

Email: outreach@namerres.org
Tel: (416) 653-4794
Fax: (416) 651-1236

Male and youth shelter, Na-Me-Res has grown into a multi-service organization which delivers a variety of outreach programs.

Upon referral, each resident is assigned a counselor who will design a healing program which currently includes workshops and counselling in the following:

- One-on-One Counselling
- Family Violence
- Computer skills training
- Street Help
- Health and Sexuality
- Men's Healing Circle
- Arts and crafts
- Traditional Values and Culture
- Addictions

All of our clients have access to Traditional, Contemporary, and Employment Counselling with many life skills workshops to help benefit ones inner-self.

SPIRIT OF THE PEOPLE

Spirit of the People
306-360 Bloor St. W.
TORONTO, ON
M5S 1X1

Tel: (647) 436-4310
Fax: (647) 436-3409

Email: spiritofthepeople@rogers.com
Website: <http://www.spiritofthepeople.org/>

Services

Liaison with correctional institutional personnel, probation & parole officers to assist and support Aboriginal ex-offenders.

Anger Management services, Addiction Assessments, Community Reintegration Initiatives and a broad range of culturally appropriate referral services.

Community based and peer counselling; also traditional healing direction and referrals to clients.

Provision of Outreach Services for Aboriginal people in their own environment.

Aboriginal Community Reintegration Worker Program.

COUNCIL FIRE NATIVE CULTURAL CENTRE

439 Dundas Street East
TORONTO, ON
M5A 2B1

Tel: (416) 360-4350
Fax: (416) 360-5978

**ST. LEONARD'S COMMUNITY SERVICES,
ADDICTION AND MENTAL HEALTH PROGRAMS**

133 Elgin Street
BRANTFORD, ON
N3T 5P9

Mailing Address
PO Box 638
BRANTFORD, ON
N3T 5P9

Tel: 1-905-765-7840
Fax: 1-519-754-0264

Website: www.st-leonards.com

Clients Served: Male and female 16 to 99
Catchment: Brant County

Release From Custody - Aboriginal
Service; Case Management

Intensive short-term (up to four months) post-release from custody case management services, as a transition support for offenders released from correctional custody back to the community, either at the completion of incarceration or under

some form of community supervision. Services will be provided to Aboriginal clients residing on reserve or in Brant County. This program is restricted to the following clients:
Clients with Legal Issues; Native Peoples



WEENEEBAYKO HEALTH AHTUSKAYWIN

P.O. Box 664
MOOSE FACTORY, ON
P0L 1W0

Tel: (705) 658-4930
Tel: (705) 658-4544
Fax: (705) 658-4917

<http://www.wha.on.ca>

WOMENS SHELTERS

ANISHNAABE KWEWAG GAMIG

P.O. Box 39
ROSENEATH, ON
K0K 2X0

Tel: (905) 352-3898
24 Hour Crisis Lines: (905) 352-3708
Toll Free 1-800-388-5171
Fax: (905) 352-2225

E-mail: akg@eagle.ca
<http://www.eagle.ca/~akg>

AT^LOHSA NATIVE FAMILY HEALING SERVICES INC.

109-343 Richmond Street
LONDON, ON
N6A 3C2

Tel: 519-438-0068
Fax: 519-438-0070

atlohsa@on.aibn.com

Crisis Line: (519)-432-0122 or 1-800-605-7477.

Zhaawanong Shelter

Services: Physically, emotionally, and/or sexually abused women and their children.

Our 24 hour crisis phone lines provides: holistic crisis and supportive counselling over the phone for women and children at high risk due to their violent living situation; prevention against on-going family violence by assisting callers with developing "Safety Plans" over the phone; referral and

advocacy services, as requested; and telephone counselling to women explaining their rights and options.

Services: Family Support Unit; Elders Circle & Teaching Program; Community Education; Training & Prevention Program; Community Resource and Volunteer Program
Tahsahtahweyaht - Aboriginal Youth in Transition

BIINDIGEN INC. NATIVE WOMENS CRISIS HOME

Fort William First Nation
100 Anemki Drive, Suite 103
THUNDER BAY, ON
P7J 1A5

Tel: (807) 622-1121
Fax: (807) 622-2240
Crisis Line: (807) 346-4357 (HELP)
Toll Free: 1-888-200-9997

<http://www.beendigen.com/>

Programs & Services:
Tel: (807) 344-9579
Fax: (807) 344-9633

Healing Our Own Counselling Unit
Tel. (807) 344-9579 Ext. 19

Beendigen is dedicated to provide quality counselling services to women who are the victims of abuse. Our services are delivered through individual and group programming.

Eligibility Criteria: Counselling services are available to any Aboriginal women.

Program Description & Group Programming

- Counsellors complete an initial assessment of an individual's needs and goals. Clients may also be referred to any of Beendigen's Services.

D'BINOOSHNOWIN CRISIS CENTRE

R.R. #5
 WIARTON, ON
 N0H 2T0

Tel: (519) 534-3764
 Fax: (519) 534-3685

FIRST STEP WOMEN'S SHELTER

24 HOUR CRISIS LINE 1-800-465-3623
 Tel: (807)737-1438
 Fax: (807) 737-3177

Email: firststep@fsws.ca

Catchment Area

Alcona; Bearskin Lake; Drayton; Fort Hope; Frenchman's Head; Fry Lake; Fort Severn; Hudson; Kasabonika; Kejick Bay; Kingfisher Lake; Lansdowne House; Long Dog Lake (Wawakepewin); Muskrat Dam; Osnaburgh (Mishkeegogamang); Pickle Lake; Ponask; Rocksand; Sachigo Lake; Saugeen/Savant Lake; Sioux Lookout; Slate Falls; Summer Beaver; Wapakeka (Angling Lake); Weagamow (Round Lake); Webequie; Whitefish Bay

Services currently provided include:

- support and safety in a comfortable environment;
- support and counselling from Shelter staff;
- referrals and support to outside agencies including counselling, child services, family services, hospitals, clinics, police, legal services and other helpful community resources;
- emergency clothing for women and children;
- transportation to appointment and social service organizations for safety purposes;
- staff accompaniment to appointments if requested;
- child and youth program which includes activities, crafts and recreation;

- 24 hour in-house support and crisis intervention assistance;
- information (print, audio and video) on parenting, violence, abuse, healthy lifestyles, healing, etc.;
- follow-up contact for the woman who chooses to maintain contact with the shelter through the use of the Transitional Support Program;
- advocacy within systems (i.e. housing, courts, etc.)

FAYE PETERSON THUNDER BAY

HELP Phone Line:(807) 345-0450
Shelter Phone: (807) 345-0450
Toll free: 1-800-465-6971

**GERALDTON FAMILY RESOURCE CENTRE
GERALDTON**

HELP Phone Line:1-800-265-7317
Shelter Phone:(807) 854-1529
Toll Free: 1-800-363-4588

HOSHIZAKI HOUSE DRYDEN

HELP Phone Line:(807) 223-3226
Shelter Phone: (807) 223-7311 (Admin Office)
Toll Free: 1-800-465-7221

SAAKAATE HOUSE KENORA

HELP Phone Line:1-800-465-1117
Shelter Phone:(807) 468-5491
Voicemail E.D. (807) 468-1889

MARJORIE HOUSE MARATHON

HELP Phone Line: (807) 229-2222

Shelter Phone:(807) 229-2223

NEW STARTS FOR WOMEN RED LAKE

HELP Phone Line: (807) 727-3303

Toll Free: 1-800-565-5368

KENORA SEXUAL ASSAULT CENTRE

HELP Phone Line:1-800-465-1117

Voicemail Shelter Phone:(807) 727-2820

(807) 727-3532 (TDD)

E.D. (807) 468-1889

THUNDER BAY SEXUAL ASSAULT CENTRE

Shelter Phone:(807) 468-5491

1-800-845-0894

GANOHK WASRA'

P.O. Box 250

OHSWEKEN, ON

N0A 1M0

Tel: (519) 445-4324

Fax: (519) 445-4825

E-mail: Ganohkwasra@execulink.com

website: <http://www.ganohkwasra.ca/contact.htm>

Counselling Services are available for women, youth, children and men who have been abused, at risk for abuse, and/or are

abusive. Abusive behaviors and their generational sources are explored in a caring, non-judgmental way. The commitment to this holistic healing process may be long term, based on the needs of the individual.

KABAESHIWIM (A PLACE OF REST)

R.R. #1
SOUTHAMPTON, ON
N0H 2L0

Tel: (519) 797-2521
Fax: (519) 797-3675

IETHINISTEN:HA IETHINONRONHKAWA

P.O. Box 579
CORNWALL, ON
K6H 5T3

Tel: (613) 937-4322
Fax: (613) 937-4979

**THREE FIRES EZHIGNOWENMINDWAA
WOMEN'S SHELTER**

R.R. #3
WALPOLE ISLAND, ON
N8A 4K9

Tel: (519) 627-9238
Fax: (519) 627-4840

<http://www.walpoleisland.com/Womsh>

ONEKWÉNHTARA ONEN'TAKWÉNHTEN:TSHERA KANÓNHSOTE RED CEDARS WOMENS SHELTER

P.O. Box 290
TYENDINAGA MOHAWK TERRITORY, ON
K0K 3A0

Tel: (613) 967-2003
Fax: (613) 967-5998

Email: redcedar@kos.net

<http://www.tyendinaga.net/redcedars/programs.html>

24 Hour Crisis Line: 800-672-9515

Areas Served

Kingston, Picton, Peterborough, Bancroft inclusive.

Who We Are

Red Cedars is a holistic shelter, providing services and alternatives for families experiencing domestic abuse. We are open 24 hours a day, 365 days a year to serve anyone.

Description

Shelter for abused women and children. One on one counselling, advocacy, referrals, educational sessions, circles and traditional healing.

Nearest Main Street: Off 401 at Shannonville, Mohawk Territory. South approximately 1 mile to Highway #2.

NIIJKIWENDIDAA ANISHNAABEKWEWAG SERVICES CIRCLE

295 Stewart St
PETERBOROUGH, ON
K9J 3N2

Tel: 705-741-0900
Fax: 705-741-4816
Toll Free: 1-800-663-2696

nasc@bellnet.ca
Monday to Friday 9:00 a.m. - 4:30 p.m.

Areas Served

City of Kawartha Lakes ; Durham Region ; Haliburton County ;
Northumberland County ; Peterborough County

Eligibility: Ages: 16 year(s) and up

Programs & Services

Nijkiwendidaa Anishnaabekwewag Services Circle is a community-based agency that provides counselling services and traditional healing programs. Services and healing programs offer clients a wide variety of healing opportunities including: one-to-one counselling, healing circles, sharing circles, consultation with Elders and traditional healers, art therapy, holistic healing and Native language classes. Activities include weekly grannies lunch, cultural teachings, women and wellness group, drum groups, employment specific programs related economic independence and community safety. Other services include transitional and housing support, access to food share program, Our Children Our Gifts Program, and Aboriginal Healthy Babies and Healthy Children Program.

TRANSLATORS PROGRAMS

WEENEEBAYKO HEALTH AHTUSKAYWIN

P.O. Box 664
MOOSE FACTORY, ON
P0L 1W0

Tel: (705) 658-4930
Tel: (705) 658-4544
Fax: (705) 658-4917

Email: Tina Wynne
<http://www.wha.on.ca>

N'SWAKAMOK FRIENDSHIP CENTRE

110 Elm Street
SUDBURY, ON
P3C 1T5

Tel: (705) 674-2128
Fax: (705) 671-3539

GIZHEWAADIZIWIN ACCESS CENTRE

P.O. Box 686
FORT FRANCES, ON
P9A 3M9

Tel: (807) 274-2042
Fax: (807) 274-2050

TREATMENT CENTRES

ANISHNABE NAADMAAGI GAMIG SUBSTANCE ABUSE TREATMENT CENTRE

Post Office Box 568
BLIND RIVER, ON
P0R 1B0

Tel: (705) 356-1681
Fax: (705) 356-1684
Email: angsatc@vianet.ca

Target Group: 18 and over
Treatment Cycle: 4 weeks
Intake Frequency: Bi-weekly
Type Of Treatment Program: Men/Women

Special Services

- Dual addictions
- Follow-up / aftercare
- Intake screening
- Interpretation services
- Outpatient services

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case Management
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning

- Intake
- Life-skills/personal development
- Recreation therapy
- Referral
- Reports and record keeping
- Impairments the centre can accommodate:
- Physical disability (one room)
- Visual impairment

Disability Needs Services

- Wheelchair access

DILICO OJIBWA TREATMENT CENTRE

100 Anemki Drive, Suite 201
THUNDER BAY, ON
P7J 1A5

Tel: (807) 623-7963

Fax: (807) 623-2810

Target Group: 18 and over

Treatment Cycle: Other: 5 weeks

Intake Frequency: Weekly

Type Of Treatment Program: Inmate/Men/Women

Special Services:

- Follow-up / aftercare
- Intake screening
- Interpretation services
- Outpatient services

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription
- Solvent abuse

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping
- Impairments the centre can accommodate:
- Physical disability
- Visual impairment (depends on severity)

Disability Needs Services

- Wheelchair access

**MIGISI ALCOHOL AND DRUG ABUSE
TREATMENT CENTRE**

Anishinabe of Wauzhushk Onigum Nation
Post Office Box 1340
KENORA, ON
P9N 3X7

Tel: (807) 548-5959 (intake)
Tel: (807) 548-5545 (administrative)
Fax: (807) 548-2084
E-mail: Migis@voyageur.ca

Target Group: 19 and over

Treatment Cycle: 4 weeks

Intake Frequency: Once per cycle

Type Of Treatment Program: Men/Women

Special Services:

- Dual addictions
- Follow-up / aftercare
- Intake screening
- Interpretation services

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping

NATIVE HORIZONS TREATMENT CENTRE

Rural Route #1 Site 3A, Box 6
HAGERSVILLE, ON
N0A 1H0

Tel: (905) 768-5144

Fax: (905) 768-5564

E-mail: nhtc@sympatico.ca

Target Group: 18 and over

Treatment Cycle: 6 weeks

Intake Frequency: Once per cycle

Type Of Treatment Program: Men/women

Special Services:

- Follow-up / aftercare
- Intake screening
- Outpatient services

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping
- Impairments the centre can accommodate:
- Hearing impairment (depends on severity)
- Physical disability
- Visual impairment (depends on severity)

Disability Needs Services:

- Wheelchair access

NGWAAGAN GAMIG RECOVERY CENTRE INC.

Post Office Box 81
56 Pitawanakat
WIKWEMIKONG, ON
P0P 2J0

Tel: (705) 859-2324
Fax: (705) 859-2325

E-mail: rainbowl@msdcorp.com
Website: www.ngwaagan.ca

Target Group: 18 and over
Treatment Cycle: 4 weeks
Intake Frequency: Once per cycle
Type Of Treatment Program: Men/Women

Special Services:

- Detoxification
- Dual addictions
- Follow-up / aftercare
- Intake screening
- Interpretation services
- Outpatient services
- Walk-in & crisis services

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription
- Solvent abuse

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities

- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping
- Impairments the centre can accommodate:
- Learning disability
- Physical disability
- Visual impairment

Disability Needs Services

- Large print reading material / Wheelchair access



OH SHKI BE MA TE ZE WIN INC.

Post Office Box 820
FORT FRANCES, ON
P9A 3M3

Tel: (807) 274-8438
Fax: (807) 274-7753

Treatment Cycle: Other: 8 weeks

Intake Frequency: Once per cycle

Type Of Treatment Program: Men/Women/Youth

Special Services:

- Dual addictions
- Follow-up / aftercare
- Intake screening
- Interpretation services
- Outpatient services
- Walk-in & crisis services

Treatment For Substances:

- Alcohol
- Hallucinogens
- Narcotics
- Prescription (in consultation with professionals)

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development (holistic approach)
- Orientation
- Referral
- Reports and record keeping
- Impairments the centre can accommodate:
- Learning disability (limited)
- Physical disability (depends on community)

Disability Needs Services:

- Large print reading material (can enlarge)

**REVEREND TOMMY BEARDY MEMORIAL & WEE CHE
HE WAYO GAMIK FAMILY TREATMENT CENTRE**

General Delivery
MUSKRAT DAM, ON
P0V 3B0

Tel: (807) 471-2554
Fax: (807) 471-2510

Target Group: No age limitations

Treatment Cycle: 6 weeks

Intake Frequency: Once per cycle

Type of Treatment Program: Families

Special Services:

- Dual addictions
- Intake screening
- Interpretation services

Treatment For Substances

- Alcohol
- Hallucinogens
- Narcotics
- Prescription
- Solvent abuse

Treatment Components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping (data on computer database)

Impairments The Centre Can Accommodate:

- Learning disability
- Physical disability

Disability Needs Services:

- Wheelchair access

SAGASHTAWAO HEALING LODGE

Post Office Box 492
MOOSONEE, ON
P0L 1Y0

Tel: (705) 336-3450
Fax: (705) 336-3452
E-mail: sagastawao@onlink.net

Target Group: 18 and over

Treatment Cycle: Six-and-a-half weeks and two to three weeks relapse cycles per year

Intake Frequency: Once per cycle

Type Of Treatment Program: Men/Women

Special Services:

- Dual addictions
- Intake screening
- Interpretation services
- Treatment for substances
- Alcohol
- Hallucinogens
- Narcotics

Treatment components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral

- Reports and record keeping

Impairments The Centre Can Accommodate:

- Physical disability

Disability Needs Services

- Wheelchair access

SOLVENT ABUSE TREATMENT CENTRES

NIMKEE NUPI GAWAGAN HEALING CENTRE

Rural Route #1
MUNCEY, ON
NOL 1Y0

Tel: (519) 264-2277
Toll free: 888-685-9862
Fax: (519) 264-1552
E-mail: nimkee@netrover.com

Target Group: 12-17
Treatment Cycle: Minimum 6 months
Intake Frequency: Continuous
Other (male-July, female-January)

Type Of Treatment Program:

- Families
- Outpatient
- Day treatment cultural based
- Youth

Special Services:

- Dual addictions
- Follow-up / aftercare
- Intake screening
- Other (day treatment)
- Outpatient services

Treatment For Substances:

- Solvent abuse

Treatment Components:

- Alcohol & Other Drug Education
- Assessment
- Case Management
- Consultation With Professionals
- Crisis Intervention

- Cultural Activities
- Group Counselling
- Individual Aftercare & Planning
- Individual Counselling
- Individual Treatment Planning
- Intake
- Life-Skills/Personal Development
- Orientation
- Recreation Therapy
- Referral
- Reports And Record Keeping

Impairments The Centre Can Accommodate:

- Visual impairment (minor severity)

Disability Needs Services:

- Large print reading material (can develop); Wheelchair access

KA-NA-CHI-HIH

SOLVENT ABUSE TREATMENT CENTRE

580 North Algoma Street, Box 2930
THUNDER BAY, ON
P7B 5G4

Tel: (807) 346-1670

Fax: (807) 346-1671

E-mail: vsimon@kanachihih.net

Website: www.kanachihih.ca

Target Group: 16-25 (Canadian first nation communities)

Treatment Cycle: Other: 2 years

Intake Frequency: Continuous

Type Of Treatment Program:

Families (family counselling - short period of time) Youth

Special Services:

- Detoxification
- Dual addictions
- Follow-up / aftercare
- Intake screening

Treatment For Substances:

- Solvent abuse

Treatment Components:

- Alcohol & other drug education (secondary)
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities (traditional)
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping

Impairments The Centre Can Accommodate:

- Hearing impairment
- Learning disability
- Physical disability
- Visual impairment

Disability Needs Services:

- Wheelchair access

MAMISARVIK HEALING CENTRE

Addictions Treatment Program
604 Laurier Ave. West
OTTAWA, ON
K1R 6L1

Tel: (613) 563-3546
Fax: (613) 563-4136

mamisarvik@ontarioinuit.ca or treatment@ontarioinuit.ca

Our program provides holistic, cultural and Inuktitut-specific healing services to Inuit men and women 18 years of age and older. We also focus on recovery from the effects of Residential Schools and forced relocation from traditional lands

- Trauma & Addiction Specific Healing Circle for Men
- Trauma & Addiction Specific Healing Circle or Women
- Intake and Assessments
- Individual Therapy Sessions
- Couple/and/or Family Counselling
- Stabilization Services
- Homelessness Services
- Community Support Services- Now located at 301 Savard Ave.

Services:

- 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

PINGANODIN LODGE

201-211 Bronson Avenue
OTTAWA, ON
K1R 6H5

Tel: (613) 230-6549
Fax: (613) 230-9626

Mission/General Description: Provides a transitional home for Aboriginal men who want a safe place to help them heal from the effects of alcohol and drug abuse through integration of Aboriginal spirituality with contemporary clinical approaches.

GOVERNMENT ORGANIZATIONS

ABORIGINAL HEALING AND WELLNESS STRATEGY

4th Floor, 880 Bay Street
TORONTO, ON
M7A 2B6

Tel: 416-326-6905
Fax: 416-326-7934

<http://www.ahwsontario.ca/>

About AHWS

The Aboriginal Healing and Wellness Strategy promotes a culturally appropriate approach to healing and wellness. It is unique in Canada, and has become a source of innovative expertise in Aboriginal healing and health services across North America.

The Aboriginal Healing and Wellness Strategy (AHWS) is a policy and service initiative that brings together Aboriginal people and the Government of Ontario in a unique partnership to promote health and healing among Aboriginal people. In 1990, Aboriginal organizations and the government ministries that developed this Strategy expressed a commitment to combat the alarming conditions of poor health and family violence that Aboriginal People in Ontario have endured.

CENTRE FOR ADDICTION & MENTAL HEALTH (CAMH)

Site Address
393 King Street E
TORONTO, ON
M5A 1L3

Tel: 416-209-7999

Website: www.camh.net

Aboriginal Services Counselling and Treatment

In partnership with Native and non-Native agencies, Aboriginal Services provides individual and group counselling to Aboriginals experiencing homelessness, substance abuse and mental health issues. Other services include: telephone counselling, consultation and education. Model of service is concurrent disorders. Average length of stay is long-term.

The Centre for Addiction and Mental Health (CAMH) is the largest mental health and addiction organization in Canada and is a teaching hospital fully affiliated with the University of Toronto. Through specialized treatment, community services, research, education and prevention, CAMH works to improve the quality of life for people who are struggling with mental illness or addiction and to support their families and friends. CAMH has focused on a seamless integration of addiction and mental health services in a functional and flexible environment. Visit the website to: Get important CAMH phone numbers and links to online resources.

Provincial Aboriginal Training Program Aboriginal Service, Addictions Program Center for Addiction and Mental Health

Suite 302 - 888 Regent St.,
Sudbury, ON P3E 6C6

Tel: 705-675-1195 x 8326

Cell: 705-665-4278

Fax: 705-675-9121

The Provincial Aboriginal Training Program (PATP) offers in-depth clinical training to Ontario's Aboriginal health service providers, and to non-Aboriginal mental health service providers serving Aboriginal peoples and communities. The consultant is available to assist with capacity building with agencies and organizations to enhance service delivery to those providing health services to Aboriginals.

DART (ONTARIO DRUG AND ALCOHOL REGISTRY OF TREATMENT)

Toll Free: 1-800-565-8603

<http://www.dart.on.ca/>

Are drugs and alcohol affecting your life? We can help. DART can provide you with information about drug and alcohol treatment services in Ontario.

Call the Drug and Alcohol Treatment Info line toll-free, confidential, anonymous, open 24 hours

FIRST NATIONS INUIT HEALTH BRANCH (FNIHB)

NEPEAN, ON

Tel: 613-952-0093

http://www.hc-sc.gc.ca/fnih-spni/index_e.html

Brighter Futures

The Brighter Futures program is a community-based health promotion and ill-health prevention program for First Nations and Inuit communities. The program typically, promotes health and prevents ill-health through learning-related activities that strive to increase awareness, change attitudes, build knowledge and enhance skills.

The Building Healthy Communities program is designed to assist First Nations and Inuit communities to develop community-based approaches to youth solvent abuse and mental health crises, the two components of the program. First Nations and Inuit communities have the flexibility to determine which program component(s) to provide community-based programs, services and/or activities in.

Mental Health Crisis Management

This component is designed to complement the mental health promotion and prevention activities of the Brighter Futures program. It enables First Nations and Inuit communities to respond to crises, such as suicide, as well as to heal from them. It also enables communities to receive crisis-related training, such as suicide prevention training.

First Nations individuals who are registered as status Indians with Indian & Northern Affairs Canada may be eligible for short-term crisis counselling under the First Nations and Inuit Health Branch "Fee-For-Service" program (up to 20 hours). Appointments are arranged with a qualified Psychologist / Mental Health Services Provider who is registered with Medical Services, Ontario Region. For more info. please visit the FNIHB website or contact Medical Services Branch,



THE METIS NATION OF ONTARIO

500 Old St-Patrick St, Unit 3
OTTAWA, ON
K1N 9G4

Tel: 613-798-1488
Toll Free: 1-800-263-4889
Fx: 613-772-4225

Responsible Gambling Program / Community Wellness
Coordinator

NATIONAL ABORIGINAL HEALTH ORGANIZATION NAHO

220 Laurier Ave. W.
Suite 1200
OTTAWA, ON
K1P 5Z9

Tel: (613) 237-9462
Toll Free: 877-602-4445
Fax: (613) 237-1810
E-mail: info@naho.ca

ONTARIO ABORIGINAL HEALTH ADVOCACY INITIATIVE

Ontario Federation of Indian Friendship Centres (O.F.I.F.C.)
219 Front St. E. Toronto, ON
M5A 1E8
Tel: 416-956-7575
Fax: 416-956-7577

Ontario Aboriginal Health Advocacy Initiative (O.A.H.A.I.) is a project of the Aboriginal Healing and Wellness Strategy (A.H.W.S.). The O.A.H.A.I. was implemented as a compliment to the A.H.W.S. Projects such as the Aboriginal Health Access Centres, Healing Lodges, Aboriginal Healing and Wellness Workers, Health Outreach Workers, and Birthing Centre.

O.A.H.A.I.'s mandate is to address the inequitable access to quality, culturally appropriate health services for Aboriginal, First Nation, and Metis people throughout the province of Ontario.

There are four Health Advocacy Developers (H.A.D.) strategically located throughout the province working to develop and maintain positive public relations, awareness of Aboriginal health issues, while continually supporting Aboriginal self-determination in health.

ONTARIO PROBLEM GAMBLING HELPLINE

1-888-230-3505 (24 hrs).

For province-wide assistance you can place a free, confidential call anytime to the Ontario Problem Gambling Helpline (OPGH)

ONTARIO (MHSIO)

1-866-531-2600

Information and Referral Line - within Ontario

<http://www.mhsio.on.ca/>

Do you or someone you know need help finding information about mental health services and supports?

We can help. MHSIO can provide you with information about mental health services and supports in your community and across Ontario.

Our toll-free telephone line can be accessed from anywhere within the province of Ontario. MHSIO staff are available to answer calls in both official languages, English and French. Interpretation

HOLISTIC & MENTAL HEALTH PROVIDERS

ANISHINABEG COMMUNITY COUNSELLING SERVICES (ACCS)

Nanicost Building, Suite 305
Nanicost Building
305-1455 Idlewyld Drive
FORT FRANCES, ON
P9A 3M3

mailing address:
Site 206-140 RR#2
FORT FRANCES, ON
P9A 3M3

Tel: (807) 274-9839
Fax: 274-3211

Website: <http://www.accs-ff.org/>

ACCS is a First Nations agency providing adult mental health counselling and community support services for the Fort Frances/Rainy River Treaty 3 First Nations.

ATIKOKAN COMMUNITY COUNSELLING SERVICES

123 Marks Street
P.O. Box 1956
ATIKOKAN, ON

Tel: 807-597-2724
Fax: 807-597-4679

Email: communitycounselling@nwon.com

Website:
<http://users.nwon.com/communitycounselling/page2.html>

Atikokan Community Counselling Services is located in the township of Atikokan, and covers an area from Kashabowie to Seine River Reserve. The town of Atikokan is situated in Northwestern Ontario, approximately 200 km west of Thunder Bay and 150 km east of Fort Frances. Our office is located downstairs at the Atikokan Medical Clinic at 123 Marks Street.

Services Provided:

- Individual counselling
- Group counselling
- Family counselling
- Assessment and referral services for alcohol and drug addiction
- Counselling for seniors
- Psychogeriatric assessments
- Gambling counselling
- Community education

The focus of the program is to provide services to persons suffering from serious mental illness. This includes, but is not limited to:

- Schizophrenia
- Affective Disorders (including Major Depression and Bipolar)
- Anxiety Disorders (including Post Traumatic Stress Disorder, Obsessive Compulsive Disorder)
- Personality Disorders
- Violence and Abusive Behavior
- Eating Disorders
- Counselling to victims of past trauma
- Suicide / Crisis Intervention

BEAR HEART COUNSELLING AND CONSULTING INC.

Shirley Morrison
37 Parkview Grdns
TORONTO, ON
M6P 2W1

Tel: (416) 766-4545
Fax: (416) 766-3514

E-mail:
smbearheart@home.com

Bear Heart specialized in one-on-one psychotherapy and counselling services. Psychotherapy is more in-depth, which can be either short or long-term periods of time. Counselling is not as in-depth, but provides clients with enough personal help to live in a healthier way.

Bear Heart also co-facilitates consulting on cross-cultural training and awareness.

Clients must be 16 years of age or older. Does not work with families, couples/marriages or children under 16.

PEACEFUL LIVING LIFE BEYOND BELIEF

325 Island Road, Box 29
AKWESASNE, ON
K6H 5R7

Tel: 800-988-5146
US Fax: 518-557-0157
Canadian Fax: 613-686-3731

E-mail: peace@myplace4peace.com
Website: <http://www.myplace4peace.com/index.htm>

Peaceful Living provides consulting, training and workshops targeting stress reduction, team building, personal empowerment and self healing with the goal of creating a peaceful mind, family, community and society. We work with First Nations, Metis, Native American and individual organizations to change negative beliefs, promote harmonious relationships, reduce stress and develop a collective or individual life vision.

ONTARIO CRISIS CENTRES

TELECARE BANCROFT

Box 115
Bancroft ON K0L 1C0
Crisis: (613) 332-2000

TELECARE BARRIE

P.O. Box 723
Barrie ON L4M 4Y5
Crisis: (705) 726-7922

CRISIS INTERVENTION CENTRE

245 Dundas St. E
Belleville ON K8N 5K5
Crisis: (613) 969-5511, ext. 2753
Toll Free: 1-888-757-7766
Hours: 24-hour

TELECARE BRAMPTON

P.O. Box 74116
Brampton ON L6V 4J7
Crisis: (905) 459-7777
Website: <http://www.telecarebrampton.org>

LANARK, LEEDS & GRENVILLE DISTRESS CENTRE

P.O. Box 1688
Brockville ON K6V 6K8
Crisis: 1-800-465-4442

BURLINGTON TELECARE

Burlington Mall Postal Outlet
P.O. Box 62041
Burlington ON L7R 4K2
Crisis: (905) 681-1488

TELECARE CAMBRIDGE

P.O. Box 32074
Cambridge ON N3H 5C6
Crisis: (519) 658-6805

NORTHUMBERLAND DISTRESS LINE

P.O. Box 1121
Coburg ON K9A 4W5
Crisis: (905) 372-5919
Hours: Noon until 12 midnight

CRISIS RESPONSE SERVICES

Kenora Rainy River District
58 Goodall Street
P.O. Box 3003
Dryden ON P8N 2Z6

Toll-free Crisis Line and after-hours mobile support:
1-866-888-8988

TELECARE ETOBICOKE

P.O. Box 39069
Etobicoke ON M9P 3V2
Crisis: (416) 247-5426

NORTH HALTON DISTRESS CENTRE

P.O. Box 85
Georgetown ON L7G 4T1
Crisis: (905) 877-1211

DISTRESS CENTRE WELLINGTON/DUFFERIN

P.O. Box 1027
Guelph ON N1H 6N1
Crisis: (519) 821-3760
Web: www.dc-wd.org

THE SALVATION ARMY SUICIDE PREVENTION SERVICES

80 Bay Street North
Hamilton ON L8R 3N3
Crisis: (905) 522-1477
Website: <http://www.sahelphamilton.ca>

FRONTENAC COMMUNITY MENTAL HEALTH SERVICES

372 King St. West
Kingston ON K7L 2X4
Crisis: (613) 544-4229
Web site: <http://www.fcmhs.ca>

TELEPHONE AID LINE KINGSTON

P.O. Box 1325
Kingston ON K7L 5C6
Crisis: (613) 544-1771
Hours: 7:00 p.m. - 3:00 a.m., daily

C.M.H.A. HELP DISTRESS LINE

Kitchener ON N2G 1C7
Crisis: (519) 745-1166

LIFE LINE TELECARE LINDSAY

P.O. Box 281
Lindsay ON K9V 4S1
Crisis: (705) 878-4411

LONDON & DISTRICT DISTRESS CENTRE

P.O. Box 801, Station B
London ON N6A 4Z3
Crisis: (519) 667-6711

LONDON MENTAL HEALTH CRISIS SERVICE

London ON
Crisis: (519) 433-2023
Hours: 24-hour (telephone support for people age 16+)

DISTRESS CENTRE PEEL

P.O. Box 72, Station A
Mississauga ON L5A 2Y9
Crisis: (905) 278-7208
Hours: 24 hours

TEL-AIDE JEWISH DISTRESS LINE

P.O. Box 105
North York ON M3A 6A4
Crisis: (416) 636-9610

OAKVILLE DISTRESS CENTRE

P.O. Box 776
Oakville ON L6J 5C1
Crisis: (905) 849-4541

ORILLIA TELECARE

P.O. Box 2165
Orillia ON L3V 6S1
Crisis: (705) 325-9534

DISTRESS CENTRE DURHAM

58 Rossland Rd. W., Suite #211
Oshawa ON L1G 2V5
Crisis: 1-800-452-0688

DISTRESS CENTRE OF OTTAWA AND REGION

P.O. Box 3457, Stn. C
Ottawa ON K1Y 4J6
Crisis: (613) 238-3311
Website: <http://www.dcottawa.on.ca>

Child, Youth and Family Crisis Line for Eastern Ontario

Ottawa, Ontario
Crisis: (613) 260-2360 (Ottawa)
Toll-free: 1-877-377-7775
Website: <http://www.icrs.ca>

Service available in English and French

TEL-AIDE OUTAOUAIS

C.P. 7218, Station Vanier
Ottawa ON K1L 8E3
Crisis: (613) 741-6433
Website: <http://www.tel-aide-outaouais.org>

MENTAL HEALTH CRISIS LINE OF GREY AND BRUCE

Crisis (Toll-Free): 1-877-470-5200
(Services for residents of Grey and Bruce counties)

CMHA OXFORD CRISIS LINE

Oxford County
Crisis: (519) 539-8342
Toll Free: 1-877-339-8342
Hours: 24-hour (telephone support for people age 16+)
Mobile Crisis of Peel
Crisis: (905) 278-9036
Toll Free: 1-888-811-2222 (residents of Caledon)

LANARK COUNTY DISTRESS & INFORMATION LINE

P.O. Box 131
Perth ON K7H 3E3
Crisis: (613) 235-2034
Toll-free: 1-800-465-4442

TELECARE PETERBOROUGH

P.O. Box 1535
Peterborough ON K9L 7H7
Crisis: (705) 745-2273

DISTRESS CENTRE OF NIAGARA

P.O. Box 22018
St. Catherines ON L2T 4C1
Crisis: (905) 688-3711

FAMILY COUNSELLING CENTRE

Sarnia ON N7T 6Z7
Crisis: (519) 336-0120

SCARBOROUGH DISTRESS CENTRE

Eglinton Square Post Office
Box 51010
Scarborough ON M1L 4T2
Crisis: (416) 408-4357

THE SCARBOROUGH HOSPITAL MOBILE CRISIS PROGRAM

(serves Scarborough and East York area)
Crisis: (416) 289-2434

TELECARE STRATFORD DISTRICT

P.O. Box 21074
Stratford ON N5A 7V4
Crisis: (519) 273-0111

THUNDER BAY CRISIS RESPONSE SERVICE

Crisis: (807) 346-8282
Toll-free: 1-888-269-3100 (district of Thunder Bay only)
Hours: 24-hours

COMMUNITY MENTAL HEALTH CRISIS RESPONSE PROGRAM

(serves North York and Etobicoke area)
2 Lansing Square, Ste. 600
Toronto ON M2J 4P8
Crisis: (416) 498-0043

DISTRESS CENTRES ONTARIO

99 Atlantic Avenue, Suite 418
Toronto ON M6K 3J8
Phone: (416) 537-7373
<http://www.dcontario.org>

GERSTEIN CRISIS CENTRE

100 Charles Street East
Toronto ON M4Y 1V3
Crisis: (416) 929-5200
Web Site <http://www.gersteincentre.org>

TORONTO - DISTRESS CENTRE

Box 243, Adelaide Post Office
Toronto ON M5C 2J4
Crisis: (416) 408-4357

SURVIVOR SUPPORT PROGRAMME

Toronto ON M5G 1B1
Crisis: (416) 595-1716

DURHAM MENTAL HEALTH SERVICES - CRISIS SERVICES

501 Dundas Street East
Whitby ON L1N 2J5
Crisis: (905) 666-0483
Toll-Free: 1-800-742-1890

COMMUNITY CRISIS CENTRE OF WINDSOR-ESSEX COUNTY

Jeanne Mance Building
Hotel-Dieu Grace Hospital
1030 Ouellette Avenue
Windsor ON N9A 1E1
Crisis: (519) 973-4435
Hours: 24-hours

DISTRESS CENTRE OF WINDSOR/ESSEX

P.O. Box 2025
Windsor ON N8Y 4R5
Crisis: (519) 256-5000

York Region
Community Crisis Response Service
Crisis: 310-COPE
Hours: 7am - 4am daily

MOOD DISORDERS OTTAWA

Mutual Support Group (MDO)
c/o Can. Mental Health Assoc. (CMHA)
301-1355 Bank Street
Ottawa ON K1H 8K7
Tel: 613-526-5406
mdosupport@hotmail.com

Call the Mental Health Crisis Line at
1-866-996-0991 or 613-722-6914 (Ottawa & Region)

1-866-281-2911 (Leeds, Grenville & South Lanark)

ROYAL OTTAWA HEALTH CARE GROUP

1145 Carling Avenue
Ottawa, Ontario K1Z 7K4
Tel: (613) 722-6521
Fax: (613) 722-7686
<http://www.rohcg.on.ca/>

The ROHCG is comprised of the Royal Ottawa Mental Health Centre, the Brockville Mental Health Centre, the uOttawa Institute of Mental Health Research, Royal Ottawa Place and the Royal Ottawa Foundation for Mental Health.

MENTAL HEALTH SERVICE INFORMATION ONTARIO

<http://www.mhsio.on.ca/>

MANITOULIN ISLAND

WILLOWDANCE WELLNESS CENTRE

32 Bay Street
HONORA BAY
Manitoulin Island

Tel: (705) 368-1057

Email: info@WillowdanceWellnessCentre.com

BRANTFORD & AREA

ST. LEONARD'S COMMUNITY SERVICES, ADDICTION AND MENTAL HEALTH PROGRAMS

133 Elgin Street
BRANTFORD, ON
N3T 5P9

Mailing Address
PO Box 638
BRANTFORD, ON
N3T 5P9

Tel: 519-754-0253
Fax: 519-754-0264
Toll-Free: 1-866-811-7188

Site Email: addictions@st-leonards.com

Community Treatment - Assessment, Treatment, and Aftercare for youth and adults struggling with substance abuse, gambling, and co-occurring mental health concerns.

Release From Custody –
Aboriginal Case Management

Intensive short-term (up to four months) post-release from custody case management services, as a transition support for offenders released from correctional custody back to the community, either at the completion of incarceration or under some form of community supervision. Services will be provided to Aboriginal clients residing on reserve or in Brant County. Model of service is psychosocial rehabilitation. Average length of stay is up to four months.

COCHRANE & AREA

MINTO COUNSELLING CENTRE

233 8th Street
COCHRANE, ON
P0L 1C0

Tel: 705-272-4245
Fax: 705-272-6737

Administration Email mcc@puc.net

Bilingual services are offered to individuals 16 years old or over who present serious mental health issues. Services include therapy, case management, social and recreational rehabilitation programs, individual and group treatment for survivors of sexual abuse, crisis (after hours available through emergency room of local hospital), and coordination of psychiatric clinics.

Services

Treatment for Women Survivors of Sexual Abuse
Mental Health Case Management; Counselling; Crisis Services Early Intervention In Psychosis Family Support Community Support Program

Sites

Iroquois Falls Site & Matheson Site
KENORA & AREA
KENORA SEXUAL ASSAULT CENTRE

229 First Street S
KENORA, ON
P9N 1C2

Tel: 807-468-7958
Fax: 807-468-4808
Toll-Free: 1-800-565-6161

Alternate Referral Email; ksacpaula@kmts.ca

Referral Email; rcc@kmts.ca

Website: www.sexualassaultcentre.gokenora.com

Abuse Service

Confidential 24-hour crisis and support line; individual or group counselling/support for sexual assaults; information for families/friends of the victim; advocacy and accompaniment; referrals; public education; resources; crisis line training for volunteers. Model of service is crisis counselling.

This program is restricted to the following clients: Native Peoples; Women

Services are focused on victims/survivors of sexual violence.

LONDON AND AREA

ALCOHOL / DRUGS / GAMBLING ADDICTIONS

WITHDRAWAL MANAGEMENT CENTRE SALVATION ARMY CENTRE OF HOPE

281 Wellington Road
London, ON

Tel: (519)-432-7241

Detox

Adults and youth (16+) suffering from substance use/abuse.

WINDSOR REGIONAL HOSPITAL DETOXIFICATION CENTRE

1453 Prince Road
Windsor, ON

Tel: (519)-257-5225

St. Thomas Addiction Rehabilitation Unit

467 Sunset Drive
St. Thomas, ON

Tel: (519)-631-8510.

Addiction Rehabilitation Program

London/St. Thomas - for adults and youth 16 years and over who have concurrent addictive and psychiatric, psychological or medical disorders which preclude treatment in less intensive setting. Call (519) 631-8510, Extension 49391

KENT COUNTY ADDICTIONS PROGRAM

106 Emma Street
Chatham, ON

Tel: 519-436-2599

**ALCOHOL AND DRUG SERVICES OF
THAMES VALLEY**

256 Pall Mall Street
Suite #200
London, ON

Tel: 519-673-3242.

LAMBTON COUNTY ADDICTIONS SERVICES

220 North Mitton Street
Sarnia, ON

519-464-4500 Ext.5642.

**ESSEX COUNTY ADDICTION ASSESSMENT
REFERRAL SERVICE**

2109 Ottawa Street
Suite 401
Windsor, ON

Tel: 519-254-2112.

ASSAULTED WOMEN/SHELTERS:

WOMEN'S COMMUNITY HOUSE

Wellington Road Shelter

Crisis Line: (519)-642-3000

Transitional housing for physically, emotionally and/or sexually abused women and their children.

ROTHOLME (WOMEN'S AND FAMILY SHELTER)

42 Stanley Street
London, ON

Tel: (519)-673-4114

Women 16 (+) and homeless, female-led families. Temporary emergency accommodation.

WOMEN'S INTERVAL HOME OF SARNIA / LAMBTON SHORES

Call (519)-336-5200. Crisis Line: (519)-336-3000.

GAY / LESBIAN / BISEXUAL / TWO-SPIRITED

LONDON - ABORIGINAL GAY, LESBIAN, BISEXUAL & TRANS GENDERED SUPPORT NETWORK

Completely Confidential. Meets Wednesday nights at 7:00 pm. at the AIDS Committee of London. Call the Support Network at 434-1601

**PAYSO: POSITIVITY ABOUT
YOUTH SEXUAL ORIENTATION**

(15 - 21 years of age) and Access Rainbow (20 - 25 years).
Tel: (519) 434-1601.

TWO-SPIRITED PEOPLE OF THE FIRST NATIONS

Tel: (416) 944-9330.

**PARENTS, FAMILIES AND FRIENDS OF LESBIANS
AND GAYS (PFLAG)**

In London call (519) 457-0640. Provides mutual support and education.

HOUSING / HOMELESS

MY SISTER'S PLACE

546 King St. (at William)

Transitional support centre for homeless or at risk homeless women. (519)-679-9570

FIRST NATIONS HOUSING CO-OP INC.

665 Lorne Ave.
London, ON

Tel: (519)-645-2549

Urban Housing Program administered by CMHC. Designed to house core need Native Families (e.g. families who cannot find suitable accommodations in their community)

HOUSING ACCESS CENTRE

171 Queens Ave, Suite 103
London, ON

Tel: (519)-434-0777

Clients are seen on first-come-first served basis. Income receipts and identification are necessary.

MENTAL HEALTH COUNSELLING

MENTAL HEALTH CARE - URGENT CONSULTATION SERVICE, LONDON HEALTH SCIENCES CENTRE - VICTORIA CAMPUS

Tel: (519)-667-6551

Family support services including supportive counselling are available. Mandated to provide psychiatric assessment, consultation and short-term follow-up services to individuals who are in acute distress and who require assistance on an urgent basis. Call for more information.

MENTAL HEALTH CRISIS SERVICE OF LONDON

862 Richmond Street
London, ON (next door to the St. Joseph's Health Care Centre parking garage)

Tel: 433-2023

Free and confidential.. Crisis counselling by phone, face-to-face crisis counselling and peer-support in an office setting, a visit from a mobile crisis counselling team, at the location of your choice, safe beds, and links to other services.

**WOMEN'S MENTAL HEALTH RESOURCES OF
LONDON CROUCH NEIGHBOURHOOD
RESOURCE CENTRE**

550 Hamilton Road
London, ON

Tel: (519) 642-7630

Mental health crisis, drop-in and counselling.

CANADIAN MENTAL HEALTH ASSOCIATION

648 Huron Street
London, ON

Tel:(519)-434-9191

Provides a full range of services for persons with serious mental illness, group supports, information and referral, in-house resource library, etc.

CAN-VOICE

182 Wellington Street
London, ON

Tel: (519)-434-8303

For adults (18+) who are using or have used mental health facilities. self-help and peer support groups, community outreach, etc.

WOTCH

534 Queen's Ave.
London, ON

Tel: (519)-668-0624

Adults (18+) who have a disabling, chronic, psychiatric illness or diagnosis. Telephone for appointment through Administration office at (519)-668-0624. Objective to help members improve their capabilities so they can enjoy independent community living. Housing Services, Supportive Housing, and Community Ctr. Program.

REGIONAL MENTAL HEALTH CARE

850 Highbury Avenue
London, ON
N6A 4H1

Tel: (519) 455-5110
Fax: (519) 455-9986

YOUTH**MARYVALE ADOLESCENT & FAMILY SERVICES**

3640 Wells Street
Windsor, ON

Tel: (519) 258-0484

Day and Evening programs relating to drug/alcohol use and abuse.

CRAIGWOOD YOUTH SERVICES

520 Hamilton Road
London, ON

Tel: (519)-432-2623

Children's mental health services for emotionally disturbed youth or young offenders, 12 - 18 years of age.

THE STREET CONNECTION

258 Horton Street
London, ON

Tel: (519)-438-7300

Drop-in centre for Street Youth 16 - 24 years of age.
Counselling and advocacy.

MENTAL HEALTH CARE PROGRAM CHILD & ADOLESCENT SERVICES

London Health Sciences Centre
Victoria Street Campus

Tel: (519)-667-6607

Children (Birth to 15 years) with emotional and psychiatric disorders. Referral notes required from family physicians requesting psychiatric consultation.

**CPRI (ONTARIO MINISTRY OF COMMUNITY
AND SOCIAL SERVICES)**

600 Sanatorium Road
London, ON

Tel: (519)-858-2774

Specialized services to children and youth who have received some assistance in their community and require more specialized services from CPRI.

OPERATION GO HOME

Tel: (613)-230-4663

Serving Runaway youth 16-17 years of age and their families. Getting youth off the streets and into safe environments.

KIDS HELP PHONE AND BELL ONLINE

1-800-668-6868

National Toll-Free hotline for children and youth; anonymous and confidential counselling; information and referral on issues such as loneliness, depression, school related problems, sexuality, alcohol and drug abuse, parental conflicts and family problems, relationships with brothers and sisters, divorce, separation, neglect, abuse, etc.

SELF-HELP SUPPORT GROUPS:

CANADIAN MENTAL HEALTH ASSOCIATION

Tel: (519) 434-9191

A number of groups including: Mood disorders, Survivors of suicide, and other topics. For information call.

SEXUAL ASSAULT/FAMILY VIOLENCE:

SEXUAL ASSAULT AND DOMESTIC VIOLENCE PROGRAM ST. JOSEPH'S HEALTH CARE

268 Grosvenor Street
London, ON

Tel: (519)-646-6100 Ext. 64224

Crisis line: (519)-646-6000

Adults and youth (12+). Comprehensive emergency, follow-up care and counselling to females and males who have been sexually or physically assaulted (London, Middlesex, Elgin and Oxford).

SEXUAL ASSAULT CENTRE OF LONDON

379 Dundas Street, Suite 121

Tel: (519)-439-0844

Crisis Line: (519)-438-2272

Women 16 years of age and older. Individual / group counselling. Please call first.

CHANGING WAYS (LONDON) INC.

388 Dundas Street, Suite 302B

Tel: (519)-438-9869

Programs for Men (18+) who wish to eliminate violent behavior against their spouses/partners.

VOCATIONAL/EDUCATION COUNSELLING:

NOKEE KWE - CAREER DIRECTIONS

137 Dundas Street, 2nd Floor
London, ON

Tel: (519)-667-7088

Adults (18+). Native Literacy Initiatives Program - Academic upgrading, personal self-management, computer study, General Education Development (GED) and communications, etc.

**YOUTH OPPORTUNITIES UNLIMITED
YOUTH ACTION CENTRE**

141 Dundas Street, Lower Level
London, ON

Tel: (519)-434-6500

Services for youth generally under 22 years of age. Life skills, supportive counselling, advocacy, assists youth in finding housing, food, emergency shelter, medical/health care, education, legal aid and counselling.



WIINGASHK ALTERNATIVE SECONDARY SCHOOL

Located at the Adult Wheable Learning Centre, 70 Jacqueline Street, London, ON. Phone (519) 452-2567. At-risk aboriginal youth.

OTTAWA & AREA

THE CANADIAN MENTAL HEALTH ASSOCIATION

Ottawa Branch
1355 Bank Street, Suite 301
Ottawa, Ontario
K1H 8K7

Tel: (613) 737-7791 Fax: (613) 737-7644

General Email: cmhaoc@magma.ca

IRNISUKSIINIQ - INUIT MIDWIFERY NETWORK

220 Laurier Ave. West, Suite 1200
Ottawa, ON
K1P 5Z9

Toll-free: 1-877-602-4445 ext. 252

Fax: 613-237-8502

E-mail: inuitmidwifery@naho.ca

The Innisuksiiniq - Inuit Midwifery Network is a project of the Ajunnginiq Centre at the National Aboriginal Health Organization. The Ajunnginiq Centre is dedicated to improving the physical, mental and emotional health of Inuit and their communities.

CANADIAN ABORIGINAL AIDS NETWORK

602-251 Bank St.
Ottawa, ON
K2P 1X3

Tel: (613) 567.1817

Fax: (613) 567.4652

Toll Free: 1.888.285.2226

**INSTITUTE OF ABORIGINAL PEOPLES' HEALTH
(IAPH)**

IAPH (Ottawa Office)
Tel: 1-888-603-4178
Fax: 613-954-1800

Institute of Aboriginal Peoples' Health (IAPH) staff members are located in Victoria, British Columbia and Ottawa, Ontario. A toll free number is available to ensure that callers will be answered in the official language of their choice when contacting the Institute of Aboriginal Peoples' Health. Dial 1-888-603-4178 during CIHR business hours (8am to 5pm ET) and select option 6.

**AKWESASNE CHILD & FAMILY SERVICES
KANONHKWAÍTSHERI:IO**

P.O. Box 579
Cornwall, ON.
K6H 5T3

Tel: 613-575-2015
Fax: 613-575-1154

SUDBURY & AREA

Addictions

Alcoholics Anonymous, Adult Children of Alcoholics,	
Al-Anon & Alateen	(705) 674-6217
Brunswick House First Nation	(705) 864-0174
Center for Addiction & Mental Health	(705) 675-1195
Co-Dependents Anonymous	(705) 693-0021
Gambler's Anonymous/Gam-Anon	(705) 671-7046
Narcotics Anonymous	(705) 688-9929
Outpatient Gambling and Addictions Services	(705) 523-4988
Sexaholics Anonymous, S-Anon	(705) 522-4523
Smokers Helpline	1-877-513-5333
Smokers & Quitters	(705) 522-9200
Sudbury Action Centre for Youth (needle exchange)	(705) 673-4396

Women

Iris Addiction Recovery for Women, Intake	(705) 674-4193
HRSRH Withdrawal Mgt	(705) 671-7167
Iris Aftercare Centre	(705) 673-2413

Men

HRSRH Withdrawal Mgt.	(705) 671-7167
Rockhaven	(705) 675-1179
Salvation Army Alcohol Treatment Clinic	(705) 673-1175

Anger Management

Children's Community Network	(705) 566-3416
Inner City Home of Sudbury	(705) 675-7550
Family Enrichment Centre	(705) 670-0606
John Howard Society	(705) 673-9576
First Steps to Freedom	(705) 688-0077
Sudbury Family Services	(705) 524-9629

Counselling Services

Family Enrichment Centre (individual, family, marriage), groups	(705) 670-0606
Inner City Home (limited income)	(705) 675-7550
Service familial Sudbury Family Services (individual, family, marriage)	(705) 524-9629

Depression, Manic Depression, Mood Disorders

HOPEs, Postnatal Depression	(705) 688-7344
Mental Health Counselling	(705) 523-4988
Peer Support of Sudbury	(705) 675-1319
Postpartum Support International	(705) 677-0308

Disabilities

Developmental Disability

Sudbury Assn for Com. Living	(705) 969-4986
Learning Disabilities Assn of Sudbury	(705) 522-0100
Sudbury Community Service Centre	(705) 560-0430
Sudbury Developmental Services	(705) 674-1451
YWCA	(705) 673-4754

Physical Disability

Cdn National Institute for the Blind	(705) 675-2468
Independent Living Resource Centre	(705) 675-2121
ICAN-Independence Ctr and Network	(705) 673-0655
Eating Disorders Program	(705) 523-4988

Housing & Emergency Shelter

Canadian Mental Health Association, Housing Program & Housing Outreach	(705) 675-7252
Canadian Red Cross, Housing Pgm	(705) 674-0737
Children's Aid Society	(705) 566-3113
Elizabeth Fry Society	(705) 670-9978
Foyer Notre Dame House, girls	(705) 675-6422
Genevra House (abused women)	(705) 674-2210
Greater Sudbury Housing Corp.	(705) 674-8323
ICAN - physical disability	(705) 673-0655
John Howard Society	(705) 673-9576
www.cpsso.on.ca (new doctors)	
Sudbury & District Health Unit	(705) 522-9200

**SUDBURY REGIONAL HOSPITAL'S COMMUNITY
MENTAL HEALTH AND ADDICTIONS SERVICES**

127 Cedar Street
Sudbury, ON
P3E 1B1

Centralized Intake & Referral Coordination Program

(705) 523-4988
1-866-531-2600

Outpatient Addictions and Problem Gambling Services

(705) 523-4988

Senior's Mental Health Outreach

(705) 523-4988

Positive Steps

(705) 523-4988

**Transitional Outpatient Prg; Early Psychosis Intervention;
Eating Disorders; Mental Health Counselling and Treatment
(formerly Mood and Anxiety, Walden) Concurrent Disorders**

Espanola

(705) 869-1564

Manitoulin

(705) 368-0756

New Directions Clinic, Hanmer

(705) 969-7588

Sudbury East

(705) 867-5233

HRSRH Kirkwood site (psychiatric)

(705) 675-5900

Psych Direct (mental health education and information)

www.psychdirect.com

Warm Line, pre-crisis line

(705) 671-WARM (9276)

Toll free

1-866-856-9276

Panic & Anxiety

HRSRH-Mental Health Counselling and Treatment

(705) 523-4988

Peer Support of Sudbury

(705) 675-1319

Parents

Attention Deficit/Hyperactivity

Disorder Parent Support Group

(705) 523-4747

Children's Community Network

(705) 566-3416

Learning Disabilities Association

(705) 522-0100

New Beginnings Support Group for Newly

Widowed, Separated & Divorced

(705) 675-3950

Our Children, Our Future

677-0440, 969-4040

Sudbury & District Health Unit

(705) 522-9200

Supervised Access Centre (705) 674-7458

Schizophrenia

Making Sense Group (Positive Steps) (705) 671-9845

Self Esteem

Canadian Mental Health Association (705) 675-7252

Inner City Home of Sudbury (705) 675-7550

Sudbury Women's Centre (705) 673-1916

Sexual Assault, Domestic Violence, Physical/Mental Abuse

Le Centre Victoria pour femmes (705) 670-2517

Ligne FEM-AIDE (705) 677-0001

Physical, sexual, spousal 1-800-461-0133

Sexual Assault, Domestic Violence Treatment Program
(705) 675-4743

Sudbury Family Services, individual counselling, groups
(women, children) (705) 524-9629

Sudbury Sexual Assault Crisis Centre (705) 675-8071

24-hour Crisis Line (705) 675-1323

YWCA/ Genevra House Abuse Line (705) 674-2210

Stress Management

All Nations Counselling Centre (705) 673-6110

Inner City Home of Sudbury (705) 675-7550

Youth

Foyer Notre Dame House, females (705) 675-6422

Rayside-Balfour Youth Action (705) 855-5230

Sudbury Action Centre for Youth (705) 673-4396

Valley East Youth Centre (705) 969-5188

www.MindYourMind.ca (stress, mental health issues, self-harming behaviors, suicide)

Women

Elizabeth Fry Society (705) 670-9978

Sudbury Women's Centre (705) 673-1916

Women's Health Well Clinic (705) 522-9200 Ex. 226

Women's Circle, N'Swakamok (705) 674-2128

Centre de Santé Communautaire (705) 670-2274

Addiction & Treatment

Alcoholic Anonymous, Alanon, Alateen	(705) 674-6217
Lakeside Centre	(705) 674-4193
Narcotic Anonymous	(705) 688-9929
Pinegate Addiction Service	(705) 675-7022 1-800-668-8537
Pinegate Women's Withdrawal Management Centre	(705) 671-7167
Robins Hill Aftercare Services	(705) 673-2413
Salvation Army (Alcoholic Treatment Clinic)	(705) 673-1175
Sudbury Men's Withdrawal Management Centre	(705) 674-3330
3rd Millennium (Youth resource centre);	(705) 675-8465
Breaking Barriers Con. Services	(705) 674-7746
Diana Coholic, Counselling Services	(705) 673-0934
Family Enrichment Centre (Counselling services, sliding scale, ask for Josie)	(705) 670-0606
John Howard Society	(705) 673-9576
Robin's Hill Aftercare Services	(705) 673-2413
Sudbury Action Centre for Youth	(705) 673-4396
Sudbury and District Health Unit	(705) 522-9200 ext. 202
Sudbury Assault Treatment Program (for men and women)	(705) 675-4743
Sudbury Family Services	(705) 524-9629

NORTH BAY & AREA

COMMUNITY COUNSELLING CENTRE OF NIPISSING

361 McIntyre Street E
North Bay, ON
P1B 1C9

Tel: 705-472-6515
Fax: 705-472-4582

NORTHEAST MENTAL HEALTH CENTRE

4700 Highway 11 N
North Bay, ON
P1B 8L1

PO Box 3010
North Bay, ON
P1B 8L1

Tel: 705-474-1205 ext.2377
Fax: 705-495-7890

Regional Specialized Mental Health - Developmental Disabilities Service; Outreach Counselling; Treatment Regional Concurrent Disorders Program; Case Management; Healing Opportunities Promoting Empowerment (HOPE) Team Social Rehabilitation/Recreation; Counselling and Treatment; Early Intervention

SAULT STE. MARIE & AREA

ALGOMA TREATMENT AND REMAND CENTRE

800 Great Northern Road
Sault Ste. Marie, ON
P6A 5K7

Tel: 705-946-0995 ext.2250
Fax: 705-946-2925

Residential Treatment

Forensic assessment completed by Psychology Department identifying criminogenic risks and needs. Primarily psycho-educational and cognitive-behavioural group treatment by social work staff. Must be motivated for treatment and voluntarily sign treatment contract. Aboriginal program. Minimum residency of 90 days (women), 140 days (men).

THUNDER BAY & AREA

EQUAY-WUK (WOMEN'S GROUP)

P. O. Box 1781
16-4th Avenue
Sioux Lookout, ON
P8T 1C4

Tel: (807) 737-2214
Toll Free (800) 261-8294
Fax: (807) 737-2699

Equay-wuk serves 31 remote First Nation communities.
Community Wellness Program

OH SHKI BE MA TE ZE WIN INC.

Post Office Box 820
Fort Frances, Ontario
P9A 3M3

Tel: (807) 274-8438
Fax: (807) 274-7753

Oh-shki-be-ma-te-ze-win Inc. is a Tribal Agency mandated by the Fort Frances Area Tribal Chiefs, to provide alcohol and drug treatment services to its membership. These services are provided in a holistic manner that is sensitive to the Anishinabe culture and traditional ways of our people.

The communities represented are:

- Couchiching First Nation
- Lac La Croix First Nation
- Naicatchewenin First Nation
- Nicickousemenecaning First Nation
- Rainy River First Nation
- Seine River First Nation
- Stanjikoming First Nation

THUNDER BAY SEXUAL ASSAULT SEXUAL ABUSE COUNSELLING & CRISIS CENTRE

385 Mooney Ave
THUNDER BAY, ON
P7B 5L5

Tel: (807) 345-0894
After Hours Phone: (807) 344-4502 (24/7 line)
Fax: (807) 344-1981

Email: tbcounselling@tbsasa.org

Hours of Operation
Monday to Friday from 9:00 a.m. to 4:30 p.m.

Immediate intervention on a 24-hour basis, 7 days per week, for sexual assault (rape), and sexual abuse. Counselling on short and long term basis. Court Advocacy: provides accurate information on alternatives regarding legal, medical, police, court and referral services. Accompaniment on request to any of the above. Education: Prevention through education. Local programs and outreach programs for Northwestern Ontario. Provides workshops, seminars, speakers upon request; research, up-to-date information on sexual assault and sexual abuse. Support group counselling for survivors of sexual abuse and other support groups periodically, based on need eg. teens, partners of survivors, etc. Eligibility: Individuals (male and female) 14 years of age and over whom have suffered sexual abuse.

CHILDRENS CENTRE THUNDER BAY

283 Lisgar Street,
Thunder Bay, ON
P7B 6G6

Tel: 807-343-5000
Fax: 807-345-0444

E-mail info@childrenscentre.ca
<http://www.lrfc.on.ca/newexp.html>

NEW EXPERIENCES PROGRAM

Description of Services:

The New Experiences Program is a community based resource and treatment model established to deliver and promote a spectrum of addiction and mental health treatment interventions. The range of interventions is key to recognizing the cultural diversity of youth and expand existing treatment options to accommodate youth who do not engage in current modes of treatment.

Target Group:

The target group will be for native and non-native youth between the ages of 12 to 17 who are experiencing significant mental health and substance abuse problems. Resources are available to address the cultural needs of native youth and families. Clients referred will be living within the City or District of Thunder Bay.

TORONTO & AREA

CANADIAN MENTAL HEALTH ASSOCIATION

180 Dundas Street West, Suite 2301
Toronto, ON
M5G 1Z8

Tel: 416-977-5580
Toll Free: 1-800-875-6213
Fax: 416-977-2813
E-mail info@ontario.cmha.ca

LOFT COMMUNITY SERVICES

205 Richmond Street West, Suite 301
Toronto, ON

Tel: (416) 979-1994
Fax: (416) 979-3028

The Mental Health & Justice Initiative
Tel: (416) 757-6454.
Fax: (416) 916-2383

Support & Services

- A range of mental health, employment, social skills and crisis support services are offered in a client-directed manner
- Services are offered from a recovery framework
- Priority Referral
- Mental Health Court Support Programs, and associated court-based case management programs
- Mental Health and Justice Intensive Case Management Programs
- Law and Mental Health Program (Centre for Addiction and Mental Health) and Forensic Assessment, Consultation and Treatment Program - FACT (Whitby Psychiatric Hospital)

- Short-term residential crisis support beds; i.e safe beds
- Pre-charge diversion crisis response/outreach services.
- Courts/jails including probation

S.O.S. STREET OUTREACH SERVICES

205 Richmond St. W., Ste. 301,
Toronto, ON
M5V 1V3

Tel: 416-979-1994
Fax: 416-979-3028

www.loftcs.org

S.O.S. is a program of LOFT Community Services. LOFT offers shelter, outreach and support to people at over 40 sites in the Greater Toronto Area and York Region.

Street Outreach services (SOS) provides support and a range of services to assist youth (under 25 years), who are at risk or already involved in prostitution by offering alternatives to the streets.

NATIVE WOMEN'S RESOURCE CENTRE

191 Gerrard Street East
Toronto, ON
M5A 2E5

Tel: (416) 963-9963
Fax: (416) 963-9573

PROVINCIAL HOTLINES

McLaughlin Addiction & Info Ctr, recorded info and telephone support (CAMH)	1-800-463-6273
DART/Drug & Alcohol Registry Treatment, treatment programs in Ontario	1-800-565-8603
S.A.F.E. Alternatives (Cutting Self Harm)	1-800-DON'T-CUT 1-800-366-8288
Mood Disorders of Ontario	1-888-486-8236
Telehealth Ontario	1-866-797-0000
Parent's Help Line	1-888-603-9100
Schizophrenia Society of Ontario	1-800-449-6367
Assaulted Women's Helpline	1-866-863-0511
Kids Help Phone	1-800-668-6868
Police	911 or 1-888-310-1122