

## Resources for Indigenous People and Communities

### **Finances, Employment and Housing:**

#### **Indigenous Skills and Employment Training Program:**

This service provides Indigenous people with different programs and training to help find a job or develop skills in relation to their career. According to the Government of Canada's website, "All Indigenous people, regardless of status or location, may access its programs and services."

<https://www.canada.ca/en/employment-social-development/programs/indigenous-skills-employment-training.html>

#### **National Housing Strategy:**

This program focuses on providing more affordable housing options, focusing first on the most vulnerable Canadians, which includes Indigenous people.

<https://www.placetocallhome.ca>

#### **Anduhyaun, Nekenaan Second Stage Housing:**

Nekenaan Second Stage Housing (NSSH) is a Transitional Housing service that provides safe, affordable, temporary housing to Indigenous women with or without children.

<http://anduhyaun.org/nssh>

#### **Jordan's Principle:**

"Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need them.

Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQQIA children and youth and those with disabilities may have."

#### *Who is eligible?*

"On November 25, 2020, the Canadian Human Rights Tribunal (CHRT) released a ruling about Jordan's Principle eligibility. A child under the age of majority in their

province or territory of residence can access Jordan's Principle, if they permanently reside in Canada and if the child meets one of the following criteria:

- is registered or eligible to be registered under the Indian Act
- has one parent or guardian who is registered or eligible to be registered under the Indian Act
- is recognized by their nation for the purposes of Jordan's Principle
- is ordinarily resident on reserve"

[https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_jordans-principle#chp05](https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_jordans-principle#chp05)

[Click here for printable poster on Jordan's Principle](#)

### **Mental Health, Counselling and Helplines**

#### **Hope for Wellness Helpline:**

Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada (available in some Indigenous languages).

Toll-free. 24/7: 1-855-242-3310

<https://www.hopeforwellness.ca/>

#### **Talk 4 Healing:**

Indigenous women can get help, support, and resources seven days a week, 24 hours a day, with services available in 14 languages.

<https://www.talk4healing.com/>

#### **National Indian Residential School Crisis Line:**

Providing support for former Residential School students.

"In recognition of the intergenerational impacts that the Indian Residential Schools had on families, Resolution Health Support Program services are also available to family members of former Indian Residential Schools students. The family of former students is defined as:

- Spouse or partner
- Those raised by or raised in the household of a former Indian Residential School student
- Any relation who has experienced effects of intergenerational trauma associated with a family member's time at an Indian Residential School"

24-Hour National Crisis Line: 1-866-925-4419

**Métis Nation of Ontario 24-Hour Mental Health and Addictions Crisis Line:**

"For culturally specific mental health and addiction supports for adults, youth, and families in Ontario (available in English and French) please call": 1-877-767-7572

"For non-urgent matters, referrals to the MHA programs, or for help navigating mental health and addictions services in your community please contact our confidential support services:"

Children and Youth (ages 0 – 17): 613-217-3143

Adults (ages 18+): 705-929-4753

Toll Free Number: 1-800-263-4889

Email: [MHA@metisnation.org](mailto:MHA@metisnation.org)

**Métis Nation of Ontario Victim Services Program:**

Culturally relevant victim services to address, deter, and end violence against Métis women and children. Addresses the mental, physical, emotional, and spiritual impacts of victimization.

Program is offered in MNO communities throughout the province, including:

- Bancroft
- Thunder Bay
- Barrie
- Brantford
- Sudbury
- Kenora

<https://www.metisnation.org/programs-and-services/healing-wellness/victim-services/>

### **Métis Nation of Ontario Anti-Human Trafficking Program:**

“This Program provides support to communities by engaging at the Provincial level and the local level within the Ottawa area.”

“For direct support requests, you can contact the MNO Anti-Human Trafficking Program by:”

- Calling or texting 613 –295 –2418
- Calling 613 –748 –1880.

### **Anishnawbe Health Toronto, Aboriginal Mental Health and Addictions Program:**

“Our program places Aboriginal culture and tradition at its core, while utilizing a client-centered, strengths-based approach to recovery. We assist individuals with co-occurring mental health and addiction issues on their wellness journey by helping them construct their identity as an Aboriginal person and learn about their culture and traditions.”

<https://www.aht.ca/services-and-programs/services-offered>

## **Health Services:**

### **Aboriginal Health Access Services (AHAS):**

There are 10 AHACs in Ontario, providing care in cities, on- and off-reserve land, and in rural and northern communities. AHAS’ provide mental health counselling, addiction programs, traditional healing, and youth empowerment. No referrals are required, and the services are free.

According to CMHA: “to book an appointment at an Aboriginal Health Access Centre, go to the website of the Association of Ontario Health Centres ([www.aohc.org](http://www.aohc.org)), click on Find A Centre, and then type in your city and postal code. Under the drop-down menu for Type, click on Aboriginal and then click Search.

### **Ontario Aboriginal HIV/AIDS Strategy:**

“Goal of the strategy is to provide culturally respectful and sensitive programs and strategies to respond to the growing HIV/AIDS epidemic among Aboriginal Peoples in Ontario, through promotion, prevention, long-term care, treatment and support initiatives consistent with harm reduction principles.”

<http://www.oahas.org>

### **Anishnawbe Health Toronto, Aboriginal Primary Health Care Services:**

“Our multi-disciplinary team, which includes Medical Support, Nurse Practitioners, Registered Nurses, Physicians, a Chiroprapist, Counsellor, Physiotherapists and Health Promoter, provides holistic healthcare programs and services.”

<https://www.aht.ca/services-and-programs/services-offered>

## **Cultural-Based Services**

### **Ontario Federation of Indigenous Friendship Centres (OFIFC):**

OFIFC “represents the collective interests of 29 Friendship Centres in cities and towns across the province {Ontario}.

Friendship Centres are places for community members and Indigenous people living in urban spaces to gather, connect with one another and receive culturally based services.

Friendship Centres improve the lives of urban Indigenous people by supporting self-determined activities which encourage equal access to, and participation in, Canadian society while respecting Indigenous cultural distinctiveness.”

<https://ofifc.org>

### **Ontario Native Women's Association (ONWA):**

"ONWA delivers culturally enriched programs and services to Indigenous women and their families regardless of their status or locality."

ONWA is "committed to providing services that strengthen communities and guarantee the preservation of Indigenous culture, identity, art, language and heritage. Ending violence against Indigenous women and their families and ensuring equal access to justice, education, health services, environmental stewardship and economic development, sit at the cornerstone of the organization."

ONWA insists on "social and cultural well-being for all Indigenous women and their families, so that all women, regardless of tribal heritage may live their best life."

<https://www.onwa.ca>

### **Toronto Culture Fire Native Services:**

"Toronto Council Fire Native Cultural Centre is an autonomous, vibrant cultural agency that involves and serves the Indigenous community with confidence for and commitment to their well-being."

Their mandate is to "provide counselling, material assistance and other direct services to First Nations people as well as to encourage and enhance spiritual and personal growth."

<https://www.councilfire.ca/index.html>

## **Child and Family Services**

### **Native Child and Family Services of Toronto**

"Multi-service urban Aboriginal agency providing holistic, culture-based programs and services for Aboriginal children and families."

Provide many services, including but not limited to:

- Child and youth mental health and case management
- Prevention-focused Family Skills Building and Support programs
- Physical literacy
- Transitional housing (for men, as well as for women and children)

- Summer day and overnight on-the-land camps

<https://nativechild.org>

### **Kunuwanimano Child and Family Services**

“Social service agency that was incorporated in 1989 to eliminate all forms of abuse by providing services that encourage and support the healthy development of families and individuals in a manner that is appropriate to our First Nations.

The programs take into consideration the best interests and well being of the child, specifically the programs that recognize the uniqueness of First nation’s culture, heritage and traditions of preserving a child’s cultural identity.”

“Kunuwanimano catchment area encompasses a broad region in Northeastern Ontario that ranges from Hornepayne to Matachewan First Nation and includes eleven Aboriginal First Nation communities.”

<https://kunuwanimano.com>

### **Mississaugas of Scugog Island First Nation Family Services:**

Goals of the program include:

- “Educate the community and its families on issues relating to living a healthy and holistic lifestyle based on the Anishnabek values and principles.
- Establish ongoing youth and family activities to promote healthy lifestyles.
- Liase with outside agencies to establish networking relationships and support systems with respect to healthy child and family development.
- Establish a working relationship with our local Children’s Aid Society and to provide support and assistance to families when dealing with child protection issues.”

<https://www.scugogfirstnation.com/Public/ChildFamilyServices>

## **Other Resources:**

### **Liberate:**

Free meditation app designed specifically for the BIPOC community and led by BIPOC teachers