



Trauma-Informed Resources and Traditional Services

Western Region

ONWA Site:

Dryden

Geraldton

Kenora

Sioux Lookout

Thunder Bay

ONWA Chapter:

Kenora: Kenora Anishinawbekweg

Sioux Lookout: Sunset Women's Aboriginal Circle

Thunder Bay Beendigen Inc.

Thunder Bay: Biidaajuwum Incorporated

www.onwa.ca

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



ONWA Local:

Aroland – Aroland Anishnabequek

Biinjitiwaabek Zaaging Anishinaabek/Rocky Bay – Rocky Bay Anishnabequek

Dryden – Mindemoyag Women’s Group Inc.

Fort William First Nation – Fort William Ojibway Nation Anishnabequek Inc.

Geraldton – Kateri Ikwe Group

Ginoogaming First Nation – Ginoogaming First Nation Local

Grassy Narrows – Grassy Narrows Women’s Group

Heron Bay – Biigtigong Nishnaabek

Heron Bay – Pic Kootshiqua

Longlac – Longlac Anishnawbequay

MacKiarmid – MacDiarmid Anishnabequek

Marathon – Red Thunder Women – Marathon Chapter

Nipigon – North Shore Ikwawag

Thunder Bay – Circle of Anishnabeque

Thunder Bay – Jiiwitagan-Ni-Queck



Thunder Bay – Thunder Bay Anishnabequek

Thunder Bay – Waawiiya Biimadziwin

WEST

<u>Agency</u>	<u>Agency</u>	<u>Description of Agency Service</u>	<u>Contact Info</u>
Anishnawbe Mushkiki	Thunder Bay	<p>Provides a key entry point to overall health and development for all people by providing clinical care and integrated chronic disease prevention and management, family-focused maternal and child health care, addictions counselling, traditional healing, counselling, youth empowerment and cultural programs. Many of the programs are provided in partnership with other organizations in locations throughout Thunder Bay.</p> <p>Key Programs include:</p> <ul style="list-style-type: none"> • Diabetes Management Program • Healthy Eating Active Living • Fetal Alcohol Spectrum Disorder • Traditional Healing Program • Aboriginal Health Access Centre • Nurse Practitioner Led Clinic 	<p>101 N. Syndicate Avenue, Suite 2B Thunder Bay, ON P7C 3V4 Phone: (807) 623-0383</p> <p>https://mushkiki.com/</p>
Beendigen	Thunder Bay	<p>Beendigen has been providing support to women and children in Thunder Bay since 1978. The agency was established to provide temporary shelter for Aboriginal women and their children who were dealing with abuse and were in need of food and shelter. Over the years, Beendigen continues to evolve to provide support services to abused women and their families.</p> <p>Beendigen has always integrated cultural teachings into many of its healing programs. Cultural awareness, the Seven Grandfather Teachings, medicine wheel and traditional ceremonies are balanced with the education components of individual and group programming. Elders play an important role at Beendigen as they promote a traditional and cultural component which Beendigen believes is vital in the healing of woman abuse.</p> <p>Programs and Services:</p> <ul style="list-style-type: none"> • Native Women’s Crisis Home • Wakaigin Housing 	<p>112 Ontario Street Thunder Bay, Ontario, P7B 3G2 Phone: (807)344-9579</p> <p>http://www.beendigen.com/index.php</p>



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		<ul style="list-style-type: none"> • Healing our own Counselling Unit • Community Action Plan for Children (CAPC) • Prenatal Program • National Native Alcohol & Drug Addiction Program (NNADAP) • Transitional Housing & Support Program • Family Court Support Program • Talk4Health • Circles of Care 	
Biidaaban Healing Lodge	Heron Bay	<p>Biidaaban Aboriginal Healing Lodge providing residential treatment and community outreach programming to First Nations communities in Grief and Abandonment, Anger Management, Sexual Abuse and Social Issues.</p> <p>Objectives: Biidaaban promotes holistic healing that is culturally based. We honour the integrity and uniqueness of all Aboriginal people. High quality residential and community based programs foster healing and are delivered with pride and respect.</p> <p>Key Components:</p> <ul style="list-style-type: none"> • 10 day Anger Management - 1+2 day Workshops, 10 day Sexual Abuse, 10 day Grief and Abandonment and Community Outreach and Community based Training. • Use of traditions or ceremonies • A strong cultural component to Residential Treatment Programming and regular traditional ceremonies through community outreach. Role of Elders • Regular involvement of community Elders and traditional people. • Role of youth • We work with youth through community outreach programming and our young woman's support group. • Client-based • The majority of individuals accessing programs found content to be applicable to the problems the identified. Programs have made positive impact on their lives. 	<p>PO Box 219 Heron Bay, Ontario POT 1R0 Phone: (807) 229-3592 Fax: (807) 229-0308</p> <p>http://www.biidaaban.com/</p>



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Catholic Family Centre	Thunder Bay	<p>RISK (Recovery in Self Knowledge) R I S K is a self-help/support group for women who are or have been in an abusive relationship. R I S K encourages its members to build on their own personal strengths and supports, and seeks to empower women to make their own life decisions. The philosophy which guides the RISK Group is that women, who are oppressed by verbal and physical abuse in their relationships, become empowered to make their own life decisions by supporting each other and developing self-confidence. The path to empowerment also lies in becoming more aware of ourselves, our needs, our surroundings, the impact of power and control in our lives, then validating our thoughts and feelings, and learning to practice self-care.</p> <p>WIT (Women in Transition) This group is a 14 week educational support group for women in abusive relationships. It provides a safe place for women to gain some different perspectives on their lives and the impact violence has had on them. The group is free of charge and childcare can be provided.</p> <p>WIN (Women in Need) WIN is offered to Women who are experiencing difficulty or who are in conflict with the law. It is a program for women who use violence in relationships. WIN provides women with the opportunity to learn and reflect about:</p> <ul style="list-style-type: none"> • Domestic violence • Behavioural analysis • Risk factors for violence • Distress tolerance skills • Safety planning • Assessing our social networks • Effects of violence • Trauma and sensory soothing • Emotional regulation • Holistic self-care <p>Sessions begin with a short mindfulness practice.</p>	380 Dufferin Street Thunder Bay, Ontario P7B 1N6 Phone: (807) 345-7323 Fax: (807) 345-5141 http://catholicfamilycentre.ca/site/



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		<p>Voices for Mom's and Children</p> <p>A group for children, young people and their mothers who have experienced domestic violence. At the Voices Group children learn that violence is not ok in a safe and supportive environment. The group lasts 10 weeks and is for mom's and children aged 4 – 16 years.</p>	
Centre for Addiction & Mental Health - Child, Youth and Family Program	Thunder Bay Penetanguishene	<p>CAMH is committed to providing comprehensive, well-coordinated, accessible care for people who have problems with mental illness and addictions. A wide range of clinical programs, support and rehabilitation services are provided that meet the diverse needs of people who are at risk and are at different stages of their lives and illnesses.</p> <p>Services include: assessment, brief early intervention, residential programs, day treatment, continuing care and family support.</p> <p>CAMH staff work with family doctors, home support services, community agencies and other health care providers to make sure that clients and their families can receive assistance in their own communities and homes if possible. Additionally, they address larger issues that arise from four major factors affecting health -- housing, employment, social support and income support.</p>	<p>Thunder Bay: (807) 626-9145 Penetanguishene: (705) 549-9921</p> <p>www.camh.ca</p>
Crisis Response Services Kenora Rainy River District - Crisis Line	Dryden	<p>Crisis Response Services assists individuals in the Kenora Rainy River District to alleviate and resolve emotional distress or situational disturbances that affect their ability to cope. To utilize the least intrusive, most effective intervention to provide immediate support, information and referrals, and facilitate problem-solving to assist in the alleviation of a mental health crisis.</p> <ul style="list-style-type: none"> • To develop an intervention plan with individuals in crisis that meets their needs, mobilizes their strengths and resources and averts hospitalization and contact with police. • To respond to individuals in their community, and provide short-term crisis accommodation in the District as needed. • To provide information and referrals for individuals in crisis, family members, service providers and others regarding the services and programs in the Kenora Rainy River District. 	<p>PO Box 3003 Dryden Ontario P8N 2Z6 Phone: (807) 223-8884 Toll-Free: 1-866-888-8988</p> <p>http://crisisresponseservices.com/</p>
Dilico Ojibway Child & Family Services – Thunder Bay	Thunder Bay (Fort William First Nation)	Dilico Ojibway Child and Family Services embraces a holistic approach in the delivery of Health, Mental Health, Addictions, and Child Welfare services to compliment the strengths, values and traditions of Anishinabek children, families, and communities. Dilico Ojibway Child	<p>200 Anemki Place Fort William First Nation, Ontario P7J 1L6</p>



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	Armstrong Longlac Nipigon Pic Mobert	<p>and Family Services was established in January 1987 to address the concerns of First Nations regarding the high number of Native children in the care of the Children's Aid Societies. Believing that our families and communities have the right to direct the development of their children and themselves, in accordance with Anishnabe values, traditions and beliefs, we developed and implemented a Native child welfare service that would strengthen, maintain and support Anishnabe children and families in the Robinson-Superior Treaty area. Dilico Ojibway Child and Family Services believe that the family unit is irreplaceable, and that no child welfare program or organization can truly fulfill a child's need for love, acceptance, guidance, encouragement and trust. Physical, emotional, mental and spiritual well-being must begin with the individual, and then extend to the family unit, positively affecting the community as a whole. In assisting the individual to achieve improved or enhanced wellbeing, that individual's family, community and nation must be examined and assisted. Programming includes but is not limited to:</p> <p>Community Health Services:</p> <ul style="list-style-type: none"> • Healthy Sexuality • Prenatal and Maternal Health • Infant & Preschool Health • School Health <p>Community and Personal Support</p> <ul style="list-style-type: none"> • Adult Life Enrichment Program • Community and Personal Support Services <p>Diabetes and Chronic Disease Management Program</p> <p>Family Health Team Clinic</p> <ul style="list-style-type: none"> • Footcare clinics • Diabetes clinics • Lifestyle clinics • COPD clinics • Smoking Cessation (STOP) clinics • CDSM – Chronic Pain Management clinics 	<p>Phone: (807) 623-8511 Fax: (807) 626-7999 Toll-Free: 1-855-623-8511</p> <p>Armstrong Dilico District Office 3 A Whitesand Drive Whitesand First Nation, ON POT 1A0 Phone: (807) 583-2013 Fax: (807) 583-2785 Toll-Free: 1-855-623-8511</p> <p>Longlac Dilico District Office 118 Forestry Road P.O. Box 509 Longlac ON POT 2A0 Phone: (807) 876-2267 Fax: (807) 876-2312 Toll-Free: 1-855-623-8511</p> <p>Nipigon Dilico District Office 112 - 4th Street P.O. Box 700 Nipigon, ON POT 2J0 Phone: (807) 887-2514 Fax: (807) 887-2184 Toll-Free: 1-855-623-8511</p> <p>Mobert Dilico District Office Pic Mobert First Nation #11 - 10th Street</p>



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		<ul style="list-style-type: none"> • Well-baby clinics • Annual breast screening clinics • Traditional Healing Services <p>Adult Mental Health Services:</p> <ul style="list-style-type: none"> • Adult Residential Treatment Centre • Aftercare Program • Walk-in Counselling Clinic <p>Mental Health Children's Services Program:</p> <ul style="list-style-type: none"> • Assessment and Brief Treatment Residential Program • Child/Infant Development Services • Counselling and Clinical Support • Day Treatment Services • District Child and Family Services • June Steeve Lendrum Family Resource Centre • Youth Outreach Services • Family Preservation Services 	<p>Mobert, ON P0M 2J0 Phone: (807) 822-2521 Fax: (807) 229-9276 Toll-Free: 1-855-623-8511</p> <p>http://www.dilico.com/</p>
Dryden Indian Friendship Centre	Dryden	<p>The Dryden Native Friendship Centre (DNFC) was incorporated on November 13, 1984 and became a member of the Ontario Federation of Indigenous Friendship Centres (OFIFC) on October 22, 1988.</p> <p>Programs and services to improve the quality of life for off-reserve Aboriginal people with a focus on social, educational and cultural development. The Friendship Centre provides a meeting place for urban Aboriginal people, provides daily coffee, tea and soup for Centre patrons, hosts cultural events, and offers meeting space to agencies and community groups on a rental basis.</p> <p>Programs available include: Aboriginal Healing and Wellness Program Aboriginal Health Outreach Program Akwe Go Program (Youth Services) Apatisiwin Program</p>	<p>74 Queen Street Dryden, Ontario P8N 1A4</p> <p>Phone: (807) 223-4180</p>



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		Community Connection Program Diabetes Program Food Bank Life Long Care Program Wasa Nabin Program Youth in Transition	
Dryden Regional Mental Health and Addiction Services	Dryden	<p>Dryden Regional Mental Health and Addiction Services provides a range of client-focused services assisting individuals, aged 16 years of age and older, to identify and realize their therapeutic goals. Specialized alcohol, substance abuse and gambling services are provided to clients aged 12 years and older.</p> <p>Professional clinical services include mental health assessments, individual counselling, psycho-educational group sessions, coordinated psychiatric consultations, oncology and first nations support, community education and awareness and external agency referrals for appropriate service, on-going support and/or assistance.</p>	58 Goodall Street PO Box 3003 Dryden, ON, P8N 2Z6 Phone: (807) 223-6678 http://www.drhc.on.ca/
Elevate NWO	Thunder Bay	<p>Elevate NWO is a leading source in Northwestern Ontario for confidential HIV/AIDS/ Hepatitis C (HCV) and Harm Reduction education, prevention, advocacy and support.</p> <p>Practical support & assistance: Volunteer driving program: access transportation for appointments related to hiv or hcv care including doctor, dentist, blood work and hospital care. This service must be booked one week in advance of the appointment. Contact your case worker or the walk-in worker for more information. Food bank: mother's cupboard offers a weekly food bank for registered clients of our service. To be eligible you must complete the intake process and be active with the agency within the last six months. Emergency financial assistance program: those living with hiv or hcv who experience a situation that is a threat to health or life and have exhausted other assistance options can apply for financial assistance. Limited funds are offered annually on a first-come, first-served basis. Contact your case worker or the walk-in worker for application information.</p>	#102-106 Cumberland Street Thunder Bay, Ontario P7A 4M2 Phone: (807) 345-1516 Toll free: 1-800-488-5840 Fax: (807) 345-2505 Email: info@elevatenwo.org http://www.elevatenwo.org/



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		<p>Dental Assistance Program: this program covers costs for dental treatments when there is a threat to health and other assistance options have been exhausted. Confirmation from a doctor, nurse or nurse practitioner is required for eligibility. The fund will cover up to \$500 per fiscal year. Contact your Case Worker or the Walk-In Worker for application information.</p> <p>Elevate NWO offers Harm Reduction information, services and resources from its office and in the community. This includes:</p> <ul style="list-style-type: none"> • Testing for HIV/HCV and other Sexually Transmitted Infections every Thursday (call for transportation) • Safe Injection Kits • Safe Inhalation Kits • Safer Sex Kits • One to One Naloxone training every Thursday morning (call for transportation) • Safe disposal of injection and inhalation equipment • Information on using safely • Links to other supports 	
First Step Women's Shelter	Kenora	<p>First Step Women's Shelter is a non-profit, charitable organization which is governed by a voluntary elected Board of Directors.</p> <p>The mission is to facilitate the healing and self-empowerment process of women and their children who have found themselves survivors of violence. This is accomplished by providing support and advocacy services and by focusing on healing in the areas of emotional, mental, physical and spiritual growth within a safe and secure haven.</p> <p>First Step Women's Shelter will ensure the honesty, kindness, sharing, respect and unconditional positive regard permeates throughout all programming.</p> <p>Provides programming though:</p> <ul style="list-style-type: none"> • Support and safety • Support and counselling • Referrals • Emergency clothing • Follow-up contact 	<p>Phone: (807) 737-1438 Toll-Free: 1-800-465-3623</p> <p>http://www.fsws.ca/</p>



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<p>Geraldton Family Resource Centre</p>	<p>Geraldton</p>	<ul style="list-style-type: none"> • Child and Youth Programs <p>The Geraldton Family Resource Centre is a 10 bed women/children's shelter. The Centre operates 24/7, 365 days. The Centre serves the areas of Fort Hope, Marten Falls, Aroland, Nakina, Geraldton, Longlac, Caramat, Ginoogaming and Reserve 58 as well as Jellicoe, Beardmore and any other clientele who need to access our service regardless of jurisdiction.</p> <p>Services:</p> <ul style="list-style-type: none"> • Short term safe housing for women/children fleeing abusive situations • 24 hour crisis line - operated by trained, experienced crisis workers. • Safety Planning - evaluating and organizing safety plans for women and children. • Outreach services - community programs, on a request base, presentations on safety, budgeting, self enhancement, parenting, anger management, healthy relationships and any other request identified. - information sessions - workshop design, planning, implementation and facilitation - school workshops - request from clients, self-referrals, professionals, agencies • Group work with children exposed to women abuse - concurrent groups for mothers and children who experience violent or abusive situations. Group work with women - support groups for women, who express a need and after care follow-ups for women who are leaving the shelter. • Transitional Housing and Support - safety planning and advocacy program for women who are in transition and may be contemplating leaving an abusive relationship or environment, or have left the relationship. Support, resources and long and short term goal planning. • Counseling services - generic counseling for women and children. • Court accompaniment - accompanying and supporting women who need to attend court. • Advocacy - assisting women who request that we speak on their behalf. 	<p>Phone: 1-807-854-1529 Toll Free: 1-800-363-4588 Fax: 1-807-854-0466 Crisis Line: 1-807-854-1571 or 1-800-265-7317 Email: gfrc@greenstone.ca</p> <p>http://www.greenstone.ca/content/geraldton-family-resource-centre</p>



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		<ul style="list-style-type: none"> Community Resource dissemination - providing numbers, agencies and contacts for telephone request. 	
Faye Peterson Transition & Shelter House	Thunder Bay	Programs include: <ul style="list-style-type: none"> Residential Program Community Resource – provides advocacy, support, individual and group counselling, safety planning, assistance with housing applications, court, legal aid and lawyers appointment to abused women 50 years of age and over. Group session topics include, healing the trauma of abuse, self-esteem, boundaries, stress management, self-care, women’s help, etc. Community Outreach: provides support and resources to women to enhance their family’s strength and self-esteem, in order to provide a positive and nurturing environment for their children. Early Childhood Education Transitional & Housing: program focuses on safety planning, transition plans, confidential individual counselling, crisis invention, advocacy, assistance with housing applications and access to priority housing, referrals to community agencies, upgrading/education support, income support/budgeting, custody support, legal information and support, parental support, follow-up support, support networks, and stress management. Outreach Program: offers the following services to women who have left the shelter (ex-residents) and non-residents who are survivors of abuse and live in Thunder Bay and outlying regions – individual counselling, crisis intervention and referral services, support and advocacy for medical, legal and court appointments, assistance in accessing employment and education, and support groups. Pre-Post Natal Program 	Crisis Line (807) 345-0450 Toll-free 1-800-465-6971 Fax (807) 345-4550 Email: faye@fayepeterson.org PO Box 10172 Thunder Bay, Ontario P7B 6T7 http://fayepeterson.org/home/
Gizhewaadiziwin Health Access Centre - Mental Health Program	Fort Frances	The mental health program offers quality mental health services to Aboriginal peoples in the Rainy River District, both on and off reserve. The mental health worker is part of an interdisciplinary team that consists of doctors, nurses, nurse practitioners, dietitian, asthma coordinator, FASD program workers, health educator, child nutritionist, medical translator,	PO Box 686 Fort Frances, Ontario P9A 3M3



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		<p>and a traditional healing coordinator. The Gizhewaadziwin Health Access Centre utilizes a holistic approach to health in all the services provided. The mental health program offers both intervention services such as counselling and prevention/education services such as workshops and presentations.</p> <p>Objectives: The main objective of the project is to provide mental health services to Indigenous individuals in the communities of our District. It is hoped that by providing intervention services they can assist individuals in healing their issues. The prevention services are aimed at various different age groups to try and provide information to as many people in the communities as possible around issues that directly affect them and the community.</p> <p>Key Components:</p> <ul style="list-style-type: none"> • One of the key components of this program is that services are provided in the community that requests it. Both intervention and prevention services can be provided in any of the First Nation communities. Another component is the location of the Gizhewaadziwin Health Access Centre is very central and accessible for most people. • Use of traditions or ceremonies • The services provided can involve traditional cultural practices, if the client requests this. If traditional practices are requested, the Traditional Healing Coordinator is consulted to assist. Examples of requests may be for a sweat lodge, a naming ceremony, a healing circle, a blessing ceremony, etc. All workshops, presentations and groups done in the community involve a traditional opening and closing ceremony conducted by an Elder in the community to meet the community cultural norms. • As indicated above, Elders and the Traditional Healing Coordinator are consulted and utilized whenever needed to ensure cultural traditions and practices are upheld. • Many communities are beginning to involve the youth through participation in educational and preventative workshops. One of the communities has developed a Youth Council to assist in the overall planning of activities. 	<p>Phone: (807) 274-3131 Fax: (807) 274-6280</p> <p>http://www.gizhac.com/</p>
Greenstone Family Health Team	Geraldton	The Greenstone Family Health Team, offers comprehensive, multidisciplinary care to	510 Hogarth Avenue West P.O. Box 988



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		<p>members and visitors of the Municipality of Greenstone. Our team consists of two Nurse Practitioners, two Registered Nurses, a Social Worker, a Health Educator, and Administrative Staff who work in collaboration with the Physicians at the Geraldton Medical Group and Geraldton District Hospital.</p> <p>Our hours are Monday to Friday 8:00 am to 4:30 pm. We also offer a Walk-In Clinic every Monday starting at 10:00 am for non-urgent, primary health care concerns.</p> <ul style="list-style-type: none"> • Primary Care Nursing • Diabetic Foot Care • Immunizations • Smoking Cessation • Social Work • Clinical Counseling • Health Education 	<p>Geraldton, ON POT 1M0</p> <p>Phone: (807) 854-0051</p> <p>http://www.gfht.ca/</p>
Kenora Aboriginal Head Start	Kenora	<p>The Head Start Program is a pre-school (ages 3-6) program designed to involve parents and families to ensure that everyone is prepared for the transition into elementary school. This is done by ensuring the child is ready for the routines and dynamics of a classroom setting and provides the supports for the families overall readiness for their child's academic career.</p> <p>The Kenora Anishinaabe-Kweg Aboriginal Head Start Program takes a holistic approach to Aboriginal early education by:</p> <ul style="list-style-type: none"> • Providing early prevention/intervention programs and services for the mental health and well-being of Urban Aboriginal (Status, Non-Status, Metis, and Inuit) pre-school children in the City of Kenora. • Fostering the Spiritual, Emotional, Intellectual, Social, and Physical growth of each child to its full potential which will contribute to life-long learning and an easy transition into grade school. 	<p>1304 Ninth Street North Kenora, ON P9N 2T7 Phone: (807) 468-3337 Fax: (807) 468-3093</p> <p>http://kenoraheadstart.wixsite.com/mysite</p>
Kenora Chiefs Advisory	Kenora	<p>Community Treatment - Community treatment services provide outreach counselling, treatment aftercare, workshop presentations and AA programming. This service also incorporates Traditional Anishinaabe healing services at the request of the client. This</p>	<p>240 Veterans Drive, Third Floor P.O. Box 349 Kenora, ON P9N 3X4</p>



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		<p>program provides services to 12 First Nations communities in the Treaty Three territory.</p> <p>Cultural Programs & Services - the Cultural Coordinator acts as a primary resource to Kenora Chiefs Advisory's Mental Health & Addictions Program staff and the community-based mental health and addiction workers in the development and delivery of Anishinaabe best practices for healing and promoting healthy lifestyles. In keeping with the Kenora Chiefs Advisory mandate: culture and the expansion of culture knowledge must be incorporated into all levels of services by:</p> <ul style="list-style-type: none"> • ensuring all cultural protocols of the 13 member First Nations are adhered to in the planning and implementation of all programming • ensuring all planning and implementation of all planning is culturally relevant and appropriate • ensuring that the planning is flexible enough to allow for innovation in the implementation of cultural diversity and cultural protocols specific to each community. <p>Programs / Services offered:</p> <ul style="list-style-type: none"> • Promotes holistically healthy lifestyles by conducting / facilitating Healing Circles and other Anishinaabe ways of healing and support • Provides and /or facilitates training in Anishinaabe ways (traditional/ cultural teachings and healing methodologies) • Cultural presentations, workshops, and education to individuals, families and communities to ensure individuals are aware of the cultural resources available to maintain their cultural identity / practices. <p>Short-Term Crisis Counselling - The Short Term Crisis Counselling program (STCC) is intended to provide coverage for mental health counselling to address crisis situations when no other mental health services are available and/or being provided. This program is intended to support the provision of immediate psychological and emotional care to individuals in significant distress to stabilize their condition, minimize potential trauma from an acute life event and, as appropriate, transition them to other mental health supports. A crisis may include the following: Distress manifested by symptoms of physical, cognitive, emotional or behavioral disturbances; Inability to care for self and without individual, family and/or community support and resources to deal with the issue; nature of the circumstances</p>	<p>Phone: (807) 467-8144 Toll Free: 1-855-367-2600 Fax: (807) 467-2656</p> <p>http://www.kenorachiefs.ca/</p>



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		requires the individual to resolve the issue urgently. The Bi-cultural Therapeutic Team provides clinical and/or bi-cultural crisis interventions to individuals, families and communities. Works closely with a holistic interdisciplinary team in finding alternative ways to provide strengths-based practices and trauma informed care from a culturally safe perspective.	
Lake of The Woods District Hospital ~Community Counselling	Kenora	<p>Offers counselling for individuals with mental health issues that focus on:</p> <ul style="list-style-type: none"> • Provides individual and couples counselling as well as specialized groups for adults • Provides information and educational resources • Counselling available for following issues: <ul style="list-style-type: none"> • Anger • Depression • Eating disorders • Grief • Panic and anxiety • Separation, family and relationship issues • Sexual issues including sexual orientation • Stress • Survivors of emotional, physical, and sexual abuse 	<p>St. Joseph's Health Centre 21 Wolsley St Kenora, ON P9N 3W7 Phone: (807) 467-3555</p> <p>http://www.lwdh.on.ca/</p>
Metis Nation of Ontario	Dryden Geraldton Kenora Thunder Bay	<p><i>Healing & Wellness</i></p> <p>The goal of the Aboriginal Health and Wellness Strategy (AHWS) is to improve the health of Aboriginal individuals, families, communities and nations. This will be realized by reduced family violence through equitable access to health care, Aboriginal specific health care facilities, improved standards of care, the provision of culturally appropriate health services, and the promotion of a healthy environment. A traditional and culturally appropriate approach to healing and wellness for all Aboriginal peoples of Ontario will ensure access for all to the type of health care and services most other Ontarians take for granted. The two main components of the Strategy are "healing" and "wellness". These evolved from the need to address the issues of family violence in Aboriginal communities and to create a</p>	<p>34B King Street Dryden, ON P8N 1B3 Phone: (807) 223-4535</p> <p>404 Main Street, Unit E P.O. Box 825 Geraldton ON, P0T 1M0 Phone: (807) 863-0082</p> <p>4-621 Lakeview Drive</p>



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		<p>province wide, Aboriginal-specific health policy.</p>	<p>Kenora, ON P9N 3P6 Phone: (807) 468-5835</p> <p>226 May Street South Thunder Bay, ON P7E 1B4 Phone: (807) 624-5025</p> <p>http://www.metisnation.org/</p>
<p>Ne-Chee Friendship Centre (Kenora)</p>	<p>Kenora</p>	<p>The Ne-Chee Friendship Centre (NFC) was founded in 1975 and incorporated on May 31, 1976. The Kenora Fellowship Centre provided space for Aboriginal people to meet prior to the incorporation of the Ne-Chee Friendship Centre, and was one of the founding members of the Ontario Federation of Indigenous Friendship Centres (OFIFC) which was incorporated in 1971. In 1975, there was a growing need in Kenora to assist Aboriginal people as they migrated into the urban environment. In response to community needs, a number of volunteers were instrumental in organizing practical details for a Friendship Centre, drafting a constitution and obtaining incorporation papers. The centre is now over 35 years old and continues to grow.</p> <p>Programs & Services:</p> <p>Aboriginal Criminal Courtwork Program Aboriginal Community Justice Program Aboriginal Family Courtwork Program Aboriginal Healthy Babies Healthy Children Program Akwe:go: Urban Aboriginal Children’s Program Alternative Secondary School Program Apatisiwin Children’s Mental Health Project</p>	<p>1301 Railway Street P.O. Box 241 Kenora, ON P9N 3X3 Phone: (807) 468-5440 Fax: (807) 468-5340</p> <p>https://www.nechee.org/</p>



<u>Agency</u>	<u>Agency</u>	<u>Description of Agency Service</u>	<u>Contact Info</u>
		Healing and Wellness Program Life Long Care Program Urban Aboriginal Healthy Living Program Wasa-Nabin: Urban Aboriginal Youth Program	
Nishnawbe-Gamik Friendship Centre (Sioux Lookout)	Sioux Lookout	<p>The Nishnawbe-Gamik Friendship Centre (NNFC) was incorporated on August 4, 1971, and became a member of the Ontario Federation of Indian Friendship Centres (OFIFC) in 1973. In the late 1960's two different groups of people of more than 200 miles, apart came up with the same idea - the Rotary Club in Sioux Lookout and leaders of the First Nations in the north. The Rotarians thought Indigenous people residing in or visiting the town should have a drop-in centre. The Indigenous leaders also wanted to have a place to get together when they were in Sioux Lookout - the transportation, administrative, and social services centre for remote Northwestern Ontario communities.</p> <p>Indigenous leaders had another concern - that Northern First Nations communities should have a communication system through which they could contact Sioux Lookout and also communicate with each other in their own language. These two groups got together in the summer of 1970 to discuss their mutual interests. Out of that 1970 meeting, the Sioux Lookout Fellowship and Community Centre was born.</p> <p>Programs & Services: Aboriginal Combined Courtwork Program Addictions and Mental Health Program Akwe:go: Urban Aboriginal Children's Program Apatisiwin Healing and Wellness Program Life Long Care Program Urban Aboriginal Healthy Living Program Wasa-Nabin: Urban Aboriginal Youth Program</p>	52 King Street P.O. Box 1299 Sioux Lookout, ON P8T 1B8 Phone: (807) 737-1903 Fax: (807) 737-1805 http://www.ngfc.net/
North of Superior Counselling Programs (NOSP)	Armstrong Geraldton Longlac	North of Superior Counselling Programs (NOSP) is a community-based mental health and addiction Agency that provides services across the lifespan. NOSP services are free of charge. NOSP Service Focus: Specialized services, case management, intensive clinical intervention,	Armstrong: 111 Queen Street Phone: (807) 583-2213



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	Manitouswadge Marathon Nipigon Terrance Bay	clinical assessment, clinical/addiction counselling, intervention/treatment planning, harm reduction, brief services (short-term evidence-based programing that 'targets' specific issues such as anxiety, depression, bullying).	Fax: (807) 583-2206 Geraldton: Phone (807) 854-1321 Fax (807)854-0006 423 Main St. Unit 3 Longlac: Phone: (807) 876-2235 Fax: (807) 876-2401 121 Forestry Road Manitouswadge: Phone: (807) 826-4517 Fax (807)826-3088 1 Health Care Cres. Marathon: Phone: (807) 229-0607 Fax (807)229-3040 51 Peninsula Rd. Nipigon: Phone: (807) 887-2632 Fax (807)887-2764 16 Front St. Terrace Bay: Phone: (807) 825-1080 Fax: (807) 825-1030



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			9 Selkirk Street http://www.nosp.on.ca/EN/
Our Kids Count (OKC)		<p>Community Kitchens - share in menu planning and cooking with peers and take home meals for the family.</p> <p>Drop-In - get together with other parents and their children to share in a time of play and creative activities offered by Early Childhood Educators. Parents are responsible for their own children.</p> <p>Program Participant Advisory Committee - meet regularly, throughout the year, with neighbors to plan activities for families in the community and support programs offered by Our Kids Count.</p> <p>Parenting Support - all the Programs offered under parenting support are led by trained group leaders. Learn more about such things like your child's development; positive discipline; building your child's self-esteem and taking time for yourself.</p> <p>Young Parents - this program provides an opportunity for pre-natal and post-natal young parents who are usually under the age of 21 to get together and share ideas and learn new skills. They are supported by the Young Parents Program Coordinator.</p> <p>Pre/postnatal Support - a nurse is available to pregnant or new moms needing information and support on prenatal care, labor, birth, care of the newborn and breastfeeding. You can arrange to meet her at one of our sites or main office. Individual home visits can also be arranged.</p> <p>Home Visiting - We can match you up with a resource mom to provide one-on-one support in your home. This program runs year round.</p> <p>Family Counsellor - a family counselor is available to provide free, community-based, short-term counseling to individuals and families. Free childcare provided during appointments.</p>	704 McKenzie Street Thunder Bay, Ontario P7C 3L4 http://www.ourkidscount.ca/
Out of the Woods Counselling	Keewatin	Provides confidential individual, relationship or family counselling services that focus on: communication, conflict resolution, substance use/addiction, life transitions, long distance	610 Lakeview Drive Keewatin, ON P0X 1C0



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		relations, illness, trauma & abuse and grief and loss.	Phone: (807) 474-2235 https://www.outofthewoodscounselling.com/
PACE (People Advocating for Change through Empowerment)	Thunder Bay Geraldton Schreiber Marathon	<p>PACE is run by and for people with lived experience of a mental health issue or addiction issue; in a non-clinical environment. PACE provides a wide range of services and activities in the community.</p> <p>PACE's approach comes from the common understanding that people can and do recover with the proper supports in place, and that peer support is integral to successful recovery. The organization works closely with local mental health system tables to bring the consumer voice to service planning, evaluation, and coordination, and provide direct informal or formal peer support and self-advocacy support to individuals.</p> <p>Programs include:</p> <ul style="list-style-type: none"> • Coffee talk • Art therapy • Games Day • Music Therapy • Peer Support • Support Groups: <ul style="list-style-type: none"> ○ Depression/Anxiety/Post Traumatic Stress Disorder ○ Healthy living ○ Emotional health ○ Domestic Violence Support Group for Women <p>Additional Services offered:</p> <ul style="list-style-type: none"> • A Membership Coordinator (MC) works very closely with the members and develops a strong existing relationship and encourages continued involvement in daily activities, peer support and socialization. • The Education Coordinator (EC) strives to increase the quality of life for consumer/survivors. The EC holds regular workshops, presentations and a monthly 	<p>217 S. Algoma Street Thunder Bay, ON</p> <p>301 Main Street Geraldton, ON</p> <p>313 Scotia Street Schreiber, ON</p> <p>52 Peninsula Road Marathon, ON</p> <p>PH: 807-343-4760</p> <p>https://www.pace-tbay.net/</p>



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		<p>education committee meeting to bring community awareness addressing the stigma, myths, prejudices and misconceptions associated with Mental Illness.</p> <ul style="list-style-type: none"> The Systemic Advocacy Coordinator advocates on behalf of all consumer/survivors of mental health services, exploring alternatives to the existing services of legislation and rules in our community that effect consumer/survivors of mental health and addictions. 	
Sexual Assault Centre		<p>The Sexual Abuse Centre Thunder Bay specializes in providing help, support, counselling, and information for women and men who have difficulties overcoming the traumatic effects of:</p> <ul style="list-style-type: none"> Sexual assault Sexual abuse Sexual harassment Cyber Sexual Exploitation and Abuse <p>Services offered at the Sexual Assault Centre include:</p> <ul style="list-style-type: none"> One-on-one counselling Group counselling Crisis counselling and intervention Community outreach and education 	<p>385 Mooney Street Thunder Bay, Ontario P7B 5L5 Phone: (807) 345-0894</p> <p>http://www.tbsasa.org/</p>
Shkoday Abinojiiwak Obimiwedoan (Thunder Bay Aboriginal Head Start)	Thunder Bay	<p>Shkoday Abinojiiwak Obimiwedoan will exist to lead the children and caregivers to a place of mental, emotional and spiritual strength by providing a healthy environment that reflects the cultural values of the extended family through the presence of strong, caring people who come to share and carry on their love, skills, language and knowledge.</p> <ul style="list-style-type: none"> To promote the health, education, nutrition, holistic development and wellbeing of Aboriginal children two to six years of age; To provide a community based program that is built on the identified needs and concerns of Aboriginal children and their families; To empower and encourage Aboriginal parents/caregivers as primary teachers to provide traditional and cultural parenting to Aboriginal children; To support the spiritual, emotional, intellectual and physical growth of each 	<p>1610 John Street Road Thunder Bay, ON. P7G 1J9 Phone: (807) 768-2342 Fax: (807) 768-9509</p> <p>http://www.shkoday.com/</p>



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		Aboriginal child in a cultural and academic learning environment; <ul style="list-style-type: none"> To encourage Aboriginal parent/caregiver involvement and the provision of parental support in all aspects of our program 	
Sioux Lookout First Nations Health Authority	Sioux Lookout	Guided by the Anishinabe Health Plan, Sioux Lookout First Nations Health Authority is here to support and contribute to a strong health system for the First Nations in the Sioux Lookout area. We serve 31 First Nations in the area, providing a variety of health services such as primary health care, counselling, accommodations, transportation, and more. This health system has many parts: <ul style="list-style-type: none"> First Nations with their primary responsibility for their people's health The secondary responsibilities of the Tribal Councils The on-going Treaty responsibilities of the Government of Canada The support of the Nishnawbe Aski Nation and other health organizations 	61 Queen Street PO Box 1300 Sioux Lookout, ON, P8T 1B8 Phone: (807) 737-1802 1-800-842-0681 (Toll Free) Fax: (807) 737-1076 http://www.slnha.com/
Sioux Lookout Meno Ya Win Health Centre	Sioux Lookout	Mental Health and Addictions Program (MHAP) As an integral part of Sioux Lookout Meno Ya Win Health Centre, and funded by the Ministry of Health, our programs are designed to respond and meet the needs of those affected by mental health and addictions issues. We are a multidisciplinary group of mental health and addictions counsellors with years of supervised clinical experience. The Mental Health and Addictions Program include Assault Care and Treatment Program, Outpatient Withdrawal Service, the Wellness and Recovery Centre as well as long-term counselling and crisis counselling services. "MenoYaWin" in the Anishinaabe language means "health, wellness, well-being", and refers to holistic healing and wellness, the "whole self being in a state of complete wellness". Our care is based on recognizing the relationship of the physical, emotional, mental and spiritual aspects of a person. Our services are based on mental health and addictions best practices and include: <ul style="list-style-type: none"> Mental Health & Addiction Counselling Crisis Counselling via ER Visiting Consulting Psychiatrist Clinic 	Sioux Lookout Meno Ya Win Health Centre 1 Meno Ya Win Way P.O. Box 909 Sioux Lookout, Ontario P8T 1B4 Phone: (807) 737-1275 Toll Free: 1 (877) 737-1275 http://www.slmhc.on.ca/



<u>Agency</u>	<u>Agency</u>	<u>Description of Agency Service</u>	<u>Contact Info</u>
		<ul style="list-style-type: none"> • Problem Gambling Counselling • Needle Exchange Program • Treatment Referral • Case Management • Forensic Case Management • Wellness & Recovery Centre Day Program • Outpatient Withdrawal Services • Assault Care and Treatment Counselling 	
Sister Margaret Smith Centre	Thunder Bay	<p>In keeping with St. Joseph's Care Group and its Mental Health and Addiction Services, the Sister Margaret Smith Centre - Adult Addiction Programs - provides a range of services to meet the needs of the people of Thunder Bay and Northwestern Ontario who may be experiencing difficulties related to alcohol and other drugs. In addition, referrals are accepted from other areas. The continuum of care includes education and awareness sessions, community treatment groups, individual and family counselling and intensive residential treatment programs. Follow up and Continuing Care options are an integral part of our program delivery. The Smith Centre has provided many years of service and has been an essential part of this community's history.</p> <p>Trauma and Addictions Program: At the Sister Margaret Smith Centre, the full continuum of addiction services are trauma informed. In practical measure this means that there is a common understanding that many of our clients have experienced traumatic life events. For many individuals struggling with substance abuse and/or gambling, there is often found to be a history of trauma which can include child physical, sexual, psychological and emotional abuse, as well as, adult single event traumas i.e., motor vehicle accidents, traumatic death/bereavement, assaults and other events. It is now generally accepted that the links between trauma and addiction are strong. Many clients are clearly able to tie their onset of substance use/gambling to attempts to cope. Many have also experienced traumatic events in their adult years connected to their substance abuse/gambling and the high risk situations addiction is often associated with. Within a trauma informed context, clients are provided education regarding the impact of trauma and are taught grounding and containment</p>	301 Lillie St N, Thunder Bay ON P7C 0A6 Phone: (807) 684-5100 http://www.sjcg.net/services/mental-health_addictions/mha-gambling/main.aspx



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		<p>measures with which to manage trauma symptoms. Psycho-education and symptom management techniques consist of interventions typically offered in the first stage of trauma recovery- the safety stage.</p> <p>The services of the Trauma specialist can be accessed while clients are participating in one of the residential treatment programs. Additional support may be provided to clients engaged in the substance use/gambling residential program who are finding it a struggle to remain engaged in treatment given intrusive trauma symptoms, i.e, flashbacks, nightmares, dissociation. Individual meetings with a trauma therapist can be helpful to assist the client in managing most effectively while continuing to seek treatment for their addiction.</p> <p>Trauma specific services are also available to clients upon completion of the residential program and/or to individuals referred for community-based treatment. These services consist of an individualized trauma assessment with the development and subsequent implementation of a treatment plan. The task is two-fold, to treat both the addiction as well as the underlying trauma. Trauma treatment techniques include the use of a coping skills format with measured exposure as memories are processed. Exposure techniques utilized include: CBT, CBT with modified prolonged exposure, as well as, EMDR.</p> <p>Given the complex nature of working with addictions and trauma concurrently, a strong collaborative approach with each client is utilized in order to maintain treatment within safe parameters.</p> <p>Adult Addiction Programs: The Adult Addiction staff are trained addiction counsellors and program assistants who also have experience and knowledge in a variety of other fields including psychology, social work and nursing. Other members of the multi-disciplinary team include a stress management specialist, spiritual advisor, therapeutic recreationist and trauma specialist. We have access to a consulting physician, psychiatrist and nurse practitioner.</p> <p>All Adult Addiction Programs promote hope, unity and diversity encompassing humanistic, spiritual and cultural beliefs by respecting differences in age, gender, sexual orientation, race, culture, abilities and religion. This is demonstrated through our priorities for staff training and by inclusion in program planning. Our approach to treatment is holistic, client-centered and based on assessed needs.</p>	



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		<p>The Sister Margaret Smith operates as a member of the Thunder Bay Integrated Addiction System and is part of a flexible community network of social service and health care agencies capable of responding to the spectrum of client's presenting needs. Clients are introduced to self-help groups such as AA, NA and GA which offer meetings on site, in addition to a Native Healing Circle. Linkages are made with other resources such as Community Mental Health, AIDS Thunder Bay, TBDHU, Indian Friendship Centre, TBRHSC, NorWest and Mushkiki Community Health Centres.</p> <p><i>Our Programs</i></p> <p>Substance Abuse Programs (for ages 18 - 60)</p> <ul style="list-style-type: none"> ▪ Assessment and treatment planning ▪ Community treatment groups ▪ Ongoing support groups ▪ Individual counselling ▪ Day or Evening treatment groups ▪ Intensive residential treatment ▪ Specialized treatment services <ul style="list-style-type: none"> ○ for Men ○ for Women <p>Older Adult Programs (for ages 60+)</p> <ul style="list-style-type: none"> ▪ Addresses both substance abuse and problem gambling ▪ Assessment and treatment planning ▪ Individual Counselling ▪ Community treatment groups ▪ Ongoing support groups ▪ Day treatment ▪ Intensive residential treatment <p>Specialized Programs</p> <ul style="list-style-type: none"> ▪ Concurrent Disorders Program ▪ Family Program 	



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		<ul style="list-style-type: none"> ▪ Spiritual Care Program ▪ Stress Management Program ▪ Trauma & Addictions Program ▪ Youth in Transition Program (YTP) <p>Spiritual Care Program: The Sister Margaret Smith Centre provides healing opportunities to those searching for meaning in life's turbulent and often unexpected circumstances, which are often connected to the individual's struggles to live with addiction. The spiritual component of our program is designed to provide education, personal choice and practical application of spiritual skills, both in group format and individually. Participants are additionally invited into a process of identification, exploration and expression of personal loss.</p> <p>We endeavour to provide an atmosphere of acceptance while encouraging multi-faith meditative practices and spiritual traditions. Our "Sacred Space" offers a myriad of possibilities for honouring one's history through the use of ritual, celebration and symbolism. You are invited to open yourself to these possibilities and allow yourself the benefit of discovering the "Sacred" within you.</p> <p>In an environment of caring compassion, we attempt to provide a safe and trusting space for individuals to work towards personal healing at their own pace, with close attention to individualized needs. In a dignified and respectful manner, we encourage individuals to attain their fullest potential with strength based practice that promotes empowerment.</p>	
Sunset Women's Aboriginal Circle	Sioux Lookout	<ul style="list-style-type: none"> • Provides education, programs and workshops to promote healthy lifestyles and prevent illness • Endeavors to improve working relationships between health care systems and Aboriginal communities • Provides education to raise awareness of health issues affecting Aboriginal people • Ensures that Aboriginal individuals understand the present health care system • Provides education in an effort to reduce violence within Aboriginal communities 	26 Second Ave Sioux Lookout, ON P8T 1A5 (807)737-7922



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Thunder Bay and Area Victim Services	Thunder Bay	<p>At Thunder Bay and Area Victim Services we are committed to compassionate reliable victim centered services.</p> <p>In pursuit of this vision, Thunder Bay and Area Victim Services provides immediate victim centered support in partnership with emergency services.</p> <p>Thunder Bay and Area Victim Services is committed to supporting all victims of crime and tragic circumstances. We provide crisis response, supports, programs and services to help alleviate the trauma associated with victimization.</p>	<p>1200 Balmoral Street Thunder Bay, Ontario P7B 5Z5 Phone: (807) 684 1051 http://www.tbayvictimservices.com/index.php</p>
Thunder Bay Counselling	Thunder Bay	<p>Thunder Bay Counselling is the leading local provider of personal, family and workplace counselling solutions. If you are looking for welcoming, professional support to help you through difficult times, we can help. Our counsellors can provide you with a full range of counselling services and programs in a discreet, confidential space. We work with people of every gender, sexual orientation, ethnic or cultural background and faith. We can help you talk about:</p> <ul style="list-style-type: none"> • Abuse • Anger • Depression & Anxiety • Family Violence • Grief • Relationships • Sexual Violence & Harassment • Sexual Orientation • Violence Against Women • Stress • Trauma <p>Programs offered: Violence against women, support services for male survivors, online counselling, mental health counselling, couples counselling, sexual violence & harassment.</p>	<p>544 Winnipeg Avenue Thunder Bay, ON, P7B 3S7 Phone: (807) 684-1880 http://www.tbaycounselling.com/en/home/</p>
Thunder Bay Indigenous Friendship Centre	Thunder Bay	<p>The Thunder Bay Indigenous Friendship Centre (TBIFC) is one of the "original six" Friendship Centres in Ontario, founded in 1964 and incorporated on February 15, 1968 as the Thunder Bay Indian Youth Friendship Society. The centre was also one of the founding members of the Ontario Federation of Indigenous Friendship Centres (OFIFC) which was incorporated 1971.</p>	<p>401 N. Cumberland Street Thunder Bay, ON P7A 4P7 Phone: (807) 345-5840 Fax: (807) 344-8945</p>



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		<p>In response to an increasing number of Native people migrating to Thunder Bay, the Friendship Centre was established. With a constantly increasing demand for its services, the Friendship Centre soon outgrew its original building and in 1972, after several years of seeking government and community support, a new Centre was constructed on the original property. Today, the Centre operates with a Board of Directors and employs a large staff to maintain its programs and services.</p> <p>Providing increased access to culture and culture based program and service delivery, specifically targeted to improve identity and foster healthy relationships for urban Indigenous children, youth and families. Organizing direct counselling, support, teaching and ceremonies, and other preventative services. Through a range of approaches, providing activities which will foster a strong sense of well-being and positive Indigenous identity. Children and youth who are grounded in culture and who have positive associations with Indigenous identity are far more likely to transition into adulthood confident, capable and prepared. Connectedness to culture for children and youth is a critical aspect of development and wholistic well-being. The Thunder Bay Indigenous Friendship Centre will play a significant role in building and maintaining the cultural foundations urban Indigenous children, youth and families require to achieve healthier outcomes.</p> <p>Programs & Services: Aboriginal Combined Courtwork Program Aboriginal Criminal Courtwork Program Aboriginal Family Courtwork Program Addictions and Mental Health Program Akwe:go: Urban Aboriginal Children's Program Apatisiwin Children's Mental Health Project Cultural Connections for Aboriginal Youth Healing and Wellness Program Kizhaay Anishinaabe Niin Life Long Care Program Urban Aboriginal Fetal Alcohol Spectrum Disorder Program</p>	<p>https://tbifc.ca/</p>



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		Urban Aboriginal Healthy Living Program Wasa-Nabin: Urban Aboriginal Youth Program	
Thunder Bay Shelter House	Thunder Bay	<p>SHELTER: Shelter House is open 24 hours a day, 7 days a week, including weekends and holidays. We provide laundry facilities, showers and can accommodate up to 62 men, women and youth (age 16 to 18) in segregated dorms. Our facility is a temporary, emergency shelter and does not offer long term housing</p> <p>SUPPORT: the ultimate goal is for each individual to secure adequate and affordable housing in the community. Thunder Bay, like many other Canadian communities, faces a severe shortage of affordable housing. We work closely with outside social service agencies and provide appropriate referrals, outreach, life skills, crisis intervention, and work experience where possible to help residents move forward in securing a home.</p> <p>STREET OUTREACH SERVICES (SOS): the Street Outreach Services Team runs daily from 2PM - 2AM. These teams of two are equipped to go out on the streets and help those in need.</p> <p>KWAE KII WIN CENTRE: The Kwae Kii Win Centre Managed Alcohol Centre provides supportive living for 15 people who have experienced long term homelessness and addiction to alcohol. By providing supportive housing, combined with accessible health care, nutritious food and psycho-social supports, residents at the Kwae Kii Win Centre reduce dangerous drinking levels and rely less on emergency services to meet their health and social needs. Supportive living is not a new concept. It is a much less expensive solution to help people with severe health conditions than one that is solely reactive, and it offers residents a much higher quality of life. Kwae Kii Win Centre offers a harm reduction approach to alcohol use, by allowing clients to consume managed doses of alcohol on site. The program provides access to primary care and community supports to assist each client in improving his or her wellness and health overall, leading to more positive outcomes for both the individual and the community.</p> <p>FOOD: Shelter House provides three meals a day, and 24 hour access to food at the door. We offer two community meals daily from 1:30 - 2:30pm (as of February 1, 2015) and 7:00 - 8:00pm, which typically sees up 100 - 150 people visiting for a meal at each serving time. Combined with meals for residents and food access at the door, Shelter House provides 600 and 700 meals daily. We also distribute surplus groceries and prepare emergency food</p>	420 George St. Thunder Bay, ON P7E 5Y8 Tel: (807) 623-8182 Fax: (807) 622-6328 http://www.shelterhouse.on.ca/ Street Outreach Services 620-SOST(7678)



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		hampers on occasion. Shelter House meal service depends on the generous charity of the community through donations of perishable and non-perishable food and over 50,000 hours of volunteer time that goes into food collection, preparation and serving.	
Waasegiizhig Nanaandawe'Iyewigamig	Keewatin	Waashkootsi Nanaandawe'iyewigamig Healing Lodge provides a culture-based, residential healing program intended to break the cycles of violence, abuse, and addictions by addressing underlying causes and developing knowledge and skills that support healthy lifestyles. The 20-day Mitigomish Healing Program follows the moon cycle, and incorporates traditional ceremonies and cultural teachings, alongside contemporary supportive counselling, education, and referral services. Outreach services including workshops are also available.	Health Centre Road Obashkaandagaang First Nation P.O. Box 320 Keewatin, Ontario POX 1C0 Phone: (807) 543-1065 Fax: (807) 543-1126 Toll Free: 1-800-656-9271 (807)467-2453 http://www.wnhac.org/
Waninawakang Aboriginal Head Start	Sioux Lookout	The Waninawakang Aboriginal Head Start Program (WAHS) strives to support children in their process of discovering the world. We provide holistic programming that stimulates a personal sense of identity, encourages pride in their Aboriginal heritage and promotes a universal acceptance of people in the human race. The Waninawakang Aboriginal Head Start Program provides support, advocacy, and learning opportunities for children and their families in a safe and nurturing environment. Works to incorporate the Aboriginal language and culture in all aspects of programming and to develop a role model program utilizing Elders and community members that will promote knowledge in Aboriginal heritage.	66 Princess Street P.O. Box 1617 Sioux Lookout, ON P8T 1C3 Phone: (807) 737-7519 Fax: (807) 737-7520 http://waninawakangahs.com/
Women's Place Kenora	Kenora	Women's Place Kenora is a charitable non-profit woman's resource centre owned and operated by a woman-centred Collective. Women's Place works to create equality and justice for women through educational programs on women's economic independence and the prevention of violence against women and children. Women's Place helps to overcome barriers of oppression so that women can become full participants in society on an equal basis. They offer: peer counselling, workshops, employment assistance program, entrepreneurship business skills assistance, referrals, community kitchen, public awareness events, library &	530 3rd St North Kenora, ON P9N 2M3 Phone: (807) 468-9095 https://womensplacek.wordpress.com/



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		computers, and freecycle room.	
Women's Shelter Saakate House	Kenora	<p>Women's Shelter, Saakaate House is a shelter for women and their children who are experiencing violence in their lives and seek safety. Confidential 24-hour support and safety are offered by staff working from a feminist perspective in an environment in which women can make informed decisions. We are committed to changing societal conditions and attitudes which perpetuate violence and abuse against women.</p> <p>Services provided:</p> <ul style="list-style-type: none"> • Emergency Shelter -The shelter provides a safe and secure environment for abused women and their children. • 24-hour staff -The shelter offers a 24 hour crisis line and is staffed 24 hours a day, 7 days a week. • Support and safety - For women who do not reside at the shelter, appointments can be made to speak and/or meet with the Transitional & Housing Support Worker. Referrals are made for any resources a woman may need in the community. • Counseling Services for Abused Women Supportive counseling is available to women while they reside at the shelter. Staff provide options and referrals to assist women in making informed choices. A Mental Health Therapist is on staff to provide counseling. • Referrals and Resources - Staff are knowledgeable of community resources and are able to provide women with information about services relating to health, legal, education, social assistance, and housing. • Visiting Nurse - Weekly visits to the Shelter by a Nurse Practitioner to assist women and children with primary health needs in a safe and supportive environment. Funded by Lake of the Woods Regional Community Foundation. 	<p>P.O. Box 49 Kenora, ON P9N 3X1</p> <p>Telephone: (807) 468-5491 (Crisis Line/General Inquiries) (807) 468-1889 (Administration)</p> <p>Fax: (807) 468-7870</p> <p>http://www.wssh.ca/</p>
Zaagi-idiwin Aboriginal Head Start (Fort Frances)	Fort Frances	<p>We are a unique, licensed, school-readiness, early learning program that serves families and children within the town of Fort Frances and surrounding area.</p> <p>The Head Start Program is geared for children 2.5-5 years of age who are from Aboriginal</p>	<p>308 Butler Avenue Fort Frances, ON P9A 2N9</p>



<u>Agency</u>	<u>Agency</u>	<u>Description of Agency Service</u>	<u>Contact Info</u>
		<p>descent and are preparing to enter school. This program teaches children school-readiness skills and is designed to meet the spiritual, emotional, intellectual and physical needs of young children.</p> <p>The curriculum is planned and focused on six (6) specific components: Education; Culture; Language; Health; Nutrition; Parental Involvement; and Social Support.</p>	<p>Phone: (807) 274-7244 Fax: (807) 274-8500</p> <p>http://www.unfc.org/</p>