

Indigenous Mental Health
Services / Support
Directory

THE KEY



Za-geh-do-win

Information Clearinghouse

THE KEY

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Za-geh-do-win Information Clearinghouse Publications:

Abuse

Understanding Anger

Stress Management

Alcohol and Your Health

Bullying Information

Dating Violence

Understanding Grief

Dating Violence

Elder Abuse



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Disclaimer

Although every effort has been made to ensure the accuracy of the information which appears in this document, Manotsaywin Nanotoojig Inc. assumes no liability or responsibility for any errors or omissions which may occur whether due to negligence or otherwise.

Manotsaywin Nanotoojig Inc.

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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 Indigenous initiatives in health, healing and family violence.

Our purpose is to provide information to Indigenous 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
- Indigenous communities and organizations
- other organizations that provide information and services for Indigenous 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.

This directory was updated in the summer /fall 2020 by calling organizations and performing an internet search, confirming that the information listed is correct.

Please note, this is a living document that is constantly changing. If you see an error or omission, please contact us at 1.800.669.2538.

What Is Indigenous Mental Health

Regardless of the variations in the histories and health beliefs of First Nations and other Indigenous 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 Indigenous 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.”

Smye, Vicki, and Bill Mussell. "Aboriginal mental health-What works best." (2001).

CHILD & FAMILY SERVICES

ANISHINAABE ABINOOJII FAMILY SERVICES

Anishinaabe Abinoojii Family Services is founded on the recognition of the importance of the Anishinaabe family system and the potential of the many traditional methods, strengths and resources within their communities. To support the healing, wellbeing and strengthening of families.

Services

20 Main Street South
Kenora, ON
P9N 1S7

Tel: (807) 468-6224
Fax: (807) 468-6643
Toll free 1.866.420.9990

Head Office (Executive, Administration & Finance)
Wauzhushk Onigum Nation
Kenora, Ontario P9N 3X8
Phone: 807-548-1099
Fax: 807-548-1345

Services

- Prevention Services
- Cultural Programing
- Caregiving
- 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.

Shawendaasowin Child and Family Services

Protection services for band members in Naotkamegwanning and Northwest Angle #33 First Nations and Prevention services for Naotkamegwanning only.

1008 Baibombeh Road
Pawitik, ON
P0X 1L0

Tel: 807-226-2844
Fax: 807-226-2845

Wabaseemoong Child Welfare Authority

Protection/Prevention services for band members of Wabaseemoong Independant Nation.

General Delivery
Whitedog, ON
P0X IP0

Tel: 807-927-2222
Fax: 807-927-2045

Kitapinoonjiiminaanik Family Services

Protection/Prevention services for band members of Grassy Narrows First Nation.

c/o 12 Main St South
Kenora, ON
P9N 1S7

Tel: 807-468-8238

OchiichagweBabigolning Ojibway Nation

Prevention services for their band members

R.R. #1
Dalles Road
Kenora, ON
P9N 3W7

Tel: 807-548-5876

Lac Seul First Nation

Prevention services for their band members in Kejick Bay, Frenchmen's Head and Whitefish Bay.

General Delivery
Hudson, ON

Tel: 807-582-3805/9610
Fax: 807-582-9883/582-9661

Iskatewizaagegaan #39 Independant Nation

Prevention services for their band members.

Box 1
Shoal Lake, ON

Tel: 807-733-2560
Fax: 807-733-3653

Fax 807-468-7960

Wabauskang First Nation

Prevention services for their band members.

PO Box 339

Ear Falls, ON

P0V 1T0

Tel: 807-529-3174

Fax: 807-529-3007

**Protection Services provided by AAFS
to the following communities:**

Eagle Lake, Wabigoon Lake and Wabauskang First Nations by
our Dryden based office staff

Tel: 807-223-4953

Fax: 807-223-8636

**Prevention Services provided by AAFS
Staff to the following communities:**

Wauzushk Onigum Nation

Tel: 807-548-5663

Migisi Sahgaigan First Nation

Tel: 807-755-1586

Northwest Angle #37 First Nation

Tel: 807-226-1170

Northwest Angle #33 First Nation

Tel: 807-226-9926

Shoal Lake #40 First Nation

Tel: 807-733-9925

Wabigoon Lake Ojibway Nation

Tel: 807-938-2313

Obashkaandagaang Ojibway Nation

Tel: 807-543-2532

**DILICO ANISHNABEK
FAMILY CARE**

Dilico Anishinabek Family Care provides a range of programs
and services that cares for the welfare of children and families,
physical health, the mental health and the health of the
communities.

Main Office

200 Anemki Place

Fort William First Nation

Thunder Bay, ON

P7J 1L6

Tel: (807) 623-8511

Fax: (807) 626-7999

Toll-Free: 1-855-623-8511

Website: www.dilico.com

Dilico District Offices

Armstrong District Office

3A Doug Drive
White Sand First Nation
Armstrong, ON
P0T 1A0

Tel: (807) 583-2013

Fax: (807) 583-2785

Toll-Free: 1-855-750-4085

Central Fax: (807) 626-7999

Website: www.dilico.com

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: 1-800-623-8511

Longlac District

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

Tel: (807) 876-2267

Fax: (807) 876-2312

24 Hour Access:

1-855-623-8511

Nipigon District Office

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

Tel: (807) 887-2514

Fax: (807) 887-2184

Head Office: 1-855-887-2514

Toll Free Fax: 1-855-626-7999

Mental Health & Addictions

Dilico Anishinabek Family Care Mental Health and Addictions Services provide strong support and treatment services, equitable access and responsive options for individuals, families and communities. Assisting people with complex mental health issues, substance abuse problems and the challenges of daily life addresses short and long-term health problems.

Thunder Bay Clinic

Tuesdays 1:00 p.m. - 7:00 p.m.

Dilico Heath Park Site

1115 Yonge Street

For more information, please contact (807) 624-5818

Longlac Clinic

Last Monday of each month from 1:00 - 3:30

Dilico Longlac Office

118 Forestry Road

For more information, please contact the Longlac Office toll free at (855) 623-8511

District Community Clinics

Please contact local Dilico office for clinic dates, locations, & times. Information posted at Band Office & Health Centres.

Services provided:

- Cultural Services
- Adult Services
- Child/Youth & Family Services
- Health Services
- Community Health Services
- Community and Personal Support
- Family Health Teams
- Infant / Child Development Workers
- Community Health Nurses
- Diabetes / Chronic Disease Management
- Health Educator
- Child Welfare
- Customary Care & Kinship
- Protection Services
- Support Services
- Foster

DNAAGDAWENMAG BINNOOJIIYAG CHILD AND FAMILY SERVICES

Dnaagdawenmag Binnoojiiyag (Nog-dah-wen-mawg) (Bin-oo-h-zhee-yug)

Dnaagdawenmag Binnoojiiyag Child & Family Services is a multi-service Indigenous wellbeing agency.

Services:

- Child and Youth Mental Health & Addictions
- Native Youth Justice
- Youth in Transition
- Alternative Care
- Family Service
- Children In Alternative Care
- Cultural Services

Main Location:

Dnaagdawenmag Binnoojiiyag Child & Family Services

517 Hiawatha Line
Hiawatha, ON
K9J 0E6

Phone: (705) 295-7135

Email: info@binnoojiiyag.ca

Local Offices / Communities

Alderville - Black Oak Savanna Office

8467 Northumberland County Rd 18
Roseneath, ON K0K 2X0

Alderville First Nation Office

8913 County Road 45
Roseneath, ON K0K 1X0

Bancroft

231 Hastings Street North.
Bancroft, ON K0L 1C0

Barrie

Unit 1404 64 Cedar Pointe
Drive.
Barrie, ON L4N 5R7

**Beausoleil First Nation
Offices**

36 Zhingwak Miikan
Christian Island, ON L9M
0A9

Cobourg

Unit 5 - 450 Campbell
Street.
Cobourg, ON K9A 4C4

Durham

1600 Stellar Drive - Suite
300
Whitby, ON L1N 9B2

**Georgina Island First
Nation
Office**

144 Hello Rd.
Georgina Island First
Nation, ON L0E 1R0

Gravenhurst

100 Steamship Bay Road,
Gravenhurst, ON P1P 1Z9

**Hiawatha First Nation
Office**

517 Hiawatha Line
Hiawatha First Nation, ON
K9J 0E6

**Moose Deer Point First
Nation Office**

3720 Twelve Mile Bay Road
Moose Deer Point, ON P0C
1H0

**Mohawks of the Bay of
Quinte**

10 Industrial Park Road.
Shannonville, ON K0K 3A0

Peterborough

185 King Street West - 4th
Floor
Peterborough, ON K9J 2R8

**Scugog Island First Nation
Office**

22600 Island Rd.
Port Perry, ON L9L 1B6

Rama First Nation Office

7410 Benson Rd.
Rama First Nation, ON L3V
6H6

Orillia - Atherley Office

Units 6-7, 660 Atherley
Road
Orillia, ON L3V 1P2

Orillia - Memorial

Unit 112A - 210 Memorial
Ave.
Orillia, ON L3V 7V1

Midland

175 Yonge St.
Midland, ON L4R 2A7

Moose Deer Point First Nation

3720 Twelve Mile Bay Road.
Moose Deer Point, P0C 1H0

Sutton

3856 Baseline Rd.
Sutton West, ON L0E 1R0

**KINA GBEZHGOMI
CHILD & FAMILY SERVICES**

Kina Gbezhgomi Child and Family Services provides services to ensure children are protected and stay connected with their culture, language and community while strengthening family and community relationships.

Local Offices / Communities

Whitefish River First Nation
Aundeck Omni Kaning First Nation
Sheguiandah First Nation
M'Chigeeng First Nation
Sheshegwaning First Nation
Zhiibaahaasing First Nation
Wikwemikong Unceded Indian Reserve-

Programs & Services

- Cultural Services
- Foster Care
- Customary Care
- Kin Care
- Youth in Care Supports
- After Care Supports

Community Support

The Community Support Services program encompasses supportive/prevention services:

- Advocacy and referral
- Cultural Awareness
- Community Education Promoting Healthy Lifestyles
- Life Skills
- Support and Counseling Services
- Family and Parent Education

Family Support

The Family Support encompasses intensive and direct services for children and families:

- Assessment and Service Planning for individual and families
- Advocacy and Liaison Services
- Welfare, Court and Plans of Care
- Collaborative and planning Services
- After Hours Services related to Child Welfare matters

Main Office:

98 Pottowatomi St.
Wikwemikong, ON
P0P 2J0

Tel: (705) 859-2100
Fax: (705) 859-2195
Toll Free: 1-800-268-1899
Website: www.kgcfs.org

Foster Care and Alternative Care Department

19 A Complex Drive
Wikwemikong, ON
P0P 2J0

Tel: (705) 859-1010
Fax: (705) 859-1621
Toll Free: 1-877-379-1010

Admin., IT., and
Finance Department
15 Edward Street, Unit #6
Wikwemikong, ON P0P 2J0
Tel: 705-370-2100
Fax: 705-859-3629

Satellite Office:
72 Hwy 551, Unit # 2
P.O. Box 360
M'Chigeeng, ON
P0P 1G0

Tel: (705) 370-2100
Fax: (705) 377-5403

Newgate Office:
866 Newgate Avenue, Unit # 1
Sudbury, ON
P3A 5J9

Tel: (705) 885-9910
Fax: (705) 560-3988
Toll Free: 1-866-299-2773

KUNUWANIMANO CHILD & FAMILY SERVICES

Kunuwanimano Child & Family Services is an organization that values children and is respectful and sensitive to their needs. Kunuwanimano Child & Family Services works collaboratively with their First Nations members to ensure the safety and well-being of children is secured by strengthening, supporting and encouraging the healthy development of families.

Timmins Office:

38 Pine St. North
Unit 120
Timmins, ON
P4N 6K6

401 Cedar St S.
Timmins, ON
P4N 2H7
Tel (705) 268-903

Tel: (705) 268-9033

Toll Free: 1-800-461-1293

Fax: (705) 268-9272

E-Mail: info@kunuwanimano.com

Website: www.kunuwanimano.com

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

Services provided:

- Customary Care
- Band Representative
- Counselling and Referral
- Advocacy
- Family Support and Prevention
- Foster Care

Local Offices

Kapuskasing Office

1b-36 Circle
Kapuskasing, ON
P5N 1T7
Tel (705) 335-288

Cochrane Office

Cochrane, ON
P0L 1C0
Tel (705) 272-2729

Kirkland Lake Office

145 Government Rd. W.
Unit 101
Kirkland Lake, ON
ON P2N 2E8
Tel (705) 567-3360

Mattagami Office

75 Helen St.
Gogama, ON
P0M 1W0

Chapleau Ojibway Office

522 Highway
(705) 864-1600

Constance Lake Office

3 Nesque St.
Constance Lake ON
P0L 1B0
Tel (705) 463-1049

Matachewan Office

Matachewan Band Office
Matachewan, ON
Tel (705) 565-2335

Taykwa Tagamou Office

PO Box 1330
Cochrane ON109 Burnside
Tel (705) 272-2729

Hornepayne Office

179 Front St.
Hornepayne, ON
Tel (807) 868-2674 ex.1720

Brunswick House

P.O Box 1609
Chapleau ON
Tel (705) 864-0248 Ext. 7

Wahgoshig Office

R.R #3 PO Box 99
Matheson ON
Tel (705) 273-1010

Beaverhouse First Nation Office

26 Station Road North
Kirkland Lake ON
Tel (705) 567-2022 ext.237

MNAASGED CHILD & FAMILY SERVICES

Mnaasged Child and Family Services provides services that are rooted in the cultural values and beliefs to enhance the social harmony in their communities by implementing best practices and shared responsibility to support and improve the quality of life for their families now and for the next generations.

Services provided:

- Alternative Care
- Kin In-Care, and

- Formal Customary Care
- Emergency food bank
- Emergency baby supplies
- Support referral services
- Training services including Red Path and PRIDE
- Community outreach with the Family Circle of Care
- Youth In-Transition Services

Mnaasged Administration Office

311 Jubilee Road
Muncey, ON
N0L 1Y0

Tel: (519) 289-1117
Fax: (519) 289-3068
Toll Free: 1-877-652-1118
Website: <https://www.mnaasged.ca>
Email: info@mnaasged.com

Local Offices / Member Communities

Aamjiwnaang First Nation

978 Tashmoo Avenue
Sarnia, ON N7T 7H5
Telephone: 519-336-8410
Fax: 519-336-0382

Caldwell First Nation

10297 Talbot Trail Rd.
RR #2 Blenheim
N0P 1A0
Ph: 1-800-206-7522

Chippewas of the Thames

320 Chippewa Road
Muncey, Ontario
N0L1Y0
Tel. 519-289-5555
Fax 519-289-2230
Toll Free – 1-866-550-5539

EELÜNAAPÉEWI LAHKÉEWIT

(Delaware Nation)
14760 School House Line,
RR#3, Thamesville, ON
N0P 2K0
Tel. 519-692-3936
Fax 519-692-5522

Kettle and Stony Point First Nation

6247 Indian Lane, ON N0N
1J1
Tel. 519-786-2125
Fax 519-786-2108

Munsee-Delaware Nation

RR #1 . Muncey, Ontario
N0L 1Y0
TL: 519.289.5396

Oneida Nation of the Thames

2212 Elm Ave.

Southwold, Ontario N0L 2G0

Tel: 519-652-3244

NATIVE CHILD & FAMILY SERVICES OF TORONTO

Native Child and Family Services of Toronto (NCFST) is a multi-service urban Indigenous agency providing holistic, culture-based programs and services for Indigenous children and families.

Main Office:

30 College Street

Toronto, ON

M5G 1K2

Tel: (416)-969-8510

Fax: (416)-928-0706

Email: info@nativechild.org

Website: www.nativechild.org

Downtown Locations

Native Youth Resource
Centre

655 Bloor St W,

Toronto, ON

M6G 1L1

M5A 2K7

Native Learning Centre

83 Alexander St,

Toronto, ON

M4Y 1B7

Clinical Services

185 Carlton St,

Toronto, ON

Locations East

Scarborough Child and Family Life Centre & Aboriginal Head
Start -Waabanong (East)

156 Galloway Rd,

Scarborough, ON

M1E 1X2
Malvern EarlyOn Hub
76 Tapscott Rd,
Scarborough, ON
M1B 3G7

Mt. Dennis EarlyOn Hub
1288 Weston Rd,
York, ON
M6M 4R3

Native Learning Centre – East
145 Guildwood Pkwy,
Scarborough, ON
M1E 1P3

Locations South

Aboriginal Head Start – Shaawnaong (South)
935 Dundas St E,
Toronto, ON
M4M 1R4

Locations West

Aboriginal Head Start – Epnigishmok (West)
20 Bansley Ave,
York, ON
M6E 2A2

Locations North

Aboriginal Head Start – Kiiwednong (North)
2784 Keele St,
North York, ON
M3M 2G2

Programs & Services

Children’s Mental Health & Family Wellbeing services include counselling and related programs.

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

- Cultural Services
- Early Years
- Aboriginal Head Start
- Aboriginal Daycares
- EarlyOn Centres
- Native Youth Resource Centre
- Youth Services
- Clinical Services
- Pre and Post Natal Supports

- Parenting Supports

NIIJAANSINAANIK CHILD AND FAMILY SERVICES

Niijaansinaniik Child and Family Services a culture based organization that provides child protection, prevention, care, advocacy and cultural services to the First Nations and all other Indigenous peoples living within their jurisdiction. Niijaansinaaniik provides services that reflect values, beliefs, and principles rooted within the Anishinabek culture.

Communities

- Henvey Inlet First Nation,
- Dokis First Nation,
- Magnetawan First Nation,
- Shawanaga First Nation,
- Wasauksing First Nation,
- Wahnapiitae First Nation

Head Office

702 Main Street, Dokis First Nation, ON P0M 2N1

Phone: 705-763-2000

Fax: 705-223-7439

Satellite offices

40C Couchie Industrial Road,

North Bay, ON P0H 1P0

Phone: 705-223-0008

Fax: 705-223-7439

2 Migizii Miikan,
North Bay, ON P1B 8G5

Phone: 705-223-0008

Fax: 705-223-7439

368 Pickerel River Road,
Henvey Inlet, ON, P0G 1J0

Phone: 705-223-0008

Fax: 705-223-7439

Services provided:

- Customary Care
- Child Protection
- Prevention Services
- Alternative Care
- Cultural Services

**NOG-DA-WIN-DA-MIN
FAMILY AND COMMUNITY SERVICES**

Nog-da-win-da-min Family and Community Services assists communities in strengthening families and communities for the safety and well-being of children by providing community based services grounded in Anishnawbek values.

Head Office

210 B Gran St.
Batchewana First Nation,
ON
P6A 0C4

Toll Free: 1 (800) 465-0999

Tel: (705) 946-3700

Fax: (705) 946-3717

Email: info@nog.ca

Services provided:

- Prevention Services
- Alternative Care
- Cultural Services
- Youth Services

Batchewana First Nation:

1 August Street,
Batchewana First Nation, ON
P6A 5K9

Toll Free: 1-(800)-465-0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-945-9873

Batchewana First Nation:

15 August Street,
Batchewana First Nation,
ON
P6A 5K9

Toll Free: 1-(800)-465-
0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-998-1144

Batchewana First Nation:

13 Nebenaigoching ,
Batchewana First Nation, ON
P6A 5K9

Toll Free: 1-(800)-465-0999

Phone: 1-(705)-946-3700

Batchewana First Nation:

16 Nebenaigoching ,
Batchewana First Nation, ON
P6A 5K9

Toll Free: 1-(800)-465-
0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-998-1191

Batchewana First Nation:

16 Nebenaigoching ,
Batchewana First Nation, ON
P6A 5K9

Toll Free: 1-(800)-465-0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-998-1191

Sault Ste Marie:

123 March Street, suite 300
Sault Ste Marie, ON
P6A 2Z5

Toll Free: 1-(800)-
465-0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-253-1641

Sault Ste Marie:

669 Queen St E.
Sault Ste Marie, ON
P6A 1X8

Toll Free: 1-(800)-465-0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-998-1192

Garden River First Nation

7 Shingwauk Street,
Garden River First Nation, ON
P6A 6Z8

Toll Free: 1-(800)-465-0999

Phone: 1-(705)-253-7452

Fax: 1-(705)-253-1641

Batchewana First Nation:

17 Batchewana Street,
Batchewana First Nation,
ON

P6A 5K9

Toll Free: 1-(800)-465-
0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-942-8527

Sault Ste Marie:

489 Bay Street
Sault Ste Marie, ON
P6A 1X6

Toll Free: 1-(800)-465-
0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-946-5014

Sault Ste Marie:

7A Oxford St.
Sault Ste Marie, ON
P6B 1R7

Toll Free: 1-(800)-465-
0999

Phone: 1-(705)-946-3700

Fax: 1-(705)-945-1477

Serpent River First Nation

473 Highway 17 East,
Building C,
Serpent River First Nation,

Cutler, ON
P0P 1B0

Sagamok Anishnawbek

53 Kokoko Road
Sagamok First Nation, ON
P0P 1P0

Toll Free: 1-(800)-465-0999
Phone: 1-(705)-865-9938
Fax: 1-(705)-865-1340

Sudbury

1855 Lasalle Blvd, Unit 1
Sudbury, ON
P3A 2A3
Toll Free: 1-(800)-465-0999
Phone: 1-(705)-946-3700
Fax: 1-(705)-525-5572

Toll Free: 1-(800)-465-0999
Phone: 1-(705)-844-2019
Fax: 1-(705)-844-1580
Email: info@nog.ca

**Atikameksheng
Anishnawbek**

212 Maani Street,
Atikameksheng
Anishnawbek, ON
P0M 2M0
Toll Free: 1-(800)-465-0999
Phone: 1-(705)-692-4179
Fax: 1-(705)-692-0358

Sudbury

957 Cambrian Heights,
Suite 101
Sudbury, ON
P3C5S5
Toll Free: 1-(800)-465-0999
Phone: 1-(705)-946-3700
Fax: 1-(705)-525-5572

**PAYUKOTAYNO
JAMES & HUDSON BAY FAMILY SERVICES**

General Inquires & Customer Care

Payukotayno Administrative
Office
50 Bay Road,
P.O. Box 189 D
Moosonee, ON
P0L 1Y0

Tel: (705) 336-2229
Fax: (705) 336-2492
Toll Free: (705 Area Only) –
1-888-298-2916
After Hours: 1-866-336-
2492

E-Mail:
info@payukotayno.ca

In partnership with their communities, Payukotayno delivers culturally appropriate services for the safety and well-being of children and families.

Communities:

Moosonee
Moose Factory
Fort Albany
Kashechewan
Attawapiskat

Services provided:

- Child Welfare
- Children's Mental Health
- Adoption Services
- Foster Care

Child & Youth Milopemahtesewin Services

75 Ferguson Road,
P.O. Box 189,
Moosonee, ON P0L 1Y0
Phone: 705-336-0058
Fax: 705-336-0062
Toll-free: 1-888-702-2981

**TIKINAGAN
CHILD AND FAMILY SERVICES**

P.O. Box 627
63 King St.
Sioux Lookout, ON
P8T 1B1

Tel: (807) 737-3466
Fax: (807) 737-3543
Website: www.tikinagan.org

Community-based child welfare agency rooted in and accountable to the First Nations communities they serve. A large team of child and youth workers, family service workers, support and administrative staff.

Services provided:

- Prevention Services
- Community Services
- Adoption Services
- Foster Care
- Youth Services

Servicing over thirty communities from Ogoki in the east to the Manitoba border in the west, and from Savant Lake in the south to Fort Severn in the north. 30 First Nations as well as Pickle Lake, Savant Lake and Allenwater.

Aroland

T: 807-329-8519

T: 807-329-5749

F: 807-329-5384

Eabametoong

T: 807-242-1596

T: 800-525-2765 (Toll Free)

F: 807-242-1241

Bearskin Lake

T: 807-363-9725

T: 807-363-9735

F: 807-363-9726

Fort Severn

T: 807-478-2554

F: 807-478-1199

Cat Lake

T: 807-347-2452

T: 807-737-3466

T: 800-465-3624 (Toll Free)

F: 807-347-2443

F: 807-737-5075

Kasabonika

T: 807-535-9093

F: 807-535-9094

Keewaywin

Serving Keewaywin & Koocheching

T: 807-771-1149

F: 807-771-1148

Deer Lake

Serving Deer Lake & North

Spirit Lake

T: 807-775-9817

T: 807-775-9816

T: 807-775-9815

F: 807-775-9400

Kejick Bay

Serving Lac Seul, Whitefish Bay, Kejick Bay & Frenchman's Head

T: 807-582-9779

**Kitchenuhmaykoosib
Inninuwig**

T: 807-537-2019
T: 866-299-3099 (Toll Free)
F: 807-537-2413

**Kingfisher Lake
Serving Wunnumin &
Kingfisher Lake**

T: 807-532-2259
T: 807-532-9945
F: 807-532-2356

**Lac Seul
Serving Lac Seul
Whitefish Bay, Kejick Bay
& Frenchman's Head**

T: 807-582-3490
T: 807-582-9747
T: 807-582-3438
T: 807-582-9822
T: 807-582-9992
T: 866-996-9181 (Toll Free)
F: 807-582-3453

Marten Falls

T: 807-349-2550
T: 807-349-2583
F: 807-349-2674

**Mishkeegogamang
Serving
Mishkeegogamang, Pickle
Lake & Allanwater**

T: 807-928-2990
T: 800-554-3677 (Toll Free)
F: 807-928-2024

Muskrat Dam

T: 807-471-9966
T: 807-471-9995
F: 807-471-9786

Neskantaga

T: 807-479-1067
F: 807-479-1069

Nibinamik

T: 807-593-1139
T: 807-593-1143
F: 807-593-9956

**North Spirit Lake
Serving Lac Suel, Deer
Lake & North Spirit Lake**

T: 807-776-0232
T: 807-776-0291
F: 807-776-0294

Pikangikum

T: 807-773-1121
T: 807-773-1147
T: 807-773-1021
F: 807-773-1048

Poplar Hill

**Serving Red Lake,
Balmertown, Ear Falls,
Poplar Hill & McDowell**

T: 807-772-1161
F: 807-772-8839

Red Lake

**Serving Red Lake,
Balmertown, Ear Falls,
Poplar Hill & McDowell**

T: 807-727-3047
T: 888-568-1115 (Toll Free)
F: 807-727-3539
F: 807-727-8968

Sachigo Lake

T: 807-595-1117
T: 807-585-2527
F: 807-595-1559

Sandy Lake

T: 807-774-1541
T: 800-966-6694 (Toll Free)
F: 807-774-1577

Saugeen

Serving Saugeen & Savant Lake

T: 807-928-0535
T: 807-928-0536
F: 807-928-0537

Sioux Lookout

T: 807-737-3466
T: 800-465-3624 (Toll Free)
F: 807-737-5071

Slate Falls

T: 807-737-7400 ext.
3222/3221
T: 800-465-3624 (Toll Free)
F: 807-737-5077

Thunder Bay

**Serving Aroland,
Eabametoong, Marten**

**Falls, Neskantaga &
Webequie**

T: 807-737-3466
T: 800-465-3624 (Toll Free)
F: 807-473-5857

Wapekeka

**Serving Wapekeka &
Wawakapewin**

T: 807-537-9946
T: 807-537-9921
F: 807-537-2089

Weagamow

T: 807-469-1304
T: 888-753-7124 (Toll Free)
F: 807-469-1312

Webequie

T: 807-353-5202
T: 807-353-5257
T: 807-353-5309
T: 807-353-5572
T: 866-833-5606 (Toll Free)
F: 807-353-1457

Wunnimun Lake

**Serving Wunnumin &
Kingfisher Lake**

T: 807-442-1098
F: 807-442-2609

WEECHI-IT-TE-WIN FAMILY SERVICES

P.O. Box 812
Fort Frances, ON
P9A 3N1

Tel: 807-274-3201
Fax: 807-274-8435
Website: www.weechi.ca

Services provided:

- Child Welfare

- Children's Mental Health
- Adoption Services
- Family Councillors
- Tele Mental Health
- Developmental Support Services

Weechi-it-te-win was founded as an "Anishinaabe Alternative" to the child welfare system. To preserve Anishinaabe culture and identity, to assure the growth, support and development of children within Anishinaabe families and communities.

**Anishinaabeg of
Naongashiing Community
Care Program**

P.O. Box 335
Morson, Ontario
POW 1J0
Phone: (807) 488-5536
Fax: (807) 488-5577

**Big Grassy River
Community Care Program**

P.O. Box 408
Morson, Ontario
POW1J0
Phone: (807) 488-5917
Toll Free: 1-800-993-3023
Fax: (807) 488-5503

**Onigaming Customary
Care Resource Program**

P.O. Box 129
Nestor Falls, Ontario
POX 1K0
Phone: (807) 484-2299
Fax: (807) 484-2649

**Rainy River First Nations
Community Care Program**

P.O. Box 450
Emo, Ontario
POW 1E0
Phone: (807) 482-2479

**Naicatchewenin
Community Care Program**

P.O. Box 15, RR#1
Devlin, Ontario
POW 1C0
Phone: (807) 486-3407
**Couchiching Child and
Family Care Program**

RMB 2027, RR#2
Fort Frances, Ontario
P9A3M3
Phone: (807) 274-7418
Toll Free: 1-888-581-0251
Fax: (807) 274-6279

**Mitaanjigamiing
Ganawendaasowin
Customary Care Resource
Team**

P.O. Box 609
Fort Frances, Ontario
P9A3N1

Fax: 807-274-8597
Phone: 807-274-2188

**Nigigoonsiminigaaning
Community Support
Services**

P.O. Box 68
Fort Frances, Ontario
P9A3M5
Phone: (807) 481-1110
Fax: (807) 481-1026

**Seine River Community
Care Program**

P.O. Box 124
Mine Centre, Ontario
POW 1H0
Phone: (807) 599-1139
Fax: (807) 599-1132

**Aa-kwii-no-win Social
Services**

P.O. Box 640
Fort Frances, Ontario
P9A 3M9

**SIX NATIONS OF THE GRAND RIVER
CHILD & FAMILY SERVICES (CFS)**

P.O. Box 5000
Ohsweken, ON
N0A 1M0

Tel: (519) 445-0230
Fax: (519) 445-0249

Child & Family Services Administration:

Six Nations of the Grand River Child & Family Services is a Native Child Welfare Prevention program, located at 15 Sunrise Court (across from Iroquois Plaza just off Chiefswood Road) We offer individual, couple, family and group counselling, as well as a variety of social, recreational and leisure programs and seasonal special events.

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

31 Hilltop Drive,
St. Regis, QC, H0M 1A0

Tel: 613-575-2341
Fax: 613-575-1154

FIRST NATIONS HEALTH CENTRES

Aamjiwnaang First Nation Health Department

1300 Tashmoo Avenue
SARNIA, ON
N7T 7H5
T: 519 -332-6770
F: 519-332-8925
www.aamjiwnaang.ca/health

Alderville First Nation

11696 Second Line
P.O. Box 12
ROSENEATH, ON
K0K 2X0
T: (905) 352-2140
F: (905) 352-3824
www.alderville.ca/health

Algonquins of Pikwakanagan First Nation

Health Services
1643 Misomis Inamo
P.O. Box 86
PIKWAKANAGAN, ON
K0J 1X0
T:(613) 625-2259
F:(613) 625-2207
www.algonquinsofpikwakanagan.com/health-services/

Animakee Wa Zhing #37 (Northwest Angle No. 37)

P.O. Box 1590

KENORA, ON

P0X 1N0
T:(807) 226-5353
F:(807) 226-1164

Animbiigoo Zaagi'igan

Anishinaabek

(Lake Nipigon

Ojibway) Health Services

204 Main Street
P.O. Box 120
BEARDMORE, ON
P0T 1G0
T:(807) 875-2785
F:(807) 875-2786
www.aza.ca

Anishinaabeg of Naongashiing (Big Island)

P.O. Box 335
MORSON, ON
P0W 1J0
T:(807) 488-5602
F:(807) 488-5942
www.bigisland.ca

Aroland First Nation

P.O. Box 10
AROLAND, ON
P0T 1B0
T:807-329-5970
F:(807) 329-5970
www.arolandfirstnation.ca

**Atikameksheng
Anishnawbek
Health & Community
Wellness**

25 Reserve Road
NAUGHTON, ON
P0M 2M0
T:(705) 692-3651
F:(705) 692-5010
atikamekshenganishnawbek.ca
/program_and service-
catogories/health-
and_community_wellness

**Attawapiskat First Nation
Health Clinic**

P.O. Box 248
ATTAWAPISKAT, ON
P0L 1A0
T:(705) 997-2166
F:(705) 997-2116
httF://www.attawapiskat.org

**Aundeck Omni Kaning
First Nation
Naandwehgiigamik Health
Centre**

R.R. #1, Box 21, 12B
Hillside Street
LITTLE CURRENT, ON
P0P 1K0
T:(705) 368-3171
F:(705) 368-0293
www.aokfn.com/healthcentr
e

**Bearskin Lake First
Nation**

P.O. Box 25
BEARSKIN LAKE, ON
P0V 1E0

T:(807) 363-2518
F:(807) 363-1066

**Beausoleil First Nation
Family Health Centre**

156 Mkade Kegwin Miikaan
CHRISTIAN ISLAND, ON
L9M 0A9
T:(705) 247-2023
F:(705) 247-2239
chimissing.ca/health

**Beaverhouse First Nation
Healthcare Services**

P.O. Box 1022
26 Station Road North
KIRKLAND LAKE, ON
P2N 3L1
T:(705) 567-2022
F:(705) 567-1143
www.wabuntribalcouncil.ca/f
irst-nations/beaverhouse/

**Big Grassy River First Nation
Esiniwab Health Centre**

509 Beach Road
P.O. Box 425
MORSON, ON
P0W 1J0
T:(807) 488-5457
F:(807) 488-9644
www.biggrassy.ca/health/

**Biiigtigong Nishnaabeg
Ojibways of the Pic River
First Nation Health Centre**

P.O. Box 193
78 Pic River Road
Heron Bay, ON
P0T 1R0
T:(807)-229-1749
F:(807)-229-1944

www.picriver.com/departments/health/

**Biinjitiwaabik Zaaging
Anishinaabek
Rocky Bay Reserve
Health & Social Services**

501 Spirit Bay Road
MACDIARMID, ON
P0T 2B0
T:(807) 885-3401
F:(807) 885-1218
www.rockybayfn.ca

**Bingwi Neyaashi
Anishinaabek
(Sand Point First Nation)
Health & Social Services**

1 Copper Thunderbird Road
Sand Point FN, ON
P0T 2B0
T:(807) 623-2724
F:(807) 623-2764
[www. Sandpointfirstnation](http://www.Sandpointfirstnation)

**Bkejwanong Territory
Wallpole Island Health
Centre**

1604 River Road,
WALLACEBURG, ON
N8A 4K9
T:(519) 627-0765
F:(519) 627-0017
www.walpoleanislandfirstnation.ca/healthcentre

**Brunswick House First
Nation
BHFN Health Centre**

1 Kanata Street
P.O. Box 1178
CHAPLEAU, ON

P0M 1K0
T:(705) 864-0248
F:(705) 864-0342
www.brunswickhousefirstnation

**Caldwell First Nation
Health & Social Services**

P.O. Box 388
14 Orange Street
LEAMINGTON, ON
N8H 1P5
T:(519) 322-1766
F:(519) 322-1533
[www. caldwellfirstnation.ca](http://www.caldwellfirstnation.ca)

Cat Lake First Nation

122 Back Road West, P.O.
Box 81
CAT LAKE, ON
P0V 1J0
T:(807) 347-2100
F:(807) 347-2116

**Chapleau Cree First
Nation
Health Services**

P. O. Box 400
Fox Lake Reserve, 801 Fox
Lake Road
CHAPLEAU, ON
P0M 1K0
T:(705) 864-0200
F:(705) 864-0206
www.chapleaucree.ca

**Chapleau Ojibwe First
Nation**

522 Hwy 129
CHAPLEAU, ON
P0M 1K0
T:(705) 450-2910

www.chapleauojibwe.ca

**Chippewas of Georgina
Island F.N.
Georgina Island Health
Building**

Box N-13, R.R. #2
SUTTON WEST, ON
L0E 1R0
T:(705) 437-4242
F:(705) 437-2071
www.chippewasgeorginaisland.com/health-services

**Chippewas of Kettle and
Stony Point
Kettle & Stony Health
Services**

A-6247 Indian Lane, Box 6,
Kettle & Stony Point FN,
ON
N0N 1J1
T:(519) 786-5647
F:(519) 786-4541
<https://www.kettlepointfirstnation.org>

**Chippewas of Rama
First Nation**

Rama Health Centre
4142 Yellowhead Trail
RAMA, ON
L0K 6T6
T:(705) 325-3611
F:(705) 325-0879
www.ramafirstnation.ca/departments/Pages/health.aspx

**Chippewas of
Saugeen First Nation
Mino Bimadsawin
Health Centre**

57 Mason Drive, R.R. 1
SOUTHAMPTON, ON
N0H 2L0
T:(519) 797-3792
F:(519) 797-1328
www.chippewasofsaugueeojibwa.com

**Chippewas of the Thames
First Nation**

Chippewas Health Centre
322 Chippewa Road
MUNCEY, ON
N0L 1Y0
P:519-289-5555
F:519-289-2230
<https://www.cottfn.com/>

**Constance Lake First
Nation**

**Jane Mattinas Health
Centre**
1 Nes-Qua St.
Constance Lake, ON
P0L 1B0
T:(705) 463-2155
F:(705) 463-2400
www.cln.on.ca

Couchiching First Nation

RMB 2027, R.R. #2
FORT FRANCES, ON
P9A 3M3
T:(807) 274-3228
F:(807) 274-6458
www.couchicinfirstnation.com

**Curve Lake First Nation
Wshkiigoomaang
MnoBmaadziwin**

Gamiing – Health Centre
32 Whetung Street East
CURVE LAKE, ON
K0L 1R0
T:(705) 657-2557
F:(705) 657-3607
www.curvelakefirstnation.ca

Deer Lake First Nation
P.O. Box 39
DEER LAKE, ON
P0V 1N0
T:(807) 775-2141
F:(807) 775-2220
www.deerlake.firstnation.ca

**Delaware Nation
(Moravian of the Thames)
Wulamaliswiikaan
Delaware Nation Health
Centre**
14737 School House Line,
R.R. #3
THAMESVILLE, ON
N0P 2K0
T:(519) 692-3969
F:(519) 692-3182
[www.Delawarenation.on.ca/
health/](http://www.Delawarenation.on.ca/health/)

**Dokis First Nation
Dokis Health Centre**
940-A Main Street
Dokis First Nation, ON
P0M 2N1
T:(705) 763-2112
F:(705) 763-2087
[https://www.dokis.ca/?page
_id=6074](https://www.dokis.ca/?page_id=6074)

**Eabametoong First
Nation**

Health & Social Services
P.O. Box 281
EABAMET LAKE, ON
P0T 1L0
T:(807) 242-1333
F:(807) 242-1250
[http://www.eabametoong.firs
tnation.ca/governance-
administration/health-and-
social-services/](http://www.eabametoong.firstnation.ca/governance-administration/health-and-social-services/)

**Eagle Lake First Nation
Eagle Lake Health &
Resource Centre**
P.O. Box 1002
MIGISI SAHGAIGAN, ON
P0V 3H0
T:(807) 755-1157
F:(807) 755-1161
[https://www.northwesthealth
line.ca/displayService.aspx?
id=140544](https://www.northwesthealthline.ca/displayService.aspx?id=140544)

Flying Post First Nation
P.O. Box 1027
NIPIGON, ON
P0T 2J0
T:(807) 887-3071
F:(807) 887-1138
www.flyingpost.ca

Fort Albany First Nation
13 School Road
P.O. Box 1
FORT ALBANY, ON
P0L 1H0
T:(705) 278-1044
F:(705) 278-1193
www.fortalbany.ca

**Fort Severn First
Nationgin**

P.O. Box 149
FORT SEVERN, ON
P0V 1W0
T:(807) 478-2572
F:(807) 478-1103
www.fortsevern.firstnation.ca

Fort William First Nation
90 Anemki Drive, Suite 200
THUNDER BAY, ON
P7J 1L3
T:(807) 623-9543
F:(807) 623-5190
www.fortsevern.firstnation.ca

**Ginoogaming First Nation
(Long Lac #77)**
P.O. Box 89, 101 Poplar
Crescent
LONG LAC, ON
P0T 2A0
T:(807) 876-2242
F:(807) 876-2495

**Grassy Narrows First
Nation**
General Delivery
GRASSY NARROWS, ON
P0X 1B0
T:(807) 925-2201
F:(807) 925-2649

**Henvey Inlet First Nation
Health Centre**
295 Pickerel River Road
PICKEREL, ON
P0G 1J0
T:(705) 857-1221
F:(705) 857-0730

www.hifn.ca

**Hiawatha First Nation
Health & Social Services**
431 Hiawatha Line 10
KEENE, ON
K0L 2G0
T:(705) 295-4421
F:(705) 295-4424
www.hiawathafirstnation.com

Hornepayne First Nation
92 Sixth Avenue
P.O. Box 1553
Hornepayne, ON
P0M1Z0
T:(807)-868-2040
F:(807)-868-2050
www.hpfn.ca

**Iskatewizaagegan No. 39
Independent First Nation
Isobel Pinesse Memorial
Health Centre**
P.O. Box 1 Kejeck Post
Office
SHOAL LAKE, ON
P0X 1E0
T:(807) 733-2560
F:(807) 733-3106
www.shoallake39.ca

**Kasabonika Lake First
Nation**
P.O. Box 124
KASABONIKA LAKE, ON
P0V 1Y0
T:(807) 535-2547
F:(807) 535-1152

**Kashechewan First Nation
Kashechewan Health Services**

P.O. Box 30
KASHECHEWAN, ON
P0L 1S0
T:(705) 275-4470
F:(705) 275-1172
www.kashechewanhealth.com

**Keewaywin First Nation
Keewaywin Nursing Station**

P.O. Box 90, 202 Band
Office Road
KEEWAYWIN, ON
P0V 3G0
T:(807) 771-1210
F:(807) 771-1053
www.keewaywin.firstnation.ca

**Kiashke Zaaging
Anishinaabek (Gull Bay)**

Health Station
General Delivery
Gull Bay, ON
P0T 1P0
T:(807) 982-0006
F:(807) 982-0009
www.gulbayfirstnation.com

Kingfisher Lake First Nation

P.O. Box 57
KINGFISHER LAKE, ON
P0V 1Z0
T:(807) 532-2067
F:(807) 532-2063
www.kingfisherlake.ca

**Kitchenuhmaykoosib
Innuwug (Big Trout Lake) Health Department**

P.O. Box 329
Big Trout Lake, ON
P0V 1G0
T:(807) 537-2263/1183
F:(807) 537-2574
www.bigtroutlakefirstnation.ca

Koocheching First Nation

P.O. Box 32
SANDY LAKE, ON
P0V 1V0
T:(807) 774-1576
F:(807) 737-1082

Lac Des Mille Lacs First Nation Health Department

1100 Memorial Avenue,
Suite 328
THUNDER BAY, ON
P7B 4A3
T:(807) 622-9835
F:(807) 622-9866
www.lacdesmillelacsfirstnation.ca

**Lac La Croix First Nation
Negauquon Lake**

I.R. 25D
P. O. Box 640
FORT FRANCES, ON
P9A 3M9
T:(807) 485-2431
F:(807) 485-2583
www.laclacroixfirstnation.com

Lac Seul First Nation

Health Authority

P.O. Box 100
HUDSON, ON
P0V 1X0
T:(807) 582-3459
F:(807) 582-3837
www.lacseuldn.org

Long Lake #58 First Nation

Health Centre
209 Otter Street
P. O. Box 609
LONG LAC, ON
P0T 2A0
T:(807) 876-4553
F:(807) 876-1615
www.longlake58fn.ca

**M'Chigeeng First Nation
M'Chigeeng Health Centre**

689A, Old Highway 551
Road
M'CHIGEENG, ON
P0P 1G0
T:(705) 377-5347
F:(705) 377-5090
www.mchigeeng.ca/health-service

Magnetawan First Nation

Administration Building
10 Hwy 529
BRITT, ON
P0G 1A0
T:(705) 383-2477
F:(705) 383-2566
www.magfn.com

Marten Falls First Nation

General Delivery

OGOKI POST, ON
P0T 2L0
T:(807) 349-2509
F:(807) 349-2511

Matachewan First Nation

P. O. Box 160
MATACHEWAN, ON
P0K 1M0
T:(705) 565-2230
F:(705) 565-2585
www.matachewanfirstnation.com

Mattagami First Nation

P. O. Box 99
GOGAMA, ON
P0M 1W0
T:(705) 894-2072
F:(705) 894-2887
www.matachewanfirstnation.com

McDowell Lake First Nation

202-146 Howey St.
P. O. Box 321
RED LAKE, ON
P0V 2M0
T:(807) 735-1381
F:(807) 735-1383
www.mcdowellfirstnation.com

Michipicoten First Nation

107 Hiawatha Drive
Box 1, Site 8, R.R. #1
WAWA, ON
P0S 1K0
T:(705) 856-1993
F:(705) 856-1642

www.michipoten.com

[e.aspx](#)

**Mishkeegogamangossnab
ursh First Nation (New
Osnaburgh)**

NEW OSNABURGH, ON
P0V 2H0

T:(807) 928-2148

F:(807) 928-2077

<https://mishkeegogamang.ca/index.html>

**Mississaugas of the New
Credit First Nation**

2789 Mississauga Rd., R.R.
#6

HAGERSVILLE, ON

N0A 1H0

T:(905) 768-1133

F:(905) 768-1225

www.mncfn.ca

**Missanabie Cree First
Nation**

174B, Hwy. 17E, Bell's Point
GARDEN RIVER, ON

P6A 6Z1

T:(705) 254-2702

F:(705) 254-3292

www.missanabiecreefn.com

**Mitaanjigaming First
Nation**

**Gizhewaadiziwin Health
Access Centre**

P. O. Box 609

FORT FRANCES, ON

P9A 3M9

T:(807) 274-2188

F:(807) 274-9142

www.Gizhac.ca

**Mississauga #8 First
Nation**

Health Centre

64 Park Road, P. O. Box
1299

BLIND RIVER, ON

P0R 1B0

T:(705) 356-1621 Ext. 2238

F:(705) 356-1740

www.mississaugafn.com

**Mocreebec Council of the
Cree Nation Health
Services**

P. O. Box #4

MOOSE FACTORY, ON

P0L 1W0

T:(705) 658-4769

F:(705) 658-4487

www.mocreebec.com

**Mississaugas of Scugog
Island F.N. Health**

Programs & Centre

22600 Island Road

PORT PERRY, ON

L9L 1B6

T:(905) 985-1826

F:(905) 985-7958

www.msifn.com/Public/Hom

**Mohawks Council of
Akwesasne KAWEHNO:K
E MEDICAL CLINIC**

101 Tewesateni Road

Akwesasne, Ontario, K6H

0G5

T:(613) 575-2250

F:(613) 575-2181

www.
<http://www.akwesasne.ca/m>
edical-clinics

**Mohawks of the Bay of
Quinte
Community Wellbeing
Centre**

50 Meadow Drive
Tyendinaga Mohawk
Territory, ON
K0K 1X0
T:(613) 967-3603
F:(613) 369-3627
www.m bq-tmt.org

**Moose Cree First Nation
Health Services**

P. O. Box 190
22 Jonathan Cheechoo
Drive
MOOSE FACTORY, ON
P0L 1W0
T:(705) 658-4619
F:(705) 658-4734
www.moosecree.com/depart
emts/healthservices/

**Moose Deer Point First
Nation Health Services**

P. O. Box 119,
3719 Twelve Mile Bay
Road
MACTIER, ON
P0C 1H0
T:(705) 375-5209
F:(705) 375-0532
<http://moosedeerpoint.com/h>
ealth/

Munsee-Delaware Nation

Health Department

R. R. #1, 289 Jubilee Road
MUNCEY, ON
N0L 1Y0
T:(519) 289-5396
F:(519) 289-5156
www.munsee-delaware.squarespace.com/health/

Muskrat Dam First Nation

Health Department
P.O. Box 140
MUSKRAT DAM, ON
P0V 3B0
T:(807) 471-2573/2574
F:(807) 471-2540
www.

**Naicatchewenin First
Nation**

Box 15, R. R. #1
DEVLIN, ON
P0W 1C0
T:(807) 486-3407
F:(807) 486-3704
www.naicatcheweninfirstnation.ca/health/

**Namaygoosisagagun First
Nation Health & Wellness**

General Delivery
Collins, ON
P0V 1M0
T:(807) 626-1780
F:(807) 626-8126
[www.namaygoosisagagun.c](http://www.namaygoosisagagun.ca/services)
a/services

**Naotkamegwaning First
Nation (Whitefish Bay)**

Netaawgonebiik Health

Pawitik Post Office
PAWITIK, ON
P0X 1L0
T:(807) 226-5383
F:(807) 226-1026
<http://www.naotkamegwanni.ng.net/contact.php>

**Neskantaga First Nation,
(Lansdowne House)
Health & Social**

Neskantaga Reserve #239
P.O. Box 105
LANSDOWNE HOUSE, ON
P0T 1Z0
T:(807) 479-2570
F:(807) 479-2505
www.neskantaga.com

**Neyaashiinigiing First
Nation (Cape Croker)
Chippewas of Nawash
Health Centre**

135 Lakeshore Blvd.
Neyaashiinigiing, ON
N0H 2T0
T:(519) 534-0373
F:(519) 534-0964
www.nawash.ca/health-services/

**Nibinamik First Nation
Health Centre**

General Delivery
SUMMER BEAVER, ON
P0T 3B0
T:(807) 593-2211
F:(807) 593-2270
www.summerbeaver.com/health/

**Nigigoonsiminikaaning First
Nation**

Health Office
P.O. Box 68
Fort Frances, ON
P9A 3M5
T: (807) 481-2559
F:(807) 481-2578

**Nipissing First Nation
Lawrence Commanda
Health Centre**

58 Semo Road, R.R. #1
GARDEN VILLAGE, ON
P2B 3K2
T:(705) 753-3312
F:(705) 753-5087
www.nfn.ca/health-services/

**North Caribou Lake First
Nation (Weagamow or
Round Lake)**

General Delivery
WEAGAMOW LAKE, ON
P0V 2Y0
T:(807) 469-5191
F:(807) 469-1315

**North Spirit Lake First
Nation
Stanley Rae Memorial
Health Station**

General Delivery
NORTH SPIRIT LAKE, ON
P0V 2G0
T:(807) 776-0019
F:(807) 776-0063
www.nsl.firstnation.ca

**Northwest Angle No. 33
First Nation**

P.O. Box 1490
KENORA, ON
P9N 3X7
T:(807) 226-733-2200
F:(807) 733-3148
[https://www.northwesthealth
line.ca/displayservice.aspx?i
d=151306](https://www.northwesthealthline.ca/displayservice.aspx?i
d=151306)

**Obashkaandagaang
Washagamis Bay**

P. O. Box 625
KEEWATIN, ON
P0X 1C0
T: (807) 543-2532
F:(807) 543-2964

**Ochiichagwe’Babigo’ining
Nation (Dalles)**

22 Band Office Road
DALLES, ON
P9N 0J2
T:(807) 548-5876
F:(807) 548-2337

**Ojibways of Batchewana
Health Care**

236 Frontenac Street
Rankin Reserve 15D
Batchewana First Nation,
ON
P6A 6Z1
T:(705) 759-0914
F:(705) 759-9171
[www.batchewana.ca/depart
ments/health-care/](http://www.batchewana.ca/depart
ments/health-care/)

**Ojibways of Garden River
Wellness Centre**

23 Shingwauk Street
GARDEN RIVER, ON
P6A 7B2

T:(705) 946-5710
F:(705) 945-5702
www.grwc.ca/contact/

**Ojibways of Onigaming
(Sabaskong) Health
Services**

P. O. Box 437
NESTOR FALLS, ON
P0X 1K0
T:(807) 484-2339
F:(807) 484-2789
www.onigaming.ca/health

**Oneida Nation of the
Thames
Health Services**

2213 Elm Avenue
SOUTHWOLD, ON
N0L 2G0
T:(519) 652-0500
F:(519) 652-0504
[www.oneida.on.ca/healthser
vices/](http://www.oneida.on.ca/healthser
vices/)

Pays Plat First Nation

10 Central Place
PAYS PLAT, ON
P0T 3C0
T:(807) 824-2541
F:(807) 824-2206

**Pic Mobert First Nation
Netmizaaggamig
Nishnaabeg Health Centre**

P.O. Box 657
MOBERT, ON
P0M 2J0
T:(807) 822-2625
F:(807) 822-2975

www.picmobert.com/health-social-services

**Pikangikum First Nation
Home & Community Care**

Nursing Station
P.O. Box 323
PIKANGIKUM, ON
P0V 1L0
T:(807) 773-5578
F:(807) 773-5536

**Poplar Hill First Nation
Health Programs**

P. O. Box 1
Poplar Hill, ON
P0V 3E0
T:(807) 772-8838
P(807) 772-8876
www.poplarhill.firstnation.ca

**Rainy River First Nation
Health Program**

P. O. Box 450
EMO, ON
P0W 1E0
T:(807) 482-2479
F:(807) 482-2603
www.rainyriverfirstnations.com

**Red Rock Indian Band
(Lake Helen) Health
Services**

Box #1030
NIPIGON, ON
P0T 2J0
T:(807) 887-2510
F:(807) 887-3446
www.rrib.ca/admonistration/healthservices/

Sachigo Lake First Nation

P.O. Box 51
SACHIGO LAKE, ON
P0V 2P0
T:(807) 595-2577
F:(807) 595-1119

**Sagamok Anishnawbek
First Nation Health
Services**

P. O. Box 610, 4005
Españiel Street
MASSEY, ON
P0P 1P0
T:(705) 865-2171
F:(705) 865-3131
www.sagamock.ca/healthservices

**Sandy Lake First Nation
Health Authority**

P.O. Box 20
SANDY LAKE, ON
P0V 1V0
T:(807) 774-3461
F:(807) 774-1585
www.sandylake.firstnation.ca/health-authority

**Saugeen First
Nation (Ojibway Nation of)
(Savant Lake)**

General Delivery
SAVANT LAKE, ON
P0V 2S0
T:(807) 928-2824
F:(807) 928-2710
www.ojibwaysofsaugeen.ca/

Seine River First Nation

P. O. Box 124

MINE CENTRE, ON
P0W 1H0
T:(807) 599-2224
F:(807) 599-2865

**Serpent River First Nation
Kenabutch Health Centre**

40 Ball Park Road
CUTLER, ON
P0P 1B0
T:(705) 844-2152
F:(705) 844-2757
[www.serpentriverfn.com/me
et-up/kenabutch-health-
centre/](http://www.serpentriverfn.com/me
et-up/kenabutch-health-
centre/)

**Shawanaga First Nation
Healing Centre**

2 Village Road, R. R. #1
NOBEL, ON
P0G 1G0
T:(705) 366-2526
F:(705) 366-2740
[www.shawanagafirstnation.c
a/healoing-centre/](http://www.shawanagafirstnation.c
a/healoing-centre/)

**Sheguiandah First Nation
Health Centre**

P. O. Box 101, 76 Ogemah
Miikan
SHEGUIANDAH, ON
P0P 1W0
T:(705) 368-1150
F:(705) 368-1151

**Sheshegwaning First
Nation
Health Centre**

1079A Shesegwaning Road
SHESHEGWANING, ON
P0P 1X0

T:(705) 283-3292
F:(705) 283-3481
[www.sheshegwaong.org/he
alth.asp](http://www.sheshegwaong.org/he
alth.asp)

**Shoal Lake No. 40 First
Nation Health Department**

Keijick P.O. Box 6
KEJICK, ON
P0X 1E0
T:(807) 733-2315
F:(807) 733-3115
www.SL40.ca

**Six Nations of the Grand
River Territory Health
Services**

1745 Chiefswood Road
OHSWEKEN, ON
N0A 1M0
T:(519) 445-2418
F:(519) 445-0368
[www.Six Nations Health
Services](http://www.Six Nations Health
Services)

Slate Falls First Nation

48 Lakeview Drive
SLATE FALLS, ON
P0V 3C0
T:(807) 737-5700
F:(807) 888-431-5617

Taykwa Tagamou (New
Post)

R.R. #2, P.O. Box 3310
COCHRANE, ON
P0L 1C0
T:(705) 272-5766
F:(705) 272-5785

Temagami First Nation
Bear Island

Doreen Potts Health Centre
General Delivery
Lake Temagami, ON
P0H 1C0
T:(705) 237-8900
F:(705) 237-8912
www.temagamifirstnation.ca/doreen-potts-health-centre/

Thessalon First Nation Health Centre
32 Sugarbush Road,
THESSALON, ON
P0R 1L0
T:(705) 842-2670
F:(705)842-0282
www.thesslonfirstnation.ca/health

Wabaseemoong First Nation Health Centre
WHITEDOG, ON
P0X 1P0
T:(807) 927-2440
F:(807) 927-2079

Wabauskang First Nation Health Office
P. O. Box 418
EAR FALLS, ON
P0V 1T0
T:(807) 529-6329
F:(807) 529-6330

Wabigoon Lake First Nation
Site 115, R.R. #1, Box 300
DRYDEN, ON
P8N 2Y4

T:(807) 938-6684
F:(807) 938-1166

Wahgoshig First Nation Health Services
R.R. #3, 310 Penatuche Road
MATHESON, ON
P0K 1N0
T: (705) 273-2055
F:(705) 273-2900
www.wahgoshingfirstnation.com/home

Wahnapiatae First Nation Norman Recollet Health Centre
259 Taighwenini Trail Rd.
CAPREOL, ON
P0M 1H0
T:(705) 858-7700
F:(705) 858-5570
www.wahnaptaefirstnation.ca/health

Wahta Mohawks Health Services
2664 Muskoka Road
P. O. Box 260
BALA, ON
P0C 1A0
T:(705) 762-2354
F:(705) 762-2376
www.wahtamohawks.ca/health/

Wapekeka First Nation Health Station
P.O. Box 1
Wapekeka, ON
P0V 1B0

T:(807) 537-2315
F:(807) 537-2336

**Wasauksing First Nation
Health Centre**

P. O. Box 250, 1508
Geewading Road, Lane G
PARRY SOUND, ON
P2A 2X4

T:(705) 746-8022

F:(705) 746-5984

www.wasauksing.ca

**Wauzhushk Onigum First
Nation (Rat
Portage) Health
Department**

P. O. Box 1850

KENORA, ON

P9N 3X8

T:(807) 548-5868

F:(807) 548-6186

**Wawakapewin First
Nation
C/o Shibogama First
Nation Council Health
Authority**

P.O. Box 449

SIOUX LOOKOUT, ON

P8T 1A8

T:(807) 442-2262

F:(807) 442-1162

www.wawakapewin.ca/

**Webequie First Nation
Nursing Station**

P. O. Box 90

WEBEQUIE, ON

P0T 3A0

T:(807) 353-7241

(F:807) 353-1551

www.webequie.ca/article/nursing-station

**Weenusk First Nation
(Peawanuk) Health Centre
– Family Well Being**

P. O. Box 1

PEAWANUK, ON

P0L 2H0

T: (705) 473-2554

F:(705) 473-2503

**Whitefish River First
Nation**

Health & Social Services

17-A Rainbow Ridge Road

BIRCH ISLAND, ON

P0P 1A0

T:(705) 285-4335

F:(705) 285-4532

www.whitefishriver.ca/health

**Whitesand First Nation
Health Department**

P.O. Box 68

ARMSTRONG, ON

P0T 1A0

T:(807) 583-2671

F:807) 583-2513

www.whitesandfirstnation.ca/health

**Whitewater Lake First
Nation**

1100 Victoria Avenue

THUNDER BAY, ON

P7B 4A3

T:(807) 622-8713

F:(807) 577-5438

**Wikwemikong Unceded
Indian Reserve Health
Centre**

Box 101, 16A Complex
Drive

WIKWEMIKONG, ON
P0P 2J0

T: (705) 859-3164

F: (705) 859-3851

www.wikyhealth.ca

**Wunnumin Lake First
Nation**

P. O. Box 105
WUNNUMIN LAKE, ON
P0V 2Z0
T: (807) 442-2559
F: (807) 442-2627

**Zhiibaahaasing First
Nation**

36 Sagaon Road
Zhiibaahaasing, ON
P0P 1X0
T: (705) 283-3963
F: (705) 283-3964

INDIGENOUS FRIENDSHIP CENTRES

THE ONTARIO FEDERATION OF INDIGENOUS FRIENDSHIP CENTRES (OFIFC)

219 Front Street East
Toronto, ON
M5A 1E8

Tel: (416)-956-7575

Fax: (416)-956-7577
Toll Free: 1-800-772-9291

Email: ofifc@ofifc.org
Website: www.ofifc.org

The vision of the Friendship Centre is to “improve the quality of life for Indigenous people living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian society and which respect Indigenous cultural distinctiveness”.

**ATIKOKAN NATIVE
FRIENDSHIP CENTRE**

P.O. Box 1510,
307 Main Street W.
Atikokan, ON
P0T 1C0

Tel: (807) 597-1213

Fax: (807) 597-1473

Email: nativefriend@bellnet.ca

Website:
www.atikokannativefriendshipcentre.ca

**BARRIE NATIVE
FRIENDSHIP CENTRE**

175 Bayfield Street

Barrie, ON
L4M 3B4
Tel: (705) 721-7689
Fax: (705) 721-7418
Website: www.barrienfc.ca

**CAN-AM INDIAN
FRIENDSHIP CENTRE**

1-1699 Northway Ave.
Windsor, ON
N9B 3L8
Tel: 519-253-3243
Fax: 519-253-7876
Website: www.cicaifc.ca

**TORONTO COUNCIL FIRE
NATIVE CULTURAL
CENTRE INC.**

439 Dundas Street East
Toronto, ON
M5A 2B1
Tel: (416) 360-4350
Fax: (416) 360-5978
E-Mail: cdo@councilfire.ca
Website: www.councilfire.ca

**DRYDEN NATIVE
FRIENDSHIP CENTRE**

74 Queen Street
Dryden, ON
P8N 1A4
Tel: (807) 223-4180
Fax: (807) 223-6275
Email: www.dnfc@drytel.net

**GEORGIAN BAY NATIVE
FRIENDSHIP CENTRE**

175 Yonge Street
Midland, ON
L4R 2A7
Tel: (705) 526-5589
Fax: (705) 526-7662
E-Mail: gbnfc@gbnfc.com
Website: www.gbnfc.com

**HAMILTON REGIONAL
INDIAN CENTRE**

34 Ottawa Street North
Hamilton, ON
L8H 3Y7
Tel: (905) 548-9593
Fax: (905) 545-4077
Website: www.hric.ca
Email: adavis@hric.ca

**INDIAN FRIENDSHIP
CENTRE SAULT STE.
MARIE**

122 East Street
Sault Ste. Marie, ON
P6A 3C6
Tel: 705-256-5634
Fax: 705-942-3227
Email: info@ssmifc.ca

**ININEW FRIENDSHIP
CENTRE**

190 Third Avenue
Cochrane, ON
P0L 1C0
Tel: (705) 272-4497
Fax: (705) 272-3597
Email:
info@ininewfriendshipcentre.ca
Website: www.ininewfriendshipcentre.ca

**M'WIKWEDONG NATIVE
CULTURAL RESOURCE
CENTRE**

1723 8th Ave East
Owen Sound, ON
N4K 6W5
Tel: (519) 371-1147
Fax: (519) 371-6181
Email: admin@mwikwedong.com
Website: mwikwedong.com

**TIMMINS NATIVE
FRIENDSHIP CENTRE**

179 Kirby Avenue
Timmins, ON
P4N 1K1
Tel: (705) 268-6262
Fax: (705) 268-6266
E-Mail: reception@tnfc.ca
Website: www.tnfc.ca

Moosonee Site 1:

3B Moose Street
P.O. Box 129
Moosonee, ON
P0L 1Y0
Tel: (705) 336-0331
Fax: (705) 336-0120

Moosonee Site 2:

14-A Moose Drive
P.O. Box 129
Moosonee, ON
P0L 1Y0
Tel: (705) 336-0180
Fax: (705) 336 - 0916

Moosonee Site 3:

17A Moose Drive
P.O. Box 129
Moosonee, ON
P0L 1Y0
Tel: (705) 336-0855

**N'AMERIND FRIENDSHIP
CENTRE**

260 Colborne Street
London, ON
N6B 2S6
Tel: (519)-672-0131
Fax: (519) -672-0717
Website:
www.namerind.on.ca

**N'SWAKAMOK
FRIENDSHIP CENTRE**

110 Elm Street
Sudbury, ON
P3C 1T5
Tel: (705) 674-2128
Fax: (705) 671-3539
Email: nfncamin@on.aibn.com
Website:
www.nfcsudbury.org

**NE'CHEE FRIENDSHIP
CENTRE**

326 Second Street South,
P.O. Box 241
Kenora, ON
P9N 3X3
Tel: (807) 468-5440
Fax: (807) 468-5340
E-Mail: adminnfc@kmts.ca
Website: www.nechee.org

**NIAGARA REGIONAL
NATIVE CENTRE**

382 Airport Road R.R.#4
Niagara-On-The-Lake, ON
L0S 1J0
Tel: (905) 688-6484
Fax: (905) 688-4033
Website: nrnc.ca

**NISHNAWBE-GAMIK
FRIENDSHIP CENTRE**

52 King Street
Sioux Lookout, ON
P8T 1B8
Tel: (807) 737-1903
Fax: (807) 737-3399
Email: ngfcreceptionslkt@kn
et.ca
Website: www.ngfc.net

**NORTH BAY INDIGENOUS
FRIENDSHIP CENTRE**

980 Cassells Street
North Bay, ON
P1B 4A6
Tel: (705) 472-2811
Fax: (705) 472-5251
Email: info@nbifc.org
Website: www.nbifc.org

**ODAWA NATIVE
FRIENDSHIP CENTRE**

815 St. Laurent Boulevard,
Ground Floor
Ottawa, ON
K1K 3A7

Tel: (613) 722-3811
Fax: (613) 722-4667
Website: www.odawa.on.ca

**PARRY SOUND
FRIENDSHIP CENTRE**

127- 70 Isabella St
Parry Sound, ON
P2A 1M6
Tel: (705) 746-5970
Fax: (705) 746-2612
Email: postmaster@parrysou
ndfriendshipcentre.com

**RED LAKE INDIAN
FRIENDSHIP CENTRE**

1 Legion Road , P.O. Box
244
Red Lake, ON
P0V 2M0
Tel: 807-727-2847
Fax: 807-727-3253
Email: postmaster@rlifc.ca
Website: www.rlifc.ca

**THUNDERBIRD
FRIENDSHIP CENTRE**

301 Beamish Ave. West
P.O. Box 430
Geraldton, ON
P0T 1M0
Tel: (807) 854-1060
Fax: (807) 854-0861

**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
Website: www.unfc.org

**KAPUSKASING INDIAN
FRIENDSHIP CENTRE**

41 Murdock Street
Kapusksing, ON
P5N 1H9
Tel: (705) 337-1935
Fax: (705) 335-6789
Website: <https://kifc.ca>

**BRANTFORD REGIONAL
INDIGENOUS SUPPORT
CENTRE**

318 1/2 Colborne Street
East
Brantford , Ontario N3S 3N1
Tel:(519) 304-7400

**THUNDER BAY
INDIGENOUS FRIENDSHIP
CENTRE**

401 N. Cumberland Street
Thunder Bay , ON
P7A 4P7
Tel: (807) 345-5840
Fax: (807) 344-8945
Email:
TBIFC@shawcable.com
Website: <https://tbifc.ca>

**SARNIA-LAMBTON
NATIVE FRIENDSHIP
CENTRE**

223 Lochiel Street
Sarnia , Ontario N7T 4C9
Tel: (519) 344-6164
Fax: (519) 344-6150
Email: info@slnfc.org
Website: <http://slnfc.org>

INDIGENOUS NETWORK

208 Britannia Road East,
Unit 1
Mississauga , ON
L4Z 1S6
Tel: (905) 712-4726
Fax: (905) 712-9803
Email: pan.info@icloud.com

**NOGOJIWANANONG
FRIENDSHIP CENTRE**

580 Cameron St
Peterborough , Ontario K9J
3Z5
Tel: (705) 775-0387
Email: admin@nogofc.ca
Website: www.nogofc.ca

**M'WIKWEDONG NATIVE
CULTURAL CENTRE**

1723 8th Avenue E
Owen Sound , ON
N4K 3C2
Phone: (519) 371-1147
Fax: (519) 371-6181
Website:
mwikwedong.com

INDIGENOUS HEALTH ACCESS CENTRES

ANISHNAWBE HEALTH
TORONTO

225 Queen Street East
Toronto, ON
M5A 1S4

Tel: (416) 360-0486
Fax: (416) 365-1083
Email: www.aht.ca

On call services: (416) 360-0486

Mental Health Services

The program places Aboriginal culture and tradition at its core, while utilizing a client-centered, strengths-based approach to recovery. They 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.

Services

- Individual, Family and Group Counselling
- Circles & Support Groups
- Traditional Ceremonies and Teachings
- Psychiatric Consultation
- Aboriginal Substance Abuse and Problem Gambling Services
- Aboriginal Mental Health and Addiction Services
- Multidisciplinary Plans of Care to guide the Healing Path

- Stress Management, anger management, improving communications skills

Satellite Offices:

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

22 Vaughn Road
Toronto, ON
M5A 2E5
Tel: (416) 657-0379
Fax: (416) 657-3436

4 Charles St. E.,
Toronto ON
Tel: (416) 657-0379
Fax 416-657-3436

**ANISHNAWBE MUSHKIKI THUNDER BAY
ABORIGINAL HEALTH CENTRE**

1260 Golf Links Road, 3rd Floor
Thunder Bay, ON
P7A 0A1

Phone: (807) 623-0383
info@mushkiki.com

Website: www.mushkiki.com

Clinic Overview

Anishnawbe Mushkiki is an Aboriginal Community Health Centre established as a primary health care facility within the District of Thunder Bay.

Programs

- Mental Wellness
- Healthy Eating Active Living
- Community Access Program
- FASD Child Nutrition Program
- Traditional Healing Programs

- Health Promotion
- Diabetes Program
- Clinic Services

Additional Mental Health Resources:

www.hopeforwellness.ca
www.talk4healing.com
www.kidshelpphone.ca
www.thunderbay.cmha.ca
www.tbaycounselling.com
<https://ca.portal.gs/>

DE DWA DA DEHS NYE>S ABORIGINAL HEALTH CENTRE

Hamilton Location

678 Main Street East
Hamilton, ON
L8M 1K2
Tel: (905) 544-4320
Fax: (905) 544-4247
Email: info@dahac.ca

Brantford Location

36 King Street
Brantford, Ontario N3T 3C5
Phone: (519) 752-4340
Fax: (519) 752-6096
Email: info@dahac.ca

Niagara Location

145 Queenston St., Unit 204
St. Catharines, ON L2R 2Z9
Phone: 1-877-402-4121
Fax: 1-844-594-2334
Email: info@dahac.ca

Website: www.aboriginalhealthcentre.com
Email: info@aboriginalhealthcentre.com

DA DWA DA DEHS NYE>S is an Aboriginal Community Health Centre established as a primary health care facility within the Hamilton, Brantford and the Niagara region.

Programs

- Mental Health and Addiction Services

- Healthy Living
- FASD Child Nutrition Program
- Traditional Healing & Traditional Counseling
- Homeward Bound: Homeless to Community
- Diabetes Program
- Culturally sensitive Primary Health Care (Doctors, Nurse Practitioners, Foot Care Nurse, Social Workers)
- Medical Transportation Service
- Aboriginal Patient Navigator
- Aboriginal Patient Advocacy Services
- Aboriginal Youth Mental Health Patient Navigator

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

Southwest Ontario Aboriginal Health Access Centre

425 - 427 William Street
London, ON
N6B 3E1

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

Website: www.soahac.on.ca

Programs

- Mental Health and Addiction Services
- Aboriginal Midwifery
- FASD Child Nutrition Program
- Traditional Healing & Traditional Counseling
- Clinical Services
- Diabetes Education
- Culturally sensitive Primary Health Care (Doctors, Nurse Practitioners, Foot Care Nurse, Social Workers)
- Medical Transportation Service
- Aboriginal Patient Navigator
- Aboriginal Patient Advocacy Services
- Tele-Mental Health for Children and Youth
- SOAHAC Dental Clinic

- Anishnawbe Ayaadiziwin – Mental Health & Addictions Services for Children and Youth
- Supporting Aboriginal Seniors at Home (SASH)

The Southwest Ontario Aboriginal Health Access Centre strives to provide quality, holistic 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 Offices:

Chippewa of the Thames

77 Anishinaabeg Drive
Muncey, ON
N0L 1Y0

Tel: 519-289-0352
Fax: (519) 289-0355
Toll Free: 1-877-289-0381

Windsor:

1405 Tecumseh Rd West,
Unit 2
Windsor, ON
N8X 4W4

Tel: 1-844-737-0725
Fax: (519) 916-1439
TollFree:1-877-452-5114

Owen Sound:

733 9th Avenue West
Owen Sound, ON
N4K 3E6

Tel: (519) 376-5508
Fax: (519) 376-1845
Toll Free: 1-844-737-0725

Delaware Nation Health Centre (Moraviantown)

Booking: 226-494-1787

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 HEALTH ACCESS CENTRE

1460 Idywild Drive RMB 2004 R.R. #2

Mailing Address:

Box 686

Fort Frances, ON

P9A 3M9

Phone: (807) 274-3131

Admin Fax: (807) 274-6280

Clinic Fax: (807) 274-3855

Website: www.gizhac.com

GIZHEWAADIZIWIN Health Access Centre provides health care for all Aboriginal people within the Rainy River District. Services include culturally appropriate primary health care delivered through clinic and community outreach services.

Programs/Services:

- Mental Health Program;
- Group Counseling
- Individual and Family Counseling,
- Family Violence Counseling,
- Family Support
- Parent/Child Conflict Counseling, Teen Issues Counseling (Violence, Peer Pressure)
- Health Education Program
- Aboriginal FASD & Child Nutrition Program
- Traditional Healing Program
- Diabetes Education Program
- Primary Health Care & Clinical Services
- Asthma Education Program
- Dietitian & Nutrition Services
- Ojibway Medical Translator Program

MAAMWESYING NORTH SHORE COMMUNITY HEALTH SERVICES

Maamwesying North Shore Community Health Services
(N'MNINOEYAA: MENTAL HEALTH PROGRAM)
N'Mninoeyaa Aboriginal Health Access Centre

Head Office

473B Hwy. 17 East
Cutler, ON
P0P 1B0
Tel: (705) 844-2021
Fax: (705) 844-2844

Sault Ste. Marie Office

123 March Street, Suite 503
Sault Ste Marie, ON P6A
2Z5
Reception: 705-945-4677
Fax: 705-945-9079

Email: contact@maamwesying.ca
Website: www.mamaweswen.ca

MAAMWESYING North Shore Community Health Services works with N'Mninoeyaa Aboriginal Health Access Centre and Baawaating Family Health Team to provide accessible, quality, culturally safe, and holistic health care that support and enhance the wellness of individuals, families and communities.

Programs/Services

- Mental Wellness & Minobimaadizing;
- Mental Wellness Counselling, Addictions Withdrawal Management, Traditional Health Practitioner, FASD/Child Nutrition Program, Children's Respite Care, Naandwe Noojimowin
Central Intake 1-844-864-0523
1-844-864-0923
1-705-844-1551
- Aanjichigewin Healthy Promotion Program
- FASD NEAP Services
- Traditional Healing Program
- Diabetes Support
- Primary Health Care
- Community Support Services

Catchment

North Shore Communities: Mississauga First Nation,
ON
P0R 1B0

Atikameksheng

Anishnawbek

Shawenekezhik Health Centre

25 Reserve Road
Naughton, ON
P0M 2M0
Tel: 705-692-3674
Fax: 705-692-7255
Toll-Free: 1-800-853-6076

Mailing Address
PO Box 1299
Blind River, ON
P0R 1B0
Tel: 705-356-1621
Fax: 705-356-3608
(Confidential)

Batchewana First Nation Health Centre

210 A Gran Street
Batchewana, ON
P6A 0C4
Tel: 705-254-7827
Fax: 705-254-7192

Sagamok Anishnawbek Sagamok Naandwedjige Gamik

PO Box 610
Espaniel Street
Massey, ON
P0P 1P0
Tel: 705-865-2171
Fax: 705-865-3131

Garden River First Nation Wellness Centre

23 Shingwauk Street
Garden River, ON
P6A 6Z9
Tel: 705-946-5710
Fax: 705-946-5702

Serpent River First Nation Kenabutch Health Centre

PO Box 21
40 Ball Park Road
Cutler, ON
P0P 1B0
Tel: 705-844-2152
Fax: 705-844-2414

Indian Friendship Health Centre of Sault Ste. Marie

122 East Street
Sault Ste. Marie, ON
P6A 3C6
Tel: 705-256-8925
Fax: 705-256-1266

Thessalon First Nation Health Centre

PO Box 9
35 Sugarbush Road -
RR # 2
Thessalon, ON
P0R 1L0
Tel: 705-842-2670
Fax: 705-842-0282

Mississauga First Nation Health & Social Services

64 Park Road

Michipicoten First Nation

107 Hiawatha Drive,
Michipicoten First Nation
Mailing Address:
P.O. Box 1, Site 8, RR#1
Wawa, ON. P0S 1K0
Phone: 705-856-1993 Toll-
Free: 1-888-303-7723 Fax:
705-856-1642

Chapleau Cree Health Services

P.O. Box 400
Chapleau ON
P0M 1K0
Tel: (705) 864-0200
Fax: (705) 864-0206

Brunswick House Health Centre

1 Kanata Street
Brunswick House First Nation
Chapleau, ON P0M 1K0
Mailing Address
P.O. Box 1178
Chapleau, ON P0M 1K0
Tel: (705)864-0248
Fax: (705)864-0342

Chapleau Ojibway

Head Office: 522 Hwy 129
Chapleau, Ontario
705-450-2910
Email:
administration@chapleauoji
bwe.ca

**NOOJMOWIN TEG
HEALTH ACCESS CENTRE**

Main Office
48 Hillside Rd.,
Highway 540,
Aundeck Omni Kaning First Nation
Postal Bag 2002,
Little Current, ON P0P 1K0
Phone: (705) 368-2182 | Fax: (705) 368-2229
|email:info@noojmowin-teg.ca
Website: www.noojmowin-teg.ca

Noojmowin Teg Health Access Centre works with First Nation/ Indigenous health partners to provide accessible, quality, culturally safe, and holistic health care that support and enhance the wellness of individuals, families and communities

Satellite Offices

Espanola & Area Family Health Team
801 McKinnon Dr.
Espanola, ON P5E 1R4
Telephone: (705)862-7991
4 Directions Community Complex
(Aundeck Omni Kaning First Nation)
Telephone: (705) 368-0229

Centre Espanola
407 Centre Street
Espanola, ON P5E 1E4
Telephone: (705) 869-1564

First Nation/Indigenous Health Partners

**Aundeck Omni Kaning
First Nation
Naandwehgiigamik
Community Health Centre**
12B Hillside Rd.
R.R. #1, Box 21
Little Current, ON, P0P 1K0
Phone: (705) 368-3171
Fax: (705) 368-0293

P0P 1W0
Ontario
Phone: (705) 368-2781,
Fax: (705) 368-3697

M'Chigeeng First Nation
**M'Chigeeng Health
Services
Health Centre**
Box 308
689A Hwy 551
Ph. 705 377 5347
Fax. 705 377 5090

**Sheshegwaning
First Nation Band
Administration Office
Sheshegwaning Health
Centre**
Sheshegwaning First Nation
1079A Sheshegwaning Rd
Sheshegwaning, ON
P0P 1X0
Telephone: 705-283-3292
Fax: 705-283-3481

**Sheguiandah First Nation
Band Administration
Office/Health Centre**
P.O. Box 101,
Sheguiandah
Postal Code:

**Whitefish River
First Nation
Administration
Office /Health Centre**
17-A Rainbow Ridge Road
Birch Island, Ontario
P0P 1A0
Telephone: 705-285-4335 or
705-285-4334

Fax: 705-285-4532
Toll Free: 1-800-265-4335

**Wiikwemkoong Unceded
Territory Naandwechige
Gamig Health Centre**

16A Complex Drive,
PO Box 101
Wikwemikong, Ontario
POP 2J0
Tel:705-859-3164

**Zhiibaahaasing First
Nation**

**Band Administration
Office/Health Centre**

General Delivery,
Zhiibaahaasing First
Nation, Ontario,
POP 1Y0
Phone: (705) 283-3963,
Fax: (705) 283-396

Programs/Services

- Mental Health & Addictions Services
- Mental Wellness Counselling, Addictions Withdrawal Management,
- Traditional Health Services
- FASD/Child Nutrition Program,
- Child and Youth Intensive Counselling
- Sexual Assault / Domestic Violence
- Traditional Health Services
- Diabetes Support, Wellness, Foot Care,
- Primary Health Care
- Community Support Services
- Primary & Clinical Care Services
- Anishinabek Health Care Navigator

**SHKAGAMIK-KWE
HEALTH CENTRE**

Main Centre

161 Applegrove Street
Sudbury, ON
P3C 1N2
Tel: (705) 675-1596
Fax: (705) 675-8040
Website: www.skhc.ca

Address: 105 Elm Street,
Suite E4
Sudbury, ON
Tel: 705-675-1596
Fax: 705-675-8312

Community Centre

Wellness Building

Address: 151
Applegrove Street
Sudbury, ON
Tel: 705-675-1596

Administration

Address: 105 Elm Street,

Suite E6

Sudbury, ON

Tel: 705-675-1596

Fax: 705-675-62

Programs/Services

- Mental Health & Addictions Services
- Mental Wellness Counselling, Addictions Withdrawal Management, Meditation,
- Men's Support Group
- Traditional Health Services
- FASD/Child Nutrition Program,
- Diabetes Support, Wellness, Foot Care,
- Community Support Services
- Primary & Clinical Care Services
- Life Choices Program

SIoux LOOKOUT MENO-YA-WIN HEALTH CENTRE

1 Meno-Ya-Win Way

PO Box 506

Sioux Lookout, ON

P8T 1A8

Tel: 807-737-3030

Toll-Free: 1-877-737-1275

Fax: 807-737-5270

Services

Our services are free and voluntary, and are based on best practices for mental health and addictions treatment. They include:

- Mental Health & Addiction Counselling
- Problem Gambling Counselling
- Marriage Counselling
- Needle Exchange Program
- General Information on mental health and addiction issues
- Community Outreach

- Assessment
- Treatment Referral
- Case Management
- Forensic Case Management
- Follow-up

Mental Health & Addictions Day Program in partnership with the Local Homeless Shelter

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
Website: www.wabano.com

The Mental Health Program offers a variety of services designed to assist individuals address everyday mental health concerns, mental health problems and mental illness. Utilizing western and traditional practices to assist a person in improving their mental health and their overall sense of well-being.

Services offered

- Counselling and treatment
- Advocacy and support
- Crisis Intervention
- Psychiatric consultation
- Groups – Throughout the course of the year we offer a variety of group sessions related to life skills, mental health issues (ie. anxiety, depression, relationships, parenting) meditation and education on living with and addressing mental health concerns.

Child Arts Therapist - Tel: (613) 748-0657

Programs/Services

- Traditional Health Services
- FASD/Child Nutrition Program,
- Healthy Sexuality
- Diabetes Support, Wellness, Foot Care,
- Walk-in & Urgent Care
- Community Support Services
- Primary & Clinical Care Services
- Maternity Care
- Early Years Drop-in
- Youth Drop-in

**WAASEGIIZHIG
NANAANDAWE'YEWIGAMIG**

Head Office

Obashkaandagaang First
Nation
P.O. Box 320
Keewatin, ON
P0X 1C0
Tel: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271
Website: www.wnhac.org

Administrative Office

6-621 Lakeview Dr., Kenora
ON
Phone: (807) 467-2453
Fax: (807) 467-8341

Satellite Clinic

212 4th Ave. South,
Kenora, ON
P9N 1Y9

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

Minaki Nursing Station

Box 8, Minaki, Ontario P0X
1J0
Phone: (807) 224-3531
Fax: (807) 224-3103

Healing Lodge

Health Centre Road
Obashkaandagaang First
Nation
P.O. Box 320
Keewatin, Ontario P0X 1C0
Phone: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271

Outpatient Hostel

Third Floor E.,
Lake of the Woods District
Hospital
21 Sylvan St., Kenora,
Ontario
Phone: (807) 468-9861, ext.
2335
Fax: (807) 468-3488

Offers primary health care and preventative services combining traditional contemporary approaches to health and healing.

Programs/Services

- Counselling
- Traditional Health Services
- FASD/Child Nutrition Program,
- Healthy Eating & Active Living
- Diabetes Support, Wellness, Foot Care,
- Smoking Prevention & Cessation
- Oral Health Screening
- Primary & Clinical Care Services
- Reproductive Health & Early Child Development

COMMUNITY HEALTH / MENTAL HEALTH CENTRES

**ATIKOKAN GENERAL
HOSPITAL**

Atikokan General Hospital

120 Dorothy Street,
Atikokan, ON
P0T 1C0

General inquiries: (807) 597-4215
Administration Fax line: (807) 597-4305
Health Records Fax Line: (807) 597-1210

Programs

- Mental Wellness
- Out-Patient Care, In Patient Care
- Community Counselling
- Telemedicine
- Emergency, acute care
- Health Promotion
- Diagnostic services
- Home care services

- 24-hour on call coverage

Atikokan General Hospital administers and operates community-based programs including mental health counselling and addictions program, and diabetes counselling. Hospital services are complemented by our partners in healthcare at the Atikokan Family Health Team.

B'SAANIBAAMAADSIWIN ABORIGINAL 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: 705-746-9590
Toll-Free 1-866-829-7049
Website: www.cmha.ca

This function provides crisis service to Indigenous individuals and communities. Model of service is culturally relevant and community specific crisis service.

Service is provided 24 hours a day, seven days a week for Aboriginal individuals and communities throughout the districts of Muskoka and Parry Sound.

Programs/Services:

- 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

**MAMAWYWIIDOKDAADWIN PRIMARY HEALTH
CARE TEAM**

64 Cedar Point Dr. Unit 1405
Barrie, ON L4N 5R7
Tel: 705-734-1818

**MISIWAY MILOPEMAHTESEWIN
COMMUNITY HEALTH CENTRE**

130 Wilson Ave.
Timmins, ON
P4N 2S9
Tel: (705) 264-2200
Fax: (705) 267-5688
Email: hiserhoff@misiway.ca

MOHAWK COUNCIL OF AKWESASNE

P.O. Box 579
Cornwall ON K6H 5T3
Tel: 613-575-2341
Fax: 613-575-133
Website: www.akwesasne.ca

**OOSHKE BEMAHDESEWIN
(ALPHA COURT COMMUNITY
MENTAL HEALTH ADDICTIONS)**

221 Wilson Street
Thunder Bay, ON
P7B 1M7

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

Alpha Court promotes living beyond mental illness and addiction through the provision of individualized, recovery-oriented, community based services that are developed in partnership with consumers. Alpha court exists so that people with mental illness and addiction have:

- Safe, decent, affordable housing.
- The resources required to meet their basic needs
- Self-confidence, knowledge and skills to live their lives successfully
- Positive and supportive relationships within the community
- Support in their efforts to navigate the complex system of community, health and social services

SHIBOGAMA FIRST NATIONS COUNCIL HEALTH AUTHORITY

81 King St. P.O Box 449
Sioux Lookout, ON
P8T 1A5
Tel: 807-737-2662
Fax: 807-737-1583
Website: www.shibogama.on.ca

The Shibogama's Health Authority's primary function is to deliver health programs on behalf of the Shibogama Health Council, and to assist with community development that will see the First Nations assume and administer health related projects that are currently the responsibility of the Shibogama Health Authority. Each community has now taken control of their own nursing programs and nursing travel arrangements, while Shibogama Health Authority is available to them for consultation and advisory services, as well as providing assistance with recruitment.

TEMISKAMING NATIVE WOMEN'S SUPPORT GROUP

121 Scott Street
P0J 1P0 New Liskeard, Ontario
Tel: 705-567-6177

**TEMAGAMI FAMILY HEALING AND
WELLNESS CENTRE**

General Delivery
Bear Island
Lake Temagami, ON
P0H 1C0

Tel: (705) 237-8022 Ext. 401

Fax: (705) 237-8912

Website: www.temagamifirstnation.ca/family-healing-and-wellness-centre/

Email: fhwc@temagamifirstnation.com

**TORONTO COUNCIL FIRE
NATIVE CULTURAL CENTRE**

439 Dundas Street East
Toronto, ON
M5A 2B1

Tel: (416) 360-4350

Fax: (416) 360-5978

Email: cdo@councilfire.ca

Website: www.councilfire.ca

Community Client Support / Counselling Unit

The Counselling Unit is staffed by one full-time Support Worker who focuses on issues surrounding Child & Family service issues as well as support services to individuals experiencing incarceration, probation or parole. Under the Ministry of Community Safety & Correctional Services the Worker works with families and adolescents to ensure that a safe and supportive environment for increased self-awareness and personal growth exists. The program works with this targeted group to provide support through interpersonal relationships and programs geared to respond to their needs.

**WEENEEBAYKO AREA HEALTH AUTHORITY
COMMUNITY HEALTH &**

**ADDICTIONS PROGRAM
(JAMES BAY COMMUNITY
MENTAL HEALTH PROGRAM)**

19 Hospital Drive
PO Box 664
Moose Factory, ON
P0L 1W0
Tel: (705) 336-2164
Fax: (705) 336-2746
Toll Free: 1-877-336-2164

Community Mental Health Program

Community counselors are available to assist anyone requiring mental health services in Attawapiskat, Peawanuck, Kashechewan, Fort Albany and Moosonee. In Moose Factory, a Psychiatric Clinic Nurse is available to assist those in need.

For more information or to book an appointment contact the local number in your community.

Moosonee: Toll Free 1-877-336-2164 or 705-336-2164
Moose Factory: 705-658-4544 ext. 2239
Fort Albany: 705-278-1008
Attawapiskat: 705-997-2323
Kashechewan: 705-275-4568
Peawanuck: 705-473-9986

Programs / Services:

- Case Management
- Community support
- Court support
- Public education,
- Follow-up and after care from hospital and self-help.
- Community counselling clinical intervention and psychiatric assessments.

HEALING LODGES

BIIDAABAN HEALING LODGE

PO Box 219
Heron Bay, ON
POT 1R0

Tel: (807) 229-3592
Fax: (807) 229-0308
Toll-free: (888) 432-7102

Email: request@biidaaban.com
Website: www.biidaaban.com

DAN PINE HEALING LODGE

Dan Pine Healing Lodge
200 Anishinabe Point Road
Garden River, ON P6A 7B2

Garden River Wellness Centre
23 Shingwauk Street
Garden River, ON P6A 7B2

Tel: (705) 946-5710 ext: 228
Fax: (705) 248-1978
Medical Fax: (705) 946-2725

Email: request@biidaaban.com
Website: www.biidaaban.com

**ENAAHTIG HEALING LODGE
& LEARNING CENTRE**

R.R. #1, 4184 Vasey Road
Victoria Harbour, ON
L0K 2A0

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

website: www.enaahutig.ca

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

Enaahutig Outreach Centre

334 West Street North
Orillia, ON
L3V 5E3

Tel: (705)-330-4059
Fax: (705)-330-4067
Website: www.enaahutig.ca

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

Indigenous culture based programs and services:

- 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.

Specialized services for:

- Families affected by mental health challenges
- Persons affected by concurrent disorders
- Children, youth and adults needing aftercare.

Enaahdig North Healing Lodge

Box 7
Alban, ON
P0M 1A0

Tel: (705)-857-3818

Fax: (705)-857-3266

Enaahdig Central Office

RR #1 4184 Vasey Road
Victoria Harbor, ON
L0K 2A0

Tel: (705) 534-3724

Fax: (705) 534-4991

Website: www.enaahdig.ca

**MOOSE CREE
HEALING CENTRE**

26 Jonathan Cheechoo Drive

Moose Factory, ON
P0L 1W0

Tel: 705-658-4674

Fax: 705-658-4152

NIMKEE NUPIGAWAGAN HEALING CENTRE

20850 Muncey Rd.
Muncey, ON
N0L 1Y0

Tel: (519) 264-2277
Toll free: 1-888-685-9862
Fax: (519) 264-1552

Target Group: 12-17

Treatment Cycle: Minimum 6 months

Intake Frequency: 3 intakes a year; January, May, Sept

The healing centre is a residential place of healing for First Nation Youth, ages 12 to 17, who are challenged with solvent addiction. The program maintains a philosophy of traditional Native teachings and healing practices. As a culturally based program, assessments and counselling being from a place of respect that focuses upon the strengths of Native Youth, Family and community. The 4 month, gender based, treatment program is comprised of the following:

- Assessment and Treatment Planning
- A treatment program of individual and group counselling, therapy, recreation using Western methods and Native Traditional Practice.
- Learning Center and Work Placements
- Nutrition Program
- Health Care
- Aftercare Planning and Follow up
- Community Education and Training

ONYOTA'A:KA FAMILY HEALING LODGE

2212 Elm Ave
Southwold, ON
N0L 2G0

Tel: (519) 652-0657
Fax: (519) 652-9091
Website: www.oneida.on.ca

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.

**SAGASHTAWAO
HEALING LODGE**

P.O. Box 99
100 Quarry Road
Moosonee, ON
P0L 1Y0

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

Website: www.sagashtawao.ca

**SHAWANAGA FIRST NATION
HEALING CENTRE**

R.R.#1
19 Shebeshekong Road North
Nobel, ON
P0G 1G0

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

Website: www.shawanagafirstnation.ca.
Email: info@shawanagafirstnation.ca

**WAASHKOOTSI NANAANDAWE'YEWIGAMIG
HEALING LODGE AT HEALTH CENTRE ROAD**

Obashkaandagaang First Nation

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

Tel: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271

Website: www.wnhac.org

This facility is located at Obashkaandagaang First Nation 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.

**WULAAWSUSIIKAAN
HEALING LODGE**

Wulaawsuwiikaan Healing Lodge
275 Jubilee Drive,
RR #1
Muncey ON
N0L 1Y0

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

Email: reception@whl-munsee.ca
Website: whl-munsee.ca

HEALTH OUTREACH WORKERS

ANISHINABEK NATION

Anishinabek Nation
Union of Ontario Indians
ADMINISTRATION OFFICE
1 Migizii Miikan
PO Box 711
NORTH BAY, Ontario
P1B 8J8
Toll-Free: 1-877-702-5200
Telephone: 705-497-9127
Fax: 705-497-9135
Email: info@anishinabek.ca

CURVE LAKE
1024 Mississauga Rd.
CURVE LAKE, Ontario
K0L 1R0
Tel: (705) 657-9383
Fax: (705) 657-2341

**FORT WILLIAM
FIRST NATION**
300 Anemki Place, Suite D
FORT WILLIAM FIRST
NATION, Ontario
P7J 1H9
Tel: (807) 623-8887
Fax: (807) 623-7351
1-877-409-6850

**MUNSEE-DELAWARE
NATION**
533 Thomigo Road, RR#1
MUNCEY, Ontario
N0L 1Y0
Tel: 519-289-0777
Fax: 519-289-0379
1-800-441-5904

ASSOCIATION OF IROQUOIS AND ALLIED INDIANS

387 Princess Avenue
London, Ontario
N6B 2A7

Phone: 519.434.2761
Fax: 519.675.1053
Website: www.aiai.on.ca

**GRAND COUNCIL
TREATY #3**

P.O. Box 1720
Kenora, ON
P9N 3X7

Tel: 807.548.4214
Toll Free: 1.800.665.3384
Fax: 807.548.5041
Email: reception@treaty3.ca

**METIS NATION OF
ONTARIO**

66 Slater Street, Suite 1100
Ottawa, ON
K1P 5H1

Tel: 613-798-1488
Toll Free: 800-263-4889
Fax: 613-722-4225

**NISHNAWBE ASKI
NATION**

Head Office:
100 Back Street., Unit 200
Thunder Bay, ON
P7J 1L2

Tel: 807-623-8228
Fax: 807-623-7730
Toll Free: 1-800-465-9952

Website: www.nan.on.ca

Eastern Office:
145 Wilson Avenue
Timmins, ON
P4N 2T2

Tel: (705) 360-5502
Fax: (705) 360-1863
Toll Free: 1-866-737-0737

Website: www.nan.on.ca

ONTARIO FEDERATION OF INDIGENOUS FRIENDSHIP CENTRES (OFIFC)

219 Front Street East
Toronto, ON
M5A 1E8

Tel: 416-956-7575
Fax: 416-956-7577
Toll Free: 1-800-772-9291
Website: www.ofifc.org
Email: ofifc@ofifc.org

THE ONTARIO NATIVE WOMEN'S ASSOCIATION (ONWA)

Head Office:

Fort William First Nation
Thunder Bay, ON
P7J 1K3

Tel: (807) 577-1492
Fax: (807) 623-1104
Toll Free: 1-800-667-0816
Website: www.onwa.ca

Satellite Office:

380 Ray Blvd.
Thunder Bay, ON
P7B 4E6

Tel: (807) 623-3442
Fax: (807) 623-1104
Website: www.onwa.ca

FAMILY VIOLENCE HEALING PROGRAM

GANOHKWASRA' FAMILY ASSUALT SUPPORT SERVICES

1781 Chiefswood Rd.
Ohsweken ON
N0A 1M0
Tel: (519) 445-4324 (24 hours)
Fax: (519) 445-4825
Web: www.ganohkwasra.ca

lethinisten:ha lethinonronhkawa

P.O. Box 579
Cornwall ON
K6H 5T3
Tel: (613) 937-4322
Fax: (613) 937-4979

NIIJKIWENDIDAA ANISHNAABEKWEWAG SERVICES CIRCLE

150 King Street, 3rd Floor
Peterborough, ON
K9H 3P7

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

Website: niijki.com
Email: niijkiwendidaa@gmail.com

Niijkiwendidaa Anishnabekwag Services Circle (NASC) is a not-for-profit organization dedicated to the development and delivery of healing services for Anishnabekwewag and their families who have been abused, are being abused, or are at risk of being abused.

Services

- Child Witness To Violence
- Healthy Babies Healthy Children
- Crisis Support/Short Term Counselling
- Long Term Counselling
- Transitional Housing
- Ojitichaakwe: Employment Counselling
- Mno Bimadiziwin: Life Skills
- Youth In Transition
- Mshkoogaabawin: Youth Standing Strong

Programs

- Nitaawe: Culture & Language
- Men's Breakfast
- Hand Drumming
- Grandmother's Lunch
- Emergency Food Cupboard

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 ext. 2335
Fax: (807) 468-3488

Website: 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.

NA-ME-RES NATIVE MEN'S RESIDENCE

Men's Shelter:
14 Vaughan Rd.
Toronto, ON
M6G 2N1

Tel: (416) 652-0334
Fax: (416) 652-3138

Website: www.nameres.org

**Sagatay (Transitional
Housing)**
26 Vaughan Rd.
Toronto, ON
M6G 2C4

Tel: (416) 651-6750
Fax: (416) 651-3083

Website: www.nameres.org

Outreach Services (Street Outreach, Housing, Aftercare)

20 A Vaughn Road
Toronto, ON
M6G 2N1

Tel: (416) 653-4794
Fax: (416) 651-1236

Website: www.nameres.org

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

Programs/Services

- 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.

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

1-225 Fairview Drive
Brantford, ON
N3T 5P9

Tel: 519-754-0253
Fax: 519-754-0264

Website: www.st-leonards.com
Email: info@st-leonards.com

St. Leonard's Addiction and Mental Health Services delivers strength-based, client-centred programs based on evidence informed "best practices". Programs are designed to produce positive outcomes for clients. Services are provided individually and in groups. Family education is also provided. Services include assessment, counselling, treatment, case management and peer support to individuals 16+ in the areas of addictions and/or mental health.

**WEENEEBAYKO HEALTH
AHTUSKAYWIN**

P.O. Box 664
19 Hospital Drive
Moose Factory, ON
P0L 1W0

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

Website: www.waha.ca

**WOMEN'S
SHELTERS**

**ANISHNAABE KWEWAG GAMIG INC
ALDERVILLE WOMEN'S SHELTER**

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

24 Hour Crisis Lines: (905) 352-3708
Toll Free 1-800-388-5171
TTY: (905) 352-3506
Fax: (905) 352-2225
Admin: (905) 352-3898

E-mail: info@akgshelter.com
Website: www.akgshelter.com

**AT^LOHSA NATIVE FAMILY
HEALING SERVICES INC.
ZHAAWANONG SHELTER**

109-343 Richmond Street
London, ON
N6A 3C2

24-Hour Crisis Line: 1-800-605-7477
Tel: 519-438-0068
Fax: 519-438-0070

Email: admin@atlohsa.com
Website: www.atlohsa.com

Crisis Line: 519-432-0122

Zhaawanong Shelter

Offers a 24 hour emergency shelter for First Nation women and their children, who are at high risk of further abuse in the family home.

Provide: safety, protection and shelter, (up to 42 days), supportive healing environment, intervention and holistic crisis counselling (group or individual), traditional healing circles for women and children; an understanding of the cycle of violence; promotion of health and wellness and prevention of family violence; emergency transportation; and referral advocacy, while they are in transition..

Services:

- Zhaawanong Shelter (On-going) 519-432-2270
- Crisis Phone Line (On-going) 1-800-605-7477
- Family Support Unit (On-going) 519-438-0068
- Elders Circle & Teaching Program (On-going)
- Community Education, Training & Prevention Program (On-going) 519-438-0068
- Community Resource and Volunteer Program (On-going) 519-428-0068
- Tahsahthahweyaht-Aboriginal Youth in Transition

**BEENDIGEN INC.
NATIVE WOMEN'S CRISIS HOME**

Fort William First Nation

100 Anemki Drive, Suite 103
Fort William First Nation, ON
P7J 1J4

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

Website: www.beendigen.com
Email: info@beendigen.com

Programs & Services:

Tel: (807) 344-9579
Fax: (807) 344-9633

Healing Our Own Counselling Unit

Tel. (807) 344-9579

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.

**D'BINOOSHNOWIN CRISIS
CENTRE**

R.R. #5
Warton
Neyaashiinigmiing, ON
N0H 2T0

Crisis Line: 519-534-4338
Tel: (519) 534-3764
Fax: (519) 534-3685

Service available to band members

FIRST STEP WOMEN'S SHELTER

59 King St.
Sioux Lookout, ON
P8T 1B8

Crisis Line: (807) 737-1438 or (800) 465-3623

Crisis Text Line: (844) 899-8444

Tel: (807)737-1438

Fax: (807) 737-3177

Email: firststep@fsws.ca

Website: www.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 (Mishkeegoga-mang); 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 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; advocacy within systems
- 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 Transitional Support Program;

**ATIKOKAN – RAINY RIVER DISTRICT
SHELTER OF HOPE**

Rainy River District Shelter of Hope

Telephone: 1-807-597-6908

Toll Free: 1-800-465-3348

Website: <http://womensshelterofhope.com/>

**FAYE PETERSON
THUNDER BAY**

HELP Phone Line: (807) 345-0450

Shelter Phone: (807) 345-0450

Toll free: 1-800-465-6971

Email: faye@fayepeterson.org

**GERALDTON FAMILY
RESOURCE CENTRE**

HELP Phone Line: 1-800-265-7317

Shelter Phone: (807) 854-1529

Toll Free: 1-800-363-4588

Email: gfrfc@greenstone.ca

**HOSHIZAKI HOUSE
DRYDEN**

Dryden

24-Hour Crisis Line: (807) 223-3226

Shelter Phone: (807) 223-7311 (Admin Office)

Toll Free: 1-800-465-7221

Website: hoshizakihouse.ca

**SAAKAATE HOUSE
KENORA**

146 Van Horne Ave.

Dryden, ON, P8N 2B7

HELP Phone Line: 1-800-465-1117

Shelter Phone: (807) 468-5491

Website: wssh.ca

**MARJORIE HOUSE
MARATHON**

P.O. Box 869
Marathon, ON
P0T 2E0

HELP Phone Line: (807) 229-2222

Shelter Phone: (807) 229-2223

Website: marjoriehouse.ca

Email: marjoriehouse@shaw.ca

**NEW STARTS FOR WOMEN
RED LAKE**

24-Hour Crisis Line: (807) 727-3303

Toll Free: 1-800-565-5368

Voicemail Shelter Phone: (807) 727-2820

Voicemail Shelter Phone TDD: (807) 727-3532

Website: newstartsforwomen.com

Email: support@newstartsforwomen.com

**KENORA
SEXUAL ASSAULT CENTRE**

101 Chipman Street,
Kenora, ON
P9N 1V7

Crisis Line: 1-800-565-6161

Local Crisis Line: 807-468-SAFE (7233)

Tel: (807) 468-7958

Fax: 468-4808

Website: kenoralsexualassaultcentre.ca

Email: ksacdirector@kmts.ca

**THUNDER BAY
SEXUAL ASSAULT CENTRE**

385 Mooney Street
Thunder Bay, ON
P7B 5L5

Shelter Phone: (807) 468-5491
Tel: 1-800-845-0894

Website: tbsasa.org
Email: info@tbsasa.org

**KABAESHIWIM
(A PLACE OF REST)**

24 Christine Street
Southampton, ON
N0H 2L0

Tel: (519) 797-2521
Fax: (519) 797-1151
Crisis: (519) 797-3677
Website: www.saugeenfirstnation.ca

**IETHINISTEN:HA
WOMEN'S SHELTER**

19 Kawenoke Apartment Road
Akwasasne, ON
K6H 5R7

24-Hour Tel: (613) 937-4322
24-Hour Toll Free: 1-800-480-4208
Fax: (613) 937-4979

Website: akwasasne.ca
Email: afwpoutreach@akwasasne.ca

**THREE FIRES EZHIGNOWENMINDWAA
WOMEN'S SHELTER**

Walpole Island First Nation

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

Office Tel: (519) 627-3635
Fax: (519) 627-4840
Crisis Phone: (519) 627-3635
Website: www.walpoleislandfirstnation.ca

**RED CEDARS WOMEN'S
SHELTER**

P.O. Box 290
Tyendinaga Mohawk Territory, ON
K0K 3A0

24 Hour Crisis Line: 800-672-9515
Tel: (613) 967-2003
Fax: (613) 967-5998
Email: redcedars@mbq-tmt.org
Website: mdq-tmt.org

Services Provided: Confidentiality, Safe Shelter, One-on-one counselling, advocacy, referrals, court support, educational sessions, circles, traditional teachings and speaking engagements.

**APO-WAY-A-IN WIGAMIN – MISSISSAUGA
WOMEN'S SHELTER**

P.O. Box 370, 13 Sawmill Road
Mississauga First Nation, ON
P0R 1B0

Tel: (705) 356-7800
Toll Free: 1-800-461-2232

Fax: (705) 356-3354

Emergency Transportation to Shelter: 1-800-461-2232

E-Mail: mfnshelter@mississauga

Services: Confidentiality, 24 hour handicapped accessible shelter for women and their children, 24 hour crisis line, referrals to community services, supportive counselling, transition and safety planning, children's support services, public education on the issues and impacts of violence against women and children, clothing and household items.

ANOVA WOMEN'S COMMUNITY HOUSE

24-Hour Emergency Shelters

101 Wellington Road
London, ON
N6C 4M7

450 Clarke Road
London, ON
N5W 6H1

Second Stage Housing

1416 Ernest Ave,
London, ON

Abused Women's Helpline: 519-642-3000 or TTY 519-963-0427
Toll free: 1-800-265-1576

Non-crisis/Business Inquiries: 519-642-3003
Fax: 519-42-3002

ROTHOLME (WOMEN'S AND FAMILY SHELTER)

42 Stanley Street
London, ON

Tel: (519) 673-4114
Fax: (519) 673-4117

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

**WOMEN'S INTERVAL HOME
OF SARNIA - LAMBTON INC.**

681 Oxford Street
Sarnia, ON
N7T 6Z7

24-Hour Crisis Line

Tel: (519) 336-5200
Toll Free: 1-800-265-1412

Website: womensintervalhome.com
Email: info@womensintervalhome.com

**TRANSLATOR
PROGRAMS**

**WEENEEBAYKO HEALTH
AHTUSKAYWIN**

P.O. Box 664
19 Hospital Dr.
Moose Factory, ON
P0L 1W0

Tel: (705) 658-4544
Fax: (705) 658-4917
Website: www.weeneebaykohealth.ca

**N'SWAKAMOK
FRIENDSHIP CENTRE**

110 Elm Street
Sudbury, ON
P3C 1T5

Tel: (705) 674-2128

Fax: (705) 671-3539

Website: www.nfcsudbry.org

**GIZHEWAADIZIWIN
ACCESS CENTRE**

Mailing:

P.O. Box 686
Fort Frances, ON
P9A 3M9

Centre:

1460 Idylwild Drive
Fort Frances, ON
P9A 3M3

Tel: (807) 274-2042

Fax: (807) 274-2050

**TREATMENT
CENTRES**

**BENBOWOPKA
TREATMENT CENTRE**

144 Causley Street
Blind River, ON
P0R 1B0

Tel: (705) 356-1681

Fax: (705) 356-1684

Email: contact@benbowopka.com

Website: www.benbowopka.com

Head Office:

Hwy 17 East
P.O. Box 28
Serpent River First Nation
Cutler, ON
P0P 1B0

Benbowopka Treatment Centre employs a culturally based substance abuse treatment program, following the Seven Grandfather Teachings. Elders have taught that when we place our healing in the Medicine Wheel, re-birth and knowledge begins in the east and we start our Red Road journey to recovery.

Individuals will participate in: individual counselling; group education sessions; talking circle; learn relaxation techniques through yoga and drumming; learn the importance of addressing their physical health through proper nutrition and exercise; and they'll address their spiritual health through cultural activities and teachings.

DILICO ANISHINABEK TREATMENT CENTRE

200 Anemki Drive
Fort William First Nation
Thunder Bay, ON
P7J 1L6

Tel: (807) 623-8511
Fax: (807) 623-7999
Toll Free: 1-855-623-8511
Toll Free Fax: 1-855-626-7999

The Adult Residential Treatment Centre provides a safe, clinically based approach to treatment for alcoholism and drug dependency. The 6-week co-ed treatment program successfully combines cultural teachings, and clinical counselling with a client centered, strengths based approach to wellness. Therapeutic community principles of peer support, cooperation, open communication and shared rehabilitative goals are taught.

Aftercare Program: 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.

FORT FRANCES TRIBAL AREA HEALTH SERVICES

P.O. Box 608
1460 Idylwild Dr.
Fort Frances, ON
P9A 3M3
Tel: (807) 274-2042
Fax: (807) 274-2050

Treatment Cycle: Other: 8 weeks & 9 weeks after-care
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 counselling

Treatment For Substances:

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

Treatment Components:

- Alcohol & other drug education
- Assessment, Intake, Referral
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling

- Life-skills/personal development (holistic approach)
- Orientation
- 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)

Treatment Team Services:

- Case Management Services
- Intake, Assessment, Program Orientation
- Pre-Treatment Support and programming
- Out-Patient Support and programming
- After Care support and programming

Wrap Around Services with First Nation Community Service Providers, other internal agency programs, external resources and referrals for service.

KA-NA-CHI-HIH SOLVENT ABUSE TREATMENT CENTRE

Head Office:

100 Anemki Drive, Suite 102
Fort William First Nation
Thunder Bay, ON
P7J 1A5

Tel: (807) 623-5577
Fax: (807) 623-5654

Residence:

170 Dease Street
Thunder Bay, ON
P7C 5H4

E-mail:

jwilhelm@kanachihih.ca
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

- Alcohol & other drug education (secondary)
- Assessment
- Case management
- Crisis intervention
- Cultural activities (traditional)
- Group counselling
- Individual aftercare & planning
- Individual counselling

Treatment Components:

- Individual treatment planning
- Life-skills/personal development
- Orientation
- Recreation therapy
- Referral

Impairments The Centre Can Accommodate:

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

Disability Needs Services:

- Wheelchair access

Ka-Na-Chi-Hih is a 12 bed, long-term treatment program for chronic solvent abusers; in which a client may stay in our program for a minimum of 6 months and up to two years. Chronic solvent abusers are defined as those who have been abusing solvents daily, at least for a period of one year and which this use is affecting their life socially, physically, emotionally and spiritually. This program serves First Nation Male Youth between the ages of 16 to 25, from across Canada.

**MIGISI ALCOHOL AND DRUG
TREATMENT CENTRE**

A-38 Rat Portage Reserve
Kenora, ON
P9N 3X7

Tel: (807) 548-5959 (intake)
Tel: (807) 548-5545 (administrative)
Fax: (807) 548-2084
E-mail: migisitreatmentcentre@bellnet.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

This organization delivers a holistic treatment plan that includes AA concepts, traditional/cultural principles, and life skills.

**NATIVE HORIZONS
TREATMENT CENTRE**

130 New Credit Rd.
Hagersville, ON
N0A 1H0

Tel: (905) 768-5144
Fax: (905) 768-5564
Toll Free: 1-877-330-8467
E-mail: nhtc@sympatico.ca

Native Horizons uses a team approach that incorporates Native culture and relevant mainstream practices to address mental

health and addictions in a residential setting that meets the unique needs of our Native populations.

Programs offered:

Six (6) week co-ed residential program for those individuals seeking to address substance use/abuse & related issues

Outreach Programs: New Journeys Relapse Prevention Program, Embrace Your Spirit Support Group, and one-to-one counselling.

NIMKEE NUPIGAWAGAN HEALING CENTRE

20850 Muncey Rd.
Muncey, ON
N0L 1Y0

Tel: (519) 264-2277
Toll free: 1-888-685-9862
Fax: (519) 264-1552

Target Group: 12-17

Treatment Cycle: Minimum 6 months

Intake Frequency: 3 intakes a year; January, May, Sept

The healing centre is a residential place of healing for First Nation Youth, ages 12 to 17, who are challenged with solvent addiction. The program maintains a philosophy of traditional Native teachings and healing practices. As a culturally based program, assessments and counselling being from a place of respect that focuses upon the strengths of Native Youth, Family and community. The 4 month, gender based, treatment program is comprised of the following:

- Assessment and Treatment Planning
- A treatment program of individual and group counselling, therapy, recreation using Western methods and Native Traditional Practice.
- Learning Center and Work Placements
- Nutrition Program
- Health Care
- Aftercare Planning and Follow up
- Community Education and Training

**NGWAAGAN GAMIG
RECOVERY CENTRE INC.**

P.O. Box 81
56 Pitawanakat St.
Wikwemikong, ON
P0P 2J0

Tel: (705) 859-2324
Fax: (705) 859-2325
Toll Free: 1-877-649-2242
Website: www.ngwaagan.ca

Culturally-based, cognitive-behavioral approach for addictions treatment and prevention services.

Empower individuals and families toward a healthy lifestyle, healing and wellness, through education and utilizing cultural holistic approaches.

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

Box 131
Muskrat Dam, ON
P0V 3B0

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

Website: www.weechehewayogamik.com

The Wee Che He Wayo-Gamik Family Treatment Centre is to strengthen Native communities within the Sioux Lookout area by providing a residential program that will provide support and guidance to substance abusers and their families to understand and overcome their problems through the development of the strong spiritual base. The understanding of the traditional values and beliefs and the development of attitude and skills that will help them deal with changes within the community.

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**

P.O Box 99
100 Quarry Road
Moosonee, ON

P0L 1Y0

Tel: (705) 336-3450

Fax: (705) 336-3452

E-mail: admin.intake@sagashtawao.ca

Website: www.sagashtawao.ca

“I Have Hope In My Life” - six week short-term residential treatment program. The program is offered to people who are experiencing drug and alcohol abuse and its related problems. Sagashtawao Healing Lodge offers a safe environment for clients to address that create chaos in their lives with safe and compassionate treatment staff. This program can assist clients either in translation of treatment material or working through literacy barriers.

Target Group: 18 and over

Treatment Cycle: Six 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

WITHDRAWAL MANAGEMENT CENTRE SALVATION ARMY CENTRE OF HOPE

281 Wellington Road
London, ON
N6B 2L4

Tel: (519) 661-0343
Fax: (519) 432-6375

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

WITHDRAWAL MANAGEMENT SERVICES

Addiction Treatment Center

1453 Prince Road
Windsor, ON
N9C 3A9

Tel: (519) 257-5225

GOVERNMENT & NON-GOVERNMENT ORGANIZATIONS

ASSOCIATION OF NATIVE CHILD AND FAMILY SERVICES AGENCIES OF ONTARIO

ANCFSAO is an association of Indigenous child and family well-being agencies mandated to build a better life for all Indigenous children through promoting the delivery of culturally-based services.

Toronto Office

3rd Floor, 500 King Street West, Toronto, ON M5V 1L8
Phone: (437) 836-3660

First Nation Office

8913 County Road 45, Roseneath, ON K0K 2X0
Phone: (905) 352-2552 ext. 101

Website: www.ancfsao.ca/home/contact/

INDIGENOUS HEALING AND WELLNESS STRATEGY

Ministry of Community and Social Services

80 Grosvenor Street
6th Floor - Hepburn Block
Toronto, ON
M7A 1E9

Tel: 416-325-5666
Toll Free: 1-888-789-4199
Website: www.ahwsontario.ca

About IHWS

The Ministry promotes healthy Indigenous communities through the Indigenous Healing and Wellness Strategy.

The strategy combines traditional and mainstream programs and services to help improve Indigenous health and reduce family violence.

These community-based programs and services are available to Indigenous people living on-reserve and in in urban and rural communities.

- Community wellness programs
- Indigenous Healthy Babies, Healthy Children Program
- Counselling to address mental and emotional issues
- Crisis intervention services
- Healing lodges
- Health care, health promotion and education

- Shelters and safe houses for women escaping domestic violence and their children
- Pre and post-natal care
- Substance-abuse treatment centres

CANADIAN ABORIGINAL AIDS NETWORK

BC Main Office:
6520 Salish Drive
Vancouver, BC
V6N 2C7

Tel: (604) 266-7616
Fax: (604) 266-7612

CAAN Research and Policy Unit
113-154 Willowdale Drive
DARTMOUTH, NS
B2V 2W4

Tel: (902) 433-0900
Fax: (902) 433-3041

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

Website: www.ontario.cmha.ca
E-mail: info@ontario.cmha.ca

Provincial Programs:

- Bounce Back Ontario

Toll-Free: 1-866-345-0224

905-430-1768

CMHA York and South Simcoe

8271 Keele St., Unit 2, Concord, ON, L4K 1Z1

- Bridging the Divide: Nutrition and Mental Health
- Centre for Innovation in Campus Mental Health
www.campusmentalhealth.ca

Centre for Innovation in Campus Mental Health

(CICMH)Canadian Mental Health Association,

Ontario

180 Dundas St. West, Suite 2301

Toronto, ON M5G 1Z8

(416)977-5580

info@campusmentalhealth.ca

- Enabling Minds- TRAINING www.enablingminds.ca
- Living Life in the Full TRAINING www.livinglifetothefull.ca
- Mental Health Works -info@mhworks.ca
- Mood Walks - moodwalks@ontario.cmha.ca
- Talk Today - talktoday@ontario.cmha.ca
- Strengthening Children's Mental Health – Training

CENTRE FOR ADDICTION & MENTAL HEALTH (CAMH)

Queen Street Site Address-Outpatient Clinic:

1001 Queen Street West

Toronto, ON

M6J 1H4

Tel: (416) 535-8501

Website: www.camh.ca

The Centre for Addiction and Mental health (CAMH) is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the are of addiction and mental health, CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.

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

Sudbury Site: Non-Clinical
Suite 302 - 888 Regent St.,
Sudbury, ON P3E 6C6

Tel: 705-675-1195
Fax: 705-675-9121
Toll Free: 1-800-463-6273

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

Website: 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)

Indigenous Services Canada

First Nations and Inuit Health Branch, **Ontario region**

10 Wellington Suite 1455

Gatineau QC K1A 0H4

Sir Charles Tupper Building, Floor 4C, Mailstop 6604C

Website: www.canada.ca/en/indigenous-services-canada.html

Email: info@hc-sc.gc.ca

Aboriginal Diabetes Initiative (ADI)

Phone: 613-866-9679 Fax: 613-946-4203

Aboriginal Head Start on Reserve (AHSOR)

Phone: 613-797-5692 Fax: 613-952-7733

Accreditation - Phone: 613-862-3559 or 705-465-3246

Fax: 613-954-3883

Contribution Agreements Resource Centre

Phone: 613-952-0088 Fax: 613-952-5748

eHealth Unit

Phone: 613-241-2751 Fax: 613-952-0177

Indian Residential Schools

Resolution Health Support Program (IRSRHSP)

Phone toll free: 1-888-301-6426

Toll free confidential fax: 1-877-430-3306

Residential School student, and need crisis referral services, call

the **Indian Residential School (IRS) Crisis Line at 1-866-925-**

4419. It's toll free and open 24 hours a day, 7 days a week.

Nurse Recruitment Officer

Phone: 613-946-9399

Fax: 613-948-9253

Phone toll free: 1-877-494-4604

The Hope for Wellness Help Line

Offers immediate help to all Indigenous peoples across Canada.

Available 24 hours a day, 7 days a week to offer:

- counselling

- crisis intervention

Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at hopeforwellness.ca.

If asked, counsellors can work with you to find other wellness supports that are accessible near you. Telephone and online counselling are available in English and French. On request, telephone counselling is also available in: Cree, Ojibway, Inuktitut

**KANONKWA'TESHEIO:IO
SOCIAL**

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

Tel: (613) 575-2341
Fax: (613) 575-1311
Website: www.akwesasne.ca

**NATIVE CANADIAN CENTRE OF
TORONTO**

16 Spadina Road
Toronto, ON
M5R 2S7

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

**ONTARIO CENTRE OF EXCELLENCE
FOR CHILD AND YOUTH MENTAL HEALTH**

695 Industrial Avenue,
Ottawa, ON K1G 0Z1

Tel: 613-737-2297
Fax: 613-738-4894
Media: 613-737-2297 x3388
Website: www.cymh.ca

**ONTARIO NATIVE EDUCATION
COUNSELLING ASSOCIATION (ONECA)**

ONECA is an organization of Native Education Counselling Professionals in Ontario which value and utilize its' collective knowledge, wisdom & respect to strengthen the spirit of self for the well-being of others.

ONECA

P.O. Box 220 , 37 A Reserve
Road
Naughton , Ontario
P0M 2M0

Phone: (705) 692-2999
Fax: (705) 692-9988
Website: www.oneca.com

**ONTARIO PROBLEM GAMBLING
HELPLINE**

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

www.opgh.on.ca

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

**CONNEX
ONTARIO**

24 Hour Toll Free 1-866-531-2600

Information and Referral Line - within Ontario

Website: www.connexontario.com

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

We can help. ConnexOntario 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. ConnexOntario staff are available to answer calls in both official languages, English and French. We can provide in over 170 languages, including Mandarin, Spanish, Portuguese, Italian, Vietnamese, Greek, Polish, Russian, and Serbian.

Programs **mindyourmind**

<https://mindyourmind.ca/about/contact>

mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

mindyourmind publishes:

- mindyourmind.ca,
- youthexperts.ca,
- myToolKit.ca
- BeSafeApp.ca.

THRIVE .UK.COM

Thrive.uk.com

Thrive creates evidence based apps to pro-actively help with your mind, whether it be phobia, stress or anxiety. Endorsed by the National Health Service (NHS) and Anxiety UK. more United Kingdom

<http://thrive.uk.com/>

YOUNG STREET MISSION, EVERGREEN

365 Spadina Ave.,
Toronto, ON,
M5T 2G3
416-929-9614

One of five branches of Yonge Street Mission, Evergreen focuses on meeting the complex needs of Toronto's large street youth population.

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

Up to 24 years

YOUTHLINK

YOUTHLINK offers a unique set of services and programs for vulnerable youth between the ages of 12-24 and their families or caregivers.

636 Kennedy Road,

Toronto, ON,

M1K 2B3

416-967-1773

<http://www.youthlink.ca>

WOUNDED WARRIORS CANADA

310 Byron Street South,

Whitby, ON,

L1N 4P8

1-888-706-4808 (Toll Free)

<https://woundedwarriors.ca/>

- national mental health service provider utilizing clinical best practices and evidence-based care
- All ages

VETERANS AFFAIRS

A confidential and free service available 24/7 to Veterans, former RCMP members, their family members, or caregivers.

The VAC Assistance Service is available 24 hours a day, 365 days a year. When you call, you are speaking to a mental health professional.

Call toll-free: 1-800-268-7708
TDD/TTY: 1-800-567-5803

HOLISTIC & MENTAL HEALTH PROVIDERS

ALGOMA TREATMENT AND REMAND CENTRE

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

Tel: (705) 946-0995
Fax: (705) 946-0314

French language services offered

FORT FRANCES TRIBAL AREA HEALTH SERVICES

1460 Idlewyld Drive,
Fort Frances, ON
P9A 3M5

Mailing address:

P.O. Box 608

Fort Frances, ON P9A 3M9

Tel: (807) 274-9839

Fax: (807) 274-3211 or (807) 274-2050

Website: www.fftahs.com

The Home and Community Care Program is funded by the First Nations and Inuit Branch. This program is for members of our 10 Fort Frances/rainy River District area First Nations who require medical treatment or assistance in their home.

**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

**ATIKOKAN COMMUNITY
COUNSELLING SERVICES**

123 Marks Street
P.O. Box 1956
Atikokan, ON P0T
1C0

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

Website: www.aghospital.on.ca

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.

The Case Management program's mandate is to help adults living with chronic and severe mental illness achieve and maintain a satisfying and meaningful life within their own community.

Assistance is provided in the following areas:

- Physical, social, recreational, medical and emotional health
- Education and medication monitoring
- Housing, self care, nutrition and meal preparation
- Money management
- Family education and support
- Advocacy

Community Counselling:

- Intensive Case Management
- The Addictions Program
- The Gambling Program
- The Mental Health Program
- The Older Adults Program
- The Supportive Housing Program

The focus of the program is to provide services to persons 16 years of age and older 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
- Access to Psychiatry

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

Administrative Offices:

P.O. Box 638
133 Elgin St.
Brantford, ON
N3T 5P9

Tel: (519) 759-8830

Mental Health Crisis Line:

Tel: (519) 759-7188

Toll Free: 1-866-811-7188

Email: info@st-leonards.com

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

Indigenous 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.

Services: Family education is also provided. Services include assessment, counselling, treatment, case management and peer support to individuals 16+ in the areas of addictions and/or mental health.

**MINTO COUNSELLING
CENTRE**

Cochrane Head Office:

233 8th Street
Tel: (705) 272-4245

Minto Counselling Centre provides a range of bilingual mental health services to persons 16 years of age or over. We are licensed under the Ministry of Health and Long Term Care. Offices are in Cochrane, Iroquois Falls and Matheson, Ontario, Canada. Our services are free and strictly confidential.

Aboriginal Services:

The Aboriginal Services Program provides counselling and support services designed to meet the client's preference of either the traditional or mainstream therapeutic approaches.

Services Offered:

- teach life skills to cope with symptoms such as: worry, panic, distress, trouble sleeping, thoughts of suicide, low moods
- crisis intervention
- assertiveness training
- recovery from trauma
- referral to psychiatric clinic
- delivery of presentations on topics related to mental illness and mental health promotion
- assistance with asserting one's rights and accessing other services
- outreach services

Cochrane Head Office:

233 8th Street
P.O. Box 2298
Cochrane, ON
P0L 1C0

Email: mcc@puc.net

www.mintocounsellingcentre.org

**Minto Counselling Centre
Iroquois Falls**

A-58 Anson Dr.
Iroquois Falls, ON
P0K 1E0 **Mental Health
Clinic
Cochrane**

275 8th St.
Cochrane, ON

(705) 272-4245

Collect calls are accepted

Minto Counselling Centre Matheson

507 8th Avenue
Matheson, ON
P0K 1N0

KENORA SEXUAL ASSAULT CENTRE

101 Chipman St.
Kenora, ON

Tel: (807) 468-7958

Fax: (807) 468-4808

24 Hour Crisis & Support Line:

Tel: (807) 468-7233

Toll Free: 1-800-565-6161

Email: ksac@kmts.ca

Website: www.kenoralsexualassaultcentre.ca

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.

ST. JOSEPH'S HEALTH CARE LONDON

Mental Health Care: Concurrent Disorders Services: Parkwood Institute: Mental Health Care Building Concurrent Disorders Services

550 Wellington Road
London, ON
N6C 0A7

Tel: (519) 455-5110 Ext. 47747 or 47756

These services are provided to individuals aged 16 and older living with severe and persistent mental illness and an active substance abuse disorder (meeting criteria for dependence).

**ADDICTION SERVICES OF
THAMES VALLEY**

200 Queen's Avenue Suite 260
London, ON
N6A 1J3

Tel: (519) 673-3242 Ext.222
Email: start@adstv.ca

**LAMBTON COUNTY ADDICTIONS
SERVICES BLUEWATER HEALTH**

89 Norman St.
Sarnia, ON
N7T 6S3

Tel: (519) 464-4400 ext. 5370
Fax: (519) 464-4414

Website: www.bluewaterhealth.ca

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

(Regional HIV/AIDS Connection)

Tel: (519) 434-1601
Fax: (519) 434-1843
Toll Free: 1-866-920-1601

Email: info@hivaidconnection.ca
Website: www.hivaidconnection.ca

Regular hours of operation are: Monday to Friday, 9am-5pm

OPEN CLOSET: YOUTH SEXUAL ORIENTATION

Open closet is a social support group for youth between 14 and 18 years of age who identify as gay, lesbian, bisexual, transgender, two-spirited and questioning their sexual orientation.

From London call (519) 434-1601 or from any of the six counties we serve – Perth, Huron, Lambton, Elgin, Middlesex and Oxford – Call toll free 1-866-920-1601.

CANADIAN MENTAL HEALTH ASSOCIATION

250 Dundas St. West, Suite 500
Toronto, ON

Tel:(416) 646-5557

Fax: (519) 438-1167

E-mail: info@cmha.ca

Hours of operation: 8:30am to 4:30pm – Monday to Friday.

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

CANADIAN MENTAL HEALTH ASSOCIATION – MIDDLESEX / CROUCH – WOMEN'S MENTAL HEALTH RESOURCES

550 Hamilton Road
London, ON
N5Z 1S4

Tel: (519) 642-7630 Ext.225

Fax: (519) 642-7026

Website: www.crouchonline.org

CAN-VOICE

450 Spruce St.
London, ON
N5W 4P3
Tel: (519) 434-8303

Crisis Response Line: 24/7 - (519) 433-2023
Services: Individual Crisis Counselling, Psychiatric Assessments,
Crisis Support and Stabilization, Mobile Crisis Intervention, Peer
Support and Referrals to Community Agencies.

CANADIAN MENTAL HEALTH ASSOCIATION - LONDON

General Inquiries (Information, Intake and Referral):
Tel: (519) 434-9191 or
Email at info@cmhamiddlesex.ca
Crisis Support Line: (519) 433-2023 or
Toll Free: 1-866-933-2023

CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families.

CHANGING WAYS (LONDON) INC.

825 Bradley Ave.
London, ON
N6E 3C2

Tel: (519) 438-9869
Fax: (519) 438-9780
Email: changingways@changingways.on.ca
Website: www.changingways.on.ca

Changing ways helps men to eliminate their abusive and violent behavior in their primary and intimate relationships.

**CHILDREN'S CENTRE
THUNDER BAY**

283 Lisgar Street,
Thunder Bay, ON
P7B 6G6

Tel: 807-343-5000
Fax: 807-345-0444
E-mail info@childrenscentre.ca

**CHILD AND PARENT RESOURCE INSTITUTE
(CPRI) FUNDED BY ONTARIO MINISTRY OF
CHILDREN AND YOUTH SERVICES**

600 Sanatorium Road
London, ON
N6H 3W7

Tel: (519) 858-2774
Toll free: 1-877-494-2774
Teletype: (519) 858-0257
Fax: (519) 858-3913 (Clinical records)

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

**COMMUNITY COUNSELLING
CENTRE OF NIPISSING**

361 McIntyre Street E
North Bay, ON
P1B 1C9

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

Email: info@cccnip.com

Website: www.cccnip.com

CRAIGWOOD YOUTH SERVICES

520 Hamilton Road
London, ON
N5Z 1S4

General Information:
Tel: (519) 432-2623
Fax: (519) 432-8964

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

FIRST NATIONS HOUSING CO-OP INC.

665 Lorne Ave.
London, ON
Tel: (519) 645-2549
Fax: (519) 645-7282
Website: www.firstnationscoop@rogers.com

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

355 Wellington St.
London, ON
Tel: (519) 661-0861
Fax: (519) 661-4466

KIDS HELP PHONE

1-800-668-6868

National Toll-Free hotline for children and youth in Canada; providing anonymous and confidential professional counselling; referrals and information in English and French, through technologically-based communications media.

**LOFT
COMMUNITY SERVICES**

15 Toronto Street, 9th Floor
Toronto, ON
M5C 2E3

Tel: (416) 979-1994
Fax: (416) 979-3028
Email: info@loftcs.org

The Mental Health & Justice Initiative
Tel: (416) 757-1565
Fax: (416) 757-9724

**MARYVALE ADOLESCENT
& FAMILY SERVICES**

3640 Wells Street
Windsor, ON
Tel: (519) 258-0484 OR (519) 258-0549
Fax: (519) 258-0488

Website: www.maryvale.ca

Maryvale is a Children's Mental Health Treatment centre in Windsor, Ontario, where adolescents experiencing very serious emotional, psychological and mental distress can receive therapy and assistance from a team of experts.

**MENTAL HEALTH SERVICES – LONDON
HEALTH SCIENCES CENTRE – COORDINATED
INTAKE FOR AMBULATORY
MENTAL HEALTH SERVICES**

www.lhsc.on.ca

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 CARE PROGRAM CHILD & ADOLESCENT SERVICES

Children's Hospital:
Zone B, Level 8
800 Commissioners Rd. East,
London, ON

London Health Sciences

Referrals should be directed to our Intake Office:
Tel: (519)-667-6640
Fax: (519) 667-6814

The Child and Adolescent Mental Health Care Program (CAMHCP) provides clinical services for children and youth up to 17 years of age and their families.

Referrals for services are accepted from a physician only.

MY SISTER'S PLACE

566 Dundas Street
London, ON
N6B 1W8
Tel: (519) 679-9570
Toll Free: 1-877-859-0352
Fax: 1-866-210-1917

Email: mysistersplace@cmhamiddlesex.ca

Transitional support centre for homeless or at risk homeless women.

NATIVE WOMEN'S RESOURCE CENTRE OF TORONTO

191 Gerrard Street East
Toronto, ON
M5A 2E5

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

NOKEE KWE – CAREER DIRECTIONS

104-1069 Wellington Road South
London, ON
N6E 2H6
Tel: (519) 667-7088
Fax: (519) 667-4872

Nokee Kwe, founded on Aboriginal principles, is dedicated to creating, promoting and sustaining culturally sensitive environments, which encourage and support personal development and self-determination.

OPERATION COME HOME

Tel: (613)-230-4663
Toll Free: 1-800-668-4663
Fax: (613) 230-8223

Email: info@operationcomehome.ca
Website: www.operationcomehome.ca

Operation Come Home is an employment, education and support centre for homeless and at risk youth age 16 and up. Programs focus on what works and what matters to youth, as well as encourage personal growth of everyone as an individual.

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

1554 Carling Ave, Suite 243
Ottawa, ON
K1Z 7M4

Toll free: 1-888-530-6777

Provides mutual support and education.

PFLAG Canada:

National Support Line: 1-888-530-6777 ext 224

French National Support Line: 1-888-530-6483

Provides mutual support and education.

**REGIONAL SEXUAL ASSAULT AND
DOMESTIC VIOLENCE TREATMENT
CENTRE – ST. JOSEPH'S HOSPITAL LONDON**

268 Grosvenor Street
London, ON N6A 4V2

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

After Hours: (519)-646-6000, press "0" and ask switchboard to
page the nurse-on-call for sexual assault and domestic violence.

The Regional Sexual Assault and Domestic Violence Treatment
Centre provides care for women, children and men experiencing
sexual assault and/or domestic violence living in Oxford, Elgin,
Huron-Perth and Middlesex counties.

**S.O.S. STREET
OUTREACH SERVICES**

420 George St.
Thunder Bay, ON
P7E 5Y8

Tel: (807) 620-7678

The S.O.S Team (Street Outreach Service), is a highly trained,
skilled team of compassionate people, is out on the road every
day. This team will be out in teams of two from 2 PM – 2 AM daily,
offering their services to homeless, intoxicated and high-risk
people in our community.

**TWO-SPIRITED PEOPLE
OF THE FIRST NATIONS**

145 Front Street East, Suite
105

Toronto, ON
M5A 1E3

Tel: (416) 944-9330

Fax: (416) 944-8381

Website: www.2spirits.com

YOUTH OPPORTUNITIES UNLIMITED YOUTH ACTION CENTRE

332 Richmond St.
London, ON
N6A 3C3

Tel: (226) 777-0116

Fax: (519) 432-2883

Not sure who to turn to? The Youth Action Centre can help. We're a resource referral drop-in centre for youth 16-24 years of age. The YAC is a fun, safe place where staff listen and care.

WIINGASHK ALTERNATIVE SECONDARY SCHOOL

260 Colborne St
London, ON
N6B 2S6

Tel: (519) 452-2660

Located at the Adult, Alternative & Continuing Education.

WINDSOR – ESSEX COUNTY HEALTH UNIT

1005 Ouellette Ave.
Windsor, ON
N9A 4J8

Drug and Alcohol Treatment Services
Assessment & Referral Program:

Tel: (519) 257-5220

Website: www.wechu.org

REGIONAL HOSPITALS

MENTAL HEALTH SERVICES

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

Website: www.ontario.cmha.ca
E-mail: info@ontario.cmha.ca

Provincial Programs:

- Bounce Back Ontario
Toll-Free: 1-866-345-0224
905-430-1768
CMHA York and South Simcoe
8271 Keele St., Unit 2, Concord, ON, L4K 1Z1
- Bridging the Divide: Nutrition and Mental Health
- Centre for Innovation in Campus Mental Health
www.campusmentalhealth.ca
Centre for Innovation in Campus Mental Health
(CICMH)Canadian Mental Health Association,

Ontario

180 Dundas St. West, Suite 2301
Toronto, ON M5G 1Z8
(416)977-5580
info@campusmentalhealth.ca

- Enabling Minds- TRAINING www.enablingminds.ca
- Living Life in the Full TRAINING www.livinglifetothefull.ca
- Mental Health Works -info@mhworks.ca
- Mood Walks - moodwalks@ontario.cmha.ca
- Talk Today - talktoday@ontario.cmha.ca

- Strengthening Children's Mental Health – Training

FORT FRANCES TRIBAL AREA HEALTH SERVICES

Post Office Box 608
Kenora Rainy River District:
Fort Frances, ON
P9A 3M9
Crisis Response Services: 24 hours
a day 7 days a week: 1-866-888-8988

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

Supporting First Nation communities, with a holistic approach to health & wellness.

The communities represented are:

- Couchiching First Nation
- Lac La Croix First Nation
- Rainy River First Nation
- Seine River First Nation
- Mishkosiminziibiibiing First Nation
- Mitaanjigaaming First Nation
- Ojibways of Onigaming First Nation
- Nigigoonsiminikaaning First Nation
- Anishinaabeg of Naongashiing
- Naicatchewenin First Nation

KINGSTON HEALTH SCIENCES CENTRE

Kingston Health Sciences Centre
76 Stuart Street
Kingston, Ontario
K7L 2V7

Hotel Dieu Hospital site:
166 Brock St,
Kingston, ON

K7L 3E2

Kingston General

Hospital site:

76 Stuart St,

Kingston, ON

K7L 2V7

General inquiries:

KGH site local: 613-549-6666

For a specific care service, department or clinic: 613-548-3232

KGH site toll free: 1-800-567-5722

HDH site toll free: 1-855-544-3400

HDH site for a specific care service, department or clinic: 613-544-3310

Long-distance: 1-855-851-3490

Urgent Care Centre - Open 8:00 a.m. to 8:00 p.m.

613-546-1240

Emergency Department – Open 24 hours a day

613 548-2333

Cancer Care or Cancer Centre of Southeastern Ontario (CCSEO)

613-549-6666

Services/ Programs:

- clinic care to adults, children and teens who need help dealing with their mental health challenges.
- Mental health and Addiction Care
- Adult Eating Disorders program (outpatient service)
- Intensive Transitional Treatment Program (outpatient service)
- Heads Up! – Early Psychosis Intervention Program
- Detoxification Centre
- Crisis Safe Bed Program

Website: <https://kingstonhsc.ca/mental-health-care>

Detoxification Centre

Hotel Dieu Hospital Site

Please call our 24-hour telephone line at 613-549-6461.

Our fax number is 613-546-4254.

Crisis

24 Hour Crisis Line: 613.544.4229

AMHS / KFLA

Kingston Area: 613-544-1356
Napanee & Area: 613-354-7521
info@amhs-kfla.ca

Walk In Services:

Napanee

70 Dundas Street East
Napanee ON K7R 1H9
p. 613-354-7521
f. 613-354-7524

Kingston

552 Princess Street
Kingston ON K7L 1C7
p. 613-544-1356
f. 613-544-2346

Kingston & Frontenac

24/7 Crisis Phone Line 613.544.4229
Toll Free – 1.866.616.6005

Rural Services by Appointment

Frontenac County Verona – 613.374.1899
Sharbot Lake – 613.279.3151

Family Resource Centre

552 Princess Street, Kingston
613.544.1213

Housing Services

Monday-Friday, 8:30am-4pm
613.531.5576

Lennox & Addington

24/7 Crisis Phone Line
613.354.7388
Toll Free – 1.800.267.7877

Mobile Crisis Services

Monday-Friday, 8:30am-4:30pm

Walk-in Crisis Services & General Information

Monday-Friday, 8:30am-4:30pm,
Weekend onsite support at L&A Hospital
70 Dundas Street East, Napanee (Daly Tea Company Building)

Phone 613.354.7521 Fax 613.354.7524
info@amhs-kfla.ca

Rural Services by Appointment in Lennox & Addington County
Amherstview, Deseronto, Northbrook – 613.354.7521

LAKE OF THE WOODS DISTRICT HOSPITAL- KENORA

21 Sylvan St. W,
Kenora, ON

Tel: 807- 468-9861.

Programs Services :

- Indigenous Services - Native Healer Coordination
Tel: 807 468-9861 Ext:3565
- Addictions Services
Tel: 807 468-9861 Ext:3565
 - Addictions Program
 - Detoxification Centre
 - Early Childhood Development Program
 - Gambling Program
 - MECCA
- Adult Mental Health
Tel: 807-467-3555
- Challenge Club Day Treatment Program
Tel: 807-467-3555

NORTHEAST MENTAL HEALTH CENTRE - NORTH BAY REGIONAL HEALTH CENTRE

1164 Devonshire Ave.
North Bay, ON
P1B 0A4

Tel: (705) 474-1205
Fax: (705) 495- 7862

Website: www.nbrhc.on.ca

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

**THE OTTAWA
HOSPITAL**

TEL: 613-722-7000

Civic Campus

1053 Carling Avenue
Ottawa, Ontario
K1Y 4E9

General Campus

501 Smyth Road
Ottawa, Ontario
K1H 8L6

Riverside Campus

1967 Riverside Dr.
Ottawa, Ontario
K1H 7W9

Mental Health:

If you or someone you know is experiencing serious mental health problems, call the Mental Health Crisis Line:
toll free at 1-866-996-0991,
locally at 613-722-6914,
24 hours a day.

If you are in immediate danger or a life-threatening situation, call 911 immediately.

Services:

- Consultative /educational Services
- Day Hospital Care
- Acute Partial Hospitalization Program (APHP)
- Dialectical Behavior Therapy
- Inpatient Services
- Outpatient Services

- Urgent Consultation Clinic
- Psychiatric Emergency Services (PES)
- Community Treatment Order Program (CTO)

Mobile Crisis Team (MCT) – Community Based

A referral from a health professional or community service worker is required. Please fax The Ottawa Hospital Mobile Crisis Team Referral Form to 613-241-7710. Anyone can call the Mental Health Crisis Line at 613-722-6914 or toll free at 1-866-996-0991.

Regional Centre for Treatment of Eating Disorders (EDP) – Community Based

A physician referral is required. Contact Information: The Ottawa Hospital, General Campus, 4th Floor, 501 Smyth Road, Ottawa, ON K1H 8L6; Tel: 613-737-8042; Fax: 613-737-8085

Mental Health Care – Community Based

MENTAL HEALTH CRISIS LINE

Patient Line: 613-722-6914 (within Ottawa)

1-866-996-0991 (Champlain LHIN/Outside Ottawa*)

TOH MOBILE CRISIS TEAM AND COMMUNITY CRISIS BED PROGRAM

Health Professional Line Only: 613-241-8161

To consult with Mobile Crisis Team Staff regarding residents of the Ottawa area.

A referral from a health professional or community service worker is required and should be faxed to 613-241-7710

*The Adult Crisis Line Service is for individuals 16 years of age or older living in the following regions:

- **Counties of Prescott & Russell**
- **United Counties of Stormont, Dundas & Glengarry**
- **Renfrew County**

On Track: The Champlain First Episode Psychosis Program – Community Based

Anyone can refer to On Track. Contact Information: 1355 Bank Street, Suite 208, Ottawa, ON K1H 8K7; Tel: 613-737-8069; or fax an On Track Referral Form to 613-737-8318.

SUDBURY REGIONAL HOSPITAL'S COMMUNITY MENTAL HEALTH AND ADDICTIONS SERVICES

127 Cedar Street
Sudbury, ON
P3E 1B1

Centralized Intake &
Referral Coordination Program
Tel:(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

Adult Mental Health Counselling & Treatment Services,
Outpatient Addictions and Gambling Services
Espanola (705) 869-1564
Manitoulin (705) 368-0756

Sudbury Mental Health &
Addictions of Health Sciences North (705) 867-5233

Sudbury Mental Health and Addictions Centre (705) 675-5900

Kirkwood Site-Psychiatric Outpatient Clinic Psych Direct
(mental health education and information) www.psychdirect.com

Warm Line – Regional Warm Line:	Toll free 1-866-856-9276
Panic & Anxiety Sudbury Mental Health & Addictions Centre of Health Sciences North	(705) 523-4988
Parents Attention Deficit/Hyperactivity Disorder Parent Support Group	(705) 523-4747
Children’s Community Network	(705) 566-3416
Learning Disabilities Association	(705) 522-0100
Our Children, Our Future	(705) 677-0440 Toll Free:1-888-677-0440
Sudbury & District Health Unit	(705) 522-9200
Supervised Access Centre	(705) 566-5866
Schizophrenia – Society of Ontario	1-800-449-6367
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- Genevra House	1-800-461-0133
Sexual Assault, Domestic Violence Treatment Program	(705) 675-4743
Sudbury Counselling Centre, individual counselling, groups (women, children)	(705) 524-9629
Sudbury Sexual Assault Crisis Centre	(705) 675-8071
YWCA/ Genevra House Abuse Line	(705) 674-2210 1-800-461-0133
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

www.MindYourMind.ca

(stress, mental health issues, self-harming behaviors, suicide)

Women

Elizabeth Fry Society (705) 673-1364
 Sudbury Women's Centre (705) 673-1916
 Sudbury & District Health Unit (705) 522-9200
 Women's Circle, N'Swakamok (705) 674-2128
 Centre de Santé Communautaire (705) 670-2274

Addiction & Treatment

Alcoholic Anonymous, Alanon, Alateen (705) 674-6217
 Monarch Recovery Services (705) 674-4193
 Narcotic Anonymous Sudbury 1-888-811-3887
 Family Enrichment Centre (705) 670-0606
 John Howard Society (705) 673-9576

Sudbury Action Centre for Youth (705) 673-4396

Sudbury and District Health Unit (705) 522-9200

Sudbury Assault Treatment Program
 (for men and women) (705) 675-4743

Sudbury Counselling Centre (705) 524-9629

Withdrawal Management Service
 and Safe Bed Program (705) 671-7366

**THUNDER BAY REGIONAL
 HEALTH SCIENCES CENTRE**

980 Oliver Road
 Thunder Bay, Ontario,
 Canada P7B 6V4

Tel: 807- 684-6000
Email: tbrhsc@tbh.net

The Mental Health Program provides intensive inpatient and outpatient care including:

- Emergency department assessment services
- Short-term inpatient assessment
- Stabilization treatment
- Discharge planning
- Outpatient assessment and treatment services
- Consultation to other units and mental health education are also offered

The Program includes: Adult Mental Health and Forensic Mental Health

Crisis Response Team: (807) 346-8282 or 1-888-269-3100.
Adult Inpatient Unit : (807) 684-6425.

Assertive Community Treatment Teams

Location: ICR Discoveries,
Suite 1000, 290 Munro Street
Thunder Bay, ON
P7A 7T1
Phone: (807) 684-7987
Online referral link: <https://northwestaccesspoint.ca/Application/>

Community Treatment Order Service

Regional Coordinator: (807) 684-6442
Case Manager: (807) 684-6428
Fax: (807) 684-5870

Shared Mental Health Care Service

Location: 1260 Golf Links Road
Phone: (807) 626-1234

TORONTO CENTRAL MENTAL HEALTH HOSPITAL PROGRAMS

Toronto General Hospital (TGH)

200 Elizabeth Street,

Toronto, ON,
M5G 2C4
416-340-3111
<http://www.uhn.ca/>

Tertiary care hospital (part of the University Health Network) with various mental health services including:

- Outpatient Mental Health Services
- Women's Mental Health Services
- All ages

Baycrest

3560 Bathurst Street,
Toronto, ON,
M6A 2E1
416-785-2500
<http://www.baycrest.org>

Bellwood Health Services

175 Brentcliffe Rd,
Toronto, ON,
M4G 0C5
Tel:416-495-0926

- treatment for people with alcohol and drug addictions,
- eating disorders
- variety of compulsive or problematic behaviors

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

Centre for Addiction and Mental Health (CAMH)

1001 Queen Street West,
Toronto, ON,
M6J 1H4
Tel:416-535-8501
<http://www.camh.net/index.html>

- Addictions Program

Tel:416-595-6111

<http://www.camh.net>

- Complex Mental Illness / Schizophrenia Services

Tel:416-535-8501 x362346496

- Geriatric Mental Health Program
- Mood and Anxiety Program

Tel:416-535-8501

Hospital for Sick Children

Department of Psychiatry
555 University Avenue,
Toronto, ON,
M5G 1X8
Tel:416-813-6600
<http://www.sickkids.ca/psychiatry/>
Ages:Up to 18 years

Humber River Regional Hospital

2175 Keele Street,
Toronto, ON,
M6M 3Z4
Tel:416-249-8111 x
4166582090
<http://www.hrrh.on.ca>

Mount Sinai Hospital

600 University Avenue,
Toronto, ON
Tel:416-596-4200
<http://www.mtsinai.on.ca/>

North York General Hospital

4001 Leslie Street,
Toronto, ON,
M2K 1E1
Tel:416-756-6000
<http://www.nygh.on.ca/>

Ontario Shores Centre for Mental Health Sciences

700 Gordon St,
Whitby, ON,
L1N 5N1
Tel:905-430-4055

<http://www.ontarioshores.ca>

Rouge Valley Health System

2867 Ellesmere Road,
Toronto (scarborough),
ON,
M1E 4B9
416-284-8131
<http://www.rougevalley.ca>

Scarborough Hospital

416-438-2911
<http://tsh.to/>

St Joseph's Health Centre

30 The Queensway,
Toronto, ON,
M6R 1B5
Tel:416-530-6000
<http://www.stjoe.on.ca/>

St. Michael's Hospital Services

- Addictions
- Emergency Department for mental health emergencies
- Withdrawal management ("detox")

30 Bond Street,
Toronto, ON,
M5B 1W8
Tel:416-360-4000
<http://www.stmichaelshospital.com>

Sunnybrook Health Sciences Centre

2075 Bayview Avenue,
Toronto, ON,
M4N 3M5
Tel:416-480-6100
<http://www.sunnybrook.ca>

**Toronto East General
Hospital**

825 Coxwell Avenue,
Toronto, ON,
M4C 3E7 Map
Tel:416-461-8272
<http://www.tegh.on.ca/>

Trillium Health Centre

150 Sherway Drive,
Toronto, ON,
M9C 1A5
Tel:416-259-6671
<http://www.trilliumhealthcentre.org/>

**Trillium Health Centre -
West Toronto**

150 Sherway Drive,
Toronto, ON,
M9C 1A5

Tel:416-259-6671
<http://www.trilliumhealthcentre.org>

**William Osler Health
Centre**

101 Humber College Blvd,
Etobicoke, ON,
M9V 1R8
Tel:416-494-2120
<http://www.williamoslerhcc.on.ca>

Women's College Hospital

Services include:

- Urgent Care Centre
Sexual Assault
- Domestic Violence
Care

76 Grenville Street,
Toronto, ON,
M5S 1B2
Tel:416-323-6400
<http://www.womenscollegehospital.ca/>

ONTARIO CRISIS CENTRES

**TALK 4 HEALING
BEENDIGEN INC.**

Distress Line: 1-855-554-HEAL (4325)

Languages:

Offers services in English, Ojibway, Oji-Cree, and Cree

Website: <http://www.talk4healing.com/>

TELECARE DISTRESS LINE

OF GREATER SIMCOE

Barrie & Area Distress Line:
Crisis: (705) 726-7922

Orillia & Area Distress Line:
Tel: (705) 325-9534
Website: www.telecaredistressline.com
Hours: 24 hours

CRISIS INTERVENTION CENTRE

245 Dundas St. E
Belleville ON
K8N 5A9

Crisis: (613) 969-5511, ext. 2753
Toll Free: 1-888-757-7766
SPECTRA HELPLINE – Brampton-Mississauga and Caledon

Crisis: (905) 459-7777 – Brampton & Mississauga
Caledon: 1-877-298-5444
TTY: (905) 278-4890

Email: info@spectrasupport.org
Website: www.spectrahelpline.org

**LANARK, LEEDS & GRENVILLE
DISTRESS CENTRE**

P.O. Box 1688
Brockville, ON
K6V 6K8
Crisis: 1-800-465-4442
Website: www.developmentalservices.com

**OAKVILLE DISTRESS
CENTRE**

P.O. Box 776
Oakville, ON

L6K 0A9

Crisis: (905) 849-4541

Crisis: (905) 681-1488

Email: info@distresscentreoakville.com

Website: www.distresscentreoakville.com

**TELECARE CAMBRIDGE
DISTRESS CENTRE**

P.O. Box 32074

Cambridge ON

N3H 5C6

Crisis: (519) 658-5455

General Information: info@telecarecambridge.com

**4 (FOUR) COUNTY CRISIS – COMMUNITY
MENTAL HEALTH CRISIS RESPONSE PROGRAM**

**Haliburton, Northumberland, Peterborough
and City of Kawartha Lakes**

Crisis: (705) 745-6484 or (866) 995-9933

Email for the deaf and hard of hearing:

4cc@peterborough.cmha.on.ca

Free Service available 24/7

Website: www.4countycrisis.com

**TELECARE DISTRESS CENTRE
ETOBICOKE**

Tel: (416) 247-2528

Crisis: (416) 247-5426

Fax: (416) 247-8846

**DISTRESS CENTRE
NORTH HALTON**

P.O. Box 85
Georgetown, ON
L7G 4T1

Crisis: (905) 877-1211
Website: www.distresscentrenorthhalton.ca

**DISTRESS CENTRE WELLINGTON
DUFFERIN COUNTIES**

Distress Line: (519) 821-3760 or 1-888-821-3760
Crisis Line: (519)-821-0140 or 1-877-822-0140

Website: www.communitytorchlight.com

**THE SALVATION ARMY SUICIDE
PREVENTION SERVICES**

80 Bay Street North
Hamilton, ON
L8R 3N3

Crisis: (905) 522-1477

Website: www.hopesalive.ca
Email: suicideprevention@sallyann.net

**KINGSTON FRONT ENAC LENNOX &
ADDINGTON ADDICTION &
MENTAL HEALTH SERVICES**

385 Princess Street
Kingston, ON
K7L 1B9

Crisis: (613) 544-4229
Toll Free: 1-866-616-6005

Napanee:
Crisis: (613) 354-7388
Toll Free: 1-800-267-7877
Crisis Lines: 24 hrs / 365 days
Website: www.amhs-kfla.ca

**TELEPHONE AID LINE
KINGSTON**

Administration: (613) 531-8529
Distress and information line: (613) 544-1771
Hours: Mon-Sun 7:00 p.m. - 3:00 a.m., daily

Email: talk@kingston.net
Website: www.telephoneaidlinekingston.com

**CRISIS SERVICES OF
WATERLOO REGION**

Crisis Line/Crisis mobile team (Here 24/7): 844-437-3247
toll free 866-366-4566

Distress centre phone (24/7 supportive listening):(519)-745-1166

Youth line (519) 745-9909
EARS line
(advocates for male victims of sexual assault): (519) 570-3277
toll free 800-553-2377

Mental health and addictions database: (519) 744-5594

**LONDON & DISTRICT
DISTRESS CENTRE**

255 Horton St. E Distress: (519) 667-6711
London, ON Crisis: (519) 433-2023
N6B 1L1 Toll free: 1-866-933-2023

Website: www.londondistresscentre.com

**LONDON
MENTAL HEALTH CRISIS SERVICE**

862 Richmond St.
London, ON

N6A 3H8

Crisis: (519) 433-2023

Hours: 24-hour (telephone support for people age 16+)

TEL-AIDE JEWISH DISTRESS LINE

105-4300 Bathhurst St.

North York, ON

M3H 6A4

Crisis: (416) 636-9610

**OAKVILLE
DISTRESS CENTRE**

Oakville, ON

Crisis: (905) 849-4541

24 Hour Support

**TELECARE DISTRESS LINE
OF GREATER SIMCOE**

Orillia & Area Distress Line: (705) 325-9534

Barrie & Area Distress Line (705) 726-7922

Website: www.telecaredistressline.com

Open 24 hours

**DISTRESS CENTRE
DURHAM**

Tel: (905) 430-2522

Toll Free: 1-800-452-0688

Website: www.distresscentredurham.com

**DISTRESS CENTRE OF
OTTAWA AND REGION**

P.O. Box 3457, Stn. C

Ottawa, ON

K1Y 4J6

Distress Line – City of Ottawa and Gatineau: (613) 238-3311

Mental Health Crisis Line:

Akwesasne:	1-866-996-0991
City of Ottawa:	(613) 722-6914
Counties of Grey Bruce:	1-877-470-5200
County of Renfrew:	1-866-996-0991

Availability: 24 hours per day

Languages Offered: English & French

Website: www.dcottawa.on.ca

Child, Youth and Family Crisis Line for Eastern Ontario

Ottawa Crisis: (613) 260-2360

Toll free: 1-877-377-7775

Website: www.icrs.ca

General Inquiries: crisis@ysb.on.ca

Service available in English and French

CANADIAN MENTAL HEALTH ASSOCIATION GREY BRUCE BRANCH

Tel: (519) 371-3642

Crisis (Toll-Free): 1-877-470-5200

Available: 24 hours

CMHA OXFORD CRISIS AND OUTREACH

Tel: 1 (866) 933-2023

www.reachout247.ca

Oxford County

Crisis: (519) 539-8342

Toll Free: 1-877-339-8342

Hours: 24-hour (telephone support for people age 16+)

Website: www.cmhaoxford.on.ca

Peel Crisis Services

Crisis: (905) 278-9036

Toll Free: 1-888-811-2222 (residents of Caledon)

Hours: 24/7

TELECARE DISTRESS CENTRE OF PETERBOROUGH

P.O. Box 1535
Peterborough, ON
K9J 7H7

Crisis: (705) 745-2273

Email: info@telecarepeterborough.org

DISTRESS CENTRE OF NIAGARA REGION

St.Catherines, Niagara Falls and Area: (905) 688-3711

Port Colborne, Wainfleet and Area: (905) 734-1212

Fort Erie and Area: (905) 382-0689

Grimsby, West Lincoln: (905) 563-6674

FAMILY COUNSELLING CENTRE - SARNIA

Sarnia, ON

N7S 6L2

Tel: (519) 336-0120

Distress Line (24 Hours): (519) 336-3000 or 1-888-347-8737

TORONTO DISTRESS CENTRE

31 Adelaide St. East

Toronto, ON

M5G 1B1

Distress Centre: (416) 408-4357
24 hours a day
Crisis: (416) 408-4357

TTY service for the hearing impaired: (416) 408-0007

THE SCARBOROUGH HOSPITAL MOBILE CRISIS PROGRAM

(Serves Scarborough and East York area)
Crisis: (416) 495-2891
Hours: 24/7

THUNDER BAY CRISIS RESPONSE SERVICE

Crisis: (807) 346-8282
Toll-free: 1-888-269-3100 (district of Thunder Bay only)
TTY: 1-888-269-3100
Eligibility: All Ages
Hours: 24-hour

THUNDER BAY SEXUAL ASSAULT SEXUAL ABUSE COUNSELLING & CRISIS CENTRE

385 Mooney Ave
Thunder Bay, ON
P7B 5L5

Tel: (807) 345-0894
Toll Free: 1-866-311-5927
Fax: (807) 344-1981

Email: tbcounselling@tbsasa.org

Hours of Operation: Mon – Fri, 9:00 a.m. - 4:30 p.m.

Individuals requiring information and support after-hours are advised to call:

Assaulted Women's Helpline: Toll free: 1-866-863-0511
Men's Services for Male Survivors: Toll free: 1-866-887-0015

We are a stand alone agency; independent of the hospital, courts and police.

TURNING POINT YOUTH SERVICES (TPYS)

95 Wellesley Street East,
Toronto, ON,
M4Y 2X9
416-925-9250
<http://www.turningpoint.ca/>

Turning Point Youth Services (TPYS)

- multi-service accredited children's mental health centre
- virtual counselling services - quick access.
- Area Toronto
- 12 - 24 years

CENTRE FOR ADDICTION AND MENTAL HEALTH

(serves North York and Etobicoke area)
Crisis: (416) 498-0043
Provided by St. Elizabeth Health Care

DISTRESS CENTRES ONTARIO

30 Duke St. West, Suite 1016
Kitchener, ON
N2H 3W5

Tel: (416) 486-2242
Fax: (519) 342-0970
Email: info@dcontario.org

**GERSTEIN
CRISIS CENTRE**

1045 Bloor St. West
Toronto, ON
M6H 1M1

24 Hour Crisis Line: (416) 929-5200
TTY: (416) 929 9647
Administration & Referrals:
9am-5pm / Monday to Friday
(416) 929-0149

Website: www.gersteincentre.org

**SURVIVOR
SUPPORT PROGRAM**

10 Trinity Square,
Toronto, ON
M5G 1B1
Self-Referral: (416) 595-1716
Distress Centre: (416) 408-HELP (4357)

**DURHAM MENTAL HEALTH
SERVICES - CRISIS SERVICES**

519 Brock Street South
Whitby, ON
L1N 4K8

Crisis: (905) 666-0483
Toll-Free: 1-800-742-1890

**MENTAL HEALTH SERVICE
INFORMATION ONTARIO**

Website: www.211ontario.ca

Free Health Services Info: 1-866-767-0000

MOOD DISORDERS OTTAWA

Mood Disorders Ottawa Mutual Support Group (MDO) c/o Can. Mental Health Assoc. (CMHA)

Attention: MDO

301-1355 Bank Street

Ottawa, ON

K1H 8K7

Tel: 613-526-5406

E-Mail: mdosupport@hotmail.com

Website: www.crisisline.ca

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

Distress Line: (613) 238-3311

Mental Health Crisis Line – Available 24/7
1-866-281-2911 (Leeds, Grenville & South Lanark)

ROYAL OTTAWA HEALTH CARE GROUP

1145 Carling Avenue

Ottawa, ON

K1Z 7K4

Tel: (613) 722-6521

Toll free: 1-800-987-6424

Website: www.theroyal.ca

1804 Highway 2 East
Brockville, ON

K6V 5V8

Tel: (613) 345-1461

Toll free: 1-800-433-7371

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

LOCAL DISTRESS CENTRES – CRISIS ORGANIZATIONS

Ontario-wide Lesbian Gay Bi Trans Youth Line

Text: 647-694-4275

Email: askus@youthline.ca.

Website: <https://www.youthline.ca/>

Durham Region

Distress Centre Durham

Distress Line:

905-430-2522;

1-800-452-0688

Pride Line: 1-855-87 PRIDE
(77433)

Website: www.distresscentr.edurham.com

Guelph Wellington

Family Counselling and Support Services

(519)824-2431 ext. 26 (226)

962-6265 mobile

(519)824-3598 fax

1-800-307-7078 toll free

TeleConnect the number is

519-824-2431 ext. 27

Website: www.familyservice.guelph.on.ca

**Halton Region
Distress Centre Halton**

Distress Lines:
Oakville: 905-849-4541
Burlington: 905-681-1488
North Halton: 905-877-1211

Website: www.dchalton.ca

Kingston

Telephone Aid Line Kingston
(TALK)
Distress Line: 613-544-1771
Website: <http://telephoneaidlinekingston.com/>

**Lanark, Leeds and
Grenville Counties
Developmental Services**

Distress Line: 1-800-465-4442
<http://www.developmentalservices.com>

**London Middlesex
CMHA Middlesex**

Distress Line: 519-601-8055
/ 1-844-360-8055
Reach Out: 519-433-2023 /
1-866-933-2023
Website: <https://cmhamiddlesex.ca/programs-services/support-line/>

**Niagara Region
Distress Centre Niagara**

Distress Lines:
St Catharines, Niagara Falls
& Area: 905-688-3711
Fort Erie Area: 905-382-0689
Grimsby, West Lincoln:
905-563-6674
Port Colborne, Wainfleet:

905-734-1212
Website: www.distresscentreniagara.com

**Northern Ontario Beendingen
Inc (Talk 4 Healing)**

Distress Line: 1-855-554-HEAL (4325)
Languages:
English, Ojibway, Oji-Cree,
and Cree
Website: <http://www.talk4healing.com/>

**Ottawa & Region
Distress Centre Ottawa
& Region**

Ottawa Distress Line:
613-238-3311
Outaouais Distress Line:
1-866-676-1080
Champlain Mental Health
Crisis Line: 1-866-996-0991

Mental Health Crisis Line
Grey & Bruce: 1-877-470-
5200
Frontenac Mental Health
Crisis Line: 1-855-477-2963
Website: [www.dcottawa.on.c
a](http://www.dcottawa.on.ca)

Québec and Ontario
(French Speaking Only)
Tel-Aide Outaouais:
Distress Line (Gatineau):
819-775-3223

Distress Line (Ottawa): 613-
741-6433
Toll Free: 1-800-567-9699
Website: [www.telaideoutaou
ais.ca](http://www.telaideoutaouais.ca)

**Sarnia Lambton
Family Counselling Centre
Distress Line Sarnia
Lambton**
519-336-3000
Website: [www.familycounsell
ingctr.com](http://www.familycounsellingctr.com)

PROVINCIAL HOTLINES

EMERGENCY SERVICES	911 or 1-888-310-1122
Kids Help Phone	1-800-668-6868
Hope for Wellness Help Line	
Indigenous Support	1-855-242-3310
CHAT	Hopeforwellness.ca
Talk4Healing	
Support for Indigenous Women	1-855-554-HEAL
CHAT	Talk4healing.com
Indian Residential School (IRS) Crisis Line	1-866-925-4419
Centre for Addiction and Mental Health – (CAMH)	
Information Officer	1-800-463-6273
Connex Ontario	
www.mentalhealthhelpline.ca	
System Navigation and Information Addiction, Mental Health, and Problem Gambling Treatment Services	1-866-531-2600
Drug & Alcohol Helpline	1-800-565-8603
Mood Disorders of Ontario	1-866-363-MOOD 1-866-363-6663
Telehealth Ontario	1-866-797-0000
Schizophrenia Society of Ontario	1-855-449-9949
Assaulted Women’s Helpline	1-866-863-0511
Canadian Mental Health Association	1-833-456-4566
Good 2 Talk	
Post Secondary Student Helpline	1-866.925.5454
TEXT	GOOD2TALKON to 686868

**Information about Health, Healing and Family Violence
for Indigenous Communities in Ontario**

P.O. Box 40 | 603 Gabode Dr. | Naughton | ON | P0M 2M0
T 705.692.0420 | Toll Free 1.800.669.2538 | F 705.692.9039
www.za-geh-do-win.com | info@za-geh-do-win.com