

FALL 2019

# Champlain Indigenous Services Directory



# Champlain Indigenous Services Directory

---

The Champlain Indigenous Services Directory was developed by the Champlain Indigenous Health Circle Forum (Circle) which is a committee of the Champlain Local Health Integration Network (LHIN). The directory is a resource for Health Links and health service providers when working with First Nations, Inuit and Métis peoples living in the Champlain region.

The Champlain LHIN would like to thank all communities and organizations who contributed to the development of this directory. All of the organizations in this directory invite referrals and inquiries to support Indigenous community members.

The terms “Indigenous peoples”, “Aboriginal peoples” and “First Nation, Métis and Inuit” are used inter-changeably, except when a specific group is identified. When the term “Aboriginal peoples” or “Indigenous peoples” is used it is intended to include all Indigenous people wherever they live in the Champlain region and whatever their status may be.

Funding for this Services Directory has been provided by the Champlain Local Health Integration Network.

---

# Table of Contents

How to Use this Directory .....	3
Services at a Glance .....	4
Glossary of Terms.....	8
Indigenous Population in the Champlain Region .....	11
Health Status of the Indigenous Population.....	12
Akausivik Inuit Family Health Team (AIFHT) Medical Centre.....	20
Akwesasne Department of Health and Department of Community and Social Services.....	21
Algonquins of Pikwàkanagàn First Nation.....	22
Champlain Regional Cancer Program .....	23
Gignul Non-Profit Housing Corporation .....	25
Inuit Non-Profit Housing Corporation .....	26
Inuuqatigiit Centre for Inuit Children, Youth and Families .....	27
Kagita Mikam Aboriginal Employment & Training Inc. ....	29
Makonsag Aboriginal Head Start Inc. ....	30
Métis Nation of Ontario.....	31
Minwaashin Lodge - Indigenous Women's Support Centre .....	32
Odawa Native Friendship Centre .....	34
Renfrew County and District Aboriginal Friendship Centre .....	36
Tewegan Housing for Aboriginal Youth.....	37
Tungasuvvingat Inuit.....	38
Wabano Centre for Aboriginal Health.....	39

---

# How to use this Directory

This directory was developed for health care providers and others who may have limited knowledge of the services provided by Indigenous agencies and organizations in the Champlain region. Services are listed by category in the Services At A Glance section, and are described in more detail in the directory section that starts on page 16. There is a glossary of commonly used terms and a section that provides information on Indigenous peoples' health and socio-economic status. Website addresses are provided if more information is needed.

This directory provides information on the populations served by each agency. When the term "Aboriginal" is used it means that services are available to status and non-status First Nations, Inuit, Métis, and those that self-identify as Aboriginal. Some agencies are structured to provide services to specific populations, for example First Nations communities only provide services to those who are members of their community.

The agencies in this directory may become part of the Health Link client's circle of care. Clients may already be involved with the organization, or may become involved as a result of the client recognizing the need for a service.

---

## Services at a Glance

### **Addictions Services**

Akwesasne Department of Health  
 Algonquins of Pikwàkanagàn First Nation  
 Tungasuvvingat Inuit (Mamasarvik)  
 Wabano Centre for Aboriginal Health

### **Ambulance/Paramedic**

Akwesasne Department of Health

### **Children, Youth and Family Programs**

Akwesasne Department of Health  
 Makonsag Aboriginal Head Start Inc.  
 Métis Nation of Ontario  
 Inuuqatigiit Centre for Inuit Children, Youth and Families  
 Odawa Native Friendship Centre  
 Wabano Centre for Aboriginal Health  
 Tungasuvvingat Inuit

### **Chiropractic**

Algonquins of Pikwàkanagàn First Nation  
 Wabano Centre for Aboriginal Health

### **Complementary Medicine/ Acupuncture**

Akausivik Inuit Family Health Team

### **Cultural and Traditional Programs**

Akwesasne Department of Health  
 Algonquins of Pikwàkanagàn First Nation  
 Minwaashin Lodge – Indigenous Women’s Support Centre

Odawa Native Friendship Centre  
 Tungasuvvingat Inuit  
 Wabano Centre for Aboriginal Health  
 Makonsag Aboriginal Head Start

### **Dental/Oral Health**

Akausivik Inuit Family Health Team  
 Akwesasne Department of Health  
 Wabano Centre of Aboriginal Health  
 Algonquins of Pikwàkanagàn First Nation

### **Diabetes Education and Care**

Akausivik Inuit Family Health Team  
 Akwesasne Department of Health  
 Algonquins of Pikwàkanagàn First Nation  
 Métis Nation of Ontario  
 Wabano Centre for Aboriginal Health

### **Education**

Odawa Native Friendship Centre (Alternative High School)  
 Inuuqatigiit Centre for Inuit Children, Youth and Families (Inuit Kindergarten)  
 Makonsag Aboriginal Head Start  
 Minwaashin Lodge – Indigenous Women’s Support Centre

### **Employment and Training**

Kagita Mikam Aboriginal Employment and Training Inc.  
 Tungasuvvingat Inuit  
 Métis Nation of Ontario  
 Wabano Centre for Aboriginal Health



## Services at a Glance

Minwaashin Lodge – Indigenous Women’s Support Centre

### **Fitness Programs**

Algonquins of Pikwàkanagàn First Nation

Odawa Native Friendship Centre

Wabano Centre for Aboriginal Health

Tungasuvvingat Inuit

Akausivik Inuit Family Health Team

### **Food and/or Clothing Banks**

Odawa Native Friendship Centre

Tungasuvvingat Inuit

### **Healing and Wellness**

Akwesasne Department of Health

Algonquins of Pikwàkanagàn First Nation

Métis Nation of Ontario

Odawa Native Friendship Centre

Tungasuvvingat Inuit

Wabano Centre for Aboriginal Health

### **Housing**

Gignul Non-Profit Housing Corporation

Inuit Non-Profit Housing Corporation

### **Housing First/Homelessness/ Street Outreach**

Minwaashin Lodge – Indigenous Women’s Support Centre

Odawa Native Friendship Centre

Tewegan Housing for Aboriginal Youth

Tungasuvvingat Inuit

Wabano Centre for Aboriginal Health

### **Housing Supports**

Tewegan Housing for Aboriginal Youth

Tungasuvvingat Inuit

Wabano Centre for Aboriginal Health

### **Justice/Restorative Programs**

Akwesasne Department of Health

Odawa Native Friendship Centre

Wabano Centre for Aboriginal Health

### **Language Programs/Language Interpretation and Translation Services**

Tungasuvvingat Inuit

Inuuqatigiit Centre for Inuit Children, Youth and Families

Odawa Native Friendship Centre

Akausivik Inuit Family Health Team

### **Long Term Care/Home Care & Home Support**

Akwesasne Department of Health

Algonquins of Pikwàkanagàn First Nation

Métis Nation of Ontario

Wabano Centre for Aboriginal Health



---

## Services at a Glance

### Massage Therapy

Akwesasne Department of Health  
Algonquins of Pikwàkanagàn First Nation

### Medical Transportation

Akwesasne Department of Health  
Algonquins of Pikwàkanagàn First Nation  
Métis Nation of Ontario  
Odawa Native Friendship Centre

### Mental Health

Akausivik Inuit Family Health Team  
Akwesasne Department of Health  
Algonquins of Pikwàkanagàn  
Métis Nation of Ontario  
Minwaashin Lodge - Indigenous Women's Support Centre  
Wabano Centre for Aboriginal Health

### Navigation

Algonquins of Pikwàkanagàn First Nation Champlain Regional Cancer Program  
Inuuqatigiit Centre for Inuit Children, Youth and Families  
Wabano Centre for Aboriginal Health  
Minwaashin Lodge - Indigenous Women's Support Centre

### Occupational Therapy/ Physical Therapy

Akwesasne Department of Health

### Optometry

Akwesasne Department of Health

### Palliative Care/Support

Akausivik Inuit Family Health Team  
Akwesasne Department of Health  
Algonquins of Pikwàkanagàn First Nation

### Pharmacy

Akwesasne Department of Health

### Pre and Post-Natal Programs

Akausivik Inuit Family Health Team  
Odawa Native Friendship Centre  
Tungasuvvingat Inuit  
Akwesasne Department of Health  
Algonquins of Pikwàkanagàn First Nation  
Wabano Centre for Aboriginal Health

### Primary Health Care

Akausivik Inuit Family Health Team  
Akwesasne Department of Health  
Algonquins of Pikwàkanagàn First Nation  
Wabano Centre for Aboriginal Health



---

## Services at a Glance

### **Seniors Support**

Akwesasne Department of Health  
Algonquins of Pikwàkanagàn First Nation  
Métis Nation of Ontario  
Odawa Native Friendship Centre  
Wabano Centre for Aboriginal Health  
Tungasuvvingat Inuit

### **Smoking Cessation**

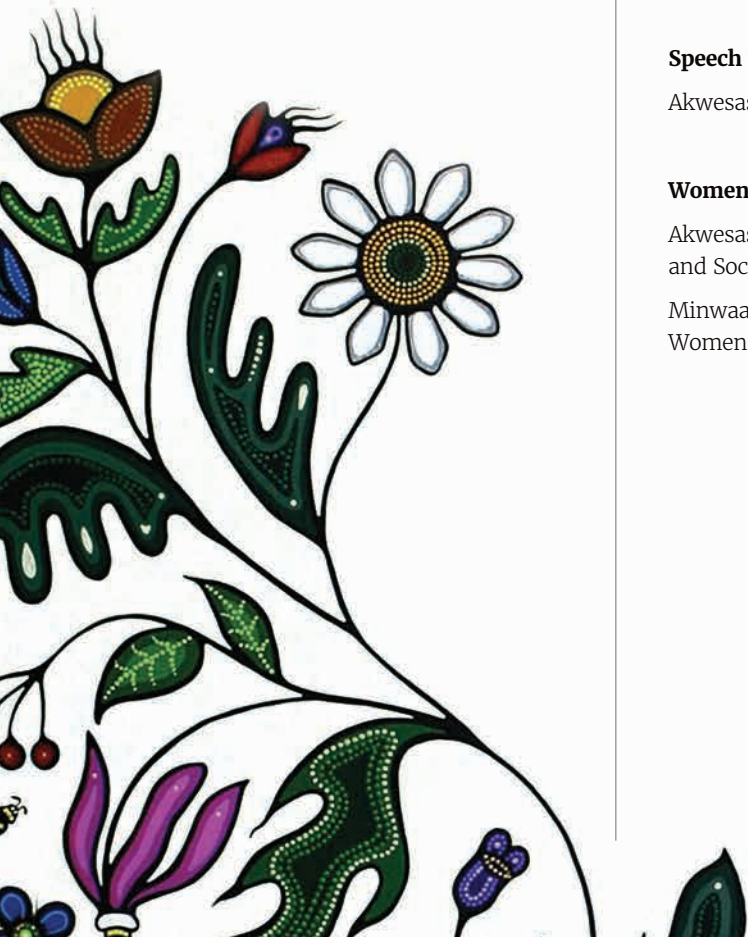
Akausivik Inuit Family Health Team  
Akwesasne Department of Health  
Wabano Centre for Aboriginal Health

### **Speech Therapy**

Akwesasne Department of Health

### **Women's Shelters**

Akwesasne Department of Community and Social Services  
Minwaashin Lodge - Indigenous Women's Support Centre



---

## Glossary of Terms

Understanding Indigenous identity and terminology used to refer to Indigenous people can be confusing.

Terminology is always shifting and can conflict in the ways that Indigenous people self-identify with those that are defined by the Federal Legislation (i.e., the Indian Act). Some of the terms have strict legal definitions and may seem outdated, but may still be necessary and relevant in certain contexts. This guide includes some of the more common and generally accepted terms, however, it should be understood that not all may agree. (Kessler, 2009)

**ABORIGINAL PEOPLE(S):** “Aboriginal people” is a collective term commonly used to describe the original peoples of North America and their descendants, without regard to their separate origins and identities. The Canadian Constitution (the Constitution Act, 1982) recognizes three distinct groups of Aboriginal peoples — Indians, Métis and Inuit. The ‘s’ in peoples (i.e., “Aboriginal peoples”) is recognition of the diversity within each distinct group. Indians, Métis and Inuit all have unique heritages, languages, cultural practices and spiritual beliefs.

**INDIGENOUS:** Indigenous peoples, also known as first peoples, Aboriginal peoples or native peoples, are ethnic groups who are the original inhabitants of a given region, in contrast to groups that have settled, occupied or colonized the area more recently. Groups are usually described as Indigenous when they maintain traditions or other aspects of an early culture that is associated with a given region. Since Indigenous peoples are often faced with threats to their sovereignty, economic well-being and their access to the resources on which their cultures depend, political rights have been set forth in international law by international organizations such as the United Nations, the International Labour Organization and the World Bank. The United Nations has issued a Declaration on the Rights of Indigenous Peoples (UNDRIP) to guide member-state national policies to the collective rights of Indigenous people, such as culture, identity, language and access to employment, health, education and natural resources.

**FIRST NATION:** The term First Nation came into common usage in the 1970s to replace the word “Indian”, which many found offensive. Despite its widespread use, there is no legal definition for this term in Canada. Some communities use the term “First Nation” to replace the term band. It is a matter of preference and one should follow the choice expressed by individual First Nations communities.

**BAND:** Sometimes referred to as a “First Nations Band”, or simply a “First Nation”, bands are made up of small groups of people and are typically represented by “Band Councils” (the largest band in Canada is the Six Nations of the Grand River First Nation with just over 22,000 members; some bands are made up 100 people or less). Band Councils are chaired by an elected or hereditary Chief and consist of a number of Band Councilors (generally 6 to 10). According to the Government of Canada, there are over 600 First Nations communities (bands) in Canada. The members of a band usually share common values, traditions, and practices rooted in their language and ancestral heritage. (Wikipedia)



---

## Glossary of Terms

**RESERVE:** A reserve refers to land that has been set aside by the Federal Government for the use and benefit of a specific band or First Nation. Many First Nations now prefer the term “First Nation community” and no longer use the term “reserve”.

**ON RESERVE:** This term has been used as a modifier to qualify people or things that are, or are not, part of a reserve.

**OFF RESERVE:** This term is commonly used to refer to First Nation people who do not live on a reserve or are not registered band members of a First Nation community.

**INUIT:** The Inuit are indigenous to Canada’s Arctic Region (primarily Nunavut, the Northwest Territories and northern parts of Labrador and Quebec), historically referred to as “Eskimos”. Although the Inuit are a Federal responsibility as Indigenous people, they are not part of the Indian Act, they do not live on reserves, and they pay income taxes. (Ottawa Inuit Children’s Centre, 2010)

**MÉTIS:** The Métis are a distinct peoples with a unique history, culture, language and territory that includes the waterways of Ontario, surrounds the Great Lakes and spans what was known as the historic Northwest. The Métis Nation is comprised of descendants of Indian women who married European men. The initial offspring from these unions were people of mixed ancestry; the genesis of a new and distinct group of Indigenous peoples called the Métis resulted from the subsequent intermarriage of mixed ancestry individuals.

Distinct Métis settlements emerged as an outgrowth of the fur trade, along freighting waterways and watersheds. In Ontario, these settlements were part of larger regional communities, interconnected by the highly mobile lifestyle of the Métis, the fur trade network, seasonal rounds, extensive kinship connections and a shared collective history and identity. (Métis Nation of Ontario)



---

## Glossary of Terms

### NOTES:

1. Many Indigenous people prefer to identify themselves by specific local terms based on family and community location and traditional names. They may or may not be supportive of more general terms such as “Aboriginal,” “Indigenous,” or “Indian” that arise out of European or international legal frameworks, and affiliate them with other groups of people who they may not consider related.
2. The term “Indigenous” has emerged in recent years as the most inclusive acceptable term to use to refer to First Nations, Inuit, and Métis people in Canada. The term has long been used and is accepted internationally.
3. The term “First Nations” is a widely accepted term but is increasingly used in reference to status and non-status Indians. Also, it is sometimes used as a contemporary replacement for the term “Indian” but may not always apply to non-status Indians. Métis people often view “First Nations” as an exclusive designation that does not include them; some Inuit people may feel the same way. (Kessler, 2009)
4. The term “Métis” is used to describe people of mixed heritage (i.e., who have both First Nations and European ancestry), and is distinct from Indian, Inuit, or non-Indigenous people. Many people in Canada have mixed heritage but not all identify as Métis. Métis organizations use different criteria to define their members but the Métis National Council in Ottawa defines Métis people as being “distinct from other Aboriginal peoples”, and of “historic Métis Nation Ancestry, and accepted by the Métis Nation.”



---

## Indigenous Population in the Champlain Region

There are 301,430 First Nations, Inuit, and Métis (FNIM) people living in the province of Ontario, or 2.4% of the total population. (Statistics Canada, National Household Survey, 2011) This rate is slightly higher in the Champlain region with 3.1% of the population identifying as Indigenous (data gleaned from Indigenous and Northern Affairs Canada on-reserve statistics as the Mohawks of Akwesasne do not participate in Canada census surveys).

There are two First Nations in the Champlain region: Mohawks of Akwesasne (the second most populous First Nation community in Canada), and Algonquins of Pikwàkanagàn First Nation (in Renfrew County).

The Champlain Indigenous Health Circle Forum (Circle) estimates that there are approximately 43,000 Indigenous people in Champlain region. (The estimate may not necessarily match consensus data.) This includes 31,000 off-reserve (2011 Census) and an estimated 10,000 living on the Mohawks of Akwesasne. The National Household Survey of 2011 indicates that there are 10,300 First Nation people living in the Champlain region: 6400 Métis and approximately 710 Inuit. Ottawa has the largest concentration of Inuit, outside of cities located in the North, at approximately 3700 (this estimate was provided by Inuit organizations based in the city of Ottawa). Estimates fluctuate as many move to and from northern communities quite regularly.

The numbers provided above are based on census data, and people who self-identified as Indigenous. The number of Indigenous people who indicated they have Indigenous ancestry in the census is much higher. Caution must always be exercised when using population statistics for health planning purposes, as population estimates vary depending on sources and limitations of data.



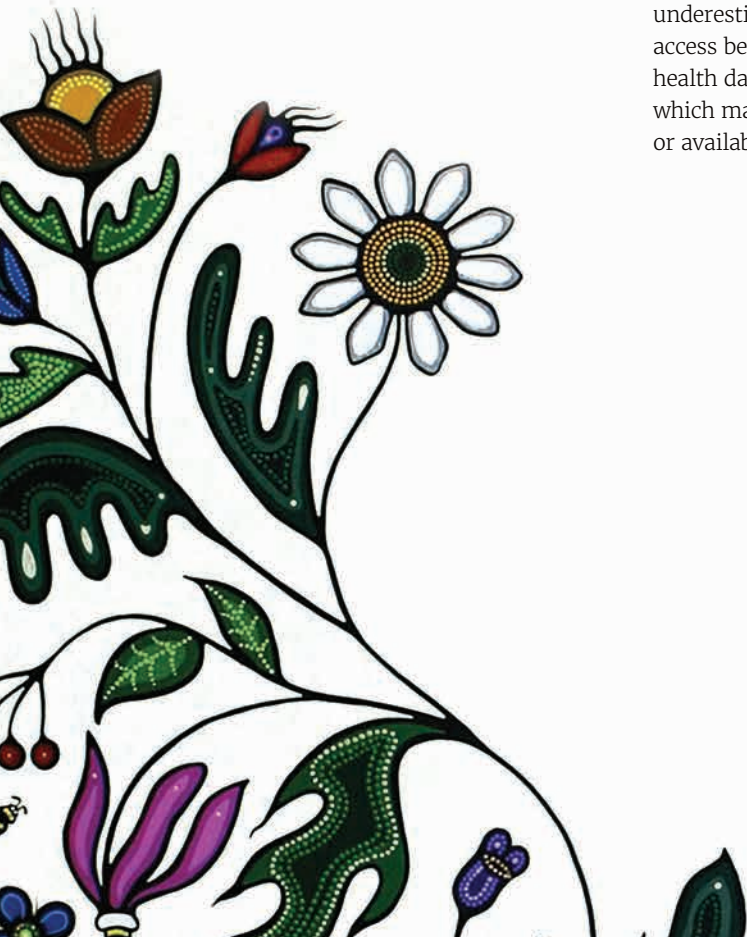
---

## Health Status of the Indigenous Population

First Nations, Inuit and Métis understandings of wellness generally differ, but are similar in that their views are based on balance, respect and dignity for all, and utilize strength-based, holistic approaches to health and health care delivery. Understanding the health of First Nations, Inuit and Métis requires an understanding of the impacts of the social determinants of health and the history of colonization on health outcomes.

Colonization and efforts to assimilate Indigenous people into the dominant settler society saw the development of harmful legislation and policies that had profound, long-lasting, and negative impacts on traditional ways of living, knowing, and being. These negative impacts were passed down from one generation to the next and persist to this day, as is evidenced by Indigenous peoples' poor health status, lower education, and higher rates of unemployment and low income.

Caution must be exercised, however, when considering the health status of Indigenous people. Canadian sources of health assessment data systematically underestimate the inequities in health determinants, health status, and health care access between Indigenous and non-Indigenous people. In addition, Indigenous health data are national or provincial and are often derived from different sources, which makes it difficult for comparison purposes; the data may not be standardized or available for all groups. (Smylie, 2014)



### SOCIOECONOMIC PROFILE

Just 49% of Indigenous people living in the Champlain region have a post-secondary education and less than one quarter have a certificate, diploma or degree (24%). Indigenous people are more likely than other Champlain residents to be unemployed (11% compared to 7% in Champlain) and have low income (17% vs. 12%). Note that these estimates are limited to the Indigenous people who were surveyed and self-identified as Indigenous during the 2011 Census and National Household Survey. The population of Akwesasne, which did not participate in the surveys, and an unknown number of other people are excluded. (Statistics Canada, National Household Survey, 2011)

### HEALTH STATUS

Health status is typically measured using indicators like infant mortality and morbidity. The data suggest that Indigenous populations have a lower life expectancy than the average Canadian.<sup>1</sup> The Inuit have significantly lower life expectancy: Inuit men live 15 years less than the general population and women 10 years less.

Life Expectancy at Birth		Male	Female
	First Nations	73	78
	Métis	74	80
	Inuit	64	73
	Canadian population	79	83

Peoples' perceptions of their health is another important indicator of overall health status. Indigenous people generally do not report their health as very good or excellent. Similarly, Indigenous people also rate their mental health lower than the general population.

Percent reporting excellent / very good health, 2007-2010		%	Percent reporting excellent / very good mental health, 2007-2010		%
	First Nations on reserve	44		First Nations on reserve	75
	First Nations off reserve	50		First Nations off reserve	66
	Métis	54		Métis	67
	Inuit	55		Inuit	65
Canadian population	63	Canadian population	75		

### DETERMINANTS OF HEALTH

Health is largely determined by individual circumstances and the surrounding environment. Factors like income, education, physical environment (housing, water, air, etc.), social support networks (including culture), and gender are better predictors of health outcomes than factors like access to health services.<sup>2</sup> An alarming proportion of First Nations on reserve live in low income situations, as seen in this table:

Percent of Canadians living in low income, 2011		%
	First Nations on reserve	30
	Métis	20
	Inuit	22
Canadian population	15	

High school graduation rates show that Indigenous people are graduating at a significantly lower levels than the general population. Post-secondary school graduation rates are slightly better, but also show how much work needs to be done to ensure Indigenous people have the same opportunities as everyone else in this country.

		%
Percent of Canadians who completed high school	First Nations on reserve	67
	Métis	79
	Inuit	52
	Canadian population	88

		%
Percent of Canadians who graduated with a post secondary degree	First Nations on reserve	45
	Métis	55
	Inuit	36
	Canadian population	65

Indigenous people generally have higher rates of housing needs. In 2011 almost 20% of Indigenous households were in core housing need.<sup>3</sup>

		%
Percent of households in core housing need	First Nations on reserve	23
	Métis	15
	Inuit	34
	Canadian population	12

Like other statistics above, food insecurity<sup>4</sup> among Indigenous populations is significantly higher than it is among the general population. Forty percent (40%) of First Nations living on reserve report being moderately food insecure; fourteen percent (14%) say they are severely food insecure. Some surveys show that Inuit households have up to 62% food insecurity. Particular challenges exist in the north such as the price of market food, lower household income, and overlapping social, economic, political and environmental factors (all of which impact the availability of and peoples' access to country food).

		%
Percent of households with low to very low food security, 2007-2010	First Nations on reserve	22
	Métis	15
	Inuit	27
	Canadian population	7

Recreational tobacco smoking rates among the Indigenous population are about double that in the general population. Over forty percent (43%) of First Nations 18 years of age or older who live on reserve reported that they smoke daily.

		%
Percent of Canadians who smoked daily or occasionally, 2007-2010	First Nations on reserve	40
	Métis	36
	Inuit	48
	Canadian population	21

Indigenous people aged 12 and over have higher rates of “heavy drinking” than the general population.<sup>5</sup> At the same time there is a greater proportion of Indigenous people than Canadians aged 12 and over that do not drink at all.<sup>6</sup>

Rates of heavy drinking (5 or more drinks on one occasion at least one a month in the 12 months preceding the survey)		%	Proportion of Indigenous peoples that are non-drinkers (consumed no alcohol in the 12 months preceding the survey)		%
	First Nations off reserve	35		First Nations off reserve	31
	Métis	30		Métis	25
	Inuit	39		Inuit	38
	Canadian population	23		Canadian population	24

## Chronic Illnesses

### CANCER

The Canadian Cancer Society estimates that 2 in 5 Canadians will develop cancer in their lifetime, and it is most often linked with age. Cancer rates among Inuit are increasing; using age standardized rates for new cases of cancers was 323 per 100,000.<sup>7</sup>

Age standardized rates for all cases of cancer		Male	Female
	First Nations	163	156
	Métis	176	180
	Inuit	-	-
	Canadian population	188	134

### CARDIOVASCULAR DISEASE

In 2007–2010, First Nations off reserve, Métis and Inuit were less likely to report living with a cardiovascular disease or high blood pressure than non-Indigenous people:

Percent of Canadians living with a cardiovascular disease 2007-2010		Cardiovascular Disease	High Blood Pressure
	First Nations	11	9
	Métis	10	9
	Inuit	9	7
	Canadian population	14	12

## DIABETES

Diabetes is one of the most common chronic diseases in Canada. It is linked to a variety of complications (e.g., amputations, loss of vision) and other diseases (e.g., cardiovascular disease, kidney disease). Age, obesity and physical inactivity are some of the many risk factors for type 2 diabetes.<sup>8</sup>

In 2008/2010, sixteen percent of First Nations living on-reserve reported they had been diagnosed with diabetes (type 1, type 2 or gestational). This is four times the national rate. Of those who reported being diagnosed with this disease, 81% said they had type 2 diabetes, 9% had type 1 and 6% had gestational diabetes.<sup>9</sup>

Percent of Canadians living with Diabetes, 2008/2010		%
	First Nations	6
	Metis	4
	Inuit	2
	Canadian population	4

## INJURIES

In 2008/2010, almost twenty percent (19%) of First Nations on-reserve aged 18 years and older reported experiencing an injury in the previous year. In 2012, 20% of First Nations living off reserve, 21% of Métis and 16% of Inuit aged 19 years and older reported experiencing an injury in the previous year.<sup>10</sup>

## TUBERCULOSIS

In 2014, Indigenous populations accounted for 21% of reported cases of TB in Canada. This resulted in a rate of 20 new or re-treatment cases per 100,000 of the Indigenous population. Rates vary across Indigenous populations but the rate of TB among Inuit is almost 50 times higher than the overall Canadian rate.<sup>11</sup>

Rate of new or re-treatment cases of TB, 2014		%
	First Nations on reserve	20
	First Nations off reserve	15
	Metis	3
	Inuit	198
Canadian population	4	

1 Statistics Canada (2016). Selected demographic, sociocultural, education and labour characteristics, sex and income status in 2010 for the population in Private Households of Canada, Provinces, Census Metropolitan Areas and Census Agglomerations, 2011 National Household Survey National Household Survey, Statistics Canada Catalogue no. 99-014-X2011043.

2 World Health Organization, Health Impact Assessment. <https://www.who.int/hia/evidence/doh/en/>

3 A household is said to be in 'core housing need' if its housing falls below at least one of the adequacy, affordability or suitability standards and it would have to spend 30% or more of its total before-tax income to pay the median rent of alternative local housing that is acceptable.

4 Food insecurity exists when a person does not have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

5 Statistics Canada, Aboriginal Peoples Survey, 2012; and Canadian Community Health Survey, 2012.

6 Ibid

7 Canadian Partnership Against Cancer (2014). Inuit Cancer Control in Canada Baseline Report. Toronto: Canadian Partnership against Cancer.

8 Public Health Agency of Canada (2011). Diabetes in Canada: Facts and figures from a public health perspective.

9 First Nations Information Governance Centre (2012). First Nations Regional Health Survey (RHS) 2008/10: National report on adults, youth and children living in First Nations communities. Ottawa ON: FNIGC

10 Statistics Canada (2012). Aboriginal Peoples Survey, 2012. All computations on these microdata were prepared by the Public Health Agency of Canada and the responsibility for the use and interpretation of these data is entirely that of the author(s).

11 Public Health Agency of Canada (2016). Tuberculosis in Canada – Pre-release 2014

---

## Notes

More than 60% of First Nations living on reserve in Canada have one or more chronic condition (63%) compared to 49% in the general Canadian population. First Nations on-reserve have much higher rates of diabetes and obesity, and significantly more of them smoke recreational tobacco. Alcohol consumption is highest among the Inuit population in Canada by a significant margin (39% compared to 23%).

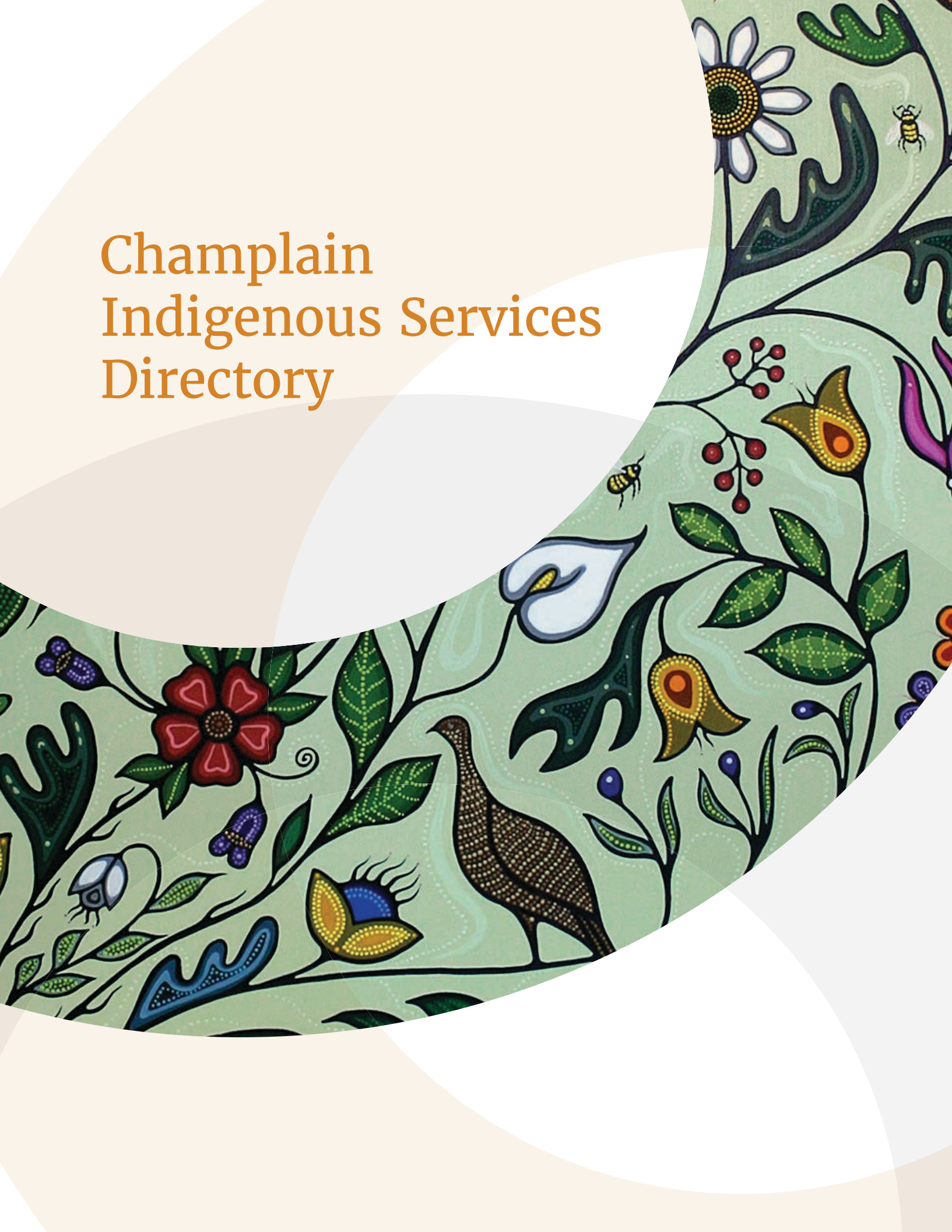
Diabetes is one of the fastest growing diseases among Aboriginal populations in Canada as reported in a Public Health Agency of Canada report entitled *Diabetes in Canada: Facts and Figures from a Public Health Perspective* (2011). The most recent national survey data show that the proportion of the population reporting a diagnosis of diabetes was highest for First Nations individuals living on-reserve (aged 18 years and older: 15.3%), followed by First Nations individuals living off-reserve (aged 12 years and older: 8.7%). The Métis (aged 12 years and older: 5.8%) had a similar prevalence to the non-Aboriginal population (aged 12 years and older: 6.0%). The prevalence of diabetes in the Inuit population remained lower than in these other groups, at 4.3% (aged 15 years and older).

The same study indicates that the rapid increase of diabetes in the First Nations, Inuit and Métis populations has been influenced by a variety of risk factors, including genetic, biological, environmental, and lifestyle factors. The rapid socio-cultural changes in the last half century have had a tremendous impact on their health and have contributed significantly to the higher rates of diabetes and its complications. Lifestyle factors such as diet, physical inactivity, overweight and obesity, and smoking are key risk factors for type 2 diabetes in First Nations, Inuit and Métis populations, as they are in the general population. (Public Health Agency of Canada, 2011)

According to the Statistics Canada 2006/7 report, First Nations, Inuit and Métis women have higher rates of blood pressure, cancer and heart disease than the general population. (Statistics Canada, 2006/7).



# Champlain Indigenous Services Directory





# Akwesasne Department of Health and Department of Community and Social Services

## ADDRESS

Kanonhkwat'sheri:io Health Facility  
Administration  
31 Hilltop Drive  
St. Regis, Quebec  
HoM 1A0

## PHONE

(613) 575-2341

## FAX

(613) 575-1311

## WEBSITE

[www.akwesasne.ca/health](http://www.akwesasne.ca/health)

## CONTACT INFORMATION FOR PROGRAMS

[www.akwesasne.ca/departments](http://www.akwesasne.ca/departments)

## EMAIL

[info@akwesasne.ca](mailto:info@akwesasne.ca)

## HOURS OF OPERATION

8am to 5pm Monday to Friday



## PROGRAMS AND SERVICES PROVIDED

**Akwesasne Child and Family Services:** child protection.

**Ambulance Unit/Paramedic (24/7):** 24-hour emergency medical care and transportation service (provision of ambulance transports for people with disability if planned in advance). The facility is in the process of becoming an Ontario certified ambulance and Advanced Life Support – ALS for USA.

**Community Health Services:** Chronic disease prevention (diabetes), injury prevention, occupational and physical therapy, maternal child health and early years.

**Home Care and Home Support:** Includes nursing staff, personal support workers, maintenance persons, social workers, and physicians. Services include appointment transportation, dietetic aid, foot care, equipment supplies coverage and lifeline services.

**Iakhihsohtha Home for the Elderly:** Residential care, short stay services and outreach day services.

**Iethinisten:ha Family Wellness Program:** Emergency and long-term safe housing for victims of domestic violence, abuse and/or self-abuse (drug/alcohol abuse, self-harm and high risk behaviours).

**Ionkwanonhsatsi Adolescent Treatment Centre:** Non-residential centre providing supports and services for youth with addiction issues.

**Medical Clinic:** Primary Health Care services provided from 2 sites, includes physicians, nurses (walk in or by appointment).

**Non-Insured Health Benefits:** NIHB services are administered and available to all registered members of the Mohawks of Akwesasne. Questions on coverage, requests for pre-determination and/or approvals.

- Pharmacy;
- Optometry services;
- Dental Clinic; and
- Fitness Program.

**Traditional Medicine:** Assessments and cross referrals to both western and traditional medicine, cultural teachings, healing workshops, seminars, medicine walks, herbal classes, traditional ceremonies for individuals and the community, sweat lodges and healers and seers. Translation services are provided along with other traditional and cultural supports.

**Tsionkwanonhso:te Adult Care:** Home for the aged, licensed by the province of Ontario for individuals who require supervisory health care and who can no longer live alone.

**Wholistic Health and Wellness:** Program assists individuals, families and groups in the community to reach their highest level of wholistic (overall) health. Assurances is provided for medical, physical, mental health/addiction issues and assessments utilizing a cultural approach.

---

# Algonquins of Pikwàkanagàn First Nation

**ADDRESS**

Health Services  
1643 Mishomis Inamo  
P.O. Box 86  
Golden Lake, Ontario  
K0J 1X0

**PHONE**

613-625-2259

**FAX**

613-625-2207

**SECURE FAX**

613-625-1124

**WEBSITE**

<http://www.algonquinsofpikwakanagan.com/health.php>

**EMAIL**

[Client.intake@Pikwakanagan.ca](mailto:Client.intake@Pikwakanagan.ca)

**PROGRAMS AND SERVICES PROVIDED**

- Aboriginal Head Start Program;
- Aging at Home: Home maintenance, coordination and social/recreation program for complex care clients and seniors;
- Brighter Futures/Building Healthier Communities;
- Child and Youth Mental Health Project;
- Children's Oral Health;
- Community Fitness Trainer: Heart wise, Elders social/recreation, sports and individual rehab, Fitness classes, Weight management and nutrition;
- Community Health Nurse;
- Community Health Representative (CHR): For Non Insured Health Benefits, health promotion and prevention strategies, emergency planning;
- Diabetes education and care;
- Family Health Team (Primary Care);
- High Risk Seniors: Practical support for at risk seniors to remain in their own homes;
- Home and Community Care;
- Home Care: Light housekeeping and client support in their own homes;
- Medical Transportation;
- Native Alcohol and Drug Addictions Program (NADAP);
- Other Services: Foot care, chiropractor, massage therapy, cultural ceremonies and traditional practices and fitness programs;
- Outreach Mental Health; and
- Supportive Housing: Assisted Living.

**CLIENT POPULATION SERVED**

Services offered to members of Pikwàkanagàn First Nation.



---

# Champlain Regional Cancer Program

**ADDRESS**

The Ottawa Hospital Cancer Program  
General Campus  
501 Smyth Road  
Room C1105  
Ottawa, Ontario  
K1H 8L6

**PHONE**

613-737-7700 Ext. 73607  
Cell: 613-447-6790

**FAX**

613-737-8617

**WEBSITE**

[ottawahospital.on.ca/cancer](http://ottawahospital.on.ca/cancer)

**EMAIL**

[aboriginalcancerprog@toh.on.ca](mailto:aboriginalcancerprog@toh.on.ca)

**HOURS OF OPERATION**

8:00 am – 4:00 pm  
Monday to Friday

**ORGANIZATIONAL OVERVIEW**

The Champlain Regional Cancer Program is a comprehensive cancer program serving the Champlain population as well as providing cancer support and treatment for patients from Nunavut in Canada's far north. In partnership with Cancer Care Ontario (CCO) and in keeping with the priorities outlined in the CCO Aboriginal Cancer Strategy III, the Cancer Program is committed to supporting access to timely, quality health care for First Nations, Inuit and Métis (FNIM) through its Aboriginal Cancer Program.

**PROGRAMS AND SERVICES PROVIDED**

The Aboriginal Cancer Program provides support to First Nations, Inuit and Métis patient and families along the entire continuum of cancer care; from prevention and screening, through treatment, to survivorship and end of life. More specifically, some of the services provided by Aboriginal Cancer Program staff include:

- Accompanying patients to appointments as needed;
- Arranging for accommodation or transportation;
- Arranging translation services;
- Assisting patients in accessing benefit coverage for cancer treatments and related costs;
- Assisting with navigating cancer care (from diagnostic to supportive care/end of life);
- Coordinating access to an Elder or Traditional Healer;
- Increasing awareness of cancer care services and supports for FNIM;
- Providing information on screening services and coordinating access;
- Providing support and advocacy in a culturally sensitive environment; and
- Supporting Patients and Families.

---

# Champlain Regional Cancer Program

## ADDRESS

The Ottawa Hospital Cancer Program  
General Campus 501 Smyth Road  
Room C1105  
Ottawa, Ontario  
K1H 8L6

## PHONE

613-737-7700 Ext. 73607  
Cell: 613-447-6790

## FAX

613-737-8617

## WEBSITE

[ottawahospital.on.ca/cancer](http://ottawahospital.on.ca/cancer)

## EMAIL

[aboriginalcancerprog@toh.on.ca](mailto:aboriginalcancerprog@toh.on.ca)

## HOURS OF OPERATION

8:00 am – 4:00 pm  
Monday to Friday

## IMPROVING CANCER SERVICES FOR FIRST NATIONS, INUIT AND MÉTIS

Educating community partners and providers on the barriers to cancer screening for FNIM with the goal of improving screening rates

Increasing community capacity and coordinating efforts to address cancer prevention (focusing on smoking cessation).

Monitoring and increasing awareness of the low cancer screening rates among Aboriginal people

Networking and strengthening relationships with health care providers caring for FNIM to ensure an understanding of the cancer relate issues and priorities with a specific focus on palliative and supportive care needs.

Promoting a person-centered and culturally appropriate approach to cancer care.

Strengthening relationships with the Aboriginal community to ensure there are FNIM voices in the delivery of cancer care.

## CLIENT POPULATION SERVED

First Nations, Inuit and Métis at risk for or affected by cancer

---

# Gignul Non-Profit Housing Corporation

## ADDRESS

396 MacLaren Street  
Ottawa, Ontario  
K2P 0M8

## PHONE

613-232-0016

## FAX

613-232-1977

## WEBSITE

[www.gignulhousing.org](http://www.gignulhousing.org)

## EMAIL

[e.louttit@bellnet.ca](mailto:e.louttit@bellnet.ca)

## HOURS OF OPERATION

8:30 am to 5:00 pm  
Monday to Friday

## ORGANIZATIONAL OVERVIEW

Gignul Non-Profit Housing Corporation works in partnership with other Aboriginal organizations to focus on both short and long term housing solutions, including supportive shelters to affordable, independent living.

## PROGRAMS AND SERVICES PROVIDED

- Owns and operates 162 geared to income units throughout the City of Ottawa;
- Owns and operates a 28 unit geared to income apartment building under the management of Madawan Management and Development Inc. (MMDI); and
- Owns and operates an 11 unit geared to income, independent senior's building.

## CLIENT POPULATION SERVED

Services offered to Aboriginal peoples living in Ottawa.



---

# Inuit Non-Profit Housing Corporation

ADDRESS

311 McArthur Avenue,  
Suite 102  
Ottawa, Ontario  
K1L 8M3

PHONE

613-741-1449  
TF: 1-877-741-1449

FAX

613-741-6195

WEBSITE

EMAIL

[mcox@inphc.ca](mailto:mcox@inphc.ca)

HOURS OF OPERATION

8:30 am to 4 pm

ORGANIZATIONAL OVERVIEW

Inuit Non-Profit Housing Corporation owns and operates 79 rent-g geared-to-income family housing units in Ottawa and in the north; units range from 1-3 bedrooms in size.

PROGRAMS AND SERVICES PROVIDED

Rent-g geared-to-income housing for Inuit families and singles living in the Ottawa area. Inuit are given priority on waiting list for 63 units, after which Métis and Status Indian applicants are considered.

CLIENT POPULATION SERVED

Services offered to Inuit in Ottawa.



---

# Inuuqatigiit Centre for Inuit Children, Youth and Families

**ADDRESS**

224 & 230 McArthur Avenue  
Ottawa, Ontario  
K1L 6P5

**PHONE**

613-744-3133 ext. 232

**FAX**

613-744-7629

**WEBSITE**

<http://inuuqatigiit.ca/>

**EMAIL**

[info@inuuqatigiit.ca](mailto:info@inuuqatigiit.ca)

**HOURS OF OPERATION**

8:00 am to 5:00 pm

**ORGANIZATIONAL OVERVIEW**

The Inuuqatigiit Centre for Inuit Children, Youth and Families was established in August 2005 by parents of children enrolled in the Head Start Children's Program at Tungasuvvingat Inuit (TI). Today, it is a multi-service Inuit organization that provides cultural, educational, recreational and social support services to children, youth and families of Ottawa's growing Inuit community. The centre serves as a major hub of early years and youth services for Inuit families in Ottawa.

**PROGRAMS AND SERVICES PROVIDED****EARLY YEARS PROGRAM**

- Early Years Parent Council
- Sivummut Head Start
- Tumiralaat Child Care Centre
- Kindergarten Program
- School's Cool

**YOUTH**

- Bridging the Gap Program (BTG)
- Tukimut Afterschool Program
- Systems Navigation Program
- Akwe: Go Program
- Wasa-nabin Urban Aboriginal Program
- We Belong Program
- Right to Play Programs
- Youth Life Promotion
- Silatunig – Youth Engagement
- Makkuktukuvik Art Studio





---

# Kagita Mikam Aboriginal Employment & Training Inc

## ADDRESS

456 McArthur Ave  
Box 5  
Ottawa, Ontario  
K1K 4B5

## PHONE

613-565-8333

## FAX

613-565-9997

## WEBSITE

[www.kagitamikam.org](http://www.kagitamikam.org)

## EMAIL

[carolyn@kagitamikam.org](mailto:carolyn@kagitamikam.org)  
[Lydia@kagitamikam.org](mailto:Lydia@kagitamikam.org)

## HOURS OF OPERATION

8:30 am to 4:30 pm

## PROGRAMS AND SERVICES PROVIDED

Kagita Mikam provides training, employment and entrepreneur support services to eligible clients, including resume writing, employment counselling, labour market information, referral to employment and training.

## CLIENT POPULATION SERVED

Services offered to Status and non-status Indians (direct lineage to parent with status), and out of province (if not affiliated with a First Nation or Métis organization in Ontario).

Pathways to Employment for Youth: 18-week paid employment integration program for youth age 16 to 30 out of school and out of work. Intakes occur twice per year.



---

# Makonsag Aboriginal Head Start Inc.

## ADDRESS

557 Queen Mary St.  
Ottawa, ON  
K1K 1V9

## PHONE

613-724-5844

## FAX

613-724-7944

## WEBSITE

[www.makonsag.ca](http://www.makonsag.ca)

## EMAIL

[info@makonsag.ca](mailto:info@makonsag.ca)

## PROGRAMS AND SERVICES PROVIDED

Makonsag Aboriginal Head Start delivers a licensed preschool program that integrates early childhood education with traditional Aboriginal culture and practices.

Eligibility requirements: children from ages 2.5 to 6 years of age.

Services are provided to children with special needs; they are encouraged to participate and Makonsag will do their best to accommodate needs.

## CLIENT POPULATION SERVED

Services offered to Aboriginal children in Ottawa.



---

# Métis Nation of Ontario

**ADDRESS**

MNO Head Office  
66 Slater Street  
Suite 1100  
Ottawa, Ontario  
K1P 5H1

Renfrew Office  
236 Stewart Street  
Suite 102  
Renfrew, Ontario  
K7V 1X7

**PHONE**

613-798-1488  
Toll Free: 800-263-4889  
T: 613-432-6499 (Renfrew)

**FAX**

613-722-4225  
F: 613-432-8009

**WEBSITE**

[www.metisnation.org](http://www.metisnation.org)

**HOURS OF OPERATION**

8:30 am to 4:30 pm  
(programs have varied hours)

**ORGANIZATIONAL OVERVIEW**

The MNO has a province-wide infrastructure to deliver programs and services for Métis people in several areas, including healing and wellness, education, labour market development, housing, traditional knowledge and economic development.

The MNO Healing and Wellness Branch provides services to those within the Champlain region through two MNO Community Offices located in Ottawa and Renfrew.

**PROGRAMS AND SERVICES PROVIDED****OTTAWA SITE:**

**Community Support Services (CSS) Program:** Support services help to ensure people continue to live a full and independent life in their home community. Services include medical transportation, friendly visiting, caregiver support services and community support services.

**Community Wellness Worker (CWW) Program:** Supports holistic approaches to the promotion of healthy living and the prevention of family violence.

**RENFREW SITE:****Community Wellness Worker (CWW) Program.**

**Métis Healthy Babies Healthy Children:** A prevention and early intervention strategy of services for families with children prenatal to 6 years of age. The heart of the MHBHC programming is preparation for parenting (preconception component), getting ready for the birth of the baby (prenatal care) and taking care of the baby (postnatal care).

Client based services are services provided to an individual where significant contact and focused assistance is provided to the individual and/or on behalf of the individual.

**PROVINCIAL PROGRAMS AND SUPPORT AVAILABLE TO ALL MNO SITES:**

- Diabetes Education and Support to Access Foot Care;
- Employment and Training;
- Housing Program;
- Responsible Gambling Program;
- **Tele-Mental Health:** Weekly psychiatry clinics via OTN (videoconferencing) through Providence Care, Aging, Mental Health and Rehabilitative Care in Kingston, Ontario; and
- Victim Services (VS) Program.

**CLIENT POPULATION SERVED**

MNO programs are open to self-identified Métis people, Aboriginal and non-Aboriginal people. Métis specific approaches are utilized in all programs.

# Minwaashin Lodge – Indigenous Women’s Support Centre

## ADDRESS

100–1155 Lola Street  
Ottawa, Ontario  
K1K 4C1

## PHONE

613-741-5590

## FAX

613-741-5590

## WEBSITE

[www.minlodge.com](http://www.minlodge.com)

## EMAIL

[info@minlodge.com](mailto:info@minlodge.com)

## HOURS OF OPERATION

Varied hours depending on program  
or service



## ORGANIZATIONAL OVERVIEW

Minwaashin Lodge – Indigenous Women’s Support Centre provides violence prevention and intervention for Aboriginal women, youth, children and elders, including traditional healing, employment, counselling, shelter, youth and cultural programs, community development initiatives, and social support.

## PROGRAMS AND SERVICES PROVIDED

Counselling techniques and approaches being offered within a holistic framework.

**Culture Program:** Offers women of all ages an opportunity to learn about their culture and identity.

**Housing First:** Case Managers and Housing First Youth Case Manager provide support to women and youth who are homeless and live in and/or out of the shelter system.

**Oshki Kizis:** 21-bed shelter for First Nations, Inuit, and Métis women and children who are fleeing abuse. By empowering women, they are assisted on their healing path to a safe and healthy place. Support provided for the family unit holistically by showing awareness and respect for individual and cultural beliefs, spirituality and diversity.

**Short Term Counselling:** Provides individual counselling for up to 3 months to support clients of Minwaashin Lodge and Oshki Kizis Lodge, using contemporary and traditional healing practices.

Counselling available for children and youth ages 5 to 15 years old.

**Spirit Movers and Firekeepers Program:** Provides youth with the awareness, knowledge, information and teachings about Aboriginal culture, and promotes and initiates the development of healthy friendships and relationships with other youth. The program supports and provides at-risk Aboriginal youth with ties to their culture through sacred teachings and by promoting holistic healing. In doing so, they promote links between Aboriginal and non-Aboriginal organizations and services in the context of a community framework of healing.

**STORM:** The STORM team is available to assist women involved in the sex trade. The outreach team can assist women with immediate medical, safety and shelter needs.

**“The Courage to Soar”** is for Aboriginal women who are survivors of or at risk of domestic violence and require support to identify practical holistic steps to education and training opportunities and career options. It offers support to women who want to empower their economic lives.

**The Sacred Child Program** is a culturally-based program focusing on the holistic needs of children ages 0 to 6 years. Our goal is to recognize, enhance and celebrate the value and importance of the family and the roles of children.

---

# Minwaashin Lodge – Indigenous Women’s Support Centre

ADDRESS

100-1155 Lola Street  
Ottawa, Ontario  
K1K 4C1

PHONE

613-741-5590

FAX

613-741-5590

WEBSITE

[www.minlodge.com](http://www.minlodge.com)

EMAIL

[info@minlodge.com](mailto:info@minlodge.com)

HOURS OF OPERATION

Varied hours depending on program  
or service

**Training and Employment:** Support provided through workshops, computer training, financial aid, job placements, and college certification in order for them to become financially independent.

**Transitional and Housing:** Supports with all basic life skills and advocacy to meet requirement standards for housing, legal and court accompaniment.

CLIENT POPULATION SERVED

Aboriginal women, youth and Elders in Ottawa region



# Odawa Native Friendship Centre

## ADDRESS

815 St. Laurent Boulevard  
Ottawa, ON  
K1K 3A7  
(formerly Rideau High School)

## PHONE

613-722-3811

## FAX

613-722-4667

## WEBSITE

[www.odawa.on.ca](http://www.odawa.on.ca)

## EMAIL

[info@odawa.on.ca](mailto:info@odawa.on.ca)

## HOURS OF OPERATION

Monday to Friday 9:00 am -5:00 pm

For evenings/weekends, check with  
individual programs



## ORGANIZATIONAL OVERVIEW

Its mission is to enhance the lives of Aboriginal people living in the city. Important values promoted include maintaining a tradition of community, an ethic of self-help and development as well as providing traditional teachings from our elders. Programs are available across the lifespan ranging from infant to elderly.

## PROGRAMS AND SERVICES PROVIDED

**Aboriginal Justice:** Support to the Aboriginal community on justice and court related issues.

**Akwe:Go (children age 7 to 12):** Provides urban Aboriginal children with support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices.

**Bail Supervision Program:** The program expedites bail and court proceedings; reduces failures to appear through supervision of clients; and assists clients to initiate steps to remedy issues and problems that may have contributed to the alleged misconduct.

**Centre 510:** A privately funded drop-in centre that offers a continental breakfast and lunch five days a week.

**Criminal Courtwork:** Assists Aboriginal people to better understand their rights, options and responsibilities when appearing before the criminal courts.

**Cultural Resource Program:** To provide increased access to culture based program and services to urban Indigenous children, youth and families in order to foster a strong sense of well-being and positive Indigenous identity.

**Events:** Pow wows or cultural festivals, socials, art auctions and other fundraising events.

**Family Support:** Offers support to children (ages 0 to 6) and their families through culturally appropriate holistic program services and special events.

**Healing and Wellness:** Promotes healthy lifestyles and reduces family violence through culture based programming and healing and intervention initiatives.

**Healthy Living:** Promotes healthy lifestyles for Aboriginal people. Services include support and encouragement for healthy nutrition, fitness (classes), weight loss, smoking cessation.

**Healthy Babies Healthy Children:** Designed to ensure that all Aboriginal families and their children 0 to 6 who are at risk of physical, emotional, mental and social problems have access to effective, consistent early intervention services.

**Homeless Initiative:** Assists clients who are currently homeless or at-risk of becoming homeless. Our Program provides clothing, hygiene products and access to a wide variety of referrals to helpful services in the city including housing and traditional culture.

---

# Odawa Native Friendship Centre

ADDRESS

250 City Centre Avenue  
Ground Floor  
Ottawa, Ontario  
K1R 6K7

PHONE

613-722-3811

FAX

613-722-4667

WEBSITE

[www.odawa.on.ca](http://www.odawa.on.ca)

EMAIL

[info@odawa.on.ca](mailto:info@odawa.on.ca)

HOURS OF OPERATION

Monday to Friday 9:00 am -5:00 pm

For evenings/weekends, check with  
individual programs

**Life Long Care:** Responds to the care needs of Aboriginal people with chronic illnesses, limited mobility related to a persistent medical condition or physical disability. Services include medical transportation, congregate dining, etc.

**Sweetgrass Home Childcare:** Co-ordinates home day care specifically designed to meet the needs of the Native community in the region.

**Urban Aboriginal Alternate High School:** For Aboriginal youth having difficulty coping in the present educational system, may have been out of school for a while and/or are in need of assistance in returning to the mainstream school system.

**Wasa-Nabin (youth age 13 to18):** Provides support and tools within a cultural framework to foster the ability to make healthy choices, as well as to provide healthy activities for clients and participants.

CLIENT POPULATION SERVED

Aboriginal and non-Aboriginal people living in and/or visiting the National Capital Region.



---

# Renfrew County and District Aboriginal Friendship Centre

ADDRESS

3477-E Petawawa Blvd.  
Petawawa, Ontario  
K8H 1X2

PHONE

613- 687-4141

FAX

613- 687-1515

WEBSITE

[www.rcadafc.com](http://www.rcadafc.com)

EMAIL

[bac@bellnet.ca](mailto:bac@bellnet.ca)

HOURS OF OPERATION

9:00 am to 4 pm

PROGRAMS AND SERVICES PROVIDED

Renfrew County and District Aboriginal Friendship Centre provides support and referrals to Aboriginal people in the Renfrew County district.

- Aboriginal Awareness Program; and
- Anishaanabe Cultural Circles.

CLIENT POPULATION SERVED

Services are offered to Aboriginal peoples living within Renfrew County.



---

# Tewegan Housing for Aboriginal Youth

**ADDRESS**

65 Harvey Street  
Ottawa, Ontario  
K1S 0A8

**PHONE**

613-233-0672

**FAX**

613-233-2554

**WEBSITE**

[www.teweganhousing.ca](http://www.teweganhousing.ca)

**EMAIL**

[abyh@bellnet.ca](mailto:abyh@bellnet.ca)

**HOURS OF OPERATION****ORGANIZATIONAL OVERVIEW**

Tewegan Housing for Aboriginal Youth operates a 12 bed culturally rooted transitional housing (1 year) program with Indigenous young women ages 16 to 29 who are homeless or at risk of homelessness. Services include cultural engagement through workshops and individual support as well as communal living engagement which is balanced with practical supports.

**PROGRAMS AND SERVICES PROVIDED**

- 24-hour supports;
- Assistance finding permanent housing;
- Bi-weekly cultural programs;
- Financial management assistance;
- Goal setting and action planning;
- Outreach supports and referrals after departure;
- Recreational equipment.
- Safe and secure accommodations for up to 1 year;
- Supportive individual crisis counselling; and
- Tutoring and employment assistance.

**CLIENT POPULATION SERVED**

Services offered to First Nations, Inuit and Métis women between 16 to 29 years of age in the Ottawa area.



# Tungasuvvingat Inuit

## ADDRESS

MAIN ADMINISTRATIVE OFFICE  
1071 Richmond Road  
Ottawa, Ontario  
K2B 6R2

## HOUSING & FAMILY WELL BEING

297 Savard Avenue  
Ottawa, Ontario  
K1L 7S1

## JUSTICE & ANTI HUMAN TRAFFICKING

604 Laurier Avenue W.  
Ottawa, Ontario  
K1R 6L1

## PHONE

613-565-5885

## FAX

613-563-4136

## WEBSITE

<http://tungasuvvingatinuit.ca>

## EMAIL

[info@tungasuvvingatinuit.ca](mailto:info@tungasuvvingatinuit.ca)

## HOURS OF OPERATION

Monday to Friday  
9:00 am to 5:00 pm

Open some weekends and evenings  
– as advertised



## ORGANIZATIONAL OVERVIEW

Tungasuvvingat Inuit (TI) aims at empowering and enhancing the lives of Inuit across Canada. Since 1987 TI has been operating in Ottawa as a community-based counselling and resource center providing cultural, social and counselling services and advice to Inuit across Canada. TI offers a supportive environment that attempts to duplicate the community spirit and cultural surrounding of Inuit homelands.

## PROGRAMS AND SERVICES PROVIDED

TI is a unique Inuit specific service organization serving the urban population as well as collaborating with our Northern partners and provides agencies (e.g. shelters, courts, hospitals, schools):

- Information on Inuit culture and values;
- Resource information for Inuit specific programming; and
- Understanding of Inuit Rights in the City.

## TI PROVIDES DIRECT CLIENT SERVICES INCLUDING:

- 2nd Stage housing support services;
- Anti-Human Trafficking and Exiting the Sex Trade.
- Community support services;
- Cultural services;
- Employment and learning services;
- Family services;
- Housing support services;
- Health promotion services;
- Justice Services including Restorative Justice and Gladue services;
- Pre and post-natal services;
- Trauma and addictions treatment services; and
- Youth services;

## CLIENT POPULATION SERVED

Our services are for any and all Inuit, predominantly service the Ottawa and Toronto areas.

---

# Wabano Centre for Aboriginal Health

**ADDRESS**

299 Montreal Road  
Ottawa, Ontario  
K1L 6B8

**PHONE**

613-748-0657

**FAX**

613-748-1195

**WEBSITE**

[www.wabano.com](http://www.wabano.com)

**EMAIL**

[info@wabano.com](mailto:info@wabano.com)

**HOURS OF OPERATION**

9:00 am to 5:30 pm –  
program hours include evening and  
weekends

**ORGANIZATIONAL OVERVIEW**

The Wabano Centre for Aboriginal Health provides a combination of traditional healing, primary health care, cultural programs, health promotion, community development initiatives, and social support services to First Nations, Inuit and Métis people. Wabano is a critical service, is the gateway to health, and is an urban solution for First Nation, Inuit and Métis living in the Ottawa area.

**PROGRAMS AND SERVICES PROVIDED**

Wabano has four service pillars: Medical Clinic, Culture and Social Services, Mental Health and Housing Supports, and Community Leadership.

The Medical Clinic provides primary health care services for maternal and newborn health, chronic disease, and women's health. Wabano offers a walk-in clinic, chiropractic, lung health, pediatric, and comprehensive diabetes education and management.

Culture and Social Services include youth programs, seniors support, community kitchens, and traditional teachings.

**MENTAL WELLNESS AND HOUSING SUPPORT:**

Adult counselling services:

- Addictions counselling and support;
- Pain management;
- Crisis counselling/walk-in counselling;
- Individual, group, family and couple therapy;
- Art therapy; and
- Traditional healing.

Child and youth counselling services:

- Child, youth and family therapy;
- Creative arts;
- Crisis and outreach services; and
- Talking and Healing circles.

Case management services:

- Client advocacy;
- Mental health outreach; and
- Systems navigation.

---

# Wabano Centre for Aboriginal Health

**ADDRESS**

299 Montreal Road  
Ottawa, Ontario  
K1L 6B8

**PHONE**

613-748-0657

**FAX**

613-748-1195

**WEBSITE**

[www.wabano.com](http://www.wabano.com)

**EMAIL**

[info@wabano.com](mailto:info@wabano.com)

**HOURS OF OPERATION**

9:00 am to 5:30 pm –  
program hours include evening and  
weekends

**Housing First:**

- Assist clients who are at risk of becoming homeless, or who are homeless;
- Offer productive pathways to maintain healthy living;
- Provide advocacy for housing retention;
- Provide necessary skills to maintain housing; and
- Provide support in locating suitable housing;

**Programs:**

- Aboriginal Schools Liaison;
- After School Program;
- Culture;
- Diabetes Education Program;
- Drug Prevention Program;
- Education;
- FASD Program “Awashishak”;
- Fitness and Exercise Programs;
- Health Promotion Program;
- HIV/AIDS Education Program;
- Home Support for Seniors;
- Parenting Program; and
- Pre and Post-Natal Programs;
- Seniors Program;
- Smoking Cessation Program;
- Youth Diversion Program;
- Youth Program “Wasa-nabin”; and
- Youth Reintegration Program;

---

# Wabano Centre for Aboriginal Health

ADDRESS

299 Montreal Road  
Ottawa, Ontario  
K1L 6B8

PHONE

613-748-0657

FAX

613-748-1195

WEBSITE

[www.wabano.com](http://www.wabano.com)

EMAIL

[info@wabano.com](mailto:info@wabano.com)

HOURS OF OPERATION

9:00 am to 5:30 pm –  
program hours include evening and  
weekends

## Community Leadership

- **Culture:** Wabano works with educators, medical professionals and other leaders to help them better understand our values and traditions, providing:
  - Cultural events
  - Cultural sensitivity training;
  - School presentations; and
  - Symposiums.
- **Cultural gathering space:** Wabano's physical space showcases the beauty of Canada's First Peoples and offers a unique cultural experience for local community members as well as visitors to the Nation's capital.
- **Partnerships:** Wabano is a key partner in the extensive network of health care, social services, youth engagement and support, and mental health service along with other partners in the Ottawa region that together address the many complex challenges Indigenous people experience.

