Champlain Aboriginal Services Directory

August 2015

Version 1.0

The Champlain Aboriginal Services Directory was developed by the Champlain Aboriginal Health Circle Forum (AHCF) 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 Aboriginal communities and organizations who contributed to the development of this directory. All of the organizations in this directory invite referrals and inquiries to support Aboriginal community members.

The terms "Aboriginal peoples" and "First Nation, Métis and Inuit" are used inter-changeably, except when a specific group are identified. When the term "Aboriginal 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 the Aboriginal Services Directory has been provided by the Champlain Local Health Integration Network.

Table of Contents

Table of Contents 3

How to Use this Directory 4

Services at a Glance 5

Glossary of Terms 9

Aboriginal Population in the Champlain Region 11

Health Status of the Aboriginal Population 11

Akausivik Inuit Family Health Team (AIFHT) Medical Centre 15

Akwesasne Department of Health and Department of Community and Social Services 16

Algonquins of Pikwàkanagàn First Nation 17

Champlain Regional Cancer Program 18

Gignul Non-Profit Housing Corporation 20

Inuit Non-Profit Housing Corporation 21

Kagita Mikam Aboriginal Employment & Training Inc. 22

Makonsag Aboriginal Head Start Inc. 23

Métis Nation of Ontario 24

Minwaashin Lodge 25

Odawa Native Friendship Centre 26

Ottawa Inuit Children's Centre 28

Renfrew County and District Aboriginal Friendship Centre 29

Tewegan Housing for Aboriginal Youth 30

Tungasuvvingat Inuit 31

Wabano Centre for Aboriginal Health 32

How to Use this Directory

This directory is easy to use, and is for the use of health care providers in Health Links with limited knowledge of the services provided by Aboriginal organizations in urban and rural areas and health and community services provided in First Nation communities across the Champlain region.

The services are listed by category in the "Services At A Glance" section. The organizations in this directory provide a vast range of services from the beginning of life to end of life and not all services may be listed or categorized under all the categories they could fall under. Please refer to the organization website for more detailed information.

Each organization includes a "Client Population Served" section that indicates the clientele that the organization provides services to. Generally, if Aboriginal is referenced, this means that services are available to First Nation, Inuit, Métis, non-status Indians, and those that self-identify as Aboriginal. Other organizations may be structured to provide services specific to First Nation, Inuit and Métis. For example, First Nations provide services to their registered band members both on and off reserve.

The Aboriginal organizations listed may become part of the Health Link patient's circle of care. The patient may already be involved with the organization, or may become involved as a result of the Health Link recognizing the need for a service and helping to coordinate and link the patient with the organization for the first time.

Services at a Glance

Type of Service	Organization
Addictions Services	Akwesasne Department of Health Algonquins of Pikwàkanagàn 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 Ottawa Inuit Children's Centre Odawa Native Friendship Centre Wabano Centre for Aboriginal Health Tungasuvvingat Inuit
Chiropractic	Algonquins of Pikwàkanagàn 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 Odawa Native Friendship Centre Tungasuvvingat Inuit Wabano Centre for Aboriginal Health
Dental/Oral Health	Akausivik Inuit Family Health Team Akwesasne Department of 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) Ottawa Inuit Children's Centre (Inuit Kingergarten)
Employment and Training	Kagita Mikam Aboriginal Employment and Training Inc. Tungasuvvingat Inuit Métis Nation of Ontario Wabano Centre for Aboriginal Health
Fitness Programs	Algonquins of Pikwàkanagàn Odawa Native Friendship Centre Wabano Centre for Aboriginal Health Tungasuvvingat Inuit
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 First/Homelessness/Street Outreach	Minwaashin Lodge Odawa Native Friendship Centre Tewegan Housing for Aboriginal Youth Tungasuvvingat Inuit Wabano Centre for Aboriginal Health
Housing	Gignul Non-Profit Housing Corporation Inuit Non-Profit Housing Corporation

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 Ottawa Inuit Children's Centre Odawa Native Friendship Centre
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
Medical Transportation	Akwesasne Department of Health Algonquins of Pikwàkanagàn First Nation Métis Nation of Ontario Odawa Native Friendship Centre
Massage Therapy	Akwesasne Department of Health Algonquins of Pikwàkanagàn
Mental Health	Akausivik Inuit Family Health Team Akwesasne Department of Health Algonquins of Pikwàkanagàn Métis Nation of Ontario Minwaashin Lodge Wabano Centre for Aboriginal Health
Navigation	Algonquins of Pikwàkanagàn First Nation Champlain Regional Cancer Program Ottawa Inuit Children's Centre Wabano Centre for Aboriginal Health

Optometry	Akwesasne Department of Health
Occupational Therapy/Physical Therapy	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 Heatlh
Primary Health Care	Akausivik Inuit Family Health Team Akwesasne Department of Health Algonquins of Pikwàkanagàn First Nation Wabano Centre for Aboriginal Health
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

Glossary of Terms

Understanding identity and terminology relating to Aboriginal people can be confusing for those who seek to find the right terms to use and in the right context. The terminology is always shifting and can conflict in the ways that Aboriginal people self-identify with those that are defined by the state. Some of the terms have strict legal definitions and may seem outdated, but may still be necessary in certain contexts. This guide includes some of the more common and generally accepted terms however not all may agree. (Kesler, 2009)

ABORIGINAL PEOPLE(S): "Aboriginal people" is a collective name for the original peoples of North America and their descendants. The Canadian Constitution (the Constitution Act,1982) recognizes three groups of Aboriginal peoples — Indians, Métis and Inuit. These are three separate peoples with unique heritages, languages, cultural practices and spiritual beliefs. When referring to "Aboriginal people," the reference is to all Aboriginal people in Canada collectively, without regard to their separate origins and identities or the reference is to more than one Aboriginal person. By adding the 's' to people, and referring to "aboriginal peoples", there is a recognition that there is a diversity of people within the group known as Aboriginal people.

INDIGENOUS: Indigenous means "native to the area." In this sense, Aboriginal Peoples are indeed indigenous to North America. Its meaning is similar to Aboriginal Peoples, Native Peoples, First Peoples. The term is rarely used but when it is, it usually refers to Aboriginal people internationally. The term is gaining acceptance, particularly among some Aboriginal scholars to recognize the place of Aboriginal Peoples in Canda's late-colonial era and implies land tenure. The term is also used by the United Nations in its working groups and in its Decade of the World's Indigenous People. However, globally no universal definition of Indigenous peoples has been accepted. (NAHO)

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 us, 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/bands.

BAND: A body of Indians for whose collective use and benefit lands have been set apart or money is held by the Crown, or declared to be a band for the purposes of the Indian Act. Each band has its own governing band council, usually consisting of a chief and several councillors. The members of the band usually share common values, traditions, and practices rooted in their language and ancestral heritage. Today, many bands prefer to be known as First Nations.

RESERVE: A reserve is the land that is 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 reserve.

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

OFF RESERVE: This term rather than it is still commonly used to refer to First Nation people who live off-reserve, as registered band members of a First Nation community can either live on or off-reserve. (National Aboriginal Health Organization).

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

MÉTIS PEOPLE: The Métis are a distinct Aboriginal people 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 people born of relations between Indian women and European men. The initial offspring of these unions were of mixed ancestry. The genesis of a new Aboriginal people called the Métis resulted from the subsequent intermarriage of these 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)

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 group them in with other groups who they may not consider related.

2. "Aboriginal" is the least contentious and most inclusive general term currently used in Canada. In most conversations, it is preferable to "Indian" or "Native." In many contexts, the use of "Indian," may be viewed as offensive.

3. "First Nations" is a widely accepted term and may be used sometimes generally, but is increasingly used specifically for First Nations—reserve communities and the people living in them or closely associated with them. It is sometimes used more generally as a contemporary replacement for "Indian," but may not always be taken to apply to non-status Indians. Métis people often view "First Nations" as an exclusive designation that does not include them, and some Inuit people may feel the same way. (Kesler, 2009)

4. Today, the term Métis is used broadly to describe people with mixed First Nations and European ancestry who identify themselves as Métis, distinct from Indian people, Inuit or non-Aboriginal people. (Many Canadians have mixed Aboriginal and non-Aboriginal ancestry, but not all identify themselves as Métis.) Note that Métis organizations in Canada have differing criteria about who qualifies as a Métis person. (Ontario, 2014)

Aboriginal Population in the Champlain Region

There are 301,430 First Nations, Métis and Inuit people living in Ontario. Aboriginal peoples represent 2.4 per cent of the total population of Ontario (Statistics Canada, 2011).

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

There are approximately 41,000 Aboriginal people in Champlain region. 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, 6,400 Métis and approximately 710 Inuit. Ottawa is the city with the largest concentration of Inuit, outside the North. The population is estimated with at 3,700 in the Ottawa area by Inuit community organizations. The population estimates fluctuate as many Inuit move to and from northern communities on a regular basis.

The numbers above are based on Aboriginal people who identify as an Aboriginal person using census data. The numbers for Aboriginal people who indicate Aboriginal ancestry are much higher.

Caution must be exercised when using population statistics for health planning purposes, as the population estimates vary depending on sources and limitations of data.

Health Status of the Aboriginal Population

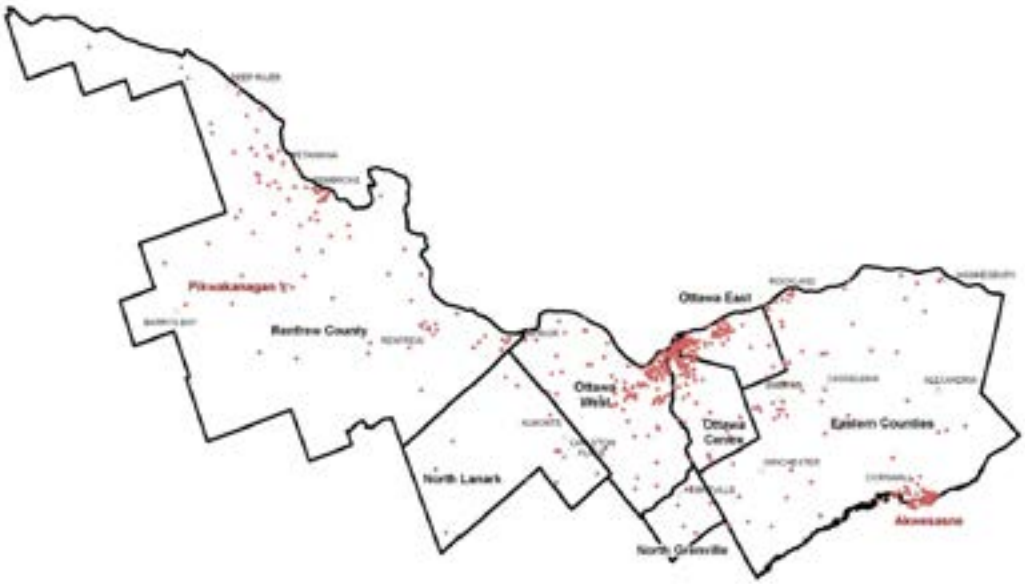
First Nations, Inuit and Métis understandings of wellness differ but are similar in that their views are based on balance, respect and dignity for all and utilize strength based, holistic approaches in health care delivery. Understanding the health of First Nations, Inuit and Métis requires an understanding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

Colonization and efforts to assimilate First Nations, Inuit and Métis into the dominant settler society led to a series of legislation and policies that when enacted, have had a profound and intergenerational impact on the traditional ways of living and well-being of Aboriginal people. This experience has influenced and continues to affect the level of health and well being of Aboriginal people today.

When looking at the health status of First Nations, Inuit and Métis, caution must be exercised as 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 Canada. Health data for Aboriginal people mainly exists at the national and provincial level, and are derived from a variety of sources which makes it difficult for comparison purposes as data may not be standardized or available for all groups. (Smylie, 2014)

Nevertheless, existing health data illustrates that the health of First Nations, Inuit and Métis is poorer than that of non-Aboriginal Canadians.

Health Condition	First Nations On-Reserve	First Nations Off-Reserve	Inuit	Métis	General Population	Data Source
Diabetes	16.2%	8.7%	4.3%	5.8%	6.0%	RHS 2008-10 Stats Can 2006/7, FNIM Women
Arthritis or Rheumatism (women)	19.9% (men and women)	33.3%	28.5	32.8	20.5	RHS 2008-10 Stats Can 2006/7 FNIM Women
One or more chronic conditions	40%	61% women 53% men	60% women 53% men	51% women 39% men	Not Available	RHS 2008-10 Stats Can 2006/7, FNIM Women
High Blood Pressure (women)	21.8% (men and women)	21.9%	19.7%	22.6%	18.9%	RHS 2008-10 Stats Can 2006/7, FNIM Women
Cancer (women)	2.3% (men and women)	5.0%	6.7%	5.3%	1.6%	RHS 2008-10 Stats Can 2006/7, FNIM Women
Heart Conditions (women)	5.7% (men and women)	9.5%	8.8%	9.8%	4.7%	RHS 2008-10 Stats Can 2006/7, FNIM Women
Risk Factors for Cancer						
Overweight/Obesity	74.4%	62.5%	58.3%	60.8%	51.9%	PHAC (2008-10)
Tobacco Smoking (daily or occasionally)	43% daily	35% daily	54% daily	34.6%	27% men 19% women	Abor Cancer Strategy II 2011 PHAC (2008-10)
Alcohol (binged in last month in Northern Canada/Canada	18%	18%	22%	Not Available	14% N Can/ 61% men/ 37% omen	Abor Cancer Strategy II 2011
Unhealthy Eating (eating less than the recommended # of fruit/veg per day	69.4%	63.6%	78%	61%	56%	Abor Cancer Strategy II 2011 PHAC (2008-10)
Inactivity (inactive in leisure time)	50%	52%	60%	50%	50%	Abor Cancer Strategy II 2011



Notes

Diabetes is one of the fastest growing diseases among the Aboriginal populations in Canada as reported in a Public Health Agency of Canada report 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)

The Aboriginal Cancer Strategy II reports that the risk factors for cancer for First Nation, Inuit and Métis are higher than for the general population. These include obesity or being overweight, tobacco smoking, alcohol use, unhealthy eating and inactivity. For example, 74.4% of First Nations on reserve are overweight or obese, followed by 62.5% of First Nations off reserve, 58.3% of Inuit and 60% of Métis compared to the general population which is at 51.9%. (Cancer Care Ontario)

Champlain Aboriginal Services Directory

Akausivik Inuit

Family Health Team

Akausivik Inuit Family Health Team (AIFHT) Medical Centre

ORGANIZATIONAL OVERVIEW

Community member led board, dedicated to providing Inuit primary care medical services.

PROGRAMS AND SERVICES PROVIDED

- Services provided in Inuktitut or English
- Primary care for the entire lifecycle spectrum – beginning of life to end of life – with a focus on identified Inuit population health priorities:
  - Tuberculosis
  - Sexually Transmitted Infections
  - Mental Health
  - Pre-Post Natal
  - Hepatitis
  - Diabetes
  - Complex Morbidity
  - Mortality
  - Traditional
  - Complementary Medicine
  - Acupuncture

CLIENT POPULATION SERVED

Inuit Community, Affiliates

ADDRESS

24 Selkirk Street, Suite 300
Ottawa, Ontario
K1L 0A4

PHONE

613-740-0999

FAX

613-740-0991

WEBSITE

www.aifht.ca

EMAIL

generalinfo@aifht.ca

HOURS OF OPERATION

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

Evenings: Monday
and Wednesday
5:00 pm to 8:00 pm

Akwesasne Department of Health and Department of Community and Social Services

ADDRESS

Kanonhkwat'sheri:io Health Facility Administration
31 Hilltop Drive
St. Regis, Quebec
H0M 1A0

PHONE

(613) 575-2341

FAX

(613) 575-1311

WEBSITE

www.akwesasne.ca/department-health

CONTACT INFORMATION FOR PROGRAMS

www.akwesasne.ca/content/contact-information-0

EMAIL

HOURS OF OPERATION

8am to 5pm Monday to Friday

PROGRAMS AND SERVICES PROVIDED

- Medical Clinic – Primary Health Care services provided from 2 sites, includes physicians, nurses - walk in or by appointment
- Community Health Services – Chronic disease prevention (diabetes), injury prevention, occupational and physical therapy, maternal child health and early years
- 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) (in process of becoming an Ontario certified ambulance and Advanced Life Support – ALS for US)
- Home Care & Home Support – includes nursing staff, personal support workers, maintenance persons, social workers, physician. 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
- Tsiionkwanonhso: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 & Wellness - program that assists individuals, families and groups in the community to reach their highest level of wholistic (overall) health. Assistance provided for medical, physical, mental health/addiction issues and assessments utilizing a cultural approach
- 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 provided and other traditional and cultural support
- Ionkwanonhsasetsi Adolescent Treatment Centre – non-residential centre providing supports and services for youth with addiction issues
- 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).
- Akwesasne Child and Family Services – child protection
- Non-Insured Health Benefits – NIHB services 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
- Fitness Program

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
www.algonquinsofPikwàkanagàn.com/health.php

EMAIL
Client.intake@Pikwàkanagàn.ca

PROGRAMS AND SERVICES PROVIDED

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

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, ON
K1H 8L6

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

FAX
613-737-8617

WEBSITE
ottawahospital.on.ca/cancer

EMAIL
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:

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

Improving Cancer Services for First Nations, Inuit and Métis

- Promoting a person-centered and culturally appropriate approach to cancer care
- Strengthening relationships with the Aboriginal community to ensure there is an FNIM voice in the delivery of cancer care
- 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
- 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

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

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

EMAIL
elouttit@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 an 11 unit geared to income, independent senior's building.

Owns and operates a 28 unit geared to income apartment building under the management of Madawin Management and Development Inc. (MMDI).

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
613-852-4784 (after hours)
TF: 1-877-741-1449

FAX
613-741-6195

WEBSITE

EMAIL
ddavis@inphc.ca

HOURS OF OPERATION
8:30 am to 4 pm

ORGANIZATIONAL OVERVIEW

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

PROGRAMS AND SERVICES PROVIDED

Rent-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.

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

EMAIL
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 opportunities

CLIENT POPULATION SERVED

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

Makonsag Aboriginal Head Start Inc.

ADDRESS
149 King George Street
Ottawa, Ontario
K1K 1V2

PHONE
613-724-5844

FAX
613-724-7944

WEBSITE
www.makonsag.ca

EMAIL
Robert Imrie, Executive Director
rimrie@makonsag.ca

Wendy Dehler, Family Coordinator
wdehler@makonsag.ca

HOURS OF OPERATION
8:00 am - 4:00 pm
Preschool 8:00 am - 3:00 pm

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 – 6 years.
- Services provided to children with special needs are encouraged to participate and the program will do their best to accommodate needs

CLIENT POPULATION SERVED

Services offered to Aboriginal children in Ottawa.

Métis Nation of Ontario

Métis Nation of Ontario

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 - is 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:

- Tele-Mental Health – weekly psychiatry clinics via OTN (videoconferencing) through Providence Care, Aging, Mental Health and Rehabilitative Care in Kingston, ON
- Responsible Gambling Program
- Victim Services (VS) Program
- Diabetes Education and Support to Access Foot Care
- Employment & Training
- Housing Program

CLIENT POPULATION SERVED

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

ADDRESS

MNO Head Office
500 Old St. Patrick St.
Unit D, Ottawa, ON
K1N 9G4

Renfrew Office
236 Stewart Street
Suite 102
Renfrew, ON 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

EMAIL

www.metisnation.org/contact-us

HOURS OF OPERATION

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

Minwaashin Lodge

ORGANIZATIONAL OVERVIEW

Minwaashin Lodge 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
- Short Term Counselling - provides individual counselling of 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
- "The Courage to Soar" is for Aboriginal women who are survivors/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
- Oshki Kizis - 21-bed shelter for First Nations, Inuit, and Métis women & children who are fleeing abuse. By empowering women, they are assisted on their healing path to a safe & healthy place. Support provided for the family unit holistically by showing awareness and respect for individual and cultural beliefs, spirituality and diversity
- The Sacred Child Program is a culturally-based program focusing on the holistic needs of children ages 0-6 years. Our goal is to recognize, enhance and celebrate the value and importance of the family and the roles of children
- 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, we are able to 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

CLIENT POPULATION SERVED

Aboriginal women, youth and elders in Ottawa region

ADDRESS
100-1155 Lola Street
Ottawa, Ontario
K1K 4C1

PHONE
613-741-5590

FAX
613-741-5590

WEBSITE
www.minlodge.com

EMAIL
info@minlodge.com

HOURS OF OPERATION
Varied hours depending on program or service

Odawa Native Friendship Centre

ADDRESS
250 City Centre Avenue,
Ground Floor
Ottawa, ON
K1R 6K7

PHONE
613-722-3811

FAX
613-722-4667

WEBSITE
www.odawa.on.ca

EMAIL
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

- 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.
- Family Support - Offers support to children (ages 0-6) and their families through culturally appropriate holistic program services and special events
- Healing & Wellness - Promotes healthy lifestyles and reduces family violence through culture based programming and healing and intervention initiatives
- Healthy Babies Healthy Children - Designed to ensure that all Aboriginal families and their children 0-6 who are at risk of physical, emotional, mental and social problems have access to effective, consistent early intervention services
- Centre 510 - privately funded drop-in centre offers a continental breakfast and lunch five days a week
- 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
- Akwe:Go (children age 7-12) - Provides urban Aboriginal children with support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices
- Wasa-Nabin (youth age 13-18) - 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
- Healthy Living – Promotes healthy lifestyles for Aboriginal people. Services include support and encouragement for healthy nutrition, fitness (classes), weight loss, smoking cessation
- Aboriginal Justice - Support to the Aboriginal community on justice and court related issues

- Criminal Courtwork - Assists Aboriginal people to better understand their rights, options and responsibilities when appearing before the criminal courts
- 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 awhile and/or is in need of assistance in returning to the mainstream school system
- Language Program - Ojibway classes offered throughout the year. Other Aboriginal language classes are under consideration and may be added.
- Events - Other events include pow wows or cultural festivals, socials, art auctions and other fundraising events.

CLIENT POPULATION SERVED

Aboriginal people living in/visiting the National Capital Region
Non-Aboriginal people as far as cultural sensitivity

Ottawa Inuit Children's Centre

ADDRESS
224 & 230 McArthur
Ottawa, ON
K1L 6P5

PHONE
613-744-3133 ext. 232

FAX
613-744-7629

WEBSITE
www.ottawainuitchildrens.com

EMAIL
info@ottawainuitchildrens.com

HOURS OF OPERATION
8:00 am to 5:00 pm

ORGANIZATIONAL OVERVIEW

OICC is providing services to Inuit children and their families. Focus is on building strong families, individuals and community.

PROGRAMS AND SERVICES PROVIDED

- Sivummut Head Start – half day cultural preschool (18 months to 5 years)
- Tumiralaat Early Year's Learning – full day childcare (18 months to 5 years)
- Junior and Senior Kindergarten (4 & 5 years)
- Tukimut After School Program (6-13 year olds; 3 times a week)
- Bridging the Gap (elementary and high school, supports for students and cultural school presentation)
- Akewego (individual and group support – 6 -13 yrs. old)
- I am Well – Mental Health Supports
- Family Support
- Literacy
- Uqausivut Language Program (Inuktitut Classes and Cultural resources)

CLIENT POPULATION SERVED

Inuit Children and families

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

EMAIL
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
- 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

EMAIL
abyh@bellnet.ca

HOURS OF OPERATION

ORGANIZATIONAL OVERVIEW

Tewegan Transition House operates a 12-bed home for young First Nations, Inuit and Métis women between 16-29 years who are homeless or at risk of becoming homeless.

PROGRAMS AND SERVICES PROVIDED

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

CLIENT POPULATION SERVED

Services offered to First Nations, Inuit and Métis in women between 16-29 years in Ottawa.

Tungasuvvingat Inuit

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 counseling and resource center, providing cultural, social and counseling 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
- Understanding of Inuit Rights in the City
- Information on financial assistance for Inuit post-secondary students

TI provides direct Client services including:

- Family services
- Pre-post natal services
- Trauma and addictions treatment services
- 2nd Stage housing support services
- Cultural services
- Community support services
- Housing support services
- Health promotion services
- Youth services
- Employment and learning services
- Language interpretation and translation services

CLIENT POPULATION SERVED

Our services are for any and all Inuit. Predominantly serving the National Capital Region and Ontario, although services are provided to Inuit across Canada.

ADDRESS
604 Laurier Ave. West
Ottawa ON
K1R 6L1

PHONE
613-565-5885

FAX
613-563-4136

WEBSITE
www.tungasuvvignatinuit.ca

EMAIL
info@tungasuvvingatinuit.ca

HOURS OF OPERATION
Monday to Friday
9:00 am to 5:00 pm
Open some weekends and evenings – as advertised

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

EMAIL

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

ORGANIZATIONAL OVERVIEW

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 more than 10,000 First Nations, Inuit and Métis people each year. Wabano is a critical service, is the gateway to health, and is an urban solution for First Nation, Inuit and Métis that live in the city.

PROGRAMS AND SERVICES PROVIDED

Wabano has four service pillars – Medical Clinic, Culture & Social Services, Mental Health and Homelessness, and Community Leadership.

- 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 & Social Services – youth programs, seniors support, community kitchens, traditional teachings
- Mental Health – provides
  - Adult counseling services
    - individual, group, family and couple therapy
    - addictions counseling and support
    - crisis counselling/walk-in counseling
    - traditional healing
  - Child and youth counseling services
    - child, youth and family therapy
    - crisis and outreach services
    - creative arts
    - talking/healing circles
  - Case management services
    - systems navigation
    - client advocacy
    - mental health outreach
  - Programs
    - Circle of Care
    - Youth in Transition Program for CAS Involved Youth

- Housing First Initiative
  - Assist clients who are at risk of or who are homeless
  - Provide support in locating suitable housing
  - Provide necessary skills to maintain housing
  - Provide advocacy for housing retention
  - Offer productive pathways to maintain healthy living
- Programs
  - After School Program
  - Aboriginal Schools Liaison
  - Diabetes Education Program
  - FASD Program "Awashishak"
  - Fitness and Exercise Programs
  - HIV/AIDS Education Program
  - Pre and Post-Natal Programs
  - Seniors Program
  - Home Support for Seniors
  - Youth Diversion Program
  - Youth Reintegration Program
  - Youth Program "Wasa-nabin" (Wolf Pack)
  - Drug Prevention Program
  - Health Promotion Program
  - Parenting Program
  - Smoking Cessation Program
- Community Leadership
  - Partnerships – Wabano is a key partner and in the extensive network of health care, social services, youth engagement and support, and mental health service and other partners in the Ottawa region that together address the many complex challenges of our citizens at risk
  - Culture – Wabano works with educators, medical professionals and other leaders to help them better understand our values and traditions
    - Cultural sensitivity training
    - School presentations
    - Cultural events
    - Symposiums
    - Cultural gathering space – showcases the beauty of Canada's First Peoples and offers a unique cultural experience for local community members as well as visitors to our Nation's capital

Notes

Notes