

## Kahnawake Resources

### Navigating Services - Phone Support

Name	Contact Information	Description
211 <a href="https://www.211qc.ca/en/">https://www.211qc.ca/en/</a>	Phone: 211  <a href="https://www.211qc.ca/en/contact">https://www.211qc.ca/en/contact</a>	Information and referral service on social and community services 3 digit number - easier access for vulnerable groups (seniors, immigrants, low-income people). <ul style="list-style-type: none"> <li>● Multilingual support (200 languages)</li> <li>● Free, confidential</li> <li>● Personalized response by Information &amp; Referral Specialists</li> <li>● Proximity service for citizens</li> </ul>
1-800- O Canada	1-800-622-6232 TTY 1-800-926-9105 <a href="https://www.geds-sage.qc.ca/en/GEDS/?pgid=006&amp;">https://www.geds-sage.qc.ca/en/GEDS/?pgid=006&amp;</a>	For information on Government of Canada Programs and Services.
Kahnawake crisis line	<p>If you are in crisis weekdays during the daytime:</p> <p>450-632-6880 from 8:30 a.m. to 4:30 p.m. Ask for the Intake Worker.</p> <p>If you are in crisis after hours on weekends and holidays:</p> <p>450-632-6505 Ask for the On Call / After Hours Response Worker</p>	The crisis line is available 24/7 to people in distress as well as their support network including loved ones or professionals who want to refer a client.

### Indigenous Health, Social and Community Services

Name	Contact Information	Description
Kahnawà:ke Shakotia'takehnhas Community Services (KSCS)	P.O. Box 1440 Kahnawake (Quebec) Canada JOL 1B0	Link to services: <a href="#">Adults</a> <a href="#">Community</a>

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<a href="https://www.kscs.ca/">https://www.kscs.ca/</a>	<p>450-632-6880</p>	<p><u>Elders</u> <u>Families</u> <u>Households</u> <u>Parents</u> <u>Special Needs/Mental Health</u> <u>Youth</u></p>
<p>Non-Insured Health Benefits for First Nations and Inuit (NIHB)</p> <p><a href="https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517">https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517</a></p>	<p>Non-Insured Health Benefits 1455-10 Wellington Street Gatineau QC K1A 0H4.</p> <p>Client information line Telephone (toll free): 1-800-640-0642 Fax (toll free): 1-800-806-6662 Medical supplies and equipment, vision care (including eyewear), mental health counselling (vendors and providers only) Telephone (toll free): 1-800-881-3921 Medical transportation (Ottawa office) Telephone (toll free): 1-800-881-3921 Telephone (after hours – toll free): 1-833-675-3081</p>	<p>The Non-Insured Health Benefits (NIHB) program provides <u>eligible First Nations and Inuit clients</u> with coverage for a range of health benefits that are not covered through other:</p> <ul style="list-style-type: none"> <li>● social programs</li> <li>● private insurance plans</li> <li>● provincial or territorial health insurance</li> </ul> <p>The program provides coverage for the following medically necessary goods and services:</p> <ul style="list-style-type: none"> <li>● <u>vision care</u></li> <li>● <u>dental care</u></li> <li>● <u>mental health counselling</u></li> <li>● <u>medical supplies and equipment</u></li> <li>● <u>prescription drugs and select over-the-counter products</u></li> <li>● <u>medical transportation to access medically required health services not available:</u> <ul style="list-style-type: none"> <li>○ on reserve</li> <li>○ in the community of residence</li> </ul> </li> </ul>

### Health Services

Name	Contact Information	Description
<p>Jordan's Principle <a href="https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824">https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824</a></p>	<p>Available 24 hours, 7 days a week</p>	<p>Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need</p>

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	<p>Jordan's Principle Call Centre: 1-855-JP-CHILD (1-855-572-4453)</p>	<p>them. Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQQIA children and youth and those with disabilities may have.</p> <p>Jordan's Principle is named in memory of Jordan River Anderson. He was a young boy from Norway House Cree Nation in Manitoba.</p> <p>Requests for Inuit children can be made through the <u>Inuit Child First Initiative</u>.</p>
<p>Kateri Memorial Hospital Centre <a href="https://kmhc.ca">https://kmhc.ca</a></p>	<p>P.O. Box 10, Kahnawake, Mohawk Territory</p> <p>J0L-1B0</p> <p>Telephone (450) 638-3930</p>	<p>The following are the services that are presently offered at KMHC.</p> <ul style="list-style-type: none"> <li>● Patient Activities</li> <li>● Community Health Unit</li> <li>● Family Medicine</li> <li>● Diabetes Education</li> <li>● Home Care</li> <li>● Finance</li> <li>● Human Resources</li> <li>● Cancer Support</li> <li>● Expansion &amp; Renovation</li> <li>● Transportation</li> <li>● Inpatient Care</li> <li>● Infection Prevention and Control</li> <li>● Medical Records</li> <li>● Nutrition and Food Services</li> <li>● Occupational Therapy</li> <li>● Traditional Medicine (Coming soon)</li> <li>● Physiotherapy</li> <li>● Medical Imaging Service</li> <li>● Speech Therapy</li> <li>● Professional Services</li> <li>● Senior Management</li> <li>● Social Services</li> <li>● Risk and Quality Management</li> <li>● Users Committee</li> <li>● Iontstaronhthta - Baby Friendly Initiative</li> </ul>

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### Indigenous Peer Support, Doula Support, Grassroots Community Support

Name	Contact Information	Description
<p>Blackbird Medicines  <a href="http://www.blackbirdmedicines.ca/">http://www.blackbirdmedicines.ca/</a>   <a href="https://linktr.ee/BlackbirdMedicines">https://linktr.ee/BlackbirdMedicines</a></p>	<p><a href="https://www.instagram.com/blackbird_medicines/?hl=en">https://www.instagram.com/blackbird_medicines/?hl=en</a>   <a href="mailto:blackbirdmedicines@gmail.com">blackbirdmedicines@gmail.com</a></p>	<p>Blackbird Medicines is a plant and land-based spiritual and cultural wellness practice. Chrystal Toop, Story Healing Thunderbird is an Indigenous storyteller, author, and community educator. She is founder of collectives, a public speaker, and grassroots organizer sought out for her lived expertise. Chrystal shares insights as a generational residential school survivor and registered social services worker.</p> <p>Indigenous Death Doula Collective - offers training certification.</p>
<p>Kanien'kehá:ka birth helpers collective.</p> <p>Konwati'shatstenhsherawi' (women giving each other power).</p>	<p>First Nations Regional Adult Education Centre  <a href="https://www.fnraec.com/">https://www.fnraec.com/</a>             1679 Mohawk Trail Rd            P.O. Box 1679            Kahnawake, QC, J0L 1B0            Phone Number: (450) 635-6352            Fax Number: (450) 635-3470</p>	<p>Local doula collective</p>
<p>Kahnawake Collective Impact  <a href="https://www.kahnawakestrong.com/">https://www.kahnawakestrong.com/</a></p>	<p>450-638-3600</p> <p>Email:  <a href="mailto:info@kcistrong.ca">info@kcistrong.ca</a></p> <p><a href="https://www.facebook.com/kahnawakecollectiveimpact">https://www.facebook.com/kahnawakecollectiveimpact</a></p>	<p>Collective Impact is a long-term grassroots movement and collaborative community approach toward change. It requires all of us to have a clear, shared vision of our ideal future as well as a common understanding of our challenges and how we can work together to resolve them.</p> <p>This movement relies on volunteer community members working together from all walks of life - all age groups, different community groups, private business owners, teachers, students, spiritual leaders, community organization workers – to create action plans that align all the great work being done in the</p>

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		<p>community to help improve our chances of reaching success together.</p> <p>Skátne Teionkwaká:nere is meant to focus on things that nobody else is doing in the community and connect groups already doing similar great work rather than duplicate or replace existing services.</p> <p>Six Priority Areas:</p> <ul style="list-style-type: none"> <li>● Food Sovereignty</li> <li>● Language and Culture</li> <li>● Wholistic Health and Wellness for Youth</li> <li>● Kahwátsire   Family</li> <li>● Economic Development</li> <li>● Community Planning</li> </ul>
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### Housing / “Home” Services

Name	Contact Information	Description
<p>Mohawk Council of Kahnawake</p> <p><a href="http://www.kahnawake.com/org/sdu/housing/">http://www.kahnawake.com/org/sdu/housing/</a></p>	<p>P.O. Box 720 Kahnawá:ke, QC, J0L 1B0 Regular Office Hours: Monday to Friday 8:30 am - 4:00 pm</p> <p>Phone: (450) 632-7500 Fax: (450) 638-5958 Email: <a href="mailto:communications@mck.ca">communications@mck.ca</a></p> <p>450-638-2672</p>	<p>The Kahnawá:ke Housing Unit's role is to assist community members in need of new housing, housing repair, temporary housing and those in need of advice and information pertaining to housing matters. These services ensure access to affordable housing, programs to assist in the preservation of existing housing stock, as well as address the needs of individuals for temporary rental housing. A complete listing of each service can be accessed below:</p> <ul style="list-style-type: none"> <li>● <a href="#"><u>Mortgage Loans for New Construction</u></a></li> <li>● <a href="#"><u>Loans for Housing Renovation</u></a></li> <li>● <a href="#"><u>Rental Programs</u></a></li> <li>● <a href="#"><u>Construction/Contract Management Service</u></a></li> </ul>

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### Food Security and Food Sovereignty

Name	Contact Information	Description
<p>Kateri Food Basket  <a href="https://kateri-food-basket.square.site/">https://kateri-food-basket.square.site/</a></p>	<p>Contact Form on website:  <a href="https://kateri-food-basket.square.site/contact-us">https://kateri-food-basket.square.site/contact-us</a></p> <p><a href="#">Facebook Group</a></p>	<p>We distribute non-perishable food items, dairy, produce, bread, and meat to our clients in the community.</p> <p>At our location, we cook a weekly lunch meal, free for anyone in the community. We also collect new/gently used clothing, household items, baby items, and shoes for all seasons and community members are welcome to come and take what they need.</p>

### Mental Health, Addictions / Treatment Programs & Services

Name	Contact Information	Description
<p>KSCS Response Services  <a href="https://www.kscs.ca/service/addictions-response-services-0">https://www.kscs.ca/service/addictions-response-services-0</a></p>	<p><u>Support Services</u>  <u>Contact person by email</u>                      How to access:                      A call to 450-632-6880 will put you in touch with the appropriate resource person. In the event of an emergency in the evenings, weekends and holidays call the Peacekeepers 450-632-6505 and ask to speak with an on-call worker.</p> <p>External Services referred by KSCS include:  <a href="#">Alcoholics Anonymous</a>  <a href="#">Adult Children of Alcoholics</a>  <a href="#">Al-Anon Montreal</a>  <a href="#">Drugs: Help and Referral</a>  <a href="#">Narcotics Anonymous</a>  <a href="#">Portage</a></p>	<p><b>Individual addictions counselling</b>                      To screen and assess clients for addictions response services and then to provide direct support to community members and their families with addictions issues using the 12 core functions of addictions services.</p> <p><b>Family Intervention</b>                      Upon request from family members, to collaborate with the family to provide an addictions intervention to a client suffering from an addictions issue.</p> <p><b>Family counselling</b>                      To provide addictions education, support and counselling to families and significant others with loved ones dealing with addictions issues.</p> <p><b>Couples counselling</b>                      To provide addictions education, support and counselling to couples</p>

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		<p>dealing with addictions issues.</p> <p><b>Addictions Consultation</b> To provide support and consultation to any related services, programs, organization, projects and activities in the area of addictions.</p> <p><b>Clients with a mental health and substance abuse problem</b> To provide education, support and counselling to clients and families dealing with an addictions issue and a concurrent mental health disorder.</p> <p><b>Adult Children of Alcoholics</b> To provide addictions support to adult dependents of Alcoholics in an individual or group setting.</p> <p><b>Nutrition Recovery Group</b> To provide nutritional support to alcoholics/addicts in recovery in a group setting.</p> <p><b>Introduction to the 12 Steps</b> To provide a support group to individuals new to a recovery programs.</p> <p><b>Ionkwatakitakhe “Walking a Good Path Together” group</b> To provide education and support to parents of children with substance use issues.</p> <p><b>Aftercare Group</b> To provide education, support and relapse prevention to clients recently completing a treatment program.</p>
<p>988 <a href="https://988.ca/">https://988.ca/</a></p>	<p>You can call or text: 988</p>	<p>If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8 is here for you. When you reach out, a trained responder will listen without judgement, provide support and</p>

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		<p>understanding, and can tell you about resources that will help.</p> <p>9-8-8 is here to provide moments of connection that create hope, support recovery and save lives. We help people connect to their strengths and find new ways to cope, live and thrive. Our vision is a Canada where suicide is prevented because everyone can access help when they need it the most.</p>
<p>Hope for Wellness Helpline  <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a></p>	<p>Chat online:  <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>            1-855-242-3310</p>	<p>Whether you prefer to talk to someone on the phone or online, we're here to support you anytime.</p> <p>Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada.</p>

## Entrepreneurship, Education, Employment and Training Services

Name	Contact Information	Description
<p>Kahnawake Education Centre  <a href="https://www.kecedu.ca/home">https://www.kecedu.ca/home</a></p>	<p>P.O. BOX 1000,            Kahnawà:ke, QC J0L 1B0            450-632-8770            450-632-8042</p>	<p>In lasting partnership with parents and community, the Kahnawà:ke Education System ensures that all Kahnawa'kehró:non students will be given well-balanced and superior learning opportunities. Our students will achieve pride and self-sufficiency through powerful curriculum based on Kanien'kehá:ka language, values and content, guided by innovative teaching methods. Our students will apply their knowledge and skills to fulfill their life goals in contemporary society while honoring our ancestors and building our future through seven generations thinking.</p>
<p>First Nations Regional Adult Education Center  <a href="https://www.fnraec.com/">https://www.fnraec.com/</a></p>	<p>1679 Mohawk Trail Rd            P.O. Box 1679            Kahnawake, QC, J0L 1B0</p>	<p>We offer ministry accredited education to allow our students to obtain a Quebec High School Diploma. We also offer vocational</p>



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	<p>Phone Number: (450) 635-6352          Fax Number: (450) 635-3470</p> <p>Regular school hours:          Monday – Friday: 9AM – 4PM          Saturday: Closed          Sunday: Closed</p>	<p>preparation programs, SSET, GDT, and academic upgrading. We have various ongoing projects that students are able to participate in.</p> <ul style="list-style-type: none"> <li>● High school Diploma</li> <li>● Academic upgrading</li> <li>● GDT</li> <li>● SSET</li> <li>● Vocational Preparation</li> <li>● Various projects and initiatives</li> </ul>
<p>TeKnoWave  <a href="https://teknowave.ca/">https://teknowave.ca/</a></p>	<p>Community Service Hub -          370 Catherine St.</p> <p>1 343 633 4550</p>	<p>TeKnoWave Inc. is an Indigenous non-profit corporation headquartered in Ottawa. Established in 2000, we serve First Nations, Inuit and Métis populations in Canada.</p> <p>We oversee capacity-building programs that enhance Indigenous self-reliance through economic and community development, heritage and cultural awareness, talent development, adult education, employment, and entrepreneurial opportunities.</p> <p>For over 20 years, TeKnoWave has been delivering projects to bridge the skills gap, enhance employment prospects, and provide innovative and sustainable solutions to Indigenous communities' needs.</p> <p>Our projects cover a wide range of fields, including IT, healthcare, clean energy, business career development, employment awareness and skills training, industry certifications, and certificates. TeKnoWave has developed Indigenous Cultural Sensitivity Handbooks in collaboration with community partners and offered seminars and workshops.</p>

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### Legal / Justice Services

Name	Contact Information	Description
<p>Mohawk Council of Kahnawake</p> <p><a href="http://www.kahnawake.com/org/lisu/">http://www.kahnawake.com/org/lisu/</a></p>	<p>450-632-7500</p> <p>Mary Lee Tewetha Armstrong - Director of Legal Services / Legal Counsel</p> <p>Telephone: (450) 632-7500 Ext. 2288</p>	<p>The Mohawk Council of Kahnawá:ke pursues Kahnawá:ke's desire for self-determination and prosperity through its Legal Services department. Whether negotiating with outside entities, defending jurisdictional challenges or being the "watchdog" for Kahnawá:ke's tax-exemption status, the MCK Legal Services team is first rate.</p>
<p>Human Rights Legal Support Centre</p> <p><a href="https://hrlsc.on.ca/homepage/">https://hrlsc.on.ca/homepage/</a></p>	<p>Indigenous Services staff members can be reached by calling the HRLSC and following the prompts. You will need to press 4 to reach the Indigenous Service intake staff.</p> <p>Tel: (416) 597-4900</p> <p>Toll Free: 1-866-625-5179</p> <p>TTY: (416) 597-4903</p> <p>TTY Toll Free: 1-866 612-8627</p>	<p>The HRLSC is committed to providing Indigenous people with an accessible legal service. Services are provided in 140 languages including Cree, Oji-Cree, Mohawk, and Ojibway. Have someone who speaks English call us, or let us know at the start of your call, and we will arrange to speak with you in the language of your choice at no cost to you. If requested by you, you can talk to one of the HRLSC's Indigenous legal staff at any level.</p> <p><a href="https://hrlsc.on.ca/indigenous-services/">https://hrlsc.on.ca/indigenous-services/</a></p>

### Transportation Supports

Name	Contact Information	Description
<p>Kateri Memorial Hospital Center (KMHC)</p> <p><a href="https://www.kmhc.ca/transport.html">https://www.kmhc.ca/transport.html</a></p>	<p>Manager (450) 638.3930 Extension 2308</p>	<p>It is the mission of KMHC Transportation to ensure the transportation needs of the organization's clients and services are met.</p>

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		<p>Areas of Activities The vehicle driver is responsible for transporting clients to KMHC's weekly activities; appointments at assigned institutions; ensures delivery of laboratory specimens and the pick up of results; provides emergency transportation relevant to KMHC operations.</p>
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