

Urban Indigenous Ottawa (First Nations, Metis, Inuit) Resources

Navigating Services - Phone Support

Name	Contact Information	Description
211	Call 211	211 is a helpline that connects people to the social services, programs and the community supports they need.
311 https://ottawa.ca/en/3-1-1	Call 311	<p>Service Ottawa, also known as 3-1-1, is the City's primary customer service tool.</p> <p>If you have a service request, please call 3-1-1 directly.</p> <p>Requests can be sent by e-mail to 311@ottawa.ca</p> <p>You can also create an account at http://myservice.ottawa.ca and file a report online.</p> <p>Councillor King's website has a list of 3-1-1 service request links.</p>
411 https://411.ca/white-pages/on/ottawa		Phone directory - you can look up a business, a person, and also do a reverse number search
1-800- O Canada	1-800-622-6232 TTY 1-800-926-9105 https://www.geds-sage.gc.ca/en/GEDS/?pgid=006&	For information on Government of Canada Programs and Services.

Urban Indigenous Health, Social and Community Services

Name	Contact Information	Description
Odawa Friendship Centre https://odawafc.com/	815 St. Laurent Blvd Ottawa, ON K1K 3A7	BABIES/CHILDREN AKWE:GO (CHILDREN 7 - 12)

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	<p>Monday to Friday 9:00am – 5:00pm</p> <p>reception@odawa.on.ca (613) 722-3811</p>	<p>This program has been specifically designed to provide comprehensive support to urban Indigenous children between the ages of 7-12 who are at risk. We will provide urban Indigenous children with the support, tools and healthy programming to build upon and foster their inherent ability to make healthy choices.</p> <p><u>EARLYON (CHILDREN 0 - 6)</u> Part of a cohesive system of services and supports for children aged 0-6 and their families.</p> <p><u>HEALTHY BABIES/HEALTHY CHILDREN</u> This program is for parents of young children. The Indigenous Healthy Babies Program is designed to ensure that all Indigenous 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.</p> <p><u>HEALTH/WELLNESS FOOD CUPBOARD</u> Odawa's Food Cupboard is available to Indigenous families who are in need of an emergency supply of food, baby supplies and pet supplies, which will cover you for two days.</p> <p><u>HEALING & WELLNESS</u> The goal is to foster improvements in the health and wellbeing of Indigenous individuals, families, communities, and Nations</p>
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		<p>through: provision of equitable access to primary health and healing services and programs, including prevention, treatment, and support, that are culturally appropriate and culturally competent.</p> <p><u>HEALTHY LIVING</u> The intent of the Healthy Living program is to improve the health and well-being of urban Indigenous people, and preventing the development of health issues, such as diabetes, obesity, and heart disease. The program is community-based and inclusive to all.</p> <p>TEENS/ADULTS</p> <p><u>ALTERNATIVE SECONDARY SCHOOL PROGRAM</u> The Urban Indigenous Alternative High School Program is for the adolescent who may be having difficulty coping in the present educational system, may have been out of school for a while and/or is in need of assistance in returning to the mainstream school system.</p> <p><u>KIZHAAY (MALES 13+)</u> The overall purpose of the Kizhaay Anishinaabe Niin program is to end all forms of violence towards Indigenous women. We serve Indigenous men and male youth are proactively seeking cultural resources and supportive services in the movement to end violence against women. We also serve Indigenous men and male youth who were or are</p>
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		<p>currently involved in the justice system.</p> <p><u>WASA-NABIN (13-18)</u> The Wasa-Nabin Urban Indigenous Youth Program provides urban Indigenous youth between the ages of 13–18 with the support, tools and healthy activities to make healthy choices. The Program provides support and guidance in a cultural framework for youth who are at risk for specific negative behaviours.</p> <p>FAMILY SUPPORT <u>FAMILY SUPPORTS (0-6)</u> This program offers support to children (ages 0-6) and their families through culturally appropriate holistic program services and special events.</p> <p><u>SWEETGRASS HOME CHILD CARE</u> The province-wide Family Support Program was launched in 1993, by the Ontario Federation of Indian Friendship Centres (OFIFC), to address the lack of existing services for infant and toddler age groups. Funding is provided by the community Action Program for Children, Health and Welfare Canada through the Brighter Futures Secretariat. Odawa’s Family support program began in June of 1994.</p> <p>ELDERS <u>LIFE LONG CARE</u> The Life Long Care program services chronically ill, cognitively impaired, physically disabled, frail and elderly urban</p>
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		<p>Indigenous people of all ages. The program provides transportation services; opportunities for socialization; service navigation and advocacy; and emotional and spiritual supports to promote independent living and good quality of life.</p> <p>HOMELESS/LEGAL SUPPORT <u>INDIGENOUS COMMUNITY JUSTICE PROGRAM</u> The Indigenous Community Justice Program was developed based on traditional Indigenous concepts of justice. The program seeks to provide meaningful alternatives to the mainstream Criminal Justice System for both youth and adult Indigenous offenders and will address the needs of victims (where applicable).</p> <p><u>BAIL SUPPORT</u> The Bail Worker supervises Bail Court orders, monitors bail release conditions and provides support to Indigenous clients in the Bail Verification and Supervision Program.</p> <p><u>510 RIDEAU</u> The 510 Rideau Drop-In Centre is available to provide support services to the Indigenous homeless, or imminent risk of homelessness, outside Housing First. The Bannock Bus also runs out of 510 and delivers to homes and has a daily route with scheduled stops downtown; bringing hot food and good cheer.</p>
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		<p><u>INDIGENOUS COMMUNITY COURT WORKER</u> The goal of the Courtwork Program is to assist Indigenous accused to better understand their rights, options and responsibilities when appearing before the criminal courts. The main objectives of the program are: to facilitate and enhance access to justice; to ensure Indigenous people are involved in the criminal justice system, understand their rights, responsibilities and options; and to ensure that the individual receives fair and legal representation.</p> <p><u>INDIGENOUS COMMUNITY JUSTICE</u> The Goal of the Indigenous Community Justice Program (ICJP) is to implement and maintain a culturally-based pre- and post-charge diversion program for Indigenous youth and adults who come into conflict with the law and to provide meaningful alternatives and where possible address the needs of victims.</p>
<p>Wabano Centre https://wabano.com/</p>	<p>299 Montreal Road Mon–Fri 9:00am to 5:30pm</p> <p>Administration & General (613) 748-0657 (613) 748-9364 info@wabano.com</p> <p>Health Clinic (613) 748-5999 (613) 748-0550 clinic@wabano.com</p>	<p><u>Programs & Events</u></p> <ul style="list-style-type: none"> - <u>Infants and Children</u> - <u>Youth</u> - <u>Adults</u> - <u>Seniors</u> <p><u>Health & Wellness</u></p> <ul style="list-style-type: none"> - <u>Wabano Clinic</u> - <u>Mental Wellness</u> - <u>Healthy Living</u> - <u>Fitness Classes</u> - <u>COVID-19 Information</u> <p><u>Advocacy & Support</u></p>

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		<ul style="list-style-type: none"> - <u>Housing and Homelessness</u> - <u>Healthcare System Navigation</u> - <u>Circle of Care</u> - <u>Youth Support</u> <p><u>Education, Training & Culture</u></p> <ul style="list-style-type: none"> - <u>Professional Development</u> (Indigenous Cultural Safety Training) - <u>Symposiums</u> - <u>Adult High School Diploma</u> - <u>Cultural Workshops</u> - <u>Resources and Publications</u> <p><u>Facility Rentals</u></p> <p><u>Calendar</u></p>
<p>Tungasuvvingat Inuit (TI) https://tiontario.ca/</p>	<p>1071 Richmond Road (613) 565-5885 info@tiontario.ca</p> <p>TI also has Toronto based programming: 416-801-2247 Monday – Friday, 9am to 5pm pkreps@tiontario.ca</p>	<p><u>Inuit Qanuinnirmut Ikajuqtiit / Inuit Community Support Worker</u></p> <p>The Qanuinnirmut Ikajuqtiit, Inuit Community Support Worker and Management Trainee program is a two-year training and work experience program. The program is funded through the Government of Canada’s Skills and Partnership Fund with the intention of increasing Inuit representation in the social service workforce.</p> <p><u>Education</u></p> <p>The Education Policy team works with various levels of the Provincial Education System to promote and enhance Inuit-</p>

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		<p>specific resources, supports, and content, while working alongside Ministry of Education officials, School Board District employees, and Inuit community members.</p> <p><u>Cultural Education</u> Cultural Education Programming offers accessible, community-based, culturally relevant activities for Inuit and the community at large. The program is designed to develop traditional Inuit skills and knowledge. Tungasuvvingat Inuit's cultural presentations also inform the general public about Inuit heritage and traditional lifestyle in a way that is both educational and entertaining.</p> <p><u>Ilagiiqatigiitsiarniq Program</u> TI's Ilagiiqatigiitsiarniq program is designed to deliver prevention-focused, culturally-responsive supports to promote healthy communities by supporting families to heal from the effects of intergenerational trauma, reduce violence, and address the over-representation of Indigenous children and youth in child welfare and youth justice systems. The program will support Indigenous children, youth and their families in diverse communities regardless of where they live with increased access to prevention-based services and supports.</p> <p><u>Canada Pre-Natal Program</u> The Canada Pre-Natal Program (CPNP) provides individual supports to pregnant and new Inuit mothers, and their babies</p>
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		<p>up to the age of 18 months. <u>Community Action Program for Children (CAPC)</u> The CAPC program provides supports for families with children 0-6 through playgroups, social outings, community events, and one-on-one services.</p> <p><u>Illipalialisaaqtilugu EarlyON Child and Family Centre</u> Illipalialisaaqtilugu EarlyON and Family Centre welcomes all Inuit families with children from 0-6. We offer programs and support services to enhance child and parent/caregiver bond, cultural knowledge, pride, and identity.</p> <p><u>Food Security Program</u> The Food Security program helps Inuit families, individuals and Elders who are food insecure in the Ottawa area. Every other week the foodbank is open from Monday to Thursday at varying times, with Tuesdays being a special Elders foodbank day.</p> <p><u>Youth in Transition</u> The YIT program provides supports to help young people currently involved in and soon-to-be leaving the care of CAS. TI's YIT Worker helps youth to connect with educational, employment, housing, life skills, mental health and other supports in their communities, and supports them in navigating the transition from care to adulthood.</p> <p><u>Youth Life Promotion</u> Tungasuvvingat Inuit has a dedicated and robust Youth Life</p>
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		<p>Promotion program. The YLP Coordinator helps support Inuit children and youth 10-18 years of age to identify barriers that prevent them from living a healthy life.</p> <p><u>Day Counselling Program</u> The focus of the program is to be able to provide community-based counselling services that both reflects the culture and healing from an Inuit perspective. The staff draw from ongoing training and years of experience working in the community.</p> <p><u>Mamisarvik Healing Centre</u> Mamisarvik Healing Centre is an Inuit-specific substance use and concurrent disorder treatment program located in Ottawa, Ontario.</p> <p><u>Regional Cancer Care Program</u> Funded by the Canadian Partnership Against Cancer and in partnership with Cancer Care Ontario, the Regional Cancer Program aims to address the ongoing cancer-related health disparities that exist between Urban Inuit and the general population in Ontario.</p> <p><u>Residential School Program</u> The Residential School Program is very similar to the Day Counselling service in which they offer community-based counselling services. The team have worked with survivors and family members of the residential school system. The team will not turn anyone from the Inuit community away that</p>
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		<p>needs counselling support.</p> <p><u>Child First Initiative</u> The Inuit Child First Initiative ensures Inuit children (ages 0-18) have access to the essential government funded health, social and educational products, services and supports they need, when they need them.</p> <p><u>Kamatsiarniq Program</u> Ontario's Child, Youth and Family Services Act 2017 now recognizes Inuit as a distinct Indigenous community in Ontario, and Inuit Tapiriit Kanatami (ITK), the national representative body for Inuit in Canada, is listed in the legislation. This means that all Children's Aid Societies are required to provide notice and consult with a representative chosen by ITK whenever they are involved with an Inuit family. ITK has designated Tungasuvvingat Inuit (TI) to be its representative to ensure that Inuit children and families living in Ontario who come into contact with Children's Aid Societies have the opportunity to receive Inuit-specific supportive services.</p> <p><u>Housing Support Services</u> Tungasuvvingat Inuit's Housing First program serves clients who are chronically or episodically homeless, and who are at different stages of housing stability. The Housing Support Program assists Inuit in transitioning to an urban setting and to prevent homelessness in Ottawa's rapidly growing Inuit community.</p>
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		<p><u>Pisiksik Justice Department (PJD)</u> PJD provides support for Inuit clients in contact with the criminal justice system, those at high risk of entering the system, or have previously had contact with the system.</p> <p><u>Effective Programming Initiative – Youth Justice (EPI-YJP)</u> The Effective Programming Initiative (EPI)/Youth Justice Program (YPJ) is funded by the Ministry of Community, Children, and Social Services (MCCSS)/ the Youth Justice Division. It's a technical table that targets justice-related policies and practices that affect Indigenous youth, including Inuit youth.</p> <p><u>Restorative Justice Program (RJ)</u> Restorative Justice is a system of criminal justice that focuses on the rehabilitation and not punishment of offenders through reconciliation and healing with victims and the community. We are working to address the lack of recognized Inuit specific Restorative Justice programming and diversion within Ottawa/Ontario. Through our depth of programing, and resources, Inuit youth and adults, within the community that have come in conflict with the law, will have the potential to be diverted from the Criminal Justice System both pre-and post charge.</p> <p><u>The Gladue Program</u> TI's Gladue Program ensures</p>
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		<p>that Inuit offenders have the opportunity to present their story to the courts of how they became involved in the criminal justice system following a guilty plea or a finding of guilt.</p>
<p>Inuuqatigiit Centre for Inuit Children, Youth and Families https://inuuqatigiit.ca/</p> <p><u>Inuit Cultural Online Resource</u></p>	<p>Early Years and Administration: 224 & 230 McArthur Ave, Ottawa, ON, K1L 6P5 Phone: 613-744-3133 ext 215 Fax: 613-744-4799</p> <p>Youth Centre: 76 Queen Mary St, Ottawa, ON, K1K 1X7 Phone: 613-746-5400 ext 223 Fax: 613-746-5405</p> <p>EarlyON Child and Family Centre: 352 Crete Place, Ottawa, ON, K1L 7K7 Phone: 613-744-3133 ext 259 Fax: 613-744-7629</p> <p>Community Initiatives and Mental Health Centre: 595 Montreal Road, Suite 507, Ottawa, ON, K1K 4L2</p> <p>adminassistant@inuuqatigiit.ca</p> <p>613-744-3133</p>	<p>Early Years</p> <ul style="list-style-type: none"> - Pirurviapik Child Care Centre - Ontario's EarlyON program: Ilagiinut Kativvik (Where Families Gather) - Sivummut Head Start - Tumiralaat Child Care - OCDSB Kindergarten <p>Youth</p> <ul style="list-style-type: none"> - Bridging the Gap program (BTG) - Tukimut Afterschool - Post-Secondary Education (PSE) Program (Scholarship/funding support for students) - Akwego Program - Wasa-Nabin Urban Aboriginal Program - Right To Play Programs - Youth Employment Skills and Strategy (YESS) - Silatunig – Youth Engagement - Strength in Numbers Sports - Youth Life Promotion (YLP) - Educational Hubs - Makkuktukuvik Art Studio <p>Family</p> <ul style="list-style-type: none"> - Family Wellbeing Program - Sivulivut Nukiqautivut Elders & Youth

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		<ul style="list-style-type: none"> - <u>Inuit Well-Being: GBV Project</u> <p>Community Initiatives and Mental Health https://inuuqatigiit.ca/inuutiarnirmut-katujjiqatigiit/</p>
<p>Ottawa Aboriginal Coalition (OAC) https://www.ottawaaboriginalcoalition.ca/</p>	<p>Office Address: 150 Elgin St. info@ottawaaboriginalcoalition.ca</p>	<p>The OAC advocates at the community, municipal, provincial and federal levels and seeks to educate and raise awareness on Aboriginal issues and the unique circumstances of Aboriginal people and their interests in Ottawa. Ultimately we seek to increase the positive and healthy choices available to Aboriginal community members and their families across a wide and diverse range of considerations, whether it is health or housing or education to employment and training or access to cultural activities.</p> <p>The Ottawa Aboriginal Coalition is comprised of local Indigenous service organizations, as well as a representative of the Métis community. https://www.ottawaaboriginalcoalition.ca/our-members</p> <p>Coming out of COVID, the Ottawa Aboriginal Coalition has strengthened the collaborative relationships and focused on a number of key priorities:</p> <ul style="list-style-type: none"> - Indigenous Housing and Homelessness Strategy - Indigenous Mental Health and Wellness Strategy - Indigenous Women's Safety Table - Ottawa Indigenous Employment Hub

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		- Planning from an Indigenous Lens
<p>Akausivik Inuit Family Health Team https://www.aifht.ca/</p>	<p>300-24 Selkirk Street ph: 613-740-0999 fx: 613-740-0991</p> <p>Monday to Friday 9:30 am to 5:00 pm Extended hours: Mondays and Wednesdays 9:30 am to 8:00 pm</p>	<p>The Akausivik Inuit Family Health Team (AIFHT) is dedicated to treating members of Ottawa's Inuit community and is the only one of its kind in the world. It provides testing, treatment, medications and prescriptions for any medical issue.</p>
<p>Ontario Native Women's Association (ONWA) https://www.onwa.ca/</p>	<p>352 Danforth Avenue Phone: 1-800-667-0816</p> <p>Multiple locations: https://www.onwa.ca/contact-us</p>	<p><u>Babaamendam (Trauma-Informed Care)</u> Creates safe spaces for Indigenous women who wish to exit oppressive and violent situations.</p> <p><u>Breaking Free from Family Violence</u> Delivers services to families at risk of or involved with child welfare and/or family violence sectors, and supports women to navigate through the complex systems encountered when experiencing violence and involvement in child welfare matters.</p> <p><u>Centralized Intake</u> Provides a single point of contact for referents and community members to access immediate supports and brief services across the province of Ontario.</p> <p><u>Gladue</u> First ever Gladue Program for Indigenous women by Indigenous women. Provides supports and services to ensure Indigenous women's voice is heard in the justice process.</p>

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		<p><u>Indigenous Anti-Human Trafficking</u> Supports Indigenous communities in providing survivor-focused and localized responses to end Human Trafficking.</p> <ul style="list-style-type: none"> - Partners include: Minwaashin Lodge and Metis Nation of Ontario <p><u>Indigenous Healthy Babies Healthy Children</u> Assists Indigenous families in providing the best possible opportunities for healthy development of children through family home visiting, service coordination, and referrals.</p> <p><u>Mental Health and Wellness</u> Utilizes a trauma-informed and traditional support framework to provide support and advocacy services to Indigenous women and their families.</p> <p><u>She Is Wise Magazine</u> Official publication of the Ontario Native Women's Association: an empowering voice for Indigenous women in print and online.</p>
<p>Pauktuutit Inuit Women of Canada https://pauktuutit.ca/</p>	<p>350 Sparks St. Suite 805, T: 613-238-3977 Toll Free: 1-800-667-0749 info@pauktuutit.ca</p>	<p>Pauktuutit is the national non-profit organization representing all Inuit women in Canada. Its mandate is to foster a greater awareness of the needs of Inuit women, and to encourage their participation in community, regional and national concerns in relation to social, cultural and economic development.</p>

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Indigenous Peer Support, Doula Support, Grassroots Community Support

Name	Contact Information	Description
Urban Indigenous: Ottawa/Gatineau	https://www.facebook.com/groups/1341956675950437/	<p>Aanii, Kwe Kwe, Shé:kon, Tansi, Hello, Bonjour! Welcome to Urban Indigenous: Ottawa!</p> <p>This group was created to provide a neutral platform for Indigenous people in Ottawa/Gatineau to post and share community events, fundraisers, community supports available, such as:</p> <ul style="list-style-type: none"> - Arts and Craft Sales - Round Dances - Powwows - Indian Taco Fundraisers - Performances - Indigenous Organization links for services available - etc. <p>Opinions expressed by members do not necessarily reflect the opinions of the volunteer administrators.</p>
Assembly of Seven Generations (a7g) https://www.a7g.ca/	admin@a7g.ca https://www.facebook.com/assemblyofsevengenerations	<p>Assembly of Seven Generations (A7G) is an Indigenous youth led & driven grassroots, non profit organization focused on community support and opportunities for Indigenous youth, based in Unceded Algonquin Territory.</p> <p>Google Map of Services in Ottawa Recommended by Indigenous Youth: https://www.google.com/maps/d/u/0/viewer?mid=1WrcMfq2dmMjEWADW2tMbWjuKT172FrMB&ll=45.41906177922785%2C-75.70117000000005&z=11</p>
Blackbird Medicines http://www.blackbirdmedicines.ca/	https://www.instagram.com/blackbird_medicines/?hl=en	<p>Blackbird Medicines is a plant and land-based spiritual and cultural wellness practice. Chrystal Toop, Story Healing Thunderbird is an</p>

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<p>https://linktr.ee/BlackbirdMedicines</p>	<p>blackbirdmedicines@gmail.com</p>	<p>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>Aunties on the Road https://auntiesontheroad.ca/</p>	<p>c/o Minwaashin Lodge: Indigenous Women's Support Centre</p> <p>613-741-5590 ext. 102</p> <p>auntiesontheroad@minlodge.com</p> <p>https://www.facebook.com/auntiesontheroad</p> <p>https://www.instagram.com/auntiesontheroad/</p>	<p>Aunties on the Road Indigenous Full Spectrum Doula Care is an Indigenous Grassroots Organization which provides First Nations, Inuit and Métis youth between the ages of 12 and 30 with free reproductive and sexual health counselling and supports.</p> <p>Our service provision spans the traditional territory of Algonquin and Mohawk peoples, from Pembroke to Ottawa to Cornwall, including local reserve communities.</p> <p>Our approach to care builds on the traditional roles of Aunties in Indigenous communities by providing culture based emotional, physical, mental and spiritual care within the full spectrum of sexual and reproductive health experiences including puberty (moontime ceremonies and other rites of passage), safer sex, fertility awareness and family planning, abortion and termination, conception, loss, adoption, post-partum care, perimenopause and menopause, etc.</p>

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Urban Community Hubs, Indigenous Landbases

Name	Contact Information	Description
<p>Catherine St. Community Services Hub https://ottawa.ca/en/family-and-social-services/financial-and-social-assistance#section-012841a6-3293-4b7f-b3e0-2ae420a051c7</p>	<p>370 Catherine Street open from Monday to Friday, 8 am to 4:30 pm.</p> <p>cscshub@ottawa.ca</p> <p>613-580-2400 ext. 26468</p>	<p>Services:</p> <ul style="list-style-type: none"> - Financial and social assistance: <ul style="list-style-type: none"> - Ontario Works - Ontario Disability Support Program - Essential Health and Social Supports Program - Child care fee subsidy application support - Housing support and referrals - Employment services (Employment Ontario) - Community and health services referrals <p>Residents can access:</p> <ul style="list-style-type: none"> - Walk-in and scheduled appointments for services - Safe resting space and seating - Washrooms - Charging stations - Public computers - Wi-Fi - Telephones
<p>Coalition of Community Health and Resource Centres http://coalitionottawa.ca/en/home.aspx</p>	<p>To reach the Coalition, contact Andrea Poncia, Coalition Coordinator at aponcia@swchc.on.ca</p> <p>Website helps you find nearest resource centre based on your address: http://coalitionottawa.ca/en/find-your-chrc.aspx</p>	<p>The Coalition of Community Health and Resource Centres of Ottawa (CHRC) is a network of multi-service, community-based health and resource centres, which recognizes the importance of responding to the diversity of needs within local communities and pays particular attention to those members of the community who are most vulnerable and at</p>

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	Website helps you find programs and services: http://coalitionottawa.ca/en/programs-and-services.aspx	risk.
MĀDAHÒKÌ FARM https://madahoki.ca/	4420 West Hunt Club Road (613) 838-5558 info@madahoki.ca	<p>After 20 plus years of offering their cultural programming on Victoria Island, Indigenous Experiences were inspired by the Ojibwe spirit horses to find a new location that allowed the organization to offer more land-based cultural and culinary programming. With the mission of sharing the land, stories and food from an Indigenous perspective, the vision of Madahoki Farm became a reality when the NCC approved a 25 year lease on the beautiful 164 acre property in Ottawa's Greenbelt.</p> <p>The Farm is the new home for a series of Indigenous events celebrating the seasons; Sĭgwan (Spring), Tagwàgi (Autumn) and Pibòn (Winter) and the annual Summer Solstice Indigenous Festival formerly held at Vincent Massey Park.</p> <p>Madahoki is the year round home of an Indigenous marketplace that promotes products made by Indigenous makers and artisans as well as the permanent home for a growing herd of endangered Ojibwe Spirit Horses. Group bookings of authentic Indigenous experiences are available year round.</p>

Housing / "Home" Services

Name	Contact Information	Description
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<p>Social Housing Registry https://housingregistry.ca/</p>	<p>in-person services at 731 Chapel Crescent, 8:30 – 4:30 Monday-Friday. Phone service: 613-526-2088</p>	<p>We are a caring team dedicated to helping people submit and update their applications for subsidized housing.</p> <p>Note: Oshki Kizis Lodge and Wabano have Housing Based Case Managers who provide support to Indigenous folks in finding housing, including registering for social/subsidized housing.</p>
<p>Oshki Kizis Lodge https://www.minlodge.com/os-hki-kizis</p>	<p>Tel: (613) 741-5590 Crisis line: (613) 789-1141 Email: info@minlodge.com om</p>	<p>Provides a 21-bed shelter for First Nations, Inuit, and Métis women & children who are fleeing abuse.</p> <p>Offers many culturally appropriate services such as: Support, Advocacy, Counselling, Housing Based Case Management, Court accompaniment, Traditional teachings, Elders, Crafts, Community support, Educational services, Crisis intervention, Child & youth advocacy, and 24-hour residential support.</p>
<p>Wabano https://wabano.com/advocacy-and-support/housing-and-homelessness/</p> <p><i>“Whether you need help finding or keeping your home, our team is here to help. Both “houselessness” and homelessness have negative connotations, that’s why we prefer to focus on the possibilities. We are path finders, filling the traditional Indigenous roles of community members who would scout for new places to set up villages. We support you on your journey to identifying home and setting</i></p>	<p>Fill out form on webpage - to connect with “Home Team” https://wabano.com/advocacy-and-support/housing-and-homelessness/</p>	<p>“Home Team”:</p> <ul style="list-style-type: none"> - We create a soft, gentle, safe place for our clients to land, which is why our team is equipped with the skills to offer you a variety of services, no matter what place you are at in your housing journey: <ul style="list-style-type: none"> - Support finding housing and advocating with landlords - Financial and rental income support (ODSP, Ontario Works) - Mental Health/Addictions support

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<p>up your village.”</p>		<ul style="list-style-type: none"> - Cultural activities - Support in receiving high school diploma equivalent (GED) - Employment readiness <p>Youth Housing & Homelessness</p> <ul style="list-style-type: none"> - Finding a home is important at every age but especially for our youth. Our Indigenous Youth Housing and Homelessness program is open to First Nations, Inuit and Métis youth aged 16-29 years old who are homeless or at risk of becoming homeless. Our Case Managers work with each youth to ensure that they succeed in their transition to sustainable and independent living. <p>Our Outreach Workers</p> <ul style="list-style-type: none"> - Taking the step to come into our centre isn't always easy. Just like a traditional circle, it's easier to join when you're invited in. That's why our Outreach Workers actively go out into the community – to meet people on their path and to help them along their journey. They're here to chat and lend a hand, and are equipped to provide access to resources such as food, housing, employment, and more.
<p>Tewegan Housing https://www.teweganhousing.ca/</p>	<p>65 Harvey St., Ottawa 613-233-0672 welcome@teweganhousing.ca</p>	<p>Culturally rooted 12-bed transitional housing program for Indigenous Young women 16-29 years old who are homeless or precariously housed * communal and cultural engagement * practical assistance and referrals with housing, income,</p>

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		education, employment, and wellness * active participation in life skills.
Gignul Housing http://www.gignulhousing.org/	396 MacLaren St, Ottawa 613-232-0016	162 rental units that are geared to income * 11 unit building for independent seniors only * affordable housing apartment building with 28 units for people of Aboriginal ancestry (First Nations, Inuit and Metis) throughout Ottawa * units are smoke free.
Inuit Non-Profit Housing Corporation	311 McArthur Ave, Suite 102, 613-741-1449.	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. Email inphca@gmail.com for application

Food Security and Food Sovereignty

Name	Contact Information	Description
Food Bank https://www.ottawafoodbank.ca/get-help/	2001 Bantree Street 613-745-7001 foodbank@ottawafoodbank.ca a Food bank website helps you find the closest food bank in your neighbourhood - they also suggest calling 211 as a way to find the closest food bank.	We are committed to the ideal that no one in our region should ever have to struggle with hunger. With this in mind the Ottawa Food Bank collects and distributes food to community food programs, who then provide it to those in need.
Odawa Food Cupboard http://odawafc.com/programs/food-cupboard/	815 St. Laurent Blvd. open every 2nd Wednesday from 10 am – 2 pm Gabriel Pangowish Executive Coordinator (T) 613-722-3811 ext. 245	Odawa's Food Cupboard is available to Indigenous families who are in need of an emergency supply of food, baby supplies and pet supplies, which will cover you for two days.

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	gpangowish@odawa.on.ca	
<p>Just Food - Community Gardening Network https://justfood.ca/community-gardening-network/about-the-cgn/</p>	<p>communitygardening@justfood.ca.</p>	<p>information and resource-sharing network that supports the sustainable development of community gardening across Algonquin land/Ottawa.</p> <p>CGN assists in:</p> <ul style="list-style-type: none"> - starting new community gardens - providing support to existing gardens <p>supports all forms of household</p> <ul style="list-style-type: none"> - food-growing and the building of edible landscapes across Algonquin land/Ottawa. <p>The name Community Gardening Network reflects our work in supporting gardeners everywhere, whether they are at home on a balcony or yard, in a community garden, or just looking to learn more.</p>
<p>The Good Shit https://spreadthegoodshit.ca/</p>	<p>https://spreadthegoodshit.ca/pages/contact</p>	<p>Welcome to The Good Shit, where we're passionate about cultivating more than just gardens; we're cultivating a sustainable and food secure future.</p> <p>At The Good Shit, we believe in the transformative potential of growing your own food. Our turnkey organic garden kits are designed to empower individuals to take climate action and contribute to local food security. Each kit includes a raised bed, carefully selected seedlings, and a very special ingredient – chicken manure.</p> <p>Through community partnerships, educational workshops, and shared resources, we aim to foster a sense of togetherness among our</p>

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		<p>customers.</p> <p>As part of our commitment, we have developed a 'Sponsor a Garden' initiative to increase access to gardening for individuals, families, or communities in need.</p> <p>This initiative not only spreads the joy of gardening but also extends access to fresh produce to those who may face barriers, while building individual, community, and ecosystem resilience.</p> <p>Learn more about how to sponsor a garden here or contact us to apply to be considered as a recipient.</p>
<p>Tungasuvvingat Inuit (TI) https://tiontario.ca/foodsecurity</p> <p>Note: website has Food Bank Calendar/Schedule</p>	<p>297 Savard Avenue Foodbank operates every second week.</p> <p>Monday – 4-6pm – For families with children under 18 only Tuesday – 1-4pm – General Community Wednesday – 1-3pm – Elders 55+</p>	<p>Our food security services are available to all Inuit community members – We distribute fresh fruit and vegetables, meats, dairy, pantry items, hygiene products, baby products and country food when available. Our services are offered at no cost, and you can just drop in during our open hours.</p>
<p>Social Harvest https://www.socialharvestottawa.ca/</p>	<p>815 St. Laurent Blvd social.harvest@crcrr.org (613)-745-0073 ext. 151</p>	<p>We address food insecurity in our community through a range of activities:</p> <ul style="list-style-type: none"> - Offering <u>workshops</u> on urban agriculture to improve food literacy skills; - Host a seasonal <u>community garden</u> to facilitate access to fresh and nutritious produce; - Provide opportunities to develop work experience and reduce barriers to employment through <u>internships</u>;

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<p>Good Food Box https://www.ottawagoodfoodbox.ca/</p>	<p>3-815 St. Laurent Blvd (613) 745-0073 ext. 122</p> <p>www.ottawagoodfoodbox.ca/contact</p>	<p>Our mission is to make fruits and vegetables more accessible and affordable for Ottawa community members facing barriers to accessing fresh food.</p> <p>We believe that everyone has the right to fresh, healthy food and that food security is possible through local unity.</p> <p>We provide safe, reliable and convenient ways to access fresh and nutritious food, right in your community.</p>
<p>Ottawa Seed Library Network https://justfood.ca/community-gardening-network/seed-saving-projects-and-events/ottawa-seed-library-network-2/</p>	<p>communitygardening@justfood.ca</p>	<p>The Ottawa Seed Library Network (OSLN) is a collection of free seed libraries around Ottawa that emphasize providing residents with regionally adapted seeds for growing food.</p> <p>The Ottawa Seed Library was established in 2016 as a means to share locally grown seed, but to also build skills and resilience within our communities to learn about growing food and saving seeds.</p> <p>We encourage users to “borrow” seeds from their local Little Free Seed Library to grow food at home, and save seeds from what they grow to return at the end of the season to replenish the library.</p> <p>This will allow library users to continue participating and will provide stronger Regionally Adapted Seeds!</p>

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Mental Health, Addictions / Treatment Programs & Services

Name	Contact Information	Description
<p>Mobile Crisis Team (MCT) https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/mental-health/our-services/mobile-crisis-team-mct/</p>	<p>Please fax The Ottawa Hospital <u>Mobile Crisis Team Referral Form</u> to 613-241-7710. Anyone can call the <u>Mental Health Crisis Line</u> at 613-722-6914 or toll free at 1-866-996-0991.</p>	<p>MCT is an outreach team that is designed to provide rapid assessment of and stabilization for individuals in the community who are in crisis. TOH also is one of four hospitals that contract for the operation of the Mental Health Crisis Line, which is a bilingual 24/7 service available across all of the Champlain District (Renfrew County, City of Ottawa, Prescott-Russell Counties, Stormont, Dundas & Glengarry Counties). MCT also has an agreement with Ottawa Police Services for the operation of the Mental Health Unit of Ottawa Police. MCT operates 11 Crisis Stabilization Beds located at 5 different locations in Ottawa.</p>
<p>Ottawa Withdrawal Management Centre www.montfortrenaissance.ca</p>	<p>1777 Montreal Rd 613-241-1525 info@mri.ca</p>	<p>Residential Withdrawal Management: 20 beds for men and six beds for women 16 years of age and older * psychoeducational groups, auricular acupuncture and other services.</p> <p>Community Withdrawal Management: Safe withdrawal from alcohol and/or other drugs, in-home or in another location, with support in the community * in-home visits and support in the transition towards treatment.</p>
<p>Amethyst Women's Addiction Centre https://amethyst-ottawa.org/</p>	<p>488 Wilbrod Street Telephone: (613) 563-0363 Email: info@amethyst-ottawa.org</p>	<p>Multi-service outpatient substance use and problem gambling treatment centre for women-identified and gender diverse 18 years and older * all services and programs are confidential.</p>

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		<p>Day Treatment Centre: various programs for clients concerned about their substance use or gambling habits * tailored to individual needs * can include : group counselling, workshops, relapse prevention, family dynamics, healing through art and creativity.</p> <p>Sexual Abuse Support Program: group and individual counselling support and educational programs as clients heal from the trauma of childhood abuse.</p> <p>Health Promotion Program: partnerships with community centres, service agencies and educational institutions * workshops that encourage women to create healthy lifestyle changes by helping them take control of their lives * workshops cover topics such as: self-esteem, anger solutions, anxiety, stress and wellness.</p>
<p>Harvest House https://www.harvesthouse.org/</p>	<p>3435 Ramsayville Rd. Phone: (613) 521-9114 Email: info@harvesthouse.org</p>	<p>Serve young men between the ages of 16 and 30 who struggle with addictions. Men from all walks of life, including those with histories of relapse, criminal activity, and imprisonment, are welcomed into the program. What began as a small home for eight men on Belmont Avenue has grown to include a 24-bed main facility and an additional 4 re-entry houses.</p>
<p>Jericho Road https://jerichoroad.ca/</p>	<p>2089 Walkley Rd Tel: 613-567-5134 connectrecovery@jerichoroad.ca</p>	<p>Residential addictions treatment program - Alcoholic and/or drug-addicted men 21 years and older * Clients must be psychologically stable and able to function without methadone or suboxone * Medication acceptance on an individual basis * Detoxification is required prior to admission.</p>

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		<p>Residential treatment homes for men wanting healing from drug and/or alcohol dependency - length of stay is 9 months</p> <p>Counselling; group therapy and peer support; 12-Step studies; supportive family meetings also available; Continuing Care; housing available after 9-month program.</p>
<p>Alcoholics Anonymous (AA) https://ottawaaa.org/meetings/</p>	<p>211 Bronson Avenue, Suite 108</p> <p>613-237-6000</p> <p>Telephone Hours 10:00 am – 10:00 pm 7 days a week (subject to volunteer availability)</p> <p>INFO@OTTAWAAA.ORG</p>	<p>Ottawa Area Intergroup: maintains a Central Office with Telephone Answer Service (TAS); manages the ottawaaa.org website; publishes online meeting directories; stocks and sells sobriety chips & medallions and AA conference approved literature; and sponsors two annual conferences: the Spring Conference in May and the Eastern Ontario Conference in October).</p> <p>Ottawa Area Intergroup is an AA service office established pursuant to the 9th Tradition of Alcoholics Anonymous to operate on behalf of participating groups in the Ottawa area. It performs functions best handled by a centralized office. The functions aid the groups in their common purpose of carrying the AA message to the alcoholic who still suffers.</p>
<p>Narcotics Anonymous (NA) https://ottawana.org/</p>	<p>Local 613-862-2433 Regional 1-888-811-3887 Email info@ottawana.org</p> <p>Meetings: https://ottawana.org/meet.html</p>	<p>Narcotics Anonymous (NA) is a nonprofit, international, community - based organization for recovering addicts. Narcotics Anonymous members learn from one another how to live drug-free and recover from the effects of addiction in their lives.</p> <p>Is Narcotics Anonymous for me? Anyone who wants to stop using drugs may become a member of Narcotics Anonymous. Membership</p>

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		is not limited to addicts using any particular drug. Those who feel they may have a problem with drugs, legal or illegal, including alcohol, are welcome in NA. Recovery in Narcotics Anonymous focuses on the problem of addiction, not on any particular drug.
988 https://988.ca/	You can call or text: 988	<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 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>
Hope for Wellness Helpline https://www.hopeforwellness.ca/	Chat online: https://www.hopeforwellness.ca/ 1-855-242-3310	<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>
Canadian Mental Health Association (CMHA) https://ottawa.cmha.ca/	311 McArthur Avenue, 2nd floor Phone: (613) 737-7791 E-mail: general@cmhaottawa.ca	<p>Mental Health Community Support Services (MHCSS)</p> <p>If you are seeking services from CMHA Ottawa or one of our partner agencies, please download the Mental Health Community Support Services (MHCSS) referral form for intensive case management by clicking this link: https://ottawa.cmha.ca/wp-</p>

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		<p>content/uploads/2023/04/Eligibility-Referral-Form-MHCSS-Final2021.pdf</p> <p>CMHA Ottawa is the central access point for intensive case management (ICM) services in the Ottawa area.</p> <p>CMHA Ottawa completes intake and assessment responsibilities and coordinates all Mental Health Community Support Services (MHCSS) for the Champlain region. Intensive case management services are provided by a consortium of local agencies that strive to provide language-, culture- and program-specific access to ICM for qualifying individuals, aged 16-64, living with a severe and persistent mental illness. MHCSS promotes continuity of services, increases autonomy, and enriches the quality of life for the people who receive those services.</p>
<p>Mamisarvik Healing Centre https://tontario.ca/programs/mamisarvik-healing-centre</p>	<p>613-792-8132 ext. 221 Monday – Friday, 9am to 5pm</p>	<p>Mamisarvik Healing Centre is an Inuit-specific, eight-week, residential treatment program for women and men aged 18 years and older. The supportive and experienced interdisciplinary team incorporates a strengths-based, trauma-informed approach with an emphasis on cultural healing and wellness. Clients attend day-time programming focused on trauma, addiction, Inuit history, anger management, gender-group discussions, assertiveness and continuing care. Elders offer traditional healing knowledge and incorporate on-the-land activities. Staff support clients with evening recreational activities including art therapy, Inuit crafts, life skills, visits to community centres and recovery support groups. Each cycle runs for a period of 8 weeks.</p> <p>Mamisarvik integrates all of</p>

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		Tungasuvvingat Inuit's programs to ensure wrap-around supports for participants. These additional supports add to the resources to assist participants are successful.
Counselling Connect https://www.counsellingconnect.org/	https://www.counsellingconnect.org/contact-us Individual Counselling request: https://www.counsellingconnect.org/all-counselling-alternate Support Groups request: https://www.counsellingconnect.org/groups	Counselling Connect provides free individual counselling and support groups. Our services are for people of all ages in Ottawa and the surrounding area, from Renfrew to Cornwall and the places in between. We offer each person 1-3 individual counselling sessions. Most clients tell us just one session is enough. We don't offer on-going long-term counselling beyond 1-3 sessions. We are also not able to offer documentation for court-involved individuals.

Entrepreneurship, Employment and Training Services

Name	Contact Information	Description
TeKnoWave https://teknowave.ca/	Community Service Hub - 370 Catherine St. 1 343 633 4550	TeKnoWave Inc. is an Indigenous non-profit corporation headquartered in Ottawa. Established in 2000, we serve First Nations, Inuit and Métis populations in Canada. 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. 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

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		<p>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>
<p>Kagita Mikam https://kagitamikam.com/</p>	<p>815 St Laurent Blvd - Rm 231</p> <p>Tel: (613) 565-8333</p>	<p>Kagita Mikam is committed to ensuring that pro-active measures are taken to improve the recruitment, training and employment of Aboriginal people.</p> <p>We help registered clients seeking training to meet their career goals by matching their training needs with qualified training organizations.</p>
<p>Adaawe Indigenous Business Hub https://adaawe.ibhub.ca/</p>	<p>338 Somerset St W #1 Monday through Friday, 9 AM to 5 PM</p>	<p>A co-working and community hub for Indigenous entrepreneurs, creators and business owners in Ottawa-Centre to gather, learn, collaborate, trade and thrive on the unceded Algonquin Territory.</p> <p>https://adaawe.ibhub.ca/ottawa-hub-events/</p>
<p>Isaruit Inuit Arts https://isaruit.ca/</p>	<p>Email Us info@isaruit.ca</p> <p>Call Us 613 809 1194</p> <p>Our Location #110 – Isaruit's Office #117 – Shop, Consultations, Seal Skin work & Drop In space #300 – Training Room, Board Room, Library, Pattern</p>	<p>Brochure: https://isaruit.ca/wp-content/uploads/2022/09/ISARUIT-BROCHURE.pdf</p>

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	<p>Collection #302 – The Mirror Room, Hand Sewing Room #316 – Sewing Machine workroom</p> <p>Postal Address #110 – 815 St. Laurent Blvd.</p>	
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Legal / Justice Services

Name	Contact Information	Description
<p>Odawa Community Court Worker</p> <p>https://odawafc.com/programs/community-court-worker/</p>	<p>For More Information Contact Jennifer Valiquette, Courtworker: Provincial Courthouse, 161 Elgin St. 3rd floor Room 3143, Outside Courtroom #36 Fax: 613-569-7447 Work Cell: 613-697-5026 Email: courtworker@odawa.on.ca Odawa Native Friendship Centre 815 St. Laurent Blvd. Ottawa, 613-722-3811</p>	<p>Objectives: facilitate and enhance access to justice; to ensure Aboriginal people involved in the criminal justice system, understand their rights, responsibilities and options; and to ensure that the individual receives fair and legal representation.</p>
<p>TI</p>	<p>PJD Program Suite 601 - 200 Elgin Street (613) 407-3906 Monday – Friday, 9am to 5pm</p> <p>EPI-YJP (613) 565-5885 info@tiontario.ca</p> <p>RJ Suite 601-200 Elgin Street (343) 540-9521 Monday – Friday, 9am to 5pm</p>	<p>Pisiksik Justice Department (PJD) PJD provides support for Inuit clients in contact with the criminal justice system, those at high risk of entering the system, or have previously had contact with the system.</p> <p>Effective Programming Initiative – Youth Justice (EPI-YJP) The Effective Programming Initiative (EPI)/Youth Justice Program (YPJ) is funded by the Ministry of Community, Children, and Social Services (MCCSS)/ the Youth Justice Division. It's a technical table that targets justice-</p>

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	<p>Gladue Program Suite 601-200 Elgin Street Monday-Friday, 9am to 5pm</p> <p>Nesreen Hammoud (343) 540-9521</p> <p>Michel Belledent (613) 406-7805</p> <p>Online Gladue Report Request: https://tiorntario.ca/programs/pisiksik-justice-department-pjd/online-gladue-report-request</p>	<p>related policies and practices that affect Indigenous youth, including Inuit youth.</p> <p>Restorative Justice Program (RJ) Restorative Justice is a system of criminal justice that focuses on the rehabilitation and not punishment of offenders through reconciliation and healing with victims and the community. We are working to address the lack of recognized Inuit specific Restorative Justice programming and diversion within Ottawa/Ontario. Through our depth of programing, and resources, Inuit youth and adults, within the community that have come in conflict with the law, will have the potential to be diverted from the Criminal Justice System both pre- and post charge.</p> <p>The Gladue Program TI's Gladue Program ensures that Inuit offenders have the opportunity to present their story to the courts of how they became involved in the criminal justice system following a guilty plea or a finding of guilt.</p>
ONWA	<p>To request a Bail Letter, please download our Gladue Request Form and send it to the Program Coordinator at gladue@onwa.ca</p>	<p>Gladue First ever Gladue Program for Indigenous women by Indigenous women. Provides supports and services to ensure Indigenous women's voice is heard in the justice process.</p>
<p>Indigenous Human Rights Clinic https://www.probonostudents.ca/indigenous-human-rights-clinic-odawa</p>	<p>Intakes are done by appointment every Monday. Call or email anytime to book.</p> <p>CALL 613-701-1163</p> <p>EMAIL intake.odawa@indigenoushu</p>	<p>We give free legal advice and information about human rights and discrimination at the Odawa Native Friendship Centre in Ottawa. The Clinic is staffed by University of Ottawa law students and volunteer lawyers.</p>

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	manrights.ca	
<p>Community Legal Clinic Community Legal Clinic Faculty of Law (uottawa.ca)</p>	<p>Our office is open to the public by appointment only. Please call us at 613-562-5600 if you are in need of legal assistance.</p> <p>538-540 King Edward Avenue</p> <p>Our business hours are Monday to Friday from 9:00 am to 5:00 pm</p>	<p>The Clinic provides legal services to the Ottawa community. Staffed by lawyers and law students, the Clinic provides public legal education, legal advice, and representation at court for a variety of criminal, family and tenant-related matters.</p>
<p>Human Rights Legal Support Centre https://hrlsc.on.ca/homepage/</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 style="text-align: right;">https://hrlsc.on.ca/indigenous-services/</p>

Transportation Supports

Name	Contact Information	Description
<p>OC Transpo - Equipass https://www.octranspo.com/en/fares/reduced-fares/equipass/</p>	<p>Equipass@ottawa.ca, contact OC Transpo Customer Service at 613-560-5000 (TTY 613-741-5280)</p>	<p>About the Equipass:</p> <ul style="list-style-type: none"> - Reduced monthly pass or per-ride fare - For persons who are below the low-income threshold - The Equipass monthly pass is about half the cost of an Adult pass (\$58.25) - The Equipass single-ride fare

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		<p>is half the cost of a regular fare (\$1.75) Only on a Presto card or ParaPay. The Presto card is free for first time applicants who qualify for this program.</p> <p>Application form</p>
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