

# Urban Indigenous Pembroke and Renfrew County

## Navigating Services - Phone Support

Name	Contact Information	Description
211	Call 211 <a href="mailto:questions@211north.ca">questions@211north.ca</a>	211 is a helpline that connects people to the social services, programs and the community supports they need.
Pembroke Bylaw	By-law Enforcement 1 Pembroke St. E. Pembroke, ON K8A 3J5  Phone 613-735-6821 ext. 1360 Fax 613-735-3660 <u>Contact By-Law Enforcement</u>  <a href="https://pembroke.ca/en/city-government/by-law-enforcement.aspx">https://pembroke.ca/en/city-government/by-law-enforcement.aspx</a>	Under the Planning, Building and By-law Department, By-law Enforcement Services is responsible for the administration and enforcement of by-laws within the City of Pembroke. Using these by-laws, staff work to enforce and resolve complaints from members of the public regarding a wide variety of issues. To learn more about common by-laws, visit the <a href="#">By-laws page</a> . For inquiries or complaints regarding by-laws, contact by-law enforcement. For a complaint about a parking ticket, fill out our <a href="#">Parking Ticket Complaint Form</a> .
411 <a href="https://411.ca/white-pages/on/ottawa">https://411.ca/white-pages/on/ottawa</a>		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 <a href="https://www.geds-sage.gc.ca/en/GEDS/?pgid=006&amp;">https://www.geds-sage.gc.ca/en/GEDS/?pgid=006&amp;</a>	For information on Government of Canada Programs and Services.
Renfrew County Crisis Line	1-866-996-0991 Can link to the mobile crisis team	

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## Renfrew County Indigenous Health, Social and Community Services

Name	Contact Information	Description
<p>Mashkiwizii Manido Foundation (MMF)  <a href="http://www.mashkiwiziimanido.com/">http://www.mashkiwiziimanido.com/</a></p>	<p>84 Isabella St. Unit #10  Pembroke ON K8A 5S5</p> <p><a href="mailto:info@mashkiwiziimanidofoundation.com">info@mashkiwiziimanidofoundation.com</a>  Phone: (613) 281-7969</p>	<p>Mashkiwizii Manido is a Federally recognized Not for Profit Corporation that focuses on the overall health and well being of the Urban Indigenous Population of Renfrew County and surrounding Area. We focus on providing culturally specific services and programs developed by, implemented and delivered by Indigenous Peoples for Indigenous Peoples and their families. These programs include mental health, addictions, trauma supports, 60's scoop, residential schools, truth and reconciliation, intergenerational trauma, impacts of colonization, and walking a journey of healing.</p> <p>Facebook page has the most up to date programming information:  <a href="https://www.facebook.com/mashkiwizii.manido">https://www.facebook.com/mashkiwizii.manido</a></p>
<p>Non-Insured Health Benefits for First Nations and Inuit (NIHB)  <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-</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> </ul>

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	<p>881-3921 Telephone (after hours – toll free): 1-833-675-3081</p>	<ul style="list-style-type: none"> <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>
<p>Metis Nation of Ontario <a href="https://www.metisnation.org/programs-and-services/healing-wellness/">https://www.metisnation.org/programs-and-services/healing-wellness/</a></p>	<p>Suite 1100 – 66 Slater Street Ottawa, ON K1P 5H1 <a href="#">Click Here to Email Us</a> Tel.: 613-798-1488 Toll Free: 1-800-263-4889 Ext 7 Registry Tel.: 613-798-1006 Registry Toll Free.: 1-855-798-1006</p>	<p>The MNO's Healing and Wellness branch actively seeks to partner with Indigenous and non-Indigenous organizations and governments that recognize and respect the diverse lifestyles and traditions of Indigenous people regardless of residency and status.</p> <p>For more information about the Healing and Wellness Programs and Services in your area please contact a Regional MNO Office here. No matter where you live in Ontario we can help you access timely and specialized health care in your community. For more information please call 1-800-263-4889. Check out the MNO video program showcase to learn more about our programs and how they work!</p>
<p>Ontario Native Women's Association (ONWA) <a href="https://www.onwa.ca/">https://www.onwa.ca/</a></p>	<p>Phone: 1-800-667-0816</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>Pauktuutit Inuit Women of</p>	<p>350 Sparks St. Suite 805,</p>	<p>Pauktuutit is the national non-profit</p>

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<p>Canada  <a href="https://pauktuutit.ca/">https://pauktuutit.ca/</a></p>	<p>T: 613-238-3977          Toll Free: 1-800-667-0749  <a href="mailto:info@pauktuutit.ca">info@pauktuutit.ca</a></p>	<p>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>
<p>Phoenix Centre  <a href="https://phoenixctr.com/phoenix-centre-cultural-centre/">https://phoenixctr.com/phoenix-centre-cultural-centre/</a>           Indigenous cultural centre</p>	<p>1-800-465-1870          130 Pembroke St W, 2nd Floor, Pembroke ON K8A 5M8</p>	<p>The Indigenous cultural room is a welcoming place for all Indigenous peoples within community. The new Indigenous space will allow Indigenous People to receive supports, to be able to use sacred medicines while on their journey. The Phoenix Centre acknowledges the invaluable knowledge and journey that Indigenous Peoples continue to carry.</p> <p>Veronica Miller, a Family and Child therapist and citizen of the Métis Nation, is available to Indigenous clients who would like services from our Indigenous therapist.</p>

### 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          Jordan's Principle Call Centre: 1-855-JP-CHILD (1-855-572-4453)</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 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>

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		Requests for Inuit children can be made through the <u><a href="#">Inuit Child First Initiative</a></u> .
Lavallee Health Services	1348 Pembroke St West Pembroke ON K8A 7A3  <u><a href="mailto:info@lavalleecentre.com">info@lavalleecentre.com</a></u>  613-635-7206	Lavallee Health Centre is happy to serve as one of the largest multidisciplinary clinics in the Ottawa Valley. It is our vision to be an elite clinic for massage therapy, physiotherapy, and chiropractic in Renfrew County. We welcome clients from Pembroke, Petawawa, and beyond.
Pembroke Hospital Indigenous resources <u><a href="https://www.pemreghos.org/indigenousresources">https://www.pemreghos.org/indigenousresources</a></u>	705 Mackay Street Pembroke, Ontario K8A 1G8 Phone: (613) 732-2811 Email: <u><a href="mailto:pr@prh.email">pr@prh.email</a></u>  Mental Health Services: Phone: (613) 732-8770, extension 8005  Toll Free: 1-800-991-7711  Fax: (613) 735-8238  If you or someone you know is experiencing a mental health crisis, please call our 24/7 Mental Health Crisis Line 1-866-996-0991	Support Services for Algonquins of Pikwakanagan during hospital stay and discharge Home and Community Care and Home Care Services are available to assist Indigenous community members to ensure the best health care for clients.  For more information, please call: Marlene Sackaney Keely (613) 625-2259 or for Home Care call Peggy Dick (613) 625-1230

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

Name	Contact Information	Description
Blackbird Medicines <u><a href="http://www.blackbirdmedicines.ca/">http://www.blackbirdmedicines.ca/</a></u>  <u><a href="https://linktr.ee/BlackbirdMedicines">https://linktr.ee/BlackbirdMedicines</a></u>	<u><a href="https://www.instagram.com/blackbird_medicines/?hl=en">https://www.instagram.com/blackbird_medicines/?hl=en</a></u>  <u><a href="mailto:blackbirdmedicines@gmail.com">blackbirdmedicines@gmail.com</a></u>	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

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		<p>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  <a href="https://auntiesontheroad.ca/">https://auntiesontheroad.ca/</a></p>	<p>c/o Minwaashin Lodge:          Indigenous Women's Support Centre</p> <p>613-741-5590 ext. 102</p> <p><a href="mailto:auntiesontheroad@minlodge.com">auntiesontheroad@minlodge.com</a></p> <p><a href="https://www.facebook.com/auntiesontheroad">https://www.facebook.com/auntiesontheroad</a></p> <p><a href="https://www.instagram.com/auntiesontheroad/">https://www.instagram.com/auntiesontheroad/</a></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>

### Urban Community Hubs, Indigenous Landbases

Name	Contact Information	Description
<p>Mashkiwizii Manido Foundation (MMF)  <a href="http://www.mashkiwiziimanido">http://www.mashkiwiziimanido</a></p>	<p>84 Isabella St. Unit #10          Pembroke ON K8A 5S5</p>	<p>Mashkiwizii Manido is a Federally recognized Not for Profit Corporation that focuses on the overall health and</p>

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<p><a href="http://foundation.com/">foundation.com/</a></p>	<p><a href="mailto:info@mashkiwiziimanidofoundation.com">info@mashkiwiziimanidofoundation.com</a>          Phone: (613) 281-7969</p>	<p>well being of the Urban Indigenous Population of Renfrew County and surrounding Area. We focus on providing culturally specific services and programs developed by, implemented and delivered by Indigenous Peoples for Indigenous Peoples and their families. These programs include mental health, addictions, trauma supports, 60's scoop, residential schools, truth and reconciliation, intergenerational trauma, impacts of colonization, and walking a journey of healing.</p> <p>Facebook page has the most up to date programming information:  <a href="https://www.facebook.com/mashkiwizii.manido">https://www.facebook.com/mashkiwizii.manido</a></p>
<p>Nenaawateg  <a href="https://nenaawateg.ca/">https://nenaawateg.ca/</a></p>	<p><a href="https://nenaawateg.ca/contact/">https://nenaawateg.ca/contact/</a></p> <p>Virtual &amp; various physical locations          By appointment only  <a href="mailto:nenaawateg@outlook.com">nenaawateg@outlook.com</a></p> <p>Facebook:  <a href="https://www.facebook.com/circleturtlelodge/">https://www.facebook.com/circleturtlelodge/</a></p>	<p>Nenaawateg serves as an Indigenous Hub dedicated to fostering a sense of community among Indigenous individuals and groups. It provides a space where Indigenous people can connect, share their experiences, and collaborate on initiatives aimed at preserving and revitalizing their cultures.</p> <p>One of Nenaawateg's primary objectives is to educate both Indigenous community members and settlers (non-Indigenous individuals) about Indigenous cultural awareness. This education encompasses a wide range of topics, including traditional customs, languages, art, spirituality, history, and contemporary issues faced by Indigenous communities.</p>

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### Housing / “Home” Services

Name	Contact Information	Description
<p>County of Renfrew Community Housing <a href="https://www.countyofrenfrew.on.ca/en/community-services/social-housing.aspx">https://www.countyofrenfrew.on.ca/en/community-services/social-housing.aspx</a></p>	<p>Contact Us</p> <p>RCHC - Pembroke 7 International Drive, Pembroke Ontario Canada K8A 6W5 T. 613-735-0782 Toll-Free: 1-888-256-0063 F. 613-735-2081 <a href="#">E-Mail this contact</a></p> <p>RCHC - Renfrew 450 O'Brien Road, Suite 104 Renfrew, Ontario Canada K7V 3Z2 T. 613-432-3679 Toll-Free: 1-855-432-6450 F. 613-432-9402 <a href="#">E-Mail this contact</a></p>	<p>Renfrew County Housing Corporation (RCHC) is a community housing provider in the County of Renfrew with over 1000 community housing units. The RCHC provides rent-geared-to-income (RGI) and affordable rental options to low-income households in the County of Renfrew.</p> <p><a href="#">How to Apply for Housing</a> If you have low to moderate income, we can help you find affordable housing in our community.</p>

### Food Security and Food Sovereignty

Name	Contact Information	Description
<p>St. Joseph's Food Bank <a href="https://stjosephsfoodbank.ca/">https://stjosephsfoodbank.ca/</a></p>	<p>295 First Ave. N.</p> <p>E-mail address: <a href="mailto:stjosephsfoodbank3@gmail.com">stjosephsfoodbank3@gmail.com</a> (also for e-transfers)</p> <p>Telephone : 613-732-3807</p>	<p>We are a community based, volunteer driven, non-profit, non-denominational organization established in 1986 to provide food to those in need in Pembroke and area. We work closely with other food banks across Renfrew county to satisfy this most basic human need.</p>
<p>The Grind <a href="https://thegrindpembroke.ca/grind-market/">https://thegrindpembroke.ca/grind-market/</a></p>	<p>Mailing Address: 273 Victoria Street, Pembroke, ON K8A 4K5 Tel.: (613) 732-9423 Hours: Tuesday – Friday, 8:00 a.m. – 3:30 p.m. Email: <a href="mailto:thegrindpembroke@gmail.com">thegrindpembroke@gmail.com</a></p>	<p>Food security is a huge issue in Pembroke and elsewhere as poverty rates and the price of food increase. With the closure in early 2019 of the Salvation Army's food bank, the remaining food bank in Pembroke, St. Joseph's, has been challenged to meet the growing need. While The Grind Pembroke does not see itself</p>



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	<p>Facebook:  <a href="http://www.facebook.com/thegrindpembroke">www.facebook.com/thegrindpembroke</a>            Instagram:  <a href="https://www.instagram.com/the.grind.pembroke">the.grind.pembroke</a></p>	<p>as a “food bank”, we recognize our clients’ need at times for emergency food supplies, especially fresh vegetables and fruit. We work closely with St. Joseph’s food bank to ensure that no one goes hungry.</p> <p>Consequently, when St. Joseph’s Food Bank is closed, clients in need of emergency help can rely on The Grind for food kits. We rely on generous donations of food items and funding from community sources to sustain this additional food demand beyond the supplies required to support our Community Kitchen operations.</p> <p>“Our food storage room is generally well-stocked with canned and dry food. As well, we enjoy the use of a large walk-in cooler for perishable items and banks of freezers for meat and frozen vegetables, etc.”</p>
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### Mental Health, Addictions / Treatment Programs & Services

Name	Contact Information	Description
Noojimo Health <a href="https://noojimohealth.ca/">https://noojimohealth.ca/</a>	Call office Auntie: 1.833.277.5678  Direct: <a href="#">Contact Form</a>  HOURS OF OPERATION: Monday - Friday: 9am to 5pm EST Please Note: Some of our care providers are also available in the evenings Monday to Friday from 5pm – 8pm EST and Saturdays.	Virtual counseling - RCDSB students can access, and NIHB can support up to 22 hrs of counseling.
Robbie Dean Counseling Services <a href="https://robbiedeancentre.com/">https://robbiedeancentre.com/</a>	Monday-Friday, 10AM-2PM Please leave a voicemail if you are calling after office hours 613-629-4243	Welcome to the Robbie Dean Counselling Centre. Please know that you are now in a safe and

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<p><u>about/</u></p>		<p>trusted place where you will be heard, not judged and cared for. Every program and service offered here was based on an identified need in the community that you live in. We work very closely with other organizations to close in service gaps to ensure no one struggles alone.</p>
<p>Renfrew County Addiction Treatment System</p>	<p><a href="https://www.renfrewcountyaddictiontreatment.ca/">https://www.renfrewcountyaddictiontreatment.ca/</a></p>	<p>The Renfrew County Addiction Treatment System delivers comprehensive, integrated alcohol, drug and gambling addiction assessment, counselling and treatment programs.</p> <p>By contacting any one of the organizations within this system, you will be referred to someone that can help you assess your unique situation and develop appropriate solutions.</p> <p>This integrated system is comprised of these organizations:</p> <p>Addictions Treatment Service Mackay Manor Pathways Alcohol &amp; Drug Treatment Services Renfrew County Community Withdrawal Management Services Renfrew County Addiction Supportive Housing Program</p> <p>While these three groups share a similar focus, they each deliver unique programs, services and solutions. <a href="#">Download, single page program overview</a></p>
<p>Alcoholics Anonymous (AA) <a href="https://www.pembrokeaa.org/">https://www.pembrokeaa.org/</a></p>	<p>(877) 746-7360 <a href="mailto:webmaster@pembrokeaa.org">webmaster@pembrokeaa.org</a></p>	<p>A.A. is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p> <p>The only requirement for membership is a desire to stop</p>

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		<p>drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.</p>
<p>Narcotics Anonymous (NA)  <a href="https://infodrugrehab.com/na-meetings-in-canada/na-meetings-ontario/na-meetings-in-pembroke/">https://infodrugrehab.com/na-meetings-in-canada/na-meetings-ontario/na-meetings-in-pembroke/</a></p>	<p>For confirmation of the time, place and location of a Narcotics Anonymous Meeting, contact your Area Service Committee :          Ontario Region of Narcotics Anonymous  <a href="http://www.orscna.org">www.orscna.org</a></p> <p>Call us 1 877-909-3636 or get <u>ONLINE CONSULTATION</u></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 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.</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 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</p>

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		thrive. Our vision is a Canada where suicide is prevented because everyone can access help when they need it the most.
Hope for Wellness Helpline <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>	Chat online: <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>  1-855-242-3310	Whether you prefer to talk to someone on the phone or online, we're here to support you anytime.  Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada.

### Entrepreneurship, Education, Employment and Training Services

Name	Contact Information	Description
Renfrew County District School Board - Indigenous Education Team <a href="https://www.rcdsb.on.ca/en/programs-and-learning/indigenous-education.aspx">https://www.rcdsb.on.ca/en/programs-and-learning/indigenous-education.aspx</a>	420 Bell St, Pembroke, Ontario, K8A 2K5.  613-735-6858 ext. 312  Each Team Member's name, title, and email address is located here: <a href="https://sites.google.com/rcdsb.on.ca/indigenous-education/indigenous-education-team?authuser=0">https://sites.google.com/rcdsb.on.ca/indigenous-education/indigenous-education-team?authuser=0</a>	The Indigenous Education Department is located at Fellowes High School (Room 312), 420 Bell St, Pembroke, Ontario, K8A 2K5.
TeKnoWave <a href="https://teknowave.ca/">https://teknowave.ca/</a>	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,

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		<p>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>
<p>Kagita Mikam <a href="https://kagitamikam.com/">https://kagitamikam.com/</a></p>	<p>P.O. Box 235 Shannonville, ON, K0K 3A0 Phone: 613-962-3103 Toll-Free: 1-800-862-5962 Fax: 613-962-6733</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>Serving: Curve Lake FN, Hiawatha FN, Pikwakanagan FN, Tyendinaga FN, Wahta FN, Ottawa, Peterborough, Pembroke, Killaloe, Kingston and the Inuit Population.</p>

### Legal / Justice Services

Name	Contact Information	Description
<p>Renfrew County Legal Clinic <a href="https://www.renfrewlegalclinic.org/">https://www.renfrewlegalclinic.org/</a></p>	<p>613-432-8146 / 1-800-267-5871</p>	<p>Welcome to the website of Renfrew County Legal Clinic. We provide free legal services to low-</p>

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	101-236 Stewart St., Renfrew ON, K7V 1X7	income residents of Renfrew County and surrounding area.
Legal Aid Ontario  <a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a>	1-800-668-8258	<p>Legal Aid Ontario (LAO) will provide you with the services best suited to your legal matter. All our services are available in both English and French.</p> <p>To receive assistance, you must qualify financially, and your legal matter must be one that LAO covers.</p> <p>The type of service that works best for you will depend on your case and your financial situation. Please select from one of our services below:</p> <ul style="list-style-type: none"> <li>● <a href="#">Certificates</a></li> <li>● <a href="#">Duty counsel services</a></li> <li>● <a href="#">Call centre</a></li> <li>● <a href="#">Live chat</a></li> <li>● <a href="#">Client portal</a></li> <li>● <a href="#">More information</a></li> </ul>
ONWA	To request a Bail Letter, please download our <a href="#">Gladue Request Form</a> and send it to the Program Coordinator at <a href="mailto:gladue@onwa.ca">gladue@onwa.ca</a>	<a href="#">Gladue</a> 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.
Human Rights Legal Support Centre <a href="https://hrlsc.on.ca/homepage/">https://hrlsc.on.ca/homepage/</a>	<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-">https://hrlsc.on.ca/indigenous-</a></p>

# Urban Indigenous Pembroke and Renfrew County

		<a href="#">services/</a>
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## Transportation Supports

Name	Contact Information	Description
<p>CAREFOR HEALTH &amp; COMMUNITY SERVICES</p>	<p>Toll Free 1-877-358-1387 Office 613-732-9993 Fax 613-732-7350 <a href="mailto:infopembroke@carefor.ca">infopembroke@carefor.ca</a> Mailing Address Pembroke Civic Complex; 425 Cecelia St Pembroke, ON, K8A 1S7</p> <p>Alice Grenon, Manager of Community Support Services Email: <a href="mailto:agrenon@carefor.ca">agrenon@carefor.ca</a> Phone: 613-732-9993x1118 Contact Carefor Transportation Intake Department Phone: 613-732-993x3212</p>	<p>Non-urgent transportation services local or out-of-town medical or therapy appointments escorted transportation for individuals who require accompaniment for safety reasons door through door service: client is picked up at their door, taken to their appointment and brought back to their door. wheelchair-accessible vehicle available.</p> <p>Eligibility: Individuals of all ages who cannot access public transportation due to disability * public transportation not available * or client does not have access to a vehicle.</p> <p>Children must be accompanied by an adult and must provide age appropriate car seat Application Process Contact office by website * telephone * fax or email * clients requested to book 48 hours in advance of appointment.</p>