

## PROVINCIAL RESOURCES:

### Ontario Federation of Indigenous Friendship Centres

**Location:** Ontario

**Email:** [ofifc@ofifc.org](mailto:ofifc@ofifc.org)

**Phone:** Toronto - 416-956-7575 / 1-800-772-9291

**Website:** <https://ofifc.org/>

Not connected to a particular First Nation

**Overview:** The Friendship Centre Movement (FCM) is the country's most significant urban Indigenous service delivery infrastructure. Friendship Centres are not-for-profit and charity corporations that are mandated to serve the needs of urban Indigenous people by providing culturally appropriate services in urban communities. Friendship Centres are governed by a volunteer Board of Directors consisting of elected members. They are membership driven organizations in urban communities that serve all urban Indigenous people, regardless of status.

**Topics covered:** Program Development, Children & Youth, Education & Employment, Ending Violence, Health & Wellness, Homelessness & Housing, Justice, Urban Programming for Indigenous People

Founded in 1971.

### Ontario Native Women's Association (ONWA)

**Location:** Ontario

**Phone:** 1-800-667-0816

**Website:** <https://www.onwa.ca>

Not connected to a particular First Nation

**Mission:** ONWA's guiding principle is that all Indigenous ancestry will be treated with dignity, respect and equality; benefits and services will be extended to all, no matter where one lives and regardless of Tribal heritage.

**Overview:** ONWA supports all Indigenous women and their families in the province of Ontario through research, advocacy, policy development and programs that focus on local, regional and provincial activities. ONWA is committed to providing services that

strengthen communities and guarantee the preservation of Indigenous culture, identity, art, language and heritage. Ending violence against Indigenous women and their families and ensuring equal access to justice, education, health services, environmental stewardship and economic development, sit at the cornerstone of the organization. ONWA celebrates and honours the safety and healing of Indigenous Women and Girls as they take up their leadership roles in the family, community and internationally for generations to come.

**Topics covered:**

- Breaking Free from Family Violence
- Missing & Murdered Indigenous Women & girls
- Indigenous Anti-Human Trafficking
- Education
- Variety of Cultural Teaching

Founded in 1971

**Other information:** Ontario Native Women's Association (ONWA) provides its services through The Native Women's Resource Centre of Toronto (NWRCT) in Toronto. The website is filled with lots of educational information, magazine subscription, and local chapter site information.

## Talk4Healing

**Location:** Ontario

**Phone |** 1-855-554-4325

**Website:** <https://www.talk4healing.com>

Not connected to a particular First Nation

**Mission:** A pathway to healing, acceptance and support.

**Overview:** Talk4Healing is a culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario.

**Topics covered:**

- Culturally sensitive crisis counselling, advice and support
- Personalized information and referrals
- Acceptance of Aboriginal women's issues in a non-judgmental way
- Help to find the path to personal healing
- Scheduled telephone counselling sessions

## REGIONAL RESOURCES

### Anishinabek Nation

**Location:** North Bay, ON

**Email:** [info@anishinabek.ca](mailto:info@anishinabek.ca)

**Phone:** 1-705-497-9127

**Website:** [www.anishinabek.ca](http://www.anishinabek.ca)

**Overview:** The Anishinabek Nation represents 39 First Nations throughout the province of Ontario from Golden Lake in the east, Sarnia in the south, Thunder Bay and Lake Nipigon in the north. The 39 First Nations have an approximate combined population of 65,000 citizens, one third of the province of Ontario's First Nation population. The Anishinabek Nation has four strategic regional areas: Southwest, Southeast, Lake Huron and Northern Superior. Each region is represented by a Regional Deputy Grand Council Chief.

**Programs:** delivers a variety of programs and services, such as Health, Social Development, Education, Policy and Communications, Economic Development, Lands and Resources, Labour and Market Development, Restoration of Jurisdiction, and Legal, and does this with a complement of approximately 100 staff members; provides the necessary forum for collective First Nation action on individual and collective issues by way of resolution from Chiefs-in-Assembly which provides direction to the Grand Council Chief; and is governed by a Board of Directors and has a Grand Council Chief and four Regional Deputy Grand Council Chiefs who carry the day-to-day leadership responsibilities.

### Native Friendship Centre- Katarokwi

**Affiliated:** Ontario Federation of Indigenous Friendship Centres

**Location:** Kingston, ON

**Phone:** 1-613-548-1500

**Website:** <https://katarokwi.wordpress.com>

**Overview:** To promote healing and wellness for Aboriginal and Non-Aboriginal people in the greater Kingston area. To work within a holistic framework – to consider the physical, mental, emotional and spiritual needs of the individual and family structure. To support

and nurture quality of life. The Friendship Centre now has all equipment ready to go for shuffleboard.

## Nogojiwanong Friendship Centre

**Affiliated:** Ontario Federation of Indigenous Friendship Centres

**Location:** Peterborough, ON

**Email:** admin@nogofc.ca

**Phone:** 1-705-775-0387

**Website:** www.nogofc.ca

**Mission:** The Nogojiwanong Friendship Centre provides cultural and community-based activities designed to strengthen Mino Bimaadiziwin, nurturing urban Indigenous people to be self-sufficient and strong contributors to their personal wellness, families, and community.

**Programs:**

- Employment training and education
- Children & Youth
- Health
- Healing and intervention
- Cultural connection

## Odawa Native Friendship Centre

**Affiliated:** Ontario Federation of Indigenous Friendship Centres

**Location:** Ottawa, ON

**Email:** reception@odawa.on.ca

**Phone:** 1-613-722-381

**Website:** www.odawa.on.ca

**Mission:** To enhance the quality of life for Aboriginal people in the Capital region. To maintain a tradition of community, an ethic of self-help and development as well as to provide traditional teachings from our elders. These are important values we will continue to reinforce and promote in the coming years.

**Programs:**

- Akwe:Go
- Alternative High School
- Community Justice

- Criminal Court Worker
- Bail Worker
- Family Support
- Healing and Wellness
- Healthy Babies, Healthy Children
- Healthy Living
- Homeless Partnering Strategy
- Kizhaay Anishinaabe Miin – I am A Kind Man
- Life Long Care
- Sweetgrass Home Child Care Agency
- Wsa-Nabin
- Early Years
- Recreation
- Cultural Awareness
- Support / Information Referral

## Sisters in Spirit

**Location:** Kingston, ON

**Website:** <https://www.facebook.com/events/murney-tower-natl-historic-monument/sisters-in-spirit-vigil-kingston-on/498611277631182>

**Mission:** Honour the lives of missing and murdered indigenous women, girls and two-spirited people and their families.