

# Resources for Indigenous Patients and Families

niagarahealth



## Indigenous Health Services and Reconciliation Team

905-378-4647 x43211

[IndigenousHealthServices@niagarahealth.on.ca](mailto:IndigenousHealthServices@niagarahealth.on.ca)

Access at all Niagara Health sites



SCAN FOR A FULL LIST OF RESOURCES

## COMMUNITY RESOURCES

### De Dwa Da Dehs Nye>s Aboriginal Health Centre

289-438-1540 | 145 Queenston St., 4th Floor, St. Catharines, ON

Toll Free: 1-877-402-4121

Monday to Friday 8:30 a.m. to 4:30 p.m., or by appointment

Clinic services, cultural wellness and outreach, healthy living department, mental health and addictions

### Fort Erie Native Friendship Centre

905-871-8931 | 796 Buffalo Road, Fort Erie, ON

Monday to Friday 9 a.m. to 5 p.m., or by appointment

Education, language, youth services, employment, healthy lifestyle, family support. Please call front desk and set up intake with program, a waiting list could apply

### Indigenous Affairs

Non-Insured Health Benefits: 1-800-640-0642

Dental benefits only: 1-888-283-8885

For clients: 1-888-441-4777

### Indigenous Child Service Management Limited

289-434-6072 | 140 Welland Ave, St. Catharines, ON

### Indigenous Diabetes Health Centre - IDHC

1-888-514-1370 | 3250 Schmon Parkway, Unit 1B, Thorold, ON

Monday to Friday 8:30 a.m. to 4:30 p.m., or by appointment

Diabetes wellness program, knowledge department, foot care program

### Jordan's Principle Call Centre

1-855-572-4453 | Jordan's Principle makes sure all Registered First Nations children living in Canada can access the products, services and supports they need, when they need them

### Metis Nation of Ontario - Niagara Region Metis Council

905-682-3487 | 3250 Schmon Parkway, Unit 1A Thorold, ON

24-hour mental health and addiction crisis line: 1-877-767-7572

### Niagara Chapter - Native Women

905-871-8770 | 1088 Garrison Road, Fort Erie, ON

Monday to Friday 9 a.m. to 5 p.m. or by appointment

Indigenous child/family advocate, youth in transition, worker, ska be program

### Niagara Regional Native Centre

905-688-6484 | 382 Airport Road, Niagara-on-the-Lake, ON

Monday to Friday 9 a.m. to 5 p.m., or by appointment

Justice, education and Employment, supportive transitional housing, family and health programs. Please call front desk and set up intake with program, a waiting list could apply

### National Residential Schools Resolution Health Support Program

24/7 phone: 1-866-925-4419

### Talk4Healing

1-855-554-4325 | Beendigen's Talk4Healing helpline offers help, support, and resources 24/7 through talk, text, and chat. Chat available online

### Wellbriety Program

Thursdays: 6 p.m. to 7:30 p.m.

Located in the Gathering of Good Minds Indigenous Community Room

Marotta Family Hospital, First floor Outpatient Mental Health Unit

1200 Fourth Avenue, St. Catharines - Parking available in lot A

Contact the Indigenous Health Services and Reconciliation team to learn more.

## EMERGENCY LIVING

### Abbey House - Niagara Regional Native Centre

NRNC Main Desk: 905-688-6484 | Abbey House: 905-684-9736

Abbey House is a secured five bedroom residence that offers shelter and support to Indigenous women with or without children, who are experiencing crisis in their lives

### Gillian's Place

905-684-8331 | 15 Gibson Place, St. Catharines, ON

[gilliansplace.com](http://gilliansplace.com)

### Silver Spire United Church Outreach

905-682-8328 | 366 St. Paul Street St. Catharines, ON

**Out of the Cold:** A hot meal, with or without overnight shelter, available from

Nov. 1 to Mar. 31 - 905-984-5310 or 905-641-2249

**Shower and Laundry Program:** Drop-in shower and laundry support services -

Monday, Wednesday and Friday from 9 a.m. to 12 p.m.

### Southridge Shelter

905-682-2477 | 201 Glenridge Ave, St. Catharines, ON

[southridgeshelter.ca](http://southridgeshelter.ca)

### Summer Street Shelter

289-969-1464 | 5925 Summer St., Niagara Falls, ON

Men, women, and couples. Overnight accommodations for unhoused individuals ages 18+ only from Nov. 1 until Apr. 15, 7 days a week, from 7:30 p.m. to 7:30 a.m. There is a 9:00 p.m. curfew, with doors closing at 10:00 p.m.

## HOUSING

### Ganawageh Urban Homes

905-871-5333 | 10 Dufferin St., Fort Erie, ON

Weekly 9 a.m. to 5 p.m. - Waiting lists will apply

### Oonuhseh-Niagara Native Homes

905-641-0094 | 2 Clark St., Unit #4, St. Catharines, ON

Urban Native Housing Programs - Waiting lists will apply

## MENTAL HEALTH AND ADDICTIONS

### Emergency Mental Health Support (Coast)

1-866-550-5205, and Press 1

### Fire Side, Wellbriety, Healing Circle

366 St Paul Street, St. Catharines | Saturdays 9:30 a.m. to 11 a.m.

Parking at the back of the church located off Bond Street.

Everyone is welcome, it is a recovering sharing circle

### Hope for Wellness

1-855-242-3310 | Hope for Wellness Helpline is available 24/7 to all

Indigenous people across Canada. Chat available online

### Native Horizons Treatment Centre

1-877-330-8467 | 130 New Credit Rd, Hagersville, ON

8-Week Residential, Virtual Counselling, Family Treatment, Youth Day Camp, Embrace Your Spirit, Hold-On To Your Heart, New Journeys Relapse Prevention

### Safe Beds - Short term residential service

Mental Health & Addictions access line: 1-866-550-5205 ext. 2

SafeBeds offers an alternative to hospitalization for individuals with a mental illness experiencing a crisis and unable to stay in their current living situation.

The average stay at safebeds is 3-5 days. Must be 16 years or older

All referring sources must complete a referral form

### Shkaabe Makwa

Centre for Addiction and Mental Health (CAMH)

GTA phone: 416-535-8501 | Toll-Free: 1-800-463-2338

### Withdrawal Management Services (Detox)

905-682-7211 | Open 24/7, inpatient addictions services for crisis intervention

and withdrawal management in a supportive supervised setting.

Treatment assessments can be completed here. No referral necessary

## YOUTH

### Family and Children's Services (FACS Niagara)

905-937-7731

Toll Free: 1-888-937-7731

### NPAAMB Indigenous Youth Employment & Training

St. Catharines: 289-442-5255

Fort Erie: 289-303-8195

### Pathstone Crisis and Support Line

1-800-263-4944 | An intervention service providing immediate telephone

counselling 24/7. Youth up to age 18 and their families

### The Raft

905-984-4365 | 17 Centre Street, St. Catharines, ON

Toll-Free: 1-833-984-4365

## CANCER

### Cancer Care Ontario

Hamilton, Niagara, Haldimand Brant

905-387-9711 ext. 63312

## MMIWG2SLGBTQQIA+

24/7 phone: 1-888-301-6426 | Family members and those affected by the issue of missing and murdered Indigenous women and girls are still able to access mental health counselling, emotional support, community-based cultural support services and some assistance with transportation costs.