

RESOURCES FOR INDIGENOUS WOMEN IN THE GTA

Compiled by:



SCARBOROUGH
WOMEN'S CENTRE

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OUR MISSION STATEMENT

SCARBOROUGH WOMEN'S CENTRE EMPOWERS WOMEN TO BECOME ECONOMICALLY AND EMOTIONALLY INDEPENDENT FOR FUTURE SUCCESS AND TO STRENGTHEN THEIR LOCAL COMMUNITIES, FREE FROM VIOLENCE. THE CENTRE DELIVERS PROGRAMS AND SERVICES TO PROMOTE POSITIVE CHANGE FOR WOMEN IN A SAFE, INCLUSIVE AND WELCOMING ENVIRONMENT.





COMMUNITY RESOURCES



Native Canadian Centre of Toronto

(416) 964-9087 or ncct.on.ca

16 Spadina Road (Spadina & Bloor St. W.)

Offers a wide range of programs and services based on Indigenous cultural traditions and teachings.

**Physical space is closed, but a free take-out lunch is still being offered Monday-Friday from 11am-1pm. Webinars are also being offered, Visit twitter.com/NativeCentre for webinar topics and registration information.*

Native Women's Resource Centre

(416) 963-9963 or nwrct.ca

191 Gerrard St. E. (Sherbourne & Gerrard)

Offers a gathering place where Aboriginal women share resources, support one another, and practice their traditional ways.

**Physical space is closed, but webinars are being offered on Zoom and Facebook Live. Visit website for webinar topics and registration information.*

Toronto Council Fire Native Cultural Centre

(416) 360 4350 or councilfire.ca

439 Dundas St. E. (Parliament St. & Dundas St. E.)

**Physical space is closed, but free take-out meals are still being offered (info on website). Webinars and education programs are also still being offered, visit website or call for more information.*

HOUSING SERVICES



Anduhyaun Shelter

(416) 920-1492 or anduhyaun.org

1296 Weston Road (Eglinton Ave. W. & Jane St.)

Substance-free 18 bed family support agency that provides shelter, culturally sensitive counselling, and referrals for women and their children.

**Shelter is open and operating within COVID-19 guidelines, and new clients are welcome.*

Aboriginal Housing Support Centre

aboriginalhsc.org

Two locations:

3087 Danforth Avenue: (416) 260-6011

20 Sewells Road: (416) 281-2057

Free housing support, including a Housing First worker, support seeking housing, and referrals to the Scarborough Furniture Bank or other organizations when needed.

**All referral and support services are being provided over the phone. Housing First worker is currently unable to make visits due to physical distancing requirements.*

Wigwamen

(416) 481-4451 or www.wigwamen.com

Affordable housing provider for Indigenous people. 7 locations across the GTA, call or visit website for more information or to apply for housing.

**Open and operating within COVID-19 guidelines, and new clients are welcome.*

Central Shelter Intake

(416) 338-4766 or toronto.ca/community-people/housing-shelter/

Call for arrangement of shelter across the GTA

**Operating normally as this is an essential service that is provided over the phone.*

CRISIS SERVICES



Talk 4 Healing

talk4healing.com (live-chat available online)

Crisis line: 1-888-200-9997

Providing 24/7 support for Indigenous women in crisis, provided by Indigenous women.

Talk4Healing Help Line: 1-855-554-HEAL (4325)

Providing 24/7 support for Indigenous women seeking information on culturally relevant counselling and other services. Provided by Indigenous women.

Missing and Murdered Indigenous Women Crisis Line

Crisis Line: 1-844-413-6649

mmiwg-ffada.ca

Provides 24/7 support to family, friends, and community members who are being impacted by the loss of a missing or murdered Indigenous woman, girl or Two-spirit person. Website also has information and resources on the topic.



CRISIS SERVICES

First Nations and Inuit Hope for Wellness Help Line

24/7 support: 1-855-242-3310 or online chat:

hopeforwellness.ca

Service languages: Ojibway, Cree, Inuktitut, English, French.

Provides 24/7 culturally grounded assessment, referrals, support in times of crisis, and suicide intervention.

**Operating normally as the services are entirely virtual/via phone.*

Anishnawbe Health Toronto's Mental Health Crisis Line

24/7 Crisis line: 416-891-8606 or aht.ca for non-crisis support and information

24/7 crisis line for Indigenous people experiencing mental health crisis.

**Operating normally as this is an essential service provided over the phone*

Sexual Assault and Domestic Violence Care Centre

Offered through the Scarborough Health Network (shn.ca), which has 3 locations:

3030 Birchmount Road or call (416) 495-2400

2867 Ellesmere Road or call (416) 284-8131

3050 Lawrence Ave. E. or call (416) 438-2911

Crisis intervention, emergency care and evidence collection for sexual assault & domestic violence.

**Operating normally as this is an emergency service.*



YOUTH SERVICES

Native Child and Family Services of Toronto

(416) 969-8510 or nativechild.org

1. Native Youth Resource Centre

- 30 College Street (Yonge & College)
- Offers a morning circle, free meals, other supportive services, and activities.

2. Scarborough Youth Program

- 156 Galloway Rd (Kingston & Galloway Rd.)
- Offers drop-in and supportive services.

**Both centres are operating but with COVID-19 physical distancing requirements. If indoor space is full, take-away food will be provided.*

ENAGB Indigenous Youth Agency

(416) 604-0300 or enagb-iy.ca

145 Front St W (Front St W & University Ave)

Offers programming for youth ages 14-24 that promotes emotional, physical, spiritual and mental wellbeing.

**Programming is currently being offered over Zoom. Registration information is available online or by calling.*

Dnaagdawenmag Binnoojiiyag Child & Family Services

1-844-523-2237 or binnoojiiyag.ca

517 Hiawatha Line (Hiawatha, ON)

Provides programming and support to children and families experiencing abuse, substance use, etc. through the delivery of strengths-based programs and support.

Serves Northern Scarborough and above.

**Operating normally but with COVID-19 physical distancing requirements as this is an essential service.*

Kids Help Phone

24/7 support by calling 1-800-668-6868,

or via online chat at kidshelpline.ca

Provides 24/7 anonymous and non-judgemental support to youth and teens.

**Operating normally as this is an essential service provided over the phone or online.*



HEALTH SERVICES

Anishnawbe Health Toronto

www.aht.ca

3 Locations:

225 Queen St. E. (Sherbourne & Queen): 416-360-0486

179 Gerrard St. E. (Jarvis & Gerrard): 416-920-2605

4 Charles St. E. (Bloor & Yonge): 416-657-0379

All 3 locations offer primary health care services, mental health care services, and much more through both Traditional and Western healing approaches.

**Charles St. E. location is temporarily closed due to COVID-19, but the other locations are still operating with COVID-19 protocols.*

CAMH Aboriginal Services

(416) 535-8501 then press 2, or www.camh.ca/en/your-care/programs-and-services/aboriginal-substance-use-outpatient--counselling-service

60 White Squirrel Way (floor #2)

Provides outpatient groups and individual counselling to Aboriginal people experiencing substance use and mental health issues.

**Group therapy is being offered virtually, and there is limited in-person availability for clinical services, Elder/Traditional healers, and limited access to Traditional Ceremony Grounds.*

Centre for Wise Practices in Indigenous Health

(offered through the Women's College Hospital)

(416) 323-6400 or www.womenscolleghospital.ca/research,-education-and-innovation/the-centre-for-wise-practices-indigenous-health/

76 Grenville St (Bay & College)

Offering culturally safe health care services to First Nations, Inuit and Métis women that respects Indigenous identity, trauma and resilience.

**Operating with physical distancing requirements wherever possible and providing services virtually wherever possible.*

Thunder Woman Healing Lodge Society

(416) 901-6440 or www.twhls.ca

2217 Kingston Road (Cliffside Avenue & Kingston Road)

Opening Soon is Ontario's first Indigenous-owned and led healing lodge.

Currently under construction, anticipated opening time is Summer 2021.

**The COVID-19 pandemic may delay construction.*

SAFETY PLANNING

Safety planning is critical, whether you are in an abusive situation or are in the process of leaving one. The risk of violence can increase directly after women leave their abusive partners. Develop a safety plan; it can save your life and your children's lives.

Safety While Living with an Abuser:

- Talk about the abuse with someone you trust.
- Consider asking neighbours to call the police if they hear loud noises or fighting.
- Make sure your children know their phone number, address, and how to call 911.
- Identify safe places to go in an emergency.
- Hide clothing, money, keys, medications, and important documents with a family member or friend.

Safety After You Leave an Abuser:

- Try not to be alone, especially when leaving your house, work, or any place the abuser knows about.
- Change your routine.
- Report to your friends/family about where you are, when you are leaving and returning.
- Install additional locks and safety devices to secure your window and doors.
- Carry a charged cell phone at all times.
- Consider notifying the police in your district and give them copies of related police reports and civil protection orders.
- Always be aware of your surroundings.

