

Gathering Communities Making Connections

**Tyendinaga/Deseronto / Napanee
Kingston/Sharbot Lake & Area
Bancroft**

Resource Guide for Indigenous Families



Inside you will find

Indigenous Services

Indigenous Community
Groups & Annual Events

Key General Services for
Families & Children

4th edition
June 2019

Updating this Guide

This resource guide is a living document. Community members suggest listings; and the Indigenous Services Circle of the Kingston Frontenac Lennox & Addington Children and Youth Planning Committee (KFLA CYSPC) make updates. There is no formal editorial committee – all suggestions for traditional resources welcome! We do not endorse, promote or favor any particular organization, person or event.

We try to ensure the guide is accurate and up-to-date. Please e-mail, call or text additions, corrections or deletions to Kate Brant at 613-354-8937 (landline) or 613- 391-7130 (cell) or kathyb@kchc.ca .

The Indigenous Services Circle, KFL&A Children and Youth Services, updated the *Gathering Community Making Connections* January 2019 guide.

Groups and organizations currently represented on our Circle:

City of Kingston, Cultural Services

Family and Children's Services of Frontenac, Lennox & Addington

Hotel Dieu Hospital, Weeneebayko Patient Services

KFL&A Public Health

Kingston Interval House

Napanee & Area Community Health Centre, Indigenous Health Program

Ontario Native Women's Association, Aboriginal Health Babies, Healthy Children

Maltby Centre

Prince Edward Lennox & Addington Social Services

St. Lawrence College

MBQ-TMT

Introduction

What is the Purpose of this Guide?

This one-of-a-kind guide was designed to help you connect with Indigenous Communities in Kingston, Tyendinaga, Napanee, Deseronto, Sharbot Lake and Bancroft. The guide includes listings of Indigenous services, and community-based groups and events. We have also included voluntary, community-based activities that are often the essence of sharing and caring Indigenous Communities. In addition, the guide includes some general services for families and children. We hope you will find the guide useful whether you are seeking information for yourself, a friend, or client.

Who is this Guide For?

This guide is for Indigenous people and families. The word “*Indigenous*” refers to people with First Nations Ancestry. If you have an auntie or uncle or grandparent, great-grandparent, or mother or father who identified as having Inuit, Métis, Indian or Native heritage, then you have First Nations Ancestry. You do not need a status card or membership card to use most of the services in this guide. Some of the services are directed to a specific membership or to Status Indians, in which case, we indicate the service is *restricted to Members, or serves only On-Reserve residents*. This guide is also a valuable resource for anyone working with Indigenous clients, families, and communities.

What do the Feather and Shell symbolize?

Feather and shell symbols are to identify individuals or organizations that can help you connect to Elders, Community Knowledge Keepers and Teachers, or find Ceremonies and Sacred Medicines. Think of the guide as a helper. Each community knows who their Elders and Knowledge Keepers are, and the way in which healing and helping is most readily available. It is important to reach out and talk with others in your community.



Feather: Helping to access Community Elders, Knowledge Keepers, Ceremony, (e.g. Sweat Lodge, Moon Ceremony, Water Ceremony).



Shell: May be able to help you get four sacred medicines (Sweetgrass, Cedar, Tobacco, Sage).

Kingston and Area

Cultural Gatherings

Moon Ceremony

www.queensu.ca/fdasc/programs-and-services/cultural-programming/full-moon-ceremonies

Four Directions Student Centre, 146 Barrie Street, Kingston, ON K7L 3N6

Aboriginal Advisor - 613-533-6970

mccourt@queensu.ca

Ceremony for women on monthly basis at the time of the full moon. Women and young women welcome. See website for details.

Water Ceremony

Laurel Claus Johnson

mamabear1944@gmail.com

All women welcome to gather in the Fall (November) and Spring (March or April) to carry out water ceremony. The site is usually on the lakefront, just west of Kingston General Hospital on King Street.

Early Learning, Language and Lifelong Learning

Aboriginal Teachers Education Program (ATEP)

<http://educ.queensu.ca/atep-community>

Faculty of Education, Room A244 Queens University, Kingston, ON K7M 5R7

1-800-862-6701

atep@queensu.ca

Full-time campus-based program provides opportunity for teacher candidates to specialize in Aboriginal education. May be of particular interest to Aboriginal students, those with experience in Aboriginal education, and mature students. Includes courses with Aboriginal-specific content and practice teaching placements in First Nations or provincial schools. ATEP intake begins in May each year.

Eagle Learning Cafe

<https://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/aboriginal-support>

St. Lawrence College, 100 Portsmouth Ave., Kingston, ON K7L 5A6

Tri-campus Indigenous Coordinator

613-544-5400, ext. 1551

mlyons@sl.on.ca

Support and assistance with application and transition processes, funding and bursary applications, referrals to College services, and links to community. Join us for social and cultural events, mentoring, and much more! Services are available to all students who self-identify as Indigenous. Watch the YOUTUBE video to learn more

<https://www.youtube.com/watch?v=cP3R1oImE74>.

Four Directions Aboriginal Student Centre

<http://www.queensu.ca/fdasc>

146 Barrie Street, Kingston, ON K7L 3N6

Aboriginal Advisor - 613-533-6970

Email: 4direct@queensu.ca

Provides cultural, academic, socially based support for Indigenous students; some events open to community members. Contact for information about Moon and Water Ceremonies, and workshops.

Katarokwi Aboriginal School

http://www.limestone.on.ca/Programs/Aboriginal_Ed/K_Profile

66 Harvey Street, Kingston, ON K7K 5B9

Aboriginal Education Worker - 613-767-1266

Focus program in Limestone District School Board intended to provide students who self-identify as Aboriginal with safe, inclusive, culturally rich learning environment. Focus on respect for self and others, and Aboriginal traditions and community. Includes regular visits by Elders, and curriculum reflecting Aboriginal cultures, histories and perspectives. Offers four credits per semester and option of independent learning courses. Assistance with application and transition processes, funding and bursary applications, referrals to College services, and links to community available.

To learn more: <http://www.youtube.com/watch?v=cP3R1oImE74>

Employment

Métis Nation of Ontario: Employment & Training & Education Branch

<http://www.metisnation.org/>

629 Division Street, Kingston, ON K7K 4B7

Regional Employment & Training Coordinator;

ElaineJ@metisnation.org

613-549-1674 ext. 306

Services and student bursaries open to any person who self- identifies as a Métis residing in Ontario (NOT registered as an Indian under Indian Act or as Inuk on an Inuit registry. Application must meet program eligibility criteria. Applicants must complete intake and assessment process. Funding depends on budget availability and approval from Regional Advisory Committee. Additional information is available on website.

Healthy Pregnancies, Healthy Babies (Pre & Postnatal Services)

Métis Nation of Ontario: Métis Healthy Babies Healthy Children

629 Division Street, Kingston, On K7K 4B6

613-549-1674 ext. 308

Culturally appropriate, client centered services designed to increase knowledge and strengthen skills for healthy decision-making, including baby weight monitoring, play based learning, parenting skills and access to developmental supports

Holistic Approaches to Wellbeing (Health & Mental Health Services)

Kingston Health Sciences Centre

www.kgh.on.ca

76 Stuart Street, Kingston, ON K7L 2V7

Indigenous Navigator, Cancer Care Ontario, 613-549-6666 (3851) No referral is necessary.

On Call Chaplain - 613-549-6666 'dial 0' for the operator

To access sacred medicines or arrange smudging in hospital setting, contact Chaplain on-call by calling hospital switchboard

Métis Nation of Ontario: Community Support Services

629 Division Street, Kingston, ON K7K 4B6

613-549-1674 ext. 304

Provides community-based culturally appropriate services to urban Aboriginal individuals and families experiencing family violence; promotes knowledge and skills leading to better health outcomes. Services include crisis intervention; peer counselling; referrals and advocacy; practical assistance completing forms; and accompaniments

Métis Nation of Ontario: Community Wellness

629 Division Street, Kingston, ON K7K 4B6

613-549-1674 ext. 311

Provides community-based culturally appropriate services to urban Aboriginal individuals and families experiencing challenges managing chronic diseases, who have terminal illnesses or are experiencing barriers accessing health care. Supports frail elderly and other facing social isolation

Métis Nation of Ontario: Mental Health and Addictions

629 Division Street, Kingston, ON K7K 4B6

613-549-1674 ext.302

Promotes mental health in holistic way; helps clients identify mental wellness goals and develop plan to overcome challenges relating to mental health and addictions

Providence Care Hospital 

752 King Street West, Kingston, ON K7L 4X3

Health Administrator

613-544-4900, ext. 52183

Links to sacred medicines and smudging at Providence Care Hospital

Street Health Centre: Indigenous Health Program  

115 Barrack Street, Kingston, ON K7K 1G2

613-549-1440

Holistic approach to healing and wellness in physical, emotional, mental, spiritual domains. Provides Traditional counseling, doctoring, weekly drum circle, outreach to youth and street-involved people, and home and hospital visits.

Weeneebayko Patient Services (WPS)  

<http://www.hoteldieu.com/wpsmain.html>

Kingston Health Science Centre, 166 Brock Street, Kingston, ON K7L 5G2

613-544-3400 ext. 3070

wps@kingstonhsc.ca

Provides case management, liaison and referral, admission and discharge planning, basic counselling, accommodation, and meals to Mushkegowuk Cree persons referred to Kingston hospitals from Weeneebayko Area Health Authority.

Housing

Tipi Moza Affordable Housing

www.tipimoza.com

1422-993 Princess Street Unit 14, Kingston, ON K7L 1H3

Fax # 613-507-7267

Housing Outreach Worker - 613-547-1135

Housing Manager - 613-547-1134

Provides culturally appropriate, rent geared to income, affordable and subsidized housing for Aboriginal, Metis and Inuit people in City of Kingston.

Information and Libraries (Genealogy & Cultural Resources)

Kingston Aboriginal Community Information Network

<https://www.facebook.com/groups/KACINKingstonAboriginal/>

Bi-monthly networking meeting for workers in Indigenous organizations or organizations providing Indigenous programming. Learn more through Facebook link.

Kingston Frontenac Public Library: Genealogy

<http://www.kfpl.ca>

Genealogy: Central Branch, 130 Johnson Street, Kingston, ON K7L 1X8

613-549-8888 ext. 1590

Visit web page for genealogy resources and access to Ancestry.com while in library.

Provides programming for children, teens and adults – everything from story time to technology tutoring.

Library branches in Kingston: Central; Calvin Park; Isabel Turner; Kings Court; and Pittsburgh (New branch planned for Rideau Heights in 2016)

Library branches in Frontenac County: Arden; Cloyne; Hartington; Howe Island; Mountain Grove; Parham; Plevna; Sharbot Lake; Storrington; Sydenham; Wolfe Island

Safety

Aboriginal & Rural Women's Outreach Program

<http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/>

Kingston Interval House, PO Box 21042 Kingston, ON K7L 5P5
613-546-1833, ext. 22

Crisis line: 613-546-1777 or 1-800-267-9445; TTYline: 613-546-4461

Culturally relevant services for Aboriginal women experiencing violence, including home visits, counselling, safety planning, court and legal support. Traditional teachings, healing ceremonies, and women's circles. Office space at Northern Frontenac Community Services.

Family and Children's Services of Frontenac, Lennox and Addington

www.facsfla.ca

817 Division Street, Kingston, ON K7K 4C2
99 Advance Avenue, Napanee, ON K7R 3Y5
613-545-3227

Toll Free: 855-445-3227

info@facsfla.ca

Child welfare/child protection agency. Provides support and services to children and youth in need of protection from emotional, physical and sexual abuse and neglect; works with parents and kin to support and build healthy families whenever possible.

Sexual Assault Crisis Centre Kingston

<http://www.sackington.com/>

24-hour crisis line 613-544-6424; Toll Free 1-877-544-6424

Office: 613-544-6424

Tyendinaga, Deseronto, and Napanee

Cultural Gatherings

Moon Ceremony

<http://www.mbq-tmt.org/administration-and-services/community-wellbeing/good-minds>

613-967-0122, ext. 133

crystal@mbq-tmt.org

Monthly Moon Ceremonies for women and girls

National Indigenous Peoples Day

613-967-3781

tto@kenhteke.org

Early Learning, Language & Lifelong Learning

Eksa'okon:'a Child Care Centre

1391 Ridge Road, Tyendinaga Mohawk Territory, ON K0K 1X0

613-967-4401

daycaremanager@mbq-tmt.org

Eksa'okon:'a Child Care Centre offers care for children in a safe, secure, culturally, and educationally appropriate environment. A "holistic" approach enables children to live in harmony with each other and Mother Earth within program limits. The centre provides a wide variety of crafts, circles, indoor and outdoor play, two healthy snacks and a full course meal at lunch- time.(Eksa'okon:'a = Little Ones, children)

First Nations Technical Institute & Ohaha'se

www.fnti.net

3 Old York Road, Tyendinaga, ON K0K 1X0

Administration, 1-800-267-0637or 613-396-2122, ext. 167

FNTI provides post-secondary education programs including Aviation, Bachelor and Masters of Social Work, Mental Health Worker, Office Admin, Personal Support Worker, Social Service Worker; and other training and workshops

Ohaha:se Education Centre, 1-800-267-0637 or 613-396-2122, ext.180

Ohaha:se is band controlled high school for students who require more individualized attention, increased language and culture

HOPE Haudenosaunee Opportunity for Personalized Education

<http://blogs.hpedsb.on.ca/ec/hope/>

14 York Road, Shannonville, ON K0K 3A0

613-966-8079

Moira Secondary School Alternative Learning Education program is located on Tyendinaga Mohawk Territory. Open to students who require individualized attention with an emphasis on Mohawk culture and language.

Indigenous Family Literacy Circle

[Come Walk in My Moccasins](#)

Come Walk in My Moccasins is a free monthly e-newsletter to help both parents and professionals better understand, appreciate and include First Nations, Métis and Inuit stories, teachings, language and related activities in children's daily experiences.

Come Walk in My Moccasins is created with the guidance of Elders and Knowledge Keepers and by the Indigenous Family Literacy Circle – a network of Indigenous and non-Indigenous service providers who work with families with young children. To subscribe go to

<https://app.getresponse.com/site/sramsay/webform.html?wid=906602&u=Ssql>

Tahatikonhsotontie Head Start Program

<http://www.mbg-tmt.org/administration-and-services/education-culture-language/tahatikonhsotontie-head-start>

9 Deseronto Drive, Tyendinaga, ON K0K 1X0

613-396-6716; kerris@mbg-tmt.org

Culturally based drop-in program for parents, infants, and toddlers; licensed programming for children 0-6 years of age.

Tsi Tyonheht Onkwa'wén:na

tto@kenhteke.org

<https://www.facebook.com/TTOKenhteke/>

1658 York Road, Tyendinaga ON K0K 1X0

613-970-3045

Provides language education; language nest for children, birth to 6 years; primary Mohawk immersion for gr. 1 to 5; adult immersion program and night classes.

Employment

Kagita Mikam Aboriginal Employment and Training

www.kagitamikam.org

5602 Old Hwy 2, Shannonville, ON K0K 3A0

613-962-3103

info@kagitamikam.org

Provides training and employment services designed to help clients get back into the workforce, including stay in school and summer youth initiatives. Works cooperatively with all Aboriginal and First Nations organizations.

Healthy Pregnancies, Healthy Babies (Pre & Postnatal Services)

Breastfeeding Support Programs

www.mbg-tmt.org

Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga,
ON K0K 1X0

613-967-0122, ext. 139

Offers prenatal care and post-natal care for breastfeeding mothers; breastfeeding clinic with lactation consultant; breastfeeding well baby clinic; and nursing mothers support group. Home visits on reserve only. Provides comfortable place to nurse and change your baby at Mohawk Powwow.

Canadian Prenatal Nutrition Program

www.mbg-tmt.org

Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON
K0K 1X0

613-967-3603

Provides support and information to First Nation women with children, birth to 6 years, off and on reserve. Post-natal home visits on reserve only.

Family Health & Child Development


www.mbg-tmt.org

Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON
K0K 1X0

613-967-0122

Voluntary program to families living on Tyendinaga Mohawk Territory with children ages 0-6. We offer home visiting, which provides support and information to help children reach their full potential. We also provide programming which is open to on and off territory participants.

Kenhte:ke Midwives: Kontinenhanónhnhha Tsi Tkaha:nayen

'They are Protecting the Seeds at the Bay of Quinte' 

671 York Road, Tyendinaga, ON K0K 1X0

Aboriginal Midwife - 613-970-4733

Provides culturally safe maternal and newborn care with community-based Onkwehónwe Midwife, from preconception to 6 weeks postpartum. Works with Aboriginal families in urban, rural and remote communities.

Ontario Native Women's Association: Aboriginal Healthy Babies Healthy Children

www.onwa.ca

465 Advance Avenue, Napanee ON K7R 4A7

613-354-6318, ext. 25

ahbhcnapanee@onwa.ca

Voluntary program for families with children, prenatal to 6 years, with First Nation, Metis or Inuit ancestry. Offers home visiting, cultural teachings, parenting and life skills; connects families with cultural gatherings, events and community resources. Services available in Napanee, Amherstview, Deseronto, Belleville, Picton and surrounding area.

Holistic Approaches to Wellbeing (Health & Mental Health Services)

Enyonkwa'nikonhriyo:hake Program (Good Minds Program)



<http://www.mbq-tmt.org/administration-and-services/community-wellbeing/good-minds>

Community Wellness Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0

Child and Youth Wellness Program 613-967-0122

Cultural-based program providing one-to-one counseling, groups, and support to Indigenous children and youth, birth to 18 years, in Lennox & Addington, Prince Edward and Hastings Counties.

First Nations Youth Outreach Worker

Cell: 613-438-6387

fnyow@mbq-tmt.org

Access to services and supports for indigenous youth ages cradle to 18 years in Kingston, Frontenac, Leeds & Grenville and Lanark County

National Native Alcohol Drug Abuse Program

613-967-0122

Provides prevention, intervention, aftercare and follow-up services to increase community awareness about negative effects of alcohol, drugs and solvent abuse. Available for speaking engagements at schools, workshops, and community-based activities. Provides one-on-one counseling, circles and grief recovery.

Traditional Community Wellness Program

613-967-0122

Provides counseling services to Tyendinaga Mohawk community members, on or off Territory, and any Indigenous person requesting services. Services include individual counseling, circles, Spring/Fall fasting camps, sweats, feasts, events, and connections with Seers and Traditional Healers.

Napanee & Area Community Health Centre (NACHC)

Deseronto:

344 Main Street, Unit 2, Deseronto, ON

<http://www.kchc.ca/napanee-area-chc/deseronto-clinic/deseronto-services-brochure/>

613 354-8937 to book appointments for any service in Deseronto Indigenous Health Program and access to Indigenous Nurse Practitioner. Provides variety of screening and health related programs (blood pressure screening; foot care; diabetes care; sexual health clinic)

Napanee:

<http://www.kchc.ca/index.cfm/napanee-area-chc/>

26 Dundas St. West, Napanee, ON

Indigenous Community Development Worker - 613-354-8937

All welcome. First Nation approach to holistic health designed to promote physical, mental, social and spiritual wellbeing. Activities honor four seasonal changes, 13 moons and 7 Grandfather Teachings; and include social and cultural circles, Traditional teachings, storytelling, medicine walks, drum circle, beading and crafting circle, and blood pressure screening. Seasonal workshops include tanning, drum making, traditional foods and community kitchens. Promote Ancestral language in prayer and medicines. Strong volunteer program.

Information and Libraries
(Genealogy & Cultural Resources)

Kanhiote Tyendinaga Territory Public Library

<http://kanhiote.ca>

1658 York Road, Tyendinaga, ON K0K 1X0

613-967-6264

kanhiotelibrary@gmail.com

Information Centre for culture, local history, traditions, language, and genealogy with access to Ancestry.com. Print and media material with focus on Indigenous resource/reference collection – emphasis on Iroquois/Mohawk/Haudenosaunee.

Justice Circle

Tontakaierine Tyendinaga Justice Circle  

<http://fnti.net/justice-circle-p184.php>

<http://www.mbq-tmt.org/community-services/tyendinaga-justice-circle>

FNTI, 3 Old York Road, Tyendinaga, ON K0K 1X0
Coordinator, 1-800-267-0637 ext. 168, or 613-848-4701
First Nations-Metis-Inuit Court worker
1-800-267-0637 ext. 125 or 613-827-5695
Gladue Case Manager, 613-847-3711

Tontakaierine (It has become right again) Tyendinaga Justice Circle is an alternative for youth involved with justice system. Brings together victims, offenders, families and advocates in safe environment to decide best way to right the wrong. Accept referrals from police, crown attorneys, local schools, and community agencies.

Safety

Red Cedars Women's Shelter

<http://www.mbtq-tmt.org/administration-and-services/community-wellbeing/red-cedars-shelter>

Box 290, Tyendinaga Mohawk Territory, ON, K0K 3A0

redcedars@mbtq-tmt.org

Crisis Line: 1-800-672-9515

Emergency shelter for women and their families leaving violent or abusive situations. Cultural teachings offered.

L&A Interval House

www.intervalhousenapanee.ca

24-hour crisis line: 613-354-1010; Toll Free 1-800-667-1010

Rural Frontenac, Lennox & Addington and Hastings

Cultural Gatherings

Granite Ridge Education Centre

14432 38 Road, Sharbot Lake, ON K0H 2P0

613-279-2131

Space for cultural gatherings and Indigenous Student programming.

Algonquin College Human Services Program



Perth Site: 7 Craig St. Perth, ON K7H 1X7

613-267-2859, ext. 5603

Occasional culture-based gatherings and circles open to the community.

Genealogy

Judi Montgomery, Genealogist; compbill@kingston.net

Provides tips on how to conduct genealogical search

Grandmother's Circle



Judi Montgomery; compbill@kingston.net

Meets 1st Thursday of month on Switzerville Road. Open to ALL women.

Includes songs, Aboriginal teachings, ceremonies and crafts.

Informal Cultural Gatherings

Donna Hollywood – 613-279-2664

Plenty Canada



<http://www.plentycanada.com>

266 Plenty Lane, Lanark, ON K0G 1K0

613-278-2215

Focus on Indigenous knowledge, environmental protection and sustainable development. Provides workshops about Indigenous practices on the land, including ricing and basket making.

Sisters of the Drum

Judi Montgomery; compbill@kingston.net

Women from variety of backgrounds meet to sing Algonquin and other Native songs.

Strong Women's Drum

Kim Lanoue

gordlanoue@gmail.com

Women with variety of Ancestries gather for hand drum, sharing, and songs. Cultural workshops, including drumming, songs, and regalia beading.

Kokum Makwa Cultural Enterprises - Traditional Knowledge Keeper



Danka Brewer – 613-375-8239

dankabrewer@gmail.com

Traditional knowledge keeper and Elder in Residence with Limestone District School Board.

Early Learning, Language and Lifelong Learning

Rural Frontenac Community Services

www.rfcs.ca

Ontario Early Years Centre

1004 Art Duffy Road, Sharbot Lake, ON K0H 2P0

613-279-2244

Programs provided as funding allows, Aboriginal Story Telling Program; which provides support to the Aboriginal curriculum required in each class. This program includes stories (oral and written), hands on sensory materials and personal sharing with the children in nine local area JK-grade1 classrooms. Special events include the annual Strawberry Moon Festival in June with drumming, dancing, oral story telling, tasting traditional food and art activities.

Health and Wellness

Sharbot Lake Family Health

<http://www.sharbotlakefht.com/>

1005 Medical Centre Rd., Sharbot Lake ON K0H 2P0
613-279-2100

Métis Nation of Ontario: Employment & Training & Education Branch

<http://www.metisnation.org/programs/education-training/employment-and-training/>

91 Chemaushgon Street, Bancroft ON. K0L 1C0
Employment Developer - 613-332-2576 ext. 26

Services open to any person who self- identifies as a Métis residing in Ontario (NOT registered as an Indian under Indian Act or as Inuk on an Inuit registry). Application must meet eligibility criteria; applicants must complete MNOET intake and assessment process. Funding depends on budget availability and approval from Regional Advisory Committee. Additional information is available on website.

Métis Nation of Ontario: Healing and Wellness Branch

<http://www.metisnation.org/programs/health-wellness/>

91 Chemaushgon Street, Bancroft, ON K0L 1C0
613-332-2575

Community Wellness (ext. 21)

Métis Healthy Baby Healthy Children (ext. 24)

Canadian Action Program for Children/ Métis Healthy Baby Healthy Children –Maynooth (ext. 27)

Community Support Services (ext. 25)

Victim Services (ext. 23)

Programs and home visits designed to improve health and wellness, prevent family violence, and provide support information and referrals in culturally appropriate, holistic manner.

Maggie's Resource Centre of North Hastings

<http://www.maggiesresource.com>

Box 611, Bancroft ON K0L 1C0

613-332-3010

executivedirector@maggiesresource.com

24-hour crisis line and counselling, information and advocacy, transportation to safe environment, referrals, and court support to women who have experienced violence. Counselling program respects women's strengths and diversity.

North Hastings Children Services

<http://www.nhcs.ca/>

20 Hastings Heritage Way, Bancroft K0L 1C0

613-332-0179

Drop-in resource room, daycare, prenatal support, breastfeeding clinic and parent workshops. Playgroups and Daddy & Me Program, Triple P Parenting, literacy support, youth advisory board and emergency food bank. Serving families in Bancroft and area.

Regional Programs, Band Offices & Councils

Aboriginal & Rural Women's Outreach Program



<http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/>

Northern Frontenac Community Service, Sharbot Lake

info@kingstonintervalhouse.com

613-546-1833 ext. 22

Crisis line 1-800-267-9445; 613-546-1777

TTY line 613-546-4461

Flexible and culturally relevant services for Aboriginal women who have experienced violence, including home visits, Traditional teachings, healing ceremonies, women's circles, safety planning, individual counselling, group support, holistic health and wellness, parenting support, and Court/legal support. You do not have to do it alone.

Ardoch First Nations and Allies

<http://www.aafna.ca>

1045 Canoe Path, Ardoch, ON K0H 1C0.

613-273-3530

Anishnabek community located in Madawaska, Mississippi and Rideau watersheds. Historic roots are in families who wintered where rivers come together - since time immemorial.

For information about elementary and secondary education for Algonquin students, contact: Mireille Lapointe

For information about Algonquin history, culture, cyclical land based teachings and activities, contact: Paula Sherman

High Land Waters Métis Community Council

President 613-743-3339

MNO Regional Councillor for Region 6 - 613-336-1339

Provides services including healing and wellness; education and training; Infinite Property Services; Lands, Resources and Consultation; and economic development.

Mohawks Bay of Quinte

<http://www.mbg-tmt.org>

24 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0

613-396-3424

Website provides information about culture, services and projects.

Copies of documents and reports are also available on site.

Ontario Coalition of Aboriginal People

<http://www.o-cap.ca>

Box 189, Wabigoon, ON P0V 2W0

Toll Free 1-807-938-1321

Advocacy organization in Ontario representing rights and interests of off-reserve Aboriginal peoples (Métis, Status and non-Status Indians) living in urban, rural and remote areas. Incorporated, not-for-profit, and membership based coalition of Aboriginal peoples in Ontario. Affiliate member of Congress of Aboriginal Peoples (CAP); ensure views and interests of Ontario constituency are recognized and heard at CAP Board of Directors meetings, caucuses and assemblies.

Shabot-Obaadjiwan-First-Nation

<http://www.sofn.band/>

Chief Doreen Davis – 613-279-1970

chiefdoreen@aol.com

Upgrading Education & Literacy Skills – 613-279-2499

Territory from Hawkesbury to North Bay to Kingston city limits.

Provides information on Algonquin laws, traditions, and hunting and fishing rights; counselling; ceremonies; cultural and traditional workshops, events, and programs for children and families; and skills training. Partnership with Northern Connections Adult Learning Centre, offers upgrading education and literacy skills.

Annual Gatherings

Algonquin All Nations Gathering



PO Box 35, Whitney, ON K0J 2M0

613-637-1429

mikmaqme@gmail.com

Traditional Teaching Powwow, second weekend of August at Whitefish Lake, on Centennial Ridges Road, near the east gate of Algonquin Park.

Mohawk Fair - Mohawk Agricultural Society

1807 York Road, Mohawk Community Centre,

613-396- 2132

mohawkagsoc@gmail.com

Demolition Derby, 4-H Calf Club Show, Traditional foods, Native crafts, school exhibits, turkey dinner, midway, truck & tractor pull, Bingo, bale rolling, races, petting zoo, contests and horseshoes.

National Indigenous Peoples Day, June 21st

In Kingston:

<https://knipd.ca/about-us>

In Tyendinaga:

Jamie Dale; Callie Hill - 613-967-3781

Opportunity to learn more about Aboriginal people; gives people from all walks of life opportunity to celebrate and share knowledge about the Indigenous Peoples' values, customs, and culture.

Silver Lake Powwow, Silver Lake Provincial Park

Civic # 22726, Hwy 7, R.R. #2., Maberly, ON, K0H 2B0
613-375-6356

Annual traditional Powwow (last weekend of August at Silver Lake Provincial Park, Sharbot Lake)

Sisters in Spirit Vigil

Jolie Brant - 613-546-1833 x 22 (Kingston)

Linda Lefort - 613-967-3603 (Tyendinaga)

In Ottawa: Tel: 613-722-3033 or toll-free 1-800-461-4043

Movement for social change – vigil held October 4th on annual basis to honour lives of missing and murdered Aboriginal women and girls, support grieving families, and provide opportunities for healing.

United we can demand action on a Canadian issue that affects us all.

Tyendinaga Powwow

<http://www.mbg-tmt.org>

613-396-3424

Annual Traditional Powwow; second weekend of August. Wonderful opportunity to enjoy Mohawk Traditional culture, including Thanksgiving Address, dancing, water drums, food, crafts and more. At Tsi Tkerhitoten Park on 275 Bayshore Road, off Hwy 49. Find them on Facebook by searching Tyendinaga Annual Powwow.

Other Services and Supports

Health and Wellness

Kingston and Area Community Health Centre

www.kchc.ca

Offers primary health care, health-related supports and services to individuals, families and groups in Kingston and Greater Napanee area at Kingston Community Health Centre, Street Health Centre, and Napanee & Area Community Health Centre. Responsible for Better Beginnings for Kingston Children and Pathways to Education

Kingston Community Health Centre

263 Weller Ave., Kingston, ON K7K 6M9
613-542-2949

Napanee & Area Community Health Centre

6 Dundas St. East, Napanee, ON K7R 1H6
613-354-8937

Street Health Centre

115 Barrack Street, Kingston, ON, K7K 0B5
613-549-1440

KFL&A Public Health

www.kflapublichealth.ca

Main office: 221 Portsmouth Ave. Kingston, ON K7M 1V5

Additional offices: Cloyne; Napanee; Sharbot Lake.

613-549-1232 or 1-800-267-7875

Works with individuals, families and organizations to help build and maintain healthy communities. Provides information, support and services related to health and well-being of children, youth and their families including: prenatal classes; post-partum and breastfeeding support; Healthy Babies, Healthy Children program, infant hearing program; speech and language services for children birth to 4 years; dental health program; immunization program; and programs and information about children's nutrition and physical activity levels.

Maltby Centre

www.maltbycentre.ca

Main Office: 31 Hyperion Court, Suite 100, Kingston, ON K7K 7G3

Additional offices: Amherstview; Napanee; Northbrook; Sharbot Lake; Sydenham

613-546-8535; Intake: 613-546-8535 ext. 1

Information, support, counselling and programs for children and youth with mental health problems, and their families, including individual, group and family counselling. No charge for services.

Aboriginal Patient Navigator – South East Regional Cancer

Program 

<https://www.cancercare.on.ca/about/programs/aborstrategy/aboriginal/>

Burr Wing, 25 King Street West, Kingston General Hospital, Kingston, ON K7L 5P9

613-549-6666 ext. 3851

Open to all Indigenous persons, including status and non-status, on and off reserve, Inuit and Métis persons. Provides cultural support to individuals during cancer care and treatment process; provides end of life/palliative support, understanding and compassion. Facilitates screening for breast, colorectal or cervical cancer; provides prevention information. Can be seen at the hospital or in your home community.

Early Learning, Language and Lifelong Learning

Boys & Girls Club of Kingston & Area

<http://www.bgckingston.ca/>

559 Bagot St. Kingston, ON K7K 3E1

Additional sites: Frontenac Mall, 1300 Bath Road; and 1066 Hudson Drive

613-542-3306

General inquiries: info@bgckingston.ca

Fun sports and recreation activities for children and youth, including after-school programs and camps during March break and summer months. Emphasis on leadership skills and positive values.

Kingston Literacy & Skills

<https://klandskills.ca>

16 Bath Road, Kingston ON K7L 1C4

Kingston main office: 613-547-2012

LARC, 465 Advance Avenue, Napanee ON K7R 4A7

Napanee office: 613-354-6318 ext. 32

Workshops, programs and resources to support children's early literacy development and family literacy practices

Lennox & Addington Resources for Children

<http://www.larc4kids.com/>

465 Advance Avenue, Napanee ON, K7R 4A7

613-354-6318

Early learning and parenting programs and supports in Napanee and L&A County

Pathways to Education

<http://www.kchc.ca/index.cfm/pathways-to-education/>

613-507-7107 ext. 2108

Petra Hanso – Student/Parent Support Worker Representative

613-507-7107 ext. 2106

petrah@kchc.ca

Community-based program designed to reduce high school dropout rate in designated neighbourhoods. Focuses on helping high school youth through tutoring, mentoring, financial support, and advocacy. Boundaries of catchment area: Conacher Drive south to Raglan Road and Division Street east to the Cataraqui River.

Algonquin & Lakeshore Catholic District School Board

www.alcdsb.on.ca

151 Dairy Avenue, Napanee, ON, K7R 4B2

Aboriginal Education Liaison

613-354-6257 ext. 464 or 1-800-581-1116

Aboriginal worldviews and perspectives incorporated into classes; offers culturally enriched elementary and secondary programs; and

schedules visits with Elders and traditional knowledge keepers. Aboriginal Advisory Council provides guidance on educational and cultural matters. Students encouraged to self-identify as Indigenous.

Limestone District School Board

www.limestone.on.ca

220 Portsmouth Avenue, Kingston, ON, K7M 0G2

Aboriginal Education Consultant - 613-544-6925 ext. 248 or 1-800 267-0935

Aboriginal worldviews and perspectives incorporated into classes; offers culturally enriched elementary and secondary programs; and schedules visits with Elders and traditional knowledge keepers. Aboriginal Advisory Council provides guidance on educational and cultural matters. Students are encouraged to self-identify as Indigenous.

Information

211 Ontario

www.211ontario.ca

Call 211 to request information about health, community, education and social services anywhere in Ontario. Information available in several Indigenous languages.

Website provides information about services and supports for children, youth and their families in KFL&A.

KFL&A Children and Youth Services Planning Committee

<http://kflchildrenandyouthservices.ca>

CYSPC is a coalition of non-profit organizations working together to improve services for children, youth and their families in KFL&A.

Website includes information about CYSPC, resource information and links to agencies working with children, youth, and their families throughout KFL&A; and an electronic copy of this guide.

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To learn more about the Indigenous Services Circle or CYSPC, visit our website at

<http://kflachildrenandyouthservices.ca/>

This guide is also available in electronic format at

<http://kflachildrenandyouthservices.ca/aboriginal-guide/>

