



# KFL&A Indigenous Programming and Resources

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## Kingston Area

### Education (Early Learning & Youth Programming, Language Learning)

Organization	Contact Information	Description
<b>Enyonkwa'nikonhriyo:hake Program (Good Minds Program)</b>	<p><b>Website:</b>  <a href="https://kflchildrenandyouthservices.ca/blog/aboriginalguide/enyonkwanikonhriyohake-program-good-minds-program/">https://kflchildrenandyouthservices.ca/blog/aboriginalguide/enyonkwanikonhriyohake-program-good-minds-program/</a></p> <p><b>Contacts:</b>            Jacquie Turcotte - First Nations Youth Outreach Workers (Kingston, Frontenac, Leeds &amp; Grenville, Lanark County)</p> <p>Gail Maracle (Hastings &amp; Prince Edward, Lennox &amp; Addington)</p>	Oversees the programs to ensure the services being provided are offered in a holistic manner that best suit the needs of Indigenous communities. Provides counseling, cultural activities and supports.
<b>Indigenous Family Literacy Circle</b>	<p><b>Address:</b> 465 Advance Ave            Greater Napanee ON K7R 4A7 Canada</p> <p><b>Phone:</b> 613-354-6318</p>	Creates and distributes a free monthly e-newsletter called "Come Walk in My Moccasins." The newsletter is designed 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.
<b>Kingston Indigenous Languages Nest (KILN)</b>	<p><b>Website:</b>  <a href="https://kingstonindigenoulanguage.ca/">https://kingstonindigenoulanguage.ca/</a></p> <p><b>Email:</b>  <a href="mailto:kingstonlanguagenest@gmail.com">kingstonlanguagenest@gmail.com</a></p>	Grassroots organization that promotes learning Indigenous languages and their revitalization. With the help of fluent speakers they are reclaiming Indigenous languages and cultures through songs, games and special projects.
<b>Limestone District School Board: Indigenous Education</b>	<p><b>Address:</b> 220 Portsmouth Avenue, Kingston, ON, K7M 0G2</p> <p><b>Contact:</b> Gillianne Mundell – Indigenous and Recreation Lead</p>	Indigenous worldviews and perspectives incorporated into classes; offers culturally enriched elementary and secondary programs; and schedules visits with Elders and traditional knowledge keepers. Indigenous Advisory Council provides

	<p><b>Phone:</b> 613-544-6925 ext. 248</p> <p><b>Tollfree:</b> 1-800-267-0935 ext. 248</p>	<p>guidance on educational and cultural matters. Students are encouraged to self-identify as Indigenous.</p>
<p><b>One Roof Kingston Youth Hub</b></p>	<p><b>Website:</b> <a href="https://www.oneroofkingston.com/">https://www.oneroofkingston.com/</a></p> <p><b>Address:</b> 484 Albert Street Kingston ON K7L 3W3</p> <p><b>Phone:</b> 613-542-6672</p>	<p>Youth are invited to participate in cultural activities such as: traditional cooking, harvesting, drumming, songs, storytelling, teachings, art, &amp; more. Program occurs Thursdays from 5:00-7:00pm with Elder Helena Neveu.</p> <p>Drumming Circle and Feast every second Wednesday.</p>
<p><b>The River Program (formerly Katarokwi Aboriginal School)</b></p>	<p><b>Website:</b> <a href="https://www.limestone.on.ca/cms/one.aspx?portalId=352782&amp;pageId=745892">https://www.limestone.on.ca/cms/one.aspx?portalId=352782&amp;pageId=745892</a></p> <p><b>Address:</b> 66 Harvey Street, Kingston, ON K7K 5B9</p> <p><b>Phone:</b> 613-767-1266</p> <p><b>YouTube:</b> <a href="http://www.youtube.com/watch?v=cP3R1oImE74">http://www.youtube.com/watch?v=cP3R1oImE74</a></p>	<p>Focus program at 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.</p>
<p><b>Algonquin &amp; Lakeshore Catholic District School Board</b></p>	<p><b>Website:</b> <a href="http://www.alcddb.on.ca">www.alcddb.on.ca</a></p> <p><b>Address:</b> 151 Dairy Avenue, Napane, ON, K7R 4B2</p> <p><b>Phone:</b> 613-354-6257 ext. 464 or 1-800-581-1116</p>	<p>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.</p>

<p><b>Aboriginal Leadership Opportunity Year (ALOY) Program</b> (Royal Military College)</p>	<p><b>Website:</b> <a href="https://www.rmc-cmr.ca/en/training-wing/aboriginal-leadership-opportunity-year-aloy">https://www.rmc-cmr.ca/en/training-wing/aboriginal-leadership-opportunity-year-aloy</a></p> <p><b>Contacts:</b> Elder Nelson Bernard, Warrant Officer Robert Ives</p> <p><b>Phone:</b> 613-541-6000 ext. 6788</p> <p><b>Email:</b> <a href="mailto:Robert.ives@forces.gc.ca">Robert.ives@forces.gc.ca</a></p>	<p>ALOY gives students of Indigenous heritage a highly positive and productive academic year of educational and leadership experience at the Royal Military College of Canada (RMC). ALOY is a unique one-year program designed to provide individual, group, and cultural experiences that help build leadership and life skills. As part of the program, ALOY cadets are enrolled at RMC for one academic year as an Officer Cadet in the Canadian Armed Forces (CAF). They are paid at that rank level and receive free tuition and books, and may request to leave the program at any time. The ALOY program includes sports, field trips, leadership development, military training and cultural support activities.</p> <p>At the end of the academic year, provided they meet the academic requirements, ALOY cadets will be given the opportunity to apply to continue at RMC in a degree program as a member of the CAF, under the Regular Officer Training Plan (ROTP) or they can apply to become a Non-Commissioned member (NCM) of the CAF.</p> <p>Applicants must meet the following:</p> <ul style="list-style-type: none"> <li>• Be an Indigenous person (First Nation {Status or Non-Status}, Métis or Inuit);</li> <li>• Be a Canadian citizen;</li> <li>• Be at least 16 years of age;</li> <li>• All applicants under the age of 18 must obtain consent from a parent or legal guardian to participate in this exciting opportunity; and</li> <li>• Have completed Grade 12, Secondary V, or the GED in the current academic year.</li> </ul> <p>Applications are accepted starting in November of each year.</p>
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## Education (University and College)

Organization	Contact Information	Description
<b>Aboriginal Teachers Education Program (ATEP)</b>	<p><b>Website:</b>  <a href="http://educ.queensu.ca/atep-community">http://educ.queensu.ca/atep-community</a></p> <p><b>Address:</b> Faculty of Education, Room A244            Queens University, Kingston, ON K7M 5R7</p> <p><b>Phone:</b> 1-800-862-6701</p> <p><b>Email:</b> <a href="mailto:atep@queensu.ca">atep@queensu.ca</a></p>	<p>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.</p>
<b>Eagle Learning Cafe</b> (Saint Lawrence College)	<p><b>Website:</b>  <a href="https://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/aboriginal-support">https://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/aboriginal-support</a></p> <p><b>Address:</b> St. Lawrence College, 100 Portsmouth Ave., Kingston, ON K7L 5A6</p> <p><b>Phone:</b> 613-544-5400, ext. 1551</p> <p><b>Email:</b> <a href="mailto:mlyons@sl.on.ca">mlyons@sl.on.ca</a></p> <p><b>YouTube:</b>  <a href="https://www.youtube.com/watch?v=cP3R1oImE74">https://www.youtube.com/watch?v=cP3R1oImE74</a>.</p>	<p>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.</p>
<b>Four Directions Indigenous Student Centre</b> (Queen's University)	<p><b>Website:</b>  <a href="https://www.queensu.ca/fourdirections/">https://www.queensu.ca/fourdirections/</a></p> <p><b>Address:</b> 146 Barrie Street, Kingston, ON K7L 3N6</p> <p><b>Phone:</b> 613-533-6970</p> <p><b>Email:</b> <a href="mailto:4direct@queensu.ca">4direct@queensu.ca</a></p>	<p>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.</p>

<p><b>Indigenous Knowledge and Learning Working Group</b> (Royal Military College)</p>	<p><b>Website:</b> <a href="https://www.rmc-cmr.ca/en/indigenous-knowledge-and-learning/working-group">https://www.rmc-cmr.ca/en/indigenous-knowledge-and-learning/working-group</a></p>	<p>The IKLWG is a core advisory group of committed military and civilian professionals and students who share a common interest in advancing RMC’s diversity and inclusion efforts. The mission of the IKLWG is to explore culturally appropriate and innovative approaches to increasing Indigenous awareness and inclusion at RMC. This is achieved by co-developing initiatives with Indigenous stakeholders, inspired by the Truth and Reconciliation Commission’s 94 Calls to Action. Since the inception of the IKLWG in 2016, the working group has examined and identified 4 key areas of interest: (1) Indigenous relations and Truth and Reconciliation at RMC, (2) external Indigenous community engagement, (3) Indigenous curricula development, and (4) enhanced programs and service models to better serve the cultural needs of Indigenous students.</p>
<p><b>Waasaabiidaasamose Indigenous Centre</b> (Saint Lawrence College)</p>	<p><b>Website:</b> <a href="https://www.stlawrencecollege.ca/services/indigenous-services">https://www.stlawrencecollege.ca/services/indigenous-services</a></p> <p><b>Contact:</b> Jessie Pengelly – Indigenous Student Advisor (Kingston Campus)</p> <p><b>Phone:</b> 613-544-5400 ext. 1874</p> <p><b>Email:</b> <a href="mailto:jpengelly@sl.on.ca">jpengelly@sl.on.ca</a></p>	<p>The Waasaabiidaasamose Indigenous Centre is a comfortable space for Indigenous students to relax, study, and interact with other Indigenous students. The Waasaabiidaasamose Indigenous Centre features: Indigenous resources, computers, areas for work and relaxation, craft sessions and other cultural activities. Indigenous Services also runs events throughout National Indigenous History Month.</p>

## Employment

Organization	Contact Information	Description
<b>Kagita Mikam Aboriginal Employment and Training</b>	<b>Address:</b> 993 Princess St Suite #116, Kingston, ON K7L 4V1  <b>Phone:</b> 613-536-7054	Provision of employment and training services to Aboriginal people. It was established to provide a cooperative working relationship with Aboriginal and local communities, organization and associations. This relationship will ensure that the employment and training of Aboriginal people will be addressed.
<b>Métis Nation of Ontario: Employment &amp; Training &amp; Education Branch</b>	<b>Website:</b> <a href="http://www.metisnation.org/">http://www.metisnation.org/</a>  <b>Address:</b> 629 Division Street, Kingston, ON K7K 4B7 <b>Email</b> (Regional Employment & Training Coordinator): <a href="mailto:ElaineJ@metisnation.org">ElaineJ@metisnation.org</a>  <b>Phone:</b> 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.

## Health & Mental Health Services

Organization	Contact Information	Description
<b>The Indigenous Diabetes Health Circle (IDHC)</b>	<b>Website:</b> <a href="https://idhc.life/">https://idhc.life/</a>	Helps provide Indigenous people with tools, knowledge and the ability to make healthy choices and live free of diabetes, now and in future generations. IDHC will achieve the vision by supporting Indigenous communities, families and individuals by promoting holistic wellness models; building on traditional teachings and best practices to develop and provide programs, education and resources; and building relationships and community capacity.

<p><b>Indigenous Patient Navigator – South East Regional Cancer Program</b></p>	<p><b>Website:</b>  <a href="https://www.cancercareontario.ca/en/cancer-care-ontario/programs/indigenous-cancer-care-unit">https://www.cancercareontario.ca/en/cancer-care-ontario/programs/indigenous-cancer-care-unit</a></p> <p><b>Address:</b> Burr Wing, 25 King Street West, Kingston General Hospital, Kingston, ON K7L 5P9</p> <p><b>Phone:</b> 613-549-6666 ext. 3851</p>	<p>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. No referral is necessary.</p>
<p><b>Kingston Health Sciences Centre</b></p>	<p><b>Address:</b> 76 Stuart Street, Kingston, ON K7L 2V7</p> <p><b>Phone (On Call Chaplain):</b> 613-549-6666 'dial 0' for the operator</p>	<p>To access sacred medicines or arrange smudging in hospital setting, contact Chaplain on-call by calling hospital switchboard</p>
<p><b>Métis Nation of Ontario: Community Support Services</b></p>	<p><b>Address:</b> 629 Division Street, Kingston, ON K7K 4B6</p> <p><b>Phone:</b> 613-549-1674 ext. 304</p>	<p>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</p>
<p><b>Métis Nation of Ontario: Community Wellness</b></p>	<p><b>Address:</b> 629 Division Street, Kingston, ON K7K 4B6</p> <p><b>Phone:</b> 613-549-1674 ext. 311</p>	<p>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.</p>



<b>Métis Nation of Ontario: Mental Health and Addictions</b>	<b>Address:</b> 629 Division Street, Kingston, ON K7K 4B6  <b>Phone:</b> 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
<b>Métis Nation of Ontario: Métis Healthy Babies Healthy Children</b>	<b>Address:</b> 629 Division Street, Kingston, On K7K 4B6  <b>Phone:</b> 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
<b>Ontario Aboriginal HIV/AIDS Strategy (OAHAS)</b>	<b>Website:</b> <a href="http://www.oahas.org/">http://www.oahas.org/</a>	Provides culturally respectful and sensitive programs and strategies to respond to the growing HIV/AIDS epidemic among Aboriginal Peoples in Ontario, through promotion, prevention, long-term care, treatment and support initiatives consistent with harm reduction principles.
<b>Providence Care Hospital</b>	<b>Address:</b> 752 King Street West, Kingston, ON K7L 4X3  <b>Phone:</b> 613-544-4900, ext. 52183	Links to sacred medicines and smudging at Providence Care Hospital
<b>Sexual Assault Centre Kingston (SACK): Indigenous-Centric Healing Programs</b>	<b>Website:</b> <a href="http://www.sackington.com/services-2/counselling/">www.sackington.com/services-2/counselling/</a>  <b>Phone:</b> 613-544-6424	Offers an Indigenous Counsellor who provides counselling within an indigenous framework and is open to all who self-identify as an indigenous survivor of sexualized violence, regardless of status. Indigenous Counsellor also runs a Healing and Sharing Circle, other various groups and drop-in sessions throughout the year. The Indigenous Program can also provide specific training and workshops on various topics such as Abuse & The Impact of the Residential School System. To set up an appointment with our Indigenous Counsellor please specify at any point prior to or during initial intake.

<b>Street Health Centre: Indigenous Health Program</b>	<b>Address:</b> 115 Barrack Street, Kingston, ON K7K 1G2  <b>Phone:</b> 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.
<b>Weeneebayko Patient Services (WPS) at KHSC</b>	<b>Address:</b> Kingston Health Science Centre, 166 Brock Street, Kingston, ON K7L 5G2  <b>Phone:</b> 613-544-3400 ext. 3070  <b>Email:</b> <a href="mailto:wps@kingstonhsc.ca">wps@kingstonhsc.ca</a>	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

Organization	Contact Information	Description
<b>Tipi Moza Affordable Housing</b>	<b>Website:</b> <a href="http://www.tipimoza.com">www.tipimoza.com</a>  <b>Address:</b> 1422-993 Princess Street Unit 14, Kingston, ON K7L 1H3  <b>Fax:</b> 613-507-7267 <b>Housing Outreach Worker:</b> 613-547-1135  <b>Housing Manager:</b> 613-547-1134	Provides culturally appropriate, rent geared to income, affordable and subsidized housing for Aboriginal, Metis and Inuit people in City of Kingston.

## Libraries

Organization	Contact Information	Description
<b>Kingston Frontenac Public Library (KFPL)</b>	<b>Website:</b> <a href="http://www.kfpl.ca">http://www.kfpl.ca</a>  <b>Address:</b> 130 Johnson Street, Kingston, ON K7L 1X8 (Central Branch)	KFPL has a growing collection of books in Indigenous languages. Languages currently included in their catalogue are Mohawk, Cree, Ojibwa / Ojibwe / Anishinaabemowin, Inuktitut, Michif,

	<p><b>Phone:</b> 613-549-8888</p> <p><b>Library branches</b></p> <p><b>Kingston:</b> Central; Calvin Park; Isabel Turner; Kings Court; Pittsburgh, and Rideau Heights</p> <p><b>Frontenac County:</b> Arden; Cloyne; Hartington; Howe Island; Mountain Grove; Parham; Plevna; Sharbot Lake; Storrington; Sydenham; Wolfe Island</p>	<p>Mi'kmaq, Navajo, Cherokee, Cayuga (Dictionary), Onadaga (Dictionary), Oneida, and Mishnaabemwin (Dictionary).</p> <p>Additionally, their regular collection of materials continues to expand with new books, movies and more by Indigenous creators.</p>
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### Online Groups and Community Resources

Organization	Contact Information	Description
<b>Kahwà:tsire Indigenous-Led Child and Family Programs</b>	<p><b>Facebook:</b></p> <p><a href="https://www.facebook.com/Kahwatsire.EarlyON/">https://www.facebook.com/Kahwatsire.EarlyON/</a></p>	
<b>Katarokwi Indigenous Resilience During Covid-19</b>	<p><b>Facebook:</b></p> <p><a href="https://www.facebook.com/KIRC19/">https://www.facebook.com/KIRC19/</a></p>	<p>Community-based research project led by Dr. Amrita Roy from Queen's University to understand the impacts of Covid-19 on Indigenous peoples living with chronic illness (physical or mental). Partners include the Indigenous Health Council, South East Regional Cancer Program, Indigenous Cancer Care Unit, Indigenous Diabetes Health Circle, KFL&amp;A Public Health, Street Health Centre, and Addictions and Mental Health Services (KFLA).</p>
<b>Katarokwi Grandmothers' Council</b>	<p><b>Facebook:</b></p> <p><a href="https://www.facebook.com/katarokwigrandmotherscouncil/">https://www.facebook.com/katarokwigrandmotherscouncil/</a></p>	<p>Online resource for updates regarding the Katarokwi Grandmothers' Council; supporting Indigenous culture in the community by "returning to our ways".</p>
<b>Katarokwi Union of Tenants</b>	<p><b>Blog:</b></p> <p><a href="https://kingstontenants.home.blog/">https://kingstontenants.home.blog/</a></p> <p><b>Facebook:</b></p>	<p>Group working to create an inclusive housing landscape, and building a voice for tenants rights.</p>

	<a href="https://www.facebook.com/KingstonTenants/">https://www.facebook.com/KingstonTenants/</a>	
<b>Kingston Aboriginal Community Information Network (KACIN)</b>	<b>Facebook:</b> <a href="https://www.facebook.com/groups/KACINKingstonAboriginal/">https://www.facebook.com/groups/KACINKingstonAboriginal/</a>	Bi-monthly networking meeting for workers in Indigenous organizations or organizations providing Indigenous programming. Learn more through Facebook link.
<b>Mutual Aid Katarokwi-Kingston: Community Garden Network</b>	<b>Website:</b> <a href="https://mutualaidkatarokwi.wordpress.com/">https://mutualaidkatarokwi.wordpress.com/</a>  <b>Phone:</b> 613-665-2959  <b>Email:</b> <a href="mailto:mutualaidkatarokwi@gmail.com">mutualaidkatarokwi@gmail.com</a>	Project initiated by AKA Autonomous Social Center. Formed to respond to a need in community to support those needing to self-isolate in relation to COVID-19. Community Garden Network – initiative aims to increase food production and create stronger community bonds through sharing space and harvests. Grows medicines specifically for/with Indigenous people in the Katarokwi/Kingston area.
<b>Ontario Native Women’s Association (ONWA)</b>	<b>Facebook:</b> <a href="https://www.facebook.com/groups/1062448453803095/">https://www.facebook.com/groups/1062448453803095/</a>	Not for profit organization that was established in 1971 to empower and support Indigenous women and their families throughout the province of Ontario. Kingston ONWA is a Facebook group for Kingston-based Indigenous women and their families.
<b>211 Ontario</b>	<b>Website:</b> <a href="http://www.211ontario.ca">www.211ontario.ca</a>	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.

## Safety

Organization	Contact Information	Description
<b>Aboriginal &amp; Rural Women's Outreach Program</b>	<p><b>Website:</b>  <a href="http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/">http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/</a></p> <p><b>Address:</b> Kingston Interval House, PO Box 21042            Kingston, ON K7L 5P5</p> <p><b>Phone:</b> 613-546-1833, ext. 22  <b>Crisis Line:</b> 613-546-1777 or 1-800-267-9445  <b>TTY Line:</b> 613-546-4461</p>	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.
<b>Family and Children's Services of Frontenac, Lennox and Addington</b>	<p><b>Website:</b> <a href="http://www.facsfla.ca">www.facsfla.ca</a></p> <p><b>Address:</b>            817 Division Street, Kingston, ON K7K 4C2            99 Advance Avenue,            Napanee, ON K7R 3Y5</p> <p><b>Telephone:</b> 613-545-3227  <b>Toll Free:</b> 855-445-3227</p> <p><b>Email:</b> info@facsfla.ca</p>	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.
<b>Sexual Assault Crisis Centre Kingston (SACK)</b>	<p><b>Website:</b>  <a href="http://www.sackkingston.com/">http://www.sackkingston.com/</a></p> <p><b>24-hour Crisis Line:</b> 613-544-6424  <b>Toll Free:</b> 1-877-544-6424  <b>Office:</b> 613-544-6424</p>	Provides crisis support, counselling, information, referral and advocacy services for survivors of sexual violence.

## Rural Frontenac, Lennox & Addington and Hastings

### Cultural Gatherings and Resources

Organization	Contact Information	Description
<b>Genealogy</b>	<b>Contact:</b> Judi Montgomery, Genealogist;  <b>Email:</b> <a href="mailto:compbill@kingston.net">compbill@kingston.net</a>	Provides tips on how to conduct genealogical search
<b>Grandmother's Circle</b>	<b>Contact:</b> Judi Montgomery;  <b>Email:</b> <a href="mailto:compbill@kingston.net">compbill@kingston.net</a>	Meets 1st Thursday of month on Switzerville Road. Open to ALL women. Includes songs, Aboriginal teachings, ceremonies and crafts.
<b>Plenty Canada</b>	<b>Website:</b> <a href="http://www.plentycanada.com">http://www.plentycanada.com</a>  <b>Address:</b> 266 Plenty Lane, Lanark, ON K0G 1K0  <b>Phone:</b> 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.
<b>Sisters of the Drum</b>	<b>Contact:</b> Judi Montgomery;  <b>Email:</b> <a href="mailto:compbill@kingston.net">compbill@kingston.net</a>	Women from variety of backgrounds meet to sing Algonquin and other Native songs.
<b>Strong Women's Drum</b>	<b>Contact:</b> Kim Lanoue  <b>Email:</b> <a href="mailto:gordlanoue@gmail.com">gordlanoue@gmail.com</a>	Women with variety of Ancestries gather for hand drum, sharing, and songs. Cultural workshops, including drumming, songs, and regalia beading.
<b>Kokum Makwa Cultural Enterprises - Traditional Knowledge Keeper</b>	<b>Contact:</b> Danka Brewer  <b>Phone:</b> 613-375-8239  <b>Email:</b> <a href="mailto:dankabrewer@gmail.com">dankabrewer@gmail.com</a>	Traditional knowledge keeper and Elder in Residence with Limestone District School Board.

## Education (Early Learning & Youth Programs, Language Learning)

Organization	Contact Information	Description
<b>Granite Ridge Education Centre</b>	<p><b>Address:</b> 14432 38 Road, Sharbot Lake, ON K0H 2P0</p> <p><b>Phone:</b> 613-279-2131</p>	Space for cultural gatherings and Indigenous Student programming.
<b>Rural Frontenac Community Services</b>	<p><b>Website:</b> <a href="http://www.rfcs.ca">www.rfcs.ca</a></p> <p><b>Address:</b> Ontario Early Years Centre 1004 Art Duffy Road, Sharbot Lake, ON K0H 2P0</p> <p><b>Phone:</b> 613-279-2244</p>	<p>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.</p>

## Employment

Organization	Contact Information	Description
<b>Métis Nation of Ontario: Employment &amp; Training &amp; Education Branch</b>	<p><b>Website:</b> <a href="http://www.metisnation.org/programs/education-training/employment-and-training/">http://www.metisnation.org/programs/education-training/employment-and-training/</a></p> <p><b>Address:</b> 91 Chemaushgon Street, Bancroft ON. K0L 1C0</p> <p><b>Phone:</b> 613-332-2576 ext. 26</p>	<p>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.</p>

## Health and Mental Health Services

Organization	Contact Information	Description
<b>Sharbot Lake Family Health</b>	<b>Website:</b> <a href="http://www.sharbotlakefht.com/">http://www.sharbotlakefht.com/</a>  <b>Address:</b> 1005 Medical Centre Rd., Sharbot Lake ON K0H 2P0  <b>Phone:</b> 613-279-2100	
<b>Métis Nation of Ontario: Healing and Wellness Branch</b>	<b>Address:</b> 91 Chemaushgon Street, Bancroft, ON K0L 1C0  <b>Telephone:</b> 613-332-2575 <ul style="list-style-type: none"> <li>- <i>Community Wellness (ext. 21)</i></li> <li>- <i>Métis Healthy Baby Healthy Children (ext. 24)</i></li> <li>- <i>Canadian Action Program for Children/ Métis Healthy Baby Healthy Children – Maynooth (ext. 27)</i></li> <li>- <i>Community Support Services (ext. 25)</i></li> <li>- <i>Victim Services (ext. 23)</i></li> </ul>	Programs and home visits designed to improve health and wellness, prevent family violence, and provide support information and referrals in culturally appropriate, holistic manner.
<b>Maggie’s Resource Centre of North Hastings</b>	<b>Website:</b> <a href="http://www.maggiesresource.com">http://www.maggiesresource.com</a>  <b>Address:</b> Box 611, Bancroft ON K0L 1C0  <b>Phone:</b> 613-332-3010  <b>Email:</b> <a href="mailto:executivedirector@maggiesresource.com">executivedirector@maggiesresource.com</a>	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.



<p><b>North Hastings Children Services</b></p>	<p><b>Website:</b> <a href="http://www.nhcs.ca/">http://www.nhcs.ca/</a></p> <p><b>Address:</b> 20 Hastings Heritage Way, Bancroft K0L 1C0</p> <p><b>Phone:</b> 613-332-0179</p>	<p>Drop-in resource room, daycare, prenatal support, breastfeeding clinic and parent workshops. Playgroups and Daddy &amp; Me Program, Triple P Parenting, literacy support, youth advisory board and emergency food bank. Serving families in Bancroft and area.</p>
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**Safety**

<b>Organization</b>	<b>Contact Information</b>	<b>Description</b>
<p><b>Aboriginal &amp; Rural Women's Outreach Program</b></p>	<p><b>Website:</b> <a href="http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/">http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/</a></p> <p><b>Address:</b> Northern Frontenac Community Service, Sharbot Lake</p> <p><b>Email:</b> <a href="mailto:info@kingstonintervalhouse.com">info@kingstonintervalhouse.com</a></p> <p><b>Phone:</b> 613-546-1833 ext. 22 <b>Crisis Line:</b> 1-800-267-9445; 613-546-1777 <b>TTY Line:</b> 613-546-4461</p>	<p>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.</p>

## Regional Programs, Band Offices & Councils

Organization	Contact Information	Description
<b>Ardoch First Nations and Allies</b>	<p><b>Website:</b> <a href="http://www.aafna.ca">http://www.aafna.ca</a></p> <p><b>Address:</b> 1045 Canoe Path, Ardoch, ON K0H 1C0.</p> <p><b>Phone:</b> 613-273-3530</p>	<p>Anishnabek community located in Madawaska, Mississippi and Rideau watersheds. Historic roots are in families who wintered where rivers come together - since time immemorial.</p> <p>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</p>
<b>Correctional Service Canada – Indigenous Corrections</b>	<p><b>Website:</b> <a href="https://www.csc-scc.gc.ca/002/003/002003-index-en.shtml">https://www.csc-scc.gc.ca/002/003/002003-index-en.shtml</a></p> <p><b>Contact</b> (Regional Administrator of Indigenous Initiatives): Jamie Contois</p> <p><b>Email:</b> <a href="mailto:jamie.contois@csc-scc.gc.ca">jamie.contois@csc-scc.gc.ca</a></p>	<p>Under the Indigenous Continuum of Care, CSC has implemented a number of correctional programs tailored to meet the needs of Indigenous offenders. Programs for Indigenous offenders recognize the social realities and context of the lives of Indigenous offenders. The holistic approach of these programs:</p> <ul style="list-style-type: none"> <li>• meets the needs of Indigenous offenders' culture, tradition and spirituality</li> <li>• help Indigenous offenders prepare for and build a balanced and crime-free lifestyle after their release</li> </ul>
<b>High Land Waters Métis Community Council</b>	<p><b>Phone</b> (President): 613-743-3339</p> <p><b>Phone</b> (MNO Regional Councillor for Region 6): 613-336-1339</p>	<p>Provides services including healing and wellness; education and training; Infinite Property Services; Lands, Resources and Consultation; and economic development.</p>
<b>Mohawks Bay of Quinte</b>	<p><b>Website:</b> <a href="http://www.mbg-tmt.org">http://www.mbg-tmt.org</a></p> <p><b>Address:</b> 24 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0</p> <p><b>Phone:</b> 613-396-3424</p>	<p>Website provides information about culture, services and projects. Copies of documents and reports are also available on site.</p>

<b>Ontario Coalition of Indigenous People</b>	<b>Website:</b> <a href="https://ocip.org/?page_id=14">https://ocip.org/?page_id=14</a>  <b>Address:</b> 65 Grant Timmins Dr, Kingston, ON K7M 8N3  <b>Phone:</b> 613-544-2929	Advocacy organization in Ontario representing rights and interests of off-reserve Indigenous peoples (Métis, Status and non-Status Indians) living in urban, rural and remote areas. Incorporated, not-for-profit, and membership based coalition of Indigenous peoples in Ontario.
<b>Shabot-Obaadjiwan-First-Nation</b>	<b>Website:</b> <a href="http://www.sofn.band/">http://www.sofn.band/</a>  <b>Phone</b> (Chief Doreen Davis): 613-279-1970  <b>Email:</b> chiefdoreen@aol.com  <b>Upgrading Education &amp; Literacy Skills:</b> 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.

## Regional Gatherings (Annual, Bi-Annual)

Gathering	Contact Information	Description
<b>Algonquin All Nations Gathering</b>	<b>Address:</b> PO Box 35, Whitney, ON K0J 2M0  <b>Phone:</b> 613-637-1429  <b>Email:</b> <a href="mailto:mikmaqme@gmail.com">mikmaqme@gmail.com</a>	Traditional Teaching Powwow, second weekend of August at Whitefish Lake, on Centennial Ridges Road, near the east gate of Algonquin Park.
<b>Mohawk Fair - Mohawk Agricultural Society</b>	<b>Address:</b> 1807 York Road, Mohawk Community Centre,  <b>Phone:</b> 613-396- 2132  <b>Email:</b> <a href="mailto:mohawkagsoc@gmail.com">mohawkagsoc@gmail.com</a>	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.

<b>National Indigenous Peoples Day, June 21st</b>	<p><b><i>In Kingston:</i></b>  <a href="https://knipd.ca/about-us">https://knipd.ca/about-us</a></p> <p><b><i>In Tyendinaga:</i></b>          Jamie Dale; Callie Hill: 613-967-3781</p>	Opportunity to learn more about Indigenous peoples; gives people from all walks of life opportunity to celebrate and share knowledge about the Indigenous Peoples' values, customs, and culture.
<b>Silver Lake Powwow, Silver Lake Provincial Park</b>	<p><b>Address:</b> Civic # 22726, Hwy 7, R.R. #2., Maberly, ON, K0H 2B0</p> <p><b>Phone:</b> 613-375-6356</p>	Annual traditional Powwow (last weekend of August at Silver Lake Provincial Park, Sharbot Lake)
<b>Sisters in Spirit Vigil</b>	<p><b><i>Kingston</i></b>          Jolie Brant: 613-546-1833 x 22</p> <p><b><i>Tyendinaga</i></b>          Linda Lefort: 613-967-3603</p> <p><b><i>Ottawa:</i></b>          613-722-3033 or toll-free 1-800-461-4043</p>	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.
<b>Tyendinaga Powwow</b>	<p><b>Website:</b> <a href="http://www.mbg-tmt.org">http://www.mbg-tmt.org</a></p> <p><b>Phone:</b> 613-396-3424</p>	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.
<b>Water Ceremony</b>	<p><b>Contact:</b> Laurel Claus Johnson</p> <p><b>Email:</b>  <a href="mailto:mamabear1944@gmail.com">mamabear1944@gmail.com</a></p>	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.

