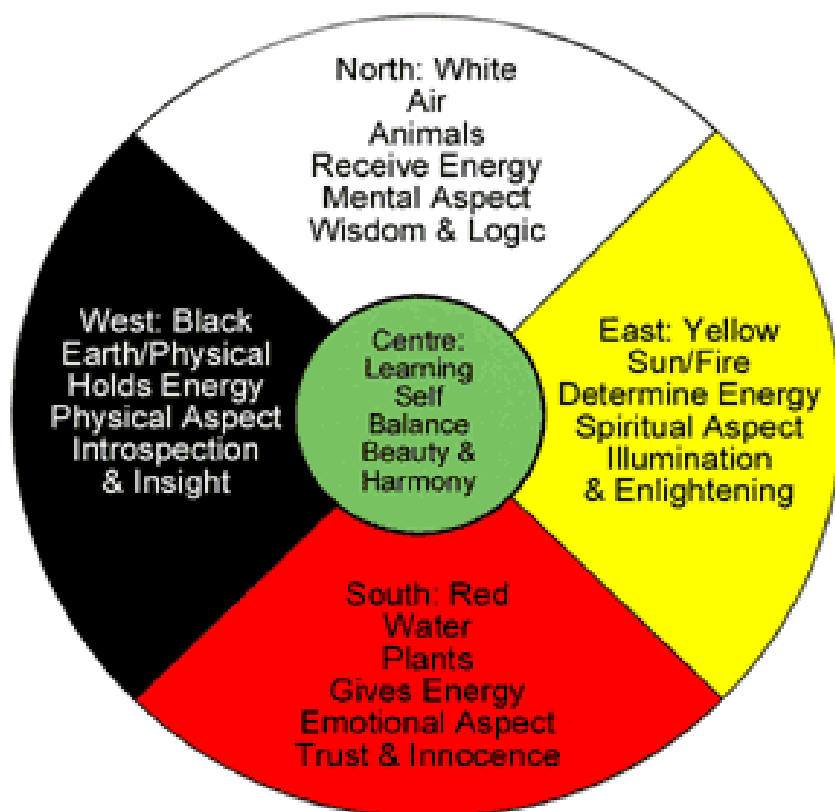


Timmins and District Hospital
L'Hôpital de Timmins et du district

COMMUNITY RESOURCES ABORIGINAL SERVICES



MEDICINE WHEEL

Community Resources Aboriginal People

The purpose of this package is to provide general information on Community Support Services available to Aboriginal individuals and families. These supportive programs and services may be useful to individuals residing in their home or apartment within the City of Timmins.

The information contained in this package is divided into three sections. The first section is a list of specific Aboriginal agencies and services including programs from the Métis Nation of Ontario. The second section is an alphabetical list of agencies, services and resources available in the community. The third part of the package is a compilation of factual sheets on various programs and services which will provide more detailed information on the actual service and/or program.

The information is expected to be a guide with general information. Individuals should always discuss health care needs and concerns with a medical professional and/or a recognized professional in the specific area of concern. If you require additional information, please contact the specific agency directly, as the agency will be able to provide detailed information.

There is a social worker available to meet with you if you have any questions or require information. Your nurse can assist you in organizing a meeting with a social worker.

Aboriginal Support Services

Misiway Milopemahtesewin Community Health Centre

130 Wilson Avenue Timmins, ON

(705) 264-2200

Misiway Milopemahtesewin Community Health Centre accepts patients that have an Aboriginal, Métis or Inuit status. However, there is a waiting list. This centre usually provides the service of a physician, nurse practitioner and nurse. Please call Misiway Centre to obtain more information.

Timmins Native Friendship Centre Services

316 Spruce Street South Timmins, ON

(705) 268-6262

Aboriginal Healing and Wellness Program

To ensure that the healing and wellness needs of the Aboriginal community are addressed by implementing the Aboriginal Healing and Wellness Strategy to reduce family violence, promote healthy lifestyles, culture based programming and healing. The program recognizes the ages and stages of development, from birth to death, and considers the full realm of programming including peer counselling, referrals, advocacy, translation, substance abuse counselling, grief counselling, family violence workshops, talking circles, feasts, ceremonies, teachings, language and support groups.

Fetal Alcohol Spectrum Disorder (FASD)/Nutrition Program

The Community Support Worker assists families in understanding FASD by providing education and information specific to the needs of the child and family. The workers are familiar with community resources, assist families in accessing support, health and dedication services and are involved in the development of local support services. They also provide emotional and practical support to families. There are a variety of things that can be done to make life easier and more satisfying for children and youth affected by this disorder, as well as for their parents and caregivers.

The Life Long Care Program

The Life Long Care Program (LLCP) provides community support services to all urban Aboriginal clients regardless of age, who are disabled, chronically ill, frail, elderly or require acute/chronic continuum of care. The LLCP provides a holistic approach to community support services, enhancing and improving the quality of life and living for the clients, allowing them to live independently in their community. Services offered for clients of the Life Long Care Program include transportation, congregate dining, friendly visiting, security checks/reassurance service, and aboriginal support service.

O-GI Employment and Training

O-GI Employment and training provides services for urban Aboriginal people living in the urban areas. Service under this program may include employment counselling, job search strategies, letter and resume writing, employment referrals, interview preparation, labour market information, resources, career coaching, action plan development, and program and youth interventions.

Academic and Career Entrance Program

Academic and Career Entrance Program (ACE) is a Grade 12 equivalent college program. It prepares you for admission to a college post-secondary program or apprenticeship. ACE is recognized as a Grade 12 equivalent by colleges and apprenticeship program and for the purpose of admission to post secondary programming as well as being recognized by many employers. Courses available include communications, mathematics, science, self management/self direction, and computer studies.

Aboriginal Family Support Program

The Aboriginal Family Support Program provides support to Aboriginal children 0-6 years of age and their families. The goal is to focus on the learning and development year of the child. The holistic method is used to develop programs focused on the mental, emotional, physical and spiritual aspects of the child. Programs for parents and children include Li'l Tots Playgroup, "A"active "B"righter "C"children - ABC Club, Parent Relief, Collective Kitchen, Family Breakfast Club, and Other Programs and Services.

Aboriginal Healthy Babies Healthy Children Program

The program is to provide service to Aboriginal (status and non-status), Métis, and Inuit individuals in the community of Timmins. The program is a prevention/intervention strategy for families with children 0-6 years of age that incorporates traditional perspectives and is culturally based. The program provides support in the following areas: prenatal classes, post partum, parenting, lay home visiting, and referral service.

Aboriginal Prenatal Nutrition Program

The Aboriginal Prenatal Nutrition Program is open to off-reserve Aboriginal women of childbearing years, pregnant women and mothers with children under the age of six months. The program is traditionally based and culturally specific and the program provides nutrition, labour and birth preparation information, breastfeeding information and support, parenting skills workshop and information on pregnancy and baby development. Some services offered include prenatal and postnatal education, nutrition programs, infant development, recreation programs, parenting programs, breastfeeding

support, hospital visits, one on one counselling, group sessions, advocacy and support, food and travel vouchers for expectant women and emergency supply program.

Aboriginal Combined Court Worker Program

The Court Worker Program provides services to all Native people while respecting confidentiality. The Native Court Worker can act as a liaison between the individual and the court, can explain individual reasons for their arrest and their legal rights and responsibilities regarding the charges against them, can inform the accused of their rights and help them fill out applications for Legal Aid if the accused can not afford a lawyer, can obtain Native language interpreters when needed and Native cultural interpreters when it has a bearing on the case, can prepare Pre-Sentence reports to ensure that the background of a convicted Native person is properly presented, can visit Native inmates in the jails and penitentiaries in their area to provide information and support, can work with parents and families in the case of a child apprehension by CAS to ensure that all proper steps are taken to protect the child and if possible to reunite the family.

Oppekehawaso Wekamik Centre

Oppekehawaso Wekamik Centre's primary goal is to enhance the overall development of your child and to promote the retention of Aboriginal culture and language. The daycare will have well defined play areas and structured routine based on the vision and mission statements. The daycare offers full day child care services to children 18 months to 12 years old. There is before and after school care for the children attending school full days. Programming is available to school age children during the summer months.

Akwe: Go Program

The Akwe:Go Program provides urban Aboriginal children with the support tools and healthy activities which will build upon and foster their inherent ability to make healthy choices through the delivery of culturally appropriate programs and services. Highlights of the program include development and implementation of a full range of program services, ensure the program is grounded in culture based child development and principals, promote and increase cultural understanding of child and their families, and co-ordinate individual and group activities.

Akwe: Go "High Risk" Program

Akwe:Go "High Risk" is a children's programming for children ages 7 to 12 which provides social, educational, recreational and cultural support. It is an education awareness and intervention program for children at risk. Services will be: reflective and responsive to the high risk children, family and Aboriginal community's strengths and needs, sensitive to the social, linguistic and cultural diversity of families and Aboriginal communities, and

staffed by individuals with the appropriate education, qualifications, and range of skills as well as abilities necessary to respond effectively to the needs of high risk children and their families.

Wasa-Nabin Urban Aboriginal Youth Program

The Wasa-Nabin Urgan Aboriginal Youth Program is for youth between the ages of 13 to 17. The purpose of the program is to provide support and guidance in a cultural framework for youth at risk for specific negative behaviours and outcomes as a result of their current life circumstances. It will incorporate traditional cultural teachings and values and encourage healthy lifestyle choices, foster responsible decision making and influence critical thinking. Services will be: reflective and responsive to the youth, family and Aboriginal community's strengths and needs, sensitive to the social, linguistic and cultural diversity of families and Aboriginal communities, and staffed by individuals with the appropriate range of skills and abilities necessary to respond effectively to the needs of youth and their families.

Urban Aboriginal Healthy Lifestyle Worker

The Urban Aboriginal Healthy Lifestyle Worker Program will improve health status through increased physical fitness, improved cardiovascular health, smoking reduction and improved nutritional knowledge and practices. The Healthy Lifestyle Worker will plan, organize, supervise, assess and facilitate physical fitness and recreation programs, sports activities, healthy eating and weight management programs, youth leadership and smoking cessation.

Youth Program

The Urban Multipurpose Aboriginal Youth Centre is designed for youth ages 12-24 years old. Both Aboriginal and Non-Aboriginal youth are welcome. The four main program components focus on educational, social, recreational and cultural well-being. Programs and activities are planned by the youth for the youth. Activities may include: drum ceremonies, role models, teachings, drumming, camping, hockey, participation in awareness week, etc.

Monthly calendars of programming are available at the Timmins Native Friendship Centre.

Meals

Meals are provided at the Friendship Centre every second Tuesday from 12:00 to 1:00.

Wabun Tribal Council

1-313 Railway Street Timmins, ON

(705) 268-9066

Wabun Tribal Council can assist/advocate for First Nation individuals with status in relation to obtaining financial assistance with transportation, medical appointments and medication through NIHB (Non-Insured Health Benefits).

Kunuwanimano Child and Family Services

210-119 Pine Street South Timmins, ON

(705) 268-9033

Kunuwanimano Child and Family Services provide supportive assistance and intervention pre and post natal to families and children. Please contact this agency to receive additional information on programming and services.

Timmins Native Non-Profit Housing

7-85 Pine Street South Timmins, ON

(705) 268-0222

Wakeynagun Non-Profit Housing assists individuals in locating housing. There is a waiting list and an application must be completed. Please call directly to obtain additional information.

Kapashewakamik Native Patient Hostel

3255 Airport Road Timmins, ON

(705) 264-4661

This hostel provides accommodations for out of town patients/family members requiring medical assistance in the City of Timmins. Please contact the Hostel directly for additional information.

Nishnawbe-Aski Legal Services Corporation

86 S. Cumberland Street, Thunder Bay, ON

1-800-465-5581

This corporation utilizes the "Talking Together Circle" process. The Circle is composed of family members, front line workers, agency representatives, community Elders and community representatives. The Circle looks at who has been affected and how they have been affected by the problems the family is experiencing. The Circle looks at "What can be done?" If an agreement is reached it will be used as a basis for the Plan of Care and will be filed with the court.

Ojibway and Cree Cultural Centre

204-273 Third Avenue, Timmins, ON

(705) 267-7911

The Ojibway and Cree Cultural Centre provides a variety of services that include a Translator/Interpreter and an Educational Program Developer. The centre also has a host of books, DVDs, and CDs for individuals and agencies. There is also resource material for sale at the centre.

Métis Nation of Ontario Services

347 Spruce Street South Timmins, ON

(705) 264-3939

Community Wellness Worker Program

This program is designed to prevent family violence through a traditional and culturally appropriate holistic approach. Services provided include individual and group based activities across the province.

Community Action Program for Children (CAP-C)

This Community Action Program for Children is designed to enhance parenting and care giving skills and promote healthy lifestyles by offering cultural teachings. The overall objective of the program is to enable communities to develop comprehensive, culturally appropriate programs to improve the health and development of Métis and other Aboriginal children (0-6 years).

Long Term Care (LTC)

The Long Term Care program provides support to individuals of all ages. These services are intended to enable individuals to live independently. The program also provides support to caregivers. Services may include transportation to medical appointments, face to face visits, telephone visiting and access to other support services.

Aboriginal Healthy Babies/Healthy Children (AHB/HC)

The MNO Branch acknowledges that children can become at risk at any time due to changes and family circumstances that can affect their stages of growth and development. The program is designed to provide culturally appropriate services through pre and post natal home visits as well as workshops and presentations.

Canadian Pre/Post Natal Nutrition Program (CPNP)

This program is designed to compliment the CAPC and AHB/HC programs by providing nutritional guidance and support to encourage healthier lifestyles to pre and post natal families with children 0-6 months old.

Mental Health Demonstration Project

The Mental Health Demonstration Project uses videoconferencing for client services including counselling, psychiatric consultation, opportunities for group meetings and talking circles. Other important services include staff training, education, professional development, peer support and tele-mentoring

GENERAL SUPPORT SERVICES

ALCOHOL/DRUG PROGRAMS

Cochrane District Detox Centre

105 Second Avenue Smooth Rock Falls

1-800-787-7951

The Centre provides an in-patient detoxification program for individuals while possessing the ability to co-ordinate and arrange for a treatment program.

South Cochrane Addiction Services

2-85 Pine Street South Timmins, ON

(705) 264-5202

South Cochrane Addiction Services provides assessments and recommends treatment programs to appropriate individuals with addictions to drugs and/or alcohol.

Jubilee Centre

140 Jubilee Avenue West Timmins, ON

(705) 268-2666

The Jubilee Centre provides a treatment program for individuals with an addiction. The individual must have an assessment completed prior to admission. Please call the Centre for more information on assessments and treatment.

Timmins and District Hospital - Out Patient Mental Health Service
700 Ross Street East Timmins ON **(705) 267-2131**

The Concurrent Disorders Program offered at Timmins and District Hospital offers counseling, support and treatment to individuals who have an addiction problem as well as a mental health diagnosis. Please call the co-coordinator at 267-2131 extension 2131 directly to obtain further information.

COURT/ LEGAL ISSUES

Legal Aid Ontario

3 Pine Street South Suite 202 Timmins, ON **(705) 264-9472**

The Legal Aid office may be able to provide the assistance of a lawyer for a variety of matters involving court. An application must be completed to determine eligibility. Please contact the Legal Aid Office directly to discuss eligibility and services.

Timmins-Temiskaming Community Legal Clinic

119 Pine Street South Timmins, ON **(705) 267-0300**

The Legal Clinic is able to provide services to low income individuals and disadvantaged groups in relation to certain issues such as Employment Insurance, Ontario Works, Ontario Disability Support Program and others. Please contact the Clinic directly to obtain additional information.

Canadian Mental Health Association

330 Pine Street South Timmins, ON **(705) 267-8100**

The Canadian Mental Health Association has a court worker able to assist individuals who have a mental health problem as well as an individuals who has a mental health diagnosis in combination with an addiction.

Victim Crisis Assistance and Referral Service (705) 360-8700, Canadian Mental Health Association (705) 267-8100, Timmins and Area Women in Crisis (705) 268-8380 and Centre Passerelle pour femmes (705) 360-5657 can be contacted to refer clients for two hours of free legal consultation services with the lawyer of her/his choice.

COUNSELLING SERVICES

Canadian Mental Health Association

330 Pine Street South Timmins, ON

(705) 267-8100

Timmins Consumer Network (TCN)

98 Pine Street South Timmins, ON

(705) 264-9765

Timmins Family Counselling Centre

310-60 Wilson Street Timmins, ON

(705) 267-7333

Timmins and District Hospital

700 Ross Street East Timmins, ON

(705) 267-6315

Timmins and Area Women in Crisis

(705) 268-8380

Listing of Private Counsellors

attached to package

FINANCIAL SERVICES

Ontario Works (Welfare)

38 Pine Street North (101 Mall) Timmins, ON

(705) 268-7722

Ontario Works provides emergency and on-going financial assistance to individuals who qualify. Please contact the Ontario Works Office directly to discuss your situation and to determine your eligibility.

Ontario Disability Support Program (OSDP)

5520 Hwy. 101 East Porcupine, ON

(705) 235-1700

Ontario Disability Support Program provides on-going financial assistance to individuals who qualify because of their inability to work. Please contact the Ontario Disability Support Program directly to discuss your situation and to determine your eligibility.

FOOD BANKS/MEALS

South Porcupine Food Bank

32 Main Street South Porcupine, ON

(705) 235-3450

Open: Tuesdays from 1:00 to 3:00 pm
 Thursdays from 1:00 to 3:00 pm
 Saturdays from 9:00 to 11:00 am

St. Martin de Porres (Food Bank)

86 Spruce Street North

(Costello Community Care Centre) Timmins, ON

(705) 264-0914

Open: Wednesdays from 9:00 to 11:30 am

Salvation Army (Food Bank)

257 Third Avenue Timmins, ON

(705) 267-3422

Open: Wednesdays from 10:30 to 3:30
(not opened the 1st Wednesday of the month)

Mennonite Central Committee (Food Bank)

233 A Pine Street Timmins, ON

(705) 264-2494

Open: Mondays and Thursdays from 9:00 to 3:00

Community Food Bank

100 Second Avenue Timmins, ON

(705) 264-0493

Open: Fridays from 12:30 to 2:00

Lord's Kitchen

86 Spruce Street North Timmins, ON

(705) 264-0914

Thursdays from 4:00 to 6:00 pm

First Baptist Church Meal

100 Second Avenue Timmins, ON

(705) 264-0493

Fridays from 1:00 to 2:00 pm

HOMELESS/SHELTERS

Good Samaritan House

1-137 Golden Avenue South Porcupine, ON

(705) 235-4663

The Good Samaritan Shelter provides accommodations to individuals who do not have a place to stay. Please contact the Good Samaritan to determine if room(s) is(are) available.

Women's Shelter

Matheson, ON

1-866-993-2339

The Women's Shelter provides emergency assistance to women who have experienced violence. Transportation is provided. Please call the Shelter directly to receive more information and/or make arrangements to attend.

Centre Passerelle pour femmes

Timmins, ON

(705) 360-5657

The Women's Shelter is expected to be operational in December 2009. The Shelter will provide emergency assistance to Francophone women who have/are experienced/ing violence. Please call the Shelter directly to receive more information and/or make arrangements to attend.

HOUSING/ROOM AND BOARD/RESIDENCES

Cochrane District Social Service Advisory Board and City of Timmins Non Profit Housing

38 Pine Street, Suite 120 Timmins ON

(705) 268-7722

Non-Profit housing through the City of Timmins assists individuals with locating housing. There is a waiting list and an application must be completed. Please call directly to obtain additional information.

Canadian Mental Health Association

330 Pine Street South Timmins, ON

(705) 267-8100

The Canadian Mental Health Association has two different housing programs. The first is an actual residence for people with a diagnosed mental illness. The second program assist individuals with a mental illness locate and secure accommodations. Please call the Association to obtain additional information.

Dallaire's Residence

169 Fifth Avenue Timmins, ON

(705) 267-1561 267-4962

Dallaire's Residence provides individuals with a room and board setting. Meals, medication and personal care services can usually be arranged. Please call the Residence directly to receive information on availability and the cost.

Northern College of Applied Arts and Technology Student Residence

Hwy. 101 East South Porcupine, ON

(705) 235-6800

The College rents the student residence rooms when available on a daily, weekly and monthly basis. Please call the residence staff directly to determine availability and the fee(s).

MEDICAL/TRAVEL GRANT/DRUG RESOURCES

Victorian Order of Nurses

38 Pine Street North, Suite 139 (101 Mall) Timmins, ON **(705) 267-8444**

The Victorian Order of Nurses (VON) is able to provide the services of a nurse practitioner to individuals who do not have a family doctor and who are not taking narcotics. However, at this time there is a waiting list. Please call directly for additional information.

Diabetes Information Centre

38 Pine Street North Suite 102 (101 Mall) Timmins, ON (705) 264-6803

Timmins After Hours Medical Clinic

227 Algonquin Blvd. West (Shopper's) Timmins, ON (705) 268-3858

Timmins Medical Clinic

119 Pine Street South (Pine Plaza) Timmins, ON (705) 264-5555

The After Hour and Timmins Medical Clinic offer the services of a physician. Please contact the clinics directly to verify the hours and days of operation.

Telehealth Ontario

1-866-797-0000
1-866-797-0007 (TTY)

Telehealth Ontario is a service available to all residents at any time of the day or week. A registered nurse can provide free general health information and advice. The nurse may assist in determining your next course of action.

Telephone Health Advisory Advice

1-866-553-7205

The Telephone Health Advisory Advice Program is a service to provide free health information and advice available only to patient of a Family Health Team. This service is only available from 5:00 pm to 9:00 am Monday to Friday and 24 hours on weekends.

Ontario Travel Health Grant

1-800-461-4006

The program is expected to financially assist with the cost of obtaining medical service out of the community (minimum of 100 km away). Physician(s) complete the Ontario Travel Health Grant for financial assistance. Please discuss directly with the referring physician.

Trillium Drug Program

1-800-575-5386

This program assists individuals who do not have any medication drug coverage. Trillium will assist individuals who have high medication costs and a limited income. Applications for the Trillium Drug Program can be obtained at any pharmacy. Please call the Trillium Drug Program directly for any questions.

PRE/POST NATAL SERVICES

Brighter Futures Program

720 Ross Street East Timmins, ON

(705) 360-7100

Timmins and District Child and Family Services provides "resource mothers" to families through the Brighter Futures Program. This service is a supportive and educational program for parents.

Porcupine Health Unit

169 Pine Street South Timmins, ON

(705) 267-1181

The Porcupine Health Unit also provides a Healthy Babies Healthy Children's Program.

Infant Development Program

600 Toke Street Timmins, ON

(705) 267-8181

The Infant Development Program provides assessments and intervention to children under six years of age. Please call the Infant Stimulation for more details on the type of children that participate in the program and the services provided.

Early Years Centre

707 Ross Street East Timmins, ON

(705) 360-7100

The Early Years Centre provides activities and information for parents and children of all ages. The Centre also offers a Toy Lending Library which provides parents the opportunity to borrow a variety of toys for their children (without having to purchase them).

Kids Help Phone (under 20 years of age)

1-800-668-6868

SENIOR'S PROGRAMS

North East Community Care Access Centre

330 Second Avenue Suite 101 Timmins, ON

(705) 267-7766

The North East Community Care Access Centre is able to provide a host of services that include assistance with personal care (bathing), nursing services, physio and occupational therapy services, respite home care as well as long term and crisis placement residential care. For more detailed information on all the services and programs provided, please call the agency directly.

Meals on Wheels

60 Wilson Street Suite 201 Timmins, ON

(705) 267-4900

The Canadian Red Cross provides two different types of meal programs: frozen and delivered to the home. There is a cost to both depending on the type you wish to receive. Please contact the Red Cross for more information.

Community Support Programs - Golden Manor

481 Melrose Street Timmins, ON

(705) 360-2644

Community Support Programs offered through the Golden Manor include: volunteer drivers, grass cutting and shoveling. These services are subject to volunteer availability and there is a fee. The Manor also provides a Day Program (respite) for individuals. Please contact Shannon at 360-2644 extension 4512.

Emergency Response Systems

Emergency response systems are programs designed to respond to individuals experiencing a crisis. The individual is provided a personal communicator which is located on the wrist or neck. The fee associated with these systems depends on the supplier. Please contact the supplier to obtain more information on the fee and the service that would best address your needs.

Lifeline	(705) 272-5223
Carelink	(705) 360-8644
Life Call	1-800-661-5433

Retirement Homes

Retirement homes are specifically geared for individuals who are mobile and who may require some assistance with daily living activities. These homes are not subsidized and the individual is required to pay a monthly fee:

Chateau Georgian	455 Cedar Street North	(705) 267-7935
Rainbow Suites	1212 Riverside Drive	(705) 360-1130
The Walford	750 Tamarack Street	(705) 267-7277
Spruce Hill Lodge	200 Bruce Street	(705) 235-8200

These lists are not intended to be exclusive. Please consult a telephone directory for additional contacts.