



## RESOURCES FOR INDIGENOUS FAMILIES

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## Aboriginal Friendship Centre of Calgary

- Supports for Mental Health, Addictions, Outreach, Elder Supports, Youth and Justice.
- Hours are: 9 am – 4:30 pm, Fridays, 9 am – 2 pm. Call 403-270-7379 for a list of phone numbers <https://www.afccalgary.org/>

## Alberta Health Services - Indigenous Hospital Liaison Services

- Nations, Métis, and Inuit peoples with: support feeling comfortable in the hospital, making referral support for discharge from the hospital, and talking to healthcare providers about Indigenous culture (e.g., smudging, elder services).
- Patient / client language interpretation service is also available upon request.
- Call 403-955-6600 or Service.aspx

## Awo Taan Family Emergency Shelter

- 24-hour crisis line 403 531-1976 Emergency accommodations Counselling and support Advocacy and referral Education in family violence & safety Pediatric Wellness
- 403-531-1880, ext. 100 or <https://awotaan.org/>

## Closer to Home

- Provides a wide range of services designed to meet the unique needs of children, youth, and families.
- Call 403-615-8598 (Marsha Hanson) or <mailto:mhanson@closetohome.com> <https://closetohome.com/north-central-family-resource-network/>

## Diamond Willow Youth Lodge

- A safe, welcoming place for youth between the ages of 12 - 29 to drop-in or participates in a variety of programs and activities. Designed by young people, for young people, the lodge is a hub where Indigenous youth connect with peers, participate in their own sense of healing and well-being while accessing a variety of programs and supports.
- Please contact us through Facebook, Instagram, or twitter for phone numbers or just to check in. Call 403-247-5003 <https://miskanawah.ca/diamond-willow-youth-lodge>



## Elbow River Healing Lodge at Sheldon Chumir Health Centre

- Wait list in effect, they are seeing existing patients on an emergent basis. They will provide telephone support to current patients. Call 403-955-6600 <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009201>

## Eagles Nest Stoney Family Emergency Shelter

- Still accepting women and children who are fleeing domestic violence only. Limited spaces.
- Location: Morley Alberta Call 403-881-2000. <https://eaglesnestshelter.ca/>

## First Nations Health Authority

- First Nations Health Authority has created a Health & Wellness Daily Organizer to support individuals and families. This resource focuses on holistic wellness and balance through a BC First Nations perspective on health. Includes teachings on being active, healthy eating, nurturing spirit, respecting tobacco and self-assessment. [https://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness\\_Diary.pdf](https://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness_Diary.pdf)

## Hope for Wellness Help Line

- The Hope for Wellness Help Line offers immediate help to all Indigenous peoples, including youth across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention. Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at [hopeforwellness.ca https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478](https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478).

## Indigenous Health and Nutrition Sheldon Chumir Health Centre

- Dieticians accepting new intakes over the phone for Chronic Disease Management support and Family Nutrition 403-955-6624 <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1068908&serviceAtFacilityID=1107702>

## Indigenous Mental Health Sheldon Chumir Health Centre

- Accepting new intakes over the phone for counselling and mental health services 403-955-6645

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1017002&serviceAtFacilityID=1046041#contentStart>

## Jordan's Principle

- Jordan's Principle for First Nations children who qualify. They can provide support with accessing funding for health, social and educational needs. To access Jordan Principle supports contact First Nation's Health Consortium 1-844-558-8748  
[https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_jordans-principle](https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_jordans-principle)

## Métis Calgary Family Services

- Aboriginal Student Program (ASP) provides school supports, mentoring, Elder connections, and tutoring
- Offers childcare centres, preschools, afterschool programs for further information on the children programming [403-240-4642 ext. 224](tel:403-240-4642)
- In Home Family Support support to our families
- Rainbow Lodge Supportive Housing continues to provide outreach support to our families <http://mcfs.ca>

## Métis Nation of Alberta

- Provide culturally-appropriate, self-directed social, wellness, and economic opportunities for Métis individuals, families, and communities.
- Child Wellness Benefit program
- \$500/child aged 0 – 12 years old, up to a maximum of \$2500 per household. To help families pay for childcare, home schooling supplies, child wellness and more. For details visit [albertametis.com](http://albertametis.com) or [780-455-2200](tel:780-455-2200)
- Emergency Rent Supplement program
- Rental relief payments of \$1000/month for 3 months. This program is for people struggling to pay their rent and will be administered until funds are no longer available and will be on a first come, first served basis [1-877-458-8684](tel:1-877-458-8684), [emergencysupport@metishousing.ca](mailto:emergencysupport@metishousing.ca) or [metishousing.ca](http://metishousing.ca) [1-800-252-7553](tel:1-800-252-7553) [albertametis.com](http://albertametis.com)

## Miskanawah

- Youth mentorship programs, community, and family programs. Diamond Willow Youth Lodge offers one-on-one over the phone Elder support [403-247-5003](tel:403-247-5003) <https://miskanawah.ca/>

## Mustard Seed, (Lakota/ Nêhiyaw) Indigenous Counsellor

- The Mustard Seed's Indigenous Wellness Program provides culturally appropriate supports available to help the Indigenous population, who are often subject to intersecting vulnerabilities and marginalization. The program incorporates cultural practices, traditions, and activities into the therapeutic process [587-393-4020](tel:587-393-4020)

## Native Women's Association of Canada

The Native Women's Association of Canada (NWAC) is a National Indigenous Organization representing the political voice of Indigenous women, girls, and gender diverse people in Canada, inclusive of First Nations on and off reserve, status, and non-status, disenfranchised, Métis and Inuit <https://nwac.ca/about-us>

## Piikani Crisis Line

During the Covid-19 pandemic, Peigan Prevention counselling Services has put together a crisis line for membership to access.

Resources & Support: Monday – Friday 8:30 a.m. – 4: 30 p.m. [403-965-3919](tel:403-965-3919)

Health Centre [587 421 2002](tel:587-421-2002)

Evenings and weekends [403-632-6563](tel:403-632-6563) - Margaret Potts or [403-632-6617](tel:403-632-6617) - Trevor Prairie Chicken.

## Siksika Health Services Coronavirus Covid-19 Information

- Provides ongoing guidance and current situation to community on and off reserve for preventative measures and supports
- Contact [403-734-5716](tel:403-734-5716) for information regarding food resources available to community members on and off reserve.
- <https://siksikahealth.com/covid/current-situation-in-siksika/>
- [403-734-5660](tel:403-734-5660)

## Siksika Health Services

- Provides health and wellness supports and updates, and community programming <https://siksikahealth.com/> [403-734-5600](tel:403-734-5600)

## Sunrise Healing Lodge

- Sunrise Healing Lodge Society has provided Indigenous based programs dealing with addictions in the community. We help men, women, and their families recover from the destructive effects of alcohol, drug, and gambling addictions [403-261-7921](tel:403-261-7921) <http://nass.ca/wp-content/uploads/2020/03/Info-1.png>



## Urban Society for Aboriginal Youth (USAY)

- Providing essential programming and services to Calgary's Indigenous youth. USAY strives to provide essential programming and services to Calgary's Indigenous youth between the ages of twelve and twenty-nine.
- Calls are accepted between 9:00 a.m. – 5:00 p.m. weekdays. If your call is not answered please, leave a message and one of the staff will return your call 403-233-8225 <https://usay.ca>

