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Regional Assistance for Members in Urban Centres Covid-19

Updated: March 31, 2020

Location	Organization	Contact Information	Type of Assistance	Eligibility
Ontario Wide	Talk 4 Healing	1-855-554-HEAL (4325) or Talk4Healing.com Hours of Operation: 24/7	Mental Health Support Talk, Text, Chat	All Inclusive
Ontario Wide	Hope For Wellness Helpline	P: 1-855-242-3310 Online: hopeforwellness.ca Hours of Operation: 24/7	Mental Health Counseling and Crisis Intervention Phone & Online Chat	All Inclusive
Ontario Wide	Assaulted Women's Helpline	P: 1-866-863-0511 Hours of Operation: 24/7	Telephone Counseling, Emotional Support, Information & Referrals	Women
Ontario Wide	Senior Safety Line	P: 1-866-299-1011 Hours of Operation: 24/7	Telephone Safety Planning & Supportive Counseling Contact & Referral Information	Seniors
Ontario Wide	Kids Help Phone	P: 1-800-668-6868 Hours of Operation: 24/7	Counseling, Information & Referrals Text, Phone, Live Chat	Children & Youth
Ontario Wide	211	211 Email:	Multi-Channel Information and Referral System	All Inclusive

		questions@211north.ca or gethelp@211ontario.ca Online: 211ontario.ca Hours of Operation: 24/7	Assistance with locating Food Banks that are open	
9 Sites throughout Ontario	Ontario Native Women's Association Kenora, Sioux Lookout, Thunder Bay, Greenstone, Timmins, Hamilton, Toronto, Ottawa & Napanee	P: 1-800-667-0816 Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Drop and Go Care Bags	Women & Children
30 Sites throughout Ontario	Ontario Federation of Indigenous Friendship Centres	Central Contact Person: Shawn Longboat, Program Director P: 905-518-1074 Email: slongboat@ofifc.org	Food Support, Supplies, Mental Health Support, Medical Transportation	All Inclusive
Ontario Wide	Jordan's Principle	P: 1-855-572-4453 Hours of Operation: 24/7	Needs Based - Social, Medical, Education	Children & Youth (up to 18th Birthday)

Kenora	Ne-Chee Friendship Centre	<p>P: 807-468-5440</p> <p>Facebook: Ne-Chee Friendship Centre</p> <p>Email: aces@nechee.org</p> <p>Hours of Operation: Messages can be left from 8:30 AM to 4:30 PM CT and will be responded to promptly Monday to Friday</p>	<p>Health Items, Food Bags, Art/Craft Kits</p> <p>Emergency Shelter</p> <p>Medical Transportation for Elders</p>	<p>All Inclusive</p> <p>Elders</p>
Kenora	Waasegiizhig Nanaandawe'iyewigamig	<p>P: 807-467-8770</p> <p>Hours of Operation: 9 AM to 4 PM CT Monday to Friday</p>	Phone Counseling Appointments	All Inclusive
Kenora	Kenora Youth Wellness Hub	<p>P: 807-407-2751</p> <p>Hours of Operation: 10 AM to 4 PM CT Monday to Friday</p>	Connecting Youth with available resources and services within Kenora	Youth
Red Lake	The Red Lake Indian Friendship Centre	<p>P: 807-727-2847</p> <p>Hours of Operation: Messages can be left from 9 AM to 5 PM CT and will</p>	<p>Food Basket Delivery on Fridays</p> <p>Supports to Elders such as Prescription Pick Up/Delivery and Medical Transportation</p>	<p>All Inclusive</p> <p>Elders</p>

		be checked daily Monday to Friday		
Dryden	Dryden Native Friendship Centre	P: 807-223-4180 Hours of Operation: Messages can be left from 8:30 AM to 4:30 PM CT and will be checked daily Monday to Friday	Food Hampers, Diabetic Supplies, Adult Diapers	All Inclusive
Sioux Lookout	Nishnawbe-Gamik Friendship Centre	Facebook: Nishnawbe-Gamik Friendship Centre Email: reception@ngfc.net Hours of Operation: Messages can be left from 8:30 AM to 4:30 PM CT and will be responded to promptly Monday to Friday	Food Hampers, Diapers, Wipes, Formula, Activity Supplies Medical Transportation for Elders	All Inclusive Elders
Sioux Lookout	First Step Women's Shelter	P: 807-737-1438 Hours of Operation: 24/7	Shelter	Women & Children
Sioux Lookout	Out of the Cold	P: 807-737-7499 Hours of Operation: 24/7	Shelter & Food	All Inclusive
Fort Frances	United Native Friendship Centre	P: 807-274-8541	Food Bank Tuesday & Thursday from 11-2	All Inclusive

		Hours of Operation: Messages can be left from 8:30 AM to 4:30 PM CT and will be checked daily Monday to Friday		
Fort Frances	Gizhewaadiziwin Health Access Centre	P: 807-274-3131 Hours of Operation: 8:30 AM to 4:30 PM CT Monday to Thursday & 8:30 AM to 4 PM CT Friday	Virtual Medical Appointments Phone Mental Health Support	Current Clients
Thunder Bay	Matawa	P: 807-344-4575 Hours of Operation: 8:30 AM to 4:30 PM EST Monday to Friday	Food Hampers & Phone Mental Health Services	Matawa Members Only
Thunder Bay	Anishnawbe- Mushkiki Aboriginal Health Access Centre	P: 807-623-0383 Hours of Operation: 8:30 AM to 4:30 PM EST Monday to Friday	Urgent Phone Appointments	All Inclusive
Thunder Bay	Beendigen	P: 807-346-4357 Hours of Operation: 24/7	Shelter	Women & Children
Thunder Bay	Thunder Bay Indigenous	P: 807-345-5840	Food Hampers – Call Monday to Friday between 9-12 PM for	All Inclusive

	Friendship Centre	Hours of Operation: 9 AM to 12 PM and 1 PM to 5 PM EST Monday to Friday	afternoon delivery Current Clients – Phone Wellness Checks Life Long Care Clients – Medical Transportation	Current Clients
Sault Ste. Marie	Sault Ste. Marie Indian Friendship Centre	P: 705-256-5634 Facebook: Sault Ste. Marie Indian Friendship Centre Hours of Operation: Messages can be left from 8:30 AM to 4:30 PM EST and will be checked daily Monday to Friday	Portable Lunch Program Tuesday's and Thursday's from 12-12:30 PM Medical Transportation	All Inclusive Elders
Sudbury	Shkagamik-Kwe Health Centre	P: 705-675-1596 8:30 AM to 12:00 PM and 1:00 PM to 4:30 PM EST Monday to Friday	Phone Support	Current Clients
Owen Sound	Southwest Ontario Aboriginal Health Access Centre	P: 519-376-5508 Hours of Operation: 8:30 AM to 4:30 PM EST Monday to Friday	Urgent Services for Primary Care & Crisis Care for Mental Health Telephone Support & Information	Current Clients All Inclusive

New Liskeard	Temiskaming Native Women's Support Group	P: 1-855-647-7874 Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Phone Health & Mental Health Services Opening daycare services for First Responders from 6:30 AM to 9 PM Monday to Friday Afterhours home daycare services will also be available	Current Clients All Inclusive
Toronto	Toronto Aboriginal Support Services Council	P: 647-957-8372 Email: Support@tassc.ca Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Service, Support & Resource Information Central Coordination Service	All Inclusive
Toronto	Native Canadian Centre of Toronto	P: 416-964-9087 Facebook: Native Canadian Centre of Toronto Hours of Operation: Messages can be left Monday to Wednesday 9 AM to 8 PM Thursday 9 AM to 9 PM Friday 9 AM to 6 PM & Saturday 10 AM to 4 PM	Take Away Lunch Monday to Friday 11 AM – 1 PM Hygiene Packs/Sleeping Bags Online Support	All Inclusive

		EST		
Toronto	Native Child and Family Services Toronto	P: 416-969-8510 Ext. 3141 Email: covid19hamperrequest@nativechild.org Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Food & Activity Hamper Deliveries, Gift Cards, Mental Health & Addiction Support, Domestic & Intimate Partner Violence Support, Telephone as well as Online Engagement, Case Management & System Navigation and Cultural Support (virtual access to elders as well as traditional medicines)	All Inclusive
Toronto	Anishnawbe Health Toronto	P: 416-920-2605 Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Critical Health & Traditional Services Online and In Person as needed	Current Clients
Toronto	ENAGB Indigenous Youth Agency	Register at www.enagb-iy.ca Upon completion, please email Cynthia.Bell-Clayton@enagb-iy.ca or join sage ENAGB on Facebook and send a private message Hours of Operation: 8:30	Food Hampers, Financial Support & Phone Support	Youth 12-24 & Families with Children between 0-6

		AM to 4:30 PM Monday to Friday		
Toronto	Miziwe Biik Aboriginal Employment & Training	Email: reception@miziwebiik.com Hours of Operation: 8:30 AM to 4:30 PM Monday to Friday	Online Employment & Training Services	All Inclusive
Toronto	Friendly Neighbour Hotline	P: 1-855-581-9580 Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Groceries & Household Items (up to 8 items) picked up and dropped off within 24 Hours – No Delivery Fee	Seniors in Low Income Housing
Toronto	Council Fire Native Cultural Centre	P: 416-360-4350 Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Daily Meals, Food Delivery to Elders/Seniors, Medicinal Teas, Food Cards, Food Bank Services, Hotel Rooms for Under housed and Homeless Community Members and Virtual Programming	All Inclusive
Toronto	Aboriginal Legal Services	P: 416-408-4041 Hours of Operation: Current Clients – 9 AM to 5 PM Monday to Friday New Client Intake – 10 AM to 3 PM Monday	Phone Service Gladue Reports/Gladue Letters Intake	Current Clients New Clients

		Wednesday & Friday P: 416-286-5277 Hours of Operation: 8 AM to 4 PM EST Monday to Friday	Self-isolation supports, including Groceries, Kids Activities, Financial and Traditional Services	Gabriel Dumont Residents and Priority Community Members
Toronto	Gabriel Dumont Non-Profit Homes			
Toronto	Native Women's Resource Centre	Email: ed.admin@nwrct.ca Hours of Operation: 10 AM to 4:30 PM EST Monday to Friday	Grocery Gift Cards Phone Support from Traditional Healers	Women & Children
Toronto	Toronto Inuit Association	Email: info@torontoinuitassociation.com Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Country Food/Game Food & Supplies Delivery	Inuit
Toronto	2-Spirited People of the First Nations	P: 437-249-6837 Hours of Operation: 9:30 AM to 7:30 PM EST Tuesday to Friday & 10:30 AM to 6:30 PM EST	Talk or Text Phone Support Supply & Food Delivery	2 Spirited

		Saturday		
Toronto	Native Men's Residence	P: 416-652-0334 24/7	Emergency Shelter	Men
Hamilton	De dwa da dehs nye s Aboriginal Health Centre	P: 905-544-4320 Hours of Operation: 8:30 AM to 4:30 PM EST Monday to Thursday & 8:30 AM to 3 PM EST Friday	Phone Appointments	Current Clients
Hamilton	Hamilton Native Women's Centre	P: 905-664-1114 24/7	Shelter & Food	Women & Children
Hamilton	Hamilton Regional Indian Centre	P: 905-548-9593 Email: reception@hric.ca Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Food & Health Items Medical Transportation	Current Clients
Brantford	De dwa da dehs nye>s Aboriginal Health Centre	P: 519-752-4340 Hours of Operation: 8:30 AM to 4:30 PM EST Monday to Thursday & 8:30 AM to 3 PM EST	Phone Mental Health Services Well Baby & Prenatal Checks	All Inclusive Current Clients

		Friday		
London	Atlohsa Family Healing Services	P: 519-438-0068 Email: admin@atlohsa.com Facebook: Atlohsa Anishinaabeg 24/7	Assistance with Housing Applications Zhaawanong Shelter Resting Space 24-hour Crisis Line: 1-800-605-7477	Women & Children
London	Southwest Ontario Aboriginal Health Access Centre	P: 519-672-4079 Hours of Operation: Leave a message from 8:30 AM to 4:30 PM EST Monday to Friday	Essential Services Only	All Inclusive
Sarnia	Sarnia Lambton Native Friendship Centre	Catherine Raymond P: 226-964-2016 Facebook: Sarnia-Lambton Native Friendship Centre Hours of Operation: 8:30 AM to 4:30 PM EST Monday to Friday	Food & Transportation Phone Check In & FaceTime Meetings	All Inclusive
Windsor	Southwest Ontario	P: 519-916-1755	Crisis Calls	All

	Aboriginal Health Access Centre	Hours of Operation: 8:30 AM to 4:30 PM Monday to Friday		Inclusive
Fort Erie	Fort Erie Native Friendship Centre	P: 905-871-8931 Facebook and Messenger: Fort Erie Native Friendship Centre Email: https://www.fenfc.org/staff Hours of Operation: 9 AM to 5 PM EST Monday to Friday	2X Weekly Wellness Checks with most vulnerable community members Delivery of essential items to people who are shut-in or in need Keeping community informed via social media with information and helpful tips	All Inclusive
Peterborough	Nogojiwanong Friendship Centre	P: 705-775-0387 Hours of Operation: 8:30 AM to 4:30 PM EST Monday to Friday	Medical Transportation	All Inclusive
Peterborough	Nijkiwendidaa Anishnaabekwewag Services	P: 705-741-0900 Hours of Operation: Messages can be left from 9 AM to 4:30 PM EST Monday to Friday	Telephone Support & Virtual Women's Talking Circle	Women & Their Families

Ottawa	Odawa Native Friendship Centre	P: 613-722-3811 Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Food Hamper Delivery	All Inclusive
Ottawa	Wabano Centre for Aboriginal Health	P: 613-748-0657 Hours of Operation: 9 AM to 5 PM EST Monday to Friday	Phone Medical and Mental Wellness Services	Current Clients
Ottawa	Tewegan Housing for Aboriginal Youth	P: 613-233-0672 Hours of Operation 24/7	Transitional Housing	Youth
Cornwall	Mohawk Council of Akwasasne	P: 613-575-2341 Hours of Operation: 8:30 AM to 4 PM EST Monday to Friday	Telephone Nurse Practitioner Assessments and Mental Health Services	All Inclusive