

Secretariat Office
 468 Queen St E, Suite 400
 Toronto, ON M5A 1T7
 Phone: (416) 597 1266
 Fax: (416) 597 8365
 1 877 517 6527
 www.chiefs-of-ontario.org



Political Office
 PO Box 3355
 Taykwa Tagamou Nation, ON
 P0L 1C0
 Phone: (705) 272 4103

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> | <p>Phone Counseling Appointments</p> | <p>All Inclusive</p> |
| 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> | <p>Connecting Youth with available resources and services within Kenora</p> | <p>Youth</p> |
| 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>P: 416-969-8510 Ext. 3141</p> <p>Email: covid19hamperrequest@nativechild.org</p> <p>Hours of Operation: 9 AM to 5 PM EST Monday to Friday</p> | 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>P: 416-920-2605</p> <p>Hours of Operation: 9 AM to 5 PM EST Monday to Friday</p> | Critical Health & Traditional Services Online and In Person as needed | Current Clients |
| Toronto | ENAGB Indigenous Youth Agency | <p>Register at www.enagb-iy.ca</p> <p>Upon completion, please email Cynthia.Bell-Clayton@enagb-iy.ca or join sage ENAGB on Facebook and send a private message</p> <p>Hours of Operation: 8:30</p> | 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 | Online Employment & Training Services | All Inclusive |
| | | Hours of Operation: 8:30 AM to 4:30 PM Monday to Friday | | |
| 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 |