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Indigenous Community Resource Guide



2023-2024 School Year



**Calgary Board
of Education**

Indigenous Community Resource Guide

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Aboriginal Friendship Centre of Calgary

- Business hours are Monday-Thursday 9:00 a.m. – 4:00 p.m., Fridays, 9:00 a.m. – 2:00 p.m. Call [403-270-7379](tel:403-270-7379) for a list of phone numbers for support for Mental Health and Addiction, Contact reception for Outreach, Elder Supports, Youth and Justice.

<https://www.afccalgary.org/>

Alberta Health Services - Indigenous Liaison Services

- Each hospital site has an Indigenous Liaison who provides First Nations, Métis and Inuit peoples with: help feeling comfortable in the hospital, making referrals 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 [403-955-6600](tel:403-955-6600) or go to the website: [Service.aspx](#)

Awo Taan Family Emergency Shelter

- The Emergency Shelter
- Elder support is available by telephone to offer spiritual support.
- The outreach center is open to the public. They are open Monday to Friday 9:00 a.m.-5:00 p.m. To find out more information please call [403-531-1880](tel:403-531-1880), ext. 100
- Available support entails Family Resource Worker, Family Violence Prevention Worker and Youth Programming Worker [403-531-1880](tel:403-531-1880), ext. 100 or website: <https://awotaan.org/> and Awo Taan Family Services on Facebook

Blackfoot Confederacy

- The Blackfoot Confederacy Tribal Council is providing food hampers for Elders, people with disabilities and low income for Blackfoot Confederacy members that are residing in Lethbridge and Calgary [587-287-1100](tel:587-287-1100) or go to the website: <http://blackfootconfederacy.ca>

Closer to Home

- We are offering a combination of in-person and virtual services at this time. <https://closerhome.com/programs/?who=indigenous>
- Indigenous Supports for more information please connect with Kari Beth Yellow Sun (Program Facilitator) [403-472-2372](tel:403-472-2372) or kyellowsun@closerhome.com and Marsha Hanson (Pekewe Elder and Program Coordinator) [403-615-8598](tel:403-615-8598) or mhanson@closerhome.com
- North Central Family Resource Network
- We offer free programming for children, youth and parents. For more information, please call us at [403-543-0555](tel:403-543-0555) <https://closerhome.com/north-central-family-resource-network/>

Diamond Willow Youth Lodge

Some of the programs offered include:

- Healing and visits with cultural knowledge keepers
- Elder hours – indigenous cultural awareness teachings
- Employment, education, and mental health support
- Indigenous crafts
- Drumming workshops
- Monthly Sunday Dinners
- Movie nights
- Sports and recreation
- Game night
- Skill building and employment preparation
- Please contact us through Facebook, Instagram or twitter for phone numbers or just to check in [403-247-5003](tel:403-247-5003)

<https://miskanawah.ca/diamond-willow-youth-lodge>

Elbow River Healing Lodge at Sheldon Chumir Centre

- Accepting new patients December 2023. They are only seeing existing patients on an emergent basis. They will provide in-person and telephone support to current patients.
- Phone [403-955-6600](tel:403-955-6600)
- <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009201>

Eagles Nest Stoney Family Emergency Shelter

- Accepting women and children who are fleeing domestic violence. Limited spaces.
- Phone [403-881-2000](tel: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.

Website: https://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness_Diary.pdf

First Nations Health Consortium

- The First Nations Health Consortium is an Alberta wide organization developed to improve access to health social education services and supports to First Nations and Inuit children throughout the province living both on and off reserve. We strive to raise public and community awareness of our enhanced service coordination for Jordan's principal: a Child First Initiative

<https://abfnhc.com/>

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 **1-855-242-3310** or connect to the online chat at hopeforwellness.ca

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478> .

Indian Residential School Support Line

- Support line provides services for former students of the Indian Residential Schools and their families. These services are accessible (24/7 Toll Free)
- Phone: **1-866-925-4419**

Indigenous Mental Health Sheldon Chumir Health Centre

- Our office is open from 8:00 a.m. to 4:15 p.m. Monday to Friday. We are accepting new intakes over the phone for counselling and mental health services
- Phone **403-955-6645**

Jordan's Principle

- Jordan's Principle for First Nations children who meet eligibility. Support is provided by accessing funding for emergency medical supplies, clothing, groceries, respite, transportation, tutoring and much more, for families with children 18 and under. Jordan Principle call center **1-855-572-4453**
- To access Jordan Principle supports contact First Nation's Health Consortium
- Phone **1-844-558-8748**
- Website: <https://sac-isc.gc.ca>

Métis Calgary Family Services

- Childcare centers, preschools, afterschool programs are open, for further information on the children programming [403-240-4642](tel:403-240-4642) ext. 224
- In Home Family Support continues to provide full support to our families, please call your specific worker or [587-999-4642](tel:587-999-4642) to be directed to your worker.
- Rainbow Lodge Supportive Housing continues to provide full outreach support to our families please call your specific worker [403-240-4642](tel:403-240-4642), ext. 402 or [403-862-4642](tel:403-862-4642) to reach your worker
- Website: <http://mcfs.ca>

Métis Nation of Alberta

- We work to provide culturally appropriate, self-directed social, wellness, and economic opportunities for Métis individuals, families, and communities. For details visit <https://albertametis.com> or [780-455-2200](tel:780-455-2200)
 - For more details regarding resources such as:
 - Mental health
 - Housing
 - Education funding,
 - Family support
 - Benevolent Fund Top-Up
 - For details please email ssn@metis.org
 - Métis Nation of Alberta – Provincial Office
 - Delia Gray Building – 11738 Kingsway Avenue
Edmonton [780-455-2200](tel:780-455-2200) or [1-800-252-7553](tel:1-800-252-7553)
- <https://albertametis.com>

Miskanawah

- Provides teachings for youth, Elder support, family programming and community initiatives. Please contact us through Facebook, Instagram or twitter
- Phone [403-247-5003](tel:403-247-5003)
- Website: <https://miskanawah.ca/>

Missing Murdered Indigenous Women and Girls (MMIGW) Help Line

- The support line for MMIWG provides immediate assistance, national and independent. The service is offered in English, French, Cree, Ojibway and Inuktitut (24/7 Toll Free)
- Phone: [1-844-413-6649](tel:1-844-413-6649)

Non-Insured Health Benefits (NIHB) Mental Health Counselling

- Learn about the Non-Insured Health Benefits (NIHB) program and how to access it. Also search for important health-related resources, contact information and the Drug Benefit List.
- Website: <https://sac-isc.gc.ca>

Mustard Seed

Programs and services include:

- Basic needs - emergency shelter, meals, clothing, and hygiene items
- Health and Wellness
- Housing
- Employment
- Spiritual Care
- Community Engagement
- Community Impact Centers
- Phone [587-393-4020](tel:587-393-4020)
- Website: <https://theseed.ca>

Native Network Parent Link Centre

- Childcare & youth programs
- Parent support
- [403-240-4642](tel:403-240-4642) ext. 303
- Social services Website: <https://mcfs.ca>

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.

Website: <https://nwac.ca>

Piikani Crisis Line

- 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.
- Phone [403-965-3919](tel:403-965-3919)

Siksika Food Centre

- Contact for information regarding food resources available to community members on and off reserve.
- Phone [403-734-5716](tel:403-734-5716)

Siksika Nation Mental Health Support

- Provides mental health support to Siksika community members
- Phone [403-734-5660](tel:403-734-5660)

Stoney Nakoda Nation

- Provides many services and supports to the community from housing, childcare, health and wellness to emergency management.
- Website: <https://stoneynakodanations.com>

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
- Phone: [403-261-7921](tel:403-261-7921)
- Website: <http://nass.ca/wp-content/uploads/2020/03/Info-Png>

The Summit

- Walk-in Mental Health Services for Children and Youth provides timely mental health and addiction services for children and adolescents and their families in a compassionate, convenient and purpose-built environment.
- Walk-In Services provides mental health and support in a single session or "one at a time" service model.
- Children and youth aged 7-17 and/ or their families or guardians may come to the Walk-In to meet with a therapist for one hour to discuss concerns regarding the child or youth's mental health and collaborate in creating a support plan for those issues.

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.
- Phone: [403-233-8225](tel:403-233-8225)
- Website: <https://usay.ca>

Youth Mental Health

- Provides information to access support for students
- Website: <https://insite.cbe.ab.ca/teaching/student-supports/indigenous-education/Documents/Mental-Health-Supports-for-Indigenous-Youth.pdf>