

# *Gathering Communities Making Connections*

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**Tyendinaga/Deseronto / Napanee  
Kingston/Sharbot Lake & Area  
Bancroft**

## **Resource Guide for Indigenous Families**



Inside you will find

Indigenous Services

Indigenous  
Community Groups &  
Annual Events

Key General Services

3rd edition  
August 2017

## Updating this Guide

This resource guide is a living document. Community members suggest listings; and the Indigenous Services Circle of the Kingston Frontenac Lennox & Addington Children and Youth Planning Committee (KFLA CYSPC) make updates. There is no formal editorial committee – all suggestions for traditional resources welcome! We do not endorse, promote or favor any particular organization, person or event.

We try to ensure the guide is accurate and up-to-date. Please e-mail, call or text additions, corrections or deletions to Kate Brant at 613-354-8937 (landline) or 613- 391-7130 (cell) or [kathyb@kchc.ca](mailto:kathyb@kchc.ca) .

The Indigenous Services Circle, KFL&A Children and Youth Services, updated the *Gathering Community Making Connections* June 2017 guide.

Groups and organizations currently represented on our Circle:

City of Kingston, Cultural Services

County of Frontenac

Family and Children’s Services of Frontenac, Lennox & Addington

Hotel Dieu Hospital, Weeneebayko Patient Services

KFL&A Public Health

Kingston Interval House

Kingston Literacy & Skills

Métis Nation of Ontario

Napanee & Area Community Health Centre, Indigenous Health Program

Northern Frontenac Community Services

Ontario Native Women’s Association, Aboriginal Health Babies, Healthy Children

Pathways for Children and Youth

Prince Edward Lennox & Addington Social Services

Queen’s University, Four Directions Aboriginal Student Centre

St. Lawrence College Saint Laurent

Tipi Moza

# Introduction

## *What is the Purpose of this Guide?*

This one-of-a-kind guide was designed to help you connect with Indigenous Communities in Kingston, Tyendinaga, Napanee, Deseronto, Sharbot Lake and Bancroft. The guide includes listings of Indigenous services, and community-based groups and events. We have also included voluntary, community-based activities that are often the essence of sharing and caring Indigenous Communities. In addition, the guide includes some general services for families and children. We hope you will find the guide useful whether you are seeking information for yourself, a friend, or client.

## *Who is this Guide For?*

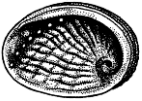
This guide is for Indigenous people and families. The word “*Indigenous*” refers to people with First Nations Ancestry. If you have an auntie or uncle or grandparent, great-grandparent, or mother or father who identified as having Inuit, Métis, Indian or Native heritage, then you have First Nations Ancestry. You do not need a status card or membership card to use most of the services in this guide. Some of the services are directed to a specific membership or to Status Indians, in which case, we indicate the service is *restricted to Members, or serves only On-Reserve residents*. This guide is also a valuable resource for anyone working with Indigenous clients, families, and communities.

## *What do the Feather and Shell symbolize?*

Feather and shell symbols are to identify individuals or organizations that can help you connect to Elders, Community Knowledge Keepers and Teachers, or find Ceremonies and Sacred Medicines. Think of the guide as a helper. Each community knows who their Elders and Knowledge Keepers are, and the way in which healing and helping is most readily available. It is important to reach out and talk with others in your community.



*Feather: Helping to access Community Elders, Knowledge Keepers, Ceremony, (e.g. Sweat Lodge, Moon Ceremony, Water Ceremony).*





*Shell: May be able to help you get four sacred medicines (Sweetgrass, Cedar, Tobacco, Sage).*





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## **Kingston and Area**

### **Cultural Gatherings**

#### **Moon Ceremony**

[www.queensu.ca/fdasc/programs-and-services/cultural-programming/full-moon-ceremonies](http://www.queensu.ca/fdasc/programs-and-services/cultural-programming/full-moon-ceremonies)

Four Directions Student Centre, 146 Barrie Street, Kingston, ON K7L 3N6

Vanessa McCourt, Aboriginal Advisor - 613-533-6970

[mccourtv@queensu.ca](mailto:mccourtv@queensu.ca)

Ceremony for women on monthly basis at the time of the full moon. Women and young women welcome. See website for details.

#### **Water Ceremony**

Laurel Claus Johnson

[mamabear1944@gmail.com](mailto:mamabear1944@gmail.com)

All women welcome to gather in the Fall (November) and Spring (March or April) to carry out water ceremony. The site is usually on the lakefront, just west of Kingston General Hospital on King Street.

### **Early Learning, Language and Lifelong Learning**

#### **Aboriginal Teachers Education Program (ATEP)**

<http://educ.queensu.ca/atep-community>

Faculty of Education, Room A244 Queens University, Kingston, ON K7M 5R7

1-800-862-6701

[atep@queensu.ca](mailto:atep@queensu.ca)

Full-time campus-based program provides opportunity for teacher candidates to specialize in Aboriginal education. May be of particular interest to Aboriginal students, those with experience in Aboriginal education, and mature students. Includes courses with Aboriginal-specific content and practice teaching placements in First Nations or provincial schools. ATEP intake begins in May each year.

## Eagle Learning Cafe

<http://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/indigenous-support/>

Room 33400, St. Lawrence College, 100 Portsmouth Ave., Kingston, ON K7L 5A6

Mary Ann Lyons, Aboriginal Advisor, Coordinator of Aboriginal Services  
613-544-5400, ext. 1551

[mlyons@sl.on.ca](mailto:mlyons@sl.on.ca)

Support and assistance with application and transition processes, funding and bursary applications, referrals to College services, and links to community. Join us for social and cultural events, mentoring, and much more! Services are available to all students who self-identify as Indigenous. Watch the YOUTUBE video to learn more

<https://www.youtube.com/watch?v=cP3R1oImE74>.

## Four Directions Aboriginal Student Centre

<http://www.queensu.ca/fdasc>

146 Barrie Street, Kingston, ON K7L 3N6

Vanessa McCourt, Aboriginal Advisor - 613-533-6970

Email: [4direct@queensu.ca](mailto:4direct@queensu.ca)

Provides cultural, academic, socially based support for Indigenous students; some events open to community members. Contact for information about Moon and Water Ceremonies, and workshops.

## Katarokwi Aboriginal School

[http://www.limestone.on.ca/Programs/Aboriginal\\_Ed/K\\_Profile](http://www.limestone.on.ca/Programs/Aboriginal_Ed/K_Profile)

66 Harvey Street, Kingston, ON K7K 5B9

Kelly Maracle, Aboriginal Education Worker - 613-767-1266

Focus program in Limestone District School Board intended to provide students who self-identify as Aboriginal with safe, inclusive, culturally rich learning environment. Focus on respect for self and others, and Aboriginal traditions and community. Includes regular visits by Elders, and curriculum reflecting Aboriginal cultures, histories and perspectives. Offers four credits per semester and option of independent learning courses. Assistance with application and

transition processes, funding and bursary applications, referrals to College services, and links to community available.

To learn more: <http://www.youtube.com/watch?v=cP3R1oImE74>

## Employment

### **Kagita Mikam Aboriginal Employment and Training**

[www.kagitamikam.org](http://www.kagitamikam.org)

182 Sydenham Street, Kingston, ON K7K 3M2

Natasha Maracle, Employment Development Officer - 613-536-7054

[natasha@kagitamikam.org](mailto:natasha@kagitamikam.org)

Provides training and employment services designed to help clients get back into the workforce, including stay in school and summer youth initiatives. Works cooperatively with all Aboriginal and First Nations organizations.

### **Métis Nation of Ontario:**

#### **Employment & Training & Education Branch**

<http://www.metisnation.org/>

629 Division Street, Kingston, ON K7K 4B7

Elaine Jeffery, Regional Employment & Training Coordinator;

[ElaineJ@metisnation.org](mailto:ElaineJ@metisnation.org)

613-549-1674 ext. 306

Services open to any person who self- identifies as a Métis residing in Ontario (NOT registered as an Indian under Indian Act or as Inuk on an Inuit registry. Application must meet program eligibility criteria.

Applicants must complete intake and assessment process. Funding depends on budget availability and approval from Regional Advisory Committee. Additional information is available on website.

## Healthy Pregnancies, Healthy Babies (Pre & Postnatal Services)

### **Métis Nation of Ontario:**

#### **Healthy Babies Healthy Children**

629 Division Street, Kingston, On K7K 4B6

Joie Ouderkirk - 613-549-1674 ext. 308

Culturally appropriate, client centered services designed to increase knowledge and strengthen skills for healthy decision-making, including baby weight monitoring, play based learning, parenting skills and access to developmental supports

## Holistic Approaches to Wellbeing (Health & Mental Health Services)

### **Kingston General Hospital**

[www.kgh.on.ca](http://www.kgh.on.ca)

76 Stuart Street, Kingston, ON K7L 2V7

On Call Chaplain - 613-549-6666 'dial 0' for the operator

To access sacred medicines or arrange smudging in hospital setting, contact Chaplain on-call by calling hospital switchboard

### **Métis Nation of Ontario: Community Support Services**

629 Division Street, Kingston, ON K7K 4B6

Brittany Maracle - 613-549-1674 ext. 304

Provides community-based culturally appropriate services to urban Aboriginal individuals and families experiencing family violence;

promotes knowledge and skills leading to better health outcomes.

Services include crisis intervention; peer counselling; referrals and

advocacy; practical assistance completing forms; and accompaniments

### **Métis Nation of Ontario: Community Wellness**

629 Division Street, Kingston, ON K7K 4B6

Samantha Alkenbrack - 613-549-1674 ext. 311

Provides community-based culturally appropriate services to urban

Aboriginal individuals and families experiencing challenges managing chronic diseases, who have terminal illnesses or are experiencing

barriers accessing health care. Supports frail elderly and other facing social isolation

### **Métis Nation of Ontario: Mental Health and Addictions**

629 Division Street, Kingston, ON K7K 4B6

Clarice Gervais - 613-549-1674 ext.302

Promotes mental health in holistic way; helps clients identify mental wellness goals and develop plan to overcome challenges relating to mental health and addictions

### **Providence Care Hospital**

752 King Street West, Kingston, ON K7L 4X3

Patricia Van Boxmerr, Health Administrator

613-544-4900, ext. 52183

Links to sacred medicines and smudging at Providence Care Hospital

### **Street Health Centre: Indigenous Health Program**

115 Barrack Street, Kingston, ON K7K 1G2

David Jock - 613-549-1440

Holistic approach to healing and wellness in physical, emotional, mental, spiritual domains. Provides Traditional counseling, doctoring, weekly drum circle, outreach to youth and street-involved people, and home and hospital visits.

### **Weeneebayko Patient Services (WPS)**

<http://www.hoteldieu.com/wpsmain.html>

Hotel Dieu Hospital, 166 Brock Street, Kingston, ON K7L 5G2

Midge Rouse - 613-544-3400 ext. 3070

[wps@hdh.kari.net](mailto:wps@hdh.kari.net)

Provides case management, liaison and referral, admission and discharge planning, basic counselling, accommodation, and meals to Mushkegowuk Cree persons referred to Kingston hospitals from Weeneebayko Area Health Authority.

## Housing

## **Tipi Moza Affordable Housing**

[www.tipimoza.com](http://www.tipimoza.com)

993 Princess Street, Suite 204/205, Kingston, ON K7L 1H3

Fax # 613-507-7267

Carol Loft, Housing Outreach Worker - 613-547-1135

Martha Beach, Housing Manager - 613-547-1134

[mbeach@kingston.net](mailto:mbeach@kingston.net)

Provides culturally appropriate, rent geared to income, affordable and subsidized housing for First Nations, Métis and Inuit people in City of Kingston.

## **Information and Libraries (Genealogy & Cultural Resources)**

### **Kingston Aboriginal Community Information Network**

<https://www.facebook.com/groups/KACINKingstonAborginal/>

Bi-monthly networking meeting for workers in Indigenous organizations or organizations providing Indigenous programming. Learn more through Facebook link.

### **Kingston Frontenac Public Library: Genealogy**

<http://www.kfpl.ca>

Central Branch, 130 Johnson Street, Kingston, ON K7L 1X8

Joanne Stanbridge - 613-549-8888 ext. 1590

Visit web page for genealogy resources and access to Ancestry.com while in library.

Provides programming for children, teens and adults – everything from story time to technology tutoring.

Library branches in Kingston: Central; Calvin Park; Isabel Turner; Kings Court; and Pittsburgh (New branch planned for Rideau Heights in 2016)

Library branches in Frontenac County: Arden; Cloyne; Hartington; Howe Island; Mountain Grove; Parham; Plevna; Sharbot Lake; Storrington; Sydenham; Wolfe Island



## Safety

### **Aboriginal & Rural Women's Outreach Program**

<http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/>

Kingston Interval House, PO Box 21042 Kingston, ON K7L 5P5  
Jolie Brant - 613-546-1833, ext. 22

Crisis line: 613-546-1777 or 1-800-267-9445; TTYline: 613-546-4461

Culturally relevant services for Aboriginal women experiencing violence, including home visits, counselling, safety planning, court and legal support. Traditional teachings, healing ceremonies, and women's circles. Office space at Northern Frontenac Community Services.

## ***Tyendinaga, Deseronto, and Napanee***

### Cultural Gatherings

#### **Moon Ceremony**

<http://www.mbg-tmt.org/administration-and-services/community-wellbeing/good-minds>

Diana Barlow - 613-967-0122, ext. 133

Crystal Haight – crystal@mbq-tmt.org

Monthly Moon Ceremonies for women and girls

#### **National Indigenous Peoples Day**

Callie Hill/Jamie Dale - 613-967-3781

[tto@kenhteke.org](mailto:tto@kenhteke.org)

## Early Learning, Language & Lifelong Learning

### **Eksa'okon:'a Child Care Centre**

1391 Ridge Road, Tyendinaga Mohawk Territory, ON K0K 1X0

Steven Lindsey 613-967-4401

[daycaremanager@mbq-tmt.org](mailto:daycaremanager@mbq-tmt.org)

Eksa'okon:'a Child Care Centre offers care for children in a safe, secure, culturally, and educationally appropriate environment. A "holistic" approach enables children to live in harmony with each other and Mother Earth within program limits. The centre provides a wide variety of crafts, circles, indoor and outdoor play, two healthy snacks and a full course meal at lunch- time.(Eksa'okon:'a = Little Ones, children)

### **First Nations Technical Institute & Ohaha'se**

[www.fnti.net](http://www.fnti.net)

3 Old York Road, Tyendinaga, ON K0K 1X0

Suzanne Brant – Administration, 1-800-267-0637 or 613-396-2122, ext. 167

[suzanneb@fnti.net](mailto:suzanneb@fnti.net)

FNTI provides post-secondary education programs including Aviation, Bachelor and Masters of Social Work, Mental Health Worker, Office Admin, Personal Support Worker, Social Service Worker; and other training and workshops

Sandy Brant – Ohaha:se Education Centre, 1-800-267-0637 or 613-396-2122, ext.180

[sandrab@fnti.net](mailto:sandrab@fnti.net)

Ohaha:se is band controlled high school for students who require more individualized attention, increased language and culture

### **HOPE Haudenosaunee Opportunity for Personalized Education**

<http://blogs.hpedsb.on.ca/ec/hope/>

14 York Road, Shannonville, ON K0K 3A0

Ed Maracle; John Boulton; Jasmin Nicholson

613-966-8079

Moir Secondary School Alternative Learning Education program is located on Tyendinaga Mohawk Territory. Open to students who require individualized attention with an emphasis on Mohawk culture and language.

### **Indigenous Family Literacy Circle (IFLC)**

465 Advance Ave., Napanee, ON K7R 4A7

Sarah Dunkley - 613-354-6318, ext. 25

[ahbhcnapanee@onwa.ca](mailto:ahbhcnapanee@onwa.ca)

Susan Ramsay – 613-354-6318, ext. 32

[sramsay@klandskills.ca](mailto:sramsay@klandskills.ca)

IFLC is a network of service providers, knowledge keepers and elders who are interested in promoting greater sensitivity to and awareness of Indigenous, Métis and Inuit cultures and people. IFLC creates *Come Walk in My Moccasins* e-newsletters - a free monthly resource for parents and professionals with young children.

<http://app.getresponse.com/site/sramsay/webform.html?wid=906602&u=ssql>

### **Tahatikonhsotontie Head Start Program**

<http://www.mbq-tmt.org/administration-and-services/education-culture-language/tahatikonhsotontie-head-start>

9 Deseronto Drive, Tyendinaga, ON K0K 1X0

Kerri Smart - 613-396-6716; [kerris@mbq-tmt.org](mailto:kerris@mbq-tmt.org)

Nicole Loft; [nicolel@mbq-tmt.org](mailto:nicolel@mbq-tmt.org)

Culturally based drop-in program for parents, infants, and toddlers; licensed programming for children 0-6 years of age.

### **Tsi Tyonnheht Onkwa'wén:na**

[tto@kenhteke.org](mailto:tto@kenhteke.org)

<https://www.facebook.com/TTOKenhteke/>

1658 York Road, Tyendinaga ON K0K 1X0

Callie Hill - 613-970-3045

[callieh@kenhteke.org](mailto:callieh@kenhteke.org)

Provides language education; language nest for children, birth to 6 years; primary Mohawk immersion for gr. 1 to 5; adult immersion program and night classes.

## Employment

### **Kagita Mikam Aboriginal Employment and Training**

[www.kagitamikam.org](http://www.kagitamikam.org)

5602 Old Hwy 2, Shannonville, ON K0K 3A0

613-962-3103

[info@kagitamikam.org](mailto:info@kagitamikam.org)

Provides training and employment services designed to help clients get back into the workforce, including stay in school and summer youth initiatives. Works cooperatively with all Aboriginal and First Nations organizations.

## Healthy Pregnancies, Healthy Babies (Pre & Postnatal Services)

### **Breastfeeding Support Programs**

[www.mbq-tmt.org](http://www.mbq-tmt.org)

Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0

613-967-0122, ext. 139

Offers prenatal care and post-natal care for breastfeeding mothers; breastfeeding clinic with lactation consultant; breastfeeding well baby clinic; and nursing mothers support group. Home visits on reserve only. Provides comfortable place to nurse and change your baby at Mohawk Powwow.

### **Canadian Prenatal Nutrition Program**

[www.mbq-tmt.org](http://www.mbq-tmt.org)

Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0

Mary Mcauley, CHN - 613-967-3603

[marymcc@mbq-tmt.org](mailto:marymcc@mbq-tmt.org)

Provides support and information to First Nation women with children, birth to 6 years, off and on reserve. Post-natal home visits on reserve only.

### **Family Health & Child Development**

[www.mbq-tmt.org](http://www.mbq-tmt.org)

Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0

Allison Brant - 613-967-0122

[allisonb@mbq-tmt.org](mailto:allisonb@mbq-tmt.org)

Voluntary program to families living on Tyendinaga Mohawk Territory with children ages 0-6. We offer home visiting, which provides support

and information to help children reach their full potential. We also provide programming which is open to on and off territory participants.

### **Kenhte:ke Midwives:**

#### **Kontinenhanóhnhha Tsi Tkaha:nayen**

‘They are Protecting the Seeds at the Bay of Quinte’

671 York Road, Tyendinaga, ON K0K 1X0

Dorothy Green – Aboriginal Midwife - 613-970-4733

[dlogreen@gmail.com](mailto:dlogreen@gmail.com)

Provides culturally safe maternal and newborn care with community-based Onkwehónwe Midwife, from preconception to 6 weeks postpartum. Works with Aboriginal families in urban, rural and remote communities.

### **Ontario Native Women’s Association:**

#### **Aboriginal Healthy Babies Healthy Children**

[www.onwa.ca](http://www.onwa.ca)

465 Advance Avenue, Napanee ON K7R 4A7

Sarah Dunkley – 613-354-6318, ext. 25

[ahbhcnapanee@onwa.ca](mailto:ahbhcnapanee@onwa.ca)

Voluntary program for families with children, prenatal to 6 years, with First Nation, Metis or Inuit ancestry. Offers home visiting, cultural teachings, parenting and life skills; connects families with cultural gatherings, events and community resources. Services available in Napanee, Amherstview, Deseronto, Belleville, Picton and surrounding area.

## Holistic Approaches to Wellbeing (Health & Mental Health Services)

### **Enyonkwa’nikonhriyo:hake Program**

#### **(Good Minds Program)**

<http://www.mbq-tmt.org/administration-and-services/community-wellbeing/good-minds>

Community Wellness Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0

Lashelle Brant, Administrative Assistant; [lashelleb@mbq-tmt.org](mailto:lashelleb@mbq-tmt.org)

Diana Barlow, Manager; [dianab@mbq-tmt.org](mailto:dianab@mbq-tmt.org)

### **Child and Youth Wellness Program**

Tracey Gazley - 613-967-0122

[Traceyg@mbq-tmt.org](mailto:Traceyg@mbq-tmt.org)

Cultural-based program providing one-to-one counseling, groups, and support to Indigenous children and youth, birth to 18 years, in Lennox & Addington, Prince Edward and Hastings Counties.

### **First Nations Youth Outreach Worker**

Cell: 613-438-6387

[fnyow@mbq-tmt.org](mailto:fnyow@mbq-tmt.org)

Access to services and supports for indigenous youth ages cradle to 18 years in Kingston, Frontenac, Leeds & Grenville and Lanark County

### **National Native Alcohol Drug Abuse Program**

Jill Beck - 613-967-0122

[jillb@mbq-tmt.org](mailto:jillb@mbq-tmt.org)

Provides prevention, intervention, aftercare and follow-up services to increase community awareness about negative effects of alcohol, drugs and solvent abuse. Available for speaking engagements at schools, workshops, and community based activities. Provides one-on-one counseling, circles and grief recovery.

### **Traditional Community Wellness Program**

Crystal Haight - 613-967-0122

[crystal@mbq-tmt.org](mailto:crystal@mbq-tmt.org)

Provides counseling services to Tyendinaga Mohawk community members, on or off Territory, and any Indigenous person requesting services. Services include individual counseling, circles, Spring/Fall fasting camps, sweats, feasts, events, and connections with Seers and Traditional Healers.

## Napanee & Area Community Health Centre (NCHC)



### Deseronto:

344 Main Street, Unit 2, Deseronto, ON

<http://www.kchc.ca/napanee-area-chc/deseronto-clinic/deseronto-services-brochure/>

613 354-8937 to book appointments for any service in Deseronto Indigenous Health Program and access to Indigenous Nurse Practitioner. Provides variety of screening and health related programs (blood pressure screening; foot care; diabetes care; sexual health clinic)

### Napanee:

<http://www.kchc.ca/index.cfm/napanee-area-chc/>

6 Dundas St. East, Napanee, ON

Kate Brant, Indigenous Community Development Worker - 613-354-8937 [kathyb@kchc.ca](mailto:kathyb@kchc.ca)

David Jock, Elder/Knowledge Keeper

[Bigthunder7@gmail.com](mailto:Bigthunder7@gmail.com)

Maureen Buchanan, Indigenous Nurse Practitioner

[maureenb@kchc.ca](mailto:maureenb@kchc.ca)

All welcome. First Nation approach to holistic health designed to promote physical, mental, social and spiritual wellbeing. Activities honor four seasonal changes, 13 moons and 7 Grandfather Teachings; and include social and cultural circles, Traditional teachings, storytelling, medicine walks, drum circle, beading and crafting circle, and blood pressure screening. Seasonal workshops include tanning, drum making, traditional foods and community kitchens. Promote Ancestral language in prayer and medicines. Strong volunteer program.

## Information and Libraries (Genealogy & Cultural Resources)

### Kanhiote Tyendinaga Territory Public Library

<http://kanhiote.ca>

1658 York Road, Tyendinaga, ON K0K 1X0

Barb Ross, Chief Executive Officer - 613-967-6264

[kanhiotelibrary@gmail.com](mailto:kanhiotelibrary@gmail.com)

Information Centre for culture, local history, traditions, language, and genealogy with access to Ancestry.com. Print and media material with focus on Indigenous resource/reference collection – emphasis on Iroquois/Mohawk/Haudenosaunee.

## Justice Circle

**Tontakaierine Tyendinaga Justice Circle** 

<http://fnti.net/justice-circle-p184.php>

<http://www.mbq-tmt.org/community-services/tyendinaga-justice-circle>

FNTI, 3 Old York Road, Tyendinaga, ON K0K 1X0

Leah Brant, Coordinator

1-800-267-0637 ext. 168, or 613-848-4701

[leahb@fnti.net](mailto:leahb@fnti.net)

Mark Brinklow, First Nations-Metis-Inuit Court worker

1-800-267-0637 ext. 125 or 613-827-5695

[markb@fnti.net](mailto:markb@fnti.net)

Johanna Webb, Gladue Case Manager

613-847-3711

[johannaw@fnti.net](mailto:johannaw@fnti.net)

Tontakaierine (It has become right again) Tyendinaga Justice Circle is an alternative for youth involved with justice system. Brings together victims, offenders, families and advocates in safe environment to decide best way to right the wrong. Accept referrals from police, crown attorneys, local schools, and community agencies.

## Safety

**Red Cedars Women's Shelter**

<http://www.mbq-tmt.org/administration-and-services/community-wellbeing/red-cedars-shelter>

Box 290, Tyendinaga Mohawk Territory, ON, K0K 3A0



[redcedars@mbtq-tmt.org](mailto:redcedars@mbtq-tmt.org)

Crisis Line: 1-800-672-9515

Linda LeFort, Manager - 613-967-2003

[lindal@mbq-tmt.org](mailto:lindal@mbq-tmt.org)

Alana Maracle, Assistant Manager - 613-967-2003

[alannam@mbq-tmt.org](mailto:alannam@mbq-tmt.org)

Emergency shelter for women and their families leaving violent or abusive situations. Cultural teachings offered.

## ***Sharbot Lake and Area***

### Cultural Gatherings

#### **Algonquin College Human Services Program**

Perth Site: 7 Craig St. Perth, ON K7H 1X7

Lisa Shaw – 613-267-2859, ext. 5603

[shawvel@algonquincollege.com](mailto:shawvel@algonquincollege.com)

Occasional culture-based gatherings and circles open to the community.

#### **Genealogy**

Judi Montgomery, Genealogist; [compbill@kingston.net](mailto:compbill@kingston.net)

Provides tips on how to conduct genealogical search

#### **Grandmother's Circle**

Judi Montgomery; [compbill@kingston.net](mailto:compbill@kingston.net)

Meets 1<sup>st</sup> Thursday of month on Switzerville Road. Open to ALL women. Includes songs, Aboriginal teachings, ceremonies and crafts.

#### **Informal Cultural Gatherings**

Donna Hollywood – 613-279-2664

#### **Plenty Canada**

<http://www.plentycanada.com>

266 Plenty Lane, Lanark, ON K0G 1K0

Larry McDermott - 613-278-2215

[larry@plentycanada.com](mailto:larry@plentycanada.com)

Focus on Indigenous knowledge, environmental protection and sustainable development. Provides workshops about Indigenous practices on the land, including ricing and basket making.

### **Sisters of the Drum**

Judi Montgomery; [compbill@kingston.net](mailto:compbill@kingston.net)

Women from variety of backgrounds meet to sing Algonquin and other Native songs.

### **Strong Women's Drum**

Kim Lanoue

[gordlanoue@gmail.com](mailto:gordlanoue@gmail.com)

Women with variety of Ancestries gather for hand drum, sharing, and songs. Cultural workshops, including drumming, songs, and regalia beading.

### **Kokum Makwa Cultural Enterprises -**

#### **Traditional Knowledge Keeper**

Danka Brewer – 613-375-8239

[dankabrewer@gmail.com](mailto:dankabrewer@gmail.com)

Traditional knowledge keeper and Elder in Residence with Limestone District School Board.

## Early Learning, Language and Lifelong Learning

### **Northern Frontenac Community Services**

[www.nfcs.ca](http://www.nfcs.ca)

Ontario Early Years Centre

1004 Art Duffy Road, Sharbot Lake, ON K0H 2P0

Marcie Asselstine - 613-279-2244

[marciea@nfcs.ca](mailto:marciea@nfcs.ca)

Programs provided as funding allows, Aboriginal Story Telling Program; which provides support to the Aboriginal curriculum required in each class. This program includes stories (oral and written), hands on sensory materials and personal sharing with the children in nine local area JK-grade1 classrooms. Special events include the annual Strawberry Moon Festival in June with drumming, dancing, oral storytelling, tasting traditional food and art activities.

## Health and Wellness

### **Sharbot Lake Family Health**

<http://www.sharbotlakefht.com/>

1005 Medical Centre Rd., Sharbot Lake ON K0H 2P0  
613-279-2100

## ***North Hastings***

### Employment and Training

#### **Métis Nation of Ontario:**

#### **Employment & Training & Education Branch**

<http://www.metisnation.org/programs/education-training/employment-and-training/>

91 Chemaushgon Street, Bancroft ON. K0L 1C0

Amanda Cox, Employment Developer - 613-332-2576 ext. 26

[amandacox@metisnation.org](mailto:amandacox@metisnation.org)

Services open to any person who self- identifies as a Métis residing in Ontario (NOT registered as an Indian under Indian Act or as Inuk on an Inuit registry). Application must meet eligibility criteria; applicants must complete MNOET intake and assessment process. Funding depends on budget availability and approval from Regional Advisory Committee. Additional information is available on website.

## Health and Wellbeing, Early Learning

## **Métis Nation of Ontario: Healing and Wellness Branch**

<http://www.metisnation.org/programs/health-wellness/>

91 Chemaushgon Street, Bancroft, ON K0L 1C0

613-332-2575

Tracy Dale, Community Wellness (ext. 21)

[traceyd@metisnation.org](mailto:traceyd@metisnation.org)

Tammy Hoover, Métis Healthy Baby Healthy Children (ext. 24)

[tammyh@metisnation.org](mailto:tammyh@metisnation.org)

Robin Simpson, Canadian Action Program for Children/

Métis Healthy Baby Healthy Children –Maynooth (ext. 27)

[robins@metisnation.org](mailto:robins@metisnation.org)

Rose Boyle, Community Support Services (ext. 25)

[roseb@metisnation.org](mailto:roseb@metisnation.org)

Judy Simpson (ext. 22)

[judys@metisnation.org](mailto:judys@metisnation.org)

Marsha Depotier, Victim Services (ext. 23)

[marshad@metisnation.org](mailto:marshad@metisnation.org)

Programs and home visits designed to improve health and wellness, prevent family violence, and provide support information and referrals in culturally appropriate, holistic manner.

## ***Regional Programs, Band Offices & Councils***

### **Aboriginal & Rural Women's Outreach Program**

<http://kingstonintervalhouse.com/second-stage-housing-outreach-services/outreach/aboriginal-outreach-program/>

Northern Frontenac Community Service, Sharbot Lake

[info@kingstonintervalhouse.com](mailto:info@kingstonintervalhouse.com)

Jolie Brant - 613-546-1833 ext. 22

Crisis line 1-800-267-9445; 613-546-1777

TTY line 613-546-4461

Flexible and culturally relevant services for Aboriginal women who have experienced violence, including home visits, Traditional

teachings, healing ceremonies, women's circles, safety planning, individual counselling, group support, holistic health and wellness, parenting support, and Court/legal support. You do not have to do it alone.

### **Aboriginal Patient Navigator –**

#### **South East Regional Cancer Program**



<https://www.cancercare.on.ca/about/programs/aborstrategy/aboriginal/>

Burr Wing, 25 King Street West, Kingston General Hospital, Kingston, ON K7L 5P9

Dionne Nolan – 613-549-6666 ext. 3851

[noland@kgh.kari.net](mailto:noland@kgh.kari.net)

Open to all Indigenous persons, including status and non-status, on and off reserve, Inuit and Métis persons. Provides cultural support to individuals during cancer care and treatment process; provides end of life/palliative support, understanding and compassion. Facilitates screening for breast, colorectal or cervical cancer; provides prevention information. Can be seen at the hospital or in your home community.

### **Algonquin & Lakeshore Catholic District School Board**

[www.alcdsb.on.ca](http://www.alcdsb.on.ca)

151 Dairy Avenue, Napanee, ON, K7R 4B2

Shawn MacDonald, Aboriginal Education Liaison

613-354-6257 ext. 464 or 1-800-581-1116

[mcdonash@alcdsb.on.ca](mailto:mcdonash@alcdsb.on.ca)

Aboriginal worldviews and perspectives incorporated into classes; offers culturally enriched elementary and secondary programs; and schedules visits with Elders and traditional knowledge keepers.

Aboriginal Advisory Council provides guidance on educational and cultural matters. Students encouraged to self-identify as Indigenous

### **Ardoch First Nations and Allies**



<http://www.aafna.ca>

1045 Canoe Path, Ardoch, ON K0H 1C0.

Mireille LaPointe – 613-273-3530

[lapointe@rideau.net](mailto:lapointe@rideau.net)

Paula Sherman - 705-930-6226 (cell or text)

[psherman@cogeco.ca](mailto:psherman@cogeco.ca)

Anishnabek community located in Madawaska, Mississippi and Rideau watersheds. Historic roots are in families who wintered where rivers come together - since time immemorial.

For information about elementary and secondary education for Algonquin students, contact: Mireille Lapointe

For information about Algonquin history, culture, cyclical land based teachings and activities, contact: Paula Sherman

### **High Land Waters Métis Community Council**

Deidre Thompson, Interim President – 613-743-3339

Thomas Thompson, MNO Regional Councillor for Region 6 - 613-336-1339

Provides services including healing and wellness; education and training; Infinite Property Services; Lands, Resources and Consultation; and economic development.

### **Limestone District School Board**

[www.limestone.on.ca](http://www.limestone.on.ca)

220 Portsmouth Avenue, Kingston, ON, K7M 0G2

Kevin Reed, Aboriginal Education Consultant - 613-544-6925 ext. 248  
or 1-800 267-0935

[reedk@limestone.ca](mailto:reedk@limestone.ca)

Aboriginal worldviews and perspectives incorporated into classes; offers culturally enriched elementary and secondary programs; and schedules visits with Elders and traditional knowledge keepers.

Aboriginal Advisory Council provides guidance on educational and cultural matters. Students are encouraged to self-identify as Indigenous.

### **Mohawks Bay of Quinte**

<http://www.mbg-tmt.org>

24 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0  
613-396-3424

Website provides information about culture, services and projects. Copies of documents and reports are also available on site.

## **Ontario Coalition of Aboriginal People**

<http://www.o-cap.ca>

Box 189, Wabigoon, ON P0V 2W0

Toll Free 1-807-938-1321

Advocacy organization in Ontario representing rights and interests of off-reserve Aboriginal peoples (Métis, Status and non-Status Indians) living in urban, rural and remote areas. Incorporated, not-for-profit, and membership based coalition of Aboriginal peoples in Ontario. Affiliate member of Congress of Aboriginal Peoples (CAP); ensure views and interests of Ontario constituency are recognized and heard at CAP Board of Directors meetings, caucuses and assemblies.

## **Shabot-Obaadjiwan-First-Nation**

<http://www.sofn.band/>

Chief Doreen Davis – 613-279-1970

[chiefdoreen@aol.com](mailto:chiefdoreen@aol.com)

Laurie Watson, Upgrading Education & Literacy Skills – 613-279-2499

Territory from Hawkesbury to North Bay to Kingston city limits.

Provides information on Algonquin laws, traditions, and hunting and fishing rights; counselling; ceremonies; cultural and traditional workshops, events, and programs for children and families; and skills training. Partnership with Northern Connections Adult Learning Centre, offers upgrading education and literacy skills.

## Annual Gatherings

### **Algonquin All Nations Gathering**



PO Box 35, Whitney, ON K0J 2M0

Lisa Eagles & Mike Boldt – 613-637-1429

[mikmaqme@gmail.com](mailto:mikmaqme@gmail.com)

Traditional Teaching Powwow, second weekend of August at Whitefish Lake, on Centennial Ridges Road, near the east gate of Algonquin Park.

### **Mohawk Fair - Mohawk Agricultural Society**

1807 York Road, Mohawk Community Centre,

Pat Brant – 613-396- 2132  
[mohawkagsoc@gmail.com](mailto:mohawkagsoc@gmail.com)

Demolition Derby, 4-H Calf Club Show, Traditional foods, Native crafts, school exhibits, turkey dinner, midway, truck & tractor pull, Bingo, bale rolling, races, petting zoo, contests and horseshoes.

## **National Indigenous Peoples Day, June 21<sup>st</sup>**

*In Kingston:*

Jolie Brant - 613-546-1833 ext. 22

Deb Kinder - 613-546-3698

*In Tyendinaga:*

Jamie Dale; Callie Hill - 613-967-3781

Opportunity to learn more about Aboriginal people; gives people from all walks of life opportunity to celebrate and share knowledge about the Indigenous Peoples' values, customs, and culture.

## **Silver Lake Powwow, Silver Lake Provincial Park**

Civic # 22726, Hwy 7, R.R. #2., Maberly, ON, K0H 2B0

Trudi Knapp – 613-375-6356

[trudi\\_lemma@outlook.com](mailto:trudi_lemma@outlook.com)

Annual traditional Powwow (last weekend of August at Silver Lake Provincial Park, Sharbot Lake)

## **Sisters in Spirit Vigil**

Jolie Brant - 613-546-1833 x 22 (Kingston)

Linda Lefort - 613-967-3603 (Tyendinaga)

In Ottawa: Tel: 613-722-3033 or toll-free 1-800-461-4043

Movement for social change – vigil held October 4<sup>th</sup> on annual basis to honour lives of missing and murdered Aboriginal women and girls, support grieving families, and provide opportunities for healing. United we can demand action on a Canadian issue that affects us all.

## **Tyendinaga Powwow**

<http://www.mbq-tmt.org>

613-396-3424

Annual Traditional Powwow; second weekend of August. Wonderful opportunity to enjoy Mohawk Traditional culture, including Thanksgiving Address, dancing, water drums, food, crafts and more.



At Tsi Tkerhitoten Park on 275 Bayshore Road, off Hwy 49. Find them on Facebook by searching Tyendinaga Annual Powwow.

## ***Other Services and Supports***

### Health and Wellness

#### **Bancroft Family Health Team**

<http://bancroftfht.com/bancroft-fht/team/>

19 Oak St, Box 1089, Bancroft ON K0L 1C0  
613-332-1565

#### **Better Beginnings for Kingston Children**

<http://www.kchc.ca/better-beginnings/>

263 Weller Ave., Kingston, ON, K7K 3J9  
613-542-2835

Information, support and programs for families with children, birth to 5 years, living in North Kingston, including prenatal education and support, home visiting, parent-child support groups, parenting programs and school-readiness programs.

#### **Kingston and Area Community Health Centre**

[www.kchc.ca](http://www.kchc.ca)

Offers primary health care, health-related supports and services to individuals, families and groups in Kingston and Greater Napanee area at Kingston Community Health Centre, Street Health Centre, and Napanee & Area Community Health Centre. Responsible for Better Beginnings for Kingston Children and Pathways to Education

Kingston Community Health Centre

263 Weller Ave., Kingston, ON K7K 6M9  
613-542-2949

Napanee & Area Community Health Centre

6 Dundas St. East, Napanee, ON K7R 1H6  
613-354-8937

Street Health Centre

115 Barrack Street, Kingston, ON, K7K 0B5  
613-549-1440

## **KFL&A Public Health**

[www.kflapublichealth.ca](http://www.kflapublichealth.ca)

Main office: 221 Portsmouth Ave. Kingston, ON K7M 1V5

Additional offices: Cloyne; Napanee; Sharbot Lake.

613-549-1232 or 1-800-267-7875

Works with individuals, families and organizations to help build and maintain healthy communities. Provides information, support and services related to health and well-being of children, youth and their families including: prenatal classes; post-partum and breastfeeding support; Healthy Babies, Healthy Children program, infant hearing program; speech and language services for children birth to 4 years; dental health program; immunization program; and programs and information about children's nutrition and physical activity levels.

## **Pathways for Children and Youth**

[www.pathwayschildrenyouth.org](http://www.pathwayschildrenyouth.org)

Main Office: 31 Hyperion Court, Suite 100, Kingston, ON K7K 7G3

Additional offices: Amherstview; Napanee; Northbrook; Sharbot Lake; Sydenham

613-546-8535; Intake: 613-546-8535 ext. 1

Information, support, counselling and programs for children and youth with mental health problems, and their families, including individual, group and family counselling. No charge for services.

## **Early Learning, Language and Lifelong Learning**

### **Boys & Girls Club of Kingston & Area**

<http://www.bgckingston.ca/>

559 Bagot St. Kingston, ON K7K 3E1

Additional sites: Frontenac Mall, 1300 Bath Road; and 1066 Hudson Drive

613-542-3306

General inquiries: [info@bgckingston.ca](mailto:info@bgckingston.ca)

Fun sports and recreation activities for children and youth, including after-school programs and camps during March break and summer months. Emphasis on leadership skills and positive values.

### **Family Space Quinte Inc.**

[www.familyspace.ca](http://www.familyspace.ca)

100 Station Street, Belleville, ON K8N 2S5

(613) 966-9427

Holly Olmstead-613-966-9427 ext. 243

[holmstead@familyspace.ca](mailto:holmstead@familyspace.ca)

Early learning drop-in playgroups for parents/caregivers in Prince Edward County, Belleville and area including Deseronto and Tyendinaga.

### **Kingston Literacy & Skills**

<https://klandskills.ca>

16 Bath Road, Kingston ON K7L 1C4

Kingston main office: 613-547-2012

465 Advance Avenue, Napanee ON K7R 4A7

Napanee office: 613-354-6318 ext. 32

Adult Literacy, Language Instruction for Newcomers to Canada, and Family Literacy programs and resources.

### **Lennox & Addington Resources for Children**

<http://www.larc4kids.com/>

465 Advance Avenue, Napanee ON, K7R 4A7

613-354-6318

Early learning and parenting programs and supports in Napanee and L&A County

### **Limestone Advisory for Children**

<http://www.limestoneadvisoryforchildcare.ca/>

930 Woodbine Ave., Kingston, ON K7P 2C6

613-384-5051

Early learning and parenting programs and supports in Kingston and area.

### **North Hastings Children Services**

<http://www.nhcs.ca/>

20 Hastings Heritage Way, Bancroft K0L 1C0

613-332-0179

Drop-in resource room, daycare, prenatal support, breastfeeding clinic and parent workshops. Playgroups and Daddy & Me Program, Triple P Parenting, literacy support, youth advisory board and emergency food bank. Serving families in Bancroft and area.

### **Northern Frontenac Community Services: Children Services**

<http://nfcs.ca/>

1004 Art Duffy Rd., Sharbot Lake, ON K0H 2P0

613-279-2244

Daycare: 613-279-3366

Information, support and programs for children, youth and families living in Sharbot Lake and central and north Frontenac County, including early years programs and play groups for young children.

### **Pathways to Education**

<http://www.kchc.ca/index.cfm/pathways-to-education/>

613-507-7107 ext. 2108

Petra Hanso – Student/Parent Support Worker Representative

613-507-7107 ext. 2106

[petrah@kchc.ca](mailto:petrah@kchc.ca)

Community-based program designed to reduce high school dropout rate in designated neighbourhoods. Focuses on helping high school youth through tutoring, mentoring, financial support, and advocacy. Boundaries of catchment area: Conacher Drive south to Raglan Road and Division Street east to the Cataraqui River.

Safety

### **Family and Children's Services of Frontenac, Lennox and Addington**

[www.facsfla.ca](http://www.facsfla.ca)

817 Division Street, Kingston, ON K7K 4C2

99 Advance Avenue, Napanee, ON K7R 3Y5

613-545-3227

Toll Free: 855-445-3227

[info@facsfla.ca](mailto:info@facsfla.ca)

Child welfare/child protection agency. Provides support and services to children and youth in need of protection from emotional, physical

and sexual abuse and neglect; works with parents and kin to support and build healthy families whenever possible.

### **Kingston Interval House**

<http://www.kingstonintervalhouse.com>

24-hour crisis line: 613-546-1777; Toll Free 1-800-267-9445; TTY line: 613-546-4461

Office: 613-546-1833

### **L&A Interval House**

[www.intervalhousenapanee.ca](http://www.intervalhousenapanee.ca)

24-hour crisis line: 613-354-1010; Toll Free 1-800-667-1010

### **Maggie's Resource Centre of North Hastings**

<http://www.maggiesresource.com>

Box 611, Bancroft ON K0L 1C0

613-332-3010

[executivedirector@maggiesresource.com](mailto:executivedirector@maggiesresource.com)

24-hour crisis line and counselling, information and advocacy, transportation to safe environment, referrals, and court support to women who have experienced violence. Counselling program respects women's strengths and diversity.

### **Sexual Assault Crisis Centre Kingston**

<http://www.sackingston.com/>

24-hour crisis line 613-544-6424; Toll Free 1-877-544-6424

Office: 613-544-6424

## Information

### **211 Ontario**

[www.211ontario.ca](http://www.211ontario.ca)

Call 211 to request information about health, community, education and social services anywhere in Ontario. Information available in several Indigenous languages.

Website provides information about services and supports for children, youth and their families in KFL&A.

## **KFL&A Children and Youth Services Planning Committee**

<http://kflchildrenandyouthservices.ca>

CYSPC is a coalition of non-profit organizations working together to improve services for children, youth and their families in KFL&A. Website includes information about CYSPC, resource information and links to agencies working with children, youth, and their families throughout KFL&A; and an electronic copy of this guide.

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