Gathering Communities
Making Connections

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 for
Families & Children

2nd edition
May 2016
Updating this Guide

This resource guide is a living document. Listings are suggested by community members; and updates are made by the Aboriginal Services Circle of the KFL&A Children and Youth Services Committee. 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.

This guide is available in hard copy; and as a PDF file or electronic version on many agency websites and at:

http://kflachildrenandyouthservices.ca/aboriginal-guide/

Gathering Community Making Connections guide was updated by Aboriginal Services Circle, KFL&A Children and Youth Services, 2015-16.

The following groups and organization are 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 is designed to help you connect with Indigenous Communities in Kingston, Tyendinaga, Napanee and Deseronto, Sharbot Lake and Bancroft. The guide includes listings of Indigenous services, and community-based groups and events. We’ve 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’re seeking information for yourself, a friend or a 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 don’t 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.

What do the Feather and Shell symbolize?
We’ve used the symbols of a feather and shell 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’s important to reach out and talk with others in your community.

Feather: Helping to access Community Elders, Knowledge Keepers, Ceremony, (eg. Sweatlodge, Moon Ceremony, Water Ceremony).

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

Kingston and Area

Cultural Gatherings
Moon Ceremony ................................................................. 8
Water Ceremony ................................................................. 8

Early Learning, Language and Lifelong Learning
Aboriginal Teachers Education Program ................................... 8
Eagle Learning Cafe ............................................................... 8
Four Directions Aboriginal Student Centre .................................. 9
Katarokwi Aboriginal School .................................................... 9

Employment
Kagita Mikam Employment .................................................... 9
Métis Nation of Ontario: Employment & Training & Education Branch .................................................... 9

Healthy Pregnancies, Healthy Babies (Pre & Postnatal Services)
Métis Nation of Ontario
• Metis Healthy Babies Healthy Children .................................. 9

Holistic Approaches to Wellbeing
(Health & Mental Health Services)
Kingston General Hospital .................................................... 10
Métis Nation of Ontario
• Community Support Services ................................................. 10
• Community Wellness .............................................................. 10
• Mental Health and Addictions .................................................. 10
St. Mary’s of the Lake Hospital .................................................. 10
Street Health Centre: Indigenous Health Program ....................... 11
Weeneebayko Patient Services (WPS) ........................................ 11

Housing
Tipi Moza Affordable Housing ................................................. 11

Information and Libraries (Genealogy & Cultural Resources)
Kingston Aboriginal Community Information Network .................. 11
Kingston Frontenac Public Library -- Genealogy .......................... 11
Safety
Aboriginal & Rural Women’s Outreach Program ........................................... 12

Tyendinaga, Deseronto, and Napanee

Cultural Gatherings
Moon Ceremony .............................................................................. 12
National Aboriginal Day .................................................................. 12

Early Learning, Language and Lifelong Learning
Aboriginal Literacy Circle .................................................................. 12
First Nations Technical Institute & Ohaha’se ..................................... 13
HOPE Haudenosaunee Opportunity for Personalized Education .......... 13
Tahatikonhsotontie Head Start Program ........................................... 12
Tsi Tyonnheht Onkwa’wén:na .............................................................. 13

Employment
Kagita Mikam Employment .................................................................. 13

Healthy Pregnancies Healthy Babies (Pre & Postnatal Services)
Breastfeeding Support Programs ....................................................... 14
Canadian Prenatal Nutrition Program .................................................. 14
Family Health & Child Development .................................................... 14
Kenhte:ke Midwives - Kontinenhanónhnha Tsi Tkaha:nayen ............... 14
ONWA- Aboriginal Healthy Babies Healthy Child en ....................... 14

Holistic Approaches to Wellness (Health & Mental Health Services)
Enyonkwa’nikonhiyo:hake Program (Good Minds Program)
• Children’s Wellness Program .......................................................... 15
• National Native Alcohol Drug Abuse Program .............................. 15
• Traditional Community Wellness Program ................................. 15
NACHC: Deseronto; Indigenous Health Program ......................... 16

Information and Libraries (Genealogy & Cultural Resources
Kanhiote Tyendinaga Territory Public Library .................................... 16

Justice Circle
Tontakaierine Tyendinaga Justice Circle ......................................... 17

Safety
Red Cedars Women’s Shelter .............................................................. 17
Sharbot Lake and Area

Cultural Gatherings

Algonquin College Human Services Program .............................................. 17
Genealogy ........................................................................................................ 17
Grandmother’s Circle ...................................................................................... 18
Informal Cultural Gatherings ........................................................................ 18
Plenty Canada .................................................................................................. 18
Sisters of the Drum ........................................................................................... 18
Strong Women’s Drum ................................................................................... 18
Traditional Knowledge Keeper ....................................................................... 18

Early Learning, Language and Lifelong Learning

Ontario Early Years Program ......................................................................... 18

Health and Wellness

Sharbot Lake Family Health Team ................................................................. 19

Bancroft

Métis Nation of Ontario

• Employment & Training & Education Branch .............................................. 19
• Healing and Wellness Branch .................................................................... 19

Regional Programs, Band Offices & Councils

Aboriginal & Rural Women’s Outreach Program ........................................... 19
Aboriginal Patient Navigator - SE Regional Cancer Program .................... 19
Algonquin & Lakeshore Catholic District School Board .............................. 20
Ardoch First Nations and Allies ..................................................................... 20
High Land Waters Métis Community Council .............................................. 21
Limestone District School Board .................................................................... 21
Mohawks of the Bay of Quinte ...................................................................... 21
Ontario Coalition of Aboriginal People ......................................................... 21
Shabot-Obaadjiwan-First-Nation ................................................................. 21

Annual Gatherings

Algonquin All Nations Gathering .................................................................. 22
Mohawk Fair - Mohawk Agricultural Society ............................................... 22
National Aboriginal Day, June 21st ............................................................. 22
Silver Lake Powwow, Silver Lake Provincial Park ...........................................22
Sisters in Spirit Vigil .................................................................................22
Tyendinaga Powwow ..............................................................................22

Other Services and Supports

Health and Wellness
Bancroft Family Health Team .................................................................23
Better Beginnings for Kingston Children ..............................................23
Kingston Community Health Centre .....................................................23
KFL&A Public Health .............................................................................23
Pathways for Children and Youth ........................................................23

Early Learning, Language and Lifelong Learning
Boys & Girls Club of Kingston & Area ...................................................24
Kingston Literacy & Skills: Family and Early Literacy Program ..........24
Lennox & Addington Resources for Children ........................................24
Limestone Advisory for Children ..........................................................24
North Hastings Children Services .........................................................25
Northern Frontenac Community Services: Children Services ..........25
Pathways to Education ...........................................................................25

Safety
Family and Children’s Services of Frontenac, Lennox and Addington ..25
Kingston Interval House .........................................................................25
L&A Interval House ................................................................................25
Maggie’s Resource Centre ......................................................................26
Sexual Assault Crisis Centre Kingston ..................................................26

Information
211 Ontario ............................................................................................26
KFL&A Children and Youth Services Planning Committee ..............26

Acknowledgements

My Notes
Kingston and Area

Cultural Gatherings

Moon Ceremony

http://www.queensu.ca/fdasc/index.html
Four Directions Student Centre, 146 Barrie Street, Kingston, ON K7L 3N6
Vanessa McCourt, Aboriginal Advisor – 613-533-6970
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
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 lake front, 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
Paul Carl, Administrative Assistant - 613-533-6218 OR 1-800-862-6701
carlp@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/aboriginal-services/
www.facebook.com/AboriginalServices-StLawrenceCollege
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
Four Directions Aboriginal Student Centre
http://www.queensu.ca/fdasc/index.html  Join the listserv: 4direct@queensu.ca
146 Barrie Street, Kingston, ON K7L 3N6
Vanessa McCourt, Aboriginal Advisor - 613-533-6970
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
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.
Check out YOUTUBE video to learn more http://www.youtube.com/watch?v=cP3R1olmE74

Employment

Métis Nation of Ontario: Employment & Training & Education Branch
www.metisnation.org
629 Division Street, Kingston, ON K7K 4B7
Elaine Jeffery, Regional Employment & Training Coordinator; 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, and applicants must complete MNOET intake and assessment process. Funding depends on budget availability and approval from Regional Advisory Committee. Additional information available on website.

Healthy Pregnancies, Healthy Babies
(Pre & Postnatal Services)

Métis Nation of Ontario: Metis 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
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

St. Mary’s of the Lake Hospital
Providence Care, 340 Union Street, Kingston, ON K7L 5A2
Allison Filatreau, Spiritual Health Practitioner
Robert Mundle, Spiritual Health Practitioner
613-544-5220, ext. 2270
Links to sacred medicines and smudging in St. Mary’s of the Lake Hospital
Street Health Centre: Indigenous Health Program
235 Wellington Street, Kingston, ON K7K 2Y8
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. 3071
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
993 Princess Street, Suite 205/210, 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.

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

Information and Libraries
(Genealogy & Cultural Resources)

Kingston Aboriginal Community Information Network
https://www.facebook.com/groups/KACINKingstonAboriginal/

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 storytime to technology tutoring.
Library branches in Kingston: Central; Calvin Park; Isabel Turner; Kings Court; Pittsburgh (New branch planned for Rideau Heights in 2016)
Library branches in Frontenac County: Arden; Cloynne; Hartington; Howe Island; Mountain Grove; Parham; Plevna; Sharbot Lake; Storrington; Sydenham; Wolfe Island

Safety

Aboriginal & Rural Women’s Outreach Program
http://www.kingstonintervalhouse.com/outreach_ab.html
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
Betty Carr-Braint - 613-967-0122, ext. 102
Crystal Haight – crystal@mbq-tmt.org
Monthly Moon Ceremonies for women and girls

National Aboriginal Day
Callie Hill/Jamie Dale - 613-967-3781
tto@kenhteke.org

Early Learning, Language & Lifelong Learning

Aboriginal Literacy Circle
http://app.getresponse.com/site/sramsav/webform.html?wid=906602&u=ssql
465 Advance Ave., Napanee, ON K7R 4A7
Sarah Dunkley - 613-354-6318; abhbcnapanee@onwa.ca
Susan Ramsay; sramsav@klandskills.ca
Produces “Come Walk in My Moccasins” e-newsletter with information about Indigenous children’s literature, games and Mohawk, Algonquin and Anishnawbe language. Offers cultural awareness workshops

12
First Nations Technical Institute & Ohaha’se
www.fnti.net
3 Old York Road, Tyendinaga, ON K0K 1X0
Suzanne Brant; Sandy Brant – Ohahase - 613-396-2122
Ohaha’se is band controlled high school for students who require more individualized attention, increased language and culture
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

HOPE Haudenosaunee Opportunity for Personalized Education
http://blogs.hpedsb.on.ca/ec/hope/
14 York Road, Shannonville, ON K0K 3A0
Ed Maracle; John Boulbee; Jasmin Nicholson
613-966-8079
Moira Secondary School Alternative Learning Education program located on Tyendinaga Mohawk Territory. Open to students who require individualized attention with an emphasis on Mohawk culture and language.

Tahatikonhsotontie Head Start Program
www.mbg-tmt.org
9 Deseronto Drive, Tyendinaga, ON K0K 1X0
Kerri Smart - 613-396-6716; kerris@mbq-tmt.org
Nicole Loft; nicole@mbq-tmt.org
Culturally based program for parents, infants, and toddlers; independent programming for children 0-6 years of age.

Tsi Tyonnheht Onkwa’wén:na
www.tto-kenhteke.org
1658 York Road, Tyendinaga ON K0K 1X0
613-967-3781
tto@kenhteke.org
Provides language education; language nest for children, birth to 6 yrs; primary Mohawk immersion for gr. 1 to 5; adult immersion program and night classes.

Employment

Kagita Mikam Aboriginal Employment and Training
www.kagitamikam.org
5602 Old Hwy 2, Shannonville, ON K0K 3A0
613-962-3103
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
Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0
Mary MCAuley, CHN - 613-967-3603
marym@mbq-tmt.org
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
Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0
Mary MCAuley, CHN - 613-967-3603
marymcc@mbq-tmt.org
Provides support and information to First Nation women with children, birth to 6 yrs, off and on reserve. Home visits on reserve only.

Family Health & Child Development
www.mbq-tmt.org
Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga, ON K0K 1X0
Allison Brant - 613-967-0122; allisonb@mbq-tmt.org
Promotes healthy families; includes monthly programs such as community circles, craft nights and “Bears and Cubs” (open to adult men, youth and boys – to support men in nurturing role). Programming is open to one and off territory participants; home visits to on-territory families only.

Kenhte:ke Midwives: Kontinenhanónhnha 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
dlougreen@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
465 Advance Avenue, Napanee ON K7R 4A7
Sarah Dunkley – 613-354-6318, ext. 25; ahhcnapanee@onwa.ca
Voluntary program for families with children, prenatal to 6 yrs, 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: Children’s Wellness Program
www.mbg-tmt.org
50 Meadow Drive, Tyendinaga, ON K0K 1X0
Tracey Gazley - 613-967-0122
Traceyg@mbq-tmt.org
Dale Hill; daleh@mbq-tmt.org
Lashelle Brant, Administrative Assistant; lashelleb@mbq-tmt.org
Cultural-based program providing one-to-one counseling, groups, and support to Indigenous children and youth, birth to 18 yrs, in Lennox & Addington, Prince Edward and Hastings Counties.

Good Minds Program: National Native Alcohol Drug Abuse Program
www.mbg-tmt.org
50 Meadow Dr. Tyendinaga, ON K0K 1X0
Jill Beck - 613-967-0122
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.

Good Minds Program: Traditional Community Wellness Program
http://www.mbg-tmt.org/administration-and-services/community-wellbeing/good-minds
50 Meadow Drive, Tyendinaga, ON K0K 1X0
613-967-0122
Diana Barlow; dianab@mbq-tmt.org
Crystal Haight; 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: Deseronto programs
344 Main Street, Unit 2, Deseronto, ON

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)
Check website for program days and times
Call 613 354-8937 to book appointments for any service in Deseronto

Napanee Area Community Health Centre: Indigenous Health Program

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
David Jock, Elder/Knowledge Keeper
Bigthunder7@gmail.com
Maureen Buchanan, Indigenous Nurse Practitioner
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
Karen Lewis, Librarian - 613-967-6264
kanhiote@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.mbg-tmt.org/community-services/tyendinaga-justice-circle
FNTI, 3 Old York Road, Tyendinaga, ON K0K 1X0
1-800-267-0637 or 613-396-2122
Shannon Butcher, Tontakaierine Coordinator  x 166; shannonb@fnti.net
Mark Brinklow, Tontakaierine EJM Youth Worker  x125; markb@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
www.mbg-tmt.org
5631 Old Hwy. 2, Shannonville, ON K0K 3A0
Linda LeFort - 613-967-2003
lindal@mbg-tmt.org
Alana Maracle - 613-967-2003
alannam@mbg-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
Occasional culture-based gatherings and circles open to the community.

Genealogy
Judi Montgomery, Genealogist; compbill@kingston.net
Provides tips on how to conduct genealogical search

17
Grandmother’s Circle
Judi Montgomery; compbill@kingston.net
Meets 1st 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
Focus on Indigenous knowledge, environmental protection and sustainable development. Provides workshops about Indigenous practices on the land, including riceing and basket making.

Sisters of the Drum
Judi Montgomery; 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
Women with variety of Ancestries gather for hand drum, sharing, and songs. Cultural workshops, including drumming, songs, and regalia beading.

Traditional Knowledge Keeper
Danka Brewer – 613-375-8239
dankabrewer@gmail.com
Traditional knowledge keeper and Elder in Residence with Limestone District School Board.

Early Learning, Language and Lifelong Learning

Ontario Early Years Program
www.nfcs.ca
Northern Frontenac Community Services: Ontario Early Years Centre
1004 Art Duffy Road, Sharbot Lake, ON K0H 2P0
Marcie Asselstine – 613-279-3151 or 613-279-2244
marciwebster@frontenac.net
Programs provided as funding allows, including traditional teachings, school readiness programs, Aboriginal after-school programs, and special events including annual Strawberry Moon Festival and the Great Outdoor adventure.
Health and Wellness

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

Bancroft

Métis Nation of Ontario: Employment & Training & Education Branch
www.métisnation.org
91 Cheamaushgon Street, Bancroft ON. K0L 1C0
Amanda Cox, Employment Developer - 613-332-2576 x 26
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 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 available on website.

Métis Nation of Ontario: Healing and Wellness Branch
http://www.métisnation.org
91 Cheamaushgon Street, Bancroft, ON K0L 1C0
Tracy Dale, Community Wellness – 613-332-2575
traceyd@métisnation.org
Tammy Hoover, Métis Healthy Baby Healthy Children; tammyh@métisnation.org
Robin Simpson, Canadian Action Program for Children/ Métis Healthy Baby Healthy Children – Maynooth; robins@métisnation.org
Rose Boyle, Community Support Services; roseb@métisnation.org
Judy Simpson; judys@métisnation.org
Marsha Depotier, Victim Services; marshad@métisnation.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://www.kingstonintervalhouse.com/outreach_ab.htm
Northern Frontenac Community Service, Sharbot Lake
Jolie Brant - 613-546-1833 x 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 don’t have to do it alone.

Aboriginal Patient Navigator - SE 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 x3851
noland@kgh.kari.net
Open to all Indigenous persons, including status and non-status, on and off research, 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
151 Dairy Avenue, Napanee, ON
Shawn MacDonald, Aboriginal Education Liaison
613-354-6257 x 464 or 1-800-581-1116
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
mimikwe@gmail.com; lapointe@rideau.net
Paula Sherman - 705-930-6226 (cell or text)
paulasherman@bell.net
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
Portsmouth Avenue, Kingston, ON
Kevin Reed, Aboriginal Education Consultant ; reedk@limestone.ca
613-544-6925 x 248 or 1-800 267-0935
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

Mohawks Bay of Quinte
http://www.mba-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 also available on site.

Ontario Coalition of Aboriginal People
http://www.o-cap.ca
Box 189, Wabigoon, ON POV 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
Shabot Obaadjiwan First Nations Office -- Non status Algonquin Community
Chief Doreen Davis; chiefdoreen@frontenac.net
Penny Tryon, Secretary - 613-279-1970; ptryon@gmail.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
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
Marilyn Brant, Secretary; farmersontherez@xplornet.com
Demolition Derby, 4-H Calf Club Show, Traditional foods, Native crafts, School exhibits, turkey dinner, midway, truck & tractor pull, Bingo, bale rolling, racesm petting zoo, contests and horseshoes.

National Aboriginal Day, June 21st
In Kingston:
Jolie Brant - 613-546-1833 x 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
Annual traditional Pow Wow (2016 is 22nd Annual Pow Wow; last weekend of August at Silverlake 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 4th 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 impacts us all.
Tyendinaga Powwow
Ruby Boomhour - 613-396-5365
jokeaway@kos.net
Annual Traditional Pow Wow; 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 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
19 Oak St, Box 1089, Bancroft ON K0L 1C0
613-332-1565

Better Beginnings for Kingston Children
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 Community Health Centre
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 – 235 Wellington St., Kingston, ON K7K 0B5 - 613-549-1440

KFL&A Public Health
www.kflapublichealth.ca
Main office: 221 Portsmouth Ave. Kingston, ON K7M 1V5
Additional offices: Cloynie; 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