

**Indigenous Learners - Faculty of Law, Common Law Section
Mental Health, Wellness, and Counselling Resources**

ON-CAMPUS

Mashkawaziwogamig Indigenous Resource Centre “IRC”:

- Services: General Counselling: and Group Counselling
- For Whom: The program is for the Indigenous community.
- Service provided by: **Certified Wellness Counsellor** who attends on specific days. The IRC manages the appointment bookings.
- Title/ Qualifications/ Name: Elaine Kicknosway/Wellness Counsellor; Certified mental health counsellor;
- Services: either on an individual basis for 30 or 45 mins, or with a small group. Counsellor integrates traditional healing practices of smudging, medicine wheel etc.
- Contact Director of Indigenous Affairs, Tareyn Johnson: tjohnson@uottawa.ca

T: (613) 562-5800 Ex. 4529

F: (613) 562-5800 Ex. 5301

irc-cra@uOttawa.ca

uOttawa.ca/indigenous

Indigenous Learner Advocate, Faculty of Law:

Services: Culturally Specific Wellness Supports including beading circles and referrals to community resources

For Whom: All Learners at the Faculty of Law with focus on Indigenous Learners

Contact Information: Tasha Simon tsimon@uottawa.ca

OFF-CAMPUS

Counselling: Walk-In, Short Term, Long Term:

Wabano: www.wabano.com

- counselling, including Walk-in Counselling services
- addictions counselling
- individual, couples, and family therapy
- Honouring Sisters in Recovery (addictions group for Aboriginal women) and Men's Circle (addictions and support group for Aboriginal men)

Talk4Healing - Telephone Helpline and On-line Chat Counselling Services
1-855-554-4325 (1-855-554-HEAL)

Violence Against Women:

- 1- Minwaashin Lodge; Oshiki Kizis Lodge 1) <https://www.minlodge.com/>
- 2- Tungasuvvingat Inuit - [Urban Inuit Community Centre](#)
- 3 - Indigenous Women's Shelter- Oshiki Kizis Lodge accessible by calling OCETEVAW at 613-789-1141

Addiction:

- 1- Individual Counselling (see list) or Wabano www.wabano.com
- 2 - Request culturally appropriate counsellors and traditional addiction resources
[Ontario Native Women's Association - Aboriginal Responsible Gambling Awareness](#)
150 City Rd, Fort William First Nation, ON P7J 1K3: 1-807-623-3442

Housing:

- Odawa NFC www.odawa.on.ca
- [Tungasuvvingat Inuit - Urban Inuit Community Centre](#)

Legal Issues:

- Odawa NFC www.odawa.on.ca – justice workers can refer to legal resources or
- Ticket Defence Program: www.tdpottawa.com and email: tdp.pcc@gmail.com for POA tickets

FULL CONTACT INFORMATION OF ORGANIZATIONS:

[Minwaashin Lodge - Indigenous Women's Support Centre - Ottawa](#)
1155 Lola St, Suite 100, Ottawa, ON K1K 4C1: 613-741-5590

[Odawa Native Friendship Centre](#)
815 St. Laurent Blvd, Ottawa, ON K1K 3A7: 613-722-3811

[Tungasuvvingat Inuit - Urban Inuit Community Centre](#)
1071 Richmond Rd W, Ottawa, ON K2B 6R2 - Administration, Finance, Employment and Learning Centre
613-565-5885 ; Housing and Community Support 613-749-4500 ; Inuit Court and Justice Services and
Exiting Sex Trade/Anti Human Trafficking 613-232-4477

[Wabano Centre](#) (an Indigenous Center for Excellence in Healthcare)
299 Montreal Rd, Ottawa, ON K1L 6B8
Programs and Administration 613-748-0657 ext. 233

The following services are located outside of Ottawa, but provide service to Ottawa:

- [Canada. Health Canada - First Nations and Inuit Health Branch - First Nations and Inuit Hope for Wellness Help Line](#): 1-855-242-3310
- [Canadian Aboriginal AIDS Network \(The\)](#)
6520 Salish Dr, Vancouver, BC V6N 2C7: 604-266-7616
- [Cancer Care Ontario - Indigenous Tobacco Program](#)
505 University Ave, Suite 1800, Toronto, ON M5G 1X3: 416-971-9800 ext. 3100
- [Indigenous Diabetes Health Circle](#)
3250 Schmon Pkwy, Unit 1B, Thorold, ON L2V 4Y6: 289-929-7892
- [Indigenous Diabetes Health Circle - East Region](#)
873 Mississauga St, Curve Lake First Nation, ON K0L 1R0: 613-697-6604
- [Indigenous Services Canada](#)
Public Enquiries Contact Centre, 10 Wellington, Gatineau, ON K1A 0H4: 1-800-567-9604
- [National Aboriginal Diabetes Association](#)
90 Garry St, Unit 103, Winnipeg, MBR 3C4 204-927-1221
- [Ontario Aboriginal HIV/AIDS Strategy](#)
380 Ray Blvd, Thunder Bay, ON P7B 4E6: 807-623-3442
- [Ontario Native Women's Association - Indigenous Healthy Babies Healthy Children](#)
150 City Rd, Fort William First Nation, ON P7J 1K3: 1-800-667-0816

Wellness and Educational Resources:

The Canadian Association of Social Workers website: <https://www.casw-acts.ca/en/resources/practice-resources>

Indigenous Kids Rights Path

The IKRP is a place where Indigenous children (on and off reserve) can [learn about their rights](#) and find links to help or resources if they feel their rights are not being respected. [Click here](#) to access this resource.

Indigenous Knowledge Portal

[The Indigenous Knowledge Portal](#) (IKP) is a searchable database and related links that provides access to a variety of annotated literature reviews, reports, guides, films, booklets, studies, journal articles and presentations all related to Aboriginal children and families in Canada and similar countries.

The Caring Society follows OCAP principles and provides open access to all the documents included here.