

INDIGENOUS RESOUC E LIST – MARCH 31, 2020

Access Open Minds

<https://accessopenminds.ca/>

ACCESS Open Minds Edmonton is a walk-in clinic for youth seeking addiction and mental health supports. At our clinic, we aim to provide a welcoming, non-judgemental, and inclusive space for everyone who walks through our door.

Includes (please see website for complete list of services):

Mental Health Therapist drop-in (single session therapy) | When? Tuesdays-Fridays @ 12pm-5pm (*sessions usually are about an hour, so try to come earlier than 4pm) | How do I know it's for me? If you've been having a difficult time and feel like you need to talk to someone, you can come see us as a walk-in...no appointment required! :) | How do I prepare? No prep needed, just come in to the ACCESS Open Minds space, located in the Bill Rees YMCA – 10211 105 St NW Edmonton.

*****To get into the building, ring the silver doorbell on the brick wall to the right of the doors. We will ask a few COVID-19 symptom screening questions, and then the door on the right hand side will unlock.***

Bent Arrow Traditional Healing Society (Programs for children, youth and families)

<https://bentarrow.ca/>

Ph: 780 - 481 – 3451

Bissell Centre (Child and family resources, employment services, recreation and wellness and more)

<https://bissellcentre.org/>

PH: 780 423 2285

Boyle Street Community Services (Housing, drop-in centre, outreach and more)

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

PH: 780 - 424 - 4106

Boys and Girls Clubs / Big Brothers Big Sisters Society of Edmonton

<https://bgcbigs.ca/>

PH: 780 – 424 8181

Canadian Mental Health Association Distress Line

<https://edmonton.cmha.ca/programs-services/distress-line/>

PH: 780 482 4357 (HELP)

The Distress Line provides confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in crisis or distress. We also support family, friends and caregivers of people in crisis.

Canadian Paraplegic Association (Alberta) Aboriginal Services

<https://www.cpa-ab.org/>

PH: 780 424 6312

Canadian Native Friendship Centre (Provides culturally sensitive programs, services and activities)

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

Ph: 780 - 761 - 1900

"Cook It Simple" - with ingredients from the Edmonton Food Bank hampers

https://www.youtube.com/watch?v=OMPrt8_Dn_M&list=PLgCPy7SmYPiGic9gSzUHTNz8f78ev2PI2

Crime and Trauma Informed Support Services (Victim Services)

<https://www.edmontonpolice.ca/CommunityPolicing/FamilyProtection/VictimServices>

PH: 780 - 421 - 2217

Crown-Indigenous Relations and Northern Affairs Canada

<https://www.canada.ca/en/crown-indigenous-relations-northern-affairs.html>

Contacts: <https://www.canada.ca/en/contact.html>

e4c

<https://e4calberta.org/>

PH: 780 424 7543

9321 Jasper Avenue Edmonton AB e4calberta.org

The people we serve span all ages, races, genders and cultures and come from all corners of the world. They are children, youth, families, and adults. Many have struggled with addiction or mental health issues, some were raised in families for whom poverty is multigenerational, and others are newcomers to Canada. While everyone we serve has their own individual experience, we are continuously inspired by the courage, tenacity and bravery they bring to their daily lives.

482 4357 (help)

Edmonton Federation of Community Leagues Aboriginal Cultural Outreach

<https://efcl.org/events--projects/indigenous-project/>

PH: 780 437 - 2913

Edmonton Food Bank

<https://www.edmontonsfoodbank.com/>

PH: 780 425 4190

Edmonton's Food Bank takes the safety of our clients and volunteers as the utmost importance. Due to COVID-19 some of our Community Hamper Depots will be temporarily closed, so for the time being we are unable to process hamper orders online.

Phone lines are open Monday to Friday from 8:30am – 4:00pm. We will set you up to access a food hamper and try our best to help you connect with other relevant services.

Family Centre

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

PH: 780 900 6274

Contact: <https://www.familycentre.org/contact>

Healthy Families in Healthy Communities

Whether you are embarking on one of life's adventures (like getting married) or going through a challenging, traumatic situation, we can help.

Free Community Meals – Edmonton Food Bank

https://www.edmontonsfoodbank.com/documents/69/Free_Community_Meals_May2019_go3nKpm.pdf

PH: 780 425 4190

Indigenous Edmonton Directory

https://www.edmonton.ca/city_government/documents/PDF/IRO-Directory.pdf

Indigenous Services Canada

<https://www.canada.ca/en/indigenous-services-canada.html>

Contacts: <https://www.canada.ca/en/contact.html>

Mental Health Help Line

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

PH: 1 877 303 2642 (toll free)

Provides 24/7: confidential, anonymous service, information about mental health programs and services, referrals to other agencies if needed

Métis Settlements General Council

<https://msgc.ca/>

PH: 780 - 822 - 4096

10335 172 St. Edmonton, AB

Métis Nation of Alberta

<http://albertametis.com/>

PH: 780 - 455 - 2200

#100 11738 Kingsway Edmonton, AB

Native Counseling Service of Alberta (Support in navigating the judicial system)

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

Ph: 780 - 451 - 4002

Native Women's Association of Canada

<https://www.nwac.ca/covid19/>

Our team of in-house Elders are here to support you during this time of crisis, offering support and building resiliency. They are available Monday-Friday, from 9-11 am EST and 1-3 pm EST.

Elder Roseann Martin-Wysote, Call 343 997 3302

Elder Annie S. Mullin, Call 613-854-4749

Elder Madeleine Condo, Call 343-961-6136

Poundmaker's Lodge (Addiction treatment centre)

<https://poundmakerslodge.ca/>

Ph: 780 - 458 - 1884

Red Road Healing Society (Social, educational, legal and health services)

<http://redroadjourney.ca/>

Ph: 780 - 471 - 3221

Resources for Indigenous Peoples - Edmonton

https://edmonton.cmha.ca/wp-content/uploads/2019/10/2019-11_211_ResourceList_IndigenousPeoples.pdf

Resources for Basic Needs – Edmonton

https://edmonton.cmha.ca/wp-content/uploads/2019/10/2019-11_211_ResourceList_BasicNeeds.pdf

Resources for Youth and Young Adults at Risk

https://edmonton.cmha.ca/wp-content/uploads/2019/10/2019-11_211_ResourceList_YouthYoungAdultsAtRisk.pdf

Treaty 6 Office

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

PH: 780 - 944 - 0334

Suite 204, 10310-176 Street Edmonton, AB

Treaty 8 First Nations of Alberta

<http://www.treaty8.ca/>

PH: 780 - 444 - 9366

18178 – 102 Avenue Edmonton, AB

Wellness Network

<http://wellnessnetworkedmonton.com/need-help/where-to-call-for-help/>

Not sure who to call, see this website for a list of resources and supports including:

Adult Mental Health Crisis Response

780-342-7777

Inner City Police and Crisis Team (ICPACT)

777-777-7777

Children's Mental Health Crisis Line
Kids Help Phone – text 686868
Kids Cottage (Crisis Childcare)
24 Hour Emergency

780-427-4491
1-800-668-6868
780-944-2888
Call 911

Youth Emergency Shelter Society (YESS)

<https://yess.org/>

PH: 780 - 468 - 7070

Youthspace

<https://www.youthspace.ca/>

Text: 778 783 0177

Youthspace.ca is an online crisis and emotional support chat. We listen without judgement and keep chats confidential and anonymous.

If you feel unsafe or have already done something to hurt yourself, please call 9-1-1.