

# *Gathering Communities Making Connections*

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



## **Guide for Indigenous Families and Children**

### **Inside you will find**

Indigenous Services

Indigenous Community  
Groups & Annual Events

Key General Services for  
Families & Children

March, 2014

## Updating the Guide

This guide is a living document. Listings were suggested by community members and there was no selection or editorial committee. We have tried to ensure the guide is accurate and up-to-date. We do not endorse, promote or favor any particular organization person or event. We plan to update the guide every 6 months. Please e-mail, call or text additions, corrections or deletions to Kate Brant 613 354-8937 (landline) or 613 391-7130 (cell) or [kathyb@kchc.ca](mailto:kathyb@kchc.ca). Once the Guide is updated we will disseminate by way of the internet, websites, email lists.

Gathering Community Making Connections guide was compiled by the Aboriginal Services Working Group:

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# Introduction

## What is the Purpose of this Guide?

This is a one-of-a-kind Guide to help you connect to Indigenous Communities in Kingston, Tyendinaga, Napanee & Deseronto, Sharbot Lake and Bancroft. The Guide includes listings of Indigenous services, community-based groups and events. We have included voluntary, community-based activities that are often the essence of Sharing and Caring Indigenous communities. In addition the Guide includes key General Services of interest to families and children. We hope you will find the guide useful whether you are seeking information for yourself, a friend or for a client.

## Who is this Guide for?

This guide is for Indigenous people and families. The word “*Indigenous*” refers to people with Native 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 Native Ancestry. You do not need a status card or membership card. Some of the services may be directed to a specific membership or to Status Indians, so we indicate if the service is *restricted to Members, or serves only On-Reserve people*.

## What does the Feather and Shell symbolize?

We have used the symbols of a feather and shell to identify individuals or organizations that can help you connect to Elders, Community Knowledge Keepers, Teachers, 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 will be most possible and supported. So it is 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 get four sacred medicines (Sweetgrass, Cedar, Tobacco, Sage).*

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# Kingston and Area

## Healthy Pregnancies, Healthy Babies

### **Aboriginal Healthy Babies Healthy Children – Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

613-549-1674

*To provide assistance with physical, emotional, mental and social issues and have access to effective, consistent early intervention services and to provide the best opportunities for healthy child development.*

### **Canadian Action Program for Children - Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

613-549-1674

### **Canadian Prenatal Nutrition Program - Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

613-549-1674

## Child Wellbeing

### **Akwe:go - Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

613-549-1674

*Provide Urban Aboriginal at-risk and High Risk children ages 7 to 12 with support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices.*

### **Wasa-Nabin – Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

613-549-1674

*Provide urban Aboriginal at-risk youth ages 13 to 18 with support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices.*



## Holistic Approaches to Wellbeing

### **Street Health Centre - Indigenous Health Program**



235 Wellington St. Kingston, ON K7K 2Y8

David Jock

613-549-1440

*Indigenous Medicine Person (Elder). Embraces the Medicine Wheel: Holistic approach to healing & wellness in physical, emotional, mental, spiritual domains Provides Traditional counseling, Doctoring and weekly drum circle; Outreach to youth and street-involved people. Home visits & hospital visits.*

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



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

Hotel Dieu Hospital 166 Brock St. Kingston, ON K7L 5G2

Midge Rouse

613 544-3400, ext. 3071

[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.

### **St. Mary's of the Lake Hospital**



Providence Care 340 Union St. Kingston, ON K7L 5A2

Allison Fiteau

613 544-5220, ext. 2270

*Links to sacred medicines and smudging in St. Mary's of the Lake Hospital*

### **Kingston General Hospital**



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

76 Stuart St., Kingston, ON K7L 2V7

On Call Chaplain

613 549-6666 'dial 0' for the operator

To access sacred medicines or arrange smudging in the hospital setting, call the On Call Chaplain by calling hospital switchboard.

### **Urban Aboriginal Healthy Living Program - Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

Ph: 613-549-1674

Increase participation in sport, physical fitness and provide nutrition and smoking prevention/cessation supports for healthier living amongst urban Aboriginal people.

## **Life Long Care Program – Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

Ph: 613-549-1674

*Provides community-based culturally appropriate services to urban Aboriginal elderly, frail, physically disabled, chronically ill individuals which promotes an intergrated response, community participation, independent living and an improved quality of life.*

## **Mental & Emotion Wellbeing**

### **Mental Health – Métis Nation of Ontario**

629 Division Street Kingston, On K7K 4B6

613-549-1674

*Provide individualized assessment, planning and evaluaiton of services provided to the recipient and advocacy on behalf of the client as needed.*

## **Safety**

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



[http://www.kingstonintervalhouse.com/outreach\\_ab.html](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** 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. Additional office space at Northern Frontenac Community Service.*

## **Cultural Gatherings**

### **Katarokwi Native Friendship Center (KNFC)**

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

50 Hickson Ave. Kingston, ON K7K 2N6

Colleen Jackson - 613 548-1500 (KNFC)

Marianne Wilson - Text or call: (613) 484-7619

[Mariannewilson101@gmail.com](mailto:Mariannewilson101@gmail.com)

*Volunteer organized: Men's Drumming; Woman's Circle; community pot lucks, and seasonal gatherings, and assistance with applications for Status Cards.*

## **Water Ceremony**

Laurel Claus Johnson

[Mamabear1944@gmail.com](mailto:Mamabear1944@gmail.com)

*A group of women (all welcome) 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.*

## **Moon Ceremony**



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

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

Vanessa McCourt, Aboriginal Advisor - 613 533-6970

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

## **Lifelong Learning**

### **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 St. Kingston, ON K7K 5B9

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

*Focus program in the Limestone District School Board. This program is intended to provide First Nation, Métis and Inuit students with a safe, inclusive and culturally rich learning environment. The focus is on respect for self, others, Aboriginal traditions, and community. The program has regular visits by Elders and a curriculum that reflects Aboriginal cultures, histories and perspectives. It offers four credits per semester.*

### **Aboriginal Teachers Education Program**



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

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

Paul Carl, Administrative Assistant / Program Assistant –

613-533-6218 OR 1-800-862-6701

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

*This one-year, full-time campus-based program provides an opportunity for teacher candidates to specialize in Aboriginal education and may be of particular interest to Aboriginal students, those with experience in Aboriginal education, and mature students. It features courses with Aboriginal-specific content, as well as practice teaching placements in First Nations or provincial schools.*

## **Four Directions Aboriginal Student Centre**



<http://www.queensu.ca/fdasc/index.html> Join the listserve: [4direct@queensu.ca](mailto:4direct@queensu.ca)

146 Barrie St. Kingston, ON K7L 3N6

Vanessa McCourt, Aboriginal Advisor - 613-533-6970

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

*Provides cultural, academic, socially-based support for Indigenous students; some events open for community participation. Contact us for information about Moon and Water Ceremonies & workshops.*

## **Eagle Learning Cafe**

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

Room 33400, St. Lawrence College, Kingston Campus 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 available to all students who self-identify as Aboriginal. Watch the YOUTUBE video to learn more <http://www.youtube.com/watch?v=cP3R1oImE74> .*

## **Employment**

### **Kagita Milkam Employment Services**

<http://www.kagitamikam.org/content/index.php>

Natasha Maracle,

613 536-7054

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

*Provides training and employment services designed to get our clients back into the workforce, including stay in school and summer youth initiatives.*

### **Métis Nation of Ontario Employment & Training & Education Branch**

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

629 Division Street Kingston, On K7K 4B6

Elaine Jeffery, Regional Employment & Training Coordinator 613-549-3735 ext. 306

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

*To qualify for our Programs, a person must: Self identify as a Métis; - Reside in Ontario; - Not be registered as an Indian under the Indian Act or as an Inuk on an Inuit registry; Application must meet specific program eligibility criteria. Information regarding our programs can be found at [www.metisnation.org](http://www.metisnation.org). All applicants must complete the MNOET intake and assessment process. Funding depends on Budget Availability, as well as approval from the Regional Advisory Committee (RAC).*

## Housing

### **Tipa Moza Affordable Housing**

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

993 Princess St. Suite 205/210 Kingston, ON K7L 1H3

Carol Loft, Housing Outreach Worker

613-547-1135

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

Martha Beach, Housing Manager

613-547-1134

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

*Rent geared to income and affordable housing; Provides culturally appropriate housing Aboriginal, Métis, and Inuit people in the City of Kingston.*

## Information and Libraries

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

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

*A bi-monthly networking meeting for workers in Indigenous organizations or organizations providing Indigenous programming. Learn more about this networking group through the Facebook link.*

### **Kingston Frontenac Public Library -- Genealogy**

<http://www.kfpl.ca>

Main Branch, 130 Johnson St. Kingston, ON KYI 1X8

613-549-8888

*Web page has a number of genealogy resources and access to Ancestry.com while in the library. Kingston Frontenac Public Library has 16 branches in Calvin Park, Isabel Turner, Kingscourt, Pittsburgh, Arden, Cloyne, Hartington, Howe Island, Mountain Grove, Parham, Plevna, Sharbot Lake, Storrington, Sydenham, and Wolfe Island.*

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

### **Healthy Pregnancies, Healthy Babies**

#### **Canadian Prenatal Nutrition Program**

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

Community Wellbeing Centre 50 Meadow Dr. Tyendinaga, ON K0K 1X0

Mary Mcauley, CHN - 613-967-3603

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

*Support and information for First Nation women with children, birth to 6 yrs, off and on reserve. Home visits on reserve only.*

## **Breastfeeding Support Programs**

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

Community Wellbeing Centre 50 Meadow Dr. Tyendinaga, ON K0K 1X0

Mary McAuley, CHN - 613-967-3603

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

*For all breastfeeding moms. No home visits off reserve. Breastfeeding clinic with a lactation consultant & Breastfeeding well baby clinic; Nursing mothers support group @ Tuesdays 1030 -1200 at All Saints Church, Ridge Road). Care Tent: Provides a comfortable place to nurse and change your baby at the Mohawk Powwow and Mohawk Fair.*

## **Family Health & Child Development**

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

Community Wellbeing Centre 50 Meadow Dr. Tyendinaga, ON K0K 1X0

Allison Brant - 613-967-0122

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

*Promote healthy families. Provides home visits on Tyendinaga Territory. Monthly Bears & Cubs program – an evening drop-in for men (dads, step dads, foster fathers, uncles, grandfathers, big brothers) and children to support men in their nurturing role; (open to off and on-reserve participants).*

## **Kenhte:ke Midwives - Kontinenhanóhnhha Tsi Tkaha:nayen**



*'They are Protecting the Seeds at the Bay of Quinte'*

Dorothy Green – Aboriginal Midwife-613-970-4733

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

1178 Ridge Road, RR1 Deseronto Tyendinaga Mohawk Territory, ON K0K 1X0

*Providing culturally safe maternal and newborn care with a community-based Onkwehónwe Midwife, from preconception to birth up to 6 weeks postpartum; working 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)

1178 County Road 8 Napanee, ON K7R 3K7

Sarah Brown - 613 354-6318, ext. 25

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

*Offers home visiting for families with children, birth to 6 yrs of age who have Native ancestry. Help families link with cultural events and gatherings and community resources. Services families in Napanee, Amherstview, Deseronto, Belleville, Picton and surrounding areas.*

## Enyonkwa'nikonhriyo:hake Program (Good Minds Program)

### **Children's Wellness Program – Counselling**

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

50 Meadow Dr. Tyendinaga, ON K0K 1X0

Tracey Gazly - 613-967-0122

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

Stephen Green

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

MJ Loft

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

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

### **Community Youth Program Community Mentor**

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

50 Meadow Dr. Tyendinaga, ON K0K 1X0

Tracy Hill - 613 967-0122

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

Lyndsay Scero

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

*Culturally based program delivering, youth group programs (drop in), Tues. Wed & Thurs night; socials, activities, summer camps; intergenerational events; gardening; trips; March break activities; etc. Held at Ballfield, canteen/youth centre.*

### **Traditional Community Wellness Program**

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

50 Meadow Dr. Tyendinaga, ON K0K 1X0

Betty Carr Braint - 613-967-0122

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

Diana

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

*Provide counseling services to Tyendinaga Mohawk Community Members on or off Territory and any Indigenous person requesting services. Services may include: one to one counseling, circles; edu-therapy, spring/fall fasting camps; sweats, feasts, events, Seers, Traditional Healers, and so on.*

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

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

50 Meadow Dr. Tyendinaga, ON K0K 1X0

Jill Beck - 613-967-0122

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

*Provides prevention, intervention, aftercare and follow-up services. To increase community awareness regarding the negative effects of alcohol, drugs and solvent abuse. This is done through speaking engagements at schools, workshops, and community based activities. Teaching our youth a healthier lifestyle, because they are our future. Doing one-on-one counseling, circles, grief recovery, workshops, and information sessions.*

## **Holistic Approaches to Wellness**

### **NACHC Indigenous Health Program**



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

<https://www.facebook.com/pages/Indigenous-Health-Program-NACHCKCHC/168958083250051>

6 Dundas St. East., Napanee, ON

Kate Brant, Indigenous Community Development Worker - 613-354-8937

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

David Jock, Traditional Medicine Person

[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. Promote physical, mental, social & spiritual wellbeing. Activities include Social & Cultural Circles, Traditional Teachings, Storytelling, Medicine walks, drum circle, beading & crafting circle; We honor the four seasonal changes, 13 moons and 7 Grandfather teachings; Seasonal workshops: include, Tanning, Drum making; Traditional Foods Community Kitchens. We promote Ancestral language in prayer and medicines. Strong volunteer program; We provide Community-based Blood Pressure Screening.*

## **Safety**

### **Red Cedars Women's Shelter**

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

5631 Old Hwy. 2, Shannonville, ON K0K 3A0

Linda LeFort - 613-967-2003

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

Alana Maracle - 613-967-2003

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

**Emergency: 911**

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



## 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

*Monthly Moon Ceremonies for women and girls.*

## Early Learning, Language & Lifelong Learning

### **Tahatikonsotontie Head Start Program**

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

9 Deserontyon Dr. Tyendinaga, ON K0K 1X0

Kerri Smart - 613-396-6716

[kerris@mbg-tmt.org](mailto:kerris@mbg-tmt.org)

*Culturally based program for parent, infants, and toddlers; independent programming for children toilet trained to school age.*

### **Tsi Tyonnheht Onkwa'wén:na**

[www.tto-kenhteke.org](http://www.tto-kenhteke.org)

314 Airport Rd. Tyendinaga, ON K0K 1X0

Callie Hill - 613-396-1081

[callie1310@gmail.com](mailto:callie1310@gmail.com)

*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.*

### **Aboriginal Literacy Circle**

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

1178 County Road 8, Napanee, ON K7R 3K7

Sarah Brown - 613-354-6318

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

Susan Ramsay

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

*Produce an e-newsletter "Aboriginal Family Literacy Newsletter" full of information about Indigenous Children's literature, games and Mohawk, Algonquin and Anishnawbe language; Offers cultural awareness workshops.*

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

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

14 York Rd. Shannonville, ON K0K 3A0

Ed Maracle or Dale Hill

613-966-8079

*This is Moira Secondary School's Alternative Learning Education program that is conveniently located on the Tyendinaga Mohawk Territory. For students who require individualized attention with an emphasis on Mohawk culture and language.*

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

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

3 Old York Rd. Tyendinaga, ON K0K 1X0

Derek Sagima

Suzanne Brant

Sandy Brant – Ohahase - 613-396-2122

*Provides post-secondary education programs including Office Admin, Personal Support Worker, Social Service Worker, Bachelor of Social Work, Master of Social Work, Aviation and other training and workshops, Ohaha:se (band controlled high school, designed for students who require more individualized attention, increased language and culture).*

## **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 Rd Tyendinaga, ON K0K 1X0

1-800 267—0637 x 166 or 613 396-2122

Shannon Butcher, Tontakaierine Coordinator x 166

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

Mark Brinklow, Tontakaierine EJM Youth Worker x125

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

*The Tontakaierine (It has become right again) Tyendinaga Justice Circle is an alternative for youth involved with the justice system. The program brings together victims, offenders, and families or advocates in a safe environment to discuss the offence and its effects, and then jointly decide on the best way to right the wrong. This Indigenous conflict resolution process validates victims, offenders, families, and advocates, and creates healing. The program receives referrals from police, crown attorneys, local schools, and community agencies.*

## **Libraries**

### **Kanhiote Tyendinaga Territory Public Library**

<http://kanhiote.ca>

1658 York Rd, Tyendinaga, ON K0K 1X0

Karen Lewis, Librarian, CEO - 613-967-6264

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

*Provides a well-balanced collection of multiple print and media resources with a focus on maintaining an Indigenous resource/reference collection with an emphasis on Iroquois/Mohawk/Haudenosaune . Function as an information centre on all aspects of culture, history, traditions, language and genealogy. You will also find access to ancestry websites.*

# Sharbot Lake and Area

## Early Learning and School Readiness

### Ontario Early Years Program

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

Northern Frontenac Community Services Ontario Early Years Centre/ The Child Centre, 1004 Art Duffy Rd. Sharbot Lake, ON K0H 2P0

Marcie Asselstine - 613 279-3151 or 613 279-2244

[marciwebster@frontenac.net](mailto:marciwebster@frontenac.net)

*Programming 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.*

## Cultural Gatherings

### 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.*

### Sisters of the Drum

Judi Montgomery

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

*We are a group of women from a variety of backgrounds who meet to sing Algonquin and other Native songs.*

### Grandmother's Circle

Judi Montgomery

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

*Meets the first Thursday of each month on Switzerville Rd. Open to all women, regardless of whether they are mothers or Grandmothers, women of all cultures and backgrounds are welcome. Volunteer basis, includes songs, Aboriginal Teachings, Ceremonies & Crafts*

### Genealogy

Judi Montgomery, Genealogist

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

*Provides overview and tips about how to conduct genealogical search.*

### Informal Cultural Gatherings

Donna Hollywood - 613 279-2664

Small informal gatherings, promoted through word of mouth.

## **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)

*Indigenous knowledge, environmental protection and sustainable development.*

*Provides workshops about Indigenous practices on the land, including ricing, basket making.*

## **Traditional Knowledge Keeper**

Danka Brewer - 613 375-8239

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

*Traditional knowledge keeper and Elder in Residence with LDSB; Shares traditional knowledge and ceremonial information with others as requested.*

## **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.*

# **Bancroft**

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

<http://www.métisnation.org>

91 Chemaushgon St. Bancroft, ON K0L 1C0 - 613 332-2575

Tracy Dale, Community Wellness

[tracevd@métisnation.org](mailto:tracevd@métisnation.org)

Tammy Hoover - Métis Healthy Baby Healthy Children -Bancroft

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

Robin Simpson – Canadian Action Program for Children/ Métis Healthy Baby Healthy Children -Maynooth

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

Rose Boyle, Community Support Services

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

Judy Simpson

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

Marsha Depotier, Victim Services

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

*Provides a variety of services including: Community Wellness, Métis Healthy Babies Healthy Children, Community Support Services, and Community Action Program for Children. Programs and home visits designed to improve health and wellness, prevent family violence, and provide support information and referrals in culturally appropriate, holistic manner.*

## **Métis Nation of Ontario – Employment & Training & Education Branch**

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

91 Chemaushgon Street, Bancroft ON. K0L 1C0

Amanda Cox, Employment Developer - 613-332-2576 x 26

*To qualify for our Programs, a person must: Self identify as a Métis; - Reside in Ontario; - Not be registered as an Indian under the Indian Act or as an Inuk on an Inuit registry; Application must meet specific program eligibility criteria. Information regarding our programs can be found at [www.metisnation.org](http://www.metisnation.org). All applicants must complete the MNOET intake and assessment process. Funding depends on Budget Availability, as well as approval from the Regional Advisory Committee (RAC).*

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

### **Aboriginal Patient Navigator - SE Regional Cancer Program**



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

2.025 Burr Wing, 25 King St. W, Kingston General Hospital, Kingston, ON K7L 5P9

Lynn Brant, Family Nurse Practitioner

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

*The Aboriginal Patient Navigator can help those needing support through cancer care, medical recommendations and treatment; provide cultural support through the Cancer journey; Provide End of Life/Palliative Culture-based support, understanding and compassion.*

*Can also help those who want to get screened for breast, colorectal or cervical cancer or want to learn more about prevention. The program is open all, Indigenous persons – status/non-status, on & off reserve; Inuit persons and Métis persons; Can be seen at the hospital or in your home community to meet your need.*

### **Enyonkwa'nikonhriyo:hake Program (GoodMinds)**



204-993 Princess St. Kingston, ON K7L 1H3

613-827-3445

Peter Tytler, First Nations Child and Youth Wellness Worker

613 888-4030 (toll free in Kingston / Sharbot Lake region)

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

*Culturally based program providing one to one counseling, groups, and circles.*

*Available to Indigenous children and youth, birth to 18 yrs, in Kingston, Frontenac, Leeds & Grenville and Lanark Counties.*

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



[http://www.kingstonintervalhouse.com/outreach\\_ab.htm](http://www.kingstonintervalhouse.com/outreach_ab.htm)

Frontenac County

Interval House PO box 21042 Kingston, ON K7L 5P5 &

North Frontenac Community Service, Sharbot Lake

Jolie Brant

613 546-1833 x 22

Crisis line 1800 267 9445; 613 546-17771

TTYline 613 546-4461

*Flexible and culturally relevant services for Aboriginal women who have experienced violence; Can do home visits and also has office at North Frontenac Community Service. Traditional Teachings*

*Healing Ceremonies, Women's Circles, Safety Planning, Individual Counselling, Group Support. Holistic Health & Wellness, Parenting Support, Court & Legal Support You don't have to do it alone.*

## **Limestone District School Board**

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

Kevin Reed, Aboriginal Education Consultant - 613 544-6925 x 248 or 1 800 267-0935  
[reedk@limestone.ca](mailto:reedk@limestone.ca)

*Across the Limestone District School Board, teachers and schools are working to enhance the experience of First Nation, Métis and Inuit students, and are highlighting Aboriginal teachings and perspectives for all students.*

*To achieve these goals, the Board has:*

- 1. Created support materials to help teachers infuse Aboriginal worldviews and perspectives into their classes;*
- 2. Offers culturally-enriched elementary and secondary programs for First Nation, Métis and Inuit students;*
- 3. Offers special events that allow students to receive teachings from Elders and traditional knowledge keepers;*
- 4. An Aboriginal Advisory Council to provide guidance on educational and cultural matters;*
- 5. An Aboriginal Self-Identification program to allow our schools to better understand and meet the educational needs of our for First Nation, Métis and Inuit students*

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

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

151 Dairy Ave, Napanee, ON

Shawn MacDonald, Aboriginal Education Liaison - 613 354-6257 x 464 or 1 800 581-1116

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

*Across the Algonquin Lakeshore District Catholic School Board, teachers and schools are working to enhance the experience of First Nation, Métis and Inuit students, and are highlighting Aboriginal teachings and perspectives for all students. To achieve these goals, the Board has:*

- 1. Created support materials to help teachers infuse Aboriginal worldviews and perspectives into their classes;*
- 2. Offers culturally-enriched elementary and secondary programs for First Nation, Métis and Inuit students;*
- 3. Offers special events that allow students to receive teachings from Elders and traditional knowledge keepers;*
- 4. An Aboriginal Advisory Council to provide guidance on educational and cultural matters;*
- 5. An Aboriginal Self-Identification program to allow our schools to better understand and meet the educational needs of our First Nation, Métis and Inuit students.*

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

Deidre Thompson, Interim President - 613 743 3339

Thomas Thompson, MNO Regional Councillor for Region 6 (High Land Waters Métis Council) - 613-336-1339

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

## **Ardoch First Nations and Allies**



<http://www.aafna.ca>

1045 Canoe Path, Ardoch, ON K0H 1C0.

Mireille LaPointe - 613 273-3530

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

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

[paulasherman@bell.net](mailto:paulasherman@bell.net)

*Ardoch Algonquin First Nation is an Anishnabek community that is located in the Madawaska, Mississippi and Rideau watersheds. Historically the communities' roots are in the families who wintered where these rivers come close together. Our use and habitation of this location originates in time immemorial. Over thousands of years Algonquin people developed intimate relationships with all parts of the Natural world within our homeland and historically our ancestors shared in the cyclical life of the Ottawa River and its tributaries. Our people have continued to maintain our relationships and responsibilities in the Kichi Sibi.*

**ARDOCH ALGONQUIN FIRST NATION IS COMMITTED TO A VISION THAT CREATES OPPORTUNITIES FOR MEMBERS TO ACCESS AND ENGAGE WITH TRADITIONAL KNOWLEDGE, LANGUAGE AND CULTURE. WE RECOGNIZE THAT HAVING A SENSE OF COMMUNITY AND BELONGING IS IMPORTANT FOR BUILDING AND MAINTAINING A STRONG SENSE OF SELF AS AN ALGONQUIN PERSON.**

*For further information on elementary, secondary education of Algonquin students please contact: Mireille Lapointe at 613-273-3530 or [lapointe@rideau.net](mailto:lapointe@rideau.net)*

*For further information on Algonquin history and culture including cyclical land based teachings and activities please contact: Paula Sherman at 705-930-6226 or [paulasherman@bell.net](mailto:paulasherman@bell.net)*

## **Ontario Coalition of Aboriginal People**

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

Box 189 Wabigoon, ON P0V 2W0

Toll Free 807 938-1321

*We are an advocacy organization in Ontario that represents the rights and interests of off-reserve Aboriginal peoples (Métis, Status and non-Status Indians) living in urban, rural and remote areas throughout the province. OCAP is an incorporated, not-for-profit, and membership based coalition of Aboriginal peoples in Ontario. We are an affiliate member of the Congress of Aboriginal Peoples (CAP) and we ensure that the views and interests of our Ontario constituency are recognized and heard at CAP Board of Directors meetings, caucuses and assemblies.*

## **Mohawks Bay of Quinte**

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

13 Old York Rd. Tyendinaga Mohawk Territory, ON K0K 1X0

613-396-3424

*Mohawks Bay of Quinte website provides +++ information regarding culture, the many services, projects, documents and reports.*



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

<https://www.facebook.com/pages/Shabot-Obaadjiwan-First-Nations-Gathering/139983149390436>

Shabot Obaadjiwan First Nations Office -- Non status Algonquin Community  
Chief Doreen Davis

[chiefdoreen@frontenac.net](mailto:chiefdoreen@frontenac.net)

Penny Tryon, Secretary - 613-279-1970

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

*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; skills training and much more. Partnership with Northern Connections Adult Learning Centres, offering upgrading education and literacy skills (Laurie Watson; 613-279-2499).*

## **Annual Gatherings**

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

#### **In Kingston:**

Jolie Brant 613 546-1833 x 22

Deb Kinder 613 546-3698

*National Aboriginal Day gives many people the chance to learn more about Aboriginal people. It gives people of all walks of life the opportunity to celebrate and share knowledge about the Aboriginal peoples' values, customs, and culture.*

#### **Sisters in Spirit Vigil**

Jolie Brant: 613 546 1833 x 22 (Kingston)

Betty Carr-Braint 613 967-3603 (Tyendinaga)

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

*Sisters in Spirit Vigil is a movement for social change. Every October 4th is the Sisters In Spirit Vigil; We honour the lives of missing and murdered Aboriginal women and girls and Support grieving families and provide opportunities for healing. United we can demand action on a Canadian issue that impacts us all.*

#### **Katarokwi Children's Powwow, Kingston**

Colleen Jackson - 613-548-1500 (KNFC)

Marianne Wilson - 613-484-7619

[Mariannewilson101@gmail.com](mailto:Mariannewilson101@gmail.com)

*Annual Katarokwi Children's Powwow – occurs sometime in June. Stay tuned for more information about Powwow this year.*

## **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@hotmail.ca](mailto:Trudi_lemma@hotmail.ca)

*Annual Traditional Powwow. In 2014 it will be the 20th annual Powwow. Occurs last weekend of August before Labor Day. At Silverlake Provincial Park, Sharbot Lake.*

## **Tyendinaga Powwow**

**613 396-5356**

[jokeaway@kos.net](mailto:jokeaway@kos.net)

*Annual Traditional Pow Wow held the second weekend of August.*

*It's a wonderful opportunity to enjoy Mohawk traditional culture – with The Thanksgiving Address, dancing, water drums, food, crafts and more. Tsi Tkerhitoten Park on Bayshore Road, off Hwy 49. Find them on Facebook by searching Tyendinaga Annual Powwow.*

## **Algonquin All Nations Gathering**



PO Box 35, Whitney, ON K0J 2M0

Lisa Eagles & Mike Boldt – 613 637-1429

*Traditional Teaching Powwow, occurs in 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](mailto: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, Kids Races, Petting Zoo, Old Tyme Contests, Horseshoes.*

# General Agencies & Support for Families & Children

## Health and Wellness

### **Kingston Community Health Centre**

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

*Offer primary health care and other health-related supports and services to individuals, families and groups in Kingston and Greater Napanee area at the North Kingston Community Health Centre, Street Health Centre & Napanee & Area Community Health Centre. Also responsible for Better Beginnings for Kingston Children and Pathways to Education*

**North Kingston Community Health Centre** - 400 Elliott 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

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

900 Montreal Street, 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.*

### **Pathways for Children and Youth**

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

Main Office: Kingslake Plaza, 1201 Division St., Suite 2015, Kingston, ON K7K 6X4  
Additional offices in Amherstview, Napanee, Northbrook, Sharbot Lake and Sydenham.

For Centralized intake: 613-546-1422 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.*

## Other Supports and Services

### **KFL&A Public Health**

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

Main office: 221 Portsmouth Ave. Kingston, ON K7M 1V5 Additional offices: in Cloyne, Napanee and 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.*

## Life Long Learning & Other Services

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

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

559 Bagot St. Kingston, ON K7K 3E1

613 542-3306

General inquiries: [info@bgkingston.ca](mailto:info@bgkingston.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.*

### **Kingston Literacy & Skills: Family and Early Literacy Program**

<http://www.klandskills.ca/index.htm>

859 Princess St., Kingston, ON K7L 1G7 or c/o LARC Ontario Early Years Centre 1178 County Road # 8, Napanee, ON K7R 3K7

Kingston main office: 613 547-2012

Napanee LARC office: 613 354-6318 x 22

*Workshops, programs and resources to support children's early literacy development and family literacy practices.*

### **Lennox & Addington Resources for Children, Ontario Early Years Centre**

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

1178 County Road 8, Napanee, ON K7R 3L4

613-354-6318

*Early learning and parenting programs and supports in Napanee and throughout Lennox & Addington.*

## **Limestone Advisory for Children Ontario Early Years Centre, Kingston & The Islands**

<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.*

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

<http://nfcs.ca/>

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

613-279-2244

*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, Kingston**

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

Cindy Smith, Program Secretary - 613-507-7107

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

Petra Hanso, Student/Parent Support Worker Representative

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

*A community-based program designed to reduce the high school drop-out rate in designated neighbourhoods. The program focuses on helping high school youth through tutoring, mentoring, financial support, and advocacy. For the 2013-2014 school year, all students who live in the catchment area and are entering Grade 9 - 12 are eligible to register for the program. The boundaries of the catchment area are Conacher Drive south to Raglan Road and Division Street east to the Cataraqui River.*

## Safety for Women and Children

### **Kingston Interval House**

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

24 hour crisis line: 613-546-1777; Toll Free 1800-267-9445; TTY line: 613 546-4461

Office: 613 546-1833

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

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

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

Office: 613 544-6424

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

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

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

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

817 Division St. Kingston, ON K7K 4C2 AND 99 Advance Ave. Napanee, ON K7R 3Y5

613-545-3227

*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.*

## Information

### **211 Ontario**

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

Call 211

*Visit [www.211ontario.ca](http://www.211ontario.ca) to find information about services and supports for children, youth and their families in KFL&A. Visit <http://kflchildrenandyouthservices.ca/> to learn more about the KFL&A Children and Youth Services planning Committee. Site includes resource information and links to agencies working with children, youth, and their families throughout KFL&A; and an electronic copy of this Guide.*

## My Notes

## Acknowledgements

Gathering Community Making Connections was supported by the Ministry of Children Services (2013-14) and the KFL&A Children and Youth Services Planning Committee (KFLA CYSPC). The Aboriginal Services Working Group is a sub group of the KFLA CYSPC. The KFLA CYSPC is a coalition of non-profit agencies and organizations that work with and for children, youth and their families in our area. To learn more about the Aboriginal Services Working Group or KFL&A CYSPC, contact Judith Moses 613 542-7255 or check out their website: <http://kflchildrenandyouthservices.ca/>

