

## Health and Healing

<p><b>Pathways Miskanawah</b> #102-6919 32 Ave NW 403-247-5003</p> <p><b>For: Families looking for guidance through Indigenous teachings and traditions. They invite families to join them in ceremony and in circle, where they offer supports and resources that are meaningful to them</b></p> <ul style="list-style-type: none"> <li>• Nitsanak Mamawintowak - traditional, home-based parenting</li> <li>• Nehiyaw Kihokewin - Kookum's Council-</li> <li>• Healthy Families</li> <li>• Cultural programming for youth and families</li> </ul>	<p><b>Closer to Home Community Services</b> 3507A – 17th Avenue SW Phone: 403 543-0550</p> <ul style="list-style-type: none"> <li>• Pekewe Family Reunification Program, helps with preserving and the reunification of Indigenous families</li> <li>• Healthy families</li> <li>• Ee-des-spoom-oo-h-soop culturally based Indigenous healing program for parents and families</li> <li>• Kiwehtata focuses on building strong family relationships through smudging, sharing, ceremony</li> </ul>
<p><b>Indigenous Mental Health Program</b> 1213 4 Street. S.W., 7<sup>th</sup> Floor 403 955 6645</p> <p><b>For: This service provides culturally appropriate mental health care and support to Indigenous clients</b></p> <ul style="list-style-type: none"> <li>• Counselling for individuals and families</li> <li>• Therapy and group therapy</li> <li>• Resources including access to Traditional Wellness Counsellors</li> <li>• Education</li> <li>• Assisted referrals</li> <li>• Culturally safe patient and family centered care</li> </ul>	<p><b>Elbow River Healing Lodge</b> 1213 4 Street. SW, 7<sup>th</sup> Floor 403 955 6600 or <a href="mailto:elbow.riverhealinglodge@ahs.ca">elbow.riverhealinglodge@ahs.ca</a></p> <p><b>For:</b> Offers a full range of primary care services and visiting specialists to First Nations (Status and Non – Status)</p> <ul style="list-style-type: none"> <li>• Assessments and examinations</li> <li>• Onsite Elders</li> <li>• Prenatal care, traditional midwifery</li> <li>• Social resource referral and advocacy</li> <li>• Outreach (in community, acute sites and Calgary zone Nutrition and traditional dietary services</li> </ul>
<p><b>Sunrise Healing Lodge</b> 1231 34 Avenue NE 403-261-7921</p> <p><b>For: Indigenous persons who are seeking help to recover from alcohol, drug and gambling addictions</b></p> <ul style="list-style-type: none"> <li>• Inpatient Treatment</li> <li>• Family Counseling</li> <li>• Outpatient Treatment</li> </ul>	<p><b>Braiding the Sweetgrass (Hull Services)</b> <a href="https://www.hullservices.ca/services/braiding-sweetgrass">https://www.hullservices.ca/services/braiding-sweetgrass</a> 403-207-2533</p> <p><b>For:</b> Program supporting Indigenous families to help prevent the transmission of intergenerational trauma. Participating families are guided on their healing journey through a blending of traditional Indigenous and Western ways of knowing. Referrals are open to Indigenous families in the Calgary community.</p>

## Employment and Training

<p><b>Indigenous Hub</b>  <b>316-7ave SE</b>  <b>403-428-3361</b></p> <p><b>For:</b> Urban Indigenous community  Hours Mon-Fri 9am-4pm closed at lunch 12-1pm</p> <ul style="list-style-type: none"> <li>• Language and Cultural Programming</li> <li>• Education and training</li> <li>• Employment services</li> <li>• Health Services</li> <li>• Women’s Health and Wellbeing Services/ Youth programming</li> <li>• Crime prevention and Community Reintegration Program</li> </ul>	
<p style="text-align: center;"><b>Aboriginal Futures Career &amp; Training Centre</b>  <b>6011 1A Street SW, 2<sup>nd</sup> Floor</b>  <b>403 253 5311</b>  <a href="mailto:info@aboriginalfutures.com">info@aboriginalfutures.com</a></p> <p><b>For:</b> Individuals who live in Calgary and the surrounding area wanting to build workplace and job search skills</p> <ul style="list-style-type: none"> <li>• Employment services such as individual career counselling and resume assistance</li> <li>• In-house training programs</li> </ul> <p>Assistance with funding applications and setting educational goals</p>	<p style="text-align: center;"><b>Rupertsland Institute Employment Services</b>  <b>Suite 540, 1000 - 7th Avenue SW</b>  <b>P: 403.250.8902 Toll Free: 1.877.250.4295</b></p> <p><b>For:</b> Metis individuals seeking post-secondary funding, also offers employment services</p> <ul style="list-style-type: none"> <li>• Higher learning completion program- financial support for post secondary education, apprenticeship and certificate training; Education information in electronic and print form</li> <li>• Information on bursaries and scholarships</li> <li>• Job assistance, funded training and employment information</li> </ul>
<p style="text-align: center;"><b>Aboriginal Friendship Centre of Calgary</b>  <b>#101, 427 – 51 Ave SE</b>  <b>403 270-7379</b>  <a href="mailto:info@afccalgary.org">info@afccalgary.org</a></p> <p><b>For:</b> Aboriginal people within the Calgary Metropolitan area</p> <ul style="list-style-type: none"> <li>• Social, cultural, education, employment, housing services</li> </ul> <p>Women’s group, bring your wisdom</p>	<p style="text-align: center;"><b>Riel Institute for Education and Learning</b>  <b>2910 3 Ave NE</b>  <b>403-248-0824 or <a href="mailto:program@rielinstitute.com">program@rielinstitute.com</a></b></p> <p><b>For:</b> Indigenous peoples looking for education and training programs</p> <ul style="list-style-type: none"> <li>• Aboriginal family &amp; youth support worker</li> <li>• Education and learning programs</li> <li>• Aboriginal Office Specialist certificate training</li> </ul> <p>Indigenous youth connections aged 18-25, paid training; covers daycare and transportation costs, provides skills needed to find and keep a job</p>

## Legal

<p><b>Native Counseling Services of Alberta</b> 403-237-7850</p> <p><b>For:</b> An agency focused on social justice for Indigenous people.</p> <ul style="list-style-type: none"> <li>• Courtworkers and justice, criminal, family, and youth courtworkers</li> <li>• Reconciliation Program</li> </ul>	<p><b>Elizabeth Fry Society</b> 1731 – 10 Avenue SW (403) 294-0737</p> <p><b>For:</b> Indigenous women engaged with the legal and justice systems</p> <ul style="list-style-type: none"> <li>• case management supports</li> <li>• programs and ceremony designed to increase their cultural identity</li> <li>• Elders women can access</li> <li>• Cultural teachings</li> <li>• Monthly sweat lodges and other indigenous ceremonies</li> </ul>
<p><b>Calgary Legal Guidance – Sahwoo Mohkaak Tsi Ma Taas (Before Being Judged)</b> 100, 940- 7 Ave. SW 403 234 9266</p> <p><b>For:</b> Indigenous people seeking legal guidance</p> <ul style="list-style-type: none"> <li>• Free legal information or advice</li> <li>• ID clinics</li> </ul> <p>Connections to community supports &amp; more!</p>	<p><b>BearPaw Media and Education</b> <a href="https://bearpawlegalresources.ca/">https://bearpawlegalresources.ca/</a> 14904-121A Avenue NW (Edmonton) (780) 451-4002</p> <ul style="list-style-type: none"> <li>• Produce and distribute information on the law for Indigenous peoples made by Indigenous people</li> <li>• Information available for various areas including family law, children/youth justice, employment rights, landlord tenant and many more!</li> </ul>

## Housing

<p><b>Treaty 7 Urban Indian Housing Authority</b> 3600 19 St NE 403-327-1995 <a href="https://t7housing.com/">https://t7housing.com/</a></p> <p><b>For:</b> Low income indigenous families seeking accommodation in urban areas</p> <ul style="list-style-type: none"> <li>• Low income housing available in Calgary, Lethbridge, Cardston</li> </ul>	<p><b>Metis Housing Corporation</b> 2135 32 Ave NE #6 403-569-9030</p> <p><b>For:</b> Indigenous people seeking housing</p> <ul style="list-style-type: none"> <li>• Must provide proof of Native Ancestry- metis card, status card or Inuit status</li> </ul> <p>ABH, and other documents are required with documentation</p>
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## Support and Information

<p style="text-align: center;"><b>Sixties Scoop Indigenous Society of Alberta</b> www.ssisa.ca</p> <p><b>For:</b> supports those disconnected through the 60s scoop by empowering them to achieve a sense of identity as Indigenous people</p>	<p style="text-align: center;"><b>Residential School Health Support Worker Program</b> Suite 1010, 910 7 Ave SW 403-237-7850 400-990-1778 <a href="mailto:marilyn-peigan@ncca.ca">marilyn-peigan@ncca.ca</a></p> <p><b>For:</b> any for Indian Residential School student and their family members.</p> <ul style="list-style-type: none"> <li>• Referrals to healing and wellness program supports</li> <li>• Emotional supports at community events</li> <li>• Circle Facilitation</li> </ul>
<p style="text-align: center;"><b>Federal Indian Day School Class Action</b> 1-844-539-3815 or <a href="https://indiandayschools.com/en/">https://indiandayschools.com/en/</a></p> <p><b>For:</b> Indigenous peoples who attended a Indian Day (residential) School. The Claims process is now open for survivors</p> <ul style="list-style-type: none"> <li>• How to apply for compensation if you attended Indian Day School</li> <li>• Updates on the settlement</li> <li>• Claim forms <a href="https://indiandayschools.com/en/wp-content/uploads/indian-day-schools-claim-form-en.pdf">https://indiandayschools.com/en/wp-content/uploads/indian-day-schools-claim-form-en.pdf</a></li> <li>• If women require any assistance with applications, they can go to the Aboriginal Friendship Centre or the RHSW Marilyn North Peigan at Native Counselling Services</li> </ul>	<p style="text-align: center;"><b>Alberta Family Information Liaison Unit</b> Tracey Makokis 780-427-3460 or toll free 310-0000</p> <p><b>For:</b> Families of missing and murdered Indigenous women and girls, including blood relations and non-blood relations such as adopted family, those considered kin, as well as street family.</p> <ul style="list-style-type: none"> <li>• Family information liaison unit assists families by helping them find information</li> <li>• Connecting them with counseling, spiritual supports and Elders</li> <li>• Information about the justice system and legal processes</li> <li>• Updates on criminal investigations, court proceedings and fatal inquiries involving loved ones</li> <li>• Information about the National Inquiry into Missing and Murdered Indigenous Women and Girls</li> </ul>