

COMMUNITY SERVICES DIRECTORY FOR INDIGENOUS OLDER ADULTS

INFORMATION FOR OLDER ADULTS, FAMILIES,
AND CAREGIVERS



THIS DIRECTORY HAS INFORMATION ON:



Social
Services



Community
Organizations



Housing and
Support Services



Health
Services



**Sinai
Health**

Healthy Ageing
and Geriatrics



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

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SOCIAL SERVICES

The organizations listed below offer referrals to social and other services such as counselling, and support to Indigenous older adults seeking help or general information.

2-SPIRITED PEOPLE OF THE 1ST NATIONS



145 Front St E, Suite 105, Toronto ON M5A 1E3



t: 416-944-9300



www.2spirits.org

SERVICES OFFERED:



Social Services

- Supports and services for 2-Spirit community members living with or at risk of HIV and related diseases. Seniors Supporting Seniors is an ongoing, regular program.

ABORIGINAL LEGAL SERVICES



211 Yonge St, Suite 500, Toronto ON M5B 1M4



t: 416-408-3967 or
416-408-4041



<http://www.aboriginallegal.ca>

SERVICES OFFERED:



Social Services

- Offers legal supports on culturally based justice alternatives to Indigenous people involved in the justice system.



HOPE FOR WELLNESS HELPLINE



t: Toll-Free 1-855-242-3310



www.hopeforwellness.ca

SERVICES OFFERED:



Social Services

- 24/7 access to culturally competent counsellors. Support offered in English, Cree, Ojibway or Inuktitut.

INDIGENOUS SERVICES CANADA



655 Bay St, Suite 700, Toronto ON M5G 2K4



t: 416-973-5282



www.canada.ca/en/indigenous-services-canada.html

SERVICES OFFERED:



Social Services

- Manages status card updates, Jordan's Principle requests, Non-Insured Health Benefits and other services.

MIZIWE BIIK ABORIGINAL EMPLOYMENT AND TRAINING



167 Gerrard St E, Toronto ON M5A 2E4



t: 416-591-2310



www.miziwebiik.com

SERVICES OFFERED:





Social Services

- Offers training initiatives and employment services for Aboriginal community members in GTA.



NATIVE CANADIAN CENTRE OF TORONTO

 16 Spadina Ave., Toronto, ON M5R 2S7

 t: 416-964-9087

 <https://ncct.on.ca/>


SERVICES OFFERED:




Social Services

- Offers diabetes support group, personal support, assistance with activities of daily living, information and referral services, and weekly social activities.

NATIVE CHILD AND FAMILY SERVICES OF TORONTO

 30 College St., Toronto, ON M5G 1K2

 t: 416-969-8510

 www.nativechild.org


SERVICES OFFERED:




Social Services

- Offers crisis counselling, psycho-social assessments, and referrals to other appropriate community resources.

NATIVE WOMEN'S RESOURCE CENTRE OF TORONTO

 191 Gerrard St E, Toronto ON M5A 2E5

 t: 416-963-9963

 www.nwrctportal.ca/live/

SERVICES OFFERED:



Social Services

- Provides various supports related to housing, wellness, education, and trauma needs for Aboriginal women and their families.



TALK4HEALING



t: 1-855-554-HEAL (4325)



<http://talk4healing.com/>

SERVICES OFFERED:



Social Services

- 24/7 Confidential crisis counselling, advice and support for Indigenous women available in 14 languages.

TAIBU COMMUNITY HEALTH CENTRE



27 Tapscott Rd, Unit 1, Toronto ON M1B 4Y7



t: 416-644-3539



<https://www.taibuchc.ca/en/taibu-community-services/cares-for-seniors/>

SERVICES OFFERED:





Social Services

- UBUNTU Village Project offers a variety of peer-led programs and initiatives for Black and racialized seniors aimed at empowering self-determination and ageing well at home.

TORONTO COUNCIL FIRE NATIVE CULTURAL



 439 Dundas St. E., Toronto, ON M5A 2B1

 t: 416-360-4350

 www.councilfire.ca

SERVICES OFFERED:



Social Services

- Offers counselling, supportive and therapeutic services as a means of healing for survivors and intergenerational descendants of the residential school system.
- The Life Long Care program promotes quality of life and independent living through opportunities for socialization, transportation, service navigation and other supports for self-identifying urban Indigenous older adults or living with disability.



HOUSING SERVICES

The organizations below offer supports related to housing for Indigenous people.

ANDUHYAUN EMERGENCY WOMEN'S SHELTER



1296 Weston Rd, Toronto ON M6M 4R3



t: 416-920-1492 ext 221



www.anduhyaun.org

SERVICES OFFERED:



Housing Services

- Services Indigenous and non-Indigenous women with or without children fleeing violence.

NA-ME-RES (NATIVE MEN'S RESIDENCE)



14 Vaughan Rd, Toronto ON M6G 2N1



t: 416-652-0334



www.nameres.org

SERVICES OFFERED:




Housing Services


- Provides access to emergency shelter, transitional housing, permanent housing and related supports for Indigenous men experiencing homelessness or needing support maintaining stable housing.



NISHNAWBE HOMES

 244 Church St, Toronto ON M5B 1Z3

 t: 416-975-5451

 [https://live.indigenousto.ca/
listing/nishnawbe-homes/](https://live.indigenousto.ca/listing/nishnawbe-homes/)


SERVICES OFFERED:




Housing Services

- Geared to income and affordable housing for Indigenous homeless and underhoused.

WIGWAMEN TERRACE

 14 Spadina Rd., Toronto, ON M5R 3M4

 t: 416-481-4451

 www.wigwamen.com

SERVICES OFFERED:



Housing Services

- Provides 103 units for Indigenous older adults, as well as chapel services and information sessions about issues facing older adults
- Communal lunch is available in the dining room of the Native Canadian Centre of Toronto. For older adults who have difficulty going to the dining room, personal support workers can bring lunch to them.



ONTARIO ABORIGINAL HOUSING SERVICE



229 Candlewood Dr, Stoney Creek ON L8J 3S4



t: Toll-Free 1-866-391-1061



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

SERVICES OFFERED:



Housing Services

- Helps connect self-identifying Indigenous people to affordable housing across Ontario. Also offers home maintenance services that can be accessed by emailing maintenance@oahssc.ca. Homeownership and home repair loan programs are also available.



HEALTH SERVICES

The organizations below offer health services including primary health care, mental health services, and counselling.

ANISHNAWBE HEALTH TORONTO



225 Queen St E, Toronto ON M5A 1S4; 179 Gerrard St E, Toronto ON M5A 2E5



416-360-0486; 416-920-2605



www.aht.ca

SERVICES OFFERED:



Health Services

- Team of Western and Traditional health providers offer a wide range of programs and services including foot care, diabetes education, and housing/homelessness supports.

Primary Healthcare – New clients can call 416-360-0486 to set up appointment. Intakes completed at Queen St. location. Health/Status Card not required.

Mental Health and Substance Abuse Supports – Self-referrals accepted and no appointment needed for intake. Intakes take place at Gerrard St. location, Monday to Friday, 10 a.m. – 12:30 p.m. and 1:00 p.m. – 3:30 p.m.”



CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)



60 White Squirrel Way, Toronto ON M6J 1H4



416-535-8501 press 2



<https://www.camh.ca/en/driving-change/shkaabe-makwa>

SERVICES OFFERED:



Health Services

- “Aboriginal Service provides outpatient group and individual supports for self-identifying First Nation, Metis and Inuit peoples experiencing substance use and mental health issues. Self-referrals accepted. Shkaabe Makwa – CAMH-based centre focusing on mental health of Indigenous people through research, training and healing models that combine traditional knowledge and modern medicine. Resources available on their website.”

PARKDALE QUEEN WEST COMMUNITY HEALTH CENTRE



168 Bathurst St, Toronto ON M5V 2R4



416-703-8482 ext 2426



<https://bit.ly/3AyOBqy>

SERVICES OFFERED:



Health Services

- The Niiwin Wendaanimak (Four Winds) Indigenous Health and Wellness Program provides variety of including access to healing ceremonies, primary care and harm reduction supports, and diabetes education.



PATIENT OMBUDSMAN, EARLY RESOLUTION INDIGENOUS SPECIALIST (CAMH)



416-597-0339, Toll-Free
1-888-321-0339



<https://patientombudsman.ca/>

SERVICES OFFERED:



Health Services

- Helps resolve concerns reported by Indigenous patients and their loved ones about unfair healthcare experience. Email indigenous@patientombudsman.ca

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Visit www.sinaigeriatrics.ca/healtheducation for additional resources for older adults, families and caregivers.