

Aanji Bimaadiziwin

A Resource Guide to Support Sexual Assault Survivors



Artwork by Clarity Smoke

Aanji Bimaadiziwin (A Changed Life)



Aanji Bimaadiziwin: A Resource Guide to Support Sexual Assault Survivors

This guide is an Indigenous-led resource created through Aanji Bimaadiziwin (A Changed Life) through Muskoka Parry Sound Sexual Assault Services, a project focused on Indigenous-based healing from sexual assault.

This guide was shaped through the voices of women participating in our women's sharing circle. Through conversation, reflection, and collective care, women identified gaps in services, barriers to accessing support, and the kinds of resources that feel safest and most helpful when navigating experiences of violence, exploitation, and healing.

This resource guide is intended to be a practical resource that can be used by women, advocates, and service providers to support informed choice, safety, and connection to care. It is not meant to replace personal, cultural, or community support, but to walk alongside them.

Aanji Bimaadiziwin is coordinated by Suzanne Smoke, Project Coordinator and Co-facilitator Mikhaela Antoine.



INDIGENOUS WOMEN
ARE
4 TIMES
more likely to be
victims of violence than
non-Indigenous women.



63%
of Indigenous women
have experienced
physical or sexual
violence in their lifetime.



86%
of 2SLGBTQIA+
Indigenous women have
experienced intimate
partner violence.

How to Use This Toolkit

This toolkit may be used in whatever way feels right for you. There is no required order and no expectation to read or use every section. You are encouraged to move through these pages at your own pace and return to them whenever needed.

Some sections may feel more relevant than others depending on where you are in your journey. Take what feels useful, leave what does not, and know that you are always in control of how this information is used.

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Considering Reporting to Police

Reporting sexual assault to police is a personal decision. Survivors have the right to choose if, when, and how they engage with the criminal justice system. Before making a report, it is strongly recommended to connect with a Sexual Assault Centre (SAC) to receive confidential support, information, and advocacy. A Sexual Assault Centre can help you understand your options, explain what the reporting process may involve, and support you in making a decision that feels safe and informed. You do not have to navigate this process alone. Accessing support first can help you make an informed decision and reduce the risk of retraumatization.

Advocacy

Action Coalition on Human Trafficking in Alberta

The Action Coalition on Human Trafficking Alberta (ACT) - has arisen in response to this violation of basic human rights.

ACT Alberta works collaboratively with law enforcement, government agencies, and non-governmental organizations to identify and respond to human trafficking in our province.

ACT Alberta serves the needs of internationally and internally trafficked people, and assists those trafficked for the purposes of labour exploitation, sexual exploitation, and the removal of organs.

If this is a non-emergency situation and you would like to speak with us, please call us at (780) 474-1104. We provide free, safe, and confidential service coordination and referrals for victims of human trafficking.

To speak with a Response Coordinator regarding supports for victims please call:

Edmonton (and northern Alberta)

(780) 218-5815

Calgary (and southern Alberta)

(587) 585-5236

These numbers are not 24/7 crisis lines. These numbers are available Monday-Friday from 8:30am to 4:30pm. If you leave a message we will get back to you within 2 business days

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

NOTES

International Labor Organization (ILO)

The only tripartite United Nation agency, since 1919 the ILO brings together governments, employers and workers of 187 member states to set labour standards, develop policies and devise programmes promoting decent work for all women and men in relation to forced labour, modern slavery and human trafficking.

Website: <https://www.ilo.org/topics-and-sectors/forced-labour-modern-slavery-and-trafficking-persons>

Ministry of Children, Community and Social Services, Ontario's Strategy to End Human Trafficking (MCCSS)

Some people think of human trafficking as an international crime but it is happening here in Ontario, for both sexual and labour exploitation. Learn about what human trafficking is, what you can do to stop it and what help is available.

Website: <https://www.ontario.ca/page/human-trafficking>

ONLINE TRAINING INITIATIVE TO ADDRESS HUMAN TRAFFICKING

Human Trafficking, a phenomenon that remains largely invisible, is estimated to affect 21 million people worldwide. Canada is not exempt from this. Learning about indicators, referral services, and when and how to intervene can help our communities shed light on this issue and positively impact the life of survivors. Our goal is to help you become sufficiently informed about the dynamics of this phenomenon in Ontario, to spot red flags and know paths to pursue when you suspect a case of labour trafficking.

This online training initiative includes a general training on human trafficking, as well as modules tailored to industry-specific needs: legal professionals, law enforcement officers, healthcare professionals, and professionals working with children. In addition, you may join a series of free webinars that offer a chance for a discussion on various aspects of this phenomenon.

To take the training, please go to <http://training.helpingtraffickedpersons.org/>

Ottawa Coalition to End Human Trafficking

A coalition of interested groups work together to address the immediate and long-term resource and support needs of persons affected by human trafficking, including persons who have exited a trafficking situation, their families and communities, as well as persons who may be at risk of exploitation. Provide training to community agencies, and have a request form on their website. A variety of resources and information on HT are available on the website.

The team can provide information, case management for referrals for community-based support. All inquiries are confidential and anonymous.

Contact: (613) 769-6531 (Monday-Friday only), Email: chair@endhumantrafficking.ca

Shkaabe Makwa

Shkaabe Makwa at CAMH is the first Indigenous-led hospital-based Centre in Canada established to improve the health and wellbeing of First Nations, Inuit, and Métis across Ontario by advancing holistic models of mental health and wellness care that are rooted in traditional healing practices. We deliver care, co-design research, and mobilize knowledge and tools to transform health systems. We action community-identified solutions to foster health justice.

For more information about Shkaabe Makwa, please contact us at: shkaabemakwa@camh.ca

Simply call 416 535-8501, option 2.

With one phone call, Access CAMH can provide patients, families, friends and health care professionals with:

General information about our services:

- Information regarding eligibility requirements and instructions on how to make a referral to CAMH, including self-referrals
- Family members and friends may contact Access CAMH if they are concerned about a loved one's mental health or substance use
- Access CAMH answers phone calls Monday – Friday, 8:30am to 4:30pm. The line is closed on weekends and statutory holidays. Interpreters are available to assist callers in their language of choice.

We are committed to providing a respectful and inclusive environment for all seeking care. We kindly ask that you treat our staff with courtesy and patience. We look forward to supporting you in accessing care at CAMH.

Muskoka Parry Sound Sexual Assault Services

We are an intersectional feminist organization dedicated to providing leadership, education, advocacy and trauma-informed support to end sexual violence and harassment.

Gender-based violence, including sexual violence, is a global issue. We develop strong collaborative responses to shift longstanding societal beliefs and systems to create social change.

We honour all people who have experienced sexual violence and harassment. Their diverse voices are heard and reflected in the design and delivery of our programs to facilitate empowerment and healing.

Services are for all genders 16+ and include individual crisis counselling and long term group and individual therapy, advocacy and accompaniment, public education and community development, court support for sexual assault, drop in programs and survivor conferences bi-annually. We support a braided approach incorporating Indigenous healing methodologies with western trauma knowledge.

Contacting us for the first time?

call: (705) 646-2122 (voicemail okay) or text: (705) 394-4089 (specify intake)

MPSSAS can support Indigenous survivors from all over colonial Ontario.

Help Lines

Assaulted Women's Helpline

The Assaulted Women's Helpline offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. We provide counselling, emotional support, information and referrals. We recognize abuse as one example of women's social, political and economic inequality in the world. The Helpline is dedicated to working towards equality for all women.

Crisis Line

GTA (416) 863-0511

Gta TTY (416) 364-8762

TOLL-FREE: 1(866)863-0511

TOLL-FREE TTY: 1(866)863-7868

#SAFE (#7233) on your Bell, Rogers, Fido or Telus mobile phone

Website: <http://www.awhl.org/home>

408 HELP Line (416-408-4357)

408-HELPLine provides telephone support to individuals in the community who are at risk and their most vulnerable. Highly-trained volunteer responders (with the support of professional staff) connect with callers 24 hours a day, 7 days a week, and 365 days a year with the support of professional staff. Many of our callers are individuals experiencing emotional distress, marginalization, social isolation and those who may require crisis intervention and suicide/family violence intervention services.

Our 408-HELP line provides:

- Emotional support service for those with chronic mental health problems
- Support and crisis intervention services for those currently experiencing situational distress or crisis
- Family violence response
- Suicide prevention services
- Emergency intervention and response

<http://www.torontodistresscentre.com/408-help-line>

First Nations and Inuit Hope for Wellness Help Line

The Hope for Wellness Help Line was established as a specific resource for First Nations and Inuit Peoples to provide immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut. Online chat services are currently available in English and French, with expansion to Indigenous languages currently being explored as this new service launches.

The Hope for Wellness Help Line can be accessed by phone at 1(866)242-3310 or through the new online chat at:

- English: www.hopeforwellness.ca
- French: www.espoirpourlemieuxetre.ca

Sexual Assault Centres (ONTARIO)

Amelia Rising Sexual Violence Support Centre

Crisis Line: (705) 476-3355

Office Line: (705) 840-2403

Region: North Bay/Nipissing

Anova

Crisis Line: (800) 265-1576

Office Line: (519) 642-3003

Region: London-Middlesex

Athena's Sexual Assault Counselling & Advocacy Centre

Crisis Line: (800) 987-0799

Office Line: (705) 737-2884

Region: Barrie, Simcoe

Chatham-Kent Sexual Assault Crisis Centre

Crisis Line: (519) 354-8688

Office Line: (519) 354-8908

Region: Chatham-Kent

Durham Rape Crisis Centre

Crisis Line: (905) 668-9200

Office Line: (905) 444-9672

Region: Durham

Family Transition Place

Crisis Line: (800) 265-9178

Office Line: (519) 942-4122

Region: Dufferin County, Peel

Faye Peterson House

Crisis Line: (800) 465-6971

Office Line: (807) 345-4681

Region: Thunder Bay

Guelph-Wellington Women in Crisis

Crisis Line: (800) 265-7233

Office Line: (519) 836-1110

Region: Guelph-Wellington

Hope 24/7

Crisis Line: (800) 810-0180

Office Line: (905) 792-0821

Region: Peel

Kawartha Sexual Assault Centre

Crisis Line: (705) 741-0260

Office Line: (705) 748-5901

Region: Kawartha (Peterborough & Area)

Kenora Sexual Assault Centre

Crisis Line: (800) 565-6161

Office Line: (807) 468-7958

Region: Kenora

Muskoka Parry Sound Sexual Assault Services

Crisis Line: (800) 461-2929 (covers all 705 area code)

Office Line: (705) 646-2122

Region: Muskoka and Parry Sound

Sioux Lookout Sexual Assault & Counselling Centre

Crisis Line: (800) 987-0799

Office Line: (705) 737-2884

Region: Sioux Lookout

Niagara Region Sexual Assault Centre

Crisis Line: (905) 682-4584

Office Line: (905) 682-7258

Region: Niagara (Niagara Falls-St. Catharines)

Ottawa Rape Crisis Centre

Crisis Line: (613) 562-2333

Office Line: (613) 562-2334

Region: Ottawa

Sexual Assault and Violence Intervention Services of Halton

Crisis Line: (905) 875-1555

Office Line: (905) 825-3622

Region: Halton (Oakville)

Sexual Assault Centre for Quinte & District

Crisis Line: (877) 544-6424

Office Line: (613) 967-6300

Region: Belleville-Quinte

Sexual Assault Centre Hamilton & Area

Crisis Line: (905) 525-4162

Office Line: (905) 525-4573

Region: Hamilton

Sexual Assault Centre Kingston

Crisis Line: (877) 544-6424

Office Line: (613) 545-0762

Region: Kingston

Sexual Assault Centre of Brant

Crisis Line: (519) 751-3471

Office Line: (519) 751-1164

Region: Brant

Sexual Assault Crisis Centre of Essex County

Crisis Line: (519) 253-9667

Office Line: (519) 253-3100

Region: Windsor-Essex

The Sexual Assault Support Centre of Ottawa

Crisis Line: (613) 234-2266

Office Line: (613) 725-2160

Region: Ottawa

Sexual Assault Support Centre of Waterloo Region

Crisis Line: (519) 741-8633

Office Line: (519) 571-0121

Region: Waterloo

Sexual Assault Support Services Stormont, Dundas, Glengarry & Akwesasne

Crisis Line: (613) 932-1603

Office Line: (613) 932-1755

Region: Cornwall

Sexual Assault Survivors' Centre Sarnia-Lambton

Crisis Line: (519) 337-3320

Office Line: (519) 337-3154

Region: Sarnia-Lambton

Timmins and Area Women in Crisis

Crisis Line: (877) 268-8380

Office Line: (705) 268-8381

Region: Timmins

Toronto Rape Crisis Centre

Crisis Line: (416) 597-8808

Office Line: (416) 597-1171

Region: Toronto

Voices for Women

Crisis Line: (705) 671-5495

Office Line: (705) 523-7100

Region: Sudbury

Women in Crisis Algoma INC.

Crisis Line: (877) 759-1230

Office Line: (705) 759-1230

Region: Algoma (Sault Ste. Marie)

Women's Sexual Assault Centre of Renfrew County

Crisis Line: (800) 663-3060

Office Line: (613) 735-5551

Region: Renfrew

Women's House Serving Bruce and Grey: Sexual Assault Services

Crisis Line: (866) 578-5566

Office Line: (519) 372-1113

Region: Bruce County

Women's Support Network of York Region

Crisis Line: (800) 263-6734

Office Line: (905) 895-3646

Region: York

Regional Sexual Assault and Domestic Violence Treatment Centre

Brantford (Brant County)

Sexual Assault/Domestic Violence Care Team

Brantford General Hospital

Sexual Assault and Domestic Violence (SADV) Treatment and Care - BCHS

Phone: 519-751-5544 ext. 4449

Text: 226-387-9480

Email: infosadv@bchsys.org

Brockville (Leeds and Grenville)

Assault Response & Care Centre of Leeds and Grenville

Brockville General Hospital 613.345.3881

<http://www.arc-c.ca/>

Burlington

Nina's Place **Joseph Brant Hospital**

905.632.3737x5708 <http://www.ninasplace.ca>

Chatham-Kent

Chatham–Kent Health Alliance

519.352.6400x6382

80 Grand Ave. W. Chatham, ON N7M 5L9

<http://www.ckha.on.ca/emergency-department>

Cornwall (Stormont, Dundas, Glengarry)

Assault and Sexual Abuse Program (ASAP)

Cornwall Community Hospital

613 938 4240 ext: 4552

<https://www.cornwallhospital.ca/en/AbuseProgram>

Dryden

Sexual Assault/Domestic Violence Program

Dryden Regional Health Centre

807-223-7427

<http://www.drhc.on.ca/programs-services/sexual-assaultdomestic-violence-care-and-treatment/>

Durham Region (Oshawa, Algoma)

Durham Region Domestic Violence/Sexual Assault Care Centre

<https://www.lakeridgehealth.on.ca/en/ourservices/emergency.asp#th Oshawa>

905 576-8711 ext. 33286

Guelph

Guelph–Wellington County Sexual Assault/Domestic Violence Treatment Centre

Guelph General Hospital

519-837-6440, ext. 42728

<https://www.gghorg.ca/emergency-department/sexual-assault-domestic-violence-services/>

Hamilton

Sexual Assault/Domestic Violence Care Centre

McMaster University Medical Centre

905-521-2100, ext. 73557

<https://www.hamiltonhealthsciences.ca/areas-of-care/emergency-care/sexual-assault-domestic-violence/>

Hawkesbury

Care Program for Victims of Assault

Hawkesbury and District General Hospital

613-632-1111 ext. 51014

<https://hgh.ca/programs-services/care-program-for-victims-of-assault/>

Kenora

Sexual Assault/Partner Abuse Program

Lake of The Woods District Hospital

807-468-9861, ext. 2428

<http://www.lwdh.on.ca/index.php/programs-and-services/patient-care/sexual-assault.html>

Kingston

Sexual Assault/Domestic Violence Program

Kingston Health Sciences Centre

Kingston General Hospital

613-548-3232 & Dial "0" (SA/DV on-call)

<https://kingstonhsc.ca/emergency-care/sexual-assault-and-domestic-violence>

76 Stuart St., Kingston, ON.
K7L 2V7

Lanark County

Lanark County Sexual Assault/Domestic Violence Program

Perth and Smiths Falls District Hospital

613-283-2330, ext. 1258

613-284-6656 (24/7 on-call nurse)

<https://psfdh.on.ca/sexualassault>

London

Regional Sexual Assault and Domestic Violence Treatment Program

St. Joseph's Health Care London 519-646-6100, ext. 64224

<https://www.sjhc.london.on.ca/areas-of-care/sexual-assault-and-domestic-violence-treatment-program>

Manitoulin

Sexual & Domestic Violence Services - Ka Naad Maa Go

- Little Current Hospital is located at 11 Meredith St East, Little Current
- Mindemoya Hospital is located at 2120B Hwy 551, Mindemoya

<https://nthc.ca/programs-services/primary-care-clinical-services/sexual-domestic-violence-services-ka-naad-maa-go-sdvs/Office>

705-368-2182 - Noojmowin Teg Health Centre

Crisis

705-368-1369 - SDVS On-call Nurse

Emergency Department

705-368-2300 - Little Current Hospital

Emergency Department

705-377-5377 - Mindemoya Hospital

Fax: 705-368-2229

Email: info@nthc.ca

Mississauga

Chantel's Place Mississauga Hospital Site

905-848-7580, ext. 2548

<https://www.trilliumhealthpartners.ca/patientservices/womens/Chantels-Place/Pages/default.aspx>

Niagara Region (St. Catharines)

Sexual Assault/Domestic Violence Treatment Program

Niagara Health System
St. Catharines General Site

905-378-4647, ext. 45300

<http://www.niagarahealth.on.ca/site/sexual-assault-domestic-violence-treatment-program>

North Bay

Sexual Assault Domestic Violence Program

North Bay Regional Health Centre

705-474-8600, ext. 4478

<http://www.nbrhc.on.ca/programs-services/medical-services-2/sexual-assault-treatment-centre/>

Orangeville

Headwater Sexual Assault and Domestic Violence Care and Treatment Program

Headwaters Health Care Centre 519-941-2702, ext. 2519

<https://www.headwatershealth.ca/Areas-of-Care/Domestic-and-Sexual-Assault>

100 Rolling Hills Dr. Orangeville Campus Orangeville, ON L9W 4X9

Orillia (Simcoe County, Muskoka)

Regional Sexual Assault and Domestic Violence Treatment Centre

Orillia Soldiers' Memorial Hospital

1-877-377-7438

<http://www.osmh.on.ca/programs-services/RegionalWomenandChildrenProgram/sadv/sexualassault.aspx>

Ottawa

Sexual Assault Partner Abuse Care Program

The Ottawa Hospital
Civic Campus
Emergency Department

613-798-5555, ext. 13770
613-761-4140 (TTY)

<https://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Programs/SexualAssaultAndPartnerAbuseCareProgram>

Ottawa Pediatric

Ottawa Pediatric Sexual Assault

Children's Hospital of Eastern Ontario

613-737-7600, ext. 2939

<https://www.cheo.on.ca/en/resources-and-support/child-and-youth-abuse.aspx#Local-contacts>

Owen Sound

Sexual Assault Partner Abuse Care Centre (SAPACC)

Brightshores Health Systems

519-376-2121, ext. 2394

<https://www.brightshores.ca/sexual-abuse-partner-abuse-care-centre/>

Peterborough

Sexual Assault/Domestic Violence Care Centre

Women's Health Care Centre
Peterborough Regional Health Centre

705-743-4132

Website

<https://www.prhc.on.ca/healthcare-services/women-children/womens-healthcare-centre/sexual-assault-and-domestic-violence/>

Renfrew County

Regional Assault Care Program

Renfrew Victoria Hospital

613-432-4851, ext. 818

<https://www.renfrewhosp.com/regionalassaultcareprogram>

Sarnia

Sexual Assault/Domestic Assault Treatment Centre

Bluewater Health

519-464-4522

<https://www.bluewaterhealth.ca/programs-services/sexual-assault-domestic-violence-treatment-centre>

Sault Ste Marie

Sexual Assault Care Centre/Partner Assault Clinic

Sault Area Hospital

705-759-5143

<https://www.bluewaterhealth.ca/programs-services/sexual-assaultdomestic-violence-treatment-centre>

Scarborough (Toronto, Rouge Valley)

Sexual Assault/Domestic Violence Care Centre

Scarborough and Rouge Hospital

416-495-2555

<https://www.shn.ca/sexual-assault/>

Sioux Lookout (Alcona, Hudson, Pickle Lake)

Sexual Assault Care and Domestic Violence Treatment Program

Sioux Lookout Meno Ya Win Health Centre

807-737-6565 (Direct Line)

807-737-3030 (Switchboard)

Website <https://slmhc.on.ca/departments-and-services/assault-care-and-treatment/>

Sudbury

Violence Intervention & Prevention Program

Health Sciences North, 705-675-4743

<https://www.hsnsudbury.ca/portalen/Programs-and-Services/NEO-Kids-Family/Violence-Intervention-and-Prevention-Program>

Thunder Bay

Sexual Assault/Domestic Violence Program

Thunder Bay Regional HSC

807-684-6751

<http://tbrhsc.net/programs-services/emergency-critical-care-services/sexual-assault-domestic-violence-treatment-centre/>

Toronto

Sexual Assault/Domestic Violence Care Centre

Women's College Hospital

416-323-6040

<http://www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre/>

Toronto Pediatric

Suspected Child Abuse and Neglect Program (SCAN)

The Hospital For Sick Children

416-813-6275

<http://www.sickkids.ca/areas-of-care/clinics/scan-program-clinic.html>

Trenton

Domestic Violence/Sexual Assault Response Program

Quinte Health Care - Trenton Site

613-392-2540 ext 5024

<https://quintehealth.ca/care-service/domestic-violence-and-sexual-assault-program/>

Waterloo (Kitchener)

Waterloo Region Sexual Assault and Domestic Violence Care Centre

Waterloo Region Health Network

519-749-6994

<https://sadvtcwaterloo.ca/>

Windsor

Sexual Assault/Domestic Violence and Safekids Care Centre

Windsor Regional Hospital Metropolitan Campus

519-255-2234

<https://www.wrh.on.ca/SADVTC>

York Region (Toronto, Richmond Hill)

Domestic Abuse and Sexual Assault Care Centre

Cortellucci Vaughan Hospital - Mackenzie Health

905-883-1212 ext. 7395

Website <https://www.mackenziehealth.ca/programs-services/domestic-abuse-and-sexual-assault-dasa>

Shelters in Ontario

Peel Family Shelter

Animal shelter

2420 Surveyor Rd. Mississauga

Open 24 hours · (905) 272-7061

Good Shepherd

Homeless shelter

Mary St, Hamilton

Open 24 hours · (905) 528-9109

Blue Door Support Services

Homeless shelter

18838 Highway 11, Holland Landing

Open 24 hours · (905) 898-1015

Gillian's Place

Public service & government

15 Gibson Pl, St Catharines

(905) 684-4000

Street Haven at The Crossroads

Public service & government

87 Pembroke St, Toronto

(416) 967-6060

Fred Victor Bethlehem United Shelter

Homeless shelter

1161 Caledonia Rd, North York

Open 24 hours · (416) 644-1734

Covenant House Toronto

Homeless shelter

20 Gerrard St E, Toronto

Open 24 hours · (416) 598-4898

Cornerstone

Homeless shelter

133 Simcoe St S, Oshawa

Open 24 hours · (905) 433-0254

Woodgreen Red Door Family

Homeless shelter

21 Carlaw Ave, Toronto

Open · Closes 5 PM · (416) 915-5671

Transition House Coalition

Homeless shelter

10 Chapel St, Cobourg

Open 24 hours · (905) 376-9562

Muskoka Women's Advocacy Group

Public service & government

43 Mary St, Bracebridge

(705) 645-4461

The Salvation Army

Religious organization

1816 Metro Rd N, Jacksons Point

(905) 722-3059

Cameron House, Brock Mission

Homeless shelter

738 Chemong Rd, Peterborough

Open 24 hours · (705) 748-4766

Salvation Army - Evangeline Residence

Homeless shelter

2808 Dundas St W, Toronto

Open 24 hours · (416) 762-9636

The Lighthouse

Social service organizations

75 Queen St E, Orillia

Open 24 hours · (705) 329-2265

Maxwell Meighen Centre

Homeless shelter

135 Sherbourne St, Toronto

Open 24 hours · (416) 366-2733

Red Door Family Shelter

Social service organizations

Toronto, Ontario

Open · Closes 5 PM · (416) 915-5671

Blue Door Shelters - Kevin's Place Youth Shelter

Homeless shelter

835 Gorham St, Newmarket

Open · Closes 3:30 PM · (905) 898-1015

Fred Victor's Women's Transition To Housing

Homeless shelter

388 Dundas St E, Toronto

(416) 368-9138

YWCA Women's Centre of Haliburton County

Community services/non-profits

11 Bobcaygeon Rd, Minden

Open · Closes 4:30 PM · (705) 286-1942

Stepping Stone (formerly known as the Welcome In Drop In Centre)

Homeless shelter

23 Gordon St, Guelph

Closed · Opens 8 PM · (519) 837-0080

Green Haven Shelter for Women

Health & medical

570 Sundial Dr, Orillia

Open 24 hours

Women and Children's Shelter of Barrie

Community services/non-profits

Barrie, Ontario

Open 24 hours · (705) 728-6300

Busby Centre

Social service organizations

88 Mulcaster St, Barrie

Open 24 hours · (705) 739-6916

Brock Mission

Homeless shelter

217 Murray St, Peterborough

Open 24 hours · (705) 748-4766

Optimism Place, Women's Shelter and Support Services

Public service & government

270 Freeland Dr, Stratford

(519) 271-5550

Elizabeth Fry Society Of Simcoe County The

Community services/non-profits

102 Maple Ave, Barrie

Open 24 hours · (705) 725-0613

A Place Called Home

Homeless shelter

64 Lindsay St S, Lindsay

Open 24 hours · (705) 328-0905

Muslim Welfare Centre

Homeless shelter

425 Dundas St E, Whitby

Open 24 hours · (905) 665-0424

Southridge Shelter

Homeless shelter

201 Glenridge Ave, St Catharines

Open 24 hours · (905) 682-2477

Jessie's - The June Callwood Centre for Young Women

Obstetrician & gynecologist

205 Parliament St, Toronto

Open · Closes 6:30 PM · (416) 365-1888

Unity Project

Homeless shelter

717 Dundas St, London

Open 24 hours · (519) 433-8700

Kabaeshiwim Respite Women's Shelter Saugeen First Nation

Public service & government

24 Christine St, Southampton

(519) 797-3677

Women's Resources of Kawartha Lakes

Public service & government

Kawartha Lakes, Ontario

Open 24 hours · (705) 878-4285

Martha House

Homeless shelter

25 Ray St N, Hamilton

(905) 523-8895

Legal Support

Aboriginal Legal Services of Toronto (ALST)

Giiwedín Anang Council

Giiwedín Anang Council is an Indigenous-led family dispute resolution and child welfare support program grounded in Anishinaabe teachings and community-based approaches. The council brings together Elders, Knowledge Keepers, and community members in a culturally grounded circle-based approach to support families navigating child welfare involvement, access and custody disputes, apprehensions, and reunification planning.

Families, youth, and professionals may be able to seek guidance, referrals, and culturally relevant support related to child welfare and family court matters. Availability of specific programs or intakes may vary. Parents who are victims of domestic violence can self-refer.

Contact: Giiwedinanang@aboriginallegal.ca

For more information about Giiwedín Anang please contact:

Giiwedín Anang Council Supervisor (Toronto) -Kim Whiteduck

Kim@aboriginallegal.ca

Giiwedín Anang Council Caseworker (Peel)- Jacob Washington

Jacobw@aboriginallegal.ca

Giiwedín Anang Council Program Manager – Ryan Walsh

Ryan@aboriginallegal.ca

211 Yonge Street, Suite 500, Toronto, ON M5B1M4

416-408-3967

1-844-633-2886

info@aboriginallegal.ca

Barbra Schlifer Commemorative Clinic

Monday – Friday 9am to 5pm

Contact: (416) 323-9149 ext. 0 for main reception

Email: info@schliferclinic.com

Intake Workers will connect with you within 48 hours (about 2 days) of your request to conduct an intake assessment with you to understand your legal and non-legal needs. An intake assessment takes approximately 45 minutes.

Legal Protections Related to Human Trafficking in Canada

In Canada, human trafficking is a serious criminal offence. Federal laws are in place to hold traffickers accountable and to reduce harm to those who have experienced trafficking.

The **Criminal Code of Canada** includes specific offences related to human trafficking, including:

- Trafficking in persons
- Trafficking of children and youth
- Receiving a material benefit from trafficking
- Withholding or destroying identity or travel documents

Other criminal offences may also apply in trafficking situations, such as kidnapping, forcible confinement, threats, extortion, assault, sexual assault, and offences related to organized crime.

Section 118 of Canada's **Immigration and Refugee Protection Act (IRPA)** also prohibits bringing people into Canada through abduction, fraud, deception, or the use of threat of force or coercion.

The criminal justice system includes measures intended to make court processes less traumatic for victims and other vulnerable witnesses. Testimonial aids, such as a screen that prevents the witness from seeing the accused, the use of closed-circuit television that permits the witness to testify from outside the courtroom or the presence of support persons may be made available in appropriate circumstances. Other measures that may be available are publication bans on information that would identify a complainant or witness and, in some cases, orders excluding the public from the courtroom.

Source: Government of Canada – National Action Plan to Combat Human Trafficking (2012, with ongoing updates)

Canada Border Services Agency

(Throughout Canada)

Through the National plan to end Human Trafficking, Canada border services will identify victims of cross-border trafficking, can refer them to appropriate services for help and support, and support the investigations and prosecutions of trafficking perpetrators.

Contact Canada Border Services Agency:

Border Watch

Call toll-free: 1-888-502-9060

Hours of operations: Monday to Friday, 9 am to 9 pm, ET

Ministry of the Attorney General

The ministry has created a team of specialized lawyers to help survivors and potential victims get a restraining order by providing legal support, including:

- Free, confidential legal advice
- Help completing a restraining order application
- Representation at application hearings in any Ontario Court of Justice

Parents and guardians of a child survivor or a child at risk of being trafficked will also be eligible for free legal support.

Restraining orders can be in place for up to three years and renewed if necessary. These orders are enforced by the police.

Eligibility

Survivors of all ages can access this service and the trafficking does not need to have happened in Ontario to be eligible. This program is available to all eligible women, men, Trans and gender-diverse people in Ontario.

This restraining order only applies to a trafficker who resides in Ontario.

Survivors or those at-risk of being trafficked do not need to have a criminal case in progress in order to obtain a restraining order against their trafficker.

Survivors and parents/guardians of those who are at-risk of being trafficked can speak with a trained advisor, using Ontario's dedicated confidential Human Trafficking Helpline.

Those who are interested in free legal advice to get a human trafficking restraining order will be referred to a lawyer Monday to Friday, 8:30am to 5:30pm.

Human Trafficking Helpline: 1 (833) 900-1010

Toronto Police Service:

Sex Crimes Unit

Child Exploitation Section:

Identifies and rescues victims of online child sex abuse and exploitation, as well as investigates and prosecutes child abusers who may be in possession of images of child sex abuse, child pornography, luring, and other online sexual offences against children. This unit also works with the community to educate.

To report a child exploitation offence in Toronto call (416) 808-8500, or by Email:
ChildExploitation@torontopolice.on.ca

Human Trafficking Enforcement Team:

Conducts investigations where sex trafficking or labor trafficking is alleged or suspected. Also investigate cases where children under the age of 16 are suspected or alleged to have been victims of trafficking; and will place the youth in a secure and safe location. The unit conducts arrests and provides victim services support to the victims and finally, conducts the entire arrest and prosecution of the sex/labor trafficker.

To report a case of sex or labor trafficking of an adult, youth or child contact:

416-808-4838

40 College Street, Toronto, ON, Canada, M5G 2J3

humantrafficking@torontopolice.on.ca

Victim/Witness Assistance Program:

If you choose to report to police and charges are laid, you may be required to attend court as a victim or witness. Court processes can feel overwhelming and confusing, and you may have questions about what to expect.

Before making a police report, you may wish to speak with a local Sexual Assault Centre (SAC) to better understand your options and receive confidential support.

The Victim/Witness Assistance Program (VWAP) is a government-led program that provides support once criminal charges have been laid. VWAP staff act as a liaison between the court and survivors or witnesses, offering court orientation and updates about court dates and proceedings.

It is important to know that information shared with VWAP becomes part of the criminal justice process and may be shared with the Crown Attorney and defence counsel.

VWAP services begin once charges are laid and continue until the court case is complete.

The Victim/Witness Assistance Program can:

- Answer your questions about the criminal justice system, courtroom procedures and your role in court
- Help you understand what to expect at each court date, and help you prepare for your appearance in court
- Provide you with copies of court papers, such as bail conditions and probation orders
- Contact the Crown attorney or the police officer in charge of your case on your behalf
- Offer ongoing emotional support throughout the court process
- Refer you to community agencies for other services you may need, such as counselling and safety planning

- Arrange for language interpreters in domestic violence cases and/or accommodate any special needs
- Help you understand and complete a Victim Impact Statement

The Victim/Witness Assistance Program is offered by the Ministry of the Attorney General in all 54 court districts. To find the office nearest you, call the:

Victim Support Line

Contact: Toll free 1(888) 579-2888

Contact: (416) 314-2447 (Greater Toronto Area)

Website: www.ontario.ca/victimservices

Wrap Around Support

Wasauksing Safe Home

Parry Sound, Ontario

Providing Crisis Services Grounded in Cultural Practices

Located within the Wasauksing First Nation territory in Ontario, this facility provides crisis services grounded in cultural practices to women, children, men and 2SLGBTQQIA+ individuals who are victims of domestic and intimate partner violence.

Designed to provide sanctuary and healing, the Family Violence Shelter will offer accommodation for up to 10 individuals in single, double, and family rooms, integrating cultural elements throughout its structure. Embracing the principles of healing and wellness, the Shelter will feature communal spaces, a serene courtyard, and access to land-based programs aimed at fostering and strengthening cultural identity.

These programs will include traditional practices such as sweats, ceremonies, and fasting, conducted on the sacred cultural ground of 3 Mile Island, ensuring a holistic approach to healing and empowerment for all who seek refuge within its walls. The shelter will provide inclusive support services, welcoming individuals regardless of gender or sexual orientation.

Opening Spring 2026

AboriginalShelters.ca - Indigenous Shelter Directory (Ontario)

AboriginalShelters is an online directory that helps individuals locate Indigenous shelters, transition houses, and emergency services across Ontario. The site allows users to search by community or region and provides contact information for culturally grounded shelter programs.

This resource can be helpful for Indigenous women, Two-Spirit folks, and families seeking safe housing options that understand the impacts of violence, colonial trauma, and displacement.

Services listed on the site may include emergency shelter, transitional housing, outreach support, and connection to community-based resources.

Aurora House

Aurora House strives to provide shelter, long-term trauma counselling, basic needs and essential support services to women who have been trafficked or exploited in Canada.

1774 Queen St East

Toronto, Ontario, M4L 1G7

Email: aurorahouse@mnict.org

Phone: (416) 727-0299

Breaking Free (St. Paul, Minnesota) Women's Program

Breaking Free is located in St. Paul Minnesota and supports women to exit prostitution and sexual exploitation with advocacy, court support, direct services, housing and education.

Call the Breaking Free program at (651) 645-6557 to schedule an intake, or to speak to someone for information and support.

*Must call for intake to obtain address.

Covenant House/The Rogers Home

The Rogers Home is a specialized transitional housing program for young, female victims of sexual exploitation and sex trafficking. It is the first in the city, offering the most services of any similar, youth-focused program in Canada.

Six young women, aged 16 to 24, may live in The Rogers Home for two years and have access to wraparound support services at Covenant House's main location and through a network of community partners.

The program is open to young women currently using other Covenant House programs, as well as female youth who have been referred by other agencies. The program is for young women who have demonstrated a readiness to move towards independence.

20 Gerrard Street East, Toronto, ON M5B 2P3

If you are a youth in need of shelter, contact 1 (416) 593-4849 or Toll free 1 (800) 435-7308 (Open 24/7)

If you are a youth who is being sexually exploited or trafficked, or a concerned parent, email endht@covenanthouse.ca or call Toronto Police Service Human Trafficking Enforcement Team 24/7 hotline at (416) 808-2222.

Deborah's Gate – Salvation Army (British Columbia but provides services Canada wide)

The BC Salvation Army provides support for survivors of human trafficking 18 years old and up and are connected with government, law enforcement and non-profits from across Canada. They may consider supporting youth under the age of 18 in consultation with the BC ministry of child and family services.

Offering both outreach and residential support like safe houses as well as services and supports including but not limited to personal goal development & 24 hour staff support, counselling, cooking classes, nutritious meals, art therapy, gardening, yoga, ESL tutoring, tattoo branding removal, transportation, court support and accompaniment, life skills development, monthly group activities, and multi-faith chaplaincy, along with established partnerships in the community for survivors to access medical, mental, optical, and dental health care, pro-bono legal services, school and educational upgrading, culinary programming, and employment opportunities.

Contact: (604) 915-5678

Contact: Toll free 1(855) 332-4283

Email: illuminate.dgsafehouse@salvationarmy.ca

Standing Strong: Trauma, Recovery, and Empowerment Program

Elizabeth Fry Toronto

Program Overview

Standing Strong: Trauma Recovery Through Empowerment is a free individual and group supportive counselling program for women and gender-diverse young adults (ages 16–29) who have experienced family or gender-based violence.

Standing Strong offers the following supports:

16-session psychoeducational Trauma Recovery Empowerment Group (offered 4 times per year)

Up to 8 sessions of optional individual pre-group counselling, while waiting for the group to begin

Up to 8 sessions of optional individual post-group counselling, upon program graduation

Their Approach

The program is guided by the Trauma Recovery and Empowerment Model (TREM) , an evidence-based intervention that supports individuals in exploring the connection between past experiences of harm and their current thoughts, emotions, and behaviors. Participants are empowered to develop skills that address both short-term and long-term impacts of trauma in their lives.

They especially welcome individuals from marginalized communities, including 2SLGBTQI+, Indigenous, Black, and racialized groups, as well as newcomers, refugees, and people living with disabilities.

Referrals and self-referrals are accepted year-round

*All programs provide language interpreters free of cost through the Barbra Schlifer Commemorative Clinic

For more information about the Standing Strong program, or to book an Intake Assessment appointment, please contact:

standingstrong@efrytoronto.org

Dana Riley (she/her), Counsellor

416-924-3708 ext. 252

driley@efrytoronto.org

Karen Hoi Lam Wong (she/her)

416-924-3708 ext. 298

hwong@efrytoronto.org

Hope -360 Kids

HOPE Program provides transitional housing and wrap-around services for female survivors of human trafficking aged 16-26 in York Region. Our services support the survivors by providing a safe nurturing environment, counselling, medical attention, and self-esteem building tools to promote a healthy transition into independent living. There are 6 beds available where clients can stay for up to 1 year, as well as counselling, and housing and employment through 360 kids.

For more information about the HOPE program and/or to make a referral, please contact:

Phone: (905) 474-6694

Tollfree: 1 (833) 360-5437

Fax: (905) 475-5733

www.360kids.ca

Ma Mawi Wi Chi Itata (Winnipeg, MB)

Established in 1984, Ma Mawi Wi Chi Itata is a Grandmother in the Winnipeg family of community service-providers with more than 30 years of experience working with Indigenous families. We are community people helping other community people reclaim our inherent roles and responsibilities as Indigenous caregivers and the most important teachers of our children.

The name Ma Mawi Wi Chi Itata translates from Ojibway into the phrase, “we all work together to help one another.”

Ma Mawi Wi Chi Itata Centre is a strength and value-based family resource organization delivering community-based programs and services within the philosophy embodied in our name. Ma Mawi Wi Chi Itata Centre believes in accountability, transparency and effective use of resources. For us, this means working together with our families, our partners, funders and governments to create community based solutions that build local capacity for self-care.

Contact: (204) 925-0300

Email: info@mamawi.com

Website: <http://www.mamawi.com/>

Minwaashin Lodge (Ottawa, ON)

Minwaashin Lodge provides a range of programs and services to First Nations, Inuit and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey. The lodge has some capacity on a case by case basis to support women who are fleeing exploitation or human trafficking.

Services may include:

- Individual and family counselling
- Cultural programming and land-based supports
- Employment and life-skills support
- Transitional housing and housing support
- Anti-human trafficking supports

Access/Intake:

Support is provided through intake and referral. Availability may vary depending on capacity.

2323 St Laurent Blvd

Ottawa ON

K1G 4J8

(613) 741-5590

Crisis Line: (613) 789-1141

Hours of Operation: 9am-5pm Monday to Friday

info@minlodge.com

A New Day Residential Treatment/Shelter

Ottawa, ON

A RESTORATIVE PROGRAM

For Commercially/Sexually Exploited and Trafficked Individuals

A New Day focuses on survivors needs and interests, providing individuals with empathetic, consistent support, trauma informed care and viable opportunities for positive change.

613-747-2223

Ottawa, Ontario, Canada

info@anewdayyas.ca

Website: <http://anewdayyas.ca>

Oshki Kizis/Shelter

Oshki Kizis Lodge is operated by Minwaashin Lodge - Indigenous Women's Support Centre. They are a 21-bed shelter for First Nations, Inuit, and Metis women & children who are fleeing abuse. By empowering women, they assist them on their healing path to a safe & healthy place. They support the family unit holistically by showing awareness and respect for individual and cultural beliefs, spirituality and diversity.

Provides a myriad of cultural supports for residents including:

- Support
- Advocacy
- Counselling
- Referrals
- Court accompaniment
- Traditional teachings
- Elders
- Crafts
- Community support
- Transitional support
- Educational services
- Crisis intervention

- Child & youth advocacy
- 24-hour residential support
- Hospital visits

Call the crisis line at (613) 789-1141 to access Oshki Kizis shelter.

Location: 2323 St Laurent Blvd, Ottawa, ON, K1G 4J8

Tel: (613) 741-5590, Fax: (613)748-8311

Paths of Courage: Healing and Retreat Centre

Counselling and Advocacy for victims of sexual assault since 1991. Confidential, non-judgemental support for survivors of sexual violence.

The Sexual Assault Centre for Quinte & District was founded in 1991. It recognizes that sexual violence is primarily directed towards women and children and is anchored in the social, cultural and economic disparities of our society. It seeks to eradicate this imbalance through education, counselling and social change.

The Paths of Courage

Residential Healing Program, for residents of Ontario

Crisis Line 24/7

Toll-Free: 1-877-544-6424

TTY: 1-800-268-9242

PATHS OF COURAGE RETREAT CENTRE

TEL: 613-476-7000, EMAIL: pathsofcourage@sacqd.com

Storm

Street outreach mobile services team supporting women involved in the sex trade. The program can assist women who require emergency medical, safety and shelter needs. Location: Ottawa, ON

Friday to Sunday

STORM Team 2: 10am-9pm

613-262-2553, Email: storm2@minlodge.com

Wednesday to Friday

STORM Team 1: 4pm to midnight

613-265-7558, Email: storm@minlodge.com

Saturday to Monday

STORM HT

4pm to midnight

613-261-4491, Email: stormht@minlodge.com

Safe Home (Ajax, ON)

Provides long-term recovery programs designed to guide sexually exploited or trafficked women and youth, or those at identifiable risk of becoming sexually exploited/trafficked, into full rehabilitation and reintegration into society.

Frontline Housing:

This program supports women who are just exiting the sex trade, exploitation or human trafficking and provides supportive housing and basic living skills.

The individual receives their own room and can come and go as they please, in the boundaries of the house rules. Anyone in front line housing is required to attend the Learning Centre program, a full-time program from Monday to Friday from 10am-4pm. The learning program focuses on topics such as healthy lifestyle, coping, education, life skills, addiction and substance misuse, emotional regulation, and employability.

Second Stage Housing:

The objective of this level of housing is to increase participants' responsibility and freedom within a monitored environment while they apply to participate in the Employability Skills Development Program. There is a Housing Support Worker on site, whose job it is to ensure the overall safety and security of the home and to offer problem-solving assistance as needed. Participants at this level no longer require a

curfew or approved overnights, as they are now capable of self-regulation. Their responsibility will increase in that they will organise and facilitate their own house meetings for problem solving and chore rotation, and they will each take turns managing the monthly housing budget to purchase house supplies.

Independent Living:

The objective of the Independent Housing structure participants is to move into an apartment in the community at large once they have reached all the markers to ensure a successful transition to independent living.

Participants must apply for a training position in the Employability Skills Development programming while in this level of housing if they wish to receive continued support from the organization.

The markers that indicate a participant is ready for independent living include the following:

Level one – Job Shadowing six hours per day, four days per week (approximately two months).

Level two – Job Training and Employment Readiness Part two training class, six hours per day, five days per week. (Approx. 3-8 months)

Level Three – Integration Program preparing for outside employment (approximately two months).

FOLLOW-UP CARE

The Follow care program is provided to all participants who have graduated from the program and provides the follow-up and care they need to be successful in the community at large.

LEADERSHIP PROGRAMS - EXTRA-CURRICULAR

Pathways To Care Resource List: For Human Trafficking 47

Once participants have graduated from Phases one and two of the program, they may choose to apply to the organization's Leadership Program.

The 519

Provides services specific to the LGBTQ2S community, with specialized counselling and drop in services that can accommodate those who are at risk or currently experiencing exploitation and human trafficking.

Location: 519 Church St, Toronto, ON M4Y 2C9

Drop in Services:

Sunday Drop-In meets on Sundays from 10:30am to 1:00pm at The 519 and offers a range of services from counseling, harm reduction and housing support; for any LGBTQ2S person who is experiencing poverty and is under-housed.

PAID I.D. Clinic:

The ID Clinic happens on the second, third, and fourth Tuesdays of every month from 2:30pm to 4:00pm. The PAID program works to help individuals who do not have a permanent address to obtain their identification.

Trauma Informed Counseling:

Provides quality, trauma informed counseling for LGBTQ2S folks free of charge after an initial needs interview.

To request counseling services, please call (416)392-6878 ext. 4000 and leave a message. You will be contacted within 3-5 days to be set up for an intake.

For immediate counseling options for LGBTQ2S individuals:

Contact: (416)929-5200 (The Gerstein Crisis Centre)

Contact: 1(877)330-6366 (The Trans Lifeline)

Stepping Out:

Providing mentorship and alternatives to individuals who are involved or have been involved in sexual exploitation and human trafficking.

For confidential inquiries, contact: (416) 640-2006, Email: confidential@havenontheq.com

The Jean Tweed Centre

Established in 1983 and named after Jean Shannon Tweed – a woman who saw the need for a safe and supportive environment for women to address their substance use issues. Jean Tweed was a pioneer in advancing the cause of women-specific programming. The centre was named in her honour.

Since its founding, the Centre has evolved and grown to become a leading community-based substance abuse, mental health and problem gambling agency for women in Ontario. The Centre offers a wide

range of services including residential and day programming, out-patient programming including family and trauma counselling, individualized counselling and continuing care. Outreach services are available for pregnant and parenting women as well as women who have concurrent mental health and substance use problems and involvement in the criminal justice system. In keeping with our focus on women, parenting and children, the Centre also offers a fully licenced therapeutic child development centre on site.

215 Evans Avenue, Toronto, ON, M8Z 1J5

Contact: (416)255-7359

Email: INFO@JEANTWEED.COM

Wish Drop-In Centre Society (Vancouver, BC)

The Aboriginal Health & Safety Project (AHSP) is a culturally-relevant response to the many Indigenous women who use WISH.

Its purpose is to help Aboriginal women who are involved in the sex trade reclaim their culture, connect to each other, participate in hands-on crafts and activities, learn new skills and experience sisterhood. If you are an Indigenous woman with current or past involvement in the sex trade and would like to know more about this program. Please call (778) 892-4234.

It is comprised of three streams of programming:

1 – Aboriginal Evenings

Evening activities such as drumming, beading and dream-catcher making are offered once per week at the WISH Drop-In Centre. These are low-barrier and open to all WISH participants. Non-Indigenous women are welcome to come and learn from their Indigenous sisters, and Indigenous women are encouraged to participate and to learn about all the programs and services available to Indigenous women at WISH.

2 – Individualized Support

The AHSP Coordinator, who is an Indigenous woman, offers culturally-safe support for Aboriginal participants. She builds trust with Indigenous women who have experienced trauma related to colonization and the residential school experience, in addition to the violence they face on the streets. She has office hours in the WISH drop-in centre twice a week and makes appointments with women outside these times as well. Her services include help with housing, navigating the court system and filling out forms for ID. She assists Indigenous women who need to return to their home communities to be reunited with family and works with the VPD Sex Trade Liaison to help women fleeing violent intimate partners.

3 – Aboriginal Culture & Creativity Program

In this daytime program, a core group of 8-10 women meet twice weekly and engage in hands-on traditional art activities, learn cultural practices and participate in health and wellness themed workshops. Women in this program also go on culturally-relevant outings to places like the Vancouver Public Library, the Museum of Anthropology and K'la-How-Ya Village. Once a month, women in the group participate in street outreach with the AHSP Program Coordinator. They assemble and distribute goody bags to their sisters on the streets, and encourage them to learn more about the AHSP program. There are 2 six-month cycles of this program per year, and a graduation ceremony is held for each cycle. Though these streams are designed to function as a continuum, women can participate as many streams as they like, and can jump in wherever they feel ready to participate.

Address: 334 Alexander Street

Vancouver, BC, Canada, V6A 1C3

Contact: 604-669-WISH (9474)

Fax: 604-669-9479, Email: info@wishdropincentre.org

Contact: (604)681-9244 (Drop-In Centre)

Website: <http://wish-vancouver.net/programs-and-services/aboriginal-culture-and-creativity-program/>

Navigating Children's Aid Society

As Indigenous Women & Mothers

Involvement with Child Welfare (CAS) can feel overwhelming and retraumatizing. For many Indigenous and Afro-Indigenous families, these systems are not neutral - they exist within colonial child removal, surveillance, and intergenerational harm.

Preparation, documentation, and support are not signs of guilt. They are acts of protection.

It is important to remember:

- Indigenous and Afro-Indigenous families are disproportionately impacted by child welfare systems.
- Your emotional reactions may be shaped by intergenerational and lived trauma.
- Being emotional does not mean you are unfit.
- You deserve dignity, clarity, and respect.
- Preparation is not paranoia - it's self-advocacy.

Practical Tips When Dealing with CAS

Written communication reduces misunderstandings

- Communicate by email whenever possible.
- After phone or in-person meetings, send a follow up email such as: “Just confirming our conversation today...”
- Keep copies of all communication.

Bring Support

- You are allowed to have someone with you.
 - A trusted friend, advocate, Elder, or community worker.
 - Support people can help with clarity, grounding, and accountability.
 - You do not have to navigate this alone.

Ask for Clarity

- It's okay to ask questions
- Ask for information in writing
- Ask questions if something is unclear
- Ask for time to review information before responding
- You are allowed to understand what is happening

Protect Your Energy

- You do not need to share more than is required.
- Share only what is asked or necessary.
- Being calm and prepared matters more than explaining everything
- Self-advocacy is not confrontation

Maintain Professional Boundaries

- CAS workers are not your friends or counsellors
- Keep communication focused and factual
- Oversharing can create confusion or be misinterpreted
- Stay respectful, but protect yourself in communication

Healthcare and Basic Needs

Anishnawbe Health Toronto

Anishnawbe Health Toronto's new Indigenous Health Centre is fully operational at 425 Cherry Street.

This innovative purpose-built space is a permanent home for healing, connection and culturally grounded care for the urban Indigenous community in Toronto. Every element of this centre was designed to reflect Indigenous culture, community needs, and highlights the importance of holistic wellness. Much like the ethos of AHT the physical building brings together traditional knowledge, healing and medicine under one roof in a setting that honours the land, our histories, and our future.

The new home of AHT brings together its healing services in a warm, welcoming and accessible environment. Clients are encouraged to utilize and enjoy:

- Traditional medicines and healing spaces
- Ceremonial rooms, and community gathering areas
- Youth and family spaces
- Health services including primary care and mental health support

Phone: (416)365-1083

Website: <http://www.aht.ca/>

Centre for Addiction and Mental Health (CAMH)

Aboriginal Services

Intended For: People 18 years or older who self-identify as First Nations, Inuit and/or Métis.

Referral Requirements: Self-referral accepted through Access CAMH, call 416-535-8501 press 2 Services

Offered As: Outpatient Location: Queen Street Site - 60 White Squirrel Way Additional Location Details:

2nd floor Contact Phone Number: Contact Access CAMH at 416 535-8501, and press 2

Types of Treatment and Services Offered

- Group therapy
- Individual counselling

Program Overview

Shkaabe Makwa Clinical Services provides outpatient groups and individual counselling to First Nations, Inuit and Métis experiencing substance misuse and mental health issues.

The treatment team includes social workers and Cultural Care Practitioners (Elders, Healers and Knowledge Sharers), with support from a consulting psychologist. Shkaabe Makwa Clinical Services blends therapeutic and psycho-educational groups with cultural programming and ceremonies as part of client care. In addition to other ceremonies, CAMH has an onsite Sweat Lodge that can be utilized as part of a patient's treatment plan.

Evergreen Youth Drop-In Centre

Operated by Yonge Street Mission (YSM)

381 Yonge Street (at Gerrard Street), Toronto, ON

Phone: (416)929-9614

Website: <http://www.ysm.ca>

Evergreen is a downtown Toronto drop-in centre serving youth who are experiencing homelessness, instability, or barriers to safety and support. The centre provides a safe space for young people to access basic needs and wraparound services.

Services may include:

- Hot meals and snacks
- Case management, referrals, and advocacy
- Informal counselling and support

- Access to phones and computers
- Recreational programming
- Health promotion and education
- Foot care clinics
- Pre- and post-natal supports
- Access to on-site health professionals (when available)

Evergreen also offers employment and life skills programming, which may include job readiness training, literacy and computer skills development, education support, substance use awareness groups, internships, and volunteer opportunities.

This centre may be particularly helpful for youth under 25 who require immediate basic needs support and connection to longer-term housing or employment pathways.

Fred Victor Centre - Main Location

145 Queen St East, Toronto, ON

Website: www.fredvictor.org

Phone: 416-364-8228

Fred Victor provides shelter, housing support, and community services for individuals experiencing homelessness or housing instability in Toronto. Women-specific services include emergency shelter, transitional housing, case management, and referrals to health and social supports.

Haven on the Queensway (Etobicoke, ON)

Phone (confidential inquiries): 416-640-2006

Email: confidential@havenontheq.com

Website: www.havenontheq.com

Haven on the Queensway is a faith-based organization providing support to individuals experiencing exploitation or seeking to exit the sex trade. Services include outreach, counselling, life skills development, and individualized support planning. Confidential inquiries are welcome.

Klinic Community Health Centre (Winnipeg, MB)

Website: <https://klinik.mb.ca/>

Phone: 204-784-4090

Klinik Community Health provides accessible healthcare, counselling, and crisis support services. Services include sexual health care, testing, counselling, trans-affirming healthcare, and drop-in support. Klinik also operates the Manitoba Sexual Assault Crisis Line.

Native Women's Resource Centre of Toronto (NWRCT)

NWRCT is an Indigenous-led organization that supports Indigenous women and families through culturally grounded advocacy, healing programs, housing and employment supports, and community connection. The Centre provides a safe, respectful space for Indigenous women navigating violence, exploitation, housing instability, and systemic barriers. Programs are rooted in Indigenous teachings, ceremony and community care.

191 Gerrard St E

Toronto, ON M5A 3E5

Phone: (416) 963-9963

Email: info@nwrct.ca

Website: <https://nwrct.ca/>

Niiwin Wendaanimak Indigenous Wellness Program (Four Winds)

The program is focused on providing culturally specific Indigenous supports and access to healing ceremonies, health education with a focus on diabetes (prevention & education), case management supports, access to primary care and harm reduction supports, and social recreation activities to build social connections and support.

Operating according to the “ethic of non-interference”, the Niiwin Wendaanimak program supports Indigenous peoples to improve their stability, health, wellbeing and quality of life.

The program is an Indigenous-Only space in a non-Indigenous organization. Niiwin Wendaanimak integrates a trauma-informed and harm reduction approach, enabling access to Indigenous healing processes for community members who live with substance use issues by providing the opportunity to participate and reconnect to Seven Traditional Teachings and participate in Elder led Circles.

Eligibility: Open to all Indigenous people/those that identify with Indigenous roots.

Dates & Hours

Queen West Site

168 Bathurst Street, Toronto, Ontario M5V 2R4

Fridays 10am-1pm: Drop in Program

Parkdale Site

1229 Queen Street West, Toronto, Ontario M6K 1L2

Tuesdays 10am-1pm: Drop in Program

Case management, counselling, and health promotion supports available Monday-Friday; 9am – 5pm

Indigenous only healing circle hours: Friday (except last Friday of the month where we host a casual drop in) 9:30 am – 1:30 pm (2:00)

Contact

Vivian Recollet, Health Promoter

416-703-8482 ext. 2426, 647-514-7337 (Queen West)

Jacques Nadjiwon, Health Promoter

416-537-2455 ext. 1241 (Parkdale)

Sistering: A Woman's Place (Drop-In)

Sistering serves women and gender-diverse people across Toronto who experience firsthand the impact of marginalization and poverty. They may be without homes, living in shelters, or living precariously. We provide around-the-clock support and holistic services for individuals aged 18 to 80+, who may have experience with substance use; mental health challenges; sex work; interactions with the criminal justice system; trauma and violence; immigration, refugee or undocumented status; and health issues or disabilities.

24-hour Drop-In at 962 Bloor Street West

Phone: 416-926-9762 and 416-926-1946

24 hours a day, 7 days a week

generalinfo@sistering.org

Daytime Parkdale Drop-In at 220 Cowan Ave.

Phone: 416-588-3939

Mondays to Fridays 9:30am to 1:30pm

outreach@sistering.org

Acknowledgement of Partners

We would like to formally acknowledge and thank the following partners, communities, and Knowledge Keepers for their contributions to the development of this toolkit:

- Anishinabe Thunderbird Sundance
- Toronto Council Fire
- Decolonization Cafe
- Mide Lodge/First Nation Cultural Tours
- Bear Waters Gathering
- Our Elders

- Alderville First Nation
- Naadowaassin Healing Lodge & Cultural Camp

Their involvement through knowledge sharing, cultural guidance, and community-based collaboration has been instrumental in shaping a resource that reflects culturally grounded, trauma-informed, and community-responsive approaches.

We acknowledge and value their time, expertise, and commitment to this work.



NOTES:

