Six Nations has a number of different resources available for individuals who need them most. We have also built relationships with surrounding organizations to better help our community.

In this resource guide you will find helpful information on COVID-19, crisis supports, mental health assistance, financial supports, emergency shelters, food security programs, child protection, victim and justice services, and health supports.

We have compiled a variety of resources that are located in the community and off the community.
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COVID-19 changed almost every part of our daily lives. Adjusting to this large change brings a number of different challenges for everyone. If you are feeling overwhelmed or are finding yourself struggling mentally with these changes; remember that help is available.

Individuals showing any symptoms and wanting a COVID-19 test are asked to book online at www.sixnationscovid19.ca or those that cannot access the website may also call the Six Nations COVID Assessment Centre at 1-855-977-7737 or 226-446-9909.

Public health can also be reached for test results and guidance at 519-445-2672

**SUPPORT WHEN YOU NEED IT**

Our community has put together a mobile crisis line that is available 24/7 for those that need it most.

519-445-2204
or
1-866-445-2204
## COVID-19 INFORMATION

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<td>Business Closure Inquires</td>
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<td>Six Nations Crisis Line</td>
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<td>Brant Public Health</td>
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<td>Haldimand/Norfolk Public Health</td>
<td>519-426-6170</td>
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<td>Hamilton Public Health</td>
<td>905-546-2489</td>
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<td>Niagara Public Health</td>
<td>905-688-3792</td>
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<td>Telehealth Ontario</td>
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CRISIS RESPONSE SERVICES

Six Nations Mobile Crisis Line
Depression. Self-care. Anxiety. Relationships. Thoughts of suicide. Sometimes, we may want help with something on our mind, but we’re not sure how to get started. And if we’re dealing with an issue we find hard to talk about, like a crisis, it can be tough to say it out loud. A trained crisis responder will answer your call for assistance and will help you move from a hot moment to a cool moment.

PHONE (24/7) 519-445-2204 or 1-866-445-2204

Six Nations Mental Health and Addictions
Services and supports for people with mental health and addictions issues. A multidisciplinary team of professionals coordinates patient care in order to assess and treat mental illness and addictions. We provide mental health education, advocacy, and support. Walk-in crisis services available during business hours.

PHONE (8:30-4:30 M-F) 519-445-2143
CRISIS RESPONSE SERVICES

Six Nations Social Services

The Six Nations of the Grand River Social Services Department is mandated to serve our Nation by providing assistance in a non-adversarial, cooperative manner, which draws upon, supports, and strengthens the family-based obligations and traditions of caring, sharing, mutual respect, healing and harmony that are rooted in and inseparable from our culture. Family and individual based counselling is available.

PHONE (8:30-4:30 M-F) 519-445-0230
Counselling Services are available for women, youth, children and men who have been abused, at risk for abuse, and/or are abusive. Abusive behaviours and their generational sources are explored in a caring, non-judgmental way. The commitment to this holistic healing process may be long term, based on the needs of the individual. A trained crisis responder will answer your call for assistance and will help you move from a hot moment to a cool moment.

PHONE (24/7) 519-445-4324
CRISIS RESPONSE SERVICES

Crisis Text Line by Kids Help Phone
Did you know you can use Facebook Messenger and texting to access Kids Help Phone’s free, 24/7 e-mental health support? This service is open to all age groups. You can get confidential support across Canada from our trained, volunteer crisis responders using texting or the Facebook Messenger app!

TEXT (24/7) “CONNECT” to 686868
LIVECHAT (24/7) Facebook Messenger (KHP)

Hope for Wellness Help Line
The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors can help if you want to talk, are distressed, have strong emotional reactions or may be triggered by painful memories. This service is available by telephone or live chat.

PHONE (24/7) 1-855-242-3310
LIVE CHAT (24/7) hopeforwellness.ca
**GOOD2TALK**

Good2Talk is a free, confidential support service for post-secondary students in Ontario. First launched in 2013, Good2Talk is funded by the Ministry of Colleges and Universities. By calling Good2Talk at 1-866-925-5454, students can receive information and referrals about services and supports for mental health, addictions and well-being on and off campus and speak anonymously with a professional counsellor.

**PHONE (24/7) 1-866-925-5454**

**Progress Place Warm Line**

We are here to help! Are you feeling lonely, isolated, anxious, depressed or in need of a friendly ear? The Progress Place Warm Line has extended our hours from NOON to MIDNIGHT - 7 DAYS A WEEK.

**PHONE (12PM-8PM) 416-323-3721**  
**PHONE (8PM-12AM) 416-960-WARM (9276)**
Ogwadeni:deo works to promote family strengths to ensure that the health, safety and well-being of children are upheld and protected. The service investigates reports of child abuse, neglect or abandonment. With a focus on prevention, early intervention and protection in partnership with individuals, families and communities, children are cared for with respect of their cultural background and overall quality of life.

PHONE (24/7) 519-445-1864
Brant Family and Children’s Services is an agency mandated by the Province of Ontario through the Child, Youth and Family Services Act to ensure the protection of children from abuse and neglect. Our agency serves the people of Brant County and, through our Native Services staff, the Indigenous peoples – other than band members of Six Nations of the Grand River – residing in Brantford, Brant and Mississaugas of Credit First Nations.

PHONE (24/7) 519-753-8681
The Six Nations of the Grand River Social Services Department is mandated to serve our Nation by providing assistance in a non-adversarial, cooperative manner, which draws upon, supports, and strengthens the family-based obligations and traditions of caring, sharing, mutual respect, healing and harmony that are rooted in and inseparable from our culture. Family and individual based counselling is available.

PHONE (8:30-4:30 M-F) - 519-445-0230
Jordan's Principle is a child-first initiative that ensures equitable supports and services for First Nations children and youth. Requests are reviewed with respect to substantive equality and the best interests of the child(ren). With this in mind, Jordan's Principle funding is available to those First Nations children, youth and their families who may experience hardship or have unmet needs. This includes all needs; from basic needs such as safety, food, shelter or clothing to more complex or unique needs such as medical equipment, assessments, therapy or assistive technology and everything in between.

PHONE (8:30-4:30 M-F) - 519-445-4983
The Youth Lodge provides a therapeutic approach in a culturally sensitive manner that encompasses mental, physical, spiritual and emotional areas. Every aspect of life at the Youth Lodge, including rules and the approach to behaviour management, is considered part of an integrated, holistic program. It is intended to assist the participants in recognizing their less effective behaviours and through the process of self-evaluation, learn to make more effective choices in order to meet their needs.

PHONE (24/7) 519-445-0216
**HEALTH SUPPORTS**

**White Pines Wellness Centre**
Health centre providing family medical care and community-based health programs. A team of family doctors, nurse practitioners, and other health care providers. Referrals available to other regional health services. Culturally appropriate programs and services for Indigenous peoples, combining traditional health and Western medical practices.

**PHONE (8:30-4:30 M-F) 519-445-2418**

**Gane Yohs Community Health Centre**
*(Sexual Health)*
Sexual Health centre offering birth control information, contraception, PAP testing information, pregnancy testing, pregnancy counselling, sexually transmitted infection management and counselling and HIV/AIDS information.

**PHONE (8:30-4:30 M-F) 519-445-2672 x247**
The shelter program provides stabilization through a safe homelike atmosphere 24 hours a day, 7 days a week for individuals and their children who are seeking safety from abuse and violence.

PHONE (24/7) 519-445-4324
This organization provides 24-hour crisis intervention, counselling, advocacy, support and residential services to assist women aged 16 and older, with or without children, who need a place of safety from abuse. Services offered include telephone counselling, individual and group counselling, advocacy and support, transportation to the shelter, and a safe residence. Support and information is provided so that women may make choices which they feel will be best for them.

PHONE (24/7) 1-800-265-8076
If you are experiencing violence or abuse in your relationship, our crisis counsellors are available to talk 24 hours a day, 7 days a week. Our staff know that reaching out for help is a difficult first step and we are here to listen to your concerns, help you to create a safety plan, discuss which services would best meet your needs, and support your decisions. Our residential shelter is a 33 bed emergency shelter with 18 bedrooms for women and children who have experienced abuse or homelessness.

**PHONE** (24/7) 519-752-4537
**TEXT** (24/7) 519-754-5332

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**NovaVita Brantford**
EMERGENCY SHELTER

Ganohkwasra Youth Lodge
The Youth Lodge provides a therapeutic approach in a culturally sensitive manner that encompasses mental, physical, spiritual and emotional areas. Every aspect of life at the Youth Lodge, including rules and the approach to behaviour management, is considered part of an integrated, holistic program.

PHONE (24/7) 519-445-4324

Rosewood House
Using the Housing First Model, Rosewood is dedicated to providing quality shelter services to the homeless as well as developing programs to assist people in overcoming the root causes of their homelessness.

PHONE (24/7) 519-750-1547
EMERGENCY SHELTER

Native Women’s Centre

The Native Women's Centre provides safe, emergency shelter for all women regardless of age, ancestry, culture, place of origin or sexual orientation with or without children who are experiencing crisis in their lives due to family violence, homelessness, or conflict with the law.

PHONE (24/7) 1-888-308-6559

Union House

Union House provides residential support services to transitional age youth living in Haldimand and Norfolk Counties. Services are designed to offer a safe and nurturing living environment, along with life skills training and supportive counselling for at-risk youth. Individualized programming is created to assist youth in developing the skills necessary for independent living or a return to the family home, and successful integration into the workforce.

PHONE (24/7) 519-426-7604
FINANCIAL SUPPORTS

Six Nations of the Grand River
Ontario Works (SNGROW)

Ontario Works provides money for food, shelter and other costs to people in financial need who meet the eligibility criteria. Financial Assistance may include money for food, shelter, clothing and other household costs, the cost of prescription medications, and other help with health costs.

PHONE (8:30-4:30 M-F) 519-445-2084

Ontario Disability Support Program (ODSP)

The Ontario Disability Support Program (ODSP) is one of Ontario’s social assistance programs. ODSP provides income and employment supports to eligible Ontario residents who have disabilities.

PHONE (24/7) 1-888-789-4199
VICTIM & JUSTICE SERVICES

Six Nations Justice Department

The Six Nations Justice Department has been delivering programs such as the Community Standards, Restorative Justice and the Bail Verification and Supervision since July 2017. As well, Indigenous Victim Services has been delivering services to Indigenous people since June 2018.

PHONE (8:30-4:30 M-F) 226-227-2192

Indigenous Victim Services

Are you a victim of crime or social tragedy? Indigenous Victim Services assists and advocates for indigenous victims who are either living in Brantford, Hamilton or the Six Nations community. It is parallel to mainstream victim services, however, throughout our Indigenous services is a cultural and historical understanding of Indigenous people, communities, and nations.

PHONE (8:30-4:30 M-F) 1-866-964-5920
Talk to an information and referral counsellor or get more information. The multilingual Victim Support Line provides services across Ontario, in most languages spoken in the province. Victims of crime and their families have access to a wide range of services, including counselling, financial assistance and other supports.

PHONE (24/7) 1-888-579-2888
The Food Bank strives to meet the short-term need for food, and find long-term solutions to hunger within our community. To achieve these goals and support the work of the food bank, we engage in a number of activities. These include: initiating and running programs that provide our community with large-scale donations of food and consumer products, educational resources, building partnerships with corporate donors and organizational friends, raising awareness of hunger and related issues, and encouraging our residents to become involved.

**PHONE (8:30-4:30 M-F) 519-771-0025**
FOOD SUPPORTS

Individuals are encouraged to connect with any providers that are currently supporting them (i.e. Social Services, SNGROW workers, counsellors) often our community organizations have strategies in place to support food needs in emergency situations.

_Tentewata:ton / Dedwadado Community Market_

Located at the Community Garden at the end of Sunrise Court - $10 vegetable and fruit bag.

PHONE 519-445-2809

_Edwadekon:ni (Good Food Bag)_

Service provided on the third Wednesday of every month. Ask your service provider on how to be referred to this program.

PHONE 226-388-0440

Health Services and other community organizations offer many food access programs, free to the community, check out programs listed in the Leisure Guide or call 519-445-2809 for more information.