



RESOURCES FOR INDIGENOUS FAMILIES

COVID-19 RESPONSE INFORMATION

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Aboriginal Friendship Centre of Calgary

- The office is closed. Staff are working from home. Small hampers are available at this time and can be delivered, on a case by case. Business hours are: Monday-Thursday 9:00 a.m. – 4:30 p.m., Fridays, 9:00 a.m. – 2:00 p.m. [403-270-7379](tel:403-270-7379) for a list of phone numbers for supports for Mental Health, Addictions, Outreach, Elder Supports, Youth and Justice.
<https://www.afccalgary.org/>

Alberta Health Services - Indigenous Hospital Liaison Services

- Each hospital site has an Indigenous Liaison who provides First Nations, Métis and Inuit peoples with: help feeling comfortable in the hospital, making referrals support for discharge from the hospital, and talking to healthcare providers about Indigenous culture (e.g. smudging, elder services).
- Patient / client language interpretation service is also available upon request [403-955-6600](tel:403-955-6600) or go to the website: [Service.aspx](#)

Awo Taan Family Emergency Shelter

- The Emergency Shelter remains open. There are no changes to daily operations.
- Elder supports are available by telephone to offer spiritual support.
- The outreach center is closed to the public. They are offering **Emergency food hampers** for delivery. Call Monday to Thursday 9:00 a.m. – 8:30 p.m. and Friday to Sunday 9:00 a.m. – 5:00 p.m. [403-531-1880](tel:403-531-1880), ext 100
- The public can call to access support from the staff at the outreach center. The staff available are as follows: Family Resource Worker, Family Violence Prevention Worker and Youth Programming Worker [403-531-1880](tel:403-531-1880), ext 100 or website: <https://awotaan.org/>

Blackfoot Confederacy

- The Blackfoot Confederacy Tribal Council is providing food hampers for Elders, people with disabilities and low income for Blackfoot Confederacy members that are residing in Lethbridge and Calgary [587-287-1100](tel:587-287-1100) or go to the website: <http://blackfootconfederacy.ca>.

Closer to Home

- We are offering a combination of in-person and virtual services at this time. <https://closerhome.com/programs/?who=indigenous>
- Indigenous Supports for more information please connect with Marsha Hanson [403-615-8598](tel:403-615-8598) or mhanson@closerhome.com
- North Central Family Resource Network
- We offer free programming for children, youth and parents. For more information please call us at [403-543-0555](tel:403-543-0555) <https://closerhome.com/north-central-family-resource-network/>



Diamond Willow Youth Lodge

- One-on-one over the phone elder support. Marion Lerat, Violet March and Ruth Scalplock are available for one-on-one support. Please contact us through Facebook, Instagram or twitter for phone numbers or just to check in 403-247-5003 <https://miskanawah.ca/diamond-willow-youth-lodge>

Elbow River Healing Lodge at Sheldon Chumir Health Centre

- Is not accepting new patients. They are only seeing existing patients on an emergent basis. They will provide telephone support to current patients. Call 403-955-6600 <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009201>

Eagles Nest Stoney Family Emergency Shelter

- Still accepting women and children who are fleeing domestic violence only. Limited spaces. 403-881-2000 <https://eaglesnestshelter.ca/>

First Nations Health Authority

- First Nations Health Authority has created a Health & Wellness Daily Organizer to support individuals and families. This resource focuses on holistic wellness and balance through a BC First Nations perspective on health. Includes teachings on being active, healthy eating, nurturing spirit, respecting tobacco and self-assessment. https://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness_Diary.pdf

Hope for Wellness Help Line

- The Hope for Wellness Help Line offers immediate help to all Indigenous peoples, including youth across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention. Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at [hopeforwellness.ca https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478](https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478).

Indigenous Mental Health Sheldon Chumir Health Centre

- Office is closed, however they are still accepting new intakes over the phone for counselling and mental health services 403-955-6645

Jordan's Principle

- Jordan's Principle is still in regular operation for First Nations children who qualify. They can provide support with accessing funding for emergency medical supplies, clothing, groceries, respite, transportation and much more, for families with children 18 and under. To access Jordan Principle supports contact First Nation's Health Consortium 1-844-558-8748



Kerrie Moore Cree/Metis Elder and Psychotherapist

- Métis-Cree Elder and Psychotherapist can provide First Nations people with telephone counselling/ spiritual support Status number required [403-202-6633](tel:403-202-6633)

Mahmawi-atoskiwin

- Open 2 days/week on Tuesday/Wednesday 9:00 a.m. – 5:00 p.m. They are delivering food hampers to the families involved with their agency [403-219-7550](tel:403-219-7550)

Métis Calgary Family Services

- Our childcare centres, preschools, afterschool programs are closed, for further information on the children programming [403-240-4642](tel:403-240-4642) ext. 224
- In Home Family Support continues to provide modified support to our families, please call your specific worker or [587-999-4642](tel:587-999-4642) to be directed to your worker.
- Rainbow Lodge Supportive Housing continues to provide modified outreach support to our families please call your specific worker [403-240-4642](tel:403-240-4642), ext. 402 or [403-862-4642](tel:403-862-4642) to reach your worker <http://mcfs.ca>

Métis Nation of Alberta

- Child Wellness Benefit program
\$500/child aged 0 – 12 years old, up to a maximum of \$2500 per household. To help families affected by the recent school and daycare closures pay for childcare, home schooling supplies, child wellness and more. For details visit albertametis.com or [780-455-2200](tel:780-455-2200)
- Emergency Rent Supplement program
Rental relief payments of \$1000/month for 3 months. This program is for people struggling to pay their rent and will be administered until funds are no longer available and will be on a first come, first served basis [1-877-458-8684](tel:1-877-458-8684), emergencysupport@metishousing.ca or metishousing.ca
- Benevolent Fund Top-Up
Increased to \$500 per applicant. The MNA's existing benevolent fund is being increased for families who have lost a relative to COVID-19 and require support for funeral expenses.
For details please email crathjen@metis.org
- Métis Nation of Alberta – Provincial Office
Delia Gray Building – 11738 Kingsway Avenue Edmonton
[780-455-2200](tel:780-455-2200) – [1-800-252-7553](tel:1-800-252-7553) albertametis.com

Miskanawah

- Virtual youth mentorship programs and family programs.
- Diamond Willow Youth Lodge- Offices are closed. One-on-one over the phone elder support. Marion Lerat, Violet March and Ruth Scalplock are available for one-on-one support. Please contact us through Facebook, Instagram or twitter for phone numbers <https://miskanawah.ca/>

Mustard Seed, (Lakota/ Nêhiyaw) Indigenous Counsellor

- Provides telephone counselling to First Nations People, not seeing children at this time [587-393-4020](tel:587-393-4020)

Native Network Family Resource Centre

- To reach onsite workers; this also is a resource for seniors or Elders with no means of support or transportation who are vulnerable to respiratory conditions [403-240-4642](tel:403-240-4642) ext. 303

Native Women's Association of Canada

- A team of in-house Elders are ready to offer support during this time of crisis to build resiliency Monday – Friday, 9:00 a.m. – 11:00 a.m. and 1:00 – 3:00 p.m. <https://www.nwac.ca/covid19-support/>

Elder Roberta Oshkawbewisens

Toll Free: [888-664-7808](tel:888-664-7808)

The Native Women's Association of Canada (NWAC) is a National Indigenous Organization representing the political voice of Indigenous women, girls and gender diverse people in Canada, inclusive of First Nations on and off reserve, status and non-status, disenfranchised, Métis and Inuit.

Piikani Crisis Line

In the midst of the Covid-19 pandemic, Peigan Prevention counselling Services has put together a crisis line for membership to access.

Resources & Support: Monday – Friday 8:30 a.m. – 4:30 p.m. [403-965-3919](tel:403-965-3919)

Health Centre [587 421 2002](tel:587-421-2002)

Evenings and weekends [403-632-6563](tel:403-632-6563) - Margaret Potts or [403-632-6617](tel:403-632-6617) - Trevor Prairie Chicken.

Siksika Covid-19 Response

- Contact [403-734-5716](tel:403-734-5716) for information regarding food resources available to community members on and off reserve.

Siksika Nation Covid-19 Mental Health Support

- Provides mental health support to Siksika community members [403-734-5660](tel:403-734-5660)

Stoney Nakoda Nation

- Has established an Emergency Response Centre at the Stoney Nakoda Resort and Casino. To service Bearspaw, Chiniki and Wesley Nations. Offering an Emergency Management Information Line. [1-833-881-3499](tel:1-833-881-3499), Monday – Friday, 9:00 a.m. – 4:00 p.m. for details on food resources, support and information.

Sunrise Healing Lodge

- Sunrise Healing Lodge Society has provided Indigenous based programs dealing with addictions in the community. We help men, women, and their families recover from the destructive effects of alcohol, drug and gambling addictions 403-261-7921 <http://nass.ca/wp-content/uploads/2020/03/Info-1.png>

Urban Society for Aboriginal Youth(USAY)

- Providing essential programming and services to Calgary's Indigenous youth. USAY strives to provide essential programming and services to Calgary's Indigenous youth between the ages of twelve and twenty-nine.
- Calls are accepted between 9:00 a.m. – 5:00 p.m. weekdays. If your call is not answered please, leave a message and one of the staff will return your call 403-233-8225 <https://usay.ca>

