



NATIVE WOMEN'S
ASSOCIATION OF CANADA
L'ASSOCIATION DES FEMMES
AUTOCHTONES DU CANADA

Our Spirits

are NOT for Sale



A HANDBOOK FOR HELPING SEXUALLY
EXPLOITED **ABORIGINAL WOMEN AND GIRLS**



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The Native Women's Association of Canada does not recommend or endorse any specific tests, physicians, resources, products, procedures, opinions, or other information that may be mentioned in the Handbook or any website listed therein. Reliance on any information appearing on those websites is solely at your own risk.

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Développement du Nord Canada

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NOTE

** All quotes in purple are from interviews
with women who have exited prostitution*

INTRODUCTION

The primary purpose of this handbook is to provide information on sexual exploitation and sex trafficking to Aboriginal women who think they may be sexually exploited. The secondary purpose is to provide an overview on best practices for front-line workers who work with exploited Aboriginal women. If you think you are being exploited, or you think you know someone who is, please read on. This handbook will help you understand:

- What sexual exploitation and sex trafficking are;
- What increases the vulnerability of Aboriginal women and girls for sexual exploitation and trafficking;
- Ways to prevent being exploited or trafficked;
- Your rights if questioned by a police officer or when facing arrest;
- An introduction to making an official complaint against police;
- An introduction to getting a pardon or record suspension; and,
- Towards the end of this resource you will find many links to resources, supports, and services to assist those being sexually exploited or trafficked.

WHY THIS ISSUE MUST BE ADDRESSED

Although Aboriginal peoples only make up 4% of Canada's population, Aboriginal women and girls make up the majority of those being domestically sex trafficked in Canada (Barrett, 2010; NWAC, 2014). There is a serious lack of recognition amongst service providers, police, the justice system, and the general public as to why Aboriginal women and girls are more at risk of sexual exploitation. There is also a lack of knowledge about the options and resources available to sexually exploited Aboriginal women and best practices to support exploited Aboriginal women and girls. While addressing all of these issues is important, this handbook focuses on helping those at risk of or who are being exploited, and, to a lesser extent, those working to support exploited women in front-line services. Please refer to our select bibliography if you would like more information about research on Aboriginal women and girls and sexual exploitation.



WHAT IS SEXUAL EXPLOITATION?

Sexual exploitation is when someone exchanges sexual acts for money or things they may need or want, such as food, shelter, drugs, alcohol, or clothing. When being sexually exploited, often times you are told you should feel good about what you are doing, and that you're making a choice to do this, even if you don't want to be doing it. You may be told that exchanging sexual acts will make you fit in with a certain crowd or gang, and that if you do it, you'll seem like a 'fun party girl'. In all of these situations, these people are either exploiting a vulnerability you may have (in need of money or shelter) or manipulating you for the purposes of sexual exploitation. Sexual exploitation is never okay and NEVER your fault. Pimps and traffickers often disguise themselves as boyfriends, friends, or special people in your life and abuse this trust. Often times, these 'boyfriends' force women and girls to exchange sexual acts for their boyfriend's own financial gain. These men are professionals at what they do, and spend most of their time and energy gaining the trust of women and girls so they can "turn them out" to keep getting the money, gifts, drugs, or other things women and girls receive from being sexually exploited.

WHAT IS HUMAN TRAFFICKING?

Human trafficking involves some sort of forced movement for sexual exploitation, usually by a man that has earned your trust. You may even think of him as a boyfriend. This boyfriend may want you to move to another town or province, may want you to keep moving from hotel to hotel or apartment to apartment. By convincing you to move, he is trafficking you. A trafficker may also threaten your children or loved ones, or use other forms of manipulation to get you to go where he wants and do what he wants. Traffickers like to take advantage of your lack of money or shelter, such as if you are forced to move due to poverty or to escape violent situations. For example, you may be forced to leave your reserve and go into the city because there are no jobs at home. Once you arrive in the city, a pimp may recognize that you are new in town, probably don't have many family members or friends around you, don't have much money, or are unsure as to where to stay or get the things you need. A pimp will use these situations in his favour to try and "turn you out", meaning force you into prostitution.



ABORIGINAL WOMEN AND GIRLS & SEXUAL EXPLOITATION

Aboriginal women and girls are especially at risk for sexual exploitation and trafficking because of the roles colonization and the generational impacts of Indian Residential Schools have had on Aboriginal peoples. Colonization refers to the actions, policies, and beliefs that European men put into place when they arrived in Canada. For example, the belief that Aboriginal peoples were “savage” and needed to be put into Indian Residential Schools.

The roles of Aboriginal women have changed since Europeans first made contact. Once held in high regard as leaders and givers of life, Aboriginal women and girls have been devalued not only because they are Aboriginal peoples, but also because they are women. In fact, Aboriginal women have a harder time going to school, getting a job, or getting access to social services than any other group in Canada. Aboriginal women and their children are more likely to live in poverty, with poor physical and mental health. Too often, violence plays a central role in the lives of Aboriginal women. The difficult conditions Aboriginal women and girls face today are a result of colonization.

It is important to understand how the residential schools continue to affect Aboriginal peoples today. Residential schools were set up by the Canadian government and run by the churches, with at least 150 000 Aboriginal children being forcibly placed into and living at these schools from the 1800s until the last one closed in 1996. The impacts of the residential schools are ongoing, and have disrupted Aboriginal families and transmission of culture for generations. At the residential schools, children were not allowed to see their families, practice their cultures or speak their languages, and were taught to be ashamed of who they were as Aboriginal people. Aboriginal cultural traditions that respected healthy relationships were replaced by poor health and non-Aboriginal education taught by unqualified teachers, principals and administrators; many of whom were sexually, physically, mentally, emotionally and spiritually abusive.

As these Aboriginal children grew older and started families, their lack of parenting skills, their school-taught sense of shame, lack of self-worth and the trauma they suffered at the residential schools impacted their ability to form healthy relationships with their children, partners, family, and friends. In this way, the residential schools continue to negatively impact generations of Aboriginal families, whether the individuals themselves went to the schools or not.

As a result of colonization, Aboriginal women and girls are facing many issues, including poverty, male violence against women and girls, addiction issues, homelessness, sexism, and inadequately funded services and supports. Services and supports that are offered with the understanding of Canada's history of colonialism, and that include traditional teachings and practices are very important for Aboriginal women and girls to heal from any sexual exploitation they may have suffered. These would also help prevent women and girls from being sexually exploited in the first place.

“It’s time for a change and this power is being reclaimed.”

WARNING SIGNS

Trafficking of women and girls comes in many forms. Here are some warning signs to watch out for:

- Being controlled by another person. For example, maybe your boyfriend is taking your money, deciding where you can go and who you can spend time with, controlling when you speak with your family or friends, or controlling your Facebook, Twitter, Instagram, or other social media accounts;
- If you use drugs or alcohol, he controls when and how much you are allowed to use or makes you consume drugs or alcohol against your will;
- He takes your identification, such as your status card, Provincial ID Card, Medical Card, or passport;
- He takes you to places you don't know, and stops you from going out to explore the area;
- You live in the same building as your “work” or near your “work” under high security;
- You are moved around a lot to different hotels or apartments, cities or provinces by the person who forced you, or by friends of theirs, into exchanging sexual acts for money or things;
- Violence or torture is used to make you do things you don't want to do. For



example, you may be kicked, punched, burned, not allowed to sleep, branded, tattooed, starved, or forced to use or be deprived of drugs or alcohol; and,

- You, your children, family or other loved ones may be threatened with violence or you may be threatened by him saying that the police will arrest you for what you are doing. **Remember: if you are being sexually exploited, you are NOT committing a crime. The exploiter is!**

Know that if you find yourself in this situation, you are not dumb, you are not stupid, nor are you naive. If you are a woman or girl who has found yourself in this situation and are in immediate danger or risk of danger, you can call 9-1-1 for help. Remember: you cannot be criminalized if you are being sexually exploited and exchanging sexual acts for money or things. There are phone numbers at the end of this booklet that list services that can help you, such as services to help you exit being prostituted, food banks, shelter, legal help, counseling, and mental health services.

Know you are not alone, your situation can change for the better and you can be safe. You deserve to be safe. Reach out to organizations in your area for help. What has happened to you is not your fault and it can change.



“When I was in prostitution, there was only a 4 block radius that I felt comfortable in. Outside of that world, I felt lost. Because I felt that I was the scum of the earth, all I was good for was sex. That defined my place in prostitution.”



PREVENTATIVE MEASURES

- If you think you are in danger or being targeted by a sex trafficker/pimp, seek help. Tell someone you trust, which can include family, a teacher, or professional counsellors, about any uncomfortable or frightening situation or treatment you may have received;
- If someone is pressuring you to do something you don't want to do, it is okay to refuse. If they continue to push you to do something you are not comfortable with, this may not be a safe or healthy relationship to be in. If someone does not respect your wishes, their behaviour is unlikely to change;
- Pimps and sex traffickers use isolation to trap women; build a support network in your community by identifying people you can trust and services that can help you with various needs like food, shelter, and employment supports;
- When using social media or a shared computer, remember to clear your history and cookies to avoid someone gaining access to your personal information. Gaining access to these sources of information would help someone to monitor your activities and possibly give them access to your friends and family;
- Similarly, regularly review the privacy settings of your social media accounts; they can change frequently and without advance notice;
- Get active in your local community. Consider joining clubs and volunteering for events. This helps build your support network as well as ease your transition to new places. It helps prevent the isolation that pimps and traffickers depend on for recruitment; and,
- If you think you know someone at risk, consider reaching out to them as a friend or introducing them to groups, clubs, or other support networks in your community. If their situation seems serious, you should seek professional advice; do not take action to intervene on your own.



KNOW YOUR RIGHTS ABOUT BILL C-36 (CANADA'S PROSTITUTION LAWS)

On December 6th 2014, Canada passed new prostitution laws that target the exploitation that is involved in prostitution and addresses some of the violence those involved in prostitution may suffer. Listed below, some of these changes may affect you.

- It is now illegal to **buy** (purchase) sex or to talk (communicate) about **buying** sexual services in any place;
- It is illegal to talk (communicate) about **selling** sexual services in a public place that is near a school ground, playground or daycare center;
- It is illegal to live off the money or goods someone else makes through selling sexual services (for example, a pimp can be charged for using sexually exploited women's money to pay his rent, but sexually exploited women cannot be charged for using her money on herself);
- It is illegal to advertise someone else's sexual services, even on the internet; and,
- It is illegal to force someone into selling sexual services.

There are other changes to the law that were made as well, but the ones above are the ones you will most likely deal with. The law is saying that **it is illegal for men to ask you if you are selling sexual services, it is illegal for a pimp to place ads about you in newspaper or online, it is illegal for a pimp to live off your earnings, and it is illegal for someone to force you into selling sexual services. It is illegal for you to talk to men about selling sex if you are on the street and near school grounds, a playground, or daycare center so always be aware of your surroundings if you are working the streets.** Remember: even if you are found breaking some of the above laws or any laws, you still have rights, including a right to expect the police to treat you in a respectful and responsible manner. You can find out what your rights are, as well as what to do if you feel you have been mistreated, on page 10 of this handbook.



PREGNANCY

If you think you may be pregnant, you can go to your local store or Wal-Mart and buy a home pregnancy test. Sometimes you may have to ask the pharmacist for a test as they could be kept behind the counter. If you do not have the money to get a home pregnancy test, you can take your status or health card and go to any Native health facility or medical clinic and get a free pregnancy test. Remember: you can choose to do the test on your own, with a trusted friend, or with someone else you choose.

With home kits carefully read the instructions and follow directions exactly. Within a few minutes you will have a positive or negative answer.

If your pregnancy test is negative, it is a good idea to go to a Native health center or sexual health clinic and discuss the different kinds of birth control that are available to you.

If your test is positive, you need to go see a doctor as soon as possible. If you are currently using, you should try to avoid drugs and alcohol.

You do not have to share your test results with anyone. If you are pregnant, you have the right to keep this information private between you and your doctor. This is your body and you can choose to do whatever you feel is right for you. Seeking out medical care early will keep you informed and healthy.



KNOW YOUR RIGHTS!

Here are some of your rights and responsibilities when dealing with police:

Can the police stop me?

The Police can stop and question you for these reasons:

1. If they think you have committed a crime;
2. If they saw you committing a crime;
3. If you are driving and the police have reasonable cause, such as a broken tail or head light, swerving, or running lights or stop signs.

Do I need to tell police my name and address if they ask?

If the police have stopped you, they will probably ask you questions such as your name, date of birth, and address, and possibly ask for identification.

When you have to answer: If you are driving when the police stop you, they can ask for your driver's license, registration, and car insurance, and if you refuse, you can be charged with an offence. Similarly, if you are riding a bicycle and they witness you committing an offence such as failing to stop at a stop sign, you can be asked to provide information and, if you refuse, you can be charged.

Otherwise, in most cases, you are not required to provide this information or answer their questions. However, if you choose not to answer, it's best to do it nicely. If police think you have committed an offence, they may arrest you until they can figure out exactly who you are, which can include having your fingerprints taken. Even if arrested, you are not required to answer questions. Remember that if you lie to the police, you can be charged.

Can the police search me?

With a few exceptions, police can only search you if you have been arrested or you have agreed to be searched. You must let them search you if you are being detained or arrested because they have what is referred to as 'reasonable grounds' for the search. Reasonable grounds means that, for an unbiased, reasonable citizen (who had a police officer's training) would also make an arrest in the same situation.



Police can still search you in the following situations:

- If the police think you have an illegal weapon or one they believe was used to commit a crime;
- If the police are conducting a search of drugs in a location and find you there, they can search you for drugs; and,
- If you are in a vehicle that is being used to transport alcohol or where alcohol is being drunk illegally, the police can search you for alcohol.
- If you don't think you should have been searched, let the police officers know that you didn't want to be searched and then contact a lawyer. If you want to submit a complaint against the provincial police or the RCMP, find an Aboriginal women's or women's organization that can help you with this process.

What is the difference between being detained and arrested?

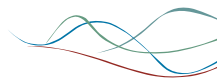
Police can hold you to investigate a crime if they think you are connected to that crime. This is called being detained, and it is not the same as being arrested. When being detained, police may 'pat you down' to check you for weapons if they think you might have a weapon. When you are being detained by the police, you don't have to answer any questions they ask you.

When you are being arrested, police should tell you who they are and what you are being arrested for. If you are not sure if you are being detained or arrested – **ASK!**

What are my rights after I have been arrested?

During an arrest, police can search you and any belongings you have, such as your backpack, purse, or car. You have the right to stay silent and not answer questions. The police must also tell you right away that you can speak with a lawyer and get free legal advice from legal aid. If you want to speak with your lawyer alone, the police must allow you to do so.

Police must let you use a phone so that you can contact a lawyer for help. They must stop asking you questions until you get advice from a lawyer. What you say to your lawyer is always private and police officers must respect this right. You do not have to answer any questions, even after you have talked to a lawyer.



MAKING A COMPLAINT AGAINST POLICE

Whenever you have contact with police, it is a good idea to write out the date, time, and place. You should also write down who the police officer is as well as the names of any other police officers at the scene. Ask these officers for their badge numbers and names and write them down. This is important because it can help if you make a complaint about them.

Who can make a complaint?

The law says that the police must behave in a certain way. If you think you have been treated badly by the police or you have seen the police breaking the law, you can make a complaint.

Many people ask someone to help them write out their complaints, such as an Aboriginal women's or women's organization, or a lawyer.

What can I file a complaint about?

You can complain about what the police did when they investigated or arrested you.

Some examples include:

- You experienced racism or sexism when you were arrested. For example, you were called racist names or sexist names by police, such as "squaw" or "slut";
- You think the police were forceful during an arrest and you were roughly handled. For example, you had bruising, broken bones, or were sexually assaulted or harassed by police officers. If you are injured, seek medical attention as soon as you can. Ask the doctor to take pictures of any injuries you may have, and take pictures yourself as well;
- You saw the police do nothing when they could have helped in a situation; and,
- You saw police committing a crime and abusing their power.



What you need to make a complaint:

The following website will show you the best way to submit your complaint.

www.rcmp-grc.gc.ca/cont/faq-comp-plainte-eng.htm

When you make a complaint, you can do it yourself or you can seek out an Aboriginal women's or women's organization or a lawyer to help with the complaint process, as it can be complicated. When you make the complaint, you will be asked for your name, date of birth, and address.

You will also be asked:

- What happened? (time, date, and place);
- Names of everyone who was there (your name, names of the police officers, and any witnesses). It helps if you have the name and badge number of the police officers who were present;
- If the police officers were provincial, territorial, or city police or RCMP;
- Any evidence, such as pictures or a doctor's note of your injuries. You can ask medical professionals for copies of any videos, photos, or notes they have taken about you or your injuries; and,
- What you want from the complaint, such as an apology.

COMPLAINTS AGAINST THE RCMP

If you are worried about how a member of the RCMP acted because of something you saw or experienced, you can make a complaint. This process can be complicated, so having the help of an Aboriginal women's or women's organization or lawyer is usually best.

The Commission for Public Complaints Against the RCMP has a website with resources to help you to decide the best place for you to make a complaint.

Website: **www.crcc-ccetp.gc.ca/en**



How to make a complaint against the RCMP

You can make a complaint against the RCMP in 3 ways:

- By going to any RCMP detachment. The detachment commander's duties are to ensure complaints from the public are dealt with in a professional manner;
- You can contact the Civilian Review and Complaints Commission for the RCMP at 1-800-665-6878; and,
- You can make a complaint to a designated provincial policing authority.

It is best to make your complaint as soon as you can; however, you have six years from the time of the incident to make a complaint. When you initially make a complaint, the RCMP will be responsible for investigating it. They must notify you of their findings. If you are unhappy with the way in which the complaint was investigated, you can ask the Commission for Public Complaints Against the RCMP to review the RCMP's decision.

You can make your complaint in the following ways:

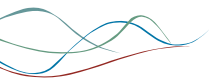
By Telephone from anywhere in Canada: 1-800-665-6878
TTY: 1-866-432-5837 (For hard-of-hearing persons)

By E-mail:
complaints@cpc-cpp.gc.ca

By Mail:
Commission for Public Complaints Against the RCMP
National Intake Office
P.O. Box 88689
Surrey, BC V3W 0X1

By Fax:
613-952-8045 (Ottawa)
604-501-4095 (Surrey)

“We live in a world where it’s better to be a man than a woman. And that’s what we’ve got to stop.”



PARDONS AND RECORD SUSPENSIONS

What is a 'Pardon' or 'Record Suspension'?

Having a criminal record can make it hard for you to get a job or an apartment and can stop you from traveling to some places. Potential employers and volunteer coordinators can ask new employees and volunteers for a criminal record check.

Provided the appropriate time period has passed, anyone who has a criminal record can apply for a criminal record suspension from the Canadian Government. Depending on the offence, you will have to wait 5 to 10 years to apply for a criminal record suspension. A criminal record suspension allows for people to have their criminal record set aside or erased. This means that when searched, your criminal record or criminal record suspension will not show up.

Who can apply for a criminal record suspension and what offences are eligible?

Anyone who has been charged under a federal act or regulation of Canada can apply for a record suspension. Federal Acts can be things like a Fisheries or Wildlife Act. Generally, these are non-criminal code offences. The Criminal Code is the Act codifying most criminal offences and procedures in Canada. Regulations are laws made not by parliament but by those designated by parliament (such as a Minister). Others who may apply for a record suspension are anyone who has been charged with a crime in another country and moved to Canada, or anyone who is not a citizen of Canada but has a criminal record can also apply.

Summary Offences: If you have been charged with a summary offence, you can apply for a record suspension after 5 years. Summary offences are 'lesser' offences, such as disorderly conduct or causing a disturbance.

Indictable offences: Indictable offences are more serious than a summary offence, and you usually have to go to court when charged with this type of offence. They are offences such as break and enters, theft, or murder. If you have been charged with an indictable offence, you can apply for a record suspension after 10 years.



What offences are not eligible to apply for a criminal record suspension?

People who have been charged with sexual offences, such as sexual assault, are not eligible to apply for a criminal record suspension. Sexual offences will remain on your criminal record.

You also cannot apply for a criminal record suspension if you have more than 3 indictable offences on your record and each of those offences had a prison sentence of 2 years or more.

What do I need to do to apply for a criminal record suspension?

You don't need a lawyer to apply for a record suspension, but you will need to fill out the right paperwork and pay a fee of \$631.00. You then bring the application and fee to the Parole Board of Canada (PBC). Paying a lawyer to hand in the application will not make it happen quicker, and it will not make sure you get a record suspension.

When applying, you may have to provide fingerprints and a copy of your court documents and police checks. Getting these fingerprints and documents will also cost money.

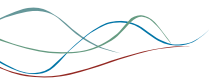
Criminal record suspension application forms can be found on the PBC website: www.pbc-clcc.gc.ca/prdons/servic-eng.shtml.

How long does the application process take?

An application for a criminal record suspension for summary offences can take up to 6 months. An application for a criminal record suspension for indictable offences can take up to 12 months.

Just because you apply does not mean your application will be successful. Your application may be rejected. It can take up to 24 months to receive a decision.

The application process starts when the Parole Board thinks your application is complete. This means your application is complete and filled out properly, and all your documents and the fee have been handed in. If your application for a criminal record suspension is denied, you will not get your money back.



For further information and assistance, contact:

PBC information and assistance line: **1-800-874-2652** (Toll Free)

Record Suspension enquiries email: **suspension@pbc-clcc.gc.ca**

Mail: **Parole Board of Canada, Attention: Record Suspension Division 410,
Laurier Avenue West Ottawa, Ontario K1A 0R1**



***Aboriginal women and girls
are strong and beautiful.***

***They are our mothers,
our daughters, our sisters,
aunties, and grandmothers.***

***They have a right to safety
and a life free from violence.***

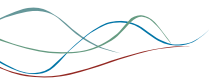


BEST PRACTICES

NWAC has conducted extensive research into sexual exploitation and sex trafficking of Aboriginal women and girls. For a fuller review of practices supporting the exiting of exploitative situations for Aboriginal women and girls, please read NWAC's 2014 paper, *Sexual Exploitation and Trafficking of Aboriginal Women and Girls: Literature Review and Key Informant Interviews: Final Report*, available on NWAC's website in English and French.

The best practices provided here are aimed at those working in a front-line or related capacity with Aboriginal women and girls who have been sexually exploited or sex trafficked. From NWAC's research, successful service providers and services should:

- Be flexible to participants' needs (for those experiencing long-term sexual exploitation or sex trafficking, it is likely that they will be facing many issues and require multiple supports and understanding);
- Be long-term (short-term supports are unrealistic to help turn back what has often been years of abuse and traumatic treatment);
- Be judgement-free (when people reach out for help, one of the surest ways to fail them is to treat them in a way that passes judgement on their life);
- Work with experiential survivors when possible to reach and support those being sexually exploited or trafficked. Survivors can be a powerful impetus to offer hope that change is possible and that a healthier life is achievable;
- Implement cultural components as part of the healing process;
- Focus on building self-esteem;
- Include or connect to employment skills training, including soft skills (true recovery must include learning the skills necessary to make a living through alternate means);
- Provide single-sex services for Aboriginal women (as opposed to having women participate in programs with men);
- Offer hours of support that extend beyond a 9-to-5 framework. Many people being sexually exploited and trafficked will need help beyond standard daylight hours;
- Include substance addictions counselling;



- Invite input from program participants (Aboriginal women and girls exiting sexual exploitation) to determine program supports and processes (they should be viewed as collaborators in the services and healing processes rather than as passive recipients); and,
- Childcare and safe housing.

This list is not intended to be exhaustive. Instead, we have focused on some of the most promising practices that we have come across in our research and interviews with experienced service providers and other stakeholders working to support Aboriginal women and girls who have been sexually exploited or trafficked.

Overall, we would like to emphasize an approach that has two major themes towards supporting Aboriginal women and girls. The first is that the supports be long term, multifaceted, and feature certain key components such as safe housing, childcare, addictions treatment, cultural components, self-esteem building, and non-judgmental attitudes, to name a few. The other major theme is that of supporting their transition to alternate, healthy ways of having an income. This includes job skills training, composed of hard skills or technical skills, and soft skills training, which includes the skills for productive communication and conflict resolution in the job place. Included in our select bibliography are recommended resources to read more about the issue of sexual exploitation and sex trafficking of Aboriginal women and girls in Canada as well as recommendations for best practices at the front-line level and suggested recommendations to be implemented at other levels and types of engagement.



WHERE YOU CAN GO FOR HELP:

You can make a change. You have the right to safety. Aboriginal women are capable and strong. There are resources available to you to help you build a happy and healthy life.

CHILD AND FAMILY SERVICES

National

First Nations Child and Family Caring Society of Canada

Phone: 613-230-5885

Website: www.fnccaringociety.com

See also: www.fnccaringociety.com/child-and-family-service-agencies-canada

British Columbia

British Columbia Aboriginal Child Services And Family Services Agencies

Website: www.mcf.gov.bc.ca/about_us/aboriginal/delegated/pdf/agency_list.pdf

Phone numbers for your area can be found online

Alberta

Alberta Human Services Delegated First Nations Agencies

Website: www.humanservices.alberta.ca/services-near-you/calgary-and-area-child-and-family-services-contact-us.html

Phone numbers for your area can be found on site

Saskatchewan

Providers of Aboriginal Life Supports (PALS)
Saskatoon, SK

Phone: 306-659-2500

Website: www.sktc.sk.ca/programs-services/family-community-services/family-support-programs/pals

Manitoba

Abinotci Mino-Ayawin (Children's Healing)
Winnipeg, MB

Phone: 204-925-3709

Website: www.ahwc.ca

See also: www.ahwc.ca/AbinotciMino-AyawinProgram.html

Ontario

Toronto Native Child and Family Services

Phone: 416-969-8510

Website: www.nativechild.org

COUNSELING AND TRAUMA SERVICES

National

Assaulted Women's Helpline

Phone: 1-866-863-0511

Toll Free: 1-866-863-7868

Website: www.awhl.org

24 Hour Sexual Assault Line

Phone: 604-876-2622

Website: www.casac.ca

Talk 4 Healing (Helpline for
Aboriginal Women)

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

Website: www.talk4healing.com

Walk With Me- Canada Victims Services

Phone: 1-866-528-7109

Website: www.walk-with-me.org

See also: www.walk-with-me.org/victim-care

Canadian Association of Sexual
Assault Centers

Phone: 604-876-2622

Website: www.casac.ca

British Columbia

VICTIMLINK BC
Abbotsford, BC
Toll Free: 1-800-563-0808 (24 hours)

Kamloops Sexual Assault Counselling Centre
Kamloops, BC
Phone: 250-372-2107

North Island Crisis & Counselling
Centre Society
Port Hardy, BC
Phone: 250-949-6033 (24 hours)

Prince George Sexual Assault Centre
Prince George, BC
Phone: 250-564-8302

Terrace Sexual Assault Centre
Terrace, BC
Phone: 250-635-1911 (24 hours,
accepts collect calls)

Alberta

Family Violence Info Line
Toll Free: 310-1818 (24 hours, in province)

Bow Valley Distress Centre Crisis Line
Banff, AB
Phone: 403-266-4357 (24 hours)

Calgary Communities Against Sexual Abuse
Calgary, AB
Phone: 403-237-5888 (24 hours)
Toll Free: 1-877-237-5888

24-hour Emergency Income Support Contact
Centre
Edmonton, AB
Phone: 780-644-5135
Toll Free: 1-866-644-5135

Sexual Assault Centre of Edmonton
Edmonton, AB
Phone: 780-423-4121 (24 hours,
accepts collect calls)

Trail 24 Hour Regional Crisis Line
Trail, BC
Toll Free: 1-888-353-2273

Battered Women's Support Services
Vancouver, BC
Phone: 604-687-1867
Toll Free: 1-855-687-1868

Women Against Violence Against Women Rape
Crisis Centre
Vancouver, BC
Phone: 604-255-6344 (24 hours)
Toll Free: 1-877-392-7583

Fort McMurray Sexual Assault Program
Fort McMurray, AB
Phone: 780-791-6708 (24 hours,
accepts collect calls)

Peace Country Sexual Assault Help Line
Grande Prairie, AB
Toll Free: 1-888-377-3223 (24 hours,
in province)

Lloydminster Sexual Assault & Information
Centre
Lloydminster, AB
Phone: 306-825-8255 (24 hours, accepts collect
calls)

Sexual Assault Crisis Line
Red Deer, AB
Phone: 403-356-1019
Toll Free: 1-866-956-1099 (24 hours)

SAFFRON Strathcona Sexual Assault Centre
Sherwood Park, AB
Phone: 780-449-0900
Toll Free: 1-888-416-7722



Saskatchewan

Sexual Assault Services of Saskatchewan
Battleford, SK
Toll Free: 1-866-567-0055 (24 hours)

Envision Counselling & Support Centre Inc.
Carlyle, SK
Phone: 306-453-2405
Toll Free: 1-800-214-7083 (24 hours, accepts collect calls)

Battlefords and Area Sexual Assault Centre
Estevan, SK
Phone: 306-637-4004
Toll Free: 1-800-214-7083 (24 hours, accepts collect calls)

West Central Crisis & Family Support
Centre Inc.
Kindersley, SK
Phone: 306-933-6200 (24 hours)

Sexual Assault Services of Saskatchewan
Kindersley, SK
Phone: 306-463-1860 (24 hours)

Lloydminster Sexual Assault and Information
Centre
Lloydminster, SK
Phone: 306-825-8255 (24 hours)

North East Outreach and Support Services
Melfort, SK
Phone: 306-752-9464
Toll Free: 1-800-611-6349 (24 hours)

Sexual Assault Services of Saskatchewan
Moose Jaw, SK
Toll Free: 1-800-214-7083 (24 hours)

Battlefords and Area Sexual Assault Centre
North Battleford, SK
Phone: 306-446-4444 (24 hours)
Toll Free: 1-866-567-0055

Prince Albert Mobile Crisis Unit
Prince Albert, SK
Phone: 306-764-1011 (24 hours)

Sexual Assault Services of Saskatchewan
Prince Albert Area
Phone: 306-764-1011 (24 hours)

Family Services Regina,
Domestic Violence Unit
Regina, SK
Phone: 306-757-6675

Regina Sexual Assault Centre
Regina, SK
Phone: 306-352-0434 (24 hours)

Sexual Assault Services of Saskatchewan
Regina, SK
Phone: 306-352-0434 (24 hours)

Family Services Saskatoon,
Healthy Relationship Program
Saskatoon, SK
Phone: 306-244-0127

Saskatoon Sexual Assault &
Information Centre
Saskatoon, SK
Phone: 306-244-2224

Sexual Assault Services of Saskatchewan
Swift Current, SK
Phone: 306-764-1011 (24 hours)

Battlefords and Area Sexual Assault Centre
Weyburn, SK
Phone: 306-842-8821
Toll Free: 1-800-214-7083 (24 hours, accepts collect calls)



Manitoba

Domestic Violence Crisis Line
Toll Free: 1-877-977-0007 (24 hours,
in province)

Thompson Crisis Centre
Thompson, MB
Phone: 204-778-7273 (24 hours)
Toll Free: 1-800-442-0613

Ontario

Assaulted Women's Helpline
Phone: 416-863-0511
Toll Free: 1-866-863-0511 (24 hours)

Femaide for Francophone Services
Toll Free: 1-877-336-2433 (24 hours)

Talk4Healing
Northern Ontario
Toll Free: 1-855-554-4325

Sexual Assault Support Services for Women
Cornwall, ON
Toll Free: 1-866-863-0511 (24 hours)

Kenora Sexual Assault Centre
Kenora, ON
Phone: 807-468-7233 (24 hours,
accepts collect calls)
Toll Free: 1-800-565-6161

London Abused Women's Centre
London, ON
Phone: 519-432-2204 (accepts
collect calls)

Centre D'aide et de Lutte Contre les Agressions à
Caractère Sexuel
Ottawa, ON
Phone: 1-877-336-2433 (24 hours)

The Sexual Assault Support Center of Ottawa
Ottawa, ON
Phone: 613- 234-2266

Sexual Assault Crisis Centre
Winnipeg, MB
Phone: 204-786-8631 (24 hours)
Toll Free: 1-888-292-7565

Muskoka/Parry Sound Sexual
Assault Services
Parry Sound, ON
Toll Free: 1-800-461-2929

Women's Sexual Assault Centre
of Renfrew County
Pembroke, ON
Toll Free: 1-800-663-3060
Toll Free: 1-800-461-9018

Timmins & Area Women in Crisis
Timmins, ON
Phone: 705-268-8380 (24 hours)
Toll Free: 1-877-268-8380

Toronto Rape Crisis Centre
Toronto, ON
Phone: 416-597-8808 (24 hours)
Toll Free: 1-855-333-3384

Durham Rape Crisis Centre
Whitby, ON
Phone: 905-668-9200 (24 hours,
accepts collect calls)

Yorktown Shelter for Women
York, ON
Phone: 416-394-2999 (24 hours)

Sexual Assault Centre London
Phone: 519-438-2272
Website: www.sacl.ca

Quebec

Quebecois grouping CALACS (Assistance Centres and the fight against sexual assault)
Montreal, QC (Francophone)
Phone: 1-877-717-5252
Website: www.rqcalacs.qc.ca

Newfoundland

Newfoundland and Labrador Sexual Assault Crisis and Prevention Centre
St. John's, NL
Toll Free: 1-800-726-2743 (24 hours)

Sexual Assault Crisis Line
St. John's, NL
Phone: 709-726-1411 (24 hours)

New Brunswick

Fredericton Sexual Assault Crisis Centre
Fredericton, NB
Phone: 506-454-0437 (24 hours, accepts collect calls)

Beauséjour Family Crisis Resource Centre Inc.
Shediac, NB
Phone: 506-533-9100 (24 hours, accepts collect calls)

Nova Scotia

Nova Scotia Help Line
Phone: 902-421-1188 (24 hours)
Toll Free: 1-877-521-1188

Colchester Sexual Assault Centre
Truro, NS
Phone: 902-897-4366

Avalon Sexual Assault Centre
Halifax, NS
Phone: 902-422-4240

Prince Edward Island

Island Helpline
Toll Free: 1-800-218-2885 (in province)

Prince Edward Island Rape and Sexual Assault Centre
Phone: 902-566-1864
Toll Free: 1-866-566-1864



DROP IN CENTRES AND COMMUNITY SUPPORT

British Columbia

Urban Native Youth Association
1618 East Hastings St., Vancouver, BC V5L 1S6
Phone: 604-254- 7732
Website: www.unya.bc.ca

Ontario

Kanawayhitowin Urban Aboriginal Community Activator
219 Front Street, East Toronto, ON
Phone: 416-956-7575 ext. 233
Website: www.kanawayhitowin.ca

Native Women's Resource Center of Toronto
191 Gerrard Street East, Toronto, ON M5A 2E5
Phone: 416-963-9963
Website: www.nwrct.ca

EMERGENCY ACCOMMODATION

National

Canadian Network of Women's Shelters and Transition Houses
Phone: 613-680-5119
Website: www.endvaw.ca
See also: www.endvaw.ca/get-help

Canadian Centre for Child Protection
Phone: 204-945-5735
Toll Free: 800-532-9135
Website: www.protectchildren.ca

British Columbia

Liz Gurney's
New West, BC
Phone: 604-524-0710 (24 hours)

Phoenix Transition House
Prince George, BC
Phone: 250-563-7305 (24 hours,
accepts collect calls)

Parksville Qualicum Haven House
Parksville, BC
Toll Free: 1-888-756-0616 (24 hours,
in province)

Cynthia's Place
Surrey, BC
Phone: 604-582-2456 (24 hours)

Sheena's Place
Surrey, BC
Phone: 604-581-1538 (24 hours,
accepts collect calls)

412 Women's Emergency Shelter
Vancouver, BC
Phone: 604-715-8480 (Weekends 24 hours)

Powell Place
Vancouver, BC
Phone: 604-606-0403 (24 hours,
accepts collect calls)

St. Elizabeth's Shelter
Vancouver, BC
Phone: 604-606-0412 (24 hours,
accepts collect calls)

Vi Fineday
Vancouver, BC
Phone: 604-736-2423 (24 hours)



Alberta

YWCA, Mary Dover House

Calgary, AB

Phone: 403-263-1550 (24 hours)

Women's Emergency Accommodation Centre

Edmonton, AB

Phone: 780-423-5302 (24 hours)

Rowan House Emergency Shelter

Black Diamond, AB

Phone: 403-652-3311 (24 hours)

Toll Free: 1-855-652-3311

Cantara Safe House

Brooks, AB

Phone: 403-793-2232 (24 hours,

accepts collect calls)

AwoTaan Native Women's Shelter

Calgary, AB

Phone: 403-531-1972 (24 hours,

accepts collect calls)

Calgary Women's Emergency Shelter

Calgary, AB

Phone: 403-234-7233 (24 hours)

Toll Free: 1-866-606-7233 (in province)

YWCA Sheriff King Home Emergency Shelter

Calgary, AB

Phone: 403-266-0707 (24 hours)

Dr. Margaret Savage Crisis Centre

Cold Lake, AB

Phone: 780-594-3353 (24 hours)

Toll Free: 1-866-594-0533 (in province)

Lurana Shelter

Edmonton, AB

Phone: 780-424-5875 (24 hours,

accepts collect calls)

Sucker Creek Woman's Emergency Shelter

Enilda, AB

Phone: 780-523-4357 (24 hours)

Toll Free: 1-866-523-2929 (in province)

Hope Haven Women's Shelter

Lac La Biche, AB

Phone: 780-623-3100 (24 hours)

Toll Free: 1-866-727-4673 (in province)

Ermineskin Women's Shelter

Phone: 780-585-4444 (24 hours)

Toll Free: 1-866-585-3941, press 299
(in province)

Phoenix Safe House

Medicine Hat, AB

Phone: 403-529-1091 (24 hours)

Toll Free: 1-800-661-7949

Stoney Eagle's Nest Family Shelter

Morley, AB

Phone: 403-881-2000 (24 hours)

Peace River Regional Women's Shelter

Peace River, AB

Phone: 780-624-3466 (24 hours)

Toll Free: 1-877-624-3466 (in province)

Pincher Creek Women's Emergency Shelter

Pincher Creek, AB

Phone: 403-627-2114 (24 hours)

Toll Free: 1-888-354-4868

Central Alberta Women's Emergency Shelter

Red Deer, AB

Phone: 403-346-5643 (24 hours)

Toll Free: 1-888-346-5643

Mountain Rose Womens' Shelter

Rocky Mountain, AB

Phone: 1-877-845-4141 (24 hours,

in province)

A Safe Place Sherwood, AB

Phone: 780-464-7233 (24 hours,

accepts collect calls)

Toll Free: 1-877-252-7233

Northern Haven Women's Shelter

Slave Lake, AB

Phone: 780-849-4418 (24 hours)

Toll Free: 1-780-214-4418

Women's Emergency Accommodation Centre

Edmonton, AB

Phone: 780-423-5302 (24 hours)



Saskatchewan

YWCA Prince Albert
Prince Albert, SK
Phone: 306-763-8571 (24 hours)

Manitoba

Manitoba Association of Women's Shelters
Phone: 204-430-4346
Email: maws@maws.mb.ca
Website: www.maws.mb.ca

North End Women's Centre
Winnipeg, MB
Phone: 204-589-7347

Ontario

211 Canada
Phone: 211
Website: www.211.ca

Dawn House
Kingston, ON
Phone: 613-545-1379 (24 hours,
accepts collect calls)

Huron Women's Shelter
Goderich, ON
Phone: 519-524-5333
Toll Free: 1-800-265-5506 (24 hours)

Pavilion Women's Centre
Haileybury, ON
Toll Free: 1-888-871-9090 (24 hours)

Mary's Place
Hamilton, ON
Phone: 905-523-6277 (24 hours,
accepts collect calls)

Dawn House
Kingston, ON
Phone: 613-545-1379 (24 hours,
accepts collect calls)

YWCA Emergency Shelter Services
Kitchener, ON
Phone: 519-744-0120 (24 hours)

YWCA of Saskatoon Crisis Shelter & Residence
Saskatoon, SK
Phone: 306-244-2844 (24 hours)

Salvation Army
Winnipeg, MB
Phone: 204-946-9402

Lethinisten:ha Women's Shelter
Akwasasne, ON
Phone: 613-937-4322
Toll Free: 1-800-480-4208 (24 hours)

Women's Community House
London, ON
Phone: 519-642-3000 (24 hour)
Toll Free: 1-800-265-1576

Mattawa Women's Resource Centre
Mattawa, ON
Phone: 705-744-5567 (24 hours,
accepts collect calls)

Outreach Emergency Shelter for Women
Ottawa, ON
Phone: 613-789-4179 (24 hours,
accepts collect calls)

St. Joe's Women's Centre
Ottawa, ON
Phone: 613-231-6722

Tewegan Housing for Aboriginal Youth
Ottawa, ON
Phone: 613-233-0672 (24 hours)

Women's House Serving Bruce & Grey
Owen Sound, ON
Phone: 519-396-9655 (24 hours)
Toll Free: 1-800-265-3026



Esprit Place
Parry Sound, ON
Phone: 705-746-4800 (24 hours,
accepts collect calls)
Toll Free: 1-800-461-1707

Sandgate Women's Shelter of York
Region Inc.
Richmond Hill, ON
Phone: 905-787-8604
Toll Free: 1-800-661-8294

Jackson's Point Shelter Sutton
West, ON
Phone: 905-772-3220
Toll Free: 1-800-661-8294

Elisa House
Toronto, ON
Phone: 416-259-2528 (24 hours, accepts collect
calls)

Quebec

La Paserelle
Alma, QC
Phone: 418-668-4671(24 hours)

Libere-Elles
Chelsea, QC
Phone: 819-827-4044 (24 hours)

Maison Simone Monet Chartrand
Chambly, QC
Phone: 450-658-9780 (24 hours)

Maison d'hébergement La Re-Source
de Chateauguay
Chateauguay, QC
Phone: 450-699-0908
Toll Free: 1-877-699-1988

Centre feminine du Saguenay
Chicoutimi, QC
Phone: 418-549-4343 (24 hours,
accepts collect calls)

Maison d'hébergement l'Aquarelle
Chibougameau, QC
Phone: 418-748-7654 (24 hours)

Fred Victor Women's Hostel
Toronto, ON
Phone: 416-368-2642 (24 hours,
accepts collect calls)

Nellie's
Toronto, ON
Phone: 416-461-1084 (24 hours,
accept collect calls)

Mary's Home
Toronto, ON
Phone: 416-595-1578 (24 hours,
accepts collect calls)

Sejour La Bonne Oeuvre
Estrie, QC
Phone: 819-835-9272 (24 hours)

L'Entourelle
Fort Coulonge, QC
Phone: 819-683-2709 (24 hours,
accepts collect calls)
Toll Free: 1-877-663-2709

Residence Elle du Haut-Saint-Laurent
Huntingdon, QC
Phone: 450-264-2999 (24 hours,
accepts collect calls)
Toll Free: 1-877-764-2999

Le Rivage de la Baie
La Baie, QC
Phone: 418-544-4626 (24 hours,
accepts collect calls)
Toll Free: 1-888-226-4626

La Jonction pour Elles
Levis, QC
Phone: 418-833-8002

Pavillon Marguerite de Champlain
Longueuil, QC
Phone: 450-656-1946 (24 hours,
accepts collect calls)



Halte-Femme Haute Gatineau
Maniwaki, QC
Phone: 819-449-4545 (24 hours,
accepts collect calls)

Auberge Madeleine
Montréal, QC
Phone: 514-597-1499 (24 hours)

Centre de preventions des agressions
de Montreal
Montréal, QC
Phone: 514-284-1212 (24 hours)

Foyer pour femmes autochtones
de Montréal/Native Women's Shelter
of Montréal
Montréal, QC
Phone: 514-933-4688 (24 hours)
Toll Free: 1-866-403-4688

L'Armee du Salut-Abri d'Espoir
Montréal, QC
Phone: 514-934-5615

L'arret-Source Inc.
Montréal, QC
Phone: 514-383-2335

La Dauphinelle
Montréal, QC
Phone: 514-598-7779 (24 hours)

Les Logis Rose-Virginie Habitation Pelletier
Montréal, QC
Phone: 514-525-3267 or 514-525-5036
(24 hours)

Le Chainon
Montréal, QC
Phone: 514-845-0151 (24 hours,
accepts collect calls)

Les Maisons de L'Ancre
Montréal, QC
Phone: 514-374-5573

Maison Marguerite
Montréal, QC
Phone: 514-932-2250 (24 hours)

Maison du Reconfort
Montréal, QC
Phone: 514-768-8648

Multi-Femmes Deux
Montréal, QC
Phone: 514-524-5776

Transit 24 Inc.
Montréal, QC
Phone: 514-383-4994

Maison des femmes de Québec
Québec, QC
Phone: 418-552-00429 (24 hours)
Toll Free: 1-800-363-9010

Residence la Colombiere
Saint-Augustin-de-Desmaures, QC
Phone: 418-874-0222 (24 hours)

Maison La Source Sorel
Tracy, QC
Phone: 450-743-2821 (24 hours)

Le Mitan
Ste-Therese-de-Blainville, QC
Phone: 450-435-3651

Mirepi, maison d'hebergement inc
St-Raymond, QC
Phone: 418-337-4811 (24 hours)
Toll Free: 1-800-361-4811

Maison Le FAR 1985 Inc.
Trois-Rivieres, QC
Phone: 819-378-2990 (24 hours)



Nova Scotia

Adsum House
Halifax, NS
Phone: 902-423-4443 (24 hours)

Barry House
Halifax, NS
Phone: 902-422-8324 (24 hours)

Prince Edward Island

Chief Mary Bernard Memorial Women's Shelter
Lennox Island, PE
Phone: 902-831-2332 (24 hours)
Toll Free: 1-855-297-2332

EMPLOYMENT SERVICES

Ontario

Kagita Mikam
Website: kagitamikam.org

Miziwe Biik Aboriginal Employment
and Training
167 Gerrard Street East Toronto, ON
Phone: 416-591-2310
Website: www.miziwebiik.com

The Native Canadian Centre of Toronto
Phone: 416-964-9087
Website: www.ncct.on.ca

YWCA
Phone: 416-926-8084
Website: ywcacanada.ca

EDUCATION SERVICES

National

Indspire- Indigenous Education
Phone: 1-855-INDSPIRE (463-7747)
Website: www.indspire.ca



EXIT SERVICES BY PROVINCE

This list is by no means exhaustive but these organizations should be able to help you find what you need.

British Columbia

Genesis House (Locations in BC and Alberta)

Phone: 604-568-8994 ext. 106

After hours phone: 604-710-1306

Website: www.safoundation.com/?page_id=10342

Reigning Grace (Formally Servants Anonymous Society – SAS)

Phone: 604-590-2304

After 4pm & weekends: 604-786-8151

Website: www.sasurrey.ca

REED (Resist Exploitation Embrace Dignity)

Phone 604-753-9929

Website www.embracedignity.org

WISH Drop-In

Vancouver, BC

Drop-In Centre: 604-681-9244

For location info phone: 604-669-9474

Website: www.wish-vancouver.net

Office to Combat Trafficking in Persons (OCTIP)

Phone: 1 888 712-7974

Website: www.pssg.gov.bc.ca/octip

Alberta

ACT Alberta

Phone: 780-474-1104

Website: www.actalberta.org

Genesis House

Phone: 604-568-8994 ext. 106

After hours phone: 604-710-1306

Website: www.safoundation.com/?page_id=10342

Center Ending All Sexual Exploitation (C.E.A.S.E.)

Edmonton, AB

Phone: 780-471-6137

Website: www.ceasenow.org

Servants Anonymous Calgary

Phone (Reception): 403-237-8477

Emergency Pager: 403-708-6677

Intake: 403-918-7311

Website: www.servantsanon.com

Manitoba

Sage House

870 Portage Avenue, Winnipeg, MB

Phone: 204-784-4042 or 204-784-4065

Website: www.klinic.mb.ca/dreamcatchers.htm

Ontario

Sex Trade 101

Toronto, ON

Website: www.sextrade101.com

Walk with me

Phone: 1-866-528-7109

Website: www.walk-with-me.org

See also: www.walk-with-me.org/victim-care

Newfoundland

Transition House Association of Newfoundland and Labrador

St. John's, NL

510 Topsail Road, Suite 113, St. John's NL

Phone: 709-739-6759



FOOD BANKS

National

Food Banks Canada
Phone: 1-877-535-0958
Website: www.foodbanksCanada.ca

Yukon

Whitehorse Food Bank
Phone: 867-393-2265
Website: www.whitehorsefoodbank.ca/contact-us

Northwest Territories

Website: www.yellowpages.ca/search/si/1/Food+Banks/Northwest+Territories+NT

Nunavut

Nunavut Roundtable For Poverty Reduction
Phone: 1-867-975-4669

British Columbia

Food Banks of BC
Phone: 604-498-1798
Toll Free: 1-855-498-1798
Website: www.foodbanksbc.com

Alberta

Alberta Food Banks
Phone: 780-459-4598
Toll Free: 1-866-251-2326
Website: www.albertafoodbanks.org

Saskatchewan

Food Banks of Saskatchewan
Phone: 306-791-6533 ext. 281
Website: www.skfoodbanks.ca/contact-us

Manitoba

Manitoba Association of Food Banks
Phone: 204-982-3663
Website: www.winnipegHarvest.org/manitoba-association-of-food-banks-mafb

Ontario

Ontario Association of Food Banks
Toronto, ON
Phone: 1-866-220-4022
Website: www.oafb.ca

Quebec

Food Banks of Quebec
Phone: 1-866-220-4022
Website: www.banquesalimentaires.org/296-nous_joinre

New Brunswick

New Brunswick Association of Food Banks
Phone: 506-672-9780
English Website: www.foodbanksnb.com
French Website:
www.banquesalimentairesnb.com

Nova Scotia

Feed Nova Scotia
Phone: 902-457-1900
Website: www.feednovascotia.ca



HEALTH SERVICES

National

Canadian Aboriginal Aids Network (CAAN)
Phone: 604-266-7616
Toll-free: 1-888-285-2226
Website: www.caan.ca

Ontario

Anishnawbe Health Toronto
Toronto, ON
Phone: 416-360-0486
Website: www.aht.ca

Canadian Mental Health Association
Website: www.cmha.ca
See also: www.cmha.ca/get-involved/find-your-cmha

Drug and Alcohol Helpline
Phone: 1-888-565-8630

HOUSING AND TENANT SERVICES

British Columbia

BC Aboriginal Housing Initiative
Phone: 1-800-257-7756
Website: www.bchousing.org/Initiatives/Creating/AHI
See also: www.bchousing.org/Initiatives/Creating/AHI/List

Lu'ma Native Housing Society
Vancouver, BC
Phone: 604-876-0811
Website: www.lnhs.ca/luma-native-housing

Okanagan Métis & Aboriginal Housing
Phone: 250-763-7747
Website: www.omahs.shawwebpace.ca

Alberta

Métis Capital Housing Corporation
Edmonton, AB
Phone: 1-877-458-8684
Website: www.metiscapital.ca

Ontario

Nishnawbe Homes Inc.
Toronto, ON
Phone: 416-368-7651

Ontario Aboriginal Housing Services
Website: www.ontarioaboriginalhousing.ca
See also:
www.secure.ontarioaboriginalhousing.ca/apply

Nova Scotia

Tawaak Housing Association
Halifax, NS
Phone: 902-455-6074
Website: www.tawaakhousing.org



LEGAL ADVICE AND COURT SUPPORT

National

Elizabeth Fry Society
Phone: 1-800-637-4606
Website: www.caefs.ca

The Law Society of Upper Canada
Website: www.lsuc.on.ca

Pro Bono Students Canada
Website: www.probonostudents.ca

Women's Legal Education and Action Fund (LEAF)
Phone: 888-824-5323
Website: www.leaf.ca

British Columbia

Native Court Worker and Counselling Association
of British Columbia(NCCABC)
Phone: 1-877-811-1190
Website: www.nccabc.ca

Legal Services Society
Vancouver, BC
Phone: 604-408-2172
Toll Free: 1-866 577-2525
Website: www.lss.bc.ca

Alberta

Native Counselling Services of Alberta
Phone: 780-451-4002
Website: www.ncsa.ca

Government of Alberta, Legal Aid
Phone: 780-427-7575
Toll Free: 1-866-845-3425
Website: www.legalaid.ab.ca

Legal Family Crisis Clinic
Edmonton, AB
Phone: 780-421-1999
Website: www.legalfamilycrisisedmonton.ca

Saskatchewan

Family Law Information Centre
3085 Albert Street, Suite 323, Regina SK, S4S 0B1
Phone: 306-787-5837
Toll Free: 1-888-218-2822 (in province)
Website: www.justice.gov.sk.ca/Family-LawInformation-Centre

Pro Bono Law Saskatchewan
Regina, SK
Phone: 306-569-3098
Toll Free: 1-855-833-7257
Email: info@pblsask.ca
Website: www.pblsask.ca

Legal Aid Saskatchewan
Phone: 306-933-5300
Toll Free: 1-800-667-3764 (in province)
Email: inquires@legalaid.sk.ca
Website: www.legalaid.sk.ca

Manitoba

Aboriginal Court Worker Program
405 Broadway, Suite 235, Winnipeg
MB, R3C 3L6
Phone: 204-945-3909
Website: www.gov.mb.ca/justice/court/aboriginalcourtworkers.html

Government of Manitoba, Legal Aid
294 Portage Avenue, 402, Winnipeg MB, R3C 0B9
Phone: 204-985-8500
Toll Free: 800-261-2960
Website: www.legalaid.mb.ca

Ontario

Aboriginal Legal Services of Toronto
Phone: 416-408-3967
Website: www.aboriginallegal.ca

Family Law Education for Women
Email: admin@onefamilylaw.ca
Website: www.onefamilylaw.ca
Government of Ontario, Legal Aid
Toronto ON,
Phone: 416-979-1446
Toll Free: 1-800-668-8258
Email: info@lao.on.ca
Website: www.legalaid.on.ca

Quebec

Commission des services juridiques/
Legal Aid
Montréal, QC
Phone: 514-873-3562
Email: info@csj.qc.ca
Website: www.csj.qc.ca

Native Para-Judicial Services of Quebec/
Aboriginal Courtworker Program
Wendake, QC
Phone: 418-847-2094
Email: info@spaq.qc.ca
Website: www.spaq.qc.ca

New Brunswick

New Brunswick Legal Aid Services Commission
500 Beaverbrook Court, Suite 501, Fredericton
NB, E3B 5X4
Phone: 506-444-2777
Website: www.legalaid.nb.ca

Nova Scotia

Mi'kmaw Legal Support Network
Eskasoni, NS
Toll Free: 1-877-379-2042
Website: www.mlsn.ca

Family Law Nova Scotia
Halifax, NS
Phone: 902 424-5232
Website: www.nsfamilylaw.ca

Legal Information Society of Nova Scotia
Halifax, NS
Phone: 902-455-3135
Toll Free: 1-800-665-9779
Website: www.legalinfo.org

Prince Edward Island

Community Legal Information Association
of Prince Edward Island
Phone: 902-892-0853
Toll Free: 1-800-240-9798 (Atlantic Canada)

Government of PEI, Legal Aid
Phone: 902-368-6043

NATIONAL ABORIGINAL ORGANIZATIONS

Canadian Aboriginal Aids Network
(CAAN)
Phone: 604-226-7616
Website: www.caan.ca

National Association of Friendship Centres
(NAFC)
Phone: 613-563-4844
Website: www.nafc.ca

Native Women's Association of Canada (NWAC)
Phone: 613-722-3033
Toll Free: 800-461-4043
Website: www.nwac.ca



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**“States shall take measures,
in conjunction with indigenous
peoples, to ensure that indigenous
women and children enjoy the
full protection and guarantees
against all forms of violence and
discrimination.”**

Article 22.2, United Nations Declaration on
the Rights of Indigenous Peoples

