

CherryTree
C O U N S E L L I N G



Indigenous Resource Guide

SUPPORTS AND SERVICES
FOR THE INDIGENOUS COMMUNITY
Provincial (Ontario), Canadian and International Resources

Are you a part of the Indigenous community? A family member? An ally?

Then this Indigenous Resource Guide is for you.

At Cherry Tree Counselling, we truly believe it takes a village. The mental health and well-being of ALL individuals is vital to our communities, yet there continues to be a lack of support for those issues specific to those within the First Nations, Métis, and Inuit communities. As identifying as a part of this community and as family members, allies, and therapists ourselves, we recognize the gaps in care that currently exist.

We want to close that gap by building and offering a community of care that is inclusive and equitable. A community where anyone - regardless of their culture and identity - and their loved ones feel empowered throughout their journey.

This Indigenous Resource Guide contains a list of provincial, national, and international resources and supports including: not-for-profit organizations, community centres, governmental programs, online networks and more.

This guide is by no means a complete list of all of the Indigenous resources and supports available. If you know of, would like to recommend, or are an organization/individual/business that offers Indigenous resources or supports, please contact us email at: admin@cherrytreecounselling.ca

Why is culturally sensitive care important?

Inclusive health care requires equitable access and full participation.

At its core, this model removes barriers, offers accommodations, and deliberately provides informed and sensitive care. By addressing the health disparities faced by marginalized communities, we can improve health outcomes for all people.

Culturally sensitive healthcare is an important part of inclusive healthcare.

Acknowledging and respecting the unique cultural beliefs, practices, and needs of Indigenous peoples is crucial for inclusive healthcare, especially in a therapeutic context. It helps create a safe and supportive environment where Indigenous individuals can feel understood, valued, and empowered to actively participate in their own healing journey. Cultural sensitivity promotes trust, improves communication, and enhances the overall

effectiveness of healthcare services for Indigenous peoples.

Supporting the Calls to Action in the Truth and Reconciliation Commission of Canada Report

While the report largely focuses on calling federal, provincial, and municipal governments to action in addressing the legacy of the Residential School System and engaging in reconciliation with Indigenous peoples, it is also vital that community organizations and services support this work.

By actively supporting these Calls to Action, local organizations and services play a crucial role in promoting healing and justice for Indigenous communities, can contribute to addressing the historical injustices faced by Indigenous peoples, and work towards building a more inclusive and equitable society.

Barriers to care for Indigenous people exist.

There are many reasons why Indigenous people have difficulty accessing healthcare.

Most of these problems can be summarized in three categories:

1. Social and economic challenges

such as limited resources, inadequate funding, and a lack of culturally appropriate care options.

2. Cultural barriers

including a lack of understanding and respect for their unique cultural beliefs and practices.

3. Systemic discrimination

including limited access, cultural misconceptions, and inadequate recognition of their specific needs.

Common health issues among Indigenous people are mostly related to historical trauma, social determinants of health, and systemic inequities.

Historical trauma refers to the long-lasting impacts of colonization, forced assimilation, and other forms of systemic violence experienced by Indigenous communities.

Social determinants of health play a crucial role in Indigenous health disparities. These determinants include factors like poverty, inadequate housing, food insecurity, limited access to education, and discrimination.

Systemic inequities include limited access to quality healthcare services, culturally appropriate care, and healthcare professionals who understand the unique needs and experiences of Indigenous communities.

We invite you to look through the guide below and explore the range of support that is waiting to help resource and empower you through this transformative experience.

PROVINCIAL

Western Ontario

Bruce, Grey, Huron, Wellington, Perth, Brant, Oxford, Lambton, Middlesex, Essex, Kent, Elgin and Haldimand-Norfolk as well as Halton Region, Region of Waterloo, the Niagara Region and the City of Hamilton.

Association of Iroquois and Allied Indians (AIAI)

Non-profit organization that advocates for the political interests of member Nations in Ontario including collective Indigenous and Treaty rights.

Website: <https://www.aiai.on.ca/>

Atlohsa Family Healing Services

Non-profit charitable organization serving Indigenous individuals and families across Southwestern Ontario, specializing in providing strengths-based healing and wellness supports, utilizing trauma-informed and harm reduction approaches.

Website: <https://www.atlohsa.com/>

Brantford Region Indigenous Support Centre

Promotes culture and traditions supporting the urban Indigenous community in the areas of Brant, Haldimand, and Norfolk counties.

Website: <https://www.brisfcf.org/>

Can-Am Indian Friendship Centre

Community-driven organization intended to help Indigenous peoples to become self-sufficient, self-determining, and self-governing in the areas of Windsor and Essex County.

Website: <https://www.caifc.ca/>

De dwa da dehs nye>s Aboriginal Health Centre (DAHC)

Provides primary care and health promotions programs in the urban centres of Brantford and Hamilton.

Website: <https://www.aboriginalhealthcentre.com/>

Hamilton Regional Indian Centre

Provides the Indigenous community with a place to gather, access services, and participate in cultural teachings and practices.

Website: <https://www.hric.ca/>

PROVINCIAL

Western Ontario

Hotinohsioni Brantford Native Housing

Non-profit charitable organization that works to provide housing for people of Indigenous ancestry who are of low income.

Website: <https://www.brantfordnativehousing.com/>

Gender Intersect

Hub for trans and gender-independent folks to come together to find support and community in Guelph and the surrounding area.

Website: <https://www.facebook.com/groups/170579512997452/?ref=ts&fref=ts>

Indigenous Diabetes Health Circle

Promotes diabetes awareness from an Indigenous perspective and assists Indigenous communities in identifying appropriate resources and services, planning, prevention, and awareness strategies and coordinating community/regional programs and events.

Website: <https://www.idhc.life/>

KW Urban Native Wigwam Project

Provides culturally safe and affordable housing for the Indigenous (FNMI) community in the Waterloo region.

Website: <https://kwunwp.weebly.com/>

N'Amerind (London) Friendship Centre

Non-profit organization committed to the promotion of physical, intellectual, emotional and spiritual well-being of Indigenous people and in particular, urban Indigenous people.

Website: <https://www.namerind.on.ca/>

Native Inter-Tribal Housing Co-operative

Provides affordable housing for London's urban Indigenous population.

Website: <https://www.nativeinter-tribalco-op.ca/>

Oonuhseh - Niagara Native Homes

Non-profit organization that provides affordable, income-sensitive housing for people of Indigenous ancestry in the Niagara region.

Website: <https://www.onnh.ca/>

PROVINCIAL

Western Ontario

Niagara Regional Native Centre

Offers programs and services to all age groups, both Indigenous and non-Indigenous, through the following programs: healing and wellness, health outreach, youth, community action for children, prenatal nutrition, employment counselling, life-long care, Indigenous community justice, Healthy-Babies-Healthy Children, and literacy.

Website: <https://www.nrnc.ca/>

Nokee Kwe

Indigenous-led employment and education centre in London, Ontario.

Website: <https://www.nokekwe.ca/>

NPAAMB Indigenous Youth Employment & Training

Provides skills development and training opportunities for urban Indigenous youth ages 15-30 in Southern Ontario.

Website: <https://www.npaamb.com/>

RAINBOW Mentors

Rainbow Mentors was created to fill a gap in services for children and youth from ages 4 to 18 identifying as TWO-SPIRIT and LGBTQIA+.

Website: <https://rainbowmentorsca.wordpress.com/>

Six Nations Justice Department - Indigenous Victim Services

Assists and advocates for Indigenous victims who are either living in Brantford, Hamilton or the Six Nations community.

Website: <https://sixnationsjustice.com/indigenous-victim-services/>

Southwest Ontario Aboriginal Health Access Centre

High-quality, wholistic health and wellness services in the following areas: children, youth, and seniors, mental health services, dental care, primary care services, and traditional healing.

Website: <https://www.soahac.on.ca/>

PROVINCIAL

Central West Ontario

Peel Region, York Region, Dufferin County and Simcoe County.

Barrie Area Native Advisory Circle

Regional health and social planning organization that also offers initiatives that incorporate Indigenous community development in the areas of childcare, healthy planning, social development, and support to seniors and families.

Website: <https://www.banac.on.ca/>

Barrie Native Friendship Centre

Strives to improve the quality of life for all Indigenous/métis people in the area through a network of culturally-based programs, services, and teachings.

Website: <https://www.barrienfc.ca/>

Dnaagdawenmag Binnoojiiyag Child & Family Services

Accessible cultural services to meet the needs of Indigenous children, youth, and families.

Website: <https://www.binnoojiiyag.ca/>

Women's Support Network

Rape crisis/sexual violence centre dedicated to providing free, confidential services for individuals who have experienced any form of sexual violence.

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

PROVINCIAL

Central East Ontario

North York, Scarborough, City of Toronto and Durham Region.

2-Spirited People of the 1st Nations

Provides prevention education and support for 2-Spirited people, including First Nations, métis and Inuit people living with or at risk for HIV and related co-infections in the GTA.

Website: <https://2spirits.org/>

Aboriginal Housing Support Centre

Supports Indigenous people and their current housing needs through counselling and support services for families or individuals.

Website: <https://www.aboriginalhsc.org/>

Aboriginal Legal Services

Developed to strengthen the capacity of the Indigenous community to deal with justice issues and provide Indigenous-controlled and culturally-based justice alternatives.

Website: <https://www.aboriginallegal.ca/>

Anduhyau

Non-profit registered charity founded to respond to the needs of Toronto's Indigenous women and children fleeing violence by providing emergency shelter and second-stage transitional housing.

Website: <https://www.anduhyau.org/>

Durham Community Health Centre - Indigenous Programs

Variety of in-person and virtual culturally programming available as well as counselling supports.

Website: <https://www.careachc.ca/Community-Programs/Programs-by-Type/Indigenous-Programs>

ENAGB Indigenous Youth Agency

Focuses on providing cultural, employment, life skills, holistic wellness and recreational opportunities to Indigenous youth ages 12-29 designed to build self-esteem, confidence, skills and self-determination.

Website: <https://www.enagb-iy.ca/>

PROVINCIAL

Central East Ontario

Native Canadian Centre of Toronto

Strives to empower the Indigenous community in Toronto by providing programs that support their spiritual, emotional, physical, and mental well-being.

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

Native Child and Family Services of Toronto

Strives to provide a life of quality, well-being, caring, and healing for children and families in the Toronto Indigenous community using a culture-based service model.

Website: <https://www.nativechild.org/>

Native Men's Residence

Helps homeless Indigenous men rediscover their *mino-bmaadiziwin* (the good life) by providing outreach, temporary, transitional, permanent housing, and much more.

Website: <https://www.nameres.org/>

Native Women's Resource Centre of Toronto (NWRCT)

Provides a safe and welcoming environment for all Indigenous women and their children in the GTA with support that includes housing, families, advocacy, employment, education, and youth services.

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

Native Youth Resource Centre

Provides support and advocacy in the areas of housing, education, and employment for Indigenous youth ages 16-24.

Website: <https://www.nativechild.org/youth/native-youth-resource-centre/>

Scarborough Aboriginal Child and Family Life Center

Community Hub that offers a variety of community-based programs including an EarlyON Centre and after-school programming.

Website: <https://nativechild.org/community/aboriginal-child-and-family-life-centres/>

The 519

Runs programs and critical food services with drop-in and takeaway options for over 40 years - no one is turned away.

Website: <https://www.the519.org/>

PROVINCIAL

Central East Ontario

Toronto Bi+ Network

Provides a community where bisexuals, pansexuals, omnisexual, queer, 2-spirit, fluid and other bi+/mspec people, as well as those questioning their sexuality, can share diverse perspectives and common experiences.

Website: <https://www.torontobinet.org/>

Toronto Council Fire Native Cultural Centre

Provides counselling, material assistance, and essential services to empower the Indigenous community.

Website: <https://www.councilfire.ca/>

PROVINCIAL

Eastern Ontario

Ottawa, Cornwall, Kingston, Peterborough and covers Prescott and Russell, Stormont, Dundas and Glengarry, Ottawa, Renfrew, Lanark, Leeds and Greenville, Frontenac, Lennox and Addington, Hastings, Prince Edward, Northumberland, Peterborough, Haliburton, Muskoka and Kawartha Lakes.

Four Directions Indigenous Student Centre

A home away from home for Indigenous students at Queen's University offering support services, feasts, social, and cultural activities.

Website: <https://www.queensu.ca/fourdirections/>

Georgian Bay Native Friendship Centre

Administers programs to the Georgian Bay region in areas such as health, family support, employment and training, education, children and youth initiatives as well as cultural awareness and activities.

Website: <https://www.gbnfc.com/>

Gignul Non-Profit Housing Corporation

Works in partnership with other Indigenous organizations, focusing on both short and long-term solutions to housing, including supportive shelters to affordable, independent living.

Website: <https://www.gignulhousing.org/>

Inuit Non-Profit Housing Corporation

Housing for Inuit families and single individuals living in the Ottawa area.

Phone: 877-741-1449

Inuuqatigiit Centre for Inuit Children, Youth and Families

Multi-service Inuit organization that provides cultural, educational, recreational, and social support services to children, youth, and families of Ottawa's growing Inuit community.

Website: <https://www.inuuqatigiit.ca/>

Kagita Mikam

Ensures proactive measures are taken to improve the recruitment, training, and employment of Indigenous people by matching their training needs and employment goals with qualified training organizations and employers.

Website: <https://www.kagitamikam.com/>

PROVINCIAL

Eastern Ontario

Mashkawaziwogamig Indigenous Resource Centre

A culturally safe space which offers a variety of programs and supports designed with First Nations, Inuit, and métis learners in mind.

Website: <https://www.uottawa.ca/about-us/indigenous/indigenous-resource-centre>

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.

Website: <https://www.minlodge.com/>

Nijkiwendidaa Anishnaabekwewag Services Circle

Counselling and healing services for Indigenous women and their families.

Website: <https://www.nijki.com/>

Nogojiwanong Friendship Centre

Strives to enhance the quality of life for Indigenous people in the city of Peterborough and the surrounding area through a wide range of community-based programs.

Website: <https://www.nogofc.ca/>

Odawa Native Friendship Centre

Dedicated programs and services to the Indigenous community in Ottawa and the surrounding region.

Website: <https://www.odawafc.com>

Suicide Prevention Ottawa

Group of organizations working together in Ottawa to make services more effective at preventing suicide among children, youth, and young adults.

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

Tewegan Housing For Aboriginal Youth

Transitional home for First Nations, Inuit, and métis women, ages 16-29 with a wide range of programs and services including cultural programs, financial planning, outreach supports, counselling, assistance finding permanent housing and more.

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

PROVINCIAL

Eastern Ontario

Tungasuvvingat Inuit

An Inuit-specific urban services provider that offers community support for Inuit of all ages.

Website: <https://www.tiontario.ca/>

Wabano Centre for Aboriginal Health

Creates and delivers services that prevent ill health, treat illness, and provide support and aftercare in a culturally sensitive way that welcomes, accepts, and respects all Indigenous people.

Website: <https://www.wabano.com/>

Western Ottawa Community Resource Centre

Connects individuals with accessible health and social services and resources whether you are a child, youth, parent, adult or senior.

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

PROVINCIAL

Northern Ontario

Nipissing, Parry Sound, Manitoulin, Timiskaming, Sudbury, Algoma, Cochrane, Thunder Bay, Rainy River and Kenora.

Aboriginal Peoples Alliance Northern Ontario

Develops and implements services, programs, and activities to assist in social, cultural, health, and economic matters concerning Off-Reserve, Status, Non-Status, Inuit and Métis peoples of Ontario.

Website: <https://www.apano.ca/>

Anishinaabe Abinoojii Family Services

Provides child welfare services to 5 communities and prevention services to 14 First Nations in Treaty #3 northern territory.

Website: <https://www.aafs.ca/>

Anishinabek Employment and Training Services

Provides guided education and training pathways towards inclusive employment opportunities respectful of culture.

Website: <https://www.aets.org/>

Anishnawbe Mushkiki

Provides clinical care and integrated chronic disease prevention and management, family-focused maternal and child health care, addictions counselling, youth empowerment, traditional wellness and cultural programs.

Website: <https://www.mushkiki.com/>

Atikokan Native Friendship Centre

Provides a range of culturally-based programs and services to support the Indigenous community.

Website: <https://ofifc.org/friendship-centre/atikokan-native-friendship-centre/>

Better Beginnings Better Futures

Provides child-centered activities and community development as part of its prevention program for high-risk communities.

Website: <https://www.betterbeginningssudbury.ca/>

PROVINCIAL

Northern Ontario

Cochrane Temiskaming Children's Treatment Centre

Provides services to children and youth with various physical, development, and communication challenges who reside in the districts of Cochrane and Temiskaming and communities in the James Bay area.

Website: <https://www.ctctc.org/>

Fierté Sudbury Pride (FSP)

Not-for-profit community-based organization dedicated to supporting, educating, and celebrating the 2SLGBTQ+ population of Greater Sudbury.

Website: <https://www.sudburypride.com/>

Keepers of the Circle

An urban Indigenous Hub operated by the Temiskaming Native Women's Support Group, a non-profit organization supporting the political, social, and economic equality of Indigenous women and the wellness of their families and communities.

Website: <https://www.keepersofthecircle.com/>

Kinna-aweya Legal Clinic

Legal advice and assistance to residents of the District of Thunder Bay, particularly Indigenous people, who need assistance with poverty law issues.

Website: <https://www.kalc.ca/>

Kwayaciiwin Education Resource Centre

Collaborates with First Nations in the Sioux Lookout area to provide a wide range of support services for community schools.

Website: <https://www.kwayaciiwin.com/>

Mino M'shki-ki Indigenous Health Team

Embeds mainstream medical services into Indigenous cultural environments and links medical professionals to their Indigenous colleagues and to community members where they live and gather.

Website: <https://www.minomshkiki.ca/>

Native People of Sudbury Development Corporation

Provides housing opportunities for Indigenous families, Elders, single individuals, and couples in Sudbury and Espanola, Ontario.

Website: <https://www.nativehousing.org/>

PROVINCIAL

Northern Ontario

Ne-Chee Friendship Centre

Provides a safe, caring and culturally respectful approach to wholistic health while inspiring a sense of community for all Indigenous people of Kenora.

Website: <https://www.nechee.org/>

North Bay Indigenous Friendship Centre

Supports urban First Nations, Métis, and Inuit people in pursuing mino-bmaadiziwin (the good life) through quality programming.

Website: <https://www.nbifc.org/>

North Bay Indigenous Hub

Provides a wide range of programming services including traditional healing, primary care, health promotion, chronic disease management, family-focused maternal/child health care, mental wellness care, diabetes care, and a culturally integrated licensed child care facility.

Website: <https://www.giiwednomshkikiiwgamig.ca/>

N'Swakamok Native Friendship Centre

A wholistic, healthy Indigenous community centre that promotes culture, language, and well-being for families and community by providing supports, services, and partnerships in an urban setting.

Website: <https://www.nfcsudbury.org/>

ONECA (Ontario Native Education Counselling Association)

Organization comprised of First Nation Education Counsellors who provide ongoing development and improvement of Native Counselling and Education services.

Website: <https://www.oneca.com/>

OUTLoud North Bay

Supports the health and wellbeing of the 2SLGBTQA+ youth and allies of North Bay and surrounding communities, through workshops, professional services, collaborations, and a safe space.

Website: <https://outloudnorthbay.com/>

Parry Sound Friendship Centre

Supports self-determined activities which encourage equal access to and participation in Canadian society and which respect Indigenous cultural distinctiveness.

Website: <https://www.psfc.ca/>

PROVINCIAL

Northern Ontario

Reseau Access Network

Non-profit, community-based charitable organization, committed to promoting wellness, harm and risk reduction and education.

Website: <https://reseauaccessnetwork.com/>

Shkagamik-Kwe Health Centre

Provides a combination of health and social services to First Nations, Métis and Inuit individuals and families through programs and services that are tailored to meet the growing needs of these populations with traditional values at the core.

Website: <https://www.skhc.ca/>

Sioux Lookout First Nations Health Authority

Provides community-led services and advocacy for the health needs of 33 First Nations communities in the Sioux Lookout region of Ontario.

Website: <https://www.slnha.com/>

Sudbury Action Centre for Youth

Focuses on community health and social well-being, particularly among those facing multiple barriers, or finding limited supports to their goals available.

Website: <https://www.theactioncentre.ca/>

Thunder Bay Indigenous Friendship Centre

The TBIFC builds gender diverse communities through its Two-Spirit & LGBTQ+ Mentor who provides resources, programming, and support such as sharing circles or one-on-one support to those who identify as Two-Spirit or LGBTQIA+.

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

Waasegiizhig Nanaandawé'iyewigamig

Traditional and contemporary health care services encompassing mind, body, heart, and spirit.

Website: <https://www.wnhac.org/>

Welcome Friend Association

Educates and promotes awareness in society regarding gender, sexual identities and expressions. Additionally, it provides outreach and support for the 2SLGBTQ+ community and their families.

Website: <https://www.welcomefriend.ca/>

Ontario-wide

Association of Native Child and Family Services Agencies of Ontario (ANCFSAO)

An association of Indigenous child and family well-being agencies mandated to build a better life for all Indigenous children through promoting the delivery of culturally-based services.

Website: <https://www.ancfsao.ca/>

Métis Nation of Ontario

Represents and supports the rights and interests of Métis people in Ontario through various programs and services to promote cultural preservation, education, and community development.

Website: <https://www.metisnation.org/>

Ontario Aboriginal HIV/AIDS Strategy

Provides culturally respectful and sensitive programs and strategies to respond to the growing HIV/AIDS epidemic among Aboriginal Peoples in Ontario, through promotion, prevention, long-term care, treatment and support initiatives consistent with harm reduction principles.

Website: <https://www.oahas.org/>

Ontario Aboriginal Housing Services

Non-profit housing provider with a focus on providing safe and affordable housing to urban and rural First Nation, Inuit, and Métis people living Off-Reserve in Ontario.

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

Ontario Federation of Indigenous Friendship Centres

Friendship Centres within Ontario strive to improve the quality of life for Indigenous people living in an urban environment by supporting self-determined activities.

Website: <https://www.ofifc.org/>

Ontario Native Women's Association

Not-for-profit organization created to empower and support all Indigenous women and their families in the province of Ontario through research, advocacy, policy development, and programs that focus on local, regional, and provincial activities.

Website: <https://www.onwa.ca/>

ONLINE / TELEPHONE / NATIONAL

Canada

Canadian Mental Health Association

A Canadian non-profit mental health organization that focuses on resources, programs, and advocacy.

Website: <https://www.cmha.ca/>

Crown-Indigenous Relations and Northern Affairs Canada

Seeks to modernize Government of Canada structures to enable Indigenous peoples to build capacity and support their vision of self-determination.

Website: <https://www.canada.ca/en/crown-indigenous-relations-northern-affairs.html>

First Nations Child & Family Caring Society

The Caring Society works to ensure the safety and wellbeing of First Nations youth and their families through educational initiatives, public policy campaigns and quality resources to support communities.

Website: <https://www.fncaringsociety.com/>

Indian Residential School Survivors Society

Organization that provides essential services to residential school survivors and families experiencing intergenerational trauma.

Website: <https://www.irsss.ca/>

Indigenous Services Canada

Supports Indigenous peoples to independently deliver services and address the socio-economic conditions in their communities.

Website: <https://www.canada.ca/en/indigenous-services-canada.html>

Indigenous Health - Government of Canada

Find information about health care services and non-insured health benefits (NIHB), careers, addressing substance use, environmental health, food safety, and pregnancy and family support.

Website: <https://www.sac-isc.gc.ca/eng/1569861171996/1569861324236>

Kids Help Phone

Kids Help Phone's e-mental health services are available 24/7 across Canada.

Phone: (800) 668-6868 Website: <https://www.kidshelpphone.ca/>

ONLINE / TELEPHONE / NATIONAL

Canada

Legacy of Hope Foundation

National Indigenous charitable organization mandated to educate and create awareness and understanding about the Residential School System, including intergenerational impacts such as the Sixties Scoop.

Website: <https://www.legacyofhope.ca/>

National Association of Friendship Centre

Network of over 100 Friendship Centres and Provincial/Territorial Associations which make up part of the most significant national network of self-determined Indigenous community hubs offering programs, services, and supports to urban Indigenous people.

Website: <https://www.nafc.ca>

Native Youth Sexual Health Network (NYSHN)

An organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada.

Website: <https://www.nativeyouthsexualhealth.com/>

Orange Shirt Society

Creates awareness of the individual, family and community inter-generational impacts of residential schools with the purpose of supporting residential school reconciliation and promoting the truth that Every Child Matters.

Website: <https://www.orangeshirtday.org/>

The Recovery Village

2SLGBTQIA+ drug and alcohol treatment resources available.

Website: <https://www.therecoveryvillage.com/resources/lgbtq/>

Trans Lifeline

Peer support phone service run by trans people for trans and questioning peers. Calls are accepted regardless of whether or not you are in crisis or you are questioning.

Phone: (877) 330-6366 Website: <https://translifeline.org/>

INTERNATIONAL

Worldwide

Amnesty International

Works to defend the rights of Indigenous peoples in all regions of the world and demands that states apply and develop urgently needed laws to protect their lands, cultures, and livelihoods.

Website: <https://www.amnesty.org/en/what-we-do/indigenous-peoples/>

Human Rights Campaign

HRC's campaigns are focused on mobilizing those who envision a world strengthened by diversity, where laws and society treat all people equally, including LGBTQ+ people and those who are multiply marginalized.

Website: <https://www.hrc.org/>

International Work Group for Indigenous Affairs (IWGIA)

Global human rights organization dedicated to promoting, protecting, and defending Indigenous Peoples' rights.

Website: <https://www.iwgia.org/en/>

United Nations - Department of Economic and Social Affairs - Indigenous Peoples

Resource compilation of all available guidelines, books, studies, reports, articles, training materials, and documentation on Indigenous Peoples from the UN system and relevant entities.

Website: <https://www.un.org/development/desa/indigenouspeoples/publications/desktop-publications.html>

We offer a community of care.

We are a team of mental health professionals based in Ontario who offer online counselling and specialized therapeutic services for women, mothers, couples, 2SLGBTQ+, teachers, therapists and other 'helper professionals'.

Our goal is to build an inclusive and equitable community where people feel empowered to find their voice, share their story, and recognize their greatest potential.

CherryTree
C O U N S E L L I N G



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