

Other Support Services

Inuuqatigiit: Family Well-Being Program provides holistic supports such as, sharing circles, land based family camps, cultural events, parenting programs, youth activities and education supports that are tailored to the unique needs of each family. For more information visit www.inuuqatigiit.ca or call (613) 852-0777

Tungasuvvingat Inuit is a provincially mandated Inuit-specific organization. Our 604 Laurier Location, provides support and service on anti-human trafficking, restorative justice, and harm reduction resources for sex workers. For more information regarding the wide range of services we provide visit www.tungasuvvingatinuit.ca or call (613) 232-4477

City of Ottawa Dial 311 for City of Ottawa Services Information: Food banks, Shelters, Recreation, Ontario Works.

Ottawa Victim Services
(613) 238-2762

Ottawa Police Services (non-emergency) (613) 236-1222 or online at www.ottawapolice.ca/en

Odawa Native Friendship Centre 250 City Centre
(613) 722-3811

Drop-in Centre 510 Rideau Street
(613) 789-3077

Youth Services Bureau For more info call (613) 729-1000 or visit www.yusb.ca

Online Crisis Chat:
www.chat.yusb.ca Thursday – Sunday 4PM-10PM

Downtown Drop-in 147 Besserer Street Monday – Friday

Serenity Renewal for Families: Addiction Support Ottawa
(613) 523-5143

St. Margaret's Anglican Church 206 Montreal Rd
(613) 746-8815 Virtual Inuktitut Services, Sunday 10am

Wabano Centre for Aboriginal Health Walk-in Crisis Counsellor
(613) 748-0657 ext. 253
Monday – Friday

SUPPORT SERVICES

For an emergency call 911



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STRONG VOICES FOR STRONGER COMMUNITIES

Inuit Specific Services

Inuuqatigiit – Centre for Inuit Children, Youth and Families is a multi-service Inuit organization that provides cultural, educational, recreational and social support services to children, youth and families of Ottawa and across Ontario. For more information visit www.inuuqatigiit.ca or intake at (613) 462-6066

Tungasuvvingat Inuit means a place where Inuit are welcome. Tungasuvvingat Inuit is a diverse, unique and thriving home base for Inuit, enriching lives for over three decades with front-line social and cultural programs in Ottawa and across the country. For more information visit www.tungasuvvingatinuit.ca or call (613) 295-5628

The Akausivik Inuit Family Health Team provides primary care for the entire lifecycle spectrum – beginning of life to end of life. Testing, Treatment, Prescriptions for any Medical Issue, Doctors, Nurses, Inuktitut Care, and Navigation. Specialists onsite include Psychology (all ages), Psychiatry (child, adolescent, adult), Pediatrician, Acupuncture. For more information please call (613) 740-0999

The Inuit Non-Profit Housing Corporation strives to provide safe, affordable and secure housing for the Indigenous community of Ottawa. For more information call (613) 741-1449 or visit their office located at 311 McArthur Avenue.



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Inuuqatigiit
Centre for Inuit Children, Youth and Families

Health Services

Wabano Centre for Aboriginal Health 299 Montreal Road (613) 748-0657 Wabano Centre for Aboriginal Health provides a wide range of medical clinics, social services and support, and youth programs. www.wabano.com

Ottawa Hospitals

(613) 722-7000 (main operator refers to proper department).

Children's Hospital of Eastern Ontario 401 Smyth Road (613) 737-7600

Inuuqatigiit Centre for Inuit Children, Youth and Families

Staff offer mental health counselling for adults, youth and children, substance use counselling and art therapy. Please call (343) 550-4676 or email youthsysnav@inuuqatigiit.ca for support in finding the services you need.

Housing Supports

Tungasuvvingat Inuit Housing Support, Housing First 297 Savard Avenue (613) 749-4500 ext. 25 Services include crisis intervention, housing education, housing search, eviction prevention, case management, advocacy, N numbers, referrals and bus tickets.

Gignul Non-Profit Housing Corporation 396 MacLaren Street (613) 232-0016

Tewegan Housing for Aboriginal Youth 65 Harvey Street (613) 233-0672 Culturally rooted transitional housing (1 yr) for Indigenous young women ages 16 to 29 who are homeless or at risk of homelessness. Services include culturally rooted workshops, individual support and communal living engagement which is balanced with practical support: access to income supports, advocacy, housing support, and case coordination.

Wabano Centre for Aboriginal Health 299 Montreal Road (613) 748-0657 Wabano Centre for Aboriginal Health provides a wide range of medical clinics, social services and support, and youth programs. www.wabano.com

Supports for Women

Minwaashin Lodge 1155 Lola St #100 (613) 741-5590 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. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey.

Elizabeth Fry Society 211 Bronson Avenue (613) 237-7427 The Elizabeth Fry Society of Ottawa offers a variety of practical and effective programs primarily targeted to young and adult women.

Tungasuvvingat Inuit: VAW Counselor and Advocate and Children's Aid Society Support (613) 857-1709 or (343) 551-1423 Monday – Friday 9am-4pm

Inuuqatigiit Family Support Worker and Women's Healing Circle (613) 852-0777

The Well: A Day Program for Women and Women with Children 154 Somerset St. W (613) 594-8861

Talk4Healing Hotline Services offered in Inuktitut 1 (855) 554-HEAL (4325)

24/7 Supports

Distress Centre of Ottawa 24/7 Helpline (613) 238-3311

First Nations and Inuit Hope for Wellness Helpline 1-855-242-3310

Youth Services Bureau Helpline (613) 260-2360 or 1-877-377-7775

Sexual Assault Partner Abuse Care Program 1053 Carling Avenue, Ottawa Civic Campus (613) 798-5555 ext. 13770

Unsafe at Home Ottawa Webchat and text support for violence and abuse. Visit: <https://unsafeathomeottawa.ca> or text (613) 704-5535

Interval House of Ottawa (613) 234-5181. Interval House of Ottawa is a 30 bed shelter for women and children fleeing abuse where supports, guidance and referrals to community agencies are offered.