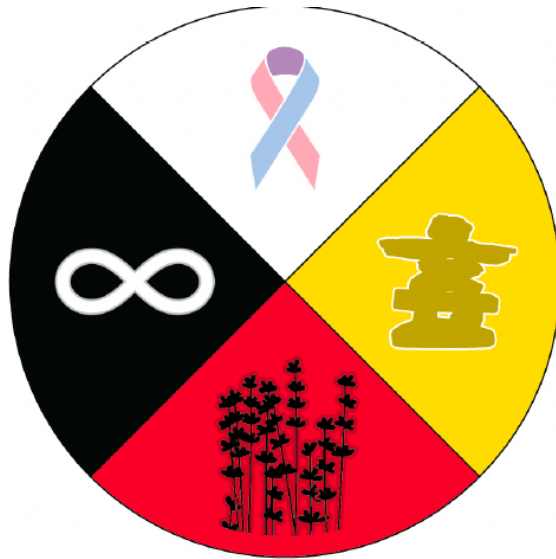


# Traditional Healing Supports

*Complete Provincial and Regional Listing of Traditional Healing Supports*

**PAIL Network Resources**



**Revised Annually**

**Please share additions to this list to [pailvolunteer@sunnybrook.ca](mailto:pailvolunteer@sunnybrook.ca)**

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## Text with 9-1-1 (T9-1-1)

T9-1-1 is a service available to you if you are part of the deaf, deafened, hard of hearing or speech impaired (DHHSI) community in Canada.

During an emergency, T9-1-1 provides 9-1-1 call centres with the ability to converse with you using text messaging.

Before utilizing this service, you:

- Must register for T9-1-1 with your [wireless service provider](#); AND
- Must have a compatible cell phone. Information on cell phones that meet T9-1-1 requirements are available on your [wireless service provider's](#) Web site.

***Text 911 is available in 500+ Communities Across Ontario. Please visit this link for a full listing:***  
<https://www.textwith911.ca/en/service-availability/ontario/>

***\* Note: You must let your phone company (e.g., Telus, Rogers, Bell, etc.) know you want to register for the Text 911 service (you have to ask to be added to the Text 911 service list) as soon as possible, in order to use this service if a crisis happens in the future. For more information: <http://textwith911.ca/en/home/>***

## Traditional Healing Support Database

Organization Information
<p><b>Beendigen Inc (Talk 4 Healing): support and resources for Indigenous women, by Indigenous women</b>            Distress Line: 1-855-554-HEAL (4325)            Languages: Multiple including English, Ojibway, Oji-Cree, and Cree            Website: <a href="http://www.talk4healing.com">www.talk4healing.com</a></p> <p>We offer 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario.</p>
<p><b>Canada First Nations &amp; Inuit <i>Hope For Wellness Help Line</i></b>            Offers 24/7, immediate counseling and crisis intervention to all Indigenous peoples across Canada</p> <p>Toll-free: 1-855-242-3310 (English, French, Inuktitut, Cree, Ojibway)            Chat Services: <a href="http://hopeforwellness.ca">hopeforwellness.ca</a></p>
<p><b>Kids Help Phone (also serving adults)</b>            Chat Services: <a href="http://kidshelpphone.ca">kidshelpphone.ca</a>            Text Services: Text "CONNECT" to 686868</p>
<p><b>Youth Space</b>            Youth Chat (6 pm - 12 am PT): <a href="http://www.youthspace.ca">www.youthspace.ca</a>            Youth Text (6 pm - 12 am PT): (778) 783-0177</p> <p>Anyone 30 years and under is welcome to chat with us. We are open 6pm-midnight PST, 365 days a year. We are a diverse community of trained volunteers who would love to listen to how things are going for you.</p>
<p><b>Crisis Services Canada</b>            Canada Suicide Prevention Service (CSPS)            1-833-456-4566            TEXT: 45645            Available 24/7/365  <a href="https://www.crisisservicescanada.ca/en/">https://www.crisisservicescanada.ca/en/</a>            Services: Suicide and crisis support</p> <p>If you're thinking about suicide, are worried about a friend or loved one, the Canada Suicide Prevention Service is available 24/7 for voice and 4pm-12am ET for text</p>

## Traditional Healing Support

### Southwestern Ontario

Location	Organization Information
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<p><b>Hagersville</b></p>	<p><b>Ka’nikonhriyohtshera Learning Centre and Healing Lodge</b></p> <p>bridges the Western mainstream model of wellness and the Indigenous/Multi-dimensional approach to wholeness. Drawing upon ancient Indigenous teachings and recent discoveries from cellular biology and the quantum sciences, participants are invited to consider a unique perspective that explains how the human body processes our many and sometimes painful life experiences, integrates the information/energy and heals itself. All program activities are designed to cultivate and to strengthen your spiritual capacity as the key to creating health and to manifesting a different reality for yourself and others.</p> <p>Tel: (905)768-2938 Email: <a href="mailto:Hill.Diane.13@gmail.com">Hill.Diane.13@gmail.com</a></p> <p>8039 Indian Line Rd, Hagersville, ON N0A 1H0</p> <p>Website: <a href="https://dianehill.net">https://dianehill.net</a></p>
<p><b>Waterloo-Wellington-Dufferin</b></p>	<p><b>Southern Ontario Aboriginal Health Access</b></p> <p>SOAHAC’s purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.</p> <p>Tel: (226)476-3672 Fax: (519)623-2929</p> <p>745 Coronation Blvd, Unit #102 Cambridge, ON N1R 7R1.</p> <p>Website: <a href="https://soahac.on.ca/service/traditional-healing/">https://soahac.on.ca/service/traditional-healing/</a></p>

<p><b>London</b></p>	<p><b>Southern Ontario Aboriginal Health Access</b></p> <p>SOAHAC's purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.</p> <p>Tel: (519)672-4079 Fax: (519)672-6945 Toll Free: +1(877)-454-0753</p> <p>425 - 427 William Street London ON N6B 3E1</p> <p>Website: <a href="https://soahac.on.ca/service/traditional-healing/">https://soahac.on.ca/service/traditional-healing/</a></p>
<p><b>Muncey</b></p>	<p><b>Wulaawsuwiikaan Healing Lodge</b></p> <p>The Wulaawsuwiikaan Healing Lodge provides day and residential programs to aid in the recovery of important Indigenous family values and structures and thereby strives to contribute to the movement toward more loving and supporting family units, resilient Clan structures, and peaceful communities.</p> <p>Tel: (519) 289-0148</p> <p>275 Jubilee Rd, Muncey, ON N0L 1Y0</p> <p><b>Southern Ontario Aboriginal Health Access</b> SOAHAC's purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.</p> <p>Tel: (519)289-0352 Fax: (519)289-0355 Toll Free: +1(877)-289-0381</p> <p>77 Anishinaabeg Drive Muncey, ON N0L 1Y0</p> <p>Website: <a href="https://soahac.on.ca/service/traditional-healing/">https://soahac.on.ca/service/traditional-healing/</a></p>



<p><b>Owen Sound</b></p>	<p><b>Southern Ontario Aboriginal Health Access</b></p> <p>SOAHAC's purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.</p> <p>Tel: (519)376-5508. Alternative Tel: (226)909-3464 Fax: (519)376-1845 Toll Free: +1(844)737-0725</p> <p>733 9th Avenue East Owen Sound, ON N4K 3E6</p> <p>Website: <a href="https://soahac.on.ca/service/traditional-healing/">https://soahac.on.ca/service/traditional-healing/</a></p>
<p><b>Windsor</b></p>	<p><b>Southern Ontario Aboriginal Health Access</b></p> <p>SOAHAC's purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.</p> <p>Tel: (519)916-1755 Fax: (519)253-6567 Toll Free: +1(877)452-5114</p> <p>1405 Tecumseh Rd West, Unit 2 Windsor, ON N9B 1T7</p> <p>Website: <a href="https://soahac.on.ca/service/traditional-healing/">https://soahac.on.ca/service/traditional-healing/</a></p>

## South Central Ontario

Location	Organization Information
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<b>Barrie</b>	<b>Enahtig Healing Lodge</b>  Providing opportunities for holistic healing and learning based on the principles of Indigenous culture, to individuals and families in a safe environment in order to foster healthy, balanced communities and nations.  Tel: (705)534-3724 Email: <a href="mailto:admin@enahtig.ca">admin@enahtig.ca</a>  4184 Vasey Road PO Box 250 Victoria Harbour, ON L0K 2A0  Website: <a href="https://www.enahtig.ca">https://www.enahtig.ca</a>
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<b>Toronto &amp; GTA</b>	<b>Anishnawbe Health</b>  Our team is made up of Traditional Healers from varying First Nation communities and Osh-ka-be-wis (Traditional Helpers). The team works with clients on a daily basis doing one-on-one doctoring and teachings to make sure they are healthy spiritually, mentally, physically, and emotionally. The program offers sweat lodge ceremonies which are conducted for the community, family or individual. Fasting ceremony is done in the spring and fall. Shake Tent ceremonies are done in the fall, winter, and spring and we have the Ancestors Feast twice per year.  Traditional Services Coordinator at (416)-920 – 2605 ext. 329  <b>Queen Location</b> Tel: (416)360-0486 Fax: (416)365-1083  225 Queen Street E, Toronto ON  <b>Gerrard Location</b> Tel: (416)920-2605 Fax: (416)920-8876  179 Gerrard Street E, Toronto, ON  <b>Carleton Location</b> Tel: (416)657-0379 Fax: (416)657-3436  213 Carlton Street, Toronto ON  Website: <a href="https://aht.ca/">https://aht.ca/</a>
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<b>Orillia</b>	<p><b>Enahtig Healing Lodge - Community Mental health and Addictions Outreach</b></p> <p>Providing opportunities for holistic healing and learning based on the principles of Indigenous culture, to individuals and families in a safe environment in order to foster healthy, balanced communities and nations.</p> <p>Tel: (705) 330-4059 Fax: (705) 330-4067 Toll Free: 1-888-630-4059</p> <p>334 West Street North Orillia, ON L3V 5E3</p> <p>Website: <a href="https://www.enahtig.ca">https://www.enahtig.ca</a></p>
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## South Eastern Ontario

Location	Organization Information
<p><b>Ottawa</b></p>	<p><b>Wabano Centre</b></p> <p>Land-based cultural activities with traditional knowledge keepers. Cultural activities happen all the time at Wabano. From sweat lodges to full moon ceremonies, drum circles to medicine.</p> <p>Tel: (613)748-0657            Email: <a href="mailto:info@wabano.com">info@wabano.com</a>            Raymond S - Cultural Coordinator - EXT: 317            Deena F - Cultural Medicine Coordinator - EXT: 210</p> <p>299 Montreal Road,            Ottawa, ON            K1L 6B8</p> <p>Website: <a href="https://wabano.com/about-wabano/">https://wabano.com/about-wabano/</a></p>

## Northern Ontario

Location	Organization Contact Information
<p><b>Alban</b></p>	<p><b>Enaahdig North Healing Lodge</b></p> <p>Providing opportunities for holistic healing and learning based on the principles of Indigenous culture, to individuals and families in a safe environment in order to foster healthy, balanced communities and nations.</p> <p>Tel: (705) 857 3818 or (705) 507-9146 or (705) 698-2343.</p> <p>Intake Coordinator: (705) 330-4059 ext. 130</p> <p>Email: <a href="mailto:intakecoordinator@enaahdig.ca">intakecoordinator@enaahdig.ca</a></p> <p>Email: <a href="mailto:fhlpn@enaahdig.ca">fhlpn@enaahdig.ca</a></p> <p>Fax: (705) 857-3266</p> <p>Hwy 607A Site 490B Alban, ON P0M 1A0</p> <p>Website: <a href="https://www.enaahdig.ca/locations">https://www.enaahdig.ca/locations</a></p>

<b>Garden River</b>	<p><b>Garden River Wellness Centre - Naan-Doo-We'an</b></p> <p>Our mission at the Garden River First Nation Wellness Centre is to work together to: Build a healthy First Nation Community and, Optimize individual Health and Wellness. This location houses Wellness Events, Traditional Healers, and the Beauty From Ashes Residential and non-Residential programs and services.</p> <p>Tel: (705) 946-5710 Fax: (705) 946-5702 Medical Fax: (705) 946-2725</p> <p>23 Shingwauk Street Garden River, ON P6A 7B2</p> <p>Website: <a href="https://grwc.ca">https://grwc.ca</a></p> <p><b>Garden River Wellness Centre - Dan Pine SR. Healing Lodge</b></p> <p>Our mission at the Garden River First Nation Wellness Centre is to work together to: Build a healthy First Nation Community and optimize individual Health and Wellness. This location houses Wellness Events, Traditional Healers, and the Beauty From Ashes Residential and non-Residential programs and services.</p> <p>Tel: (705) 946-5710 Fax: (705) 946-5702 Medical Fax: (705) 946-2725</p> <p>200 Anishinawbe Point Road, Garden River, ON P6A 7A8</p> <p>Website: <a href="https://grwc.ca/dan-pine-healing-lodge/non-residential-programs/">https://grwc.ca/dan-pine-healing-lodge/non-residential-programs/</a></p>
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<p><b>Heron Bay</b></p>	<p><b>Biidaaban Healing Lodge</b></p> <p>Biidaaban delivers 10-day treatment programs in Grief and Abandonment, Sexual Abuse and Anger Management on a rotational basis. We also have 5-day programs which are listed on the program dates page, and will add descriptions shortly. We have programs developed that can be facilitated in the areas of Adult Children of Alcoholics, Compulsive Overeating and Self-Parenting that can be ran on a need be basis.</p> <p>Tel: (807)-229-3592 EXT 650 Fax: (807)-229-0308 Toll Free: (888)-432-7102 Email: <a href="mailto:Info@biidaaban.com">Info@biidaaban.com</a></p> <p>P.O. Box 219, Hwy 627 Biigtigong Nishnaabeg, ON P0T 1R0</p> <p>Website: <a href="http://www.biidaaban.com">http://www.biidaaban.com</a></p>
<p><b>Kenora</b></p>	<p><b>Waasegiizhig Nanaandawe'iyewigamig</b></p> <p>Waasegiizhig Nanaandawe'iyewigamig offers primary health care and preventative services combining traditional and contemporary approaches to health and healing. Complementary programs include a residential healing program and hostel accommodation for people accessing hospital services in Kenora.</p> <p>Tel: 1-888-MYWNHAC (699-6422) Fax: (807) 467-2666</p> <p>Washagamis Bay First Nation P.O. Box 320 Keewatin, ON P0X 1C0</p> <p>Website: <a href="https://www.wnhac.org">https://www.wnhac.org</a></p> <p><b>Ne-Chee Friendship Centre (Indigenous Healing and Wellness)</b></p> <p>Aims of the centre is best described as a bridge to help native people over the gap from rural to urban living.</p> <p>Tel: (807) 468-5440 Email: <a href="mailto:reception@nechee.org">reception@nechee.org</a></p> <p>Website: <a href="https://www.nechee.org">https://www.nechee.org</a></p>

<p><b>Moosonee</b></p>	<p><b>Sagashtawao Healing Lodge</b></p> <p>Sagashtawao Healing Lodge is an accredited organization through Accreditation Canada and meets National standards set by the Accreditation Canada. Sagashtawao Healing Lodge is a residential treatment program for First Nation Adults and Families who are challenged with drug and/or alcohol addiction. Sagashtawao Healing Lodge maintains a philosophy that every person has within themselves inner strength, and positive qualities, which will enhance their well-being</p> <p>Tel: 705-336-3450 Fax: 705-336-3452 Collette Hookimaw, Executive Director - <a href="mailto:collette.hookimaw@sagashtawao.ca">collette.hookimaw@sagashtawao.ca</a> Administrative Support - <a href="mailto:admin.support@sagashtawao.ca">admin.support@sagashtawao.ca</a></p> <p>Moosonee, ON P0L 1Y0</p> <p>Website: <a href="http://www.sagashtawao.ca">http://www.sagashtawao.ca</a></p>
<p><b>North Bay</b></p>	<p><b>North Bay Indigenous Hub</b></p> <p>Traditional Healing Service will foster a positive environment through direct consultation and seeks advice and direction from our local Elders, Healers, and Medicine people with respect to Traditional Healing Methods.</p> <p>Tel: (705)995-0060 Email: <a href="mailto:Info@gmghub.ca">Info@gmghub.ca</a> 1040 Brookes St, North Bay, ON P1B 2N7 Canada</p> <p>Website: <a href="https://giiwednomshkikiiwgamig.ca">https://giiwednomshkikiiwgamig.ca</a></p>

<b>Sioux Lookout</b>	<b>Meno Ya Win Way</b>  The Traditional Healing, Medicine, Food and Supports Program (THMFS) is a model for integrated First Nations hospital-based services. This program offers support and choice in healing approaches to our patients and clients. It is built on a strong foundation of culturally responsive values and practices. Tel: (807)737-3030  1 Meno Ya Win Way, Sioux Lookout, ON P8T 1B4  Website: <a href="https://slmhc.on.ca/">https://slmhc.on.ca/</a>
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**Thunder Bay  
and NW Ontario**

*Text 911 is  
available in this  
region\**

**Biidaaban Healing Lodge**

Biidaaban delivers 10-day treatment programs in Grief and Abandonment, Sexual Abuse and Anger Management on a rotational basis. We also have 5-day programs which are listed on the program dates page, and will add descriptions shortly. We have programs developed that can be facilitated in the areas of Adult Children of Alcoholics, Compulsive Overeating and Self-Parenting that can be ran on a need be basis.

Tel: (807)-229-3592 EXT - 650

Fax: (807)-229-0308

Toll Free: (888)-432-7102

Email: [info@biidaaban.com](mailto:info@biidaaban.com)

Biidaaban Healing Lodge  
P.O. Box 219, HWY 627  
Biigtigono Nishnaabeg. ON  
P0T 1R0

Website: <http://www.biidaaban.com>

**Thunder Bay Friendship Centre**

Indigenous Healing and Wellness Program – The Aboriginal Healing and Wellness strategy was set forth to promote growth and healing for Aboriginal People via Aboriginal specific services. The mandate of the strategy is to reduce family violence, promote healthy lifestyles and deliver culture-based programs and services to promote holistic healing.

Tel: (807) 345-5840

Fax: (807) 344-8945

401 N. Cumberland Street,  
Thunder Bay, Ontario  
P7A 4P7

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

<b>Timmins</b>	<p><b>Wakenagun Youth Healing Lodge</b></p> <p>The Wakenagun Youth Healing Lodge located in Timmins, ON is designed to bridge wellness through culture specifically spiritual, emotional, mental, and physical well-being. By connecting with traditional culture, the intent is to bring to light meaning, purpose, hope, and belonging.</p> <p>Email: <a href="mailto:smoore@kanachihih.ca">smoore@kanachihih.ca</a></p> <p>5310 Highway 101 East Timmins, ON P4R 0B5</p> <p>Website: <a href="https://wakenagun.webflow.io">https://wakenagun.webflow.io</a></p> <p><b>Misiway Milopemahtesewin</b></p> <p>Through our culture and traditional healing methods, Traditional Healers, Elders and Medicine People help individuals, families and communities strive for balance, harmony and good health. This includes One-on-One Counselling, Medicine-making Workshops, and Ceremonies such as Fasting Camps, Naming and Colours, and Sweat Lodge. Misiway's Traditional Healing Program also provides Aboriginal Orientation and Turning Full Circle programs to individuals on probation in the justice system.</p> <p>Tel: 705-264-2200 Email: <a href="mailto:info@misiway.ca">info@misiway.ca</a></p> <p>130 Wilson Ave, Timmins ON P4N 2S9</p> <p>Website: <a href="https://www.misiway.ca/index.php/contact-us">https://www.misiway.ca/index.php/contact-us</a></p>
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