# The Culture of Well-being

**GUIDE TO MENTAL HEALTH RESOURCES**

For First Nations, Métis & Inuit people in Winnipeg.

**EDITION 4, 2014**

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GUIDE TO MENTAL HEALTH RESOURCES
For First Nations, Métis & Inuit people in Winnipeg.

MENTAL HEALTH IN ABORIGINAL CULTURE

The Aboriginal community is an important part of Manitoba’s history and future. Over 27% of Manitoba’s total population and 10% of Winnipeg’s total population consider themselves First Nation, Métis or Inuit peoples (Statistics Canada, 2011). Winnipeg currently has the largest urban Aboriginal population of the major cities in Canada.

Although there is great diversity among the 64 First Nation communities within Manitoba in terms of their language, ceremonies, religious beliefs, and community traditions, holistic wellness remains a priority among most groups in maintaining their culture and traditions for the future.

EFFECTS OF COLONIZATION AND RESIDENTIAL SCHOOLS

Many issues facing the Aboriginal community today stem from the long history of colonization. First Nation families were deeply hurt by the government policy of sending their children away to residential school, which began in 1896 and continued until the last school was closed in 1996.

The purpose of residential schooling was to assimilate Aboriginal community children into mainstream Canadian society by stripping them of their family ties and cultural ties to the land. This resulted in high dropout rates, significant extreme and long-lasting effects on the Aboriginal community. Many young adults that came back after being in residential school had been traumatised by the separation and some by physical, mental and sexual abuse they had been exposed to in the schools.

Generations of people did not learn their family and community values including their culture, languages, passing on practices, and ways of living. Many people felt stuck between two worlds, not belonging to either, which resulted in identity confusion, high rates of suicide, depression and substance abuse. Other health concerns, such as poor housing and less access to mental health services.

The Indian Residential Schools Resolution Health Support Program was created to help First Nations, Métis and Inuit peoples find ways to improve health and well-being, and return to wholeness.

MENTAL HEALTH ACROSS CULTURES

Being mentally healthy means feeling a sense of control over one’s life, feeling able to make decisions, coping with life’s challenges, and participating in life in meaningful ways because there is balance in the mental, physical, spiritual, emotional and mental aspects of life. When people of any cultural background are feeling mentally healthy, they can feel good about themselves most of the time. In the Aboriginal cultural view of mental health and well-being, a balance in the body, mind, emotion and spiritual health is maintained through good relationships with oneself, with others, within the community and Creator.

MENTAL HEALTH PROBLEMS ARE COMMON

Mental health problems are common among people of all ages, cultures and backgrounds. There are a number of reasons why mental health may not be at its best. Living with problems such as poverty, discrimination, unemployment, violence or substance abuse can have a very negative effect on mental health. Life events such as the death of a loved one, being in an accident, losing a job can also be a challenge and sometimes cause mental health problems.

WHAT IS MENTAL ILLNESS?

All people have times of feeling down or sad, have trouble concentrating, talk too loud or to themselves, or have thought in mind and are not able to get rid of it. These things are normal.

When a person is mentally ill, these kinds of feelings, thoughts and behaviors are extreme and get in the way of the person’s ability to go about their day.

Many cultures do not use the words mental illness to describe when a person has emotional problems. Instead they may describe how a person has changed in mood, thought or behavior, or changed in how he or she relates to others.

Examples of some possible changes or problems in behavior:
• Sleeping too much, or not able to sleep at all
• Not keeping clean and cared for
• Avoiding social contact and previously enjoyed activities
• Laughing or crying inappropriately
• Talking in ways that don’t make sense
• Strange movements or behaviors (such as: talking out loud to no one, rigid or unusual body position)
• Unable to control behavior (such as: can’t stop walking back and forth, sudden violence, washing hands over and over)

Examples of some possible changes or problems in feelings or mood:
• Extreme feelings of “feeling great” and excitement
• Angry, scared or suspicious in the realistic sense
• Extreme sadness or hopelessness, sometimes leading to thoughts or talk of suicide
• Sudden emotional changes and mood swings
• Unable to feel or express happiness

Examples of some severe changes or problems in thoughts and perceptions:
• Hearing, seeing, smelling things that aren’t there
• Unrealistic or mistaken beliefs (such as: people are trying to kill you, a person is in love with you; you are God or a famous person)
• Feeling unchecked guilt or losing touch with reality and not being able to stop or change the thoughts
• Suffering from disorientation or unable to connect thoughts together in a sensible way
• Constant and extreme worry or anxiety

If someone is experiencing these changes or problems, it is recommended that the person or the person who has a physical assessment to rule out any underlying physical conditions that may have an effect on their mental well-being. A doctor or nurse with special training can help the person. Many people find it helpful, by talking to the person and those close to them about any changes in thoughts, mood or behavior and any changes the person has experienced recently such as a job loss or the death of a loved one. It may take some time to make a diagnosis, but based on the information gathered a recommended treatment plan may include medication, counselling or therapy or self-care. People may choose to seek out other guides to healing such as through guidance from an Elder or spiritual caregiver. It is important to share traditional healing needs with health care providers.

LEARN MORE
The Mental Health Education Resource Centre of Manitoba is a public lending library of resources including books, print and audiovisual materials, and online webinars on mental health and illness including depression, anxiety, eating disorders, substance use disorders and suicide prevention.
Phone: 204-942-6568
Toll Free: 1-855-942-6568
www.mherc.mb.ca

For more information on mental health resources see the Mental Health Resource Guide for Winnipeg published by the Canadian Mental Health Association.
Photo. 204-982-6127 to go their website to download a copy at www.cmhawpg.mb.ca

PATHWAYS TO HEALING

There may be many different reasons why a person experiences disorganization or imbalance. Para, rejection, disappointment and loneliness may cause a person to experience mental health problems. For some people, working through these painful feelings and experiences is viewed as part of a necessary spiritual journey.

There are many ways of healing disorganization or imbalance within the Aboriginal culture. Some people use ceremonies, guidance from Elders, wholesome nutrition, meaningful activity, and connection with family and the land as part of their pathways to healing process.

MENTAL HEALTH EDUCATION RESOURCE CENTRE

Mental health is about getting help to achieve better control of one’s body, mind and spirit.
Mental health involves self-care, personal dignity, cultural identity and traditional expression in the presence of harmonious physical, emotional, mental and spiritual wellness.
Mental wellness must be defined in terms of the values and beliefs of Aboriginal people.
(First Nations and Inuit Health: Mental Wellness, Framework, 2002).

PROMOTE AND PROTECT MENTAL HEALTH

Being mentally healthy involves accepting who we are and realizing that we have strengths as well as limitations. Dealing with problems effectively when they arise, taking responsibility for actions and setting realistic goals also helps to build personal and community resilience. Resilience is the ability to bounce back from life’s challenges in a positive way. It means that when faced with challenges, keep on maintaining positive coping strategies can be used, and even confidence is gained to deal with future challenges.

By doing everyday things to care for body, mind and spirit, personal mental health will improve. Eating well, getting regular exercise and getting adequate rest and sleep will not only keep the body healthy but the mind healthy as well. There are many simple and inexpensive ways to stay physically active. Walking is one of the best ways to keep active every day. Keeping well also involves maintaining good relationships with family or friends and feeling connected with the community. Some simple ways of staying connected could include things like volunteering at the local...
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library, school or community centre, joining in activities or classes, or for others it might mean getting involved with a spiritual community. These kinds of activities give us a sense of purpose and meaning to life and can provide support when things aren’t going so well.

ABORIGINAL HEALTH PROGRAMS
Aboriginal Health Programs—Health Services assist health care staff to provide quality care for Aboriginal clients by offering the following services. These services are available to patients in hospitals and their families.

Aboriginal Patient Advocacy: Assisting Aboriginal clients and their families to resolve client concerns and ensure a holistic healing approach.

First Nations Language Interpretation: Interpreter services are available in Ojibway, Cree and Inuktitut.

Discharge Planning: Working within the health care team to ensure a coordinated approach to discharge planning.

Spiritual and Cultural Care: Providing support to clients and families to meet their spiritual needs within the hospital including the Traditional Wellness Clinic.

Resource Support: Connecting patients and families with relevant supports, resources and organizations.

All Aboriginal Health Programs—Health Services are free of charge and provided upon request. All information will remain private and confidential.

To access Aboriginal Health Programs — Health Services please contact Central Intake at 1-877-940-8880.

CULTURE, SPIRITUALITY & TRADITIONAL HEALING
Traditional healing may be used to address both physical and mental health issues. Many traditional healing practices are used today by Elders and Traditional Healers to help people in gaining wisdom from their experiences and regaining their sense of balance and belonging. Healing ceremonies are individualized for each person after the healer assesses the person’s needs and provides upon request. All information will remain private and confidential.

Some of these practices include:

SMUDGING — a sacred ritual done to spiritually cleanse and be open and ready for positive healing energy. The smudge consists of one of the four sacred plants: tobacco, sweet grass, cedar and sage or a mixture of plants.

SITTING CIRCLE — a ceremony used by people to discuss issues or share feelings in a safe climate of trust and cooperation. Equality and respect are encouraged and reinforced through the sharing circle.

SACRED ITEMS — many items may be used by traditional Aboriginal communities for ceremonies and healing gatherings.

TOBACCO OFFERING — tobacco holds a special significance and serves as a means of opening communication with the spirit world. It symbolizes honor and respect.

SACRED TEACHINGS — sacred teachings or values are taught to promote healthy living. There are a variety of teachings. Some include: wisdom, love, respect, bravery/courage, honesty, humility and truth. They are intended to help the community and environment live in harmony.

SPIRIT NAMES — names generally given in the language of the individual being named. The name describes an individual’s character and often comes with some responsibility of serving the community. These names are special and much preparation is required prior to receiving them. Only some Elders have the gift of naming.

SWEAT LODGE CEREMONY — this ceremony may vary in how it is conducted as well as in the teaching that explains its origin. It is generally conducted in sacred lodges, dome shaped structures often built from bent willow, for the purpose of prayer, cleansing and purifying body, mind and spirit.

TRADITIONAL HEALERS
Some traditional healers are:

SPIRITUALIST — focuses on the spiritual well-being of a person and acts on his or her behalf to recommend lifestyle changes to the individual or family and offers guidance in various kinds of spirits. This person offers services as a counselor, mentor or teacher to individuals and families.

HEALERS — use knowledge of traditional medicinal plants. Practices can be highly specialized in one area, such as remedies for specific ailments, or diverse for other types of illness.

DIAGNOSIS SPECIALIST OR SEEK — communicates with spirits, the supernatural and the physical entities that assist in the diagnosis. Diagnostics are often the seers or communicators through ceremony who identify ailments, remedies or cures required to restore good spiritual, emotional and physical health and well-being.

MEDICINE PEOPLE — engages in ritual, ceremonial activity and prayer. Medicine people may possess sacred items and the rites to rituals, songs and medicines that have been inherited from parents, grandparents, or that they have acquired through apprenticeship with a respected medicine man or woman. Depending on their nation, they are also conductors of community ceremonies. These individuals often sacrifice their daily lives to ritual, prayer and healing.

HEALER — healers in a variety of ways, such as a gift of touch or energy work. A healer can be ritualistic, but also may have an ability to see a variety of therapies to heal people spiritually, emotionally or physically.

MIDWIFE — has specialized traditional knowledge in prenatal care, childbirth and afterbirth. The midwife may employ the use of massage, diet, medicines and rituals and prayers and counselling.

ELDER — considered exceptionally wise in the ways of culture and the teachings of the Great Spirit. The Elder is recognized for wisdom, stability, humour and the ability to know what is appropriate in a particular situation. The community looks to Elders for guidance and sound judgment because Elders have accumulated experience and are known to share the fruits of their labor and experiences with others in the community. (Aboriginal Healing Foundation)

HELP WITH HEALING

It is important to get help early to move forward on a healing path. It is a good idea to visit a doctor to check overall health and rule out any physical illnesses. Doctors can tell the details about mental and emotional changes being experienced so they can provide the best advice and treatment. Traditional healing needs should also be shared with health care providers. If possible, it is best to keep one family doctor so he or she gets to know one’s complete health history.

To find a family doctor who is accepting new patients call Family Doctor Connections at 204-774-7111 or contact the College of Physicians and Surgeons of Manitoba at 204-774-4364 (www.ompmb.ca) and are known to share the fruits of their labours and experiences with others in the community. (Aboriginal Healing Foundation)

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ABORIGINAL ORGANIZATIONS & COMMUNITY SUPPORTS

Many community agencies and Aboriginal organizations in Winnipeg offer services and supports to adults, children and families. Generally, there are no costs for these services but there may be a wait for some services. This section has been divided into four main areas for easier reference:

Aboriginal & Community Support

Services & Programs

- Programs include:
  - Aboriginal Women's Health (Children's Healing)
  - Head Start Program
  - Wellness Centre
  - Wellness Centre Traditional Services & Programs
  - Women's Healing Program
  - Men's Healing Program
  - Spiritual Wellness
  - Indian Residential School Program

Andrews Street Family Centre

210 Andrews Street, Winnipeg, MB R2W 4T1
Phone: 204-947-5971
Free and open drop-in service for youth ages 6 to 17 years.

EAGLE Urban Transition Centre

220-275 Portage Avenue, Winnipeg, MB R3B 2H1
Phone: 204-954-3050
A First Nations agency that assists and advocates for First Nations people who have relocated to Winnipeg.

Eyaa-keen Centre Inc.

517 Notre Dame Avenue, Winnipeg, MB R3B 1P2
Phone: 204-586-3796
Fax: 204-284-7292
Offers Indian and community health services focused on improving physical, mental, emotional, and spiritual well-being and development at a person's pace. Provides Aboriginal traditional, intercultural, multidisciplinary treatment for adult Aboriginal individuals, couples and groups. By offering treatment for trauma and major loss, group work, therapeutic training and individual support, all with a view to personal and community healing, change and development.

Ikwe-Widdjittwin

P.O. Box 1544, Winnipeg, MB R3C 2A4
Phone: 204-917-3790
Fax: 204-917-2826
Toll Free: 1-800-342-7344
Ikwe-Widdjittwin Inc. is a Crisis shelter that provides safe accommodation, supportive counselling and advocacy to abused Aboriginal women and their children, 24 hours a day.

Indian Family Centre

470 Selkirk Avenue, Winnipeg, MB R2W 2M5
Phone: 204-582-2131
The Indian Family Centre is a drop-in resource center that provides social and emotional support. The Centre operates in a spiritual context that combines the Aboriginal traditional worldview with Western properties.

Kai Naskahik Inc.

455 McDermot Avenue, Winnipeg, MB R3A 3B5
Phone: 204-953-5820
Fax: 204-953-7423
www.kainaskahik.com
Provides Aboriginal identified programs and services that focus on well-being and wellness and that build on the strengths and resilience of Aboriginal Peoples.

Kivaliq Support Services

310 Bannister Street, Winnipeg, MB R3G 2A8
Phone: 204-997-1000
Fax: 204-997-1025
Offers peer support and coordination of appointments, discharge planning, travel arrangements and interpreter services to people registered with Suncrest Health.

Ma Mawi Wi Chi Itata Centre Inc.

655 King Street, Winnipeg, MB R2C 2C1
Phone: 204-944-0258
Fax: 204-954-4292
Toll Free: 1-866-742-3879
www.mamiwii.com
Provides a variety of supports and programs including:
  - Weekly Sweat Lodge ceremonies
  - Women's Journey to Healing
  - Emergency Services (infirmaries, counselling)
  - Home-Based Crisis Intervention Services

Native Women's Transition Centre

105 Akins Street, Winnipeg, MB R3G 1L4
Phone: 204-793-4610
Fax: 204-582-5100
www.nativewomenstransition.org
Offers peer support and healing services.

North End Women's Centre, Inc.

38 Kinnick Avenue, Winnipeg, MB R3B 2M2
Phone: 204-697-7257
Fax: 204-584-1475
www.northendwomenscentre.org
Provides a Parenting Program, Anger Management Program, Project (to assist women who have suffered a loss) and Soul Survival Program (to assist those who have suffered abusive relationships).

Rainbow Resource Centre

176 Scott Street, Winnipeg, MB R3C 0L3
Phone: 204-474-2012 ext. 211
Fax: 204-474-2012
www.rainbowresourcecentre.org
Email: info@rainbowresourcecentre.org
www.rainbowresourcecentre.org
Provides patient care and support through a specialized care coordinator, revolving around the needs of the situation.

St. Joseph's Indian Residential School Survivors Society

101-501 Corydon Avenue, Winnipeg, MB R3M 0G6
Phone: 204-742-2055
Provides services to adults and who are experiencing mental health problems.

St. Joseph's Indian Residential School Survivors Society

255 Portage Avenue, Winnipeg, MB R3G 0P1
Phone: 204-947-0499
Fax: 204-954-4260
www.standardhouse.ca
Drop-in centre for children and youth.

Wabunjng Abinonjiiag

235 Dufferin Avenue, Winnipeg, MB R2Y 1N7
Phone: 204-793-0290
Fax: 204-582-1150
www.abinonjiiag.com
MTS: 1-888-962-6294
Provides services to children and their families who have been exposed to family violence.

Women's Intervention Services

658 Ross Avenue

Winnipeg, MB R3L 0L3
Phone: 204-940-2655
Fax: 204-982-0144
Services are available.

Women's Wellness Centre

470 Selkirk Avenue, Winnipeg, MB R2W 4E6
Phone: 204-589-8354
Fax: 204-586-4260
www.womenswellnesscentre.ca
Provides a Parenting Program, useful

Women's Wellness Centre

750 Portage Avenue, Winnipeg, MB R3G 0P1
Phone: 204-742-2055
Fax: 204-940-2003
www.standardhouse.ca
A shelter home for Aboriginal women and their children. Offers support and healing services.

The Rainforest Resource Centre is a community service organization for Manitoba’s gay, lesbian, bisexual, transgendered and two-spirit communities. Provides peer counselling, referral, information and educational services.

Rossbrook House

450 Ross Avenue

St. Boniface, Winnipeg, MB R3A 1M1
Phone: 204-793-4030
Fax: 204-969-4055
www.rossbrookhouse.ca
Purpose: To access any of the above, call Central Intake Line.

The Geriatric Mental Health Services are available.

Women’s Health Centre

470 Selkirk Avenue, Winnipeg, MB R3C 0L3
Phone: 204-942-1357
Fax: 204-942-3066
www.mamawi.com
A support for people over the age of 65 and who are experiencing mental health problems.

The Indian Family Centre is a not-for-profit community agency that provides services to children and their families who have been exposed to family violence.

Community Health Clinics

The Winnipeg Regional Health Authority Community Health Clinics offer a range of health services including mental health services. Some clinics service their community area only and may have a wait list. Call for details.

Community Mental Health Services

204-940-2435
The Community Mental Health Program includes a range of services designed to help people experiencing mental health problems.

Mental Health Services

The Community Mental Health Service for Older Adults

204-942-2164
Fax: 204-942-2164
The Geriatric Mental Health Team provides assessment and short term intervention to people over the age of 65 and who are experiencing mental health problems.

Mental Health Services

450 Ross Avenue

St. Boniface, Winnipeg, MB R3A 1M1
Phone: 204-793-4030
Fax: 204-969-4055
www.rossbrookhouse.ca
Purpose: To access any of the above, call Central Intake Line.

The Rainbow Resource Centre is a community service organization for Manitoba’s gay, lesbian, bisexual, transgendered and two-spirit communities. Provides peer counselling, referral, information and educational services.

Rossbrook House

450 Ross Avenue

St. Boniface, Winnipeg, MB R3A 1M1
Phone: 204-793-4030
Fax: 204-969-4055
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**Addiction Self-Help Groups**

- **Al-Anon/Alateen Central Services Manitoba**
  107-2624 Portage Avenue, Winnipeg, MB R2E 0X1
  Phone: 204-962-0501
  www.alanonline.org

- **Addictions Anonymous**
  208-323 Portage Avenue, Winnipeg, MB R2E 0C1
  Phone: 204-962-0126
  www.addictionsrecovery.ca

- **Anonymous**
  1620 Main Street, Winnipeg, MB R2N 1Y9
  Phone: 204-981-1730
  www.counselling.mb.ca

- **Counselling Services**
  The path to wellness may include medical treatment, professional counselling or therapy. Counsellors can address one or more of the following issues:
  - Effective coping
  - Strategies for daily living
  - Relationships and family communication

  What is the education, training, licensor and years in practice of the counsellor? (Contact the provincial licensing body.)
  - How are the hours, length of sessions and which insurance providers do the counsellors work with?
  - What is the treatment approach and philosophy?
  - Do the counsellors specialize in certain disorders or age group?

- **Aurineau Renewal Centre**
  229 Hamel Avenue, Winnipeg, MB R2E 7B3
  Phone: 204-947-3990
  www.aurineau.ca

- **Aurora Family Therapy Centre**
  315 Portage Avenue (University of Manitoba), Winnipeg, MB R3E 0X9
  Phone: 204-574-9251
  aurora.winnipeg.com

- **Centre de la Santé**
  150-1501 Corydon Avenue, Winnipeg, MB R2P 2X8
  Phone: 204-247-0971
  www.centredela-sante.mb.ca

- **Centre Renaissance Centre**
  844 Arwood Drive, Winnipeg, MB R2S 1C1
  Phone: 204-284-9897
  www.renaissancecentre.mb.ca

- **Centre Youville Centre**
  33 Marion Street, Winnipeg, MB R2H 2C4
  Phone: 204-213-2042
  www.youville.ca

- **Cornestone Counselling Services**
  302-1200 Portage Avenue, Winnipeg, MB R3H 0T9
  Phone: 204-843-0909
  www.cornestonecounselling.ca

- **The Parenting Centre**
  221 McDowall Avenue, Winnipeg, MB R3G 2A4
  Phone: 204-784-3450
  www.newdirections.mb.ca

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Mental Health Crisis Response Centre

The Mental Health Crisis Response Centre in Winnipeg is creating a central point of access for adults experiencing a mental health crisis, accessible 24 hours a day, 7 days a week within an atmosphere that promotes healing and recovery. This Centre of Excellence in crisis resolution ensures expert short term clinical and support services are available through walk-in services, mobile services and scheduled appointment services, combined with planned linkage and referral to appropriate services and supports.

The Crisis Response Centre is designed for adults who are experiencing:
- Personal distress and who are at risk of harm associate with the immediate crisis including suicide.
- Symptoms of a mental health condition which requires assessment and treatment.
- Circumstances which require de-escalation to prevent suicide.
- Mental health problems that disrupt or prevent hospitalisation.
- Emotional trauma, where assessment, crisis intervention and linkage to longer-term services can be made.
- Difficulty obtaining help after hours when mental health services are unavailable.

Services provided:
- 24 hour crisis intervention services
- Crisis referral
- CrisisIntervention

For children, youth and adults experiencing a mental health crisis, contact the Crisis Response Centre at 204-942-7373.

Mental Health Services for Youth and Children

– Proactive, peer-based services to prevent suicide.
– Mobile Crisis Services provide immediate, crisis intervention and/or psychosocial crisis counseling.
– Providing immediate, anonymous, and confidential support for all youth and adults requiring mental health services and supports available 24 hours a day and 365 days a year.

For children and youth ages 5-17 experiencing a mental health crisis, contact the Crisis Response Centre at 204-942-7373.

Mental Health Services for Adults

– Crisis Stabilization Unit
– Homeless Stabilization Unit
– Cold Storage Services
– 24 Hour Crisis Response Center
– 24 Hour Homeless Stabilization Services

For adults experiencing a mental health crisis, contact the Crisis Response Centre at 204-942-7373.

Mental Health Services for Older Adults

– Homeless Stabilization Unit
– 24 Hour Crisis Response Center
– 24 Hour Homeless Stabilization Services

For older adults experiencing a mental health crisis, contact the Crisis Response Centre at 204-942-7373.

Mental Health Services for Children

– 24 Hour Crisis Response Center
– 24 Hour Homeless Stabilization Services

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GUIDE TO MENTAL HEALTH RESOURCES
For First Nations, Métis & Inuit people in Winnipeg.

SPIRITUAL SUPPORT

Various organizations provide spiritual support services in the Winnipeg area. The following are some of the spiritual support resources:

Anishinabe Fellowship
415 Logan Avenue, Winnipeg, MB R3A 0A4
Phone: 204-942-8682
Fax: 204-957-5001
www.wicm.ca/fellowship

Circle of Life
715 Main Street, Winnipeg, MB R3B 3N7
Phone: 204-940-4240
Fax: 204-940-4243
www.thunderbirdhouse.com

First Nation Worship Center
265 Flora Avenue, Winnipeg, MB R2W 2R2
Phone: 204-589-8738 or 204-632-9126

Flora House
(Presbyterian Inner City and Native Ministries)
739 Flora Avenue, Winnipeg, MB R2W 2S8
Fax: 204-586-8394
www.wicm.ca/florahouse

Indian Family Centre, Inc.
470 Selkirk Avenue, Winnipeg, MB R2W 2M5
Phone: 204-586-8393 or 204-586-8394
Fax: 204-582-3131
www.indianfamilycentre.com

Kateri Tekakwitha Parish (Catholic Church)
794 Ellice Avenue & 548 Home Street
Winnipeg, MB
Phone: 204-783-7215
Fax: 204-783-4851

North End Community Ministry (Stella Mission)
470 Stella Avenue, Winnipeg, MB R2W 2V1
Phone: 204-586-8137
Fax: 204-586-8130

Rupert’s Land Wechetowin Inc.
135 Anderson Avenue, (Upstairs of Church Cathedral)
Winnipeg, MB R2W 5M9
Phone: 204-582-0130
Fax: 204-580-0932
Emergency: 204-803-4715

TRADITIONAL HEALING

Aboriginal Traditional Wellness Clinic
The Health Sciences Centre runs an Aboriginal Traditional Wellness Clinic for patients of the hospital. The clinic runs two days per month and is provided on a first come, first served basis (patients who urgently need the clinic’s services may be given priority). Services include:
- Prayer
- Psychosocial and spiritual counselling
- Life-style counselling
- Liaison and access to community healing supports prior to discharge
- Individual and family ceremonies for healing and rites of passage
- Spiritual cleansing
- Traditional assessment
- Herbal remedy and treatment recommendations

To Register, Phone: 204-940-8880

Thunderbird House
715 Main Street, Winnipeg, MB R3B 3N7
Phone: 204-940-4240
Resident Elder: 204-940-4248
www.thunderbirdhouse.com

Thunderbird House offers a range of activities and programs including ceremonies, teachings, workshops, seminars, weddings, and other community activities. It’s a spiritual and community gathering place that highlights Aboriginal cultural values, traditions and history. Some evening cultural programs and activities take place.

WEBSITES

Aboriginal information
Aboriginal Affairs and Northern Development
www.aadnc-aandc.gc.ca
Aboriginal Healing Foundation
www.ahf.ca
Manitoba Aboriginal and Northern Affairs
www.gov.mb.ca/ana
Winnipeg Regional Health Authority
www.wrha.mb.ca
www.myrightcare.ca
National Aboriginal Health Organization
www.naho.ca

Mental Health Information
Native Mental Health Association of Canada (British Columbia)
www.nmhac.ca
Mental Health Education Resource Centre
www.mherc.mb.ca
Canadian Mental Health Association—Winnipeg Region
www.cmhawpg.mb.ca
Mental Health Commission of Canada
www.mhcc.org
Alberta
www.mentalhealthcommission.ca
Canadian Association for Suicide Prevention
www.casp-acps.ca
Manitoba Suicide Line
Help Line: 1-877-435-7170
www.reasonstolive.ca
Mental Health First Aid
www.mentalhealthfirstaid.ca

Physical Activity Information
Leisure Guide — Community Services
www.winnipeg.ca/cms/recreation/leisureguide.stm

Wellness Institute
www.wellnessinstitute.ca

ACKNOWLEDGEMENT

We gratefully acknowledge the Canadian Mental Health Association—Winnipeg Region for allowing us to make an adaptation of the CMHA Mental Health Resource Guide for Winnipeg.

Every effort was made to ensure the information in this guide was accurate at time of printing. We apologize for any errors or omissions. For more copies of this guide, please call 204-940-8881.

YMCA-YWCA
www.ymca-ywca.mb.ca

YMCA-YWCA Mental Health Services
www.ymca-ywca.mb.ca/mentalhealth.html
Winnipeg in Motion — Physical Activity Website
www.winnipegimotion.ca

Nutrition Information
Province of Manitoba — Food and Nutrition
www.gov.mb.ca/healthyliving
Health Canada
Health Canada — Diabetes Information
www hc-sc gc.ca hc-ps/bc ma/ diabete-eng php

We wish to acknowledge Rupert’s Land Wechetowin Inc. and Manitoba Suicide Line for their contribution to this resource guide.