

Inuuqatigiit Centre for Inuit Children, Youth & Families
613-744-3133
inuuqatigiit.ca

Services and programs for Inuit children, youth and their families. In partnership with parents and the community, Inuuqatigiit fosters strong families by providing a learning environment that will enhance children's overall wellbeing, adaptability and strength in a proud Inuit culture.

SERVICES – INUIT FOCUSED



Makonsag – Indigenous Led Childcare
613-724-5844
www.makonsag.ca

Provides a culturally-enriched preschool environment that fosters early learning and enhances pride through education to ensure that Aboriginal children and their families have positive lifelong experiences as members of Aboriginal communities.

SERVICES – INDIGENOUS FOCUSED



Minwaashin Lodge
613-741-5590/crisis line: 613-789-1141
www.minlodge.com

Provides a range of programs and services to First Nations, Inuit and Métis women and children who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system.

SERVICES – INDIGENOUS FOCUSED



Nelson House of Ottawa
Crisis line: 613-225-3129
www.nelsonhouse.on.ca

Dedicated to providing all persons who identify as women and their children shelter, support and information so they can take steps towards ending violence in their lives. 24-hour safe shelter, crisis helpline.

SERVICES



Odawa Native Friendship Centre
613-260-2360 or 1-877-377-7775
odawafc.com

Enhance the quality of life for Indigenous people in the Capital Region. To maintain a tradition of community, an ethic of self-help and development as well as to provide traditional teachings from our elders.

SERVICES – INDIGENOUS FOCUSED



Ontario Native Women's Association (Ottawa)
1-800-667-0816
www.onwa.ca/ottawa-services

Systems navigation (child welfare/family violence), plan of care, Gladue Writer, court support, healthy babies program, and more.

SERVICES – INDIGENOUS FOCUSED



Ottawa Police Services
Non-emergency: 613-236-1222
www.ottawapolice.com

Ottawa Sexual Health Clinic
613-234-4641
www.ottawapublichealth.ca/en/public-health-topics/sexual-health-clinic.aspx

STBBIs testing, emergency contraception, affordable contraception, IUD/IUS and Nexplanon insertion, pregnancy testing and information about options, Hep A and B immunizations, HPV vaccines, and free condoms.

SERVICES



Tewegan Housing
613-233-0672
www.teweganhousing.ca

Tewegan Housing for Aboriginal Youth is a 12 bed transitional home for First Nations, Inuit and Métis women, ages 16 to 29, who are homeless or at risk of becoming homeless.

SERVICES – INDIGENOUS FOCUSED



The Sexual Assault Support Center of Ottawa (SASCO)
24/7 call 613-234-2266
www.sascottawa.com

Settlement services, medical care, mental health, housing, legal services, cultural services.

SERVICES



Tungasuvvingat Inuit Ottawa
613-565-5885
www.tiontario.ca

Inuit specific community supports for Inuit of all ages connecting Inuit to their cuture.

SERVICES – INUIT FOCUSED



Voice Found – H.E.A.L.T.H – The Clinic
Call: 613-686-1818 | Toll-free: 866-239-0558
www.voicefound.ca/the-clinic

Trauma-informed healthcare for human trafficking survivors. No health insurance, identification or medical referral required.

SERVICES



Wabano Centre for Aboriginal Health
613-748-0657
www.wabano.com

Helping members of Ottawa's Indigenous community every step of the way, from providing healthcare to mental health programs, from cultural events and classes, to collaborating with social service providers.

SERVICES – INDIGENOUS FOCUSED



Youth Services Bureau of Ottawa
Crisis Line: 613-260-2360 or 1-877-377-7775
www.ysb.ca

Helps young people address what threatens their physical, sexual, mental, and social well-being.

SERVICES

