#### **Chez Doris**

(514) 937-2341

www.chezdoris.org/en

Dry day-shelter for women in difficulty offering breakfast and lunch. Services include clothing, financial management support, medical services, an overnight shelter, and access to various housing solutions, including our own permanent residences.

SERVICES - INDIGENOUS FOCUSED











# **Crime Victims Assistance Centres** (CAVAC)

514-277-9860

www.cavac.qc.ca/en

Provides free and confidential services, including psychosocial support for managing emotional and psuchological impacts, such as post-traumatic stress. Offers assistance throughout the judicial process, including court testimony, and supports interactions with the police. Informs individuals about their rights and remedies, and refers them to specialized resources as needed.

SERVICES - INDIGENOUS FOCUSED





#### First Peoples Justice Center of Tiohtià:ke

(514) 840-9485 cjppm.org/en/homeen

Supports indigenous people in Montreal who have issues related to justice

SERVICES - INDIGENOUS FOCUSED





The Resources Handbook is a tool to connect Nunavummiut to supportive resources while away from home.



## **SERVICES LEGEND**



Legal Support



**Elder Services** 



Community Supports



**Women's Services** 



Shelter / Housing



**Men's Services** 



**Food Supports** 



Mental Health & Addictions



Health



2SLGBTQI+



Children & Youth Services



Miinga is a mobile app that helps you find mental health, emergency, and community resources in Nunavut.



miinga.ca

# Montreal

**LOCAL GENERAL PHONE** 

#### 811

Health services, advice, and information.

#### 211

Social services, programs, and community supports (shelters, foodbanks, etc.)

# **National**

**GENERAL PHONE** 

**Hope For Wellness** Helpline 1-855-242-3310

Suicide Crisis Hotline Call or text 9-8-8

**Residential School** Survivors Helpline 1-866-925-4419

Kamatsiagtut Helpline

(Inuktitut/English) 867-979-3333 or 1-800-265-3333

Text 686868 | Type "TALK" to start talking to a counselor

Assaulted Women's Helpline (English, French)

1-866-863-0511



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The Resources Handbook is funded by the Government Government of Canada



Canada





Resources

Handbook

Law Society of Nunavut

# **Montreal**



**EMERGENCY** (Police, Fire, Ambulance)

www.ugagatigiinnig.ca

### **Indigenous Health Centre of** Tiohtià:ke

(514) 482-8557

www.ihct.ca

Holistic approach to health services offered in a culturally safe environment. Wed/Thu appointment.

SERVICES - INDIGENOUS FOCUSED









#### **Native Women's Shelter**

(514) 933-4688

www.nwsm.info

Support and frontline services to Indigenous women and their children to promote their empowerment and independence. The clientele is self-referred or referred by community resources (no walk-ins). The Iskweu Project is an initiative by the NWSM to respond and assist families in cases where an Indigenous woman or girl goes missing. There is a zero tolerance policy for drugs and alcohol at the shelter.













#### **Native Montreal**

(514) 331-6587

nativemontreal.com

Improve access to front-line services, access secondary care services and cope with challenges, set goals and connect to relevant resources.



















# Project Autochtones du Québec

(514) 879-3310

www.paqc.org/en/home

PAQ is an Indigenous organization that accompanies First Nations, Inuit and Métis peoples facing housing insecurity. Using a culturally adapted approach based on empowerment and harm reduction, we offer emergency shelter services, transitional housing, permanent housing, and services that promote healing, well-being and community. We work in partnership to advocate for the health and housing rights of urban Indigenous Peoples. Programming offered Community Health program and Safe Start for newly arrived Indigenous peoples. Onsite intervention workers and caseworkers are available. Workshops offered.

SERVICES - INDIGENOUS FOCUSED









#### Qavvivik

(438) 380-4670

www.gavvivik.ca

Non-profit organization run by and for Inuit living in Southern Quebec, dedicated to improving the health of Siginirmiut.

SERVICES - INUIT FOCUSED











# **Southern Quebec Inuit Association** (SQIA)

(514) 932-5267

www.facebook.com/SQIA2017

Assist in the communities' development by advocating for, promoting, persevering and celebrating our language, culture, traditions and way of life.

SERVICES - INUIT FOCUSED













#### The Women's Centre of Montreal

(514) 842-4780

centredesfemmesdemtl.org

Offers various services around justice, health, culture and education. Indigenous Justice support, our volunteer lawyers are here to help. For Indigenous clients our team offers food baskets, baby formula and clothing as well.















#### **Ivirtivik Centre**

(514) 564-3051

ivirtivik.org/en

An employment center dedicated to supporting Inuit (18+) with finding a job and/or returning to school.

SERVICES - INUIT FOCUSED



#### Portage

1-844-939-0202

portage.ca/en/

Helps people suffering from substance abuse-related problems to overcome their dependencies and live healthy, happy, and productive lives, which includes a program for Indigenous clients. Admissions via self assessment or one of the centers.

SERVICES - INDIGENOUS FOCUSED







# Plein Milieu

(514) 524-3661

no-fee: 1 (877) 257-0477, P.25

For clients in Plateau-Mont-Royal neighborhood, Plein Milieu's team builds relationships of trust with people who are drug users, homeless or at risk of homelessness, and with youth 12 years of age and older while focusing on harm reduction, information and prevention. The team welcomes Indigenous clients on a drop-in basis in a day center and offers support from street workers.

SERVICES - INDIGENOUS FOCUSED





