

INDIAN RESIDENTIAL SCHOOL DEPARTMENT

JUNE 2025 NEWSLETTER



Newsletter Highlight



Wiisokotatiwin Youth and Adult Achievement Recognition

See pages 15-16 for this month's winners as we celebrate the achievements of Kendaaz White and Tuesday Young!

The Grand Council Treaty #3 Wiisokotatiwin department is honoured to recognize their accomplishments in our monthly newsletter. Each month, one youth and one adult are selected to be featured, receiving a gift card, while all other entrants are entered into a monthly draw. We invite Treaty #3 communities to continue sharing names and stories of members excelling in areas such as entrepreneurship, writing, sports, leadership, and more.



Anishinaabemowin Phrases & Words of the Month

Strawberry Moon



Our Mandate

The Indian Residential School Department of Grand Council Treaty #3 is mandated to provide one to one support for Indian Residential School and Indian Day School survivors claims process as well as to provide support and services through awareness of traditional teachings in respect to re-building its families and communities. Healing became an initiative as a result of the Indian Residential School legacy.



**GRAND COUNCIL
TREATY #3**
The GOVERNMENT of THE ANISHINAABE NATION in TREATY #3

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National Indigenous Month

June is recognized as National Indigenous History Month in Canada, a time dedicated to honouring the rich history, heritage, and resilience of First Nations, Inuit, and Métis peoples. It serves as a powerful reminder of the strength and diversity of Indigenous communities, whose cultures and traditions have thrived despite the enduring impacts of colonization, residential schools, and systemic discrimination.



This month invites all Canadians to reflect on the past, acknowledge ongoing injustices, and celebrate the vibrant contributions of Indigenous peoples in every aspect of society—from governance and education to art, language, and land stewardship. It's a time to learn from Indigenous knowledge systems, support cultural revitalization, and engage in meaningful acts of reconciliation. Whether by attending local events, supporting Indigenous businesses and artists, or educating ourselves through books, film, and community dialogue, Indigenous History Month encourages us to honour the stories, voices, and futures of Indigenous peoples across the country—not just in June, but all year round.



INDIAN RESIDENTIAL SCHOOL (IRS) UPDATES

Honouring and remembering at the McIntosh IRS Monument

On June 18th, a flag raising ceremony was held with guidance from Elders and community members.



Miigwech to the drum keeper Jason Fobister, of the Grandmother Drum, and to Elders Arnold Pelly, Archie Hyacinthe, Katherine Fobister, Rose Scott, and Richard Green for leading and supporting the ceremony protocols. Also, Miigwech to Treaty Three Police Service officers for lowering and raising the Wiikwogaming Tiinahtisiwin flag.

Indian Residential Schools (IRS) Updates

Things to think about:

Do you think it is important for survivors to share their experiences with the next generation?
Do you ever fear this piece of Anishinaabe history will be forgotten?
What is one thing you want people to remember about this history?

Intergenerational Trauma: What is it?

One of the most profound effects of the residential school system is intergenerational trauma—the transmission of trauma from survivors to their children and grandchildren. The emotional, psychological, and physical harm that parents and grandparents experienced is passed down through family and community structures, often in subtle and unconscious ways. This may include:

Difficulty with Attachment: Many residential school survivors were unable to form healthy emotional attachments with their own children due to the emotional damage they experienced.

Loss of Language and Culture: The forced suppression of Indigenous languages and traditions means that many children of survivors grow up disconnected from their cultural heritage, further contributing to feelings of isolation, loss, and confusion.

Chronic Stress and Health Issues: Intergenerational trauma can manifest in chronic stress, which has been linked to various physical health issues, including cardiovascular problems, diabetes, and autoimmune disorders.



Indian Residential Schools (IRS) Updates

Below you will find a list of the IRS schools located in Treaty #3, along with contact information. As this newsletter is published monthly, we believe it is important to keep Treaty #3 communities informed about the progress of these searches and any findings, as they will impact us all.

Cecilia Jeffrey Site #1 - Iskatewizaagegin #39

Organization: Iskatewizaagegin #39 Independent First Nation

Contact: Christina Kejick | christinakejick@iifn39.ca

Contact: Nicole Kejick | kejicknicole@outlook.com



Cecilia Jeffrey Site #2 - Kenora, ON

Organization/Lead Community: Grand Council Treaty #3

Contact: Nathan DeGagne | nathan.degagne@treaty3.ca | 1-877-880-5638 ext. 218



St. Mary's - Kenora, ON

Organization/Lead Community: Wauzhushk Onigum Nation

Contact: Eden Klein | eden.klein@narrativesinc.com



Kaatagoging - St. Mary's (Kenora) Indian Residential School Survivors Journey

<https://www.kaatagoging.ca/> | kaatagoging@narrativesinc.com



McIntosh - Kenora, ON

Organization/Lead Community: Grassy Narrows First Nation

Contact: Arnold Pelly | arnoldpelly.ap@gmail.com

Contact: Stephen Lands | stephenlands13@gmail.com

Contact: Autumn Boivin | autumn@wiikwogaming.ca



St. Margaret's - Fort Frances, ON

Organization/Lead Community: Agency One Lands

Contact: Angela Mose | ceo@agencyonelands.ca | 807-291-0010

Contact: Stacey Jack | ceo@agencyonelands.ca | 807-275-5325

Contact: Laureen Hill | ceo@agencyonelands.ca | 807-861-0010



Pelican Lake - Pelican Falls, Pelican Lake, Sioux Lookout

Organization/Lead Community: Lac Seul First Nation

Contact: Barbara Ruotsalainen | bruotsalainen@lacseulfn.org

Bringing Our Children Home Initiative | bringingourchildrenhome@lacseulfn.org

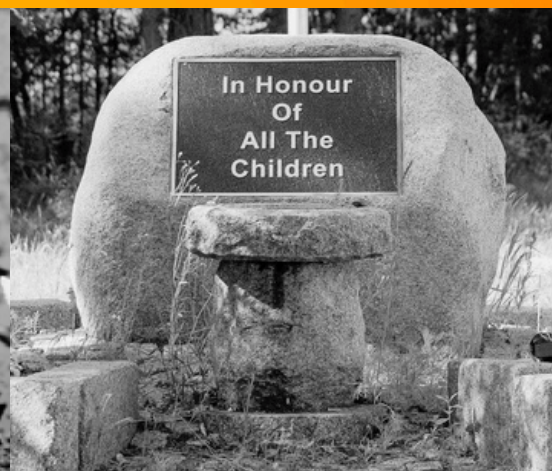




**GRAND COUNCIL
TREATY #3**
The GOVERNMENT of THE ANISHINAABE NATION in TREATY #3



INDIAN RESIDENTIAL SCHOOL COMMEMORATION MONUMENTS



The Grand Council Treaty #3 Wiisokotatiwin program, is working to create new monuments at each of the seven Residential Schools within Treaty #3 territory. These new monuments will list the names of those from the Treaty #3 Anishinaabe Nation who attended these schools, ensuring they are honoured and remembered. While submissions from Day School students will be collected for data purposes, only those who attended Residential Schools will be recognized on the monuments. This information will also be archived and stored within Grand Council Treaty #3 records.



Consent and Nomination Form

In 2012, Grand Council Treaty #3 unveiled six monuments to honour the children of (both living and deceased) who attended Indian Residential Schools.

We are dedicated to expanding this tribute by adding the names of individuals from the 28 First Nation communities within Treaty #3 who attended Residential Schools. To include an individual's name on the monument, please complete this consent form, which can be filled out by the individual or an authorized family member on their behalf.

PLEASE SEND IN NAMES OF FAMILY AND LOVED ONES

CONTACT - Mackenzie Archie for more information



Honouring the Lives of Residential School Survivors

The Wiisokotatiwin team has launched a new initiative to honour the lives and legacies of Residential School Survivors who have passed on. Beginning in January 2025, families with loved ones who were Survivors can receive a commemorative plaque as a gesture of remembrance and respect. These plaques serve as a lasting tribute, acknowledging the resilience and strength of those who endured the Residential School system while recognizing the ongoing healing journey of their families and communities.

This initiative is rooted in the commitment to honour Survivors' stories and ensure their experiences are never forgotten. Each plaque symbolizes a step toward healing and collective remembrance within Treaty #3.

Families who wish to receive a plaque or have questions about the initiative can reach out to Mackenzie Archie for more information.



*Roger Spencer from Chima'aganing First Nation
Accepting IRS plaque for his mother Agnes Spencer*



60'S SCOOP SHARING CIRCLE



WE WARMLY INVITE ALL 60'S SCOOP SURVIVORS & FAMILY MEMBERS TO JOIN US FOR OUR SUMMER VIRTUAL SUPPORT CIRCLES

SUMMER DATES:

6:00 - 8:00 pm EST

WEDNESDAY, JULY 30TH

WEDNESDAY, AUGUST 27TH

[Join Zoom Meeting](#)

Meeting ID: 846 5503 1715

Passcode: 651126



Bonnie Johnston is a registered band member of Wauzhushk Onigum First Nation and a survivor of the Sixties Scoop. She has navigated a profound personal journey that informs her work as a Storyteller, Educator, and Social Worker.

FOR MORE INFORMATION: PLEASE CONTACT
STEPHANIE COURTOREILLE
STEPHANIE.COURTOREILLE@TREATY3.CA
1.877.880.5638 EXT. 213





INDIAN BOARDING HOME CLASS ACTION



What is the Indian Boarding Homes Class Action?

In the 1950s, the Indian Boarding Homes Program placed First Nations and Inuit children in private homes for the purpose of attending school. This Settlement provides compensation to people placed in these homes.

You may be eligible to make a claim for compensation if Canada placed you in a private home between **September 1, 1951 and June 30, 1992**.

You may still be eligible if you were placed after June 30, 1992. People who were placed in private homes, but died on or after July 24, 2016, may be eligible and their estate can apply on their behalf.

When can I apply?

You can start applying for compensation starting **Wednesday August 21, 2024**.

How can I know if I am eligible?

Use the eligibility checker available on Indian Boarding Homes Program Class Action website: <https://boardinghomesclassaction.com/eligibility-checker>

How can I start my Application?

Starting on August 21, 2024, you can find the claim forms by visiting the website: <https://boardinghomesclassaction.com/>

You can submit claims online, or by downloading and mailing it to the Administrator.

For more information or assistance with applications, please contact:

Fort Frances Area

Mackenzie Archie, Mackenzie.Archie@treaty3.ca
Darlene Bruyere: Darlene.bruyere@treaty3.ca

Kenora Area

Stephanie Courtoreille, Stephanie.Courtoreille@treaty3.ca
Brian Pelly, Brian.Pelly@treaty3.ca

Thunder Bay

Hayley Jaculak, Hayley.Jaculak@treaty3.ca



INDIAN BOARDING HOME CLASS ACTION SETTLEMENT UPDATE



FREQUENTLY ASKED QUESTIONS

"WHEN CAN I EXPECT TO HEAR BACK ABOUT MY CLAIM?"

After you submit your application online or by mail, the average processing time is currently 8 to 9 months. Due to the high volume of applications, there may be delays in reviewing and responding to individual claims. You may not hear back from the claims administrator until after this period.

"WHEN CAN I APPLY FOR CATEGORY 2?"

Before you can apply for Category 2, you must first complete and submit the Category 1 application. Once your Category 1 application is received and entered into the system, you will be issued a claim number. This claim number is required to access and complete the Category 2 application, as it links your additional claim to your original file. Without it, your Category 2 forms cannot be processed.

WHO DO I CONTACT FOR AN UPDATE ON MY CLAIM?

If you have any questions about the class action settlement, the process, or the forms, please contact the Claims Administrator. The Call Centre is open from 9 am to 7 pm EST, Monday to Friday, except for statutory holidays. You can mail or email at any time.

Updates are also available at: <https://boardinghomesclassaction.com/>

Mail:

Indian Boarding Homes Class Action
18 York Street, Suite 2500
Toronto, ON Canada M5J 0B2

Email:

claims@boardinghomesclassaction.com

Phone:

1-888-499-1144

CLAIMS FILED

Category 1:

16,737

Category 2:

4,4017

CLAIMS PROCESSED

Category 1:

Claims Missing Information: 2,572

Claims Denied: 1,627

Claims in review: 9,758

Category 2:

Coming Soon

CLAIMS APPROVED FOR PAYMENT

Category 1:

806

Category 2:

Coming Soon

Fort Frances Area: Mackenzie Archie, Mackenzie.Archie@treaty3.ca
Kenora Area: Stephanie Courtoreille, Stephanie.Courtoreille@treaty3.ca
Dryden Area: Brian Pelly, Brian.pelly@treaty3.ca
Thunder Bay: Hayley Jaculak, Hayley.Jaculak@treaty3.ca



Land Based Teachings

A traditional sweat lodge is a dome-shaped or oblong structure that symbolizes the womb of mother earth which renews and purifies those within it. The sweat lodge is a cleansing ceremony. It is also used to give thanks, to heal, to seek guidance, and to purify the mind, body, and spirit. The lodge structure is constructed of saplings such as red willows, ash, birch, maple or jack pine saplings. Tobacco is placed at the base of the hole that each pole is set into. In the past, the frame would be covered with buffalo or deer hides.

Today, canvas tarps and blankets are used. The coverings keep the light out and the heat in. The fire-keeper tends the sacred fire outside the lodge. At the request of the conductor, the fire-keeper brings the Grandmothers and Grandfathers to the lodge door. They are then placed in the pit at the centre of the lodge by the conductor's helper. Even though the fire-keeper is not inside the sweat lodge, he is very much a part of this ceremony and may receive teachings, cleansing and healing.

When entering into a sweat, you enter with good intentions and an open mind. The elder conducting the sweat will often add asemaa (tobacco) as an offering. Water is poured onto the rocks creating a cleansing steam in the lodge. When you enter the sweat lodge, you are seeking the help of the Creator and the spirits. Each person has a chance to speak or pray within the lodge. The helping spirits are called into the sweat lodge by means of the prayers, songs, drums or shakers. A drum, either hand drum or the water drum is used in the ceremony. The sound of the drum is like the heartbeat of Mother Earth.



When you come out of the sweat lodge your spirit feels new and alive. You can feel the healing energies and you are more aware of all Creation and the beauty that is there.



Traditional Teachings

Bear Root - Osha Root

Considered to be one of the most important medicines as it “sits with the bear”. When bears come out of hibernation they will go and scavenge the root as one of their very first meals. It cleans out their system and gives them the energy they need after a long hibernation. Bear root is used to treat symptoms of the respiratory illnesses such as the common cold and bronchitis and for the respiratory, lymphatic, reproductive and central nervous systems. Osha root is also known to have antimicrobial and antibacterial properties.

Bear Root has a high success rate for alleviating pharmaceutical drug usage for heart patients by cutting down their use of prescription medications when replacing them with the root. It is also commonly carried amongst all pow wow singers as it will soothe a sore throat and overworked vocal cords. Singers will bite off a bit of root and stick it up under their lip. You can also just suck or chew on it. Bear root can also be used as a smudge.



Self-Care: Prioritizing Mental Health

As Anishinaabe people, we often take on caregiving roles, nurturing others around us. However, it's essential to also take time for self-care, especially for mental health. This helps us maintain the energy and resilience needed to continue being the caregivers our communities rely on.

Self-care can be as simple as finding a quiet space for reflection or as significant as taking that long-desired trip. It has the potential to reduce stress and anxiety, boost self-esteem, and enhance the overall quality of life.



The graphic features a light yellow background with watercolor-style illustrations of brown and green feathers. The title 'Mental Health self-care Checklist' is written in a mix of cursive and sans-serif fonts. To the right of the title are two detailed feathers with green and brown patterns at their bases. The checklist consists of five items, each preceded by an empty square checkbox.

Mental Health
self-care
Checklist

- ☐ DEDICATE A FEW MINUTES EACH DAY TO DEEP BREATHING OR PROGRESSIVE MUSCLE RELAXATION
- ☐ CREATE A PERSONAL SPACE FOR RELAXATION AND REFLECTION, FREE FROM INTERRUPTIONS
- ☐ PICTURE A CALMING SCENE OR PLACE WHERE YOU FELT MOST RELAXED OR SAFE
- ☐ VISUALIZE YOUR WORRIES FLOATING AWAY, LIKE LEAVES ON A RIVER
- ☐ REFLECT ON A POSITIVE MEMORY FROM YOUR LIFE



Recommended Reading

Pride Submission

A Two-Spirit Journey

Author: Ma-Nee Chacaby, Mary Louisa Plummer

Grade Levels: Adult Education

Book Type: Paperback

Pages: 256

Publisher: University of Manitoba Press

Copyright Date: 2016



Description:

A Two-Spirit Journey is Ma-Nee Chacaby's extraordinary account of her life as an Ojibwa-Cree lesbian. Ma-Nee Chacaby was raised by her Cree grandmother in a remote Ojibwa community near Lake Nipigon, Ontario. From her early, often harrowing memories of life and abuse in a remote Ojibwa community riven by poverty and alcoholism, Chacaby's story is one of enduring and ultimately overcoming the social, economic, and health legacies of colonialism.

Indigenous History Submission

Legacy: Trauma, Story and Indigenous Healing

Author: Suzanne Methot

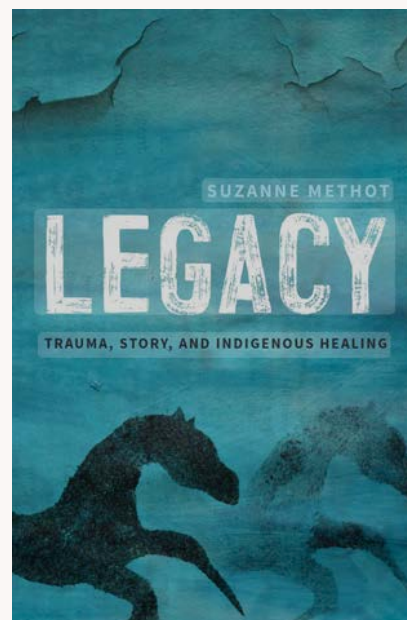
Grade Levels: Twelve, Adult Education, College, University

Book Type: Paperback

Pages: 368

Publisher: ECW Press

Copyright Date: 2019



Description:

Five hundred years of colonization have taken an incalculable toll on the Indigenous peoples of the Americas: substance use disorders and shockingly high rates of depression, diabetes, and other chronic health conditions brought on by genocide and colonial control. With passionate logic and chillingly clear prose, author and educator Suzanne Methot uses history, human development, and her own and others' stories to trace the roots of Indigenous cultural dislocation and community breakdown in an original and provocative examination of the long-term effects of colonization. But all is not lost. Methot also shows how we can come back from this with Indigenous ways of knowing lighting the way.

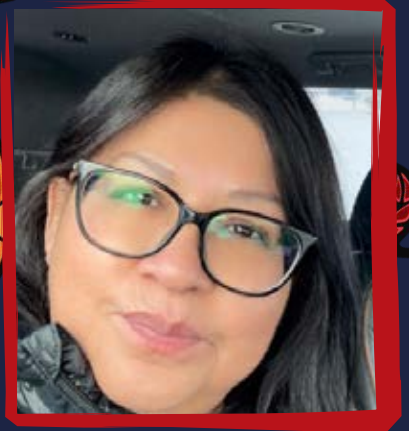


MMIWG2S UPDATE

Raechel Snowball

MMIWG Coordinator

Boozhoo gakinaa aweyaag!! (Hello everyone!)
Raechel Snowball nindizhinikaaz (My name is Raechel Snowball).
Naicatchwenin nindonjii (I am from Naicatchewenin)
Waazhushk ni noondaam (I am from the Muskrat clan)



I have recently been hired as the MMIWG Coordinator for Grand Council Treaty #3. I will be working alongside the Wiisokotatin IRS Department and am quite excited to be joining the team!!

I am a mother of six daughters and six grandchildren. In my spare time, I enjoy spending time with my parents, my family, reading or attending community events. I am a proud Anishinabe speaker and enjoy conversing with elders, listening and learning from this wonderful generation! We must always remind ourselves to cherish every bit of information that is shared with us.

My office is located at the GCT#3 Fort Frances location (Nanicost Building), if you have time or would like to chat, please feel free to stop by or contact me at 807-271-3862 and I would be more than happy to come to you!! I look forward to working with the Grand Council Treaty 3 communities.

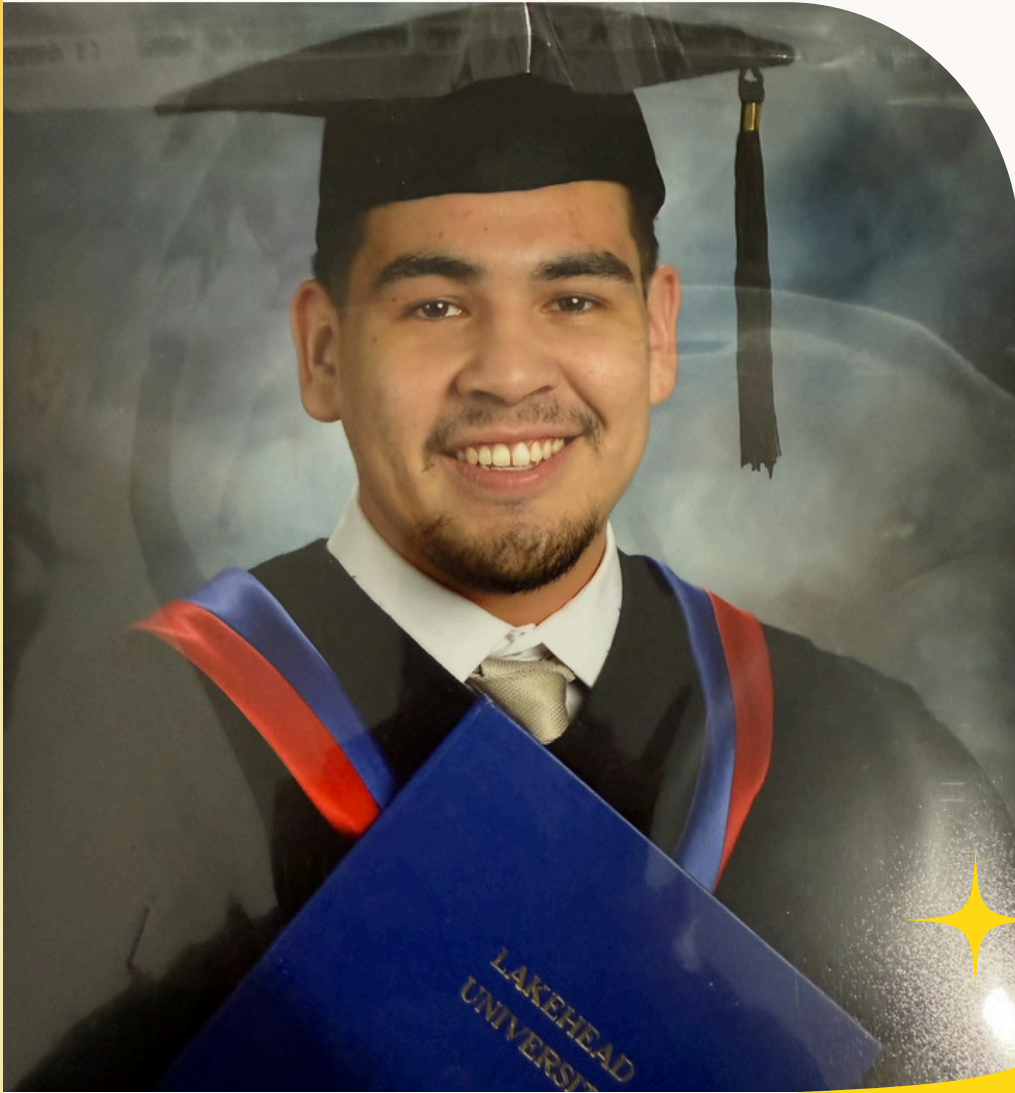
Boozhoo! The MMIWG Program will keep me very busy. I have been in contact with many communities looking to set up meet and greets along with information and sharing sessions of what the Wiiskotatiwin Department has to offer. We have a couple of events coming up so please mark the dates on your calendars.

July 3 – MMIWG2S Awareness Event @ the Nanicost from 9 am – 4 p.m. This event is in partnership with Weechi-it-te win Family Services. Come on out for a fun, interactive day of learning and listening to some awesome guest speakers. Attendance draws will be made following the event.

July 7 – Women's Girls Self-Care Workshop in Kenora!! Facials, manicures, pedicures and haircuts - Limited to 30 spots.

Please, if you have any ideas or would like a visit in your community, please feel free to contact me. I look forward to working with you.





Kendaaz White

Grassy Narrows First Nation

Kendaaz White, a graduate of Lakehead University's Nursing program and has achieved exceptional academic, athletic, and cultural accomplishments. He excelled academically, demonstrated strong leadership as Assistant Captain of the men's volleyball team, and was recognized as a Professional Native Dream Team Athlete. Kendaaz also received the Leadership Diversity/Inclusion Award and proudly promotes his Indigenous heritage as a model and Traditional Woodland Dancer. His diverse achievements serve as an inspiring example for others.



Tuesday Young ✨

Big Grassy First Nation

Tuesday Young from Big Grassy First Nation is a highly accomplished and determined individual. Currently studying in Grenoble, France, after completing courses in Italy, he has received numerous awards, including a certificate in International Learning from the University of Alberta, despite financial challenges. He self-funded much of his education, securing bursaries, grants, and scholarships independently, especially after his community's post-secondary support was unavailable. Beyond academics, he serves as President and Grand Master of Ceremonies for his fraternity, and holds leadership roles in student government and cultural organizations. His perseverance, resourcefulness, and ambition exemplify qualities worth celebrating and recognizing.

CALL FOR SUBMISSIONS



The Grand Council Treaty #3 Wiisokotatiwin department would like to acknowledge and honour Treaty #3 Members in our monthly newsletter, celebrating their achievements. Each month, one youth and one adult will be selected to be featured.

Those selected will receive a gift card, and all other entrants will be entered into our monthly draw!

We invite Treaty #3 communities to forward names and stories of members (youth and adults) in 100 words or less.

These areas of achievement could include entrepreneurship, writing, sports, leadership, and more.

Submissions should include:

- Name of the individual and their community
- What they have achieved
- What they have overcome to achieve success
- How their success has changed their lives

Congratulations to our
May Monthly Draw Winner:

Tristan Kelly of Wauzhushk
Onigum Nation

FREE
DRAW!

PLEASE SUBMIT NAMES TO:

Mackenzie Archie | mackenzie.archie@treaty3.ca

Cheyenne Ogema | cheyenne.ogema@treaty3.ca



**GRAND COUNCIL
TREATY #3**

The GOVERNMENT of THE ANISHINABE NATION in TREATY #3

ANISHINABEMOWIN

WORDS & PHRASES OF THE MONTH



New phrases and words every month in Anishinabemowin!

Question:
Boozhoo,
Indinawemaaganag
aandi wenjiiyin?

Answer:
Hello to all my
relatives, where are
you from?

6 WORDS TO PRACTICE

ZIIGWAN
(ZEE-GWAN)
SPRING

NIBI
(NIH-BIH)
WATER

WAABIGWAN
(WAH-BIG-WAN)
A FLOWER

WAASEYAA
(WAH-SAY-AH)
SUNNY

GIMIWAN
(GIH-MEE-WAN)
RAIN

BAASHKAABIGWANII
(BAH-SH-KA-BIG-WA-NEE)
IT BLOSSOMS/BLOOMS



Now Providing Services in Thunder Bay for IRS Survivors



Hayley Jaculak

IRS Support & Services Coordinator

We are pleased to share that Hayley Jaculak has taken on a new role as an Indian Residential School (IRS) Support and Services Worker at Grand Council Treaty #3. Based out of Thunder Bay, Hayley will continue to provide compassionate, culturally grounded support to survivors and their families throughout the Treaty #3 territory.

Drawing on her background in Police Foundations and years of experience in community-based work, Hayley brings a strong foundation of empathy, organization, and cultural awareness to her role. As part of the Wiisokotatiwin Department, she will assist individuals in navigating application processes, connecting with mental health and cultural supports, and creating safe spaces for healing through events, gatherings, and one-on-one outreach. She will also continue to build meaningful relationships with Elders, recognizing their wisdom and guidance as vital to the healing journey.

Her dedication to honouring survivors' voices and stories remains at the heart of her work. Hayley looks forward to continuing her journey with Treaty #3 communities while supporting ongoing healing and reconciliation efforts.



Have questions or need support? Contact us today at 1-877-880-5638



Mackenzie Archie

IRS Cultural Manager
mackenzie.archie@treaty3.ca
Ext.220 | Office Location: Fort Frances



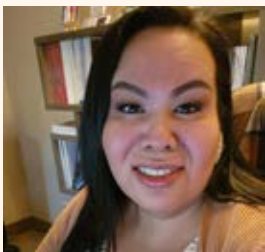
Cheyenne Ogemah

Administrative Assistant
cheyenne.ogemah@treaty3.ca
Office Location: Kenora



Hayley Jaculak

IRS Support & Services Coordinator
hayley.jaculak@treaty3.ca
Ext.707 | Office Location: Thunder Bay



Stephanie Courtoreille

IRS Cultural Support Worker
stephanie.courtoreille@treaty3.ca
Ext.213 | Office Location: Kenora



Brian Pelly

Trauma Informed Coordinator
brian.pelly@treaty3.ca
Ext.516 | Office Location: Kenora



Darlene Bruyere

Trauma Informed Coordinator
darlene.bruyere@treaty3.ca
Ext.212 | Office Location: Fort Frances



Raechel Snowball

MMIW2S Coordinator
raechel.snowball@treaty3.ca
Ext. | Office Location: Fort Frances



IT'S OKAY TO ASK FOR HELP.

Don't fight your battle alone.
Call these helplines for support.



**CRISIS RESPONSE SERVICES FOR
NORTHWESTERN ONTARIO**
Call 1-866-888-8988

SUICIDE CRISIS HELPLINE
Call or Text 988
988.ca

KIDS HELP PHONE
Call 1-800-668-6868
Text CONNECT to 686868
Chat Online kidshelpphone.ca

2SLGBTQ+ PEER SUPPORT
Text 647-694-4275
Chat Online youthline.ca

TRANS LIFELINE'S HOTLINE
Call 1-877-330-6366
translifeline.org

**TALK 4 HEALING: SUPPORT FOR
ABORIGINAL WOMEN**
Call or Text 1-855-554-HEAL
Chat Online beendigen.com

MMIWG CRISIS LINE
Call 1-844-413-6649
mmiwg-ffada.ca

HUMAN TRAFFICKING HOTLINE
Call 1-833-900-1010
Chat Online humantraffickinghotline.ca

**NATIONAL INDIAN RESIDENTIAL SCHOOL
SURVIVORS & FAMILIES CRISIS LINE**
Call 1-866-925-4419

MENTAL HEALTH & ADDICTIONS HELPLINE
Call 1-866-531-2600
Text CONNEX to 247247
Chat Online connexontario.ca

CMHA NWO CRISIS HELPLINE
Call 1-807-346-8282
cmha.ca

MEN'S MENTAL HEALTH HELPLINE
Call 1-833-327-6367
menand.ca

NODIN'S CRISIS RESPONSE PROGRAM (SLFNHA)
Call 1-800-446-7863
slfnha.com

HOPE FOR WELLNESS
Call 1-855-242-3310
Chat Online hopeforwellness.ca

ONTARIO HELPLINE
Call or Text 211
Chat Online 211ontario.ca

**GOOD 2 TALK: POST-SECONDARY
STUDENT SUPPORT**
Call 1-866-925-5454
Text GOOD2TALKON to 686868
Chat Online good2talk.ca

YOUTH AGAINST VIOLENCE
Call 1-800-680-4264
Email info@youthagainstviolenceline.com
youthagainstviolenceline.com

YOUTH SPACE ONLINE SUPPORT
Text 788-783-0177 (6pm-Midnight PST)
Chat Online youthspace.ca

**GIISHKAANDAGO'IKWE HEALTH SERVICES
MENTAL HEALTH DIRECT LINE**
Call or Text 1-807-271-0212
(Monday-Friday - 8:30am-4:30pm CST)

"BE SAFE APP" FOR DEVICES - besafeapp.ca
Create a safety plan, find local resources
for support, and be prepared if you find
yourself in a crisis.



**GRAND COUNCIL
TREATY #3**
The GOVERNMENT of THE ANISHINABE NATION in TREATY #3



STANDING TOGETHER AND SUPPORTING ONE ANOTHER

Grand Council Treaty #3
P.O BOX 1720, Kenora, ON P9N 3X7
1.877.880.5638
www.GCT3.ca

