



Thunder Bay-Urban Aboriginal Youth Services

Program	Services Provided	Ages served	Referral info	Contact information
<p>Alpha-Court</p> <p>Youth in Transition Program</p>	<p>Program</p> <p>Provides case management services to youth age 16 to 22 who have either a confirmed diagnosis of mental illness or symptoms of mental illness</p> <p>-Offers services designed to promote the skills necessary for youth to live independently in the community while coping with the symptoms of mental illness.</p>	<p>16-22</p> <p>(Must have a confirmed diagnosis of mental illness or symptoms of mental illness)</p>	<p>All applicants must use the Mental Health Case Management Intake Request for Services Form.</p>	<p>Phone: 807-683-8200 E-Mail: info@alphacourt.ca</p>
<p>Dilico's Youth Services</p> <p>Youth Outreach Worker Services (YOW)</p>	<p>Program</p> <p>Available to all youth in the City of Thunder Bay, Aboriginal and non-Aboriginal. Assists youth residing in at-risk neighbourhoods.</p> <p>-Supports youth in their capacity to make healthy life choices, and promotes the development of skills and civic participation, including community and peer leadership.</p> <p>-Outreach involves coordinated activities that motivate at-risk youth and their families to make positive life choices including:</p> <p>1) Receiving and sharing information about their interests, concerns and needs; Providing relevant information; Guiding, mentoring and facilitating access to programs and</p>	<p>12-21</p>	<p>Youth Outreach Workers do not receive formal referrals for service. Services occur through the direct engagement with youth</p>	<p>Phone: (807) 629-0224 Toll-Free: 1-800-465-3985 Website: http://www.yows.ca/</p>



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	services; Enabling positive community participation.			
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Harbour Youth Services	<p>Program</p> <p>Delivers school-based after school programs in under-served neighbourhoods.</p>	6-12	Referral by school teacher or parent	<p>Phone: 807-345-1182</p> <p>Website: http://www.hyskids.com/</p>
<p>John Howard Society of Thunder Bay</p> <p>School-based diversion program</p>	<p>Program</p> <p>The program provides community-based pre-charge options for young persons who can be adequately dealt with by police warning, caution, or referral to a community program. The program provides community based options to hold a young person involved in a school related conflict accountable for their behaviour, without a requirement for police involvement.</p>	12-17	The school makes a formal EJM (Extra Judicial Measures) referral to the Diversion Program	<p>Phone: 807-623-5355</p> <p>Website: http://www.johnhowardtbay.on.ca/</p>
June Steeve Lendrum Family Resource Centre	<p>Program</p> <p>Provides on-site service and coordination in collaboration with other service partners as follows:</p> <ul style="list-style-type: none"> -Addiction Services -Advocacy and referrals to other programs -Child care offered for scheduled programs -Community kitchen with support from a nutritionist 	16-24	May vary depending on program to be accessed	Phone: (807)-345-0311



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	-Crisis counselling and support Home visiting services			
Program	Services	Age	Referral	Contact Information
Ka Na Chi Hih	<p>Program</p> <ul style="list-style-type: none"> -Provides residential treatment for First Nations male youths who are chronic solvent abusers -Stay can be for up to 2 years for rehabilitation - Offers hall rentals 	<p>16-25</p> <ul style="list-style-type: none"> -First Nations male youth who are chronic solvent abusers. -Must be solvent-free for the past 5 days. 	Printable referral forms on website.	Phone: (807) 623-5577
Ka-Nen Our Children, Our Future	<p>Program</p> <ul style="list-style-type: none"> -strengthens families and communities -Supports community development and healing -Assists community groups to design and deliver community-based, culturally relevant programs that aim to improve the physical, mental, emotional and spiritual well-being of 	6 and under	Contact Ka-Nen for further information.	<p>Phone: 807-684-1920</p> <p>Toll-Free Phone: 1-800-361-0563</p> <p>Website: www.kanen.on.ca</p>



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off reserve Aboriginal children and their families.

Program	Services	Ages Served	Referral Information	Contact Information
<p>Kids Help Phone 24-hours</p>	<p>Program</p> <p>From trouble with homework to dealing with loss and grief to thoughts of suicide, kids can talk to Kids Help Phone about anything. Professional counselors provide anonymous, confidential and non-judgemental support.</p> <p>-With the assistance of a grant from the Ontario Ministry of Health Promotion and Sport, knowledge gained during these visits will also help expand Kids Help Phone's counselling approach with Aboriginal youth.</p>	<p>5-20</p> <p>from anywhere in Canada</p>		<p>Phone: 1-800-668-6868</p>
<p>Matawa Employment and Training Services</p> <p>Youth Initiatives</p>	<p>Program</p> <p>Assists First Nations Youth in gaining meaningful employment skills and experience</p>	<p>16-30</p>	<p>-Available at office or on website</p> <p>-Referrals through Ontario Works, Canada Employment Centres and/or other native organizations.</p>	<p>Phone: 807-344-4575</p> <p>Toll-free: 1-800-463-2249</p> <p>Website: www.matawa.on.ca</p>



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Program	Services	Ages Served	Referral Information	Contact Information
<p>New Experiences Program</p> <p>The Children's Centre</p> <p>Turn –Around Project</p>	<p>Program</p> <p>Outpatient counselling for youth experiencing substance use issues</p> <p>-Aboriginal program running under these services which includes Aboriginal practices and substance use issues in Aboriginal communities.</p> <p>-Children and youth who experience psychological difficulties such as:</p> <ul style="list-style-type: none"> ○ Issues with mood (anxiety and depression); ○ Behavioural difficulties such as attention problems and self regulation struggles; ○ other psychiatric or psychological issues such as obsessive-compulsive thoughts, 	<p>12-18</p>	<p>Contact the Children's Centre for further information.</p>	<p>Phone: (807) 343-5000</p>
<p>New Hope</p>	<p>Program</p>	<p>14-24</p>	<p>Drop-in centre</p>	<p>Phone: (807) 623-4673 Cell: (807) 620-8897 Crisis Line: 807-620-8897</p>



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Youth Centre	<p>New Hope Youth Center is a branch under New Hope Fellowship church</p> <ul style="list-style-type: none"> - The center is primarily, but not exclusively, for local First Nation's Youth. The mission of NHYC is to help create value and self-worth within the First Nations youth of Thunder Bay by presenting purpose through educational and spiritual support -Provides social activities, drop-ins -Starting a Youth Council to empower youth in Thunder Bay. 			Website: www.newhopeyc.com
Program	Services	Ages Served	Referral Information	Contact Information
Ontario Native Women's Association	<div style="background-color: #c8e6c9; padding: 5px; margin-bottom: 10px;">Programs</div> <p>Provides social and political support to Native women and their families by means of getting together in groups, socials and cultural activities</p> <ul style="list-style-type: none"> - Liaises with community organizations and educates them on concerns of Native women such as economic development and traditional healing -Lobbies the government for funding, employment training, and employment placements <p><u>Mental Health Program</u></p> <ul style="list-style-type: none"> -Provides specialized mental health assessment and treatment services to Aboriginal women and their families, including children and youth, when the individual is suffering emotional, psychological, or behavioral difficulties. 		<p>Contact the Ontario Native Women's Association for further information.</p>	<p>Phone: 807-623-3442 Toll-Free: 1-800-667-0816 Website: http://www.onwa-tbay.ca/</p>



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Program	Services	Ages Served	Referral Information	Contact Information
<p>Options Northwest Community Resource Team</p>	<p>Program</p> <p>Provides assessments, counselling, consultations and in-service training for individuals with a developmental disability, their families and agencies that support them.</p>	<p>6 years and up</p>	<p>-Children referrals from Children Centre Thunder Bay and/or Dilico Anishinabek Family Care</p>	<p>Phone: 807-344-4994 Website: http://www.optionsnorthwest.com</p>
<p>Sister Margaret Smith Centre</p> <p>Youth in Transition Program</p> <p>(Mental health/support team)</p>	<p>Program</p> <p>Partnership between the addiction programs of Thunder Bay Counselling Centre, St. Joseph's Care Group and Children's Centre Thunder Bay.</p> <p>The program is for youth and young adults who are struggling with multiple issues and are experiencing difficulties transitioning between the Youth and Adult systems</p> <p>-Staff work together to assist youth in bridging the gap between adolescence and adulthood.</p> <p>-Services include: assessment for substance abuse, gambling and mental health;</p> <p>-Intensive case management,</p>	<p>16-24</p>	<p>Referral can be made by contacting any of the partner agency's Intake department</p>	<p>Phone: 807-684-5100 Toll-Free: 1.866.346.0463 Website: http://sjcg.net/services/mental-health_addictions/mha-gambling/youth/main.aspx</p>



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	Individual and family counselling, Information and support groups.			
The Children's Centre- Thunder Bay	<p style="text-align: center;">Program</p> <ul style="list-style-type: none"> -Parenting children with mental health issues and behavioural difficulties -Family functioning and relationship struggles; children and youth who experience psychological difficulties such as: Issues with mood (anxiety and depression); Behavioural difficulties such as attention problems and self regulation struggles. 	0-18	Self-referral. Intake is conducted and services are offered according to the intake worker's discretion	Phone: (807) 343-5000 Website: http://www.childrenscentre.ca/
Program	Services	Ages Served	Referral Information	Contact Information
The Children's Aid Society	<p style="text-align: center;">Program</p> <p>The Outreach Program was developed to meet the diverse needs of youth at risk who have a variety of issues that are not being met.</p> <p>Some services provided by the outreach worker include:</p> <ul style="list-style-type: none"> -Counselling -Collaborating with Superior. Points/Needle Exchange to encourage harm reduction with street youth. -Encouraging use of/making referrals to Community Services Agencies i.e.: Ontario Works, food banks, Shelter House -Bridging or Mediating Parent/Teen 	12-24	Contact Children's Aid Society for further information.	Phone: 807-343-6100 Website: http://www.thunderbaycas.ca
Outreach Program				



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	<p>conflict -Accompanying youth to court.</p>			
<p>The Thunder Bay Counselling Centre</p>	<p>Program</p> <p>CHOICES is a free, social skills program. It encourages young people to think and act positively, build self-esteem and learn valuable life skills in a safe environment. Group sessions are held weekly for 10 weeks. Topics include:</p> <ul style="list-style-type: none"> • Communication • Decision Making • Goal Setting • Alcohol • Coping Skills • Relationships • Prescription Drugs 	<p>12-17</p>	<p>Referrals to this program can be made by any source, including self. Groups are held at Confederation College (Balmoral Entrance).</p>	<p>Phone: (807) 684-1880 Website: http://www.tbaycounselling.com</p>
Program	Services	Ages Served	Referral Information	Contact Information
<p>Thunder Bay Indian Friendship Centre</p>	<p>Supports Aboriginal youth to enhance their physical, spiritual, emotional and mental well-being. (OFIFC)</p>	<p>15-24</p>		<p>Phone: (807) 345-5840 E-mail: ayep.tbifc@shawcable.com Website: http://www.ofifc.org</p>
<p>Akwegoo Program</p>	<p>Program</p> <p>Provides activities and support to enable at-risk Aboriginal children to make good choices and gain confidence. (OFIFC Program)</p>	<p>7-12</p>	<p>Contact the Thunder Bay Indian Friendship Centre for further information.</p>	
<p>Aboriginal Youth</p>	<p>Program</p> <p>Provides a safe, culturally relevant</p>		<p>Contact the Thunder Bay</p>	



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Empowerment Program	environment that encourages a healthy lifestyle and positive decision-making. (OFIFC Program)		Indian Friendship Centre for further information.	
Child Wellness Program	<p>Program</p> <p>Works with youth at high risk ages 7-15 -Participants who have court involvement -Youth who are engaged in risky behaviors . (OFIFC Program)</p>	7-15	Contact the Thunder Bay Indian Friendship Centre for further information.	
Wasa Nabin	<p>Program</p> <p>Provides a comprehensive set of activities for urban Aboriginal youth who are at moderate risk. Services included: -Individual & Peer Support -Outreach activities -Life Skills Guidance <i>"Street Wolf" Leadership Skills..</i> (OFIFC Program)</p>	13-18	Contact the Thunder Bay Indian Friendship Centre for further information.	
Apatasiwin	<p>Program</p> <p>-Assists Aboriginal individuals prepare for, obtain and keep jobs</p> <p>Employment Services -Offers employment counselling -Provides job information -Offers resume/cover letter assistance. (OFIFC Program)</p>	15-30	Contact the Thunder Bay Indian Friendship Centre for further information.	
Thunder Bay Youth Justice	<p>Program</p> <p>Brings together victims with young</p>	12-17	Must be referred by police or the Crown	



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Committee	<p>people alleged to have committed non-violent offences and their parents to negotiate an appropriate way for the young person to make amends for his or her actions.</p> <p>- Provides an alternative to formal court proceedings.</p>			
<p>Thunder Bay Boys and Girls Club</p> <p>2 locations (Vale unit/Windsor unit)</p>	<p>- Enhances the quality of life for children and youth through community-based social, recreational, educational, health, and counselling services. Promotes self-determination and a sense of belonging and appreciation</p> <p>-Provides opportunity for volunteer and seasonal employment</p> <p>Programs</p> <p>-Recreational: soccer, baseball, floor hockey, gym games, climbing programs, snowboarding, and skiing.</p> <p>-Educational: study skills program, world of science, cooking class, arts.</p>	4-18	Drop-in	<p>Phone: 807-577-2290 E-mail: bbgc@tbaytel.net</p>
Program	Services	Ages Served	Referral Information	Contact Information
<p>Thunder Bay Child and Youth Services</p> <p>Crisis hotline</p>	<p>Program</p> <p>Youth can call when they feel in crisis, need someone to listen, or are contemplating suicide.</p>	18 and under	<p>Referrals can be made by friends, family, caregivers or service providers who are concerned about a young person</p>	<p>Phone: (807) 345-5564 E-mail: cmhatb@cmha-tb.on.ca Website: http://www.cmha-tb.on.ca</p>



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<p>St. Josephs Care Group</p> <p>Mental health Addictions and Problem gambling service</p> <p>Youth Addictions Services</p>	<p>Provides services to educate and empower clients to make informed decisions about drug and alcohol use or gambling.</p> <p>Residential and Day Treatment Program</p> <p>-Provides a five-week intensive substance abuse treatment program for youth -Utilizes a harm reduction, cognitive behavioural approach to recovery, which focuses on changing behaviour through examining beliefs and values -Offers group therapy, individual counselling, education sessions, and life skill development, introduction to self help, leisure and recreation opportunities, and relapse prevention.</p> <p>Community Based Services</p> <p>Coordinates services with Thunder Bay Integrated Youth Services to provide the following: - Education and screening -Drug and alcohol assessment -Brief individual counselling -Youth gambling.</p>	<p>13 - 18</p>	<p>- Referrals will be accepted from the medical community, social service agencies, parents and self</p> <p>-Call to make appointment for pre-admission interview</p> <p>-Those under 16 must have consent form signed by parent or guardian</p>	<p>Phone: 807.684.5100 Toll Free: 1.866.346.0463</p>
<p>Program</p>	<p>Services</p>	<p>Age</p>	<p>Referral</p>	<p>Contact Information</p>
<p>Thunder Bay Counselling Centre</p>	<p>Program</p> <p>Provides various services including the following</p> <p>- Specialized Case Management - Substance Use Assessment</p>	<p>12 years and up</p>	<p>Self-referral</p>	



Thunder Bay-Urban Aboriginal Youth Services

	<ul style="list-style-type: none"> -Individual, couple, family and group -counselling -Referrals 			
<p style="text-align: center;">The Underground Gym and Youth Centre</p>	<div style="background-color: #92d050; border: 1px solid black; padding: 2px; margin-bottom: 10px;">Program</div> <ul style="list-style-type: none"> -Provides a safe haven for underprivileged children and youth at risk. -Provides a safe, free fitness and multiple activity centre for children and youth with healthy meals and snacks. -Focuses on fitness and self-esteem <p>Amateur Boxing Club</p> <ul style="list-style-type: none"> -Course will accommodate both competitive and recreational amateur boxers <p>Additional programs:</p> <ul style="list-style-type: none"> - Cooking classes -Gymnastics -Native crafts -Piano and guitar lessons -Pottery -Tutoring -Wrestling 	3-17	None Required.	<p>Phone: 807-622-5666</p> <p>E-mail: undergroundgym@tbaytel.net</p> <p>Website: www.undergroundgym.ca</p>

Additional Programming in Thunder Bay (not youth-specific)

Healthcare Resources

Northwest Community Health Centre

(807) 622-8235



Thunder Bay-Urban Aboriginal Youth Services

Thunder Bay District Health Unit

(807) 625-5900

Anonymous HIV Testing

(807) 625-8981

Housing Resources

Shelter House

(807) 623-8182

Nihdawin-"My House a Place Where I Live"

(Ontario Native Women's Association)

(807) 623-3442

Legal Resources

Legal Aid

(807)345-1972

Kinna-aweya Legal Clinic

(807) 344-2478

Employment

Northwest Employment Works

(807) 475-6298

Ontario Works

(807) 766-2111

YES Employment

(807) 623-0768

ASETS Program (Aboriginal Skills, Employment and Training)

(Ontario Native Women's Association)

Phone: (807) 623-3442

Other Services



Thunder Bay-Urban Aboriginal Youth Services

Thunder Bay Indian Friendship Center

Phone: (807) 345-5840

Balmoral Withdrawal Management Services (Detox Unit- 24 hours)

Phone: (807) 623-6515

Superior Points

Phone: (807) 625-8830

Thunder Bay Sexual Assault Centre

Phone: (807) 344-4502

Thunder Bay Child Advocate

Phone: (807) 625-5547

Provincial Child Advocate

Phone: 1-800-263-2841

Domestic Violence Resources

Fay Peterson Transition House

Phone: (807) 345-0450

Partner Assault Response Program

(Thunder Bay Indian Friendship Centre)

Phone: 807-345-5840

Kizhaay Anishinaabe Niin "I am a kind man"

(Thunder Bay Indian Friendship Centre)

Phone: 807-345-5840

Thunder Bay Counselling Centre

Phone: (807) 684-1880