

Resource Guide

Indigenous services for children and families in the Calgary Zone

To support the work of the Calgary Zone Indigenous Health Action Plan (IHAP), specifically the Child Health Committee, this document lists AHS and community-based services that support Indigenous children and their families while receiving care in a hospital setting, within an outpatient service, or generally within the community, as part of their care planning/discharge planning. This lists resources specific to Indigenous children and their families as well as universal supports commonly accessed by Indigenous families. Services are listed alphabetically within each section.

This list was compiled using the following:

- Alberta Children's Hospital (ACH) Family Community Resource Centre database
- Access Mental Health Resource Database
- AHS Indigenous Hospital Liaison service listings
- 2018 resource compiled as part of the development of the IHAP
- 211 resource listings <https://ab.211.ca/> (see Indigenous Peoples section as well as other service categories)
- Direct contact or email inquiries with local Indigenous health leaders

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Service Name	Description	Website / Key Contact
Material Needs & Funding Supports		
AHS Addiction and Mental Health (AMH) Special Children's Fund	Available to provide financial assistance to families struggling to meet the costs associated with short or long-term care of a child in an AMH program. This can bridge supports. Other funding opportunities will have been explored before assessing these funds. Assistance to address barriers to care, e.g., transportation, specialized equipment, medication. Available to those enrolled in an AHS Calgary Zone AMH service.	Managed through the Patient and Family Centred Care Program at the Summit. Referrals made by AMH staff. Key contact to obtain the electronic form is: Ryan Clements, Program Manager, the Summit Ryan.Clements@ahs.ca
Canadian Red Cross Society	Loans of medical equipment and supplies.	https://www.redcross.ca/in-your-community/alberta
Diagnosis specific foundations and funds	Some funds exist that can support care for specific diagnoses.	Follow up with the Family Community Resource Centre for more information.
Family Community Resource Centre (Alberta Children's Hospital)	Assistance with accessing services/information, parking, meals, on-site laundry, dedicated family spaces	http://fcrc.albertahealthservices.ca/
Faith-based communities	Unique to each community or individual	
Food banks	Locations vary by community	
Jordan's Principle	Funding available to help with a range of health, social and educational needs.	https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_jordans-principle https://www.afn.ca/policy-sectors/social-secretariat/jordans-principle/

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Service Name	Description	Website / Key Contact
		1-855-JP-CHILD (1-855-572-4453)
Made by Momma	Offer: <ul style="list-style-type: none"> - Meals program - Baby & Family Essentials (cribs, strollers, diapers, wipes, hygiene, clothing, toys, books, school supplies) - In-home support (i.e., respite, visits) - NICU/PEDS Family Meals - Happy Birthday Project (and other holidays) - My New Bed (for children who leave situations of violence) 	https://madebymomma.org/7-core-programs/
Nation or Indigenous community health centre supports	See section below for Health Centre details.	Follow up with Health Centres directly
Non-insured health benefits (NHIB)	Support for meals, accommodation, medical transportation, gas/mileage)	https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517
Resources to build resilience		
Examples of services that aim to build resiliency within the child's community could include:	School-based resources and programming After-school programming Clubs and sports activities Youth Centers / Youth Hubs Faith communities Parenting supports Mentorship programs (i.e., Big Brothers/Big Sisters)	
Alberta Family Wellness Initiative	Provides information and resources related to early childhood development, brain development and resiliency.	https://www.albertafamilywellness.org/

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AHS Services		
Access Mental Health	Centralized information and intake line for Calgary Zone Addiction and Mental Health Services.	https://www.albertahealthservices.ca/services/page11443.aspx
Alberta Indigenous Virtual Care Clinic	Access to a primary care physician by phone or video for all Indigenous Albertans. Also includes mental health supports.	https://aivcc.ca/
Elbow River Healing Lodge	A clinic located Sheldon M. Chumir Health Centre that offers a wide range of programs customized to Indigenous people including primary care, specialty care, well baby visits, immunizations, outreach services, midwifery and obstetric care, as well as traditional wellness and healing programs.	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009201&serviceAtFacilityID=1041055
Indigenous Cancer Care	A specific program to support Indigenous people with cancer and their families in culturally appropriate ways. This includes specific guides to care, video series, Indigenous Cancer Patient Navigators, Indigenous Cancer Sharing Circle (virtual care), resources to support community members, as well as a common designed to provide education and awareness to youth about cancer. There is a dedicated page for adolescents and young adults with resources, digital stories, and navigators.	https://insite.albertahealthservices.ca/ccca/Page25107.aspx (Internal AHS site) https://www.albertahealthservices.ca/cancer/Page16319.aspx (External AHS)
Indigenous Health and Nutrition Team	Supports Indigenous (First Nations, Métis, Inuit) clients health and well-being through nutrition. Dietitians provide the following services at CUPS, Sheldon M. Chumir, and the Alex:	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1068908

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	<ul style="list-style-type: none"> - individual appointments for Chronic Disease Management support (ex: for diabetes, obesity / weight management, high blood pressure, high cholesterol, etc.) - individual appointments for Family Nutrition (ex: for nutrition concerns during pregnancy and postpartum period, nutrition concerns for infants, children and youth, etc.) - individual appointments for healthy eating on a budget support - free classes for community organizations - consultation services and staff in-services for community organizations 	
Indigenous Hospital Liaisons	Hospital Liaisons offer in-hospital assistance to improve the quality of health care delivery to Indigenous patients through direct patient support.	https://www.albertahealthservices.ca/find/health/Service.aspx?id=1001139
Indigenous Mental Health	An addiction and mental health clinic focused on providing cultural appropriate care. Serves all ages.	https://www.albertahealthservices.ca/find/health/Service.aspx?id=1017002
Kidney Disease Prevention Clinic – Alberta Kidney Care South	The kidney disease prevention clinic provides management, education and resources to First Nations (Status and Non-Status), Métis and Inuit patients at risk for developing kidney disease. Service provided at Blood Tribe Health Centre, CUPS, Sheldon M. Chumir and Siksika Health and Wellness Centre.	https://www.albertahealthservices.ca/find/health/Service.aspx?id=1056903

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Oral Health	This resource is universally available, the service provides prevention services in Indigenous communities.	https://www.albertahealthservices.ca/services/Page13173.aspx
Pediatric Home Care	Home care supports available in urban and rural areas. Provide care for Indigenous families in their communities and schools. Also, in partnership with Universal Rehabilitation Service Agency (URSA), Home Care operates a Transition /Respite Home – Oki House. This is for children who are medically stable and ready to be discharged from ACH but there is a barrier to them going home.	https://www.albertahealthservices.ca/findhealth/service.aspx?id=1055063
Pediatric Rehabilitation Line (811)	By calling Health Link at 811, Albertans with concerns about their child’s development — including speech, movement, self-care, managing emotions, feeding needs, and hearing — can be redirected to the Pediatric Rehabilitation Line and speak with an occupational therapist or another appropriate allied health professional. They can also direct to local services and/or rehabilitation resources. For birth to 18 years.	811
Public Health	Provide antenatal and prenatal programs, as well as the Best Beginning program, across the Calgary Zone. Some services target those at-risk or high-risk populations. The program has developed a prenatal education book specifically for Indigenous participants. The service also includes a Diversity Liaison Team to improve health equity in vulnerable populations.	https://insite.albertahealthservices.ca/phc/Page11057.aspx

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The Summit: Marian & Jim Sinneave Centre for Youth Resilience	Provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk in services do not require a referral. Some Indigenous specific services to be offered on site, in partnership with Elbow River Healing Lodge. (currently in development).	https://www.albertahealthservices.ca/summit/summit.aspx
Community-based Indigenous Programs		
A Safe Place (Elder Support)	Targeting individuals and their children who are experiencing family violence. The service provides individual cultural support from an Indigenous Elder as well as a healing circle for those who feel comfortable with a group setting. Services include: <ul style="list-style-type: none"> • appropriate individual support to women • assisting women and their children in connecting or re-connecting, in a respectful manner, with their culture and spirituality 	http://www.asafeplace.ca
Aboriginal Friendship Centre of Calgary	Offering a variety of programs, such as Eagle Spirit Survivors Group. An Indigenous Hub is in development.	https://www.afccalgary.org/Indigenous-hub/ https://www.afccalgary.org
Aboriginal Futures Career & Training Centre	Training, education and employment services for urban Indigenous people. Can help with financial assistance, career planning, and career counselling. Services are free.	https://www.aboriginalfutures.com
Awo Taan Healing Lodge	Programs include emergency shelter, family violence prevention, Family Wellness Centre, child supports/counselling, outreach supports, youth mentorship program, Parent Link Centre, referral and navigation	https://www.awotaan.org/

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	support, Men's and Women's healing circles or groups, skill development, and cultural enrichment.	
Braiding the Sweetgrass (Hull Services)	Program provides an opportunity for parents and children to participate in cultural programming, contact Elders and connect with an Indigenous community. The program includes groups, home visits, ceremonies, social gatherings, and elder support.	https://hullservices.ca/services/braiding-the-sweetgrass/
Children's Cottage Society	Offer a variety of supports including: <ul style="list-style-type: none"> - Crisis Nursery - Brenda's House, shelter for families experiencing homelessness - Community respite - Early years family support - Housing programs - Family Resource Network (collaborative parenting, child development, counselling support, resources) 	https://childrenscottage.ab.ca/main/programs/
CUPS (Calgary Urban Project Society)	Offers an integrated care model that provides: <ul style="list-style-type: none"> • a wide variety of health care, counselling, and addiction treatment for adults and children, • early learning, skills building and supports for children and caregivers, • financial and housing supports and referrals, • programs, activities and emotional support for adults and families. 	https://www.cupscalgary.com/programs-services

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EE-DES-SPOOM-OOH-SOOP	Offered by Closer to Home, the service offers: <ul style="list-style-type: none"> • healing from intergenerational trauma to enhance well-being • activities and strategies of cultural understanding and knowledge, impacts of intergenerational trauma, and therapeutic healing 	https://closerhome.com/ https://closerhome.com/programs/?who=Indigenous
Families of Tradition	A victim support outreach program offered by North East Family Connections Society that supports Indigenous families impacted by trauma caused by domestic violence. The service offers: <ul style="list-style-type: none"> - education, emotional support, and information and resources - healing circles 	https://www.nefcs.ca/
Four Directions Foster Parent Association of Calgary	To assist to adoptive parents and children from Indigenous backgrounds with cross-cultural challenges. Services range from screening and recruitment, Indigenous Outreach Program, Youth Mentorship Program, home studies, and supported visits and transportation program.	No website available. See: https://ab.211.ca/record/1116530/agency/
HomeFront	Service focused on domestic violence prevention and intervention strategies. Includes specific work with Indigenous communities such as the Calgary Indigenous Court and Safety of Indigenous Women in Urban Settings.	https://homefrontcalgary.com/Indigenous-initiatives/
Impact Society	Focus on developing social-emotional tools and developing positive mental health. Our Heroes Program aims to build resiliency. For ages 11 to 15, offered in-person or online.	https://www.impactociety.com/

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	Heroes are Warriors is specifically designed for Indigenous youth with Indigenous teachings embedded in the programming. Age 12+.	
Indigenous Cultural Supports - Elizabeth Fry	<p>Service offers:</p> <ul style="list-style-type: none"> • opportunities to increase cultural identity, address intergenerational trauma, and encourage healing • support for women addressing their personal issues by talking with Elders individually or by sharing in healing circles • cultural teachings, monthly sweat lodges, and other Indigenous ceremonies based on season and availability • cultural programs such as Blackfoot language classes, beading, and other cultural crafts 	https://elizabethfrycalgary.ca/programs/Indigenous-cultural-supports/
Indigenous Education Team – Calgary Board of Education	<p>Provides Indigenous education programs for students to develop academically and culturally.</p> <p>Services offered to children ages 3 to 12 with Aboriginal descent:</p> <ul style="list-style-type: none"> • cultural supports for Aboriginal students in school • early intervention for Aboriginal students with the Niitsitapi Learning Centre • traditional Aboriginal graduation ceremonies • community engagement initiatives • Aboriginal Elders Advisory Council, Medicine Wheel Kindergarten Programs, and Circle of Nations Museum 	https://www.cbe.ab.ca/programs/supports-for-students/Pages/Indigenous-Education.aspx IndigenousEducation@cbe.ab.ca 403-817-7600 (Administrative Assistant)

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Indigenous Inclusion Program (Urban Society for Aboriginal Youth)	Provides programs to help urban Indigenous youth feel a sense of belonging in their communities, create friendships, and begin a healing journey. Service targeted to Indigenous youth ages 14 to 21.	https://usay.ca/
Indigenous Services Canada – Non-Insured Health Benefits Mental Health Counselling Services	The program provides coverage for medically necessary goods and services for vision care, dental care, mental health counselling, medical supplies/equipment, prescription and over-the-counter medications, medical transportation for health services not available in the community.	https://www.sac-isc.gc.ca/eng/1576790320164/1576790364553
Métis Calgary Family Services	Offer programs such as Rad Dads, 1:1 parenting classes, elder supports, and culturally relevant activities with family and child. Some examples include Ke Mama Nnanik Family Program, Native Network Family Resource Centre, Family Wellness services, Medicine Wheel Early Learning Centre (early childhood development program), cultural enrichment programs, Indian Residential School Survivor Program, in-home family support, and supportive housing program.	http://www.mcfs.ca/
Métis Nation of Alberta - Child and Family Services	Offer a variety of programs to support families, parents and children. Programs include caregiver supports, literacy supports, navigation supports (Supports and Services Navigator), education, and resources related to Métis culture.	https://albertaMétis.com/programs-services/children-family-services/
Miskanawah	Offers youth programming, in-home support, Diamond Willow Youth Lodge, Indigenous youth employment program, transition supports for children involved in	https://www.miskanawah.ca/

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	Children's Services, supportive housing, cultural programming, and drop-in programming.	
Native Counselling Service of Alberta	The organization offers a variety of services related to justice, housing, residential school health supports, family reconciliation programs, children's services, as well as a variety of resources.	https://www.ncsa.ca/
Niitsitapi Learning Centre (Calgary Board of Education)	Offers preschool, K to Grade 2 unique programming through a diversity of First Nations, Métis, and Inuit perspectives and experiences. The site also offers facility rentals for Indigenous ceremonies and events.	https://school.cbe.ab.ca/school/niitsitapi/about-us/pages/default.aspx
Strong Voices Program (SafeLink Alberta)	Service offers: <ul style="list-style-type: none"> - cultural counselling - access to Elders, sweatlodge ceremony, and other traditional practices - case management - crisis support - referrals to health, basic needs, employment, and other resources - free harm reduction supplies 	https://www.hivcl.org/strong-voices/
Sunrise Healing Lodge Society	Provides addictions treatment, including individual treatment, family counselling and outpatient treatment.	www.nass.ca
The Alex	Offers health and other supports in the areas of health, addiction, dental, food, housing, justice navigation, LGBTQ2S+, mental health, youth pre/post natal program, parenting, peer support, sexual health, social connection and social work. These are provided through Health Centres, Community Health Bus, at housing programs,	https://www.thealex.ca/get-support/

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	outreach, and for Youth from their Youth Health Bus and at the Youth Health Centre (ages 12 to 24).	
Urban Indigenous Peacemaker Program	Sentencing alternative for Indigenous individuals in conflict with the law.	https://rjalbertacourts.ca/category/Indigenous/calgary-Indigenous-court
Wicihitowin	Wicihitowin is a program that provides safe and stable housing options and individualized supports for youth, 16-24 years old, who are Indigenous and experiencing homeless or are at risk of homelessness. Note: formally known as Hope Homes for Indigenous Youth	http://www.mcmancalgary.ca/wicihitowin
Indigenous Community Health Centres		
Siksika Nation Health and Wellness Centre	Programs include: <ul style="list-style-type: none"> - Community Health (immunization, pre/post natal care, maternal/child health programs) - Diabetes initiative - Home Care - Health Assistance - Head Start Preschool Program - Food & Nutrition Services - Chronic Kidney Disease Prevention Clinic - Dental Clinic - Integrated Elder Care program - Rheumatology Clinic - Indigenous Health and Nutrition Team (CDM) - Opioids – Siksika has a MOU with Metrocity Clinic 	T: 403.734-5600 https://siksikahealth.com/

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	<ul style="list-style-type: none"> - Community-based paramedics - Digital health and virtual care - Medical transportation - Mental health & wellness - Addiction services - Pharmacy 			
Stoney Nakoda Nation Health Centre	<p>Programs include:</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> Primary Care Health Promotion Health Education Chronic Disease Management Diabetes Education Nutrition Allied Health Community Health Maternal and Child Health School Health Communicable Disease Control Sexual Health Tuberculosis Program (TB Program) </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> Home and Community Care Psychological Services Radiography Environmental Health Medical Transportation Dental Services Optometric Services Pharmacy Services Aboriginal Head Start (On Reserve Program) Community Crisis Response Unit Renfrew Services Turning Point Community Wellness Program (mental health supports) </td> </tr> </table>	<ul style="list-style-type: none"> Primary Care Health Promotion Health Education Chronic Disease Management Diabetes Education Nutrition Allied Health Community Health Maternal and Child Health School Health Communicable Disease Control Sexual Health Tuberculosis Program (TB Program) 	<ul style="list-style-type: none"> Home and Community Care Psychological Services Radiography Environmental Health Medical Transportation Dental Services Optometric Services Pharmacy Services Aboriginal Head Start (On Reserve Program) Community Crisis Response Unit Renfrew Services Turning Point Community Wellness Program (mental health supports) 	<p>T: (403) 881-3920 W: www.stoneyhealth.com FB: https://www.facebook.com/StoneyHealthCentre/</p>
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Tsuut'ina Health Centre	Offers:	(403) 251-7575		

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	<ul style="list-style-type: none"> - Community Health (immunizations, prenatal care, sexual health, water testing) - Home care - Family Child Outreach Program - Health Education Program - Medical transportation (require 48 hours advanced notice) - Supplement costs for medical services not covered through FNIHB or insurance - Visiting professionals (i.e., physician, dentist, lab, podiatrist, hearing loss) - Pharmacy <p>Within the Nation they have a variety of social development services (i.e., income support, food banks)</p>	https://tsuutina.com/community-services/
Crisis Lines		
24-hour Suicide Prevention Line	Suicide prevention help line	1-800-784-2433 (SUICIDE)
Hope for Wellness Helpline	Offers immediate mental health counseling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French. On request, phone counselling is also available in, Cree, Ojibway & Inuktitut.	Toll free: 1-855-242-3310 (24/7), Text is available.
National Residential School Crisis Line	Provides support for former Residential School students. Access to emotional and crisis referral services	Telephone: 1-866-925-4419 (24/7)

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