



# Resource Guide

## Manidoo Baawaatig

### Health and Social Supports



Connecting Our Student Community with Services  
for Health, Wellness, and Support

Welcome to the Health and Social Supports for Student Wellbeing Resource Manual. This guide is here to help you quickly find the people, programs, and services that can support your health, wellness, and success at Seven Generations Education Institute (SGEI). Inside, you'll find contact information and descriptions for in-house and community resources covering mental health, cultural supports, housing, financial help, nutrition, and more.

Use the Table of Contents to jump to the section you need or browse the manual to learn about the many supports available to you. Your wellbeing matters—and this manual is here to help you connect with the right support at the right time.

You are part of a community that cares, and these resources are here to walk beside you on your journey.

This information was accurate at the time of printing. If you notice an edit or a service no longer exists, please contact the Wellness Coordinator.

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## Introduction

The *Health and Social Supports for Student Wellbeing Resource Manual* has been created to help students at Seven Generations Education Institute (SGEI) easily find the supports and services they need to succeed—both inside and outside the classroom. We recognize that student success is not only about academics; it is also about feeling safe, supported, and well in all areas of life.

This manual brings together information about a wide range of resources—both on campus and in the community—that are available to help with health, wellness, and practical needs. This guide is designed to connect you with the right people and programs when you need them.

## How to use this manual

The Table of Contents lists all the support categories covered in this guide. Each section provides:

- Contact information for relevant staff or services.
- Brief descriptions of the supports offered.
- Notes on access, such as whether a referral is needed or if drop-ins are welcome.

You can read through the manual from start to finish or use it as a quick reference tool by jumping directly to the section you need. Many of the supports are available in person, by phone, or online, so you can choose the option that works best for you.

Our hope is that this manual will be a valuable companion during your studies, helping you connect with the right supports at the right time—because your wellbeing matters, and you are not alone.

## SGEI Contact Information

### Campuses

- Manitou Baawaatig Campus, Kenora, (807) 468-3096
- Rainy Lake Campus, Fort Frances, (807) 274-2796
- Sioux Lookout Campus, (807) 737-2897

## Accessibility Department

- Accessibility Lead Kelly Forbes, [kellyf@7generations.org](mailto:kellyf@7generations.org)
- Accessibility Coordinator Terri Forster, [terrif@7generations.org](mailto:terrif@7generations.org)
- Wellness Coordinator Annie Ashdown, [annew@7generations.org](mailto:annew@7generations.org)
- Mental Health Counsellor Rachelle Livingstone, [rachellel@7generations.org](mailto:rachellel@7generations.org)

## SGEI In-House Supports

Whole-Student Support at SGEI: We believe in wraparound services that support every part of your journey. If you need help with family matters, financial needs, credit transfers, employment training, or anything not listed here, connect with any SGEI staff member — we're here to help.

### Accessibility

Contact: [terrif@7generations.org](mailto:terrif@7generations.org)

Seven Generations Education Institute is committed to expanding its access and support to all persons with disabilities. The Accessibility Services Department is responsible for guiding students through the accommodations process.

### Mental Health and Wellness

Contact: [annew@7generations.org](mailto:annew@7generations.org)

- **Counselling:** SGEI has a dedicated Mental Health Counsellor and Registered Psychotherapist available for counselling to all SGEI Students. Contact the Wellness Coordinator for a referral.
- **SGEI Wellness Coordinator:** Supports student mental and emotional well-being, promotes a safe and positive learning environment, and helps students stay prepared and balanced for academic success.

### Cultural

Contact: [bertl@7generations.org](mailto:bertl@7generations.org)

- **Cultural Mentorship:** SGEI employs an Elder in Residence in Kenora to support our learners and act as a mentor to students seeking guidance. Our Elder in Residence is available to drum and smudge with students, provide referrals for local cultural events, and talk one-on-one with students in need. To request a one-on-one session or cultural service, contact our Elder in Residence.
- **Saagajiwe:** SGEI has a Grandfather drum, Saagajiwe, for students and staff to sit with for support. He sits in the circle room with the Grandmother Eagle Staff, Gookomisinaan, at our Rainy Lake Campus. Anyone is welcome to sit, visit, offer tobacco and/or pray with the drum.

# Health and Wellness Supports

Contact: [annew@7generations.org](mailto:annew@7generations.org)

- **Mino-wiisinidaa (Let's eat well- Breakfast and Lunch Program):** Don't go to class hungry! At each campus students can enjoy a meal before heading to class, served every day in the Kenora Campus mezzanine and Rainy Lake Campus atrium.
- **Daga opaadinan miijin (Supper Pantry):** The Supper pantry has food that students can take home to make meals. There are no requirements to access this service, the food is available to all students.
- **Ganawenindizowin (Wellness Supplies):** Students can help themselves to hygiene products at the self-care station outside the Wellness Office.
- **NWHU Sexual Health Clinic:** The Northwestern Health Unit partners with SGEI to provide an on campus Sexual Health Clinic once a week. The NWHU Sexual Health Nurse attends weekly to provide supplies, testing and information regarding sexual health and immunizations. (Immunizations and TB Testing require advance notice)

# Education Supports

Contact: [tanyam@7generations.org](mailto:tanyam@7generations.org)

- **Library Access:** Our Rainy Lake Campus library is equipped with cultural artifacts, books, textbooks, films, and other resources free for students, staff and community members to access. Visit our website to access the Library Portal and ask about books and resources that can be sent to other campuses.
- **Research Resources:** SGEI students have access to the following academic resources.
- **ProQuest One Academic:** a multidisciplinary database with thousands of peer-reviewed journal articles, e-books, videos, and trade publications.
- **ProQuest Research Companion:** self-guided modules on research and essay writing.
- **Alexander Street:** video library with more than 70,000 videos organized by discipline.

# Other Supports

- **Computer Labs and Chrome Books:** SGEI students have access to our computer labs at our Kenora and Rainy Lake campuses. Students at all campuses can borrow a Chromebook for the academic year.
- **Academic Tutoring:** SGEI students who are having a difficult time keeping up with schoolwork, completing assignments, or studying for tests can request free tutoring services. To request tutoring assistance, please speak to your Secondary School Instructor or Post-Secondary Program Coordinator.
- **Makerspace:** SGEI's Makerspaces (located at the Rainy Lake and Kenora campuses) are collaborative spaces open to everyone. Our spaces offer a wide range of technology and cultural crafts for creating, inventing, sharing, and enjoying a hands-on experience. We have the equipment, tools and supplies so you can get creating and making. Makerspace offers workshops, drop-in hours and DIY kits. Our Makerspace has 3D printing, Audio Recording, Digital Lab, Engraving and more.

# Crisis Response & Emergency Help

**Your life is important.**

If you are feeling unsafe, thinking about harming yourself or others, or are in crisis, please reach out right away. You are not alone.

Call 911 or go to the nearest emergency department.

## Crisis Response Contacts:

### **9-8-8 Suicide Crisis Helpline**

- 24/7 phone and text service for individuals experiencing emotional distress or suicidal thoughts.
- On your mobile device, call 9-8-8 or text 9-8-8. You'll hear or see a short message letting you know you've reached the right space.

### **1-866-888-8988 Crisis Response**

- Kenora & Rainy River Crisis Line
- Regional mobile crisis teams available across the district for mental health emergencies.
- They offer 24/7 crisis support and are the main contact for mental health crises in the area.

### **1-833-456-4566 Talk Suicide**

- Phone line available 24/7 or text 45645 between 4 p.m. and midnight.

### **1-855-554-4325 (HEAL) Talk4Healing**

- Indigenous Women Distress Line.
- Call or Text.
- Provides, in addition to culturally grounded live advice, personalized referrals and support to get you the help you need in your area.

### **807-468-5491 or 1-800-465-1117 Saakaate House Women's Shelter:**

- 24/7 crisis shelter for women.

### **1-866-863-0511 Assaulted Women's Helpline**

- #SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile
- 24-hour telephone and TTY crisis line for all women in Ontario who have experienced any form of abuse.

# Mental Health and Addictions

## **Lake of the Woods District Hospital - Adult Community Mental Health Program**

- PH: 807 467-3555
- Community based clinical treatment services to adults (16 years old +)
- The program provides: psychotherapy/mental health counseling; brief as well as long-term individual and group counseling; crisis intervention for clients; assessment and referral services; public education focused on mental illness prevention; active involvement in service development for clients and coordination of activities relevant to the mental health client.

## **Kenora Chiefs Advisory (KCA) – Mental Health & Addictions**

- PH: 807-467-8144 | Toll-Free: 1-855-367-2600
- Offers holistic, culturally responsive counselling & advocacy for ages 12+
- Programs include case management, child/youth supports, pre-arrest diversion, bail-residency, peer-support, and traditional healing through Elders. Workshops address grief, self-esteem, substance use, suicide prevention, and strengthening resilience through the Medicine Wheel approach.

## **Wiisokodaadig Peer Helpers Program (by KCA)**

- Youth peer-support training grounded in Anishinaabe teachings, aimed at building resilience and suicide prevention skills in young people through a four-quadrant (mind/body/spirit/emotion) model.

## **WNHAC Waasegiizhig Nanaandawe'iyewigamig Health Access Centre**

- PH: 1-888-699-6422 ext. 334
- Indigenous-focused primary care with trauma-informed therapy like EMDR, culturally embedded emotional wellness, group education and facilitation by cultural coordinators.

## **CMHA Kenora- Canadian Mental Health Association**

- PH: 807-468-1838 | [office@cmhak.on.ca](mailto:office@cmhak.on.ca) | cmhak.on.ca
- CMHA Kenora offers a range of programs and services, from awareness campaigns to training workshops and crisis response services.

## **CMHA Kenora – Supportive Housing & Safe Bed Programs**

- PH: 807-468-1838
- Provides rent-geared-to-income housing for those with serious mental illness.
- Short-term crisis “Safe Bed” stays and long-term support with onsite case management.

## **Kenora Association for Community Living (KACL) – Community Mental Health Support**

- PH: 807-467-5255
- Email [cmhssicm@kacld.ca](mailto:cmhssicm@kacld.ca)
- Intensive case management, individualized support plans and support for people with dual diagnosis (e.g. developmental disability + mental illness)
- Community wellness groups (walking, cooking, fitness) and food support for patients.

### **Nechee Friendship Centre**

- PH: 807-468-5440
- Indigenous-based mental health and addiction services including case management, counselling, healing activities, many programs for Indigenous women.
- Indigenous Healing & Wellness Program: Supports individuals and families affected by violence, providing crisis intervention, traditional support, and long-term healing action plans.

### **Morningstar Detoxification Centre**

- PH: 807 468-5749
- The Morningstar Centre provides addiction detoxification services 24 hours per day, 365 days per year for clients with addictions and who need support.
- Addiction assessments and referrals are available.

### **Kenora Youth Wellness Hub (12–25 yrs)**

- PH: 807-467-8468 / 807-407-2751
- Co-led by KCA & CAMH, this youth hub offers counselling, peer support, employment, cultural access, and drop-in mental health services integrated on site.

### **Dearborn Therapy**

- PH: 807-407-1497
- They provide community-based counselling and psychotherapy services.
- There may be a cost to these services because they are private, but services are eligible for funding through individual insurance. First Nations individuals can get funding through Non-Insured Health Benefits (NIHB).

### **Out of the Woods Counselling**

- PH: 807-464-2235
- They provide family counselling, couple/relationship counselling and individual counselling.
- There may be a cost to these services because they are private, but services are eligible for funding through individual insurance. First Nations individuals can get funding through Non-Insured Health Benefits (NIHB).

### **Free Online Counselling and Mental Health Support Programs:**

- Structured Psychotherapy Program

- BounceBack Ontario
- Health811
- ConnexOntario
- Kids Help Phone

*Tip: Type services into your search bar to access these sites and more free online programming.*

## Cultural & Indigenous Supports

### WNHAC Waasegiizhig Nanaandawe'iyewigamig Health Access Centre

- PH: 1-888-MYWNHAC Cultural Coordinator
- **Waashkootsi Nanaandawe'iyewigamig Healing Lodge:** Offers land-based, culturally focused programming designed to support traditional Anishinaabe healing practices. Their mission is to provide knowledge, skills, and guidance that nurture healthy lifestyles rooted in Anishinaabe traditions.
- **Mitiigomish Healing Program:** Grounded in the teachings of nature and the surrounding land. They follow the rhythms of the seasons, incorporating traditional ceremonies and cultural practices to guide participants on their healing journeys. Alongside contemporary counseling, education, and referral services, they help individuals heal from personal and intergenerational trauma, and build the tools needed for lasting well-being.

### Kenora Chiefs Advisory

- PH: 807-467-8144
- Kenora Chiefs Advisory (KCA) is committed and dedicated to providing culturally appropriate health and social services which address the needs and enhance the wellbeing and capacity of community members in our affiliated First Nations. The Kenora Chief's Advisory has many programs for families, youth, and children.
- Wiisokodaadig Peer Helpers Program for youth provides culture-based peer training and mental wellness support.

### Nechee Friendship Centre - Cultural Resource Program

- PH: 807-468-5440
- Focuses on cultural knowledge and connections, providing access to teachings and practices that promote healing and reconciliation.
- NFC aims to improve the lives of Indigenous people in Kenora by providing programs and services to address common, urban issues.

### Ontario Native Women's Association

- PH: 1-800-667-0816
- Ontario Native Woman's Association (ONWA) celebrate and honour the safety and healing of Indigenous women and girls as they take up their leadership roles in the family, community, and internationally for generations to come.

- Please be advised that many programs listed on the ONWA website are not available in Kenora; however, the following programs are available to Kenora:
  - Breaking free from family violence program
  - Community Wellness
  - Indigenous Victim and Family Liaison
  - Mental Health and Wellness
  - Youth Suicide Prevention

### **Métis Nation of Ontario (MNO)**

- PH: 807-468-5835 liz.boucha.kmc@gmail.com
- The Métis Nation of Ontario (MNO) is a provincial organization representing the collective rights and interests of Métis people in Ontario. The MNO delivers a range of programs and services in areas like education, training, healing, and wellness.

### **Bimose Tribal Council**

- PH: 807-468-5551
- Bimose Tribal Council is a non-profit organization providing essential services to our ten Member First Nations in the areas of
  - Education
  - Economic development
  - Technical services
  - Bimose HUB and advisory.
- Bimose Tribal Council strives to provide our Member First Nations with responsible, relevant, quality advisory services and program delivery.

### **Grand Council Treaty**

- PH: 807-548-4214 or 1-877-880-5638 or visit their website.
- Grand Council Treaty 3 is the Traditional government of the Anishinaabe Nation in Treaty #3, and their overall goal is the protection, preservation and enhancement of Treaty and Aboriginal rights. Programming includes economic development, territorial planning unit, fish and wildlife, Ipperwash, TARR, education, health, Jordan's Principle, residential school youth initiative, justice, and more.

### **Shooniyaa Wa-Biitong**

- PH: 1-800-545-5113 or visit their website.
- Shooniyaa Wa-Biitong Training and Employment Centre for the Treaty No. 3 Area Inc. was established by the Chiefs of Treaty 3 to support employment and training opportunities. They serve the 23 First Nations within the Treaty 3 territory, their members, as well as Treaty 3 members living outside the area. Their programs include:
  - Individual employment/training programs
  - Regional employment/training partnerships
  - Self-employment programs
  - Disability programs

# Child, Youth & Family Support Services

## **Kenora-Rainy River District Child & Family Services (KRRD CFS)**

- PH: 807-467-5437 | Toll-Free: 1-800-465-1100
- Provides child protection, in-home support, bereavement counselling, adoption, transitional planning, pregnancy counselling, and youth independence programs. Services are free and intake is available anytime.

## **FIREFLY**

- PH: 1-800-465-7203
- FIREFLY is a full-service agency and an active participant in supporting and strengthening the health and well-being of children, youth and families, and communities across Northwestern Ontario.
- FIREFLY services focus on responding to the diverse and often critical needs of families and communities by utilizing a wide range of physical, emotional, developmental and community services.

## **Anishinaabe Abinoojii Family Services (AAFS)**

- PH: 807-468-6224
- Wauzhusk Onigum Nation Head Office 807-468-1099
- Anishinaabe Abinoojii Family Services (AAFS) protects and supports the healing, well-being, and strengthening of families through Abinoojii Inakonigewin to achieve the preservation of families. Keeping children from coming into care and avoiding the adverse effects of apprehensions and prevention services is their main goal.
- Programming for:
  - Caregiving
  - Cultural programs
  - Family preservation and prevention services
  - Customary care
  - Transfer service agencies

## **Northwestern Ontario Métis Child & Family Services**

- PH: 807-467-2542
- Métis-specific child welfare and prevention services, family supports, cultural programs for children and youth.

## **KCA – Family Wellbeing & Social Services**

- PH: 807-467-8144
- Offers emergency financial support, Ontario Works access, family violence education, advocacy, and life-skills workshops through culturally grounded programs. Includes Family Wellbeing and Youth outreach.

## **Ne-chee Children and Youth Programs**

- PH: 807-468-5440
- **Indigenous Healthy Babies Program:** This program supports the healthy development of Indigenous babies from birth to age 6 through family visits, education, and access to intervention services.
- **Aboriginal Family Support Program:** Provides culturally based support for families with young children, offering parenting programs, nutrition workshops, and community-building activities.
- **Indigenous EarlyON Program:** EarlyON Centres provide safe spaces for families with young children (ages 0-6) to connect and participate in developmental activities rooted in Indigenous culture.
- **Akwe:go Children's Program:** Aims to foster healthy choices and cultural pride among at-risk Indigenous children ages 7-12, providing them with the support they need to succeed.
- **Youth Life Promotion Program:** Designed to help at-risk youth reclaim their cultural identity through land-based activities and traditional teachings, fostering wholistic well-being.

## **Minto Parent Resource Centre**

- PH:807-468-3161
- Minto Parent Resource Centre offers children and their families a place to drop in and learn, play, socialize and have fun.
- Offers programs to children at no cost to parents.
- Provides play opportunities for child/parent engagement and preschool programs to introduce children to math and reading.
- Offers workshops on various parenting topics and answers questions about child development.
- Provides links to family services within the community, participates in various preschool programs with community partners, and loans out adult resources on various parenting issues.
- Encourages parents and children to drop in anytime during regular hours to use the facility's indoor and outside play spaces and learning centres.
- May offer infant programs, car seat programs and loans of items such as baby monitors, highchairs etc.

## **Kids Help Phone**

- PH: 1-800-668-6868 |Text: CONNECT to 686868
- For children, teens, and young adults. Provides counselling, information and referrals for mental health, addictions, and well-being.
- Get support through Facebook Messenger/Available 24 hours a day, 7 days a week.

## **One Stop Talk**

- PH: 1 (855)416-8255

- Virtual counselling service available across Ontario to provide youth ages 0-17 with immediate access to free mental health support.
- Monday to Friday from 12pm to 8pm and on Saturdays from 12pm- 4pm.

## Community & Practical Supports

### For Unhoused/Vulnerable Populations

#### **Kenora Makwa Patrol**

- PH: 807-464-7233
- Kenora Makwa Patrol is a community-driven, culturally safe grassroots initiative that is committed to promoting and providing safety to individuals within the City of Kenora. The Patrol is a visible point of contact for vulnerable populations to connect to services that support their well-being. Following the 7 Grandfather teachings, the Patrol builds strong relationships within the community based on respect and understanding.

#### **Kenora Fellowship Centre**

- PH: 807-467-8205
- The Kenora Fellowship Centre is a place for people facing homelessness and poverty to feel safe. The Fellowship Centre is a part of the National Native Ministry Council. Although they don't only serve the First nations population, we serve the homeless, those living in poverty, working poor, seniors, and people living with physical and mental disabilities of all ages.

#### **KDSB Social Services / Ontario Works**

- PH: 807-467-2038 or 1-888-767-2038
- Income support, youth employment readiness, childcare assistance, housing help, and food security programs.

## Accessibility and Support for Elderly

#### **Peer Support Drop In Centre**

- PH:807-468-4699
- The CMHA Peer Support Drop-In Centre is a self-help network and a place where individuals experiencing mental health difficulties can benefit from participating in our recovery-focused Drop-In Centre for a wide range of social, recreational and educational activities. We provide a supportive, confidential and safe place to assist individuals with their recovery.

#### **Community Wellness Project (via KACL)**

- PH: 807-467-5255
- Recreational activities, healthy living workshops, transit support for vulnerable adults.

### **District of Kenora – Community Support Services**

- PH: 807-468-4562
- Day programs for seniors (Club Day Away), meal services, home help, maintenance, Meals on Wheels, hospice visits, supportive housing, transportation assistance for medical appointments. Fees vary.

### **Seniors Safety Line**

- Ph: 1-866-299-1011
- Provided by Elder Abuse Ontario, the Seniors Safety Line provides contact and referral information for local agencies across the province that can assist in cases of elder abuse.

### **Kenora Community Support Centre**

- PH: 807-468-6021
- Connects adults with a developmental disability to their community through recreation, leisure and skill building activities; supports are provided to allow individuals to participate in a wide variety of opportunities

### **Ontario Caregiver Helpline**

- PH: 1-833-416-2273
- live chat also available at <https://ontariocaregiver.ca/>
- Supports for Caregivers. Explore counselling, peer support and other programs to help with your mental health and well-being.

## **For Women**

### **WSSH's Kendall House Young Moms Program**

- PH: 1-800-465-1117
- Offers a safe, stable, affordable program that includes housing for young mothers (aged 16-29) and their child(ren) under the age of four years.
- Women retain their independence while building resilience, skills and strengths in a community living environment to transition successfully to independent living with their child.
- Staff provides support to women who are working towards their goals, parenting, schooling or employment, emotional and physical wellness, and connections in the community.

### **Postpartum Support International**

- PH: 1-800-944-4773

- PSI-CANADA is the Canadian presence of Postpartum Support International (PSI), the world's leading non-profit organization dedicated to helping those suffering from perinatal mood and anxiety disorders, the most common complication of childbirth.

### **Women's Shelter, Saakaate House**

- PH: 807-468-5491
- A shelter for women and their children who are experiencing violence in their lives and seek safety.
- Confidential 24-hour support and safety are offered by staff working from a feminist perspective in an environment in which women can make informed decisions.
- Changing societal conditions and attitudes which perpetuate violence and abuse against women.

### **Women's Place**

- PH: 807-468-9095
- A women's resource centre owned and operated by a woman-centred collective that works to create equality and justice for women.

### **Kenora Sexual Assault Centre**

- PH: 807-468-7958
- Kenora Sexual Assault Centre is designed to help women who have experienced traumatizing experiences.

## **LGBTQS+ Community**

### **LGBT Youthline**

- PH: 1-800-268-9688 Text: 647-694-4275
- Get support through the online chat. Available Sunday to Friday - 4:00 p.m. – 9:00 a.m. LGBT Youth Line offers confidential and non-judgmental peer support

### **Kenora Pride**

- Contact [kenorapride@gmail.com](mailto:kenorapride@gmail.com)
- Grassroots, community-driven organization dedicated to celebrating, supporting, and advocating for 2SLGBTQIAP+ individuals in Kenora and across Treaty #3 Territory.

### **Queer Peers**

- PH: 807-468-7958
- We provide a variety of services including monthly meetings and events, educational presentations, training/resources and gender affirming clothing.

# Peer Support Programs

## **Boots on the Ground (First Responders)**

- PH: 1-833-677-2669
- A 24/7 support line providing confidential and anonymous peer support to First Responders.

## **Youth Wellness Hub**

- PH:807-467-8468
- Youth-friendly space for integrated youth services for young people aged 12 to 25 and their families looking for mental health and addictions support across Kenora.
- The Kenora Youth Wellness Hubs lead agency is the Indigenous-led Kenora Chiefs Advisory, which provides a bi-cultural model of healing and local values.

## **Togetherall**

- Free Online Program [www.togetherall.ca](http://www.togetherall.ca)
- Offers a diverse online community – a place where people can feel safe to share their feelings, support each other, and start to feel better.

# Non-Emergency Police Services

## **Treaty Three Police**

- PH:1-888-310-1122 Non-Emergency
- PH: 807-548-5474 Head Quarters
- We are a self-administered Policing entity under the First Nations Policing Program in serving First Nations in the greater Treaty #3 region

## **OPP NorthWest Region**

- PH:1-888-310-1122 Non-Emergency
- PH: 807-548-5534 Detachment
- The OPP is a division of the Ministry of the Solicitor General, the largest operational ministry in the province with a presence in every community across Ontario. We are the largest police service in Ontario and the second largest in Canada.

# Physical Health and Fitness Supports

## **Moncraig Construction Sports Centre**

- PH: 807-467-2087
- Public gym, pool, sauna, arena, walking track.
- Fitness classes, personal training, memberships, student rates available.

- Drop-in rates or monthly/yearly passes.

### **Atlas Strength and Fitness**

- PH: 807-407-5801
- Gym and Physical Fitness Centre.

### **Ivers Gym**

- Facebook IVERS GYM Public Group
- Private community gym with weights, cardio equipment, personal training.

### **Lakeside Yoga Collective**

- Contact: [lakesideyogacollective@gmail.com](mailto:lakesideyogacollective@gmail.com)
- Yoga, Pilates, and small-group fitness classes.
- Focused on mobility, relaxation, core strength.

### **Nechee UAHL Program (Urban Aboriginal Healthy Living)**

- PH: 807-468-5440 ext. 253
- Indigenous-led fitness and wellness program for youth and adults.
- Free or low-cost programs including group training, active living mentorship, culturally focused health activities.
- Open to everyone.

### **The Core: Health and Fitness Gym**

- Contact: [thecorehealthandfitness@gmail.com](mailto:thecorehealthandfitness@gmail.com)
- Personal training and group sessions.
- Membership required.

### **Mecha Martial Arts and Athletics**

- PH: 807-464-4081
- Professional martial arts and athletics training.
- Programs for all ages, levels of fitness, and tailored experience to meet any fitness or martial arts goal.
- Membership required.

### **Studio Fitness Co.**

- Contact via website: [livefreetraining.ca](http://livefreetraining.ca)
- Fob-access gym memberships.
- Premade and personalized plans.
- Group fitness.

# Housing

Housing in Kenora can be challenging to find, as the community is experiencing a shortage of available rental units. Apartments—especially affordable ones—are in high demand and may not be immediately available. For those seeking a place to live, there are options to explore, including shared accommodations, supportive housing programs, and rent-geared-to-income housing.

Below is a list of places where you can search for housing, organizations where you can apply for rental or supportive housing (please note that waitlists can be long), and tips to help increase your chances of securing a home in the area.

## Where to Look for Rentals:

- Local Online Listings – Websites such as Kijiji Kenora, Facebook Marketplace, and Kenora Online Classifieds often post available rentals.
- Facebook groups to search for
  - Kenora Rentals
  - Kenora houses for sale/rent by Owner
  - Real Estate Offices – Many local realtors also manage rental units. Visiting their offices or checking their websites can reveal short-term and long-term options.
  - Community Bulletin Boards – The Kenora Recreation Centre and library, have notice boards with housing postings.
  - Post a “Home/Room Wanted” at a place you’re working at or training to work for. Health Discipline students might want to post at the hospital, Paramedics at the Base, etc.

## Where to Apply for Housing Support:

Most applications that are sent to KDSB are applied to other housing programs in the area. Check with an Intake Worker at KDSB to ensure you’ve applied for all housing options.

- Kenora District Services Board (KDSB) – Offers rent-geared-to-income housing, supportive housing, and emergency shelter options. Applications can be completed online or in person.
- Ontario Aboriginal Housing Services – Offers housing programs for Indigenous individuals and families, including rent-geared-to-income and homeownership supports.
- Non-Profit Housing Providers – Groups such as the Kenora Seniors Housing Complex and Second Stage Housing (for women and children leaving unsafe situations) offer specialized housing.

## Tips for Improving Your Chances

- Start Early – Begin your housing search well before you need to move.
- Check Listings Frequently – New rentals can be posted and filled quickly.
- Prepare Your Paperwork – Have references, proof of income, and identification ready.

- Be Open to Roommates – Shared housing can be more affordable and easier to secure.
- Use Local Connections – Let friends, classmates, and community members know you are looking; word of mouth can lead to opportunities not listed online.

## Financial

Managing living expenses while attending school can be challenging, especially when unexpected costs arise. For students experiencing financial difficulties, there are resources available to help cover essentials in emergency situations. These supports are meant to help you stay focused on your education while reducing financial stress.

Bursaries, scholarships and grants are available throughout the academic year. Contact your Program Coordinator or check our website for information on applying. You may also qualify for other grants and scholarships. Check out Indspire ([indspire.ca](https://indspire.ca)), OSAP and [ontario.ca](https://ontario.ca).

Below is a list of programs, services, and suggestions to help students access assistance. Some supports require an application, and some are available immediately—so it is important to reach out early if you need help.

### **Ontario Works (Kenora District Services Board):**

- Provides short-term financial aid to individuals and families in need, including those experiencing homelessness.
- Employment Services:
  - Offers job counseling, training, and access to basic education to help individuals find or maintain employment.
- Community Homelessness Prevention Program (KDSB):
  - Offers help with utility payments, rent arrears, and other expenses to prevent homelessness.
  - Specifically helps individuals at risk of homelessness to maintain their housing.

### **Low-Income Energy Assistance**

- Emergency Financial Assistance
- Emergency Assistance: Provides one-time emergency financial help for utility bills (hydro/electricity) to eligible customers of specific providers.
- Focuses on those facing disconnection notices and arrears with hydro providers like Sioux Lookout Hydro, Hydro One, and Synergy North (formerly Kenora Hydro).
- Individuals can apply through their local KDSB office.

### **Other Potential Resources:**

- Kenora Chiefs Advisory
- Ontario Electricity Support Program
- Shooniya Wa-Biitong
- Nechee Friendship Centre
- Kenora Fellowship Centre

- First Nation Community
- Community Programs – Churches and community groups may offer assistance in emergency situations.

Be prepared to provide information about their financial situation and any relevant documentation.

## Tips for Managing Financial Strain:

- Ask Early – The sooner you reach out, the more options will be available to you.
- Keep Records – Save receipts, bills, and proof of expenses; many programs require documentation.
- Combine Supports – You may be able to access more than one program at the same time.
- Stay Connected – Talk to trusted staff or community members; they may know about opportunities that aren't widely advertised.

## Meals and Nutrition

### **Salvation Army Food Bank**

- Call in advance to book a visit.
- Tuesday, Wednesday & Thursday 12:30-3:30pm by appointment. Can be accessed up to 2x/month.

### **Humble Harvest Kenora**

- Donated and rescued food.
- Open Wednesdays from 10am-3pm. Open to all - first come first serve.

### **Women's Place Kenora**

- Free/Low-Cost Food
- Takeaway Tuesdays - grocery items donated by Safeway.
- Call Tuesday mornings to reserve a bag.
- Occasionally offers other food-related programming - contact for more details.

### **Knox Church Food Hampers**

- Free/Low-Cost Food
- Emergency food hampers.
- Call the church office Monday-Friday from 9am-12pm for more information.

### **Minto EarlyON Centre**

- Free/Low-Cost Food

- Offers a variety of programming for children (0-6 years old) and their families. Contact for more details.
- Baking-in-a-bag - Wednesdays pick-up.
- Lunch drop-in Tuesday, Thursday & Fridays 12-1pm (not offered during the summer)

### **Kenora Youth Wellness Hub**

- Free/Low-Cost Food
- Open to youth ages 12-25.
- Drop-in Monday-Friday from 12-6pm.
- Offer a variety of food-related activities and free meals. Contact for more details.

### **Kenora Fellowship Center**

- Daily drop-in from 7:30am-3:30pm. Coffee, water and tea served all day, and lunch is served several times a week.
- Supper served to people staying overnight in the emergency shelter.

### **Ne-Chee Friendship Centre**

- Occasionally offers food-related programming and events. Contact for more details.

This resource guide was created to help you navigate the many supports available to you during your time as a student and beyond. Whether you are looking for counselling, financial help, mental health resources, academic support, or community programs, the goal is to ensure you have the information you need to feel safe, supported, and connected.

Every student's situation is unique, and challenges can arise at any time—sometimes when you least expect them. You do not need to face these challenges alone. In all situations, you are encouraged to connect with the Wellness Office or your Program Coordinator. Staff are here to listen without judgment, help you explore your options, and provide referrals to the right supports—on campus and in the community.

Your well-being matters. Asking for help is a sign of strength, and reaching out early can open doors to resources and opportunities that make a real difference. We are here to walk alongside you, every step of the way.



*We Walk Together*

**Accessibility & Wellness**  
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*This information was accurate at the time of printing. If you notice an edit or a service no longer exists, please contact the Wellness Coordinator.*