



Resource Guide

Rainy Lake Health and Social Supports



Connecting Our Community with Services for
Wellness, Support, and Growth

[7GENERATIONS.ORG](https://7generations.org)



September 2025

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.

The information in this resource guide was accurate at the time of printing. If you notice something that requires updating, please contact Accessibility or Wellness.

Table of Contents

Introduction	5
How to Use This Manual	5
SGEI Contact Information	5
Accessibility Department	5
Campuses	6
SGEI In House Supports	6
Accessibility	6
Mental Health and Wellness	6
Cultural	6
Health Supports	7
Education Supports	7
Crisis Response & Emergency Help	7
Crisis Response Contacts:	8
Fort Frances Area	9
Mental Health and Addictions	9
Cultural & Indigenous Supports	11
Child, Youth & Family Support Services	12
Community Supports	14
Family and Learning	14
Seniors	16
Victim Support and Legal Services	17
Health and Medical	18
Peer Support Programs	19
Physical Health and Fitness Supports	19
Housing	20
Where to Look for Rentals:	21
Where to Apply for Housing Support:	21
Tips for Improving Your Chances	21
Financial	21
Tips for Managing Financial Strain:	22

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.
- Community resources for off-campus assistance.

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

Accessibility Department

Accessibility Lead Kelly Forbes
kellyf@7generations.org

Accessibility Coordinator Julie Taylor
juliet@7generations.org

Accessibility Coordinator Terri Forster
terrif@7generations.org

Wellness Coordinator Caitlyn Morrison
caitlynm@7generations.org

Mental Health Counsellor Rachelle Livingstone
rachellel@7generations.org

Wellness Coordinator Annie Ashdown
annew@7generations.org

Campuses

Rainy Lake Campus Fort Frances
807-274-2796

Manidoo Baawaatig Campus Kenora
807-468-3096

Sioux Lookout Campus
807-737-2897

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

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

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

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 Supports

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 miijim - 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.

NWHU Sexual Health Clinic: The Northwestern Health Unit partners with SGEI to provide on campus Clinics. The NWHU Sexual Health Nurse will attend to provide supplies, testing and information regarding sexual health and immunizations. (Immunizations and TB Testing require advance notice).

Education Supports

Library: 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.

Computer Labs: SGEI students have access to our computer labs at our Kenora and Rainy Lake campuses. In addition to our computer labs, students at Rainy Lake have access to our digital lab and audio recording studio. For more information regarding access to these spaces, *please visit reception or ask your coordinator.*

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.*

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.

1-855-242-3310 Hope For Wellness Helpline

- The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week

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.

Fort Frances Area

Giishkaandago'lkwe Health Services Mobile Crisis Response

- PH: 807-271-0212
- This position is located at Treaty 3 Police Services and will respond to mental health and addiction related calls in the 9 Anishinaabeg Communities of Southern Treaty 3
- Provides immediate crisis response to individuals
- Assess and provides initial triage for individuals in crisis
- Completes referrals and follow up for individuals
- Develops safety plans

Mental Health and Addictions

Giishkaandago'lkwe Health Services

- PH: 807-274-2042
- services that are available for trauma-informed, one to one, couples or family support services for ages 18+.
- If you are in need of urgent same day / walk-in mental health stabilization supports, please call the Mental Health Direct Line. 1-807-271-0212

Gizhewaadiziwin GHAC

- PH:807-274-3131
- Providing quality Mental Health Services to Indigenous peoples, both on and off reserve, in the Rainy River District, as part of a holistic approach to health.
- Services offered include the following:
- Individual and Family Counselling, Group Counselling, Workshops/Presentations, Prevention Groups, Suicide Intervention Services, Substance Use Counselling, Family Violence Counselling, Grief Counselling, Family Support Counselling, Parent/Child Conflict Counselling, Teen Issues Counselling (Violence, Peer Pressure).

Riverside Health Care Community Counselling

- PH:807-274-4807 ext 1
- Client-based services and offer virtual, telephone or in-person sessions.
- We can help you through challenging situations and help improve your mental health.

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

- PH: 807 467-3555
- Accepts self referrals from the Rainy Lake District
- 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

CMHA Fort Frances- Canadian Mental Health Association

- PH:807-274-2347 fortfrances.cmha.ca
- CMHA Fort Frances offers a range of programs and services, from awareness campaigns to training workshops and crisis response services

CMHA Fort Frances -Safe Bed Programs

- PH: 1-877-311-0117
- Internal Referral System
- The Safe Bed Program offers short term, temporary residential support of up to 30 days to individuals who are in immediate contact with the police, who are experiencing a mental health and/or addictions crisis and are unable to remain in their current living situation.

United Native Friendship Centre

- PH: 807-274-8541 healingwellness@unfc.org
- Indigenous Healing & Wellness Program: Supports individuals and families affected by violence, providing crisis intervention, traditional support, and long-term healing action plans.

Indigenous Drug & Alcohol Program: offers support to Indigenous people who may have alcohol/drug addiction. Services are available for youth and adults through one-to-one counselling, group counselling, education and prevention programs, referral to treatment programs, and also offers an aftercare program.

Binesiwag Centre For Wellness

- PH:807-276-2366 Text:807-276-3306
- First Nation Status: You are eligible for mental health support under NIHB, Non-Status-Non-Indigenous: Fee For Service. Affordable hourly rates
- Normalizing services that are rooted in Indigenous principles of wholistic wellness
- Identifying and responding to service gaps in social issues relating to wellness, Mental Health & addictions
- Providing direct support to resilient populations including women & 2SLGBTQIA+ Folx

NWOCC Northwestern Ontario Counselling and Consulting

- PH:807-271-5573
- We will meet you where you're at, free from judgment, and ready to support you to work towards an improved quality of life.
- Uses an easy-going, conversational style to help you feel at ease on your healing journey.
- First Nation Status: You are eligible for mental health support under NIHB.
- Non-Status- Non-Indigenous: Fee For Service.

Weechi-it-te-win Family Services Youth Addictions Program

- PH: 807-274-3201
- Provides youth addictions support services and outpatient treatment to youth up to the age of 25.

Cultural & Indigenous Supports

Grand Council Treaty 3

- PH: 1-877-880-5638
- 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.

Giishkaandago'lkwe Health Services

- PH: 807-274-2042
- Community Land-Based Programming
- Seasonal Workshops & Activities
- Coordination of Traditional Teachings & Ceremony

Gizhewaadiziwin GHAC

- PH:807-274-3131
- Indigenous Care Coordination Program
- The ICC works with the client, hospital and community to provide client-centered care.
- Services the ICC provides may include (but not limited to) the following:
 - Visiting with the client;
 - Speaking to the client in their first language, or coordinating for someone to come in who can speak the language;
 - Arranging for cultural needs, such as smudging, traditional medicines, offering tobacco;

- Arranging for Elders, Traditional Healers, or others whose visits and knowledge would be a benefit to the client;
- Advocating for the client;
- Arranging for transition out of the hospital to home;
- Arranging for out-of-hospital follow-up and support.

United Native Friendship Centre

- PH: 807-274-8541
- In recognition of the ever changing world in which we live, the United Native Friendship Centre is dedicated to enhancing the lives of Native and non-Native people in our community and surrounding area. Its primary responsibility is to serve Aboriginal people with special services in the fields of social, educational and cultural development while, at the same time, building a bridge of understanding between Native and non-Native people.

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.

Sunset Country Metis, Métis Nation of Ontario (MNO)

- PH: 807-276-6541
- Fort Frances Branch Services
- Education & Training
- Healing & Wellness
- Lands, Resources & Consultations
- 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.

Child, Youth & Family Support Services

Fort Frances EarlyON Child and Family Centre

- PH: 807-277-0086
- The centres provide opportunities for children to participate in play and learning programs, and for parents to meet-up with other parents. Parents and caregivers also have access to caring and knowledgeable staff that can provide information about child development and specialized services as needed to help support parents in their role.

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

- PH: Toll-Free: 1-800-465-1100

- Provides child protection, in-home support, bereavement counselling, adoption, transitional planning, pregnancy counselling, and youth independence programs. Services free and intake 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.

Weechi-it-te-win Family Services

- PH: 807-274-3201
- Services provided by Weechi-it-te-win Family Services include childcare, alternative care, family preservation, psychological services, capacity building, family counselling, outpatient treatment for families, developmental support services, cultural support, and youth in transition programs.
- Programming for:
 - Customary Care
 - Alternative Care Program
 - Clinical Services
 - Tele-Mental Health
 - Family Counsellors
 - Youth In Transition Program
 - Family Healing Program
 - Development Support Services
 - Agency Trainer
 - Development Support Services
 - Cultural Resources
 - Community Care Programs
- 24 Hr Crisis Response for Families 1-800-465-2911

United Native Friendship Centre

- PH: 807-274-8541
- Indigenous Children's Mental Health Program: To ensure that children, youth and their families that require supportive mental health resources have access to culturally-sensitive, healthy and/or wholistic healing activities and services.
- Indigenous Family Support Programs: The Community Action Program for Children (CAPC) is here to offer educational, cultural, preventative, and supportive services to parents and children, newborn to six years of age.
- Aboriginal Healthy Babies
- Aboriginal Head Start

- Aboriginal Prenatal Nutrition Program
- Alternative Secondary School Program
- Urban Indigenous Healthy Living for Children
- The Urban Indigenous Healthy Living Program for children creates a positive experience and encourages healthy behaviors which will help adopt and maintain lifelong healthy behaviors and attitudes.

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.

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.

Pwi-Di-Goo-Zing Ne-Yaa-Zhing Advisory Services

- PH: 807-274-8531
- Provide advisory services and training which will enhance the overall management skills and opportunities of the area First Nations.
- Economic development
- Housing
- Financial
- Technical
- Indian Registration
- Fire Protection

Community Supports

Family and Learning

Fort Frances Public Library and Technology Centre

- PH: 807-274-9879
- The library provides evolving library services and a welcoming space for all.
- Services available are:
 - Tech help, printing and wi-fi
 - eResources for reading and learning
 - Family events such as Lego Club, Pokemon Club, Fireside Yarn and more.
 - Makerspace

Community Living Fort Frances

- PH: 807- 274-5556
- Supports individuals who have an intellectual disability to identify and achieve their goals for a meaningful life and supports families.
- Supported Independent Living
- Intensive Support Residences
- Group Living
- Employment Supports
- Family Home Program
- Respite Supports
- Passport Agreements (Funding)

Giishkaandago'ikwe Health Services

- PH: 807-274-2024
- Home & Community Care Program
- Provides essential services in the home or community setting to Anishinaabe people of all ages with disabilities, chronic or acute illnesses.
- Services provided:
 - Home Care Nursing
 - Case Management
 - Palliative Care
 - Transitional Care
 - Home Support Services
 - Medical Supplies and Equipment
 - Respite Care

The Salvation Army

- PH: 807-291-0012
- Provides community services to all.
- Food bank
- Thrift Store

Rainy River District Women's Shelter of Hope

- PH: 807-597-2868

- 24 Hour Emergency Line 1-800-465-3348
- The Rainy River District Women's Shelter of Hope serves the entire Rainy River District and surrounding 10 First Nation communities.
- 10 bed facility which provides safe and secure emergency temporary shelter, crisis services, counselling, outreach, transitional support, advocacy, parental relief, and support groups to survivors/women, youth and their children who are experiencing abuse or are at risk of abuse.
- 24 hour/7 days a week support services for women experiencing violence/abuse.

Valley Adult Learning Association

- PH: 807-274-3553
- A government of Ontario program with services geared specifically to those who want to improve their qualifications for better employment, Post Secondary, Apprentice and independence.

NCDS (Northern Community Development Services)

- PH: 807-274-2282
- Offers free employment services to employed, unemployed and underemployed individuals.
- Access government forms
- Resume writing
- Job search support
- Computers, printers and photocopiers

Seniors

Emo Seniors Center

- PH: 807-271-0663
- Provides adults in Emo and the surrounding areas with programs, activities, and connections that support healthy, active living and community spirit.
- Programs
- Workshops
- Games
- Meals

Fort Frances Senior Centre

- PH: 807-274-7656
- Community drop-in centre offering various recreational activities, programs and services.

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.

Handi Van

- PH 807-276-1605
- Door-to-door transit for a nominal fee for those who have been given a primary care referral and community members with mobility challenges.

Victim Support and Legal Services

Rainy River District Victim Services Program

- PH:807-274-5687
- RRDVSP provides victims and clients with confidential emotional support, practical assistance, referral services, sexual assault counselling

Victim Witness Assistance Program (VWAP)

- PH:807-274-3331
- This service helps victims understand and take part in the criminal court process, starting after charges are laid and continuing until the case is over. It includes information about victims' rights, court updates, and referrals to local support services.

Northwest Community Legal Clinic

- PH: 807-274-5327
- Toll Free: 800-799-2485
- Provides free legal services to low-income residents of the Kenora and Rainy River Districts.

Canadian Mental Health Fort Frances Branch (CMHAFF) Court Support

- PH: 1-877-311-0117
- The Court Diversion & Support Workers within this program assist individuals involved with the criminal justice system to develop a coordinated care plan that is based on self-identified goals to promote recovery, health and wellness. Supports and services are provided within the community and/or individuals homes.

Hoshizaki House Family Court Worker

- PH:807-223-7311 ext 6
- This free and confidential service is available to all victims of abuse throughout the Kenora-Rainy River District, offering:
- Support with the family court process, including legal information, referrals, and court accompaniment.

- The Family Court Support Worker also assists with safety planning, debriefing court outcomes, and connecting clients to specialized services and ongoing supports.

Grand Council Treaty 3 Justice

- PH: 807-789-4445
- Aboriginal community-based restorative justice.
- Support staff for pre and post charge offences
- Community led processes
- Community Justice
- Youth Reintegration
- Indigenous Bail and Verification Supervision
- Gladue Report Writers
- Gladue Aftercare
- Indigenous Support Network

Health and Medical

Rainy River District Specialty and Diagnostic Services

- PH:807-271-0650
- Transportation Health Supports offering affordable and accessible transportation across the district to and from Thunder Bay medical Centres.

Fort Frances Family Health Team

- PH: 807-274-3287
- Offering health support in the area.
- Nurse practitioners
- Nursing Supervisor
- Case Managers
- RN
- RPN
- Dietician
- Mental Health Worker

Gizhewaadiziwin Health Access Centre

- PH:807-274-3131
- Community based, Indigenous controlled, Primary Care service that combines western curative care with traditional Ojibwe healing philosophies and practices. The Access Centre provides clinical, social, health promotion and preventive services, as well as access to traditional Ojibwe healers.

NWHU Northwestern Health Unit

- PH: 807-274-9827
- Health and Health Education Supports
- The Northwestern Health Unit promotes and protects the health of communities across Northwestern Ontario through disease prevention, health education, and public health services. It delivers programs such as immunizations, harm reduction, and environmental health to support the well-being of residents in the Kenora and Rainy River districts.

Peer Support Programs

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

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.

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.

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.

Togetherall

- Free Online Program 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.

Physical Health and Fitness Supports

Memorial Sports Centre

- PH: 807-274-4561
- Two ice surfaces
- 25-metre pool
- Two squash courts (glass back)
- Weight Room: universal & free weights
- Fitness Room: treadmills, steppers, & bikes
- Auditorium
- Conference Room
- Lifesaving Society Swim Lessons, Yoga, and Squash Lessons.

Increase Fitness

- Contact: increasefitnessff@gmail.com
- Gym and Physical Fitness Centre
- Fob Membership required

RefleXion Studio

- Contact: contact@reflexionstudio.net
- Fitness Studio/Wellness Centre
- Membership and Fees
- In Person Training, Virtual Coaching and Custom Programming

United Native Friendship Centre UAHL Program (Urban Aboriginal Healthy Living)

- PH: 807-274-8541
- The Urban Indigenous Healthy Living Program (UIHLP) can help you achieve your lifestyle goals! This program is taking major strides to help community members to increase their physical activity levels and their cardio-vascular health; to become smoke-free; to increase their knowledge of nutrition, healthy eating practices and weight management; and, to enhance the leadership ability of our youth.

Housing

Housing 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 Fort Frances, Facebook Marketplace, and Fort Frances Online Classifieds often post available rentals.
- Facebook groups to search for:
 - Fort Frances Homes for Rent or Sale by Owner
 - Fort Frances and RR District Houses and Property to Buy/Sell/Rent
 - Rent-A-House Fort Frances
 - Fort Frances Home For Rent
- 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 Recreation Centre and library, may 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 DRRSB are applied to other housing programs in the area. Check with an Intake Worker at DRRSB to ensure you've applied for all housing options.

- District Rainy River Services Board – 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.
- CMHAFF Housing Subsidy Support Program- The Housing Program provides a limited number of rent supplements to individuals who are homeless, at risk of being homeless or who are living in inadequate 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.

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 (DRRSB):

- 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:

- United Native Friendship Centre
- Ontario Electricity Support Program
- 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

- Must become a client to access food.
- Call ahead of time. Monday-Friday from 10am-4pm.

EarlyON Family Centre

- Food bank and hot meals everyday - soup, sandwiches, fruit, and beverages.
- Open Monday-Sunday. Summer Hours: 11am-3pm; Winter Hours: 9am-8pm.

CMHAFF Peer Support Program

- Peer support drop-in - free lunch program from 11:30am-1pm or until food runs out. Every 2nd Wednesday.
- Must do an intake with the Peer Support Workers to become eligible.

Gizhewaadiziwin Health Access Centre

- Maada'ookii - free food shelf, Indigenous/Metis priority. Monday-Friday from 8:30am-4:30pm. One visit per month.
- Healthy Living Food Boxes - monthly fruit and vegetable food box program. \$25/month.

United Native Friendship Centre

- Food bank: open Monday-Friday from 10am-3pm. Closed 12-1pm.
- Offers food access support for clients in their regular programming.

This resource guide was created to help you navigate the many supports available to you during your time as a student. Whether you are looking for housing, 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. 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

Wellness
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