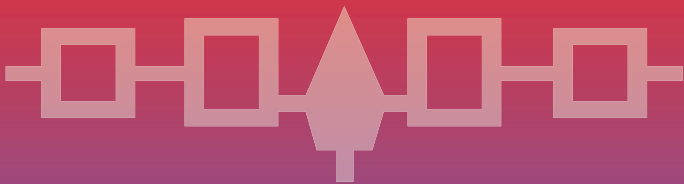




A PRACTICAL HANDBOOK
— FOR —
Aboriginal Women

What you should know, where to go and who to call for
help in Brantford and Six Nations of the Grand River





Acknowledgment

Brantford Native Housing is grateful to The Department of Canadian Heritage for funding The Brantford Aboriginal Domestic Violence Guide, a resource to assist Aboriginal women and their children, in the City of Brantford, live violence free lives.

The Brantford Aboriginal Domestic Violence Guide provides information and resources that support a holistic approach to safety, healing and over all well-being.

Brantford Native Housing will continue to raise awareness of domestic violence in the community and identify the available community supports specifically for Aboriginal women, their children and community service providers. The production of this Guidebook supports this initiative.

The information in this guide is not intended to replace the advice and services of community professionals such as counsellors, lawyers or health care providers.

We hope the information in this Guidebook is useful to Aboriginal women and their children and the community as a whole.

Nya:weh - Nia:wen - Thank You

This *Practical Handbook for Aboriginal Women* would not have been possible without the support of the BRAVE committee and their willingness to share Nova Vita's Refrigerator Door (July 2012). Brantford Native Housing wishes to express our gratitude to BRAVE and Nova Vita for their continued support of our efforts to develop a community wide healing strategy to end violence against Aboriginal women living in the City of Brantford or Brant County.

Brantford Native Housing would like to thank its staff and community members who participated in the creation of this guide book. Their input came from a place of compassion and Good Will that helped to transform an "idea" into a guide book that will help families enhance their skills, health and well-being.



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Introduction

Our Children are Gifts

In our teachings of our traditional ways, families never inflicted violence towards each other or the children. Our people believe that the children are gifts from the creator and we are not the “owners” but the caretakers of them. We were given these children to teach them, to be good role models for them, and to bring forth harmony, peace and understanding. Children must be taught the “good” ways and must be shown to them by their families. In a family, everyone works together to help teach the children. Children are taught to listen and respect their parents and family. Can we now, see the difference in what violence has done to our way of life? Our children, who are our hope for tomorrow, will only bring pain and destruction to the generations to come, if violence continues to engulf our families. Like every sunrise, let us see the hope for a better future. Do not let our children suffer from such violent ways (Jake Thomas-Ken).

This handbook includes information, addresses, telephone numbers, and links to various resources that can assist with ways to live a violence free life and keep the family strong; however, please note that programs, services, staff members, laws and policies change and so too will the information reflected in this book. Do not give up on your journey of living a peaceful life for yourself, your children and generations to come.

Elements of a Healthy Relationship

A healthy relationship consists of mutual respect, trust and support. All of these factors can contribute to equality within a relationship.

Mutual Respect

- Means respecting each other's decisions and choices
- Means accepting the other person for what they are

Mutual Trust

- is devoid of lies, manipulation and secrets
- Means jealousy does not get out of control – room for other friendships
- is building trust over time
- will grow in a healthy relationship

Mutual Support

- Means comfort and empathy for one another
- Means accepting the fact that nobody's perfect
- Means that annoyances are worked out and not allowed to escalate
- Means that self-esteem is conferred
- Means that you are there for each other in both good and difficult times

Relaxed and Easygoing

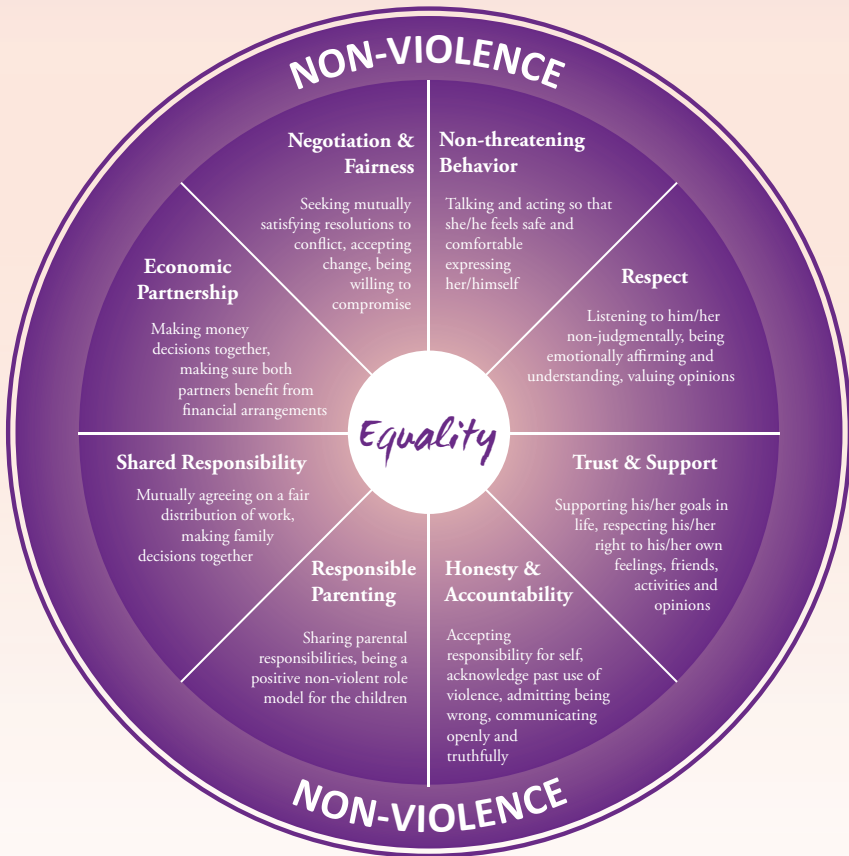
- Both have the ability to see the humourous side of life
- is not being afraid to say what is on your mind
- Means you can be yourself

Fair Fighting

- Arguments and disagreements are normal in every relationship
- Means that both use fair play
- No physical manifestation of power
- Stay in the here and now – don't drag up the past
- No name calling – hurting your partner only makes the problem worse
- Talk about how you feel - using "I" statements eliminates defensive reactions
- Means that winning or losing is not the issue
- is being able to deal with situations as they arise – don't allow a build-up

Elements of a Healthy Relationship

A healthy relationship consists of mutual respect, trust and support. All of these factors can contribute to equality within a relationship.

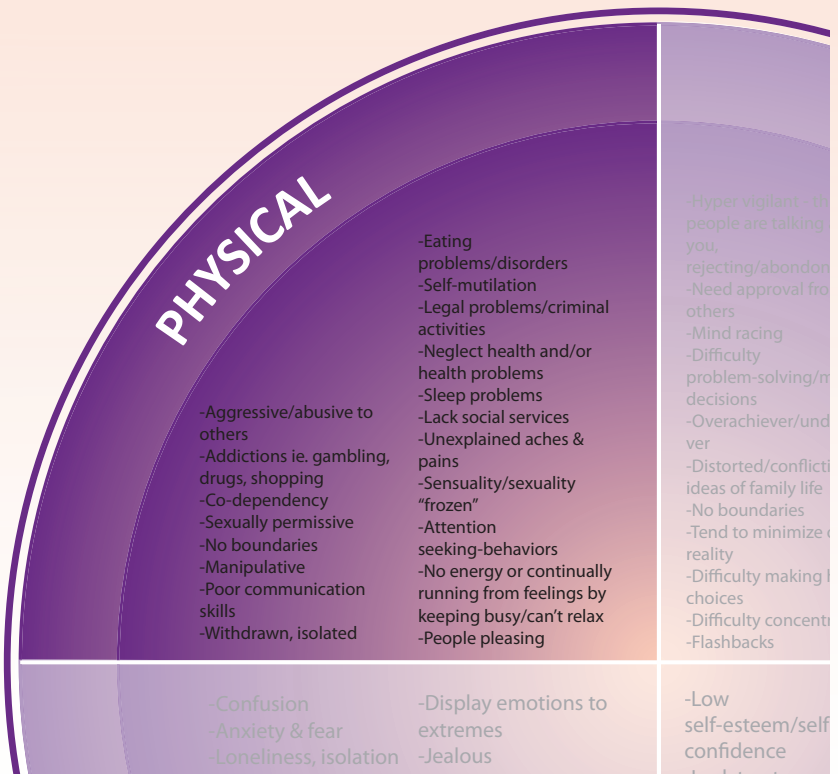


Relationships Change. Changes in life outside your relationship will impact what you want and need from the relationship. Since change is inevitable, welcoming it as an opportunity to enhance the relationship is more fruitful than trying to keep it from happening.

What is Family Violence?

There are many definitions of family violence. Generally, they refer to people who experience controlling and violent acts by family members – people who are supposed to love them. In Aboriginal communities, 'family' may refer to a large extended network of relatives. Family violence definitions explain the types of abuse associated with family violence, such as:

- Physical abuse (hitting, slapping, punching)
- Emotional abuse (belittling, accusing, threatening)
- Financial abuse (controlling all the money)
- Sexual abuse (forcing unwanted sexual acts)
- Spiritual abuse (denying or making fun of spiritual beliefs)

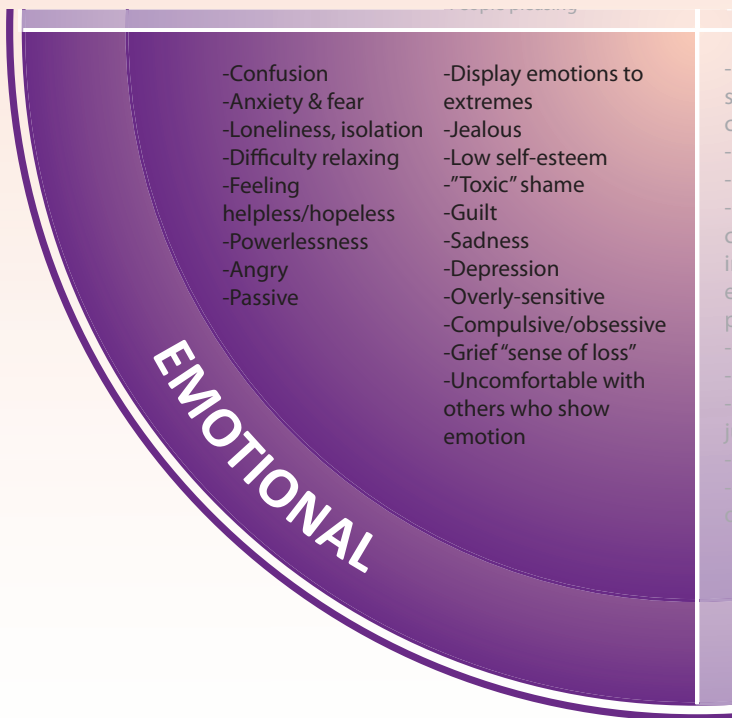


Family Violence

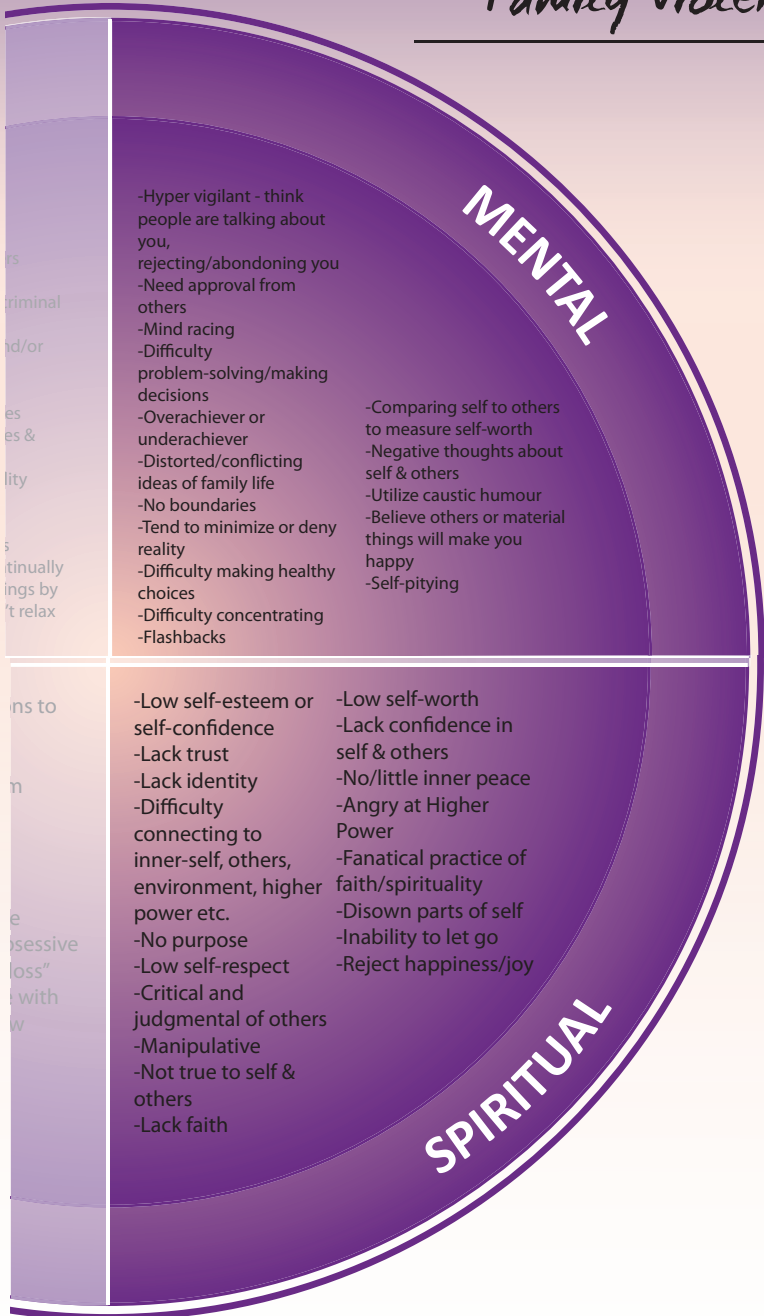
People experiencing abuse cannot contribute to their full potential. They may even do things that harm others in the community, like turning to alcohol or drugs, committing crimes, running away or perhaps committing suicide. When families and communities are coping with problems such as addictions, family stress, poverty, crime and so on, the chances increase that feelings of anger and frustration will result in abusive acts.

Whether you have been affected directly or indirectly, one thing is clear - family violence hurts the entire community. As long as individuals suffer from family violence, either as victims or perpetrators, then the community cannot be strong.

The path to healing is not only an individual journey, it is a journey that the entire community must take to foster non-violent ways of being and living with each other.



Family Violence



RED FLAGS

Warning Signs in Relationships

- ✓ Listed below are many warning signs that often indicate that you are in an abusive relationship:
- If he or she does not think they are good enough OR if he or she thinks they are too good
 - Someone who always wants to do it his or her way
 - Unwilling to talk things over when things are bothering you
 - Does not compromise
 - Someone who picks fights/arguments all the time based on how they are feeling
 - Attacking you - your behavior - your personality
 - Uses sneaky ways and manipulation
 - Often making plans without consulting you
 - Expecting you to give up your friends, family, co-workers etc. to be with him/her
 - Putting you on a pedestal
 - Twisting stories around
 - Lies about their position or job
 - Someone who belittles you, your talent and things that are important to you, in public and in private
 - Someone who is always telling you what to do
 - Someone who pries into where you go, with whom and how long etc.
 - Someone who needs to always be in CONTROL, always wants to be the centre of attention
 - When you are feeling good, does he or she always pull you down or put you down?
 - If he or she does not have any friends (may have many acquaintances)

- Someone who constantly blames everyone else, does not take responsibility
- Some who treats people in the service industry like dirt (waiters, waitresses, clerks etc.)
- Tries to avoid dealing with conflict
- Uses silence as punishment
- If he or she confines you against your wishes for any period of time
- Withholds sex as punishment
- Making you do things sexually that you don't want to do
- Attacking you and then using your wounded feelings against you
- Gets angry and worked up over little or insignificant things that could result in pounding walls etc.
- Holding your mistakes and faults against you and bringing them up again and again
- Badgering you
- Lack of trust
- Jealousy
- If he or she is not comfortable with themselves
- Rushing the relationship
- If you find yourself believing that you could fix or change this person, rescue and/or help them

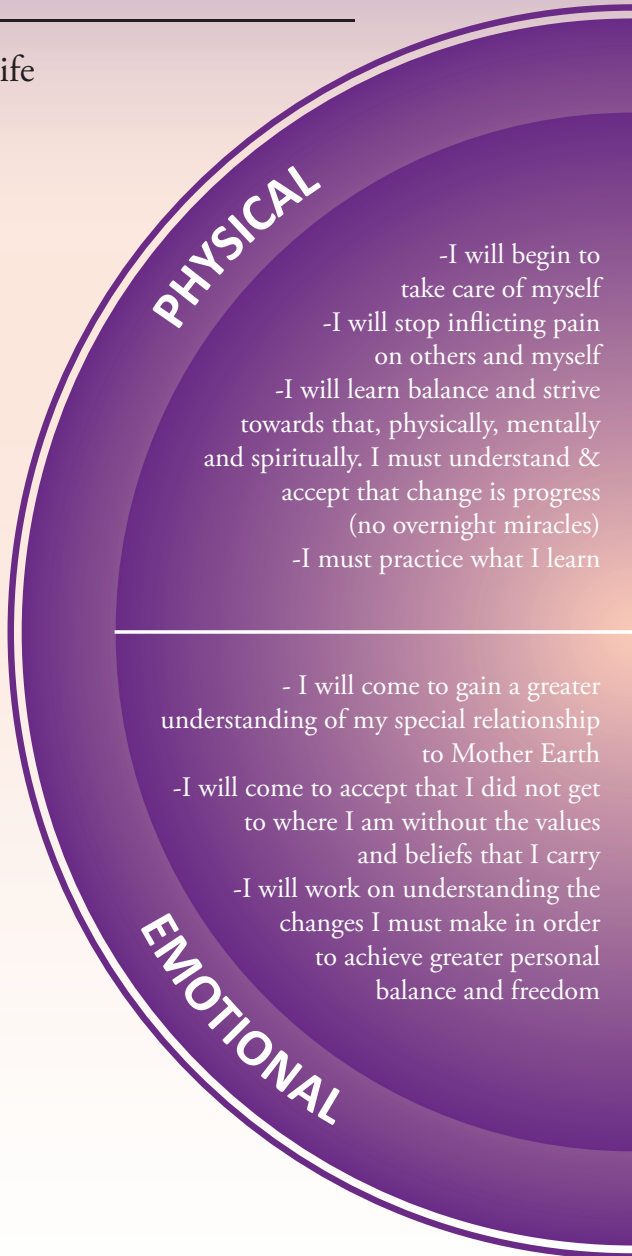


If you can relate to any of these signs, you may want to consider reaching out for help.

Ogwehowe:ka

Holistic Way of Life

To understand our family we have to know where we come from. Our laws are natural laws. They are indisputable and you cannot break them. Only if they choose, can we continue to exist in a good life. We interpret those laws of how we live. The great love – how we have to walk that good, red road – begins within yourself.



MENTAL

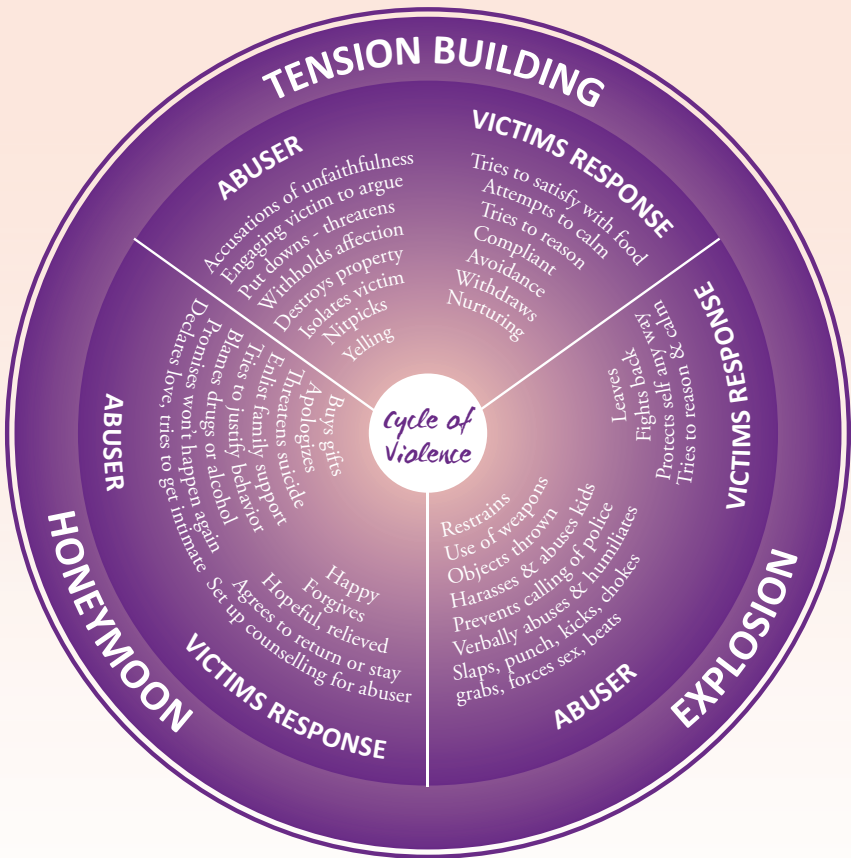
- I will acknowledge that change must begin with me and that I need help from others
- Commit myself to personal journey with a willingness to look at past issues in relation to me today
- I will examine the ways I have hurt others have hurt me to make a committment to stop this behavior

- Acknowledge and accept that this is a greater power than mankind
- Make a committment to grow in life, gain new knowledge and practice
- Remember that I have a sacred right to live my life as I wish and the need to bring harmony, peace, balance to my existence through the respect of others

SPIRITUAL

Cycle of Violence

Family violence can follow a pattern known as the Cycle of Violence. The cycle of abuse consists of three phases: tension building, explosion and the honeymoon phase. The common denominator of violence is power and control. The abusive individual wants to control their partner.



Cycle of Abuse in Children

Children who are exposed to abuse have an increased chance of being abused and/or being abusive as an adult. Children may learn that violence is an acceptable way to resolve conflict in the family and in relationships. Many factors, such as support and professional intervention, can help break the cycle.



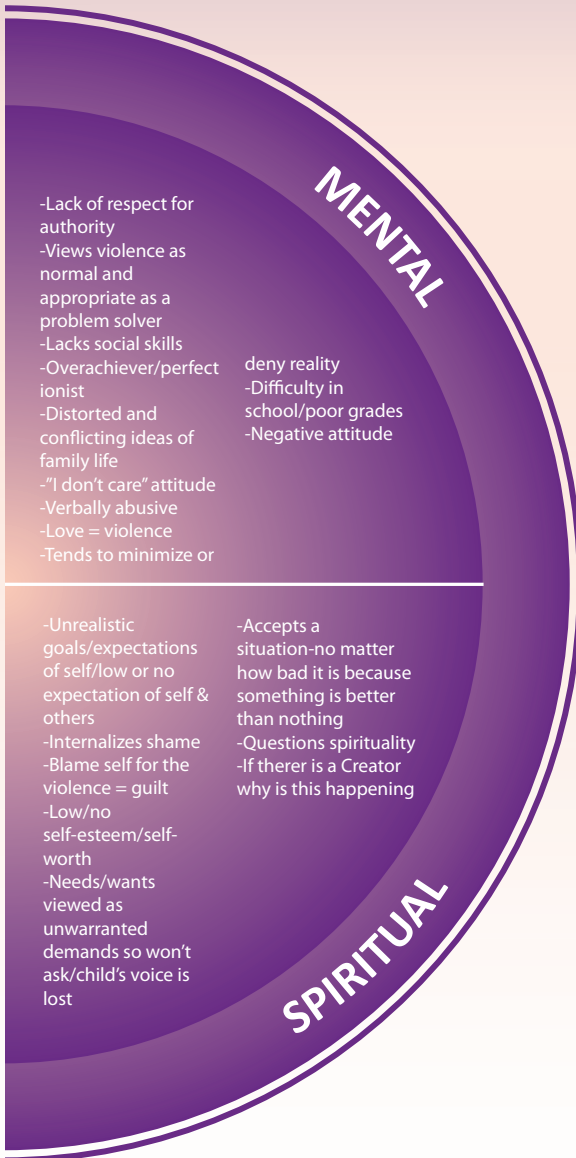
The Effects of Violence/Abuse on Children

Children who live in situations of family violence can suffer immediate and permanent physical harm. They can also experience short and long-term emotional, behavioural and developmental problems, including post-traumatic stress disorder. It is known that witnessing family violence is as harmful as experiencing it directly.

Often parents believe that they have shielded their children from intimate partner violence, but research indicates that children see or hear many of the incidents. Children who witness family violence suffer the same consequences as those who are directly abused. In other words, a child who witnesses intimate partner violence is experiencing a form of child abuse.

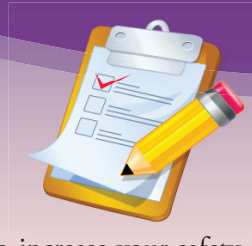


The Effects of Violence/Abuse on Children



YOUR SAFETY PLAN

First Steps to a Violence Free Life



✓ Making a safety plan involves identifying actions to increase your safety and that of your children. Below are some suggestions that might be helpful to you. Take one action at a time and start with the one that is easiest and safest for you.

If you are in an abusive relationship, think about...

- If you are being hurt, protect your face with your arms around each side of your head, with your fingers locked together. Don't wear scarves or long jewelry.
- Your partner's past use and level of force. This will help you predict what type of danger you and your children are facing and when to leave.
- Telling your children that abuse is never right, even when someone they love is being abusive. Tell your children the abuse isn't your fault or their fault, they did not cause it, and neither did you. Teach them that it is important to keep safe when there is abuse.
- Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local shelter.
- Telling someone you trust about the abuse. Ask your neighbours, friends and family to call the police if they hear sounds of abuse and to look after your children in case of an emergency. Make up a code word that you can use when you need help.
- Create a plan to get out of your home safely and practice it with your children.
- If an argument is developing, move to a space where you can get outside easily. Don't go to a room where there is access to potential weapons (e.g. bathroom, kitchen, workshop).
- Make sure all weapons and ammunition are hidden or removed from the house.
- Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house - taking out the trash, walking the pet or going to the store.

Emergency Phone Numbers

_____	_____
_____	_____
_____	_____

For Emergencies Dial 911 For Police

YOUR SAFETY PLAN

First Steps to a Violence Free Life

What to do when your partner is escalating or if you are being assaulted...

(www.attorneygeneral.jus.gov.on.ca/english/family/violence.asp)

You can find more information about creating a safety plan for you and your children on the Ontario Women's Directorate website or Nova Vita Website at www.novavita.org.

When your partner is assaulting you or his anger is escalating, you may do the following to keep you and your children safe:

- When your partner is escalating, make noise, as neighbours may call the police
- If you sense a confrontation, try to move to areas of the home with an easy exit. Avoid being trapped in rooms like the kitchen, bathroom, or where there are objects that can be used as weapons (www.novavita.org)
- Leave the home with your children if you can. Use the money you had aside for a taxi and quarters for pay phones, or a cell phone to call a neighbour or go to their home (you are making use of your planned emergency exits and emergency contact numbers)
- Call the police if you can. Tell them you are being assaulted
- If you cannot telephone the police, have your children call them (you are initiating a previously discussed safety plan that you put in place with your children)
- When the police arrive they must lay a charge if they believe an assault has taken place
- If you can, take the children when you leave
- Ask if the police can go back to your home with you later to get things that you need.

If you have to leave in a hurry, try to take:

- Extra car or house keys
- Passports, birth certificates, indian status card, health card, social insurance number
- Prescriptions and other medicines
- Emergency suitcase already packed, if possible
- Some special toys and comforts for your children

YOUR SAFETY PLAN

First Steps to a Violence Free Life

If you consider leaving your abuser, think about...

- If you are injured, go to a doctor, Local Health Station, Aboriginal Health Access Centre or an emergency room and report what happened to you. Ask them to document your visit.
- Where to go in an emergency. Know the quickest route out of your home and/or your workplace. Practice escaping that way. Hide your keys, cell phone and some money near your escape route.
- Teach your children how to get help. Tell them not to get between you and your partner if there is violence.
- People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.
- Keeping change for phone calls or getting a cell phone. Also have a list of phone numbers to call for help. Call the police if it is an emergency. Your local shelter or police may be able to equip you with a panic button/cell phone.
- Opening a bank account or getting a credit card in your name.
- Contacting the police or local women's shelter. Let the staff know that you intend to leave an abusive situation and ask for support in safety planning. Ask for an officer who specializes in women abuse cases. Information shared with the police may result in charges being laid against the abuser.
- How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.
- Preparing for the possibility of being on your own; learn about supports in the community, update your resume or acquire additional job skills
- Putting together a bag of things you use everyday. Hide it where it is easy for you to get.

Items to take, if possible

- Children (if it's safe)
- Money
- Keys to car, house, work
- Indian Status Card
- Medicine
- Birth Certificates
- Social Security cards
- School and Medical records
- Bankbooks, credit cards
- Driver's Licence
- Car registration
- Welfare identification
- Lease/Rental agreement
- Insurance papers
- Custody orders, divorce papers, restraining order or personal protective order papers
- Address book
- Items for your children

YOUR SAFETY PLAN

First Steps to a Violence Free Life

What happens after leaving an abusive relationship

(www.novavita.org)

- If needed, obtain a protective court order. Keep it with you at all times and give copies to the police and others as required
- Change the locks and/or install new doors, security systems, sensors, and smoke detectors
- Tell your landlord, neighbours, friends and co-workers that you are no longer living with your partner; ask them to call the police if they see him near your home or place of work
- Make sure teachers, daycare workers, babysitters, etc. know who may and may not retrieve your children
- Teach your children what to do and/or who to call if they are approached by your partner
- Take extra precautions when travelling to and from your home or workplace. Always park in well-lit areas and when in public, try to stay within sight and earshot of people, in case you need to call for help
- Be aware of any stalking behaviour by your partner and report any incidents to the police
- Telling someone at work about what has happened. Ask that person to screen your calls. If you have a protective court order that includes where you work, consider giving your boss a copy of it and a picture of the abuser. Think about and practice a safety plan for your workplace. This should include going to and from work.
- Not using the same stores or businesses that you did when you were with your abuser.
- Someone that you can call if you feel down. Call that person if you are thinking about going to a support group or workshop.

Police Involvement

If you need more information on involving the Police, refer to pages: 125-128

For Emergencies Dial 911 For Police

ENSURING SAFETY AFTER USING THE INTERNET

www.ganohkwasra.ca/resources/internet-privacy

If you share a computer with your abuser, you should delete the browsing history after you have visited our site. Please be cautious about clearing all your cache and history files. If your abuser tries to revisit a site they were on previously and realizes their passwords and information have been cleared, they will know that the history has been deleted. To be safe, you should use a computer at a library, a friend's house or at work.



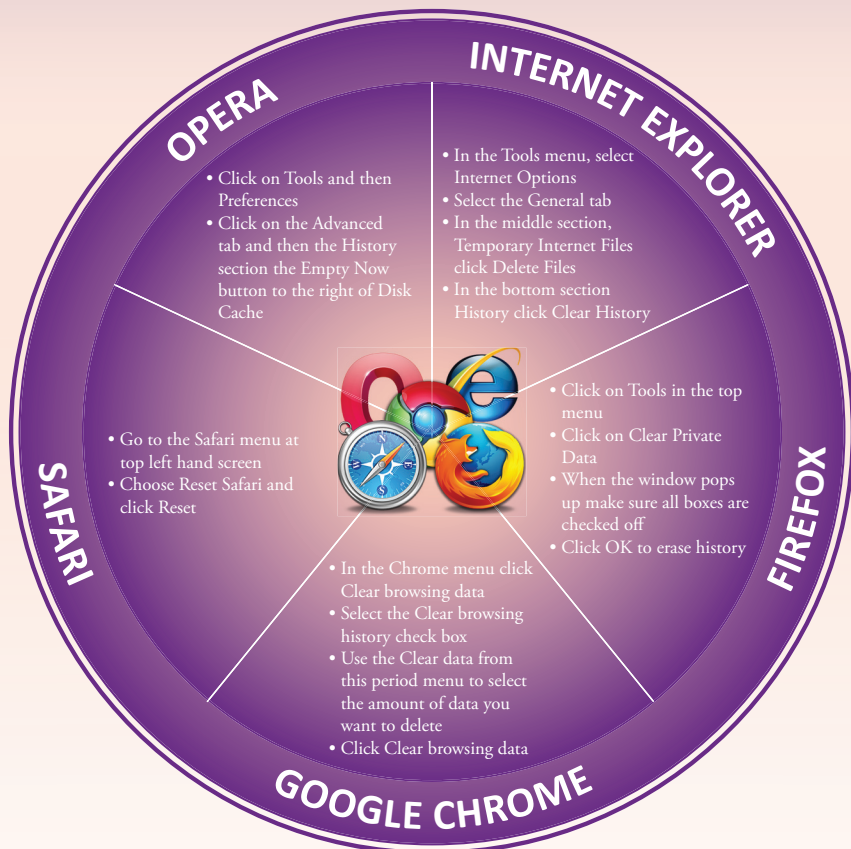
INTERNET SAFETY

If you are in an abusive relationship, there are some precautions that you should take when using the Internet.

- **Clear your Internet history.** While it is difficult to completely delete your Internet history, you can make it less readily accessible. Please read the instruction on the following page.
- **Use a safer computer.** If you need to use the Internet, try to use a computer at work, a public library, community centre, a trustworthy friend's house, an Internet café, or a women's refuge. This is particularly important if you are looking at sensitive websites. It is safer to use a computer that is less accessible to your abuser.
- **Be careful when communicating online.** Because messages sent through email accounts, social networking sites (such as Facebook) and instant messaging services can be tracked and recorded, it is preferable to use other ways of seeking help, if they are available to you. These could include telephoning a domestic violence helpline, women's refuge or the Police. After communicating online, always ensure that you properly log out of websites.
- **Create an alternative email account.** Do not create or use an alternative account on any computer that your abuser may have access to. Create an anonymous user name and account you can use on a safer computer, but do not provide detailed information about yourself.
- **Protect or change your passwords.** Choose passwords for your email and other online accounts (such as online banking accounts) that would be difficult for your abuser to guess, particularly by avoiding personal details such as birthdays, nicknames or family details. You should also try to avoid sharing your passwords with other people.

HOW TO CLEAR YOUR BROWSER HISTORY

Abusers often use ways of controlling or monitoring their victim's actions, which can include their online activities. Internet browsers generally record the websites that an Internet user has visited, here is a list of ways to clear your browsing history:



TOOLBARS

Toolbars such as Google and Yahoo keep a record of the search words you have typed into the toolbar search box. In order to erase all the search words you have typed in, follow the instructions below.

Google – Click on the Google icon and choose “Clear Search History”

Yahoo – Click the Settings tab or Pencil icon to see the Settings menu. Select Clear Recent Searches.

APPLYING for Indian, Métis & Inuit Status

This handbook will provide information on how to obtain Indian, Métis, and Inuit Status; however, should you require help, you may contact the Manager of Advocacy & Outreach Services at De dwa da dehs nye>s Aboriginal Health Centre at 519-752-4340, extension #242.

Indian Status

A Certificate of Indian Status, more commonly known as a Status card, is an identity document issued by Aboriginal Affairs and Northern Development Canada (AANDC). A Status card gives you access to benefits, programs and services administered by federal agencies and provincial governments. This information is retrieved from www.aadnc-aandc.gc.ca

You Are Eligible for Registration if:

1. You were entitled to registration prior to the changing of the Indian Act on April 17, 1985
2. You lost your Indian Status as a result of your marriage to a non-Indian man (s. 12(1)(b)), including enfranchisement upon your marriage to a non-Indian man (s. 109(2));
3. Your mother and father's mother did not have status under the Indian Act, before their marriage and you lost your status at the age of 21 (s.12 (1)(a)(iv) – referred to commonly as the double-mother rule);
4. Your registration was successfully protested on the grounds that your father did not have status under the Indian Act, however your mother had status;
5. You lost your registration because you or your parents applied to give up registration and First Nation membership through the process known as “enfranchisement”; or
6. You are a child of persons listed in 1 to 5 above;

You may also be eligible for registration if only one of your parents is eligible to be registered under Section 6(1) of the Indian Act. Important changes were made to the Indian Act in 2011 with the Bill C-3: Gender Equity legislation

How to Apply for Indian Status

Complete an Application Form:

1. Online at <http://www.aadnc-aandc.gc.ca/eng/>
2. In person at any Aboriginal Affairs and Northern Development Canada regional office.

Brantford's local office is located at:

58 Dalhousie Street, 3rd floor
P.O. Box 1960
BRANTFORD, ON N3T 5W5
Tel.: 1-800-567-9604
Fax: 1-866-817-3977
TTY: 1-866-553-0554
Email: InfoPubs@aadnc-aandc.gc.ca

3. Your First Nation office or call 1-800-567-9604.

Six Nations of the Grand River First Nation is located at:

Six Nations Lands/Membership
67 Bicentennial Dr
PO Box 62
Ohsweken, ON N0A 1M0
Tel: 519-445-4613 | Fax: 519-445-2778

- Status cards and blood quantum letters are issued on Thursday or Friday only between 8:30 am to 4:30 p.m.
- 30 day waiting period for lost cards
- Costs pictures on the card: \$5 for First Card, \$5 for replacement for Seniors, \$10 for adults (18+), and \$20 for 1st adult replacement card
- Acceptable identification includes: birth certificate, drivers license, passport, student ID, employee ID, provincial ID card, Firearms Acquisition Certificate, or Guarantor Form
- No photocopies of identification is accepted

New Credit First Nation office is located at:

Mississaugas of the New Credit First Nation
Lands/Research/Membership Department
468 New Credit Rd.
Hagersville, ON N0A 1H0
Tel: 905-768-0100 | Fax: 905-768-7311

- Status cards and blood quantum letters are issued on Thursday and Friday only between 8:30 am to 4:00 p.m.
- It is important to register your child within the first year of their birth. Minor status cards must be renewed every two years
- Contact the Membership Office staff for more information

4. By mail, call 1-800-567-9604 to request an application.

In order to complete an application, you will need the documentation:

- Long Form Birth Certificate (listing parents' names)
- Legal change of name document or marriage certificate, if the name you are applying under is different from your Birth Certificate
- Custody Court Order (if applicable)
- Statutory Declaration Form(s) (if applicable)

General Information about the Application:

You will be required to provide information about your self, your parents and your grandparents including legal names, dates of birth, band name and registration numbers, contact information and adoption information (if relevant).

Signatures Required:

- Applicant (16 years of age and older)
- Parental / Guardian Signatures when applying on behalf of a minor child (15 years of age or younger) or dependant adult

What To Do Once Your Application is Complete

Once your application is complete and ready to go, you may deliver your application package to:

1. **DROP OFF*** your completed application to any AANDC Regional office or First Nation office. Brantford has a regional office at 58 Dalhousie St. 3rd floor, Brantford, Ontario
2. Mail your complete application with the required supporting documents to:
Office of the Indian Registrar
Aboriginal Affairs and Northern Development Canada
Ottawa, Ontario
K1A 0H4

***Note:** To avoid processing delays, submit all supporting documents (including any required original documents) with your application. Original documents, with the exception of statutory declarations and Guarantor Declarations, will be mailed back to you within one (1) month of receipt of your application. Documents of an adoption related application will be returned to you within two (2) months.

Once registered am I automatically a member of my First Nation?

Upon your registration as an Indian, you will be informed if your First Nation determines its own membership, and if so, provided with contact information. Otherwise, you will automatically become a member of your First Nation upon registration.

New Change to Indian Status Gender Equity Legislation Bill C-3 Gender Equity in Indian Registration Act

On January 31, 2011, Bill C-3, the Gender Equity in Indian Registration Act came into force.

This bill amends provisions of the Indian Act that the Court of Appeal for British Columbia found to be unconstitutional in the case of *McIvor v. Canada*. The bringing into force of Bill C-3 will ensure that eligible grand-children of women who lost status as a result of marrying non-Indian men will become entitled to registration (Indian status).

Registration:

AANDC has developed an improved service for Bill C-3 applicants, whereby eligible applicants can expect to receive registration as an Indian under the Indian Act AND an in-Canada Secure Certificate of Indian Status (status card) in one step. This has resulted in the development of a new registration process whereby applications will only be accepted by mail.

Information You Need to Know to Apply for Status Under Bill C-3

Applicants will be required to include the following identification documents with their completed application form in order to be registered and receive an in-Canada SCIS:

- Long Form Birth Certificate (listing parents names)
- Two passport style photographs
- Copies of valid identification (i.e. – driver's license, passport, government issued ID – copies signed by guarantor)
- Guarantor Declaration for SCIS

And if applicable:

- Legal change of name document or marriage certificate
- Custody Court Order
- Statutory Declaration Form(s)

Application forms are available at the following locations:

Online: visit the Bill C-3 application forms section of AANDC website

By mail: Call 1-800-567-9604 to request an application package

In person: At any AANDC Regional office or call 1-800-567-9604

Any Service Canada Centre-Service Canada. Service Canada Centre or call 1-800-622-6232

AANDC office in Brantford, Ontario

Brantford Business Centre

58 Dalhousie Street, 3rd floor

P.O. Box 1960

BRANTFORD, ON N3T 5W5

Tel.: 519-751-6462

OBTAINING AN INDIAN STATUS CARD

Acceptable I. D. - No photocopies will be excepted as I. D.

- Birth Certificate
- Drivers License
- Passport
- Student Identification
- Employee Identification Card
- Provincial ID Card (With Photo)
- Firearms Acquisition Certificate
- Guarantor Form

Border Crossing

For crossing the border into the United States (U.S.) via land ports of entry (which can include ferry and lake crossings), AANDC has been advised that, in the near term, U.S. border officials will accept both the SCIS and older Certificates of Indian Status as valid identity documents.

All Status Indians can obtain Status Cards through the AANDC Regional office in Brantford, Ontario. An appointment is required. The Brantford Regional office has switched over to the new Secure Certificate of Indian Status (SCIS) cards, which will need to be replaced every 10 years. **There is no fee for the SCIS card or the photo** that will be taken at the Brantford Regional office. New applicants will need the following information:

- Persons **16 years and up** will be required to show their Short Form Birth Certificate and 2 pieces of valid government issued identification.
- If you are **16 years and up** and have a name change you must bring show proof of this legal name change by bringing in a document to show the name change is legal (referred to as a “name linking document”). For example, to have your married name put on your SCIS card, you would have to show your original Marriage Certificate
- Persons **15 years and younger** will be required to show their Long Form Birth Certificate.
- If the Guardian/Applicant’s surname on this identification does not match with the child’s legal surname, the Guardian must provide a “name linking document” to show proof they are the parent/guardian of that child.

You may apply online for your SCIS card at www.aadnc-aandc.gc.ca

For an appointment or further information you may contact the Brantford Regional Office at:

Brantford Business Centre
58 Dalhousie Street, 3rd floor
P.O. Box 1960
BRANTFORD, ON N3T 5W5
Tel.: 519-751-6462

HOW TO REGISTER FOR BAND MEMBERSHIP

Retrieved from website statcan.gc.ca/concepts/definitions/aboriginal-autochtone5-eng.thm

With the 1985 amendment to the Indian Act of Canada (Bill C-31), many Indian bands exercised the right to establish their own membership code, whereby it was not always necessary for a band member to be a Registered Indian according to the Indian Act.

As a result of many First Nations having their own band membership by-laws, you will have to contact your Band to request the process of registering you or your children for membership.

MISSISSAUGA OF NEW CREDIT BAND MEMBERSHIP

To apply for band membership with the Mississauga of the New Credit First Nation, contact: Dale Sault at Dale.Sault@newcreditfirstnation.com

Mississaugas of the New Credit Lands/Research/Membership Department

RR #6

468 New Credit Road

Hagersville, Ontario

N0A 1H0

Telephone: 905-768-0100

Fax: 905-768-7311

SIX NATIONS BAND MEMBERSHIP

Retrieved from website:

www.sixnations.ca/MembershipDept.htm

In order to register your child as a band member with Six Nations of the Grand River, you must complete the “Statement of Parents” form.

The Membership program of the Lands/Membership Department oversees the following programs and services:

- Report Life Events, this includes: Births, Death, Marriages, Divorces
- Band Transfers: Internal Transfers, From Other First Nations
- Blood Quantum letters
- Issuance of Certificate of Indian Status Cards

WHAT HAPPENS IF A PARENT WANTS TO REGISTER THE CHILDREN FOR MEMBERSHIP AND THE OTHER PARENT WILL NOT SIGN THE

“Statement of Parent’s Form”/Six Nations

If **both parents names** are listed on the Long Form Birth Certificate (also known as the Statement of Live Birth), you will need to:

- Obtain a custody order
- If you are in the process of obtaining custody, work through the lawyers to assist in getting the Statement of Parents form signed.
- Six Nations Band Membership requires that both parents sign the form in order that the child be registered for membership.
- You will need to attach the Long Form Birth Certificate with the “Statement of Parents” Form, which will be returned once the child is registered.
- If you are a Six Nations member and the other parent is refusing to sign the form and the other parent is not listed on the Statement of Live Birth (Long Form Birth Certificate), then only your signature is required on the Statement of Parents form.

You can obtain and submit forms regarding Band Membership office to:

Six Nations Lands/Membership

67 Bicentennial Trail
P.O. Box 62
Ohsweken, Ontario
N0A 1M0
519-445-4613

IMPORTANT: It is important to register the birth of your child(ren) within one year period, otherwise your child(ren) will not be covered under medical services after the one year.

Once you have registered your child for band membership, you will receive a letter from them directing you the next steps in obtaining Indian Status for your child(ren).

Six Nations members can obtain Status Cards through their membership office or at the AANDC Regional office in Brantford as well. Six Nations are still producing the older Indian Status Card.

APPLYING FOR MÉTIS MEMBERSHIP

Retrieved from website www.metisnation.org/registry

The Métis are a distinct Aboriginal people with a unique history, culture, language and territory. The Métis Nation is comprised of descendants of people born of relations between Indian women and European men. The initial offspring of these unions were of mixed ancestry. The genesis of a new Aboriginal people called the Métis resulted from the subsequent intermarriage of these mixed ancestry individuals. Métis cards are issued to people who have genealogical documentation and proof of their Aboriginal ancestry.

Aboriginal Affairs and Northern Development Canada (AANDC) categorize the Métis with Non-Status Indians; however, the Métis and Non-Status Indian Relations Directorate works primarily with Aboriginal political organizations who represent the interests of Métis and non-status Indians (MNSI) and other off-reserve Aboriginal organizations (AANDC website).

You will need to complete an **Application Form and Genealogical Chart**, both of which are available on-line at (www.metisnation.org/registry) in order to apply for a Métis membership. Once you have completed the required information, send it to your province to the address below. The application form will ask you to provide the following information:

- A genealogical chart, beginning with you and ending with your Métis ancestor (photocopy as many as needed). This form is available on-line
- A photocopy of your Long Form Birth Certificate OR baptismal certificate (the document must name your parent)
- A photocopy of a current photo identification document clearly establishing your residency in Ontario (e.g. student card, bus pass, drivers license)
- A clear photo of yourself with your name on the back - your copy of your photo ID is NOT sufficient for this purpose (maximum size 3" x 5")
- Documents confirming Métis ancestry
- Supporting documents linking every generation from you to your Métis ancestor (see below for more information)
- A one time, non-refundable administration processing fee in the amount of **\$30.00** (Cheque or money order made payable to the **Métis Nation of Ontario** - No cash please)

Once your Application and Genealogical Chart is complete, mail or fax to the address below.

The Métis Nation of Ontario
Office of the Registrar
500 Old St Patrick St. Unit D
Ottawa, ON K1N 9G4

Phone: 613-798-1006 | Toll Free: 1-855-798-1006 | Fax: 613-722-4225

E-mail: registry@metisnation.org

Website: www.metisnation.org

INFORMATION FOR INUIT PEOPLES

Retrieved from website www.aadnc-aandc.gc.ca

Inuit are people indigenous to the Arctic. They were known as Eskimos or Esquimaux. They prefer to be called Inuit. The word Inuit means “the people” in the Inuktitut language. An Inuk is one person. Most Inuit live in communities along the Arctic coast.

The Inuit have land claim agreements, which have been signed in all four Inuit regions: Nunavik (as part of the James Bay and Northern Quebec Agreement) in 1975; Inuvialuit in 1984; Nunavut in 1993; and Nunatsiavut in 2005. These four land claim regions cover about 40 per cent of Canada’s land mass.

The Canadian Constitution recognizes three groups of Aboriginal people - First Nations, Métis and Inuit. These are three separate peoples with unique heritages, languages, cultural practices and spiritual beliefs. Inuit are not part of any First Nation or Métis groups.

The Inuit live in 53 Inuit communities across the northern regions of Canada. Inuit do not live in igloos, unless they are sleeping over night on the land. Inuit live in 4 settlement areas in the Northwest Territories, Nunavut, Northern Quebec and Labrador. The capital of Inuvialuit is Inuvik; the capital of Nunavut is Iqaluit; the capital of Nunavik is Kuujuaq; and the capital of Nunatsiavut is Nain.

The Inuit do not live on reserves but in communities; most communities are municipalities. They have one language called Inuktitut. It is spoken in the Northwest Territories, Nunavut, Northern Quebec and Nunatsiavut (Labrador); each region has its own dialect.

Who are Innu? - The Innu are a First Nation in eastern Canada. They are not Inuit.

HOW TO CLAIM HEALTH BENEFITS IF YOU ARE INUIT

Inuit need a First Nations Inuit Health Branch Client Identification Number (N-Number) to receive non-insured health benefits from the Federal government. This number begins with the letter “N” and is followed by eight digits.

Northern Region

Regional Director, Operations
Health Canada Northern Region
60 Queen St., Suite 1400
Ottawa, Ontario, K1A 0K9
Telephone: 613-946-8081
Facsimile: 866-509-1769
Toll Free: 1-866-225-0709

Ontario Region

Regional Director
First Nations and Inuit Health Branch
Health Canada
1547 Merivale Road
Nepean, Ontario
K1A 0L3
Telephone: 613-952-0087
Facsimile: 613-952-5748
Toll Free: 1-866-225-0709

APPLYING FOR A GAS CARD

How Do I Apply?

To obtain a gas card, you will need to complete an **Application for Certificate of Exemption for First Nations Individuals** form.

Alternatively, you may also mail or fax a written request to the address below, along with:

1. Make a clear photocopy of your AANDC status card. (Photocopy the front and the back of your card.)
2. Print your name, full mailing address and telephone number on the photocopy.
3. Give a reason why you are applying for a gas card. For example:
 - First time applying,
 - Card was damaged,
 - Card was lost, or
 - Your name was changed on the band list.
4. Sign your name at the bottom of the photocopy.

Mail your information to the address below:

Ministry of Finance

Motor Fuels and Tobacco Tax

33 King Street West

PO Box 625

Oshawa ON L1H 8H9

Or fax your information to 905 433-5680

NOTES



SIX NATIONS
OF THE GRAND RIVER
COMMUNITY
Services

Six Nations of the Grand River Matrimonial Real Property Law

What is Matrimonial Real Property? – Part 3

Means the family home on reserve that the Spouses lived in at the time of separation and includes attached buildings. It does not include moveable furniture like furniture, cars, bank accounts etc.

Six Nations Law is Paramount – Part 4

This Six Nations law is enacted under Six Nations of the Grand River First Nation's inherent right to self government and self-determination. This Law is paramount and overrules and supersedes conflicting federal and provincial laws dealing with the same subject matter. (4.1)

Application of the Law – Part 5

5.1 The law applies to all married or common law spouses who reside on the Six Nations Reserve and applies in situations of marriage breakdown where one or both spouses own or share matrimonial property (5.1). A spouse means two persons who are married to each other though a traditional native ceremony or provincially sanctioned religious or civil ceremony or have lived together continuously, as spouses, in a common law relationship for a minimum period of five years (part 3). This includes same sex marriages.

What do I do when I leave the relationship?

5.1 A spouse initiates the protections in this law by providing written notice to the Iroquois Tribunal that their marriage or common law relationship has broken down, with no reasonable chance of reconciliation and that both formal Spouses intend on living apart. (5.1)

5.2 Within 3 months after the notice has been given by a Six Nations Spouse, Interim Occupation Orders can be decided however permanent occupation decisions will not be made within that time frame to allow for a cooling off period and a possible change of mind about reconciliation.

Interim Occupation Orders will apply for a maximum of 3 months; however, if both Spouses agree there is no reasonable chance for reconciliation then one or both of them can apply for a permanent occupation order immediately. In the case

This handbook attempts to provide some important information that is contained in the Matrimonial Real Property Law and encourages the Reader to access this information for themselves.

The Matrimonial Real Property Law is based on the following principles:

It will protect Six Nations Lands as reserved for Members of Six Nations

It will keep the primary interests of children as a priority

It will seek community-based solutions to deal with disputes upon breakdown of their marriage or common law relationship

where domestic abuse is evident, the victim can waive the cooling off period and seek an immediate order for interim occupation.

5.4 Subject to section 5.5 this law will not apply to matrimonial real property that was a gift or handed down (inheritance) to one Spouse from their family (family land); however, the value of the Matrimonial Real Property can be taken into consideration in determining compensation as set out in Part 13. Written agreements made by spouses on how to divide matrimonial real property will be enforced.

5.5 Notwithstanding Section 5.4 and Section 15.7, Non-native Spouses and non-member Spouses will not gain the right to acquire, reside, inherit, own or transfer reserve lands under this law. This law applies to lands acquired through land rights settlements, treaties or self government agreements (5.6).

15.7 Where the Tribunal makes an order that allows a non-native person to continue to reside in the matrimonial home with his/her minor children until they reach the age of majority, for the purposes of this Act, this Act takes precedence over the Six Nations residency By-Law.

Compensation – Division of Value of Matrimonial Real Property (Part 13)

13.1 Once the decision is made of permanent possession of the Matrimonial Real Property an order for compensation can be obtained. Compensation orders provide compensation to the Spouse who is not awarded Permanent Possession and does not continue to reside in the Matrimonial Real Property. The compensation order will be based on the value of the property and provide a 50% share of the value of the property. The housing loan debt for the property will be taken into account when considering compensation amounts. The Tribunal will need to consider whether the property is held as joint tenants or solely owned by one spouse. See Part 14 for further information about Housing Loan Debts.

Estate Issues – Death of a Spouse – Part 15

15.1 Where a couple is separated but have not have resolved their Matrimonial Real Property issues at the time of the death of one Spouse, and where the surviving Spouse is a member, the surviving Spouse will have the right to inherit the property and reside there.

15.2 When Matrimonial Real Property is registered in the name of the deceased spouse and a co-owner(s), none of which include the surviving spouse, then the surviving spouse may apply to the Tribunal to have a determination of the surviving spouse's interest in the property.

15.5 Where there is an existing Will, best efforts will be made to honor that Will; however, property cannot be Willed to a non-native or a non-member of Six Nations. After the death of the spouse, the Tribunal can review the Will to ensure it is being fair and does not create hardship to surviving minor children.

Six Nations of the Grand River

www.snhs.ca

Community Services

Services for Infants & Toddlers

Early Childhood Development Program

Services include crisis intervention, individual counselling, group counselling, social skills training, parent support and training, advocacy, and case management.

Contact: 519-445-0339

Baby Food Making

Where: Stoneridge Resource Centre

When: Tuesdays

Time: 9:30 am - 11:45 am

Contact: 519-445-2564

Toddler Education

Where: Stoneridge Resource Centre

Time: 10:00 am - 11:45 am

Contact: 519-445-2565

Stroller Fit Group

Where: Child & Family Services Gym

When: Thursdays

Time: 10:00 am - 11:00 am

Strollers and Transportation provided

Contact: 519-445-2809 or

erinhill@sixnations.ca

Breast Feeding Social Group

Where: Stoneridge Resource Centre

When: Last Thursday of each month

Time: 12:00 p.m. - 1:30 p.m.

Lunch provided

Contact: 519-445-4922

Prenatal Cooking Class

Where: Six Nations Birthing Centre

Contact: 519-445-2143

Ext# 2285

Services for Children

Wee Ones Cooking

Ages 4-8 years

Where: White Pines Cooking

Contact: 519-445-2809

Moms & Tots Group

Where: Six Nations Birthing Centre

Contact: 519-445-4922

Kids Cooking Class

Ages 9-12 years

Where: White Pines Cooking

Contact: 519-445-2809

After School Program

Ages 10-13 years

Where: Child & Family Services Gym

When: Tuesdays

Time: 3:30 p.m. - 5:00 p.m.

Contact: 519-445-2950

Pre-Teens

Ages 9-12 years

Where: Stoneridge Resource Centre

Time: 5:00 p.m. - 7:30 p.m.

Contact: 519-445-2565

Family Fun Night

Where: Child & Family Services Gym

Time: 6:00 p.m. - 8:00 p.m.

Contact: 519-445-2950

Six Nations Children Mental Health Services

White Pines Wellness Centre

Contact: 519-445-2143

Crisis Service: 1-866-445-2204

Child & Youth Worker

White Pines Wellness Centre

Contact: 519-445-2143

Six Nations of the Grand River

Community Services

www.snhs.ca

Services for Children

Six Nations Child & Family Services

Family Support Unit

Contact: 519-445-4050

Six Nations Child & Family Services

Clinical Support Unit

Contact: 519-445-0408

Boys Club

Ages 6-8 years

Where: Stoneridge Resource Centre

Contact: 519-445-2565

Services for Youth

Youth Program

Ages 11-16 years

Where: Child & Family Services Gym

When: Tuesdays

Time: 6:00 p.m. - 8:00 p.m.

Contact: 519-445-2950

Mini Workshops for Mothers & Daughters

Ages 11-16 years

Where: Child & Family Services Gym

When: Thursdays

Time: 6:00 p.m. - 8:00 p.m.

Contact: 519-445-2950

Teens

Ages 13 years and up

Where: Stoneridge Resource Centre

Time: 5:00 p.m. - 7:00 p.m.

Contact: 519-445-2565

Youth Skating (Extra Skates Available)

Ages 11-17 years

Where: Gaylord Powless Arena

When: Fridays

Time: 4:00 p.m. - 5:00 p.m.

Contact: 519-445-4311, ext. # 5229

OR 519-445-2809

All Nations Drop In for Youth

Ages 12-17 years

Every Tuesday and Saturday night

Contact: 519-445-2947

Six Nations Youth Mental Health Services

White Pines Wellness Centre

Contact/Crisis Service: 519-445-2143

Toll Free: 1-866-445-2204

Six Nations Child & Family Services

Family Support Unit

Contact: 519-445-4050

Six Nations Child & Family Services

Clinical Support Unit

Contact: 519-445-0408

Child & Youth Worker

White Pines Wellness Centre

Contact: 519-445-2809

Six Nations Social Services/Native Supervision Program

Contact: 519-445-2071

Six Nations Youth

Ages 11-17 years

Contact: 519-445-2809

Youth Worker Awareness Training

Contact: 519-445-2947

Six Nations of the Grand River Community Services

Services for Youth

The Native Supervision Program provides probation, provincial parole and conditional sentence monitoring and supervision to status First Nations people, both male and female, living at Six Nations, New Credit First Nations, Brantford and surrounding areas. Participants have been through the provincial court system or been in front of the Ontario Parole & Earned Release Board. Supervision includes laying failure to comply charges, following Ministry of Community Safety and Correctional Services, procedures and standards and the writing of court ordered reports, including pre-sentence reports and reviews. In relation to parole, pre-parole investigations are completed and warrants are issued for the violations of parole conditions.

Services for Adult Men & Women

Sexual Health Services

Gane Yohs Community Health Centre
1745 Chiefswood Rd, Ohsweken
519-445-2251

Services Overseen by the Sexual Health Nurse:

- Sexually Transmitted disease Testing
- Sexually Transmitted Disease follow-up and counselling
- Helping clients to choose the method of birth control that's right for them
- Pregnancy Testing
- Prenatal Classes-1 to 1
- Options counselling related to pregnancy
- HIV Testing Which includes: Pre and Post-test counselling
- HIV/AIDS Hot line
- HIV/AIDS Community Newsletter Educational Information Presentations
- Sexual Health Clinic with a Doctor once a month
- Teenage Pregnancy Prevention Program
- Girl's/Guy's Night Out
- Free Condoms given out at Public Health Office
- Women's/Men's/Couples Wellness Days

Services Overseen by the Clinical Health Nurse:

- Cancer awareness night
- Pandemic Information Sessions
- Diabetes Awareness events
- Men's Wellness Clinics
- Preventative care and annual physicals for men

Six Nations of the Grand River Community Services

Services for Adult Men & Women

Ganohkwasra Family Assault Support Services

Contact: 519-445-4324

The Mission of Ganohkwasra is to provide for the stabilization, maintenance, revitalization and enhancement of the family structure in a culturally sensitive manner. Ganohkwasra provides the following services:

- **24 Hour Crisis Line at 519-445-4324**
- Community Counseling for Children, Youth, Women and Men
- A Sexual Assault Program for adult men and women who have been impacted by sexual abuse
- Shelter for men, women and children
- Next Step Housing for single parent families
- Youth Lodge, a Co-Ed residence for youth ages 12 – 18 years
- Transitional Support Services

Community counselling and Residential Services provide holistic programs based on Ongwehoh:weh teachings that integrate the mind, body and spirit. The teachings combined with mainstream counselling techniques provide a basis for helping one to accept responsibility for their total being.

MEDICAL TRANSPORTATION SERVICES

If you are in need of medical transportation, the Non-Insured Health Benefits Program offers help for this service for Status Indians.

Contact: Marlene Bomberry

519-445-0410

You will need to provide the following information to Marlene:

- Your full name
- Your date of birth
- Your complete address, telephone number and fax number if available
- Your 10 digit status registration number
- Date and time of your appointment
- Your doctors name and area of specialty
- Address of appointment

FOR SIX NATIONS MEMBERS, 48 HOUR NOTICE OR PRIOR APPROVAL IS APPRECIATED. FOR ALL OTHER STATUS INDIANS, 10 WORKING DAYS NOTICE OR PRIOR APPROVAL IS NEEDED

Six Nations of the Grand River Community Services

Services for Adult Men & Women

Six Nations Health Services/Health Promotion & Nutritional Services Programs

White Pines Wellness Centre

Contact: 519-445-2809

- Group Presentations that target all age groups
- Healthy Nutrition Classes
- Baby Food Making Classes
- Breast feeding Support Groups
- Cooking Classes
- Craft Classes
- Exercise Classes
- Prenatal Classes
- Diabetes/Support Group
- Canning/Preserving Workshops

Six Nations Birthing Centre/Tsi non:We Ionnakeratstha Ona:grahsta Services

Contact: 519-445-4922

- Traditional Medicines Sessions
- Traditional Parenting Workshops
- Traditional Foods Gathering
- Family/Maternal Resource Library
- Women in all her seasons (Adolescent Rites of Passage teachings; Childbearing/ Menopause/Grandmother
- Female Self Care Workshops
- Prenatal Class/Exercise Class
- Moms and Tots Group (Child Care Provided)
- Male Self Care Workshops
- Gardening Program

Healthy Babies/Healthy Children Services

Contact: 519-445-1346

All families of New Borns are offered support and resources at the time of birth through home visits by a Community Health Nurse and Family Home Visitor. This program is available to all families who live on Six Nations who have children 0 – 6 years of age. We accept self referrals.

New Directions Addiction Services/Six Nations Health Services

1769 Chiefswood Rd. Ohsweken, ON

Contact: 519-445-2947

Toll Free: 1-877-650-9700

Prevention Service: Prevention activities include school curriculum, workshops and presentations and out reach services.

Promotional: Promotional activities that reflect on healthy lifestyles and substance free lives.

Counseling: Counseling opportunities for individuals, family, group and couples.

Six Nations of the Grand River Community Services

Services for Adult Men & Women

Six Nations Mental Health Services

White Pines Wellness Centre

Contact/Crisis Service: 519-445-2143

Toll Free: 1-866-445-2204

Six Nations Child & Family Services

Family Support Unit

Contact: 519-445-4050

Six Nations Child & Family Services

Clinical Support Unit

Contact: 519-445-0408

Services for Elders

Long-Term Care/Home & Community Care Services

Services that the Long Term Care/Home and Community Care Program offers are as follows:

- Case Management Unit
- Registered Nurses
- Physiotherapist
- Occupational Therapist
- Community Advocacy Worker
- Speech Therapist
- Nutrition/Dietician
- Traditional Healer
- Physician
- Community Support Program Services
- Home Making/Personal Support workers
- Adult Day Care
- Supportive Housing



◆

BRANTFORD
COMMUNITY
Services

Brantford Native Housing Aboriginal Community Services

Programs for Children 0 - 6

Canada Prenatal Nutrition Program (CPNP)

For ages 0 – 6 months

Contact: Brenda Jacobs, CPNP Coordinator

Brantford Native Housing at 519-753-5408, Ext. #230

The CPNP program is designed to improve the health and well-being of pregnant women, new mother, and women with newborn babies up to 6 months old. Services include:

- Family/Pregnancy Talking Circles
- Aquafit
- Educational workshops
- Breast feeding support
- Prenatal and Postnatal workshops
- Access to healthy food
- Prenatal vitamins
- Make a cast of your pregnancy
- Home visiting
- Resource Lending Library
- Various activities such as a Sewing Circle, trips like Maple Syrup trip in the Spring

Community Action Program for Children (CAPC)

For ages 6 months to 6 years

Contact: Tracey Thomas, CAPC Coordinator

Brantford Native Housing at 519-753-5408, Ext. #232

The CAPC program is designed to improve the health and well-being of parents and children 6 months to 6 years. Services include:

- Help parents learn how to access community services
- Parenting workshops
- Traditional teachings and child rearing
- Car seat safety training
- Toy and play safety training
- Breast Feeding support
- Healthy physical activities for parents and children
- Cooking Classes
- Fitness activities such as Yoga
- Family Drop In
- Couponing

Brantford Native Housing Aboriginal Community Services

Programs for Children 0 - 6

Aboriginal Best Start Project/En'isko:wa

For ages 0 – 6 years

Contact: Sara VanEvery, Aboriginal Child Development Worker

Brantford Native Housing at 519-753-5408, Ext. #231

The Aboriginal Best Start project is designed to help parents prepare their child to enter into public school. This program promotes and provides cultural based learning primarily for Aboriginal children 0 – 6 years of age and their families at Bellview School, Northland Gardens, Stepping Stones, New Beginnings and Brant Native Housing. Services include:

- Mohawk language phrases
- Mohawk & Cayuga Language Classes for ages 9 – 12 years
- Story Telling/songs
- Aboriginal crafts
- Assist parents in teaching their children their ABC's and count to 10 and other essential teachings to succeed in public school.
- Cooking Kitchen at New Beginnings at 359 Darling St., Unit #17
- Aboriginal Best Start Programming at Bellview School at 97 Tenth Avenue twice a week

Aboriginal Community Services

Programs for Children 7 and Up

Contact: Sara VanEvery

Brantford Native Housing at 519-753-5408, Ext. #231

- Mohawk & Cayuga Language Classes for ages 9 – 12 years
- Kids Crafts ages 9 – 12 years
- Healthy Spirit Series that include such projects as Beaded Picture Frames
- Workshops such as Internet Safety

Brantford Native Housing Aboriginal Community Services

Programs for Youth

Aboriginal Youth Outreach Program (AYOP)

For ages 12 – 17 years

Contact: Dana VanEvery

Brantford Native Housing at 519-753-5408, Ext. #257

The goals of the program are to help prevent urban, at risk, Aboriginal Youth from becoming involved with the law and prevent them from re-offending by providing positive alternatives for them. The hope for this program is to reduce the representation of Aboriginal Youth in the criminal justice system. Services include:

- Anger Management
- Counseling
- Advocacy in school and court
- Violence Prevention Training
- Access to traditional teachings
- Homework help and study skills
- Youth recreation summer camps
- Sports and recreation
- Guidance
- Youth Drop Ins

Aboriginal Cultural Development Program

Contact: Peter Isaacs

Brantford Native Housing at 519-753-5408, Ext. #234

This program offers culturally specific support services for Aboriginal people interested in connecting or reconnecting to their culture, traditions and ceremonies, primarily Onkwehon:we and Anishinaabe culture. Services include:

- Aboriginal cultural training for students
- Aboriginal cultural training for organizations
- Aboriginal cultural training for adults

Brantford Native Housing Aboriginal Community Services

Programs for Youth

Employment Support

Where: Brantford Native Housing

Contact: Sherry Lewis

519-756-2205, Ext. 259

This program provides short-term one-on-one sessions for individuals wanting to find a job and could include:

- Job Search Skills
- Interviewing Skills
- Resume Writing Skills
- Connecting to community employment services

Aboriginal Healing & Wellness Program

Contact: Cynthia Barton

Brantford Native Housing at 519-753-5408, Ext. #224

The goals of this program are to reduce family violence, promote healthy lifestyles, and provide culture based programming and healing to those most at risk, notably women and children. Services include:

- Native Women's Sharing Circle ages 13 and up
- Eight week Anger Management Program, one-to-one sessions available
- Crisis Intervention
- Community Education and Training

Kizhaay Anishinaabe Niin (I am a Kind Man) Program

Contact: Peter Isaacs

Brantford Native Housing at 519-753-5408, Ext. #234

The Kizhaay program is a 7 week program designed to:

- To educate men and boys who are committed to ending violence against Aboriginal women
- To re-establish traditional responsibilities by acknowledging that our teachings have never tolerated violence and abuse towards women
- To inspire men and boys to engage other males to get involved and stop the abuse, and to support Aboriginal males who choose not to use violence

Brantford Native Housing Aboriginal Community Services

Programs for Youth

Aboriginal Family/Youth Court work Program (AFCWP)

Contact: Stewart Gideon

Brantford Native Housing at 519-753-5408, Ext. #227

The goals of this program are to assist Aboriginal Youth and families in contact with family, child protection and youth court to better understand their options, responsibilities and rights when appearing before the courts. This includes the following court proceedings:

- Family Court/Child Protection issues
- Family Court/separating couples
- Accused person's 12 – 17 years of age on the date of the offence and is charged as a Youth

NOTES

Brantford Native Housing Aboriginal Community Services

Programs for Adult Men, Women & Elders

Budgeting Program

Contact: Administrative Clerk

Brantford Native Housing at 519-753-5408, Ext. #258

This is an 8 session Budgeting Program designed to increase individual skills in personal money management through personal one-on-one sessions with a financial planner.

Aboriginal Cultural Development Program

Contact: Peter Isaacs

Brantford Native Housing at 519-753-5408, Ext. #234

This program offers culturally specific support services for Aboriginal people interested in connecting or reconnecting to their culture, traditions and ceremonies, primarily Onkwehon:we and Anishinaabe culture. Services include:

- Aboriginal cultural training for organizations
- Aboriginal cultural training for adults
- Monthly Sweats for men and women (separately and mixed)

Aboriginal Healing & Wellness Program

Contact: Cynthia Barton

Brantford Native Housing at 519-753-5408, Ext. #224

The goals of this program are to reduce family violence, promote healthy lifestyles, and provide culture based programming and healing to those most at risk, notably women and children. Services include:

- Native Women's Sharing Circle
- Eight week Anger Management Program, one-to-one sessions available
- Crisis Intervention
- Community Education and Training

Brantford Native Housing

Aboriginal Community Services

Programs for Adult Men, Women & Elders

Aboriginal Family/Youth Court work Program (AFCWP)

Contact: Stewart Gideon

Brantford Native Housing at 519-753-5408, Ext. #227

The goals of this program are to assist Aboriginal Youth and families in contact with family, child protection and youth court to better understand their options, responsibilities and rights when appearing before the courts. This includes the following court proceedings:

- Family Court/Child Protection issues
- Family Court/separating couples
- Accused person's 12 – 17 years of age on the date of the offence and is charged as a Youth

Aboriginal Criminal Courtwork Program (ACCWP)

Contact: Jennifer Wahlman

Brantford Native Housing at 519-753-5408, Ext. # 228

The goal of the program is to assist Aboriginal adults (18+ years) accused to better understand their rights, options and responsibilities when appearing before the criminal courts. The main objectives are to:

- To facilitate and enhance access to justice
- To ensure Aboriginal people involved in the criminal justice system understand their rights, responsibilities and options
- To ensure that the individual receives fair and legal representation

Job Search Skills

Where: Brantford Native Housing

Contact: Sherry Lewis

519-756-2205, Ext. 259

This program provides one-on-one sessions for individuals wanting to find a job and could include:

- Job Search Skills
- Interviewing Skills
- Resume Writing Skills
- Connecting to community employment services

Brantford Native Housing Aboriginal Community Services

Programs for Adult Men, Women & Elders

Native Housing

Contact: Pete Doolittle

Brantford Native Housing at 519-756-2205, Ext. #223

Brantford Native housing provides affordable housing to Aboriginal men, women and their children and the Elder population. Family must be at least 50% Native in order to qualify for a Brantford Native Housing rental unit.

Women's Transitional Housing (Ojistoh House) (O-jis-toe)

Contact: **Brantford Native Housing at 519-753-5408, Ext. #235**

Ojistoh House is a 14-bed transitional home for Aboriginal women with or without children who are experiencing homelessness or at-risk of homelessness. Women with Aboriginal children in their custody would benefit from the program as well. Ojistoh House operates using two housing streams. The Healing Journey stream allows women to stay **for up to one (1) year** while focusing on their own healing goals. Residential programming is scheduled based on individual plans of care. The Home Search stream allows women to stay **for up to six (6) weeks** while focusing on finding their own home in the community.

Men's Transitional Housing (Karahkwa House)(Ga-la-kwa)

Contact: Peter Isaacs

Brantford Native Housing at 519-753-5408, Ext. #234

Karahkwa House is a 4 bed transitional home for Aboriginal men experiencing homelessness or at-risk of homelessness with a focus on recovery from alcohol or drug use. Individuals can stay **for up to one (1) year** while learning how to maintain sobriety and find their own home in the community.

Kizhaay Anishinaabe Niin (I am a Kind Man) Program

Contact: Peter Isaacs

Brantford Native Housing at 519-753-5408, Ext. #234

The Kizhaay program is a 7 week program designed to:

- To educate men and boys who are committed to ending violence against Aboriginal women
- To re-establish traditional responsibilities by acknowledging that our teachings have never tolerated violence and abuse towards women
- To inspire men and boys to engage other males to get involved and stop the abuse, and to support Aboriginal males who choose not to use violence

Brantford Native Housing Aboriginal Community Services

Programs for Adult Men, Women & Elders

(Hanih Go:wah) Great Father Parenting Program

Contact: Tracey Thomas or Brenda Jacobs

Brantford Native Housing at 519-753-5408, Ext. #232 or Ext. 230

The program is a 7 week parenting program for men. During the 7 weeks, fathers will learn all aspects of being a parent that includes Anishinnabe and Onkwehon:we traditional parenting.

Medical Transportation Services

There are two programs that offer medical transportation to residents of Brantford and Brant County. These are:

Contact: **Aboriginal Health Centre**

Transportation Program

1-877-402-4121, ext # 234

Please allow for **24 to 48 hours** notice for appointments

Contact: **Six Nations/Non-Insured Health Benefits Program**

Contact: Marlene Bomberry

519-445-0410

For transportation through Non-Insured Health Benefits, you will need to provide the following information to Marlene:

- Full name
- Your date of birth
- Your complete address, telephone number and fax number if available
- Your 10 digit status registration number
- Date and time of your appointment
- Your doctors name and area of specialty
- Address of appointment

FOR SIX NATIONS MEMBERS, 48 HOUR NOTICE OR PRIOR APPROVAL IS APPRECIATED

FOR ALL OTHER STATUS INDIANS, 10 WORKING DAYS NOTICE OR PRIOR APPROVAL IS NEEDED

DE DWA DA DEHS NYE>S Aboriginal Health Access Centre (AHAC)

Services for Children & Youth

HEALTH PROMOTION

FASD & Child Nutrition

Contact: Brenda Sault, FASD & Child Nutrition

Anastasia Blackey, Health Promotion Manager

AHAC at 1-877-402-4121

Under Health Promotion Services, the Aboriginal Health Access Centre provides health based, culturally sensitive programs for everyone. Some of the services are:

- Community & Cultural events
- FASD
- Programming for youth
- March Break Camps
- Healthy Eating Workshops

Children's Mental Health/Counselling Program

For ages 6 to 25 years, male & female

Contact: Karen Smith

AHAC at 529-752-4340, ext # 359

m.hanna@aboriginalhealthcentre.com

Counseling and Case Management service are available to individuals experiencing mental health issues and other stressors that are not considered serious but are interfering with Mental Health Wellness. In order to be eligible, clients must be dealing with mental health issues and be from Hamilton or Brantford. The Children & Youth Mental Health Program objective is to ensure that Aboriginal people have access to culturally appropriate mental health services and programs. The process to obtain and receive service is as follows:

- Make a self-referral or a community service provider can make the referral for you
- An application with a signed consent for services will need to be completed. Children under 16 years of age must have their parent's signed consent for services
- Referral applicants will be contacted and an Intake appointment will be scheduled. Please have your status card and health card at the Intake appointment and be prepared to be with a worker for at least one hour
- During the Intake meeting, you will be provided with an introduction and orientation to the organization
- An assessment will also be completed, which involves gathering information as part of service planning. A Wellness Plan will be created with you and will identify mental, emotional physical and spiritual goals

DE DWA DA DEHS NYEYS

Aboriginal Health Access Centre (AHAC)

Services for Children & Youth

Services offered are under the Mental Health Program are:

- Provide individual and family counselling and support
- We provide Service coordination and referrals to link consumers with appropriate internal services and supports within the AHAC and external community services
- Maintenance support is also provided with monitoring of clients' holistic well-being with supportive listening and awareness teaching of coping skills and interventions
- Advocacy for appropriate services is also offered, as necessary
- Referrals for psychological and psychiatric services are available; we seek out the service along
- Workers will make home-visits

Wellness Program/ Case Management

For ages 17 and up, male & female

Contact: Mona Hanna, Manager

AHAC at 1-877-402-4121, ext # 238

m.hanna@aboriginalhealthcentre.com

Services are available to individuals 17 and up experiencing mental health issues and other stressors that are not considered serious but are interfering with Mental Health Wellness. In order to be eligible, clients must be dealing with mental health issues and be from Hamilton or Brantford. Provided service coordination and referrals to link consumers with appropriate internal services and supports within the AHAC and external community services

Mental Health Helpline

Call: 1-866-531-2600

- Live Information 24/7
- Specialists standing by to chat on the phone or on line

Children & Youth Mentoring Program

Contact: Jordan Carrier, Part-time Coordinator

AHAC at 519- 742-4340, ext. #245

DE DWA DA DEHS NYE>S Aboriginal Health Access Centre (AHAC)

Services for Children & Youth

Traditional Healing Program

For Children and Youth, male & female

Contact: Walter Cooke, Elder/Counselor OR

Janet Hill, Manager of Traditional Healing Programs & Services

AHAC at 519- 742-4340, ext. #245

The Traditional Healing Program offers the following services:

- Walter Cooke's Healing Journey Program
- One-on-one sessions with Traditional Practitioners
- Attitudinal Healing
- Grief Recovery Circles
- One-on-one sessions with Janet Hill
- Spiritual Warriors Roadway Program
- Elder Mentorship Program
- Sweat-lodge Ceremonies

OVER VIEW OF TRADITIONAL HEALING PROGRAM SERVICES

Healing Journey Program: Walter Cooke, Ojibway elder, shares the teachings of the of the seven fires as well as the seven steps to spirituality. Participants are given a series of traditional teachings which help to connect them to their cultural identity. Walter also provides one-on-one sessions using traditional teachings and methods.

Attitudinal Healing Program: This is a 14 week group (2 ½ hour group sessions) that helps you to alter the attitudes that block your ability to heal. This program is meant to help you work towards finding Inner Peace and having a Good Mind.

Grief Recovery: This program is designed to facilitate recovery from loss. As a participant you will be guided through the process of awareness, acceptance and forgiveness and moving beyond loss.

Spiritual Warriors Roadway Program: This is a fourteen (14) week group program which offers a series of teachings designed to integrate mind, heart, body, spirit. These exercises allow the participant to experience the teachings rather than just receiving information.

Sweat Lodge Ceremonies: Are offered throughout the year. Sweatlodge teachings are offered in the morning and the Ceremony is in the afternoon. A potluck feast follows.

DE DWA DA DEHS NYEYS

Aboriginal Health Access Centre (AHAC)

Services for Adult Men, Women & Elders

ADVOCACY & OUTREACH SERVICES

Advocacy Program

AHAC at 1-877-402-4121, ext # 242

Contact: Tara Williams

Where: In both the Hamilton and Brantford office (Tara is in Brantford once a week)

Advocacy Services offered are:

- One-on-one assistance in areas of housing, financial issues, Employment/Training, Diet, Education and Life Skills
- Case Management/Case Conferencing
- Hospital & Medical Advocacy & Home Visits-Support
- Arrange Cultural & Traditional Services in area hospitals upon request
- Client Support and Advocacy to Medical or Social Service Providers appointments (ensure patient and family understand Diagnosis, treatment)
- Referrals to the appropriate Health/Social Service providers to receive health care services and programs that the client requires
- Advocacy with housing issues (after all other resources have been explored)
- Advocacy with Ontario Works and ODSP
- ID Clinics (Details below)
- Over The Counter Medication Assistance (details below)

ID Clinics:

ABORIGINAL HEALTH ACCESS CENTRE/ADVOCACY PROGRAM

Contact: Tara Williams

Phone: 519-752-4340, #242

OR 1-877-402-4121, 242

Tara Williams will help community members obtain various types of Personal Identification and Indian Status. Tara can help with filling out applications and financial help is available once all other resources have been explored. Tara Williams is in the Brantford office once a week

Over The Counter (OTC) Medication Assistance:

If you are Aboriginal and in need of OTC and have a limited income, the Advocacy Program may be able to help you.

DE DWA DA DEHS NYE>S Aboriginal Health Access Centre (AHAC)

Services for Adult Men, Women & Elders

Mental Health & Addictions Program

Individual, Couple & Family Support/Counselling & Treatment

For ages 18 and up/male & female

Contact: Mona Hanna, Manager

AHAC at 1-877-402-4121, ext # 238

m.hanna@aboriginalhealthcentre.com

This program provides counselling and support treatment using a variety of therapeutic treatment such as Cognitive Behavior Therapy, Dialectical Behavior Therapy, Feminist and Narrative Therapy based on client needs. The program accepts self-referrals and internal/external referrals.

The process to obtain and receive service is as follows:

- Make a self-referral or a community service provider can make the referral for you
- An application with a signed consent for services will need to be completed.
- Referral applicants will be contacted and an Intake appointment will be scheduled. Please have your status card and health card at the Intake appointment and be prepared to be with a worker for at least one hour
- During the Intake meeting, you will be provided with an introduction and orientation to the organization
- An assessment will also be completed, which involves gathering information as part of service planning. A Wellness Plan will be created with you and will identify mental, emotional physical and spiritual goals

Services offered are under the Mental Health Program are:

- Provide individual, Couple and family counselling and support
- Provide Service coordination and referrals to link consumers with appropriate internal services and supports within the AHAC and external community services
- The therapeutic process involves a Cognitive Behavior Therapy and/or Dialectical Behavioral Therapy approach to wellness, as counselling methods
- Maintenance support is also provided with monitoring of clients' holistic well-being with supportive listening and awareness teaching of coping skills and interventions
- Advocacy for appropriate services is also offered, as necessary
- Referrals for psychological and psychiatric services are available
- Workers will make home-visits

DE DWA DA DEHS NYE>S Aboriginal Health Access Centre (AHAC)

Services for Adult Men, Women & Elders

Health Promotion Services
Contact: Anastasia Blackey

Contact: 519-752-4340, Ext. #357

The Aboriginal Health Access Centre provides health based, culturally sensitive programs for everyone. Some of the services are:

- Community & Cultural events
- FASD
- Diabetes Nurse on site
- Nutrition/Healthy Eating Workshops
- Foot Care Nurse on site
- Traditional Food Workshops
- Health & Wellness Programming

NOTES

G.R.E.A.T. Grand River Employment and Training

GREAT/APATISIWIN

Contact: Viola Hayde
120 Colborne St., Suite 101, Brantford
viola@greatsn.com

Contact: 519-758-9210

Grand River Employment and Training and Apatisiwin provide the following services:

Programs:

- Purchase of Training
- Employment Supports
- Pre-employment training
- Stay-in-school program
- Youth Internship
- Community Based Projects
- On-the-job-training
- Apprenticeship Skills/Programs
- Labour Market Partnerships
- Self-Employment Training

Skills & Trade Training Centre:

- Automotive Service Technician
- Welding
- Pre-Trades Pre-Apprenticeship
- Driver's Education
- Pre-Apprenticeship Technical Support Agent
- Aboriginal Small Business Management Program through Mohawk College

Aboriginal Employment & Training Centre offers:

- Employment Counseling: To assist with securing employment or training opportunities
- Training: Defining career goals, provide resource materials, workshops and job search techniques
- Marketing/Networking: Promote suitable employment opportunities with potential employers; Develop linkages with Educational Institutions, Business and Community
- Career and Employment Counseling Services: Provide employment counselling; Resume/Cover letter writing; Job Postings; Computer/Internet; Interview Skills; Photocopier/Fax Machine; Local Community Information Resources; Labour Market & Hidden Job Market information

G.R.E.A.T.

Grand River Employment and Training

Who is Eligible for Programs & Training through GREAT/APATISIWIN:

- Members of Six Nations of the Grand River
- Non-Status Indian and not a member of an Indian Act band in Ontario, or
- Status Indian and not a member of a First Nation, or
- Status Indian and a member of a First Nation outside of Ontario, or
- Métis who are members, or former members of the Ontario Métis and Aboriginal Association (OMMA) or members of the Canadian Métis Council who are no longer able to apply for assistance from OMAA
- Status or non-status Indian and a member of a First Nation in Ontario but reside off reserve, Métis or Inuit are eligible to apply for assistance from a First Nation, Métis or Inuit AHRDA holder as the case be, but:
- Have been refused assistance by their AHRDA holder, or
- Do not have reasonable or convenient access to assistance from that AHRDA holder because of where the client resides, or
- Consider themselves to be part of the Aboriginal community in which she/he resides and prefers to be served by the Organization

BRANTFORD

All Other Community Services

Pre-Natal/Post-Natal Programs & Services

CANADA PRENATAL NUTRITION PROGRAM (CPNP)

Free programming

For parents with children ages 0 – 6 months

Contact: Brenda Jacobs, CPNP Coordinator

Brantford Native Housing at 519-753-5408, Ext. #230

The CPNP program is designed to improve the health and well-being of pregnant women, new mother, and women with newborn babies up to 6 months old. Services include:

- Family/Pregnancy Talking Circles
- Aquafit
- Educational workshops
- Breast feeding support
- Prenatal and Postnatal workshops
- Access to healthy food
- Prenatal vitamins
- Make a cast of your pregnancy
- Home visiting
- Resource Lending Library

BRANTFORD

All Other Community Services

Pre-Natal/Post-Natal Programs & Services

FREE 5 WEEK PRE-NATAL WORKSHOP

Contact: The Pregnancy Resource Centre at **519-756-3787**
466 Colborne St. East, Brantford, Ontario

If you're currently in your second or third trimester and looking for pre-natal support to ensure you have the best birth experience for you and your baby this workshop is for you. You are encouraged to bring your birth partner to ensure they know how best to support you through your labour and delivery. Facilitators are professionals that have a passion to see you have a positive birthing experience. Our experienced team consists of a Nurse with her Bachelors specializing in labour & delivery, a doctor upgrading as an OBGYN and Doulas.

Workshops run on Wednesday's 1:00pm-3pm
2013 Dates as follows:

Jan 30th - Feb 27th
Mar 20th - April 17th
May 8th - June 5th
Sept 11th - Oct 9th
Oct 23rd - Nov 20th

Spaces are limited, - Pre-registration is required.

PRENATAL CLASSES

Contact: 519-753-4937, ext. 463

Brant County Public Health

Fee for service - \$40.00

The Brant County Public Health Unit offers Prenatal Education Classes that are designed to meet the needs of the pregnant woman and her partner. There are a total of 8 classes in the prenatal education series. The first series of 3 classes held at the Health Unit covers topics about healthy pregnancy and baby care. The second series of 3 classes held at Brantford General Hospital covers topics about labour and deliver. Finally, there are 2 individual classes held at the Health Unit, the first about breast feeding and the second about car seats. Please call for more information and to register for a class. Be sure to register early in your pregnancy.

BRANTFORD

All Other Community Services

Pre-Natal/Post-Natal Programs & Services

ONLINE PRENATAL CLASSES - Brant County Public Health

Contact: prenatalclasses@bchu.org

The Gift of Motherhood is a free, internet-based, prenatal education program with animated illustrations, videos and fun quizzes. It is designed for you and your partner / support person to help you feel prepared for pregnancy, childbirth, breast feeding and your new parenting role. Follow the link above for more information and to register for the online classes.

GROWING HEALTHY TOGETHER IN BRANT **Contact: 519-753-4937, ext. 463** **Brant County Public Health**

You can join the group at any time in your pregnancy and stay until your baby is 6 months old. The program is free of charge and is a drop-in. There is no need to register, just show up and learn about a number of topics related to pregnancy and parenting, including nutrition, labour & delivery, breast feeding and infant care. You can bring one person with you as your support. You can join the group at any time in your pregnancy and stay until your baby is 6 months old. For information on program times and locations call or follow the above link.

HEALTHY BABIES/HEALTHY CHILDREN **Contact: 519-753-4937, ext. 259** **Brant County Public Health**

The Healthy Babies Healthy Children (HBHC) program is available to expectant parents who may have special risk factors and need extra support. Such factors that may have an impact on child development are: low income, socially isolated or little family support, violence in the home, poor nutrition, lack of access to community or health services, smoking, and alcohol or drug use. Expectant parents decide which parts of the program are of interest to them. All services are free and confidential. Please call for more information and to register for the program.

PREGNANCY CARE **Contact: 519-752-7871**

Brantford General Hospital

www.bchsys.org

200 Terrace Hill Street, Brantford, ON, N3R 1G9

BRANTFORD

All Other Community Services

Pre-Natal/Post-Natal Programs & Services

SIX NATIONS BIRTHING CENTRE

Contact: 519-445-4922

The Six Nations Birthing Centre provides a variety of services such as Prenatal Classes, Prenatal Exercise Group, Moms & Tots group (child care provided), Traditional Parenting Classes as well as provide one-on-one care for the expectant mother and her infant when born.

COMMUNITY MIDWIVES OF BRANTFORD

Contact: 519-751-6444

Online Information

cmob@on.aibn.com

84 Brant Avenue, Brantford, ON, N3T 3H1

Staff privileges at Brantford General Hospital

PRENATAL TOURS - Brantford General Hospital

Contact: 519-752-7871

Pre-Birth Service - Brantford General Hospital

The pre-birth service at Brantford General Hospital involves a visit with a registered nurse. At this visit the nurse will help with assessment and planning based on your individual needs and provide information about community resources. At this visit you will also complete your pre-admission registration.

Virtual Tour - Brantford General Hospital

An online tour of the labour and delivery unit is available on the Brantford General Hospital website.

PRENATAL RESOURCES

Contact: 519-753-4937, ext. 259

Health Information Line - Brant County Public Health

A Public Health Nurse is available to answer your questions and provide support over the phone regarding pregnancy, baby care, healthy living, and parenting.

POSTPARTUM RESOURCES

Contact: 519-753-4937, ex. 259

Breast feeding Clinics - Brant County Public Health

The Brant County Public Health Unit offers a number of breast feeding clinics throughout the region. These clinics are free of charge and no appointments are needed. For more information on times and locations follow the above link or call the Health Unit.

BRANTFORD

All Other Community Services

Pre-Natal/Post-Natal Programs & Services

FAMILY DROP-IN-CENTRES **Brant County Public Health**

Contact: 519-753-4937, ext. 259

Visit a Family Drop-in Centre and talk with a Public Health Nurse about growth and development, parenting, breast feeding, sexual health, preconception, and more. These drop-in centres are offered at numerous locations in Brant County and they are free of charge. For more information on times and locations follow the above link or call the Health Unit.

LET'S GROW - Brant County Public Health

Contact: 519-753-4937, ext. 259

Let's Grow is a free resource for parenting information and community services. If you sign up for this program you will have 12 free issues mailed to you during your child's first six years of life. Each issue will provide you with timely information about child growth and development, speech and language, and parenting information. To register for a subscription please call the Health Unit.

THE ONTARIO EARLY YEARS CENTRES

Contact: 519-759-3833

The Ontario Early Years Centres are a place for children up to the age of six and their parents and caregivers to take part in programs and activities together. The Ontario Early Years Centres also bring together in one location information about children's services and programs in the community. If you have questions about your child's development, or want to know how to get information or services for your child aged 0-6 in your area contact your local centre.

BEST START

Contact: 519-756-3150

The Best Start Network is committed to providing information and resources to help parents and care givers make the best choices for their children. Best Start is Ontario's plan to enhance the early learning, child care and healthy development of the province's children so they are ready to achieve success in school by the time they start Grade 1. In short, it is about bringing out the best in all of us.

CAR SEAT SAFETY CLASSES

Contact: 519-753-4937, extension #463

The Brant County Health Unit offers regular car seat clinics. A specially trained car seat expert will be pleased to check your car seat and assist you to make necessary changes. Classes are offered for the prenatal period, for children under 1 year of age and for children over 1 year of age.

BRANTFORD

All Other Community Services

Services for Children & Parents

CONTACT BRANT

643 Park Rd. North
Brantford, Ontario
519-758-8228

Contact Brant is the point of contact for most children's services in Brantford. On their website, Contact Brant provides "YOUR GUIDE BRANT" booklet, which is a community Resource Guide Book published three times a year: Spring/Summer, Fall & Winter Guides.

To obtain current information about parent and children's programming throughout the year, you can access "Your Guide Brant" from Contact Brant's website at:

www.contactbrant.net/

From the menu on the left click "Your Guide Brant"

This Guide Book provides information such as:

- Fun, Interactive Parenting programs at the Early Years Centre for infants, parents (both men & women), toddlers & preschool children
- Parenting programs for parents who have children ages 0 – 16 years and up
- Car Seat Safety
- Prenatal Education classes
- Family Support Groups
- Wellness groups for women
- Dental and Immunization information

PARENTING GROUPS

For Parents with Children Age 0 -16 years

CONTACT: Contact Brant at 519-758-8228.

To register for Triple P Parenting Programs & Temper Tamers

THE TRIPLE P PARENTING PROGRAMS provide parents with new ideas, strategies and skills that build positive behaviors in your child (age 0-12) or teen (age 13-16). Children do not attend these groups or seminars. There are 3 different parenting groups which are:

BRANTFORD

All Other Community Services

Services for Children & Parents

PARENTING GROUPS

For Parents with Children Age 0 -16 years

CONTACT: Contact Brant at **519-758-8228**.

To register for Triple P Parenting Programs & Temper Tamers

THE TRIPLE P PARENTING PROGRAMS provide parents with new ideas, strategies and skills that build positive behaviors in your child (age 0-12) or teen (age 13-16). Children do not attend these groups or seminars. There are 3 different parenting groups which are:

Triple P Parenting Group Program

If you have children between ages 0 – 12 years

This is an 8 week Positive Parenting Program, which consists of 5 group sessions and 3 individual phone sessions.

Triple P Seminar 1: The Power of Positive Parenting

If you have children between ages 0 – 12 years

This is a single workshop which focuses on a particular topic

Triple P Seminar 2: Confident, Competent Children

If you have children between ages 13 – 16 years

This is a single workshop which focuses on a particular topic

* Child Care may be available upon request at registration

TEMPER TAMERS

If you have children between 7 – 12 years old

Contact: Contact Brant at 519-758-8228

This is a nine week program that includes an orientation, one parent information session and 7 parent-child sessions to help with the management of your child's emotions

CONTACT: The Early Years Centre at 519-759-3833

To register for the four parenting programs noted below

BRANTFORD

All Other Community Services

Services for Children & Parents

POSTIVITE DISCIPLINE (Parent workshop)

If you have children between 0 – 6 years

This workshop will provide information and suggestions to guide your child towards a happy and successful life

I'M SO ANGRY I COULD JUST SCREAM

If you have children between ages 0 – 6 years

Parenting can be both rewarding and frustrating. This workshop will provide you with different strategies to become a scream free parent

PARENTING GROUPS

For Parents with Children Age 0 -16 years

CHOICES

If you have children between ages 0 - 6 years

This is a discussion base work shop that uses participant's issues to look at behavior and discipline strategies

BEYOND THE BASICS

If you have children between ages 0 – 6 years

This workshop is for parents of children who are involved with a Child Protection Agency (CAS). This workshop will provide new approaches and tools that support positive parenting

BRANTFORD

All Other Community Services

Services for Children & Parents

CONTACT BRANT

519-758-8228

643 Park Rd. North
Brantford, Ontario

Contact Brant is the point of contact for most children's services in Brantford. On their website, Contact Brant provides "YOUR GUIDE BRANT" booklet, which is a community Resource Guide Book published three times a year: Spring/Summer, Fall & Winter Guides.

To obtain current information about parent and children's programming throughout the year, you can access "Your Guide Brant" from Contact Brant's website at:
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From the menu on the left, click "Your Guide Brant"

This Guide Book provides information such as:

- Fun, Interactive Parenting programs at the Early Years Centre for infants, parents (both men & women), toddlers & preschool children
- Parenting programs for parents who have children ages 0 – 16 years and up
- Car Seat Safety
- Prenatal Education classes
- Family Support Groups
- Wellness groups for women
- Dental and Immunization information

BRANTFORD

All Other Community Services

Parent/Child Interaction Programs

For Children Age 0 - 6 years

THE EARLY YEARS CENTRE

Contact: 519-759-3833

For parents with children from 0 to 6 years
30 Bell Lane, Brantford, Ontario

The Early Years Centre offers a multitude of programs that promote interaction between parents and their children. The following programs are offered to caregivers and their children:

- Bonding with Baby and More (for parents with children 0 – 6 months)
- Little Wigglers...A Baby-cise Program (for parents with children 3 – 9 months)
- Curious Crawlers (for parents with children 6 – 12 months)
- Infant Massage (for parents with children 0 – 12 months)
- Infant Sign (for parents with children 0 – 18 months)
- Bouncing Babies (for parents with children 12 – 18 months)
- Tumbling Tots (for parents with children 18 – 30 months)
- The Parent & Child Mother Goose Program (for parents with children 0 – 2 ½ yrs)
- Busy Little Hands (for parents with children 18 months – 6 yrs)
- It's Gym Time (for parents with children 18 months – 6 yrs)
- Little Chefs (for parents 2 ½ to 6 years)
- Dad's Night (for parents with children 0 – 6 yrs)
- Snowman Building and a Movie (for parents with children 0 – 6 yrs)
- Growing with Music (for parents with children 2 – 5 yrs)
- Musical Scarves (for parents with children 2 ½ to 6 yrs)
- I wrote a Letter to My Love/Making Valentine Crafts (for parents with children 2 ½ to 6 yrs)
- Fun with Words (for parents with children 2 – 5 yrs)
- Happy Birthday Dr. Seuss (for parents with children 2 ½ to 6 yrs)
- Lions and Tigers and Bears...Oh My! (For parents with children 18 mos. To 6 yrs)
- Get Ready, Get Set – Kindergarten (for parents with children 3 to 6 yrs)
- Tickles and Tunes Concert (for parents with children 0 to 6 yrs)
- Family Literacy Day (for parents with children 0 to 6 yrs)
- Lets Read Skating Event (for parents with children 0 to 6 yrs)
- Brant Multiples and More/multiple birth families (for parents with children 0 to 6 yrs)

BRANTFORD

All Other Community Services

Parent/Child Interaction Programs

THE PARACHUTE PROGRAM

Contact: 519-755-9482

For Caregivers and their infants up to 1 yr

Contact: Jane at Kids Can Fly

FREE TAXI is available for transportation

The Parachute Program is a place to meet and share your joys and challenges with your new baby. This transitioning to Parenthood support group will meet on Wednesday afternoons 1:30 p.m. – 3:00 p.m. at the St. Andrews Community Centre, 95 Darling Street, Brantford. Caregivers and their children will spend about the first 30 minutes together and then parents and children are separated so parents can spend time learning and sharing. ECE workers will be with your children. This program is free and siblings are welcome. You don't have to register for this program; however, connect with Jane once at the program. You can access Brant Taxi at 519-752-1010 and say you are attending the Parachute Program through "Kids Can Fly" and Brant Taxi will invoice Kids Can Fly. Don't forget to advise Brant Taxi the size of car seat your child requires.

THE LAUNCH PAD

Contact Jane: 519-755-9482

For Caregivers and their children ages 0 to 6 years

Graham Bell-Victoria School, 56 Grand St. Brantford

FREE TAXI is available for transportation

- The Launch Pad at Graham Bell School is open Tuesday – Friday mornings from 9:00 a.m. – 12 noon
- It is FREE and everyone is welcome
- There is staff on site that are experienced professionals in early child development
- There is FREE transportation through Brant Taxi – call 519 752 1010, and request a car seat
- The Launch Pad is open ONLY when school is open. Closed PD and Snow Days
- Activities include creative art, sensory, dress up area, puzzles, construction toys, books and puppets, baby corner, music and story circle plus gym time twice weekly
- Please note: The Launch Pad at Graham Bell-Victoria school is not a peanut-fee school, however there are children with peanut allergies that come to the Launch Pad, so we ask that you bring "peanut-free" snacks in the room

BRANTFORD

All Other Community Services

Parent/Child Interaction Programs

SIX WEEK STORYTIME

For Parents with children 0 – 5 years

To register and learn what reading programs are running contact:

Contact: 519-756-2220 (Main Library)

Or: 519-753-2179 (St. Paul Library)

The Six Week story time program offers a variety of opportunities for parents to enjoy stories, rhymes, songs and dance with their children, as well as meet other parents.

WEEKLY STORYTIME DROP-IN

Where: Brantford Public Library

For information visit website at www.brantford.library.on.ca/kids/programs-and-activities/

Contact: 519-756-2220

Weekly story times are ongoing up until spring time and offers a variety of opportunities for parents to enjoy crafts, story time, play time as well as meet other parents.

YMCA

143 Wellington St., Brantford

Financial Assistance available to purchase membership.
Bring in an income statement showing proof of income

Contact: 519-752-6518

Check www.ymcahbb.ca
for monthly program schedules

YMCA KIDS PROGRAMS FOR THOSE WHO HAVE A MEMBERSHIP: FOR CAREGIVERS AND THEIR CHILDREN AGES 3 MOS. TO 5 YEARS (Programs vary with each YMCA)

- **Explorers** - For parents & toddlers 18-36 months. Involves 30 minute Splasher/Bubbler swim lesson & parents and children ages 3 - 5 years of age, includes 45 minute swim lesson
- **Active play, circle time, theme-related craft, and swim lesson** - Bring a nut-free snack (registration required)
- **Indoor Playground** – For Parents and children ages 3 months to 5 years. Spend some free time with your toddler or preschooler. Various equipment is set-up each week to stimulate gross motor skills
- **Kinder Gym** – For parents and children ages 3 – 5 years. Spend time playing games & activities to keep moving
- **Kinder Gym and Swim** – For parents and children ages 3 – 5 years. Play games & activities to keep moving. Includes a fun swim
- **Movin' & Groovin'** – For parents and toddlers ages 18 - 36 months and/or their children ages 3 – 5 years. Spend time playing a variety of crafts, games, stories and songs to start your morning

BRANTFORD

All Other Community Services

Parent/Child Drop In Centres

BEST START LEARNING/PARENTING DROP-IN CENTRES

Contact: 519-759-3833 for further information

This is a listing of FREE parent/child interactive DROP-IN Centres throughout Brant County area. An Early Childhood Educator is on each site to assist with providing information to parents. Centres closed during school closures:

LOCATION	DAYS	TIME	NEIGHBORHOOD
Bellview School 97 Tenth Avenue	Wednesday & Thursdays	9:00 - 11:30 am	Eagle Place
Bellview School - Aboriginal Best Start 97 Tenth Avenue	Tuesdays & Fridays	9:30 - 11:30 am	Eagle Place
Slovak Village 144 Fifth Avenue	Tuesdays	1:00 - 2:30 p.m.	Eagle Place
Branlyn/Notre Dame School - 238 Brantwood Park Rd.	Tuesday, Wednesday & Thursdays	9:00 - 11:30 am	Banbury
Brantford Public Library 173 Colborne St.	Fridays	1:00 - 3:00 p.m.	Core
Burford District Elementary School 35 Alexander St., Burford, Ontario	Monday & Wednesdays	9:00 – 11:30 a.m.	Burford West Brant County
Centennial-Grand Woodlands School 41 Ellenson Ave.	Tuesday & Thursdays	9:00 – 11:30 a.m.	Fairview/Greenbrier
Echo Place School 723 Colborne St. (use Fairmount Street entrance)	Monday to Friday Monday, Tuesday & Wednesdays	9:00 – 11:30 a.m. 1:00 – 3:00 p.m.	Echo Place/East Ward
Graham Bell – Victoria Public School 56 Grand St.	Tuesday, Wednesday, Thursday & Fridays	9:00 – 12:00 p.m.	Terrace Hill
Major Ballachy Public School 105 Rawdon St.	Tuesday, Wednesday & Thursdays	9:00 – 11:30 a.m.	East Ward

BRANTFORD

All Other Community Services

Parent/Child Drop In Centres

LOCATION	DAYS	TIME	NEIGHBORHOOD
North Ward School 107 Silver St., Paris, Ontario	Monday & Wednesdays	9:00 - 11:30 am	Paris, West, South Dumfries
Ryerson Heights Elementary School 33 Dowden Avenue	Tuesdays & Thursdays	9:00 - 11:30 am	Shellard Lane/ West Brant
St. Anthony Daniel School 85 Bishop Gate Rd., Scotland, Ontario	Tuesdays & Thursdays	9:00 - 11:30 a.m.	Scotland, West Brant County
	Thursdays	12:30 - 3:30 p.m.	
St. Gabriel School 14 Flanders Drive	Mon, Wed & Fridays Mon & Wednesdays	9:00 - 11:30 am 1:00 - 3:00 p.m.	West Brant
St. James Anglican Church 8 Burwell St., Paris, Ontario	Fridays (Closed 2nd Friday of each month)	9:30 - 11:30 a.m.	Paris, West, South Dumfries

NOTES

BRANTFORD

All Other Community Services

Parent Learning Workshops

For Children Age 0 - 6 years

Healthy Baby Healthy Brain Workshop

519-759-3833

For parents with children 0 – 3 years

Contact: The Early Years Centre

The first 3 years of a child's life are the most critical for brain development. This workshop provides information that assists caregivers in creating a foundation for healthy brain development for their children.

Mothers in Motion Workshop

519-759-3833

For parents with children 0 – 6 years

Contact: The Early Years Centre

The goal of this program is to get mom's more physically active and enjoying many of the healthy living opportunities that are available in the community.

Quantity vs. Quality Time with your Child

519-759-3833

For parents with children 0 – 6 years

Contact: The Early Years Centre

This workshop will explore creative ways that allow for caregivers to spend time with their children and with all the other demands in their daily life.

Coping with Common Childhood Illnesses Workshop

519-759-3833

For parents with children 0 – 6 years

Contact: The Early Years Centre

Learn how to cope with and stop the spread of childhood illnesses such as colds, flu, sore throats, earaches and other common infections.

Mom's Night Out

519-759-3833

For parents with children 0 – 6 years

Contact: The Early Years Centre

This will involve an evening of scrap booking and networking with other moms. In this workshop, moms will create a scrap book of special holiday moments.

BRANTFORD

All Other Community Services

Parent Learning Workshops

Why Play is Important

519-759-3833

For parents with children 0 – 6 years
Contact: The Early Years Centre

Play encourages nurturing, sharing and growth. Children need a variety of toys and play to help them through the different stages of development. This workshop will explore the importance of play and what play means.

Let's Potty Workshop

519-759-3833

For parents with children 0 – 6 years
Contact: The Early Years Centre

This workshop will help identify strategies to assist caregivers with toilet training their child.

Toy & Resource Lending Library

TOY & RESOURCE LENDING LIBRARY

Contact: 519-759-3833

Ontario Early Years Centre
30 Bell Lane, Brantford

At The Early Years Centre, Caregivers can access toys and other parent & child resources by dropping in to the Centre at 30 Bell Lane, Brantford. To access these resources, you will need to purchase a yearly membership of \$22.00. Hours of the Resource Library are:

Monday & Thursday	9:00 a.m. to 5:00 p.m.
Tuesday & Wednesday	12:00 p.m. to 8:00 p.m.
Friday	Closed
Saturday	9:00 a.m. to 2:00 p.m.

BRANTFORD

All Other Community Services

Child Care

For Children Age 0 - 6 years

www.eycbrant.bpiw.ca/child-care

ONTARIO EARLY YEARS CENTRE (OEYC)

30 Bell Lane, Brantford, Ontario

Contact: 519-759-3833

On their website, the following information can be found:

- Licensed Child Care Centres
- Licensed Home Child Care Agencies
- Quality Child Care Package
- Child Care Subsidy information

OEYC has a directory of licensed child care options and also maintains a list of home child care providers. To help you with your search for child care you can drop by the OEYC and pick up a Quality Care Package and look through the Home Child Care Binders.

Listed below are some of the licensed Child Care Centres in Brantford and Brant County and area:

A Child's Paradise

34 Dalkeith Drive, Brantford

(519) 756-9880

www.achildsparadise.ca

Bellview YMCA Child Care Centre

97 Tenth Ave., Brantford

519-751-0768

A Child's Paradise Too

16 Morrell Street, Brantford

(519) 751-2412

www.achildsparadise.ca

Beryl Angus Municipal Children's Centre

220 Clarence St, Brantford

519-756-3150

A Child's Place (W. Ross MacDonald School)

350 Brant Avenue, Brantford

(519) 752-2499

Boys' & Girls' Club of Brantford

Banbury Child Care Centre

141 Banbury Road, Brantford

(519) 751-2808

www.bgcbbrant.ca

Academy of Montessori

714 Colborne Street E., Brantford

(519) 753-1227

academyofmontessoribrantford.com/

Boys' & Girls' Club of Brantford

Grandview Child Care Centre

68 North Park Street, Brantford

(519) 752-0683

www.bgcbbrant.ca

BRANTFORD

All Other Community Services

Child Care

**Boys' & Girls' Club of Brantford
Kiddy Korner Daycare**
2 Edge Street, Brantford
(519) 752-2964
www.bgcbrant.ca

**Brantford Little School
Community Child Care Centre**
629 Colborne Street East, Brantford
(519) 751-7559

**Burford Co-op Preschool & Children's
Centre**
11 Mill Street, RR#4, Burford, Ont.
(519) 449-3127
<http://www.burford-preschool.co.nr>

**City of Brantford - Private Home Day
Care**
220 Clarence St. Brantford
(519) 756-3150
www.brantford.ca/ChildCareServices

Jerseyville Langford Co-op
42 Brantford St, RR#7, Brantford
(519) 752-7563

Just 4 Mom's & Kids Children's Centre
51 Simcoe Street, Scotland, Ont.
(519) 446-3059
www.piczo.com/just4momsandkids

Little Treasures Child Care Centre
2303 Third Line, RR#1, Ohsweken(905)
768-4545

Montessori Children's Academy Inc.
2 Ball Street, Paris, Ont.
(519) 442-1440

**New Credit First Nation (Ekwaamji-
genang)**
R. R. # 6 Hagersville
(905) 768-5036

**Our Lady Queen of Peace Montessori
Children's Centre - Bilingual School**
128 Nelson Street, Unit #1, Brantford
(519) 759-3082
www.brantfordmontessori.com

**Paris Child Care, Inc. Sacred Heart
Child Care**
180 Grandville Circle, Paris, Ont.
(519) 442-0900
www.parischildcare.ca

**Ryerson Heights YMCA Child Care
Centre**
33 Dowden Street, Brantford
(519) 756-3791
www.ymcahbb.ca

Six Nations Child Care Services
21 Bicentennial Trail, Ohsweken
(519) 445-4411

Six Nations Private Home Day Care
Ohsweken, Ont.
(519) 445-0884

BRANTFORD

All Other Community Services

Child Care

St. George Children's Centre

39 Beverly Street West St. George, Ont.
(519) 448-1319

St. George Co-op

50 Beverly St. East
St. George, Ont.
(519) 448-1835
www.stgeorgenursery.ca

St. Joseph YMCA Child Care Centre

99 Wayne Gretzky Parkway, Suite 103
(519) 752-1816, Brantford
www.ymcahbb.ca

Stoneridge Children's Centre

18 Stoneridge Circle, Ohsweken
(519) 445-0884

Three Bears YMCA Child Care Centre

160 Brantwood Pk Rd., Brantford
(519) 759-8890
www.ymcahbb.ca

Village Playschool

9 Beverly Street East, St. George, Ont.
(519) 448-1599
www.villageplayschool.ca

Wee Watch Enriched Home Child Care

794 Colborne St. E., Brantford
(519) 758-2703
www.weewatch.com

**YMCA School Age Child Care -
Christ the King**

165 Dufferin Ave, Brantford
(519) 759-4211
www.ymcahbb.ca

YMCA School Age Child Care

667 Mount Pleasant Rd., Brantford
(519) 484-2912
www.ymcahbb.ca

YMCA School Age Child Care

Mount Pleasant Our Lady of Providence
55 Kent Road, Brantford
(519) 758-5056
www.ymcahbb.ca

James Hillier School Noah's Ark

62 Queensway Drive, Brantford
(519) 752-2296
www.ymcahbb.ca

YMCA School Age Child Care

257 Shellard Lane (Assumption College)
(519) 753-0832
www.ymcahbb.ca

Onondaga Brant

21 Brant School Road
(519) 752-6568
www.ymcahbb.ca

**YMCA School Age Child Care
Resurrection School**

17 Ravenwood Road, Brantford
(519) 752-5900
www.ymcahbb.ca

**YMCA School Age Child Care
Russell Reid School**

43 Cambridge Drive, Brantford
(519) 753-7727
www.ymcahbb.ca

BRANTFORD

All Other Community Services

Child Care

YMCA School Age Child Care

160 Brantwood Park Road, Brantford
(519) 759-8890
www.ymcahbb.ca

YMCA Child Care Centre

Bellview School
97 Tenth Ave., Brantford
519-751-0768
www.ymcahbb.ca

YMCA Child Care Centre

Blue Ridge
59 Blue Ridge Cres., Brantford
519-756-0901
www.ymcahbb.ca

CHILD CARE SERVICES

220 Clarence St., Brantford
Phone: 519-756-3150
Fax: 519-756-2932

Includes Day Care and Before and After School Programs.

Child care subsidy provides financial assistance towards the cost of child care in licensed programs, as per the Day Nurseries Act (DNA). To see if you are eligible for financial assistance with your child care costs if you reside in Brant County contact:

BRANTFORD

All Other Community Services

Before & After School Programs

For children in JK to Grade 6

www.eyebtant.bpiw.ca/childcare

PARKS & RECREATION

1 Sherwood Drive, Brantford

Contact: 519-754-0711 to register

THESE AFTER SCHOOL PROGRAMS ARE SPONSORED BY BRANTFORD PARKS & RECREATION AT THE FOLLOWING SCHOOLS:

PLACE	ADDRESS	FEE	DAY	TIME
Princess Elizabeth School	60 Tecumseh St., Brantford	FREE	Mondays	3:15 - 5:15pm
Central Public School	135 George St., Brantford	FREE	Tuesdays & Thursdays	3:15 - 5:15pm
King George Public School	265 Rawdon St., Brantford	FREE	Wednesdays	3:15 - 5:15pm
Doug Snook Eagle Place Community Centre	333 Erie Avenue, Brantford	FREE	Tuesday, Wednesday & Thursdays	3:15 - 6:15pm

BRANTFORD

All Other Community Services

Before & After School Programs

THE FOLLOWING AFTER SCHOOL PROGRAMS HAVE FEES OR RESTRICTIONS:

PLACE	ADDRESS	FEE	DAY	TIME
<p>Banbury Heights School</p> <p>Open to everyone 8 - 12 years</p> <p>Contact: 519-751-2808 to register</p>	141 Banbury Rd. Brantford	<p>\$7.25 per child/ fee subject to change</p> <p>SUBSIDY AVAILABLE</p> <p>220 Clarence ST., Brantford</p> <p>Ph: 519-756-3150</p> <p>Fax: 519-756-2932</p>	Every Day	3:20 - 5:30 p.m.
<p>Boys & Girls Club -</p> <p>Open to everyone for Grade 1-6 students</p> <p>Contact: 519-752-2964 to register</p>	2 Edge St. Brantford	\$7.25 per child/ fee subject to change	Every Day	3:30 - 6:00 p.m.
<p>Major Ballachey School</p> <p>Open to Major B students only</p> <p>For grade 1-6 students</p> <p>Contact: 519-752-2964 to register</p>	105 Rawdon St. Brantford	FREE	Tuesday, Wednesday & Thursdays	3:30 - 6:00 p.m.

BRANTFORD

All Other Community Services

Before & After School Programs

YMCA (There is a Cost)

143 Wellington St., Brantford

Before and after school programs

For Grades 1 – 6 children

Contact: Monique Emsley

Phone: 519-752-6568, ext #101

Website: www.ymcahbb.ca

To register your child for a Before or/and After School Program in your area, follow these steps:

- Contact Monique Emsley at 519-752-6568, #101
- If there is space available, you will then pick up registration forms from the YMCA office at 143 Wellington St.
- Subsidy is available to families who qualify
- **For Subsidy, contact:**

CHILD CARE SERVICES

220 Clarence St., Brantford

Phone: 519-756-3150

Additional Information:

- There is a \$25.00 registration fee
- After School programs are from the time the bell rings until 6:00 p.m.
- Monthly fees will be charged depending on enrollment of child(ren). For example, full-time Monday to Friday after school program would be \$8.50 a day.
- Before school programs are \$7.50 a day

The YMCA of Brantford offers Before & After School programs for children from Junior Kindergarten to Grade 6 at the following schools in Brantford and Brant County:

Bellview Public School
97 Tenth Ave., Brantford

Christ the King School
165 Dufferin Ave., Brantford

Branlyn Public School
238 Brantwood Park Rd., Brantford

Grandview School
68 North Park St., Brantford

Brier Park School
10 Blackfriar Lane, Brantford

Holy Cross School
358 Marlborough St., Brantford

BRANTFORD

All Other Community Services

Before & After School Programs

James Hillier School
62 Queensway Dr., Brantford

Jean Vanier School
120 Ninth Ave., Brantford

Lansdowne School
21 Preston Blvd., Brantford

Notre Dame School
238 Brantwood Park Rd., Brantford

Onondaga Brant School
21 Brant School Rd., Brantford

Our Lady of Providence School
55 Kent Rd., Brantford

Prince Charles School
40 Morton Ave., Brantford

Resurrection School
17 Ravenwood Rd., Brantford

Russell Reid School
43 Cambridge Dr., Brantford

Ryerson Heights School
33 Dowden Ave., Brantford

St. Basil School
365 Blackburn Dr., Brantford

St. Gabriels School
14 Flanders Dr., Brantford

BRANTFORD PUBLIC LIBRARY
173 Colborne St., Brantford

Contact: 519-756-2220
www.brantford.library.on.ca

The Brantford Public Library, main branch, offers a variety of programs for children. The following 3 Drop-in programs are free and children do not need adult accompany; however, should the caregiver leave the building, a contact number is required in case of emergencies. These Drop – in Programs are offered from September to June 24th of each year:

KIDS CHESS CLUB (For ages 9 – 12 years)
When: Every other Saturday from 2:30 – 4:00 p.m.
Where: Brantford Library 173 Colborne St.

Learn to play chess and practice your chess skills.

KIDS' NIGHT OUT (For ages 6 – 12 years)
When: Every Tuesday
Where: Brantford Library 173 Colborne St.

This is an evening of fun and games. There is a giant Snakes & Ladders game, board games, bingo, Wii on the big screen, and movies.

BRANTFORD

All Other Community Services

Before & After School Programs

BRANTFORD PUBLIC LIBRARY

173 Colborne St., Brantford

Contact: 519-756-2220

www.brantford.library.on.ca

The Brantford Public Library, main branch, offers a variety of programs for children. The following 3 Drop-in programs *are free and children do not need adult accompany*; however, should the caregiver leave the building, a contact number is required in case of emergencies. These Drop-in Programs are offered throughout from September to June 24 of each year:

KIDS CHESS CLUB (For ages 9 – 12 years)

When: Every other Saturday from 2:30 – 4:00 p.m.

Where: Brantford Library 173 Colborne St.

Learn to play chess and practice your chess skills

AFTER SCHOOL IS COOL (For ages 8 – 12 years)

When: Every Monday from 4:00 – 5:00 p.m.

Where: Brantford Library 173 Colborne St.

Contact: Gayle Myke

519-759-5720

This is a great place to meet other kids and play board games and Wii.

KIDS' NIGHT OUT (For ages 6 – 12 years)

When: Every Tuesday

Where: Brantford Library 173 Colborne St.

This is an evening of fun and games. There is a giant Snakes & Ladders game, board games, bingo, Wii on the big screen, and movies.

ARTS AFTER SCHOOL KIDS (FREE)

For ages 11 – 14 years &

Ages 15 – 18 years

97 Tenth Avenue, Brantford

Arts After School Kids (AASK) is a Free arts based after school program that provides a safe learning environment that allows children and youth to be creative and explore themselves. The students learn acoustic guitar, bass guitar, keyboards, drums, vocals, visual arts and drama. The students present in the community and local businesses.

BRANTFORD

All Other Community Services

Homework Help for Children

HOMEWORK HELP & STUDY SKILLS

Contact: 519-753-5408, Ext. #257

For ages 12 – 17 years

Where: Brantford Native Housing at 318 Colborne St.

Contact: Dana VanEvery, Aboriginal Youth Outreach Program (AYOP)

HOMEWORK HELP CENTRE

Contact: 519-756-2220

For: Ages grade 3 to 8

Where: Brantford Public Library

173 Colborne St., Brantford

When: Monday to Thursday from 4 – 7 p.m.

HOMEWORK HELP CENTRE FOR HOME SCHOOLED CHILDREN

Contact: 519-756-2220

Where: Brantford Public Library

173 Colborne St., Brantford

When: Weekdays from 9:00 a.m. to 3:00 p.m.

RENDEZ-VOUS FOR LEARNING

Contact: 519-756-2220

(8 week sessions to improve French reading skills)

For French Immersion Students in grades 1 to 3

Where: Brantford Public Library

173 Colborne St., Brantford

When: Sunday afternoons

POWER UP! Learn, Grow, Achieve THE BOYS & GIRLS CLUB

Contact: 519-752-2964

This is an academic support program that helps kids to develop positive study habits and practices at school.

ONLINE FREE MATH HOMEWORK TUTORING

For: Students in Grades 7 to 10

When: Sunday to Thursday from 5:30 p.m. to 9:30 p.m.

To register, visit the website:

www.homeworkhelp.ilc.org/

Homework Help is funded by the Ontario government and administered by TVO's Independent Learning Centre.

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

THE BOYS & GIRLS CLUB
2 Edge St., Brantford
Contact: 519-752-2964

FOR AGES 6 – 15 YEARS
Financial Subsidy available

EVENING PROGRAMS: Begin the first Tuesday after Thanksgiving in October and operate until the last Friday in May.

Nightly programs involve gymnasium activities, sports, crafts, games room, computers, specialty clubs and much more:

- **Games Room** - The games room is a safe and supervised area allowing members to meet and interact with other members where they can enjoy the challenges of billiards, foosball, ping-pong, air hockey and shuffleboard
- **Arts and Crafts Room** – This is a supervised area where members can make crafts, learn new artistic techniques and express themselves creatively in a wide variety of media
- **Computer Room** - The computer room provides opportunities to play games, chat with friends, do homework, or work on projects. A knowledgeable staff is always available to provide assistance
- **Gymnasium** - The gymnasium is the heart of the facility and is open for a wide variety of games, activities and challenges organized by staff and volunteers. Get involved in a ball hockey league, learn or enhance your soccer or volleyball skills, or just play for fun
- **Gaming Lounge** - The gaming lounge, equipped with a PS3, Xbox and Wii system, allow members to interact with other members and challenge their gaming skill levels

PROGRAMS WITHIN DROP-IN PROGRAMS: The Club is always incorporating additional 'specialized' programs and services to meet the needs and interests of the membership. The following are some examples of other programs members can be involved in:

- **TORCH CLUB** (Junior Leadership)
- **KEYSTONE CLUB** (Senior Leadership) - Provides youth with the knowledge and skills to make positive choices in their lives as well as a place to use their creative skills to make a difference at the Club and in their community
- **TAKE IT E.A.S.Y** - The program aims to foster self-esteem and confidence in teens and pre-teens so they can make better decisions when dealing with the challenges they face
- **CHRIS BOSH READING ZONE** – This club provides an environment that encourages children to embrace reading as a lifelong skill
- **YOUTH TAKING ACTION for HEALTH TOGETHER NOW!** - The workshops assist to enhance the capacity of youth leaders to work together to make their communities healthier places to be. These workshops focus on children and youth making healthy choices such as, tobacco free living; physical activity; healthy eating, healthy spaces, and developing healthy living action plans

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

STUDENT FITNESS MEMBERSHIPS:

FEE STRUCTURE: No child or youth will be turned away or denied access due to the inability to pay for membership fees. **To apply for subsidy contact the Executive Director at 519-752-2964 for full or partial subsidy.**

Program/ Service	Participant Age	Fee/Cost
Evening Program Membership	6 - 12 years	\$28.94 per person
Drop-In Fees	6 - 15 years	\$3.48 per visit
	16 - 21 years (With Student ID Card)	\$4.56 per visit
Student Memberships	16 - 21 years (With Student ID Card)	\$20.84 - 1 month \$33.29 - Punch card

YMCA

Contact: 519-752-6518
 143 Wellington St., Brantford
 Check www.ymcahbb.ca
 for monthly program schedules
 Programs may vary

FOR CHILDREN 6 TO 12 YEARS
Financial Subsidy Available

**Financial Assistance available to purchase membership.
 Bring in an income statement showing proof of income**

YMCA KIDS PROGRAMS FOR THOSE WHO HAVE A MEMBERSHIP:

FOR CHILDREN AGES 6 – 9 YEARS:

- Arts & Crafts
- Dance & Drama
- Sports and active programs such as Basketball, Floor Hockey, Soccer, Skipping, and Volleyball
- Karate for children and their family
- YBA basketball (registration required)

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

YMCA KIDS PROGRAMS FOR THOSE WHO HAVE A MEMBERSHIP:

FOR AGES 10 – 12 YEARS:

- Arts & Crafts
- Karate
- Dance & Drama
- Fitness
- Sports and active programs such as Basketball, Floor Hockey, Soccer, Skipping, and Volleyball

YMCA RECREATION

FOR YOUTH AGES 10 – 15 YEARS

Financial Subsidy Available

- **H2O Leaders** - Registration Required. This is an aquatic leadership program for kids. Participants will improve their aquatic skills, learn the steps to become a lifeguard and enjoy a variety of games and leadership activities
- **Youth Action** – For ages: 10-13 years. Cross-training for youth. Boot camp activities, cycle/run, strength, and supervised access to the Fitness Centre may be included
- **Karate** – For youth 13 and up & youth and their family. Registration Required
- **Learders Corps** - For Ages: 10-18 years. Registration Required. Leader Corps is a values-based youth leadership program that helps participants develop skills useful for a lifetime. Training sessions, games, activities and initiatives prepare Leader Corps members for volunteer and future employment opportunities
- **YBA** – For ages: 10-12 years & 13-15 years. Registration Required. Youth can work on their basketball skills in a team environment. Learn new techniques and compete for the YBA trophy
- **Youth Sports** – Basketball, Soccer, Volleyball, and Floor Hockey. An opportunity for youth to learn and participate in a variety of organized sports
- **Youth Night** - A chance for 10-15 year olds to come and hang out at the YMCA and be with friends. Try your hand at activities such as: foosball, air hockey, Guitar Hero, ping pong, or Dance Dance Revolution. Play Basketball or go for a swim. Activities vary by branch

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

- **Youth Volleyball** – For Ages: 10-13 years. Registration Required. Set, serve and spike your way to learning the game of Volleyball
- **Youth Water Sports** - An opportunity for youth to learn and participate in a variety of aquatic sports. Activities and weekly games may include water polo, inner tube water polo, water volleyball and more
- **Certification Courses**
- **Babysitting Course** – For Ages: 11 and up. A certificate course teaching young people the skills and knowledge required to look after children. Participants will receive a certificate and wallet-card upon completion. Please visit your local branch for fees, dates and times

LEISURE ACTIVITIES GUIDE/BRANT

To access this guide book information visit www.brantford.ca

This guide book provides you with community activities for all age groups. These guide books are mailed out each year; however, you can access this guide book at any time when you visit this website www.brantford.ca

RECREATIONAL PROGRAMS FOR PRESCHOOL CHILDREN

Financial Assistance Available

PARKS & RECREATION

1 Sherwood Dr., Brantford

Contact: 519-756-1500

To register for these programs

- Preschool Play & Red Cross Swim Program (for ages 1.5 to 5 yrs., held at Wayne Gretzky Sports Centre)
- Twoosey Doodlers (for ages 18 mos. To 3 yrs., held at Doug Snook Community Centre)
- Branlyn Preschool Fun (for ages 2.5 to 5 yrs., held at Branlyn Community Centre)
- Alphabet Soup (for ages 2.5 to 5 yrs., held at Doug Snook Community Centre)
- Gymtivity (for ages 2.5 to 5 yrs., held at Doug Snook Community Centre)
- Dr. Seuss Vacation (for ages 2.5 to 5 yrs., held at Doug Snook Community Centre)
- Pajama Gym (for ages 2.5 to 5 yrs., held at Doug Snook Community Centre)
- Silly Willy Sneakers (for ages 2.5 to 5 yrs., held at Doug Snook Community Centre)
- Baby Waves (for 4 mos. – 18 mos. & Caregiver, held at Wayne Gretzky)

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

RECREATIONAL PROGRAMS FOR CHILDREN AGES 6 TO 12 YEARS

Financial Assistance Available

Contact: Parks & Recreation
519-756-1500 to register

- Little Artists, Big Ideas (ages 6 – 12 yrs, held at Woodman Park Community Centre)
- Cooking with Kids (ages 6 – 12 yrs., held at Doug Snook Community Centre)
- Beads, Baking & Scrapbooking (ages 8 – 14 yrs., held at Ryerson Heights School)
- Spanish Fun (learn the Spanish language for ages 8 – 14 yrs., held at T.J. Costain Com. Centre)
- Girls Night Out (ages 6 – 12 yrs, held at Woodman and Resurrection Community Centres)
- Boys Night Out (ages 6 – 12 yrs, held at Woodman and Resurrection Community Centres)
- Kids Night Out (ages 6 – 12 yrs., held at Woodman Com. Centre & St. Gabriel's School)
- Gizmos and Gadgets (ages 6 – 12 yrs., held at Doug Snook Com. Centre)
- All Sorts of Sports (ages 6 – 12 yrs., held at St. Basil's School)
- Glitzies (ages 8 – 11 yrs., held at Woodman Park Community Centre)
- Soccer Baseball (ages 6 – 12 yrs., held at Doug Snook Community Centre)
- Floor Hockey Fridays (ages 6 – 12 yrs., held at T.J. Costain Community Centre)
- Ultimate Frisbee (ages 6 – 14 yrs., held at Edith Monture Park)
- Splash & Fun Night (ages 7 – 12 yrs., held at Wayne Gretzky Sports Centre)
- Youth Underwater Rugby (ages 8 – 18 yrs., held at Wayne Gretzky Sports Centre)
- Kids Floor Ball (ages 10 and up., held at Resurrection Community Centre)
- Babysitting Training (ages 11 and up., held at Wayne Gretzky Sports Centre)
- Snow Buddies (for ages 12 and up. Contact 519-756-4000. Provides training in earning an income doing snow removal)
- Home Alone (for ages 10 – 12 yrs). Teaches participants how to be at home alone for short periods of time and keeping them safe

MARCH BREAK CAMP FOR CHILDREN AGES 2.5 TO 12 YEARS

Financial Assistance Available

Contact: 519-756-1500 to register

- My First March Break Camp at Doug Snook/Eagle Place Community Centre, ages 2 ½ - 5 years
- Woodman Park Community Centre March Break camp, ages 5 – 12 years
- Doug Snook/Eagle Place Community Centre March Break camp, ages 5 – 12 years
- Bell Homestead March Break Camp, ages 5 – 11 years
- Aquatic Sports Camp at Wayne Gretzky Sports Centre, ages 7 – 12 years

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All Other Community Services

Recreation for Children & Youth By Organization

PA DAY CAMPS FOR CHILDREN AGES 5 TO 12 YEARS

Financial Assistance Available

Contact: Parks & Recreation
519-756-1500 to register

- Woodman Park Community Centre, “PA Day Camp” for ages 5 – 12 years
- Aquatic Sports/PA Day Fun Camp,” at Wayne Gretzky Sports Centre, ages 6 – 12 years
- Bell Homestead “PA Day,” for ages 5 – 11 years

RECREATIONAL PROGRAMS FOR YOUTH AGES 12 TO 18 YEARS

Financial Assistance Available

- Youth Underwater Rugby (ages 8 – 18 yrs, held at Wayne Gretzky Sports Centre)
- Kids Floor Ball (ages 10 and up, held at Resurrection Community Centre)
- Babysitting Training (ages 11 and up, held at Wayne Gretzky Sports Centre)
- Snow Buddies (for ages 12 and up. Contact 519-756-4000. Provides training in earning an income doing snow removal)
- Drum Essentials. Learn basic drumming and drum stick handling (ages 10 – 16 yrs)
- Guitar Lessons (ages 10 – 14 yrs)
- Jammin (ages 12 – 18 yrs)
- Fashionistas (ages 12 – 17)
- Cook up a Storm
- Dance It Off (ages 12 – 17 yrs)
- Infusion Youth Day Trips (ages 12 – 18 yrs). These trips include such trips as snowshoeing, snowboarding, snowtubing, bowling & bumper cars)

YOUTH ACTIVITIES/RECREATIONAL PROGRAMS

Financial Assistance Available

Contact: 519-756-1500 to register

- Youth Underwater Rugby (ages 8 – 18 yrs., held at Wayne Gretzky Sports Centre)
- Kids Floor Ball (ages 10 and up., held at Resurrection Community Centre)
- Babysitting Training (ages 11 and up, held at Wayne Gretzky Sports Centre)
- Snow Buddies (for ages 12 and up. Contact 519-756-4000. Provides training in earning an income doing snow removal)
- Drum Essentials. Learn basic drumming and drum stick handling (ages 10 – 16 yrs)
- Guitar Lessons (ages 10 – 14 yrs)
- Jammin (ages 12 – 18 yrs)
- Fashionistas (ages 12 – 17)
- Cook up a Storm
- Dance It Off (ages 12 – 17 yrs)
- Infusion Youth Day Trips (ages 12 – 18 yrs). These trips include such trips as snowshoeing, snowboarding, snowtubing, bowling & bumper cars)

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

YOUTH ACTIVITIES/RECREATIONAL PROGRAMS

Financial Assistance Available

WOODMAN PARK COMMUNITY CENTRE

To register Contact: PARKS & RECREATION

Phone: 519-756-1500

- Drum Essentials. Learn basic drumming and drum stick handling (ages 10 – 16 yrs., at Woodman Com. Centre)
- Guitar Lessons (ages 10 – 14 yrs., at Woodman Community Centre)
- Jammin (ages 12 – 18 yrs., at Woodman Community Centre)
- Fashionistas (ages 12 – 17 yrs., at Woodman Community Centre)
- Cook up a Storm (ages 10 – 15 yrs., at Woodman Community Centre)
- Dance It Off (ages 12 – 17 yrs., at Woodman)
- Infusion Youth Day Trips (ages 12 – 18 yrs.). These trips include such trips as snowshoeing, snowboarding, snowtubing, bowling & bumper cars)
- GeoCatching for Beginners (children under 14 must be with an adult). Geocaching is a treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches that holds a treasure, outdoors and then share your experiences online.

WAYNE GRETZKY SPORTS CENTRE

To register, Contact: 519-756-9900, or 519-756-1500

- PA Day Camps
- Winter Break Camp & Swims
- March Break Camps, Lessons & Swims
- Winter Break Camp & Swims
- Indoor Running/Walking Track
- Swim Lessons
- Preschool Play & Red Cross Swim program
- Underwater Rugby
- Babysitter Training
- Family Day
- Baby Waves
- Pool General Information
- Recreational Swim Schedule

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

FINANCIAL ASSISTANCE PROGRAM FOR RECREATIONAL PROGRAMS FOR CHILDREN & YOUTH

(Includes programs at all Community Centres, Earl Haig, Wayne Gretzky, Bell Homestead, as listed in Brant Leisure Guide Book)

FINANCIAL ASSISTANCE PROGRAM

Contact: 519-756-1500

Brantford Parks & Recreation would like to ensure that all children and youth of Brant and Brant County have the opportunity to access recreation and leisure services. Financial assistance to qualified applicants, for most registered and drop in programs, may be offered if funding and the program are available. Apply for assistance as follows using the Punch Card System:

- 100 % families on Ontario Works or ODSP
- Subsidy chart for lower income families
- Contact Parks & Recreation at 519-756-1500 for all children & youth programs listed in Leisure Guide Book
- Contact Wayne Gretzky Sports Centre directly at 519-756-9900 if choosing swim lessons, march break programs, summer camp, or PA Day programs at Wayne Gretzky
- Earl Haig Family Fun Park at 510-758-0963 if choosing a summer camp
- You need to reapply for financial assistance with each season of programming

10 VISIT ACTIVITY PUNCH CARD SYSTEM/RATES:

Activity Punch Cards can be used for any of the community centres' Youth and Adult Drop-in programs. Activity Punch Cards can be purchased at all community centres and the main office at 1 Sherwood Drive. Punch Cards entitle the holder ten visits, with the eleventh visit FREE. Punch Cards do not expire and are valid until all the visits on the card have been used.

PUNCH CARD RATES:

Youth (17 yrs. and younger) \$25.50
Adult (18+ yrs.) \$50.00

DROP-IN FEES:

Youth (17 yrs. and younger) \$3.00
Adult (18+ yrs.) \$6.00

HOW DOES THE PUNCH CARD SYSTEM WORK WITH FINANCIAL ASSISTANCE?

- Each child or youth would get 2 punch cards per season (fall, winter spring) & one punch card for summer
- A child would use 2 punch cards for swim lessons (per season)
- Each punch card is worth 10 visits to use towards programs, or one PA day program, or one week of summer camp

BRANTFORD

All Other Community Services

Recreation for Children & Youth By Organization

YOUTH SPORT ORGANIZATIONS

www.brantford.ca/parksrecreational/ebrochures/PDFs/LAG-2013-winterspring.pdf

Group	Contact	Phone	Website
Arnold Anderson Sport Fund 126 St. George St., Brantford N3R 1V6	Karen Gliddon-Napper	519-759-8404	arnoldandersonsport-fund.com Provides financial assistance, for registration, up to \$350.00 to Brantford children up to age 18 yrs
Dream Catcher Fund		1-866-508-6795	dfund.ca Fund eligible applicants for: Arts & Culture; Education; Health Support; Sports & Recreation
Branlyn Neighbourhood Assoc.	Joe Rejdych	519-756-7997	branlyn.ca
Brantford Aquatic Club	Jocelyn Jay	519-752-5051	brantfordaquatic-club.ca
Brantford Junior Badminton Club	Kristina Hall	519-759-0853	badmintonbrantford.org
Brantford Minor Baseball	Paula Bryan	519-771-4276	brantfordbaseball.ca
Brantford Minor Softball	Tracy Oldroyd	519-304-5294	bmsa.ca
Briers Basketball Club	Debbie Crane	519-756-8435	briersbasketball.ca
CYO Boys Basketball League	Paul Yurcich	519-756-4442	brantfordcyo.ca
CYO Girls Basketball League	Jim Dignan	519-732-3694	brantfordcyogirls.com
Brant Curling Club	Wayne Allen	519-752-3639	.brantcurlingclub.com
Brant & District Football Club	Brad Ward	519-900-9383	brantfordbisons.com
Brantford Youth Flag Football	Karen & Gord Mewhiney	519-756-9136	byff.ca

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All Other Community Services

Recreation for Children & Youth By Organization

YOUTH SPORT ORGANIZATIONS

www.brantford.ca/parksrecreational/ebrochures/PDFs/LAG-2013-winterspring.pdf

Group	Contact	Phone	Website
Brantford Judo Club	Tom Thomson	519-752-0687	brantfordjudoclub.com
Brantford Church Hockey	Jamie Lavalley	519-720-9455	bchl.net
Brantford Girls' Hockey	John Edgar	519-754-2439	bgha.ca
Brantford Minor Hockey Association	Dan Culbert	519-759-8552	brantfordminorhockey.com
Brant District Sledge Hockey Assoc.	Doug Robb	519-448-1296	
Brantford Minor Lacrosse	Eric Herron	519-756-0579	brantfordlacrosse.com
Four Seasons Sports Roller Hockey	Brock & Sara Murray	519-771-8181	4ss.ca
Brant Skating Club	Sandra Larose	519-756-7616	brantskatingclub.ca
Brant County Recreational Soccer	Drew Campbell	519-443-0852	soccerforlittlepeople.ca
Brantford City Soccer Club	Rob Coleman	519-759-6963	brantfordcitysoccer.ca
Brantford Galaxy Youth Soccer Club	Jon Macklin	519-757-1685	brantfordsoccer.com
Paris Soccer/Syl Apps Indoor Soccer	Shelley Locche	519-442-6300	twinriverssoccer.ca
Dufferin Tennis Club	Peter Pongrac	519-756-6494	www.dufferinclub.ca
Brantford Track & Field Club	Bethany Timmerman	519-756-8569	brantfordtrackandfieldclub.weebly.com
Brantford Cavaliers Fencing	Loril Shannik	519-758-0645	
Harlequins Rugby Club	Al Prior	519-758-9043	brantfordharlequins.com
Brantford Sports Council	Ron Birkett	519-759-6321	brantfordsportscouncil.ca

BRANTFORD

All Other Community Services

Other Community Programs for Youth

WHY NOT BRANTFORD YOUTH CENTRE

368 Colborne St., Brantford

Phone: 519-759-2221

Why Not City Missions (WNCM) has been actively reaching the at-risk youth and the homeless population since 2002. The Mission's first program is still providing food and clothing for those in need. WNCM addresses the challenge of young people engaging in destructive behaviour and suffering from personal struggles such as drug and alcohol addictions, homelessness, poverty, violence and poor self-esteem by cultivating meaningful relationships with the at-risk youth. Why Not offers a drop-in and programs that foster social development, personal growth and empowerment of homeless and at-risk youth.

ABORIGINAL YOUTH OUTREACH PROGRAM (AYOP)

For ages 12 – 17 years

Contact: Dana VanEvery

Brantford Native Housing at **519-753-5408, Ext. #257**

The goals of the program are to help prevent urban, at risk, Aboriginal Youth from becoming involved with the law and prevent them from re-offending by providing positive alternatives for them. The hope for this program is to reduce the representation of Aboriginal Youth in the criminal justice system. Services include:

- Anger Management
- Peer Counseling
- Advocacy in school and court
- Violence Prevention Training
- Access to traditional teachings
- Homework help and study skills
- Employment Referrals
- Sports & Recreational activities
- Youth groups

BRANTFORD YOUTH COUNCIL

Contact: 519-752-0890

www.brantfordyouthcouncil@brantford.ca

Youth Council members work closely with Brantford's Youth Coordinator to ensure that youth issues are part of the City's agenda, identify priorities for youth and plan events for youth in Brantford. This is a fun way for youth to get community service hours, a chance to plan and implement programs and events for area youth, meeting new people and making new friends.

BRANTFORD

All Other Community Services

Other Community Programs for Youth

ABORIGINAL CULTURAL DEVELOPMENT PROGRAM

Contact: Peter Isaacs

Brantford Native Housing at **519-753-5408, Ext. #234**

This program offers culturally specific support services for Aboriginal Youth interested in connecting or reconnecting to their culture, traditions and ceremonies, primarily Onkwehon:we and Anishinaabe culture.

ABORIGINAL FAMILY/YOUTH COURT WORK PROGRAM (AFCWP)

Contact: Stewart Gideon, Family/Youth Court Worker

Brantford Native Housing at **519-753-5408, Ext. #227**

The goals of this program are to assist Aboriginal Youth (ages 12 to 17 years) in contact with child protection and youth court to better understand their options, responsibilities and rights when appearing before the courts. This includes the following court proceedings.

JOB SEARCH SKILLS

Where: Brantford Native Housing

Contact: Sherry Lewis

519-756-2205, Ext. 259

This program provides one-on-one sessions for individuals wanting to find a job and could include:

- Job Search Skills
- Interviewing Skills
- Resume Writing Skills
- Connecting to community employment services

YOUTH RESOURCE CENTRE (YRC)

For ages 15 – 19 years

Contact: 519-758-9644 #304

YRC services are for 15 – 19 year olds who are experiencing personal problems that are placing them at risk for homelessness and/or are homeless. The YRC provides residential services, employment services and a “Section 23” classroom in partnership with the Grand Erie District School Board.

BRANTFORD

All Other Community Services

Other Community Programs for Youth

BRANTFORD PUBLIC LIBRARY TEEN PROGRAMS

Brantford Public Library
173 Colborne St., Brantford
Phone: 519-756-2220
www.brantford.library.on.ca

The Public Library offers a variety of programs throughout the year each month. These are just a few of the programs offered. Visit the library website for programs and dates:

- **Drop In Teen Café** - snacks, games such as Wii & PS3, Arts & Crafts, Movie night, meet the Child & Youth Worker, and talk about issues affecting you
- **Scavenger Hunt** - Brantford Public Library has their own version of The Amazing Race where youth can win prizes
- **Get a Clue** - This is an evening where you will get to act out a criminal investigation
- **Teen Movie Night** - Watch movies on a big screen
- **Henna** - Learn about the art of Henna

ARTS AFTER SCHOOL KIDS (FREE)

Ages 15 – 18 years
Contact : Gayle Myke
97 Tenth Avenue, Brantford
Phone: 519-759-5720

Arts After School Kids (AASK) is a Free arts based after school program that provides a safe learning environment that allows children and youth to be creative and explore themselves. The students learn acoustic guitar, bass guitar, keyboards, drums, vocals, visual arts and drama. The students present in the community and local businesses.

BRANTFORD

All Other Community Services

Programs & Services for Adults

PARENTING PROGRAMS FOR PARENTS WITH CHILDREN

AGES 0 – 16 YEARS

COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)

For ages 6 months to 6 years

Contact: Tracey Thomas, CAPC Coordinator

Brantford Native Housing at **519-753-5408, Ext. #232**

The CAPC program is designed to improve the health and well-being of parents and children 6 months to 6 years. Services include:

- Parenting workshops
- Help parents learn how to access community services
- Traditional teachings and child rearing
- Car seat safety training
- Toy and play safety training
- Breast Feeding support
- Healthy physical activities for parents and children
- Cooking Classes
- Fitness activities such as Yoga
- Family Drop In
- Couponing

HANIH GO:WAH GREAT FATHER PARENTING PROGRAM

Contact: Tracey Thomas

Brantford Native Housing at 519-753-5408, ext. 232

This program is a 7 week parenting program for men. During the 7 weeks, fathers will learn all aspects of being a parent that includes Anishinnabe and Onkwehon:we traditional parenting.

POSITIVE DISCIPLINE

For parents who have children 0 – 6 years

Contact: The Early Years Centre at **519-759-3833**

This workshop will provide information and suggestions to guide your child towards a happy and successful life

BRANTFORD

All Other Community Services

Programs & Services for Adults

BEYOND THE BASICS

If you have children between ages 0 - 6 years

Contact: The Ontario Early Years at **519-759-3833**

This workshop is for parents of children who are involved with a Child Protection Agency (CAS). This workshop will provide new approaches and tools that support positive parenting.

CHOICES

If you have children between ages 0 - 6 years

Contact: The Ontario Early Years at **519-759-3833**

This is a discussion base work shop that uses participant's issues to look at behavior and discipline strategies

CREATIVE PARENTING PROGRAM

If you have children ages 2 to 12 years

A child's play room is available should you need to bring your child(ren), but parental guidance is necessary

Contact: The Pregnancy Resource Centre at 519-756-3787

466 Colborne St. East, Brantford, Ontario

This program is delivered on a one-to-one basis and offers a variety of topics that is tailored to suit each parent's needs. The creative parenting program equips parents with creative skills in influencing and raising an emotionally balanced, intellectually assertive, and morally sensible child. This Parenting Journey may also be available in a group format. Parents choose any of the following topics to enhance their parenting skills:

- **How to Raise a Responsible Child:** Obedience vs. Responsibility, Use of proper authority in child training. Learning new behaviours such as Courtesies & Morally/ Socially acceptable behaviours
- **Keep First Things First:** Parental roles, three priority needs of early childhood such as children need to know they are loved, where they fit into the parent's world, and perception of strength in parental relationships
- **Touch Points of Love:** There are two sides of love, the five love languages - words of

BRANTFORD

All Other Community Services

Programs & Services for Adults

encouragement, acts of service, gift-giving, quality time, physical touch and closeness. Parents will learn to understand their child's personal love language

- **The Trustworthy Father:** Learn why trust is so important in the life of your child and learn the non-negotiables for building real trust and respect
- **How to Raise a Moral Child:** Parents will learn to teach values such as right from wrong, 'self-oriented vs. other oriented' and finding Balance
- **How to Raise a Virtuous Child (Part One):** Includes learning Values vs. Virtues that include the three virtues of Respect, Honour & Honesty
- **How to Raise a Virtuous Child (Part Two):** Parents will learn about Empathy, Respect, conflict resolution, social grace, and the courtesy touch
- **The Five Laws of Correction:** Discipline flow chart, distinguish between childishness and defiance; all correction must promote learning, make the punishment fit the crime, an offence against a person or property requires an apology, if financial liability occurs—restitution is necessary
- **Red Cup/Blue Cup:** Focus is on 'preventative' parenting skills
- **Odds & Ends:** The parental instruction tool box: Accentuate the positive, five minute warnings, verbal response, different genders different needs, the appeal process.

Participants receive a Certificate of Completion (of chosen topics) in recognition of their accomplishment

M.O.P.S

For soon to be moms, first time moms & mothers of pre-schoolers
Childcare is available

Contact: The Pregnancy Resource Centre at 519-756-3787
466 Colborne St. East, Brantford, Ontario

This peer-to-peer support offers basic day-to-day enhancement of life skills, focuses in on various infant and toddler parenting tools, and weekly peer-to-peer mom support along with various other topics. This program offers weekly challenges and tips for new moms, empowers and equips mothers to be the best parents they can be for their infants and pre-school aged children. This program will also include a mom's bi-monthly newsletter for the participants, keeping them in the loop with parenting tips, easy step recipes, monthly challenges & special events. Our weekly programs run Thursday mornings from 9:30am-11:30am October to May for the exception of holidays *Pre-Registration is required.

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All Other Community Services

Programs & Services for Adults

GROWING HEARTS

For moms who have school age children

Childcare is available

Contact: The Pregnancy Resource Centre at 519-756-3787

466 Colborne St. East, Brantford, Ontario

This program fits mothers that already have children in grade school. In this program, parents can benefit through enhancing their parenting skills further through this peer-to-peer support program as well as tapping into some other life skills challenges that are offered on a weekly basis. This program will also include a mom's bi-monthly newsletter for the participants, keeping them in the loop with parenting tips, easy step recipes, monthly challenges & special events. Our weekly programs run Thursday mornings from 9:30am-11:30am October to May for the exception of holidays *Pre-Registration is required.

1-2-3 MAGIC

Managing Difficult Behaviour in Children ages 2 – 12 years

Childcare is available

Contact: The Pregnancy Resource Centre at 519-756-3787

466 Colborne St. East, Brantford, Ontario

This FREE 12 week Course equips parents to confidently handle guiding their children through common upsets and tantrums. Learn how to use healthy boundaries and calm your child(rens) emotions. This is a certificate course that builds on knowledge (each lesson prepares you for the next lesson). The topics that this program covers are:

Week 1 - Straight Thinking

Week 2 - 1-2-3 Magic

Week 3 - Real World Application

Week 4 - When There Is an Audience

Week 5 - Variations and Getting Started

Week 6 - Testing and Manipulating

Week 7 - Counting in Action and Conclusion

Week 8 - Intro & Review

Week 9 - Seven Tactics For Good Behaviour

Week 10 - Specific Applications

Week 11 - The Family Meeting and Ten Strategies for Self-Worth

Week 12 - Building Self-Worth and the Payoff Lesson

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All Other Community Services

Programs & Services for Adults

24/7 DAD

Contact: The Pregnancy Resource Centre at 519-756-3787

466 Colborne St. East, Brantford, Ontario

This Fatherhood Initiative program addresses issues resulting from fathers who are absent from the home, or, if at home may be disengaged or struggling with the healthy parenting relationship they desire to have in the life of their sons and daughters. Some topics covered are::

- Self-awareness, self-care, and fathering skills
- Masculinity
- Understanding self, self-worth and self-esteem
- Handling and expressing emotions
- Role of spirituality as part of self
- Physical and mental health
- Role of the father in the family
- Relationship between fathering and culture
- Discipline, rewards and punishment
- Expectations and child development

There is a cost recovery fee for the Fatherhood Handbook only. *Pre-Registration required.

SNAP (Stop Now and Plan)

For parents who have children 9 – 12 years old

Contact: Contact Brant at 519-758-8228 if you are not currently involved with St. Leonard's Society programming

Both parents and children are expected to participate. Children that demonstrate aggression and have encounters or at risk of having encounters with the police will benefit from this program. SNAP is a 10 week program held after school and group sessions are 1 ½ hours in duration. This group will help children regulate their emotions such as angry feelings and to stop and think before they act, avoid fighting, handle peer pressure, stop stealing and play fairly. The parenting group helps parents learn how to reduce the frequency and intensity of their children's behavior problems and to monitor, encourage, reward and consequence fairly and according to their child's developmental level.

CHILDREN EXPOSED TO DOMESTIC VIOLENCE PARENTING GROUP

For parents with children ages 4 to 16 years

Contact: Nova Vita at 752-1005, extension #221

Children and adolescents (ages 4 to 16) meet in small groups to deal with the violence they have witnessed against their mothers while the mothers attend separate sessions to discuss the impact of domestic violence on children and learn parenting/coping strategies during this 10 week program. Childcare and transportation will be provided if required.

BRANTFORD

All Other Community Services

Programs & Services for Adults

CARING FAMILIES PARENTING PROGRAM

For parents with children ages 4 to 16 years

Contact: Nova Vita at 752-1005, extension #221 or 259

This is a prevention-based program that helps parents create respectful adult relationships and a cooperative, positive co-parenting approach with their children. This 16-week program offers separate groups for fathers and mothers with an eight-week children's group. Parents participate in an active learning model that supports reducing parental conflict. The groups are free for all participants. This program is highly recommended for families experiencing conflict where the parents are actively involved in parenting their children and are either in the same home, separated or divorced.

INFANT SIGN LANGUAGE - "Opening up the lines of communication with infants"

Free One-Day Workshop offered

The Last Thursday of each month Jan/Mar/May/Sept/Nov 12:30-2:30pm 2013

Contact: The Pregnancy Resource Centre at 519-756-3787

466 Colborne St. East, Brantford, Ontario

Baby sign language is a specialized sign language used to communicate with preverbal infants and toddlers. It is intended to assist very young children to express their needs and wishes earlier than they could otherwise. Baby signing experts believe that frustration and tantrums can be avoided by closing the gap between the desire to communicate and the ability to do so. Infants from about six months of age can begin to learn the basic signs, which cover such objects and concepts as "thirsty," "milk," "water," "hungry," "sleepy," "more," "hot," "cold," "play," "bath," and more. It's an amazing thing to see a 6 month old tell you he/she is hungry. Pre-registration is required

FAMILY SUPPORT GROUP: PARENTS FOR CHILDREN'S MENTAL HEALTH

Child care may be provided

Contact: Woodview Children's Centre at 519-752-5308

643 Park Rd. North, Brantford, Ontario

This support group is for caregiver's of children with behavioral, social or emotional difficulties. Limited child care space is available to children ages 3 and up.

BRANTFORD

All Other Community Services

Programs & Services for Adults

PLANNING FOR CHILDREN AFTER PARENT SEPARATION

Dalhousie Place

82 Charlotte St., Brantford

Contact: 519-751-0466 for information or to register

Dalhousie Place is sponsoring 2 hour information sessions for parents with a goal to inform parents on ways to help their child make a healthy adjustment to their parent's separation. Strategies are presented to promote positive co-parenting approaches to help keep the child out of the middle of parental conflicts.

BUDGETING PROGRAM

Contact: Administrative Clerk

Brantford Native Housing at 519-753-5408, Ext. #0

This is an 8 session Budgeting Program designed to increase individual skills in personal money management through personal one-on-one sessions with a financial planner.

MIND YOUR OWN BUDGET PROGRAM

Contact: 519-753-4173

Family Counseling Centre of Brant

The purpose of Mind Your Own Budget Program is to provide education, information and budgeting assistance to individuals and families with a fixed or low income. Individuals can refer themselves or can come as a result of a creditor/agency strongly suggesting it would be in their best interest to participate in budget counselling.

BUDGETING/SOUP FOR THE SOUL OUTREACH

St. Andrew's Church

Contact: Brandy Greentree

Phone: 519-752-5823

St. Andrew's United Church provides various outreach services through their "Soup for the Soul" program. Brandy provides budgeting, among many other services, to community members.

BRANTFORD

All Other Community Services

Programs & Services for Adults

ADVOCACY

SOUP FOR THE SOUL OUTREACH/ADVOCACY

St. Andrew's Church

Contact: Brandy Greentree

Contact: 519-752-5823

St. Andrew's United Church provides various outreach services through their "Soup for the Soul" program, with advocacy being one of them. Brandy Greentree provides support services to community members who are dealing with challenging situations. Community members have requested Brandy's help in completing government documents and support in dealing with systems like Ontario Works and ODSP, which have included appeals.

COMMUNITY LEGAL CLINIC/ADVOCACY

Contact: 519-752-8669

The Community legal clinic helps with OW/ODSP appeals. This is a service for low income people funded by Legal Aid Ontario. The clinic also provides advice and representation to people who have problems in areas like housing, social assistance (OW & ODSP), government pensions, and employment insurance.

ABORIGINAL HEALTH ACCESS CENTRE/ADVOCACY PROGRAM

Contact: Tara Williams

Contact: 519-752-4340 ext. 242

or 1-877-402-4121 ext. 242

Where: In both the Hamilton and Brantford office (Tara is in Brantford once a week)

ID CLINIC: Tara Williams will help community members obtain various types of Personal Identification and Indian Status. Tara can help with the applications and financial help is available once all other resources have been explored.

HOUSING RESOURCE CENTRE (HRC)

220 Colborne St.

Brantford, Ontario

Contact: 519-759-3330

The HRC provides an Identification Clinic to assist people in securing Birth Certificates, SIN cards and Health Cards.

FREE INCOME TAX CLINIC

Contact: Community Resource Services

1100 Clarence Street S., Suite 102, Brantford, Ontario

Contact: 519 751-4357

Income Tax Clinic

The Income Tax Clinic program is designed to assist low income households. The clinics run by appointment only. To schedule an appointment, eligible participants may contact Community Resource Service beginning February 1st.

BRANTFORD

All Other Community Services

Emergency Shelters/Housing

Shelter	Serving	Contact Number
Nova Vita Women's Service & Shelter	Women & Children	519-752-4357 (24 hr. Crisis Line)
Ganohkwasra Family Assault Support Services, Six Nations	Women, Children, Men	519-445-4324 (24 hr. Crisis Line)
Ojistoh House	Women & Children. There is a screening process for housing; therefore, Ojistoh House does not provide emergency housing	519-753-5408, ext. #259
Youth Resource Centre	Youth (ages 15-19 years)	519-758-9644
Youth Lodge, Six Nations	Youth (ages 12 – 18 years)	519-445-4324
Rosewood	Transitional Housing for males & females ages 16 and up. Provide information for emergency housing	519-750-1547
Housing Resource Centre	Provides information on securing housing for Individuals & families	519-759-3330 (day time); After hours call 759-3330 & press #4 to be connected to Victim Services
Victim Services	For Individuals & families	519-756-7050 (after hours)
Salvation Army 187 Dalhousie St. at Clarence St., Brantford	Adult Males 18 years +. The program provides emergency housing, transitional housing, meals and counselling on-site. Also operates as a halfway house for men entering parole	519-753-4193
Yes Church (Drop-In 7:30 p.m. – 8:30 a.m.) 305 West St. at Henry St., Brantford, Ont. "Out of the Cold Program"	Adults 19 years +. Open Nov. 1st to Apr. 30th each year. Provides emergency beds, light breakfast & snacks. There is a Housing Resource worker available to assist with information on securing housing	519-758-1623
Karahkwa House	Transitional Housing for Adult Males. There is a screening process for housing; therefore, Karahkwa House does not provide emergency housing	519-753-5408 #259

BRANTFORD

All Other Community Services

Housing Support/Resources

HOUSING RESOURCE CENTRE (HRC)

220 Colborne St. Brantford, Ontario

Contact: 519-759-3330

The HRC is a free community resource that provides the following programs/services:

- **TENANTS** – The HRC provides help to find and keep suitable and affordable living by providing a list of available apartment, townhomes, and houses in the private market. Also, provides information on tenant advocacy for tenants who are having housing issues with their landlords
- **LANDLORDS** – The HRC provides landlords in finding tenants for rooms, apartments, or houses with free advertising of vacant units (listings) and providing information on landlord responsibilities
- **OUTREACH PROGRAM** – This program helps individuals & families who are homeless by providing time-limited emergency shelter, providing support & advocacy, and by referring clients to available resources like food programs, temporary and permanent housing and other needed community services
- **RENT BANK** – This program provided mediation and/or loans to qualified tenants who are at risk of losing their housing due to shelter arrears. To qualify you must:
 - Be a tenant who is 16 years or older
 - Not be in debt to the Rent Bank
 - Have an eviction notice (N4)
 - Be able to repay the loan
 - No more than 2 months in arrears
 - Not be getting evicted for any other reason than non payment of rent
 - Be able to afford the rent and utilities where you live

RENT SUPPLEMENT PROGRAM

220 Colborne St., Brantford

www.brantford.ca/residents/support_services/housing/
(download “**Market Rent application form PDF**”)

Contact: Anne DeRosse

Contact: 519-759-3330 #6277

The Rent Supplement Program is a type of subsidized housing provided to private rental accommodations that include private sector and not for profit landlords. Tenants are selected from the Brantford Access To Housing (BATH) waiting list. The city supplements the tenant’s rent by paying the difference between the rent-to-g geared-income (what you can afford to pay in rent based on your family income) paid by the tenant and the full market rent of the unit. The tenant signs a lease with the landlord & all aspects of the Residential Tenancies Act apply to the tenancy. You may apply on line at the above website or pick up an application at 220 Colborne St.

BRANTFORD

All Other Community Services

Subsidized Housing

NATIVE HOUSING

Contact: Pete Doolittle

Brantford Native Housing at 519-756-2205, Ext. #223

Brantford Native housing provides affordable housing to Aboriginal men, women and their children and the Elder population.

BRANT ACCESS TO HOUSING (BATH)

Phone: 519-759-3330 #6250

220 COLBORNE St., Brantford

Contact: Donna Stuart

www.brantford.ca/residents/support_services/housing/

(download “Rent Geared to Income application form PDF”)

You can apply on line through the above website, or pick up an application at 220 Colborne Street. Applicants complete an application and can choose the locations and providers, which include over 13 housing providers and over 2000 housing units, where they would like to be housed. Through one application, applicants can apply for the following housing options:

- Housing units owned and operated by the City of Brantford
- Rent Supplement Program
- Non-Profit Housing Providers
- Affordable Rental Housing
- Modified Housing Listings

BRANTFORD

All Other Community Services

Meal & Food Support

MONTHLY FOOD CALENDAR/FOOD BANK/CUPBOARD CALENDAR

220 Colborne St., Brantford

Contact: 519-759-3330, OR retrieve from

www.brantford.ca/residents/support_services/pages/monthlyfoodcalendar.aspx

FOOD BANKS/CUPBOARD (Can be found on website www.brantford.ca)

The following organizations provide food supplies to individuals and families:

- Cedarview Evangelistic Centre/Paris; 20 Cedar St.; 519-900-5413
- CRS Food Bank/Brantford; 1100 Clarence St., Suite 102; 519-751-4357
- Faith Lutheran Church/Brantford; 57 Brant Ave; 519-753-3833
- First Baptist Church/Brantford; 70 West. St; 519-753-2406
- Friendship House/Brantford; 452 Grey St.; 519-753-8511
- Grace Anglican Church/Brantford; 4 Pearl St.; 519-752-6814
- Salvation Army/Brantford; 33 Diana Ave.; 519-752-7814
- Salvation Army/Paris; 19 Broadway St.; 519-442-3432
- St. Judes Anglican Church/Brantford; 81 Peel St.; 519-752-0562
- Outpost Ministry; 11 Aberdeen St; 519-758-5697 (emergency food, clothing, furniture when available, please call first to enquire about these items)

MEAL PROGRAMS

220 Colborne St., Brantford

www.brantford.ca/residents/

Contact: 519-759-3330, OR retrieve from

support_services/pages/monthlyfoodcalendar.aspx

The following organizations provide daily/monthly meals, which are posted on monthly calendars, see above:

- Alexandra Presbyterian Church; 410 Colborne St.; 519-753-1602
- Brant Community Church; 69 Superior St.; 519-756-3993
- Brantford Blessing Centre; 7 Burnley Ave; 519-753-8030
- Cedarview Evangelistic Centre/Paris; 20 Cedar St.; 519-900-5413
- Central Baptist Church; 300 Fairview Dr; 519-752-3778
- Friendship House/Brantford; 452 Grey St.; 519-753-8511
- Grace Anglican Church/Brantford; 4 Pearl St.; 519-752-6814
- Heritage United Church; 360 Colborne St; 519-753-1931
- Immanuel Baptist Church; 66 Port St.; 519-752-2287
- Outpost Ministry; 11 Aberdeen St; 519-758-5697
- Paris Presbyterian Church; 164 Grand River North; 519-442-2842
- Salvation Army Booth Centre; 187 Dalhousie St; 519-753-4193 #107
- St. Andrew's United Church; 95 Darling St; 519-752-5823
- St. Judes Anglican Church/Brantford; 81 Peel St.; 519-752-0562
- Sydenham United Church; 120 Sydenham St; 519-753-1248
- Why Not Brantford Youth Centre; 368 Colborne St; 519-759-2221

BRANTFORD

All Other Community Services

Emergency/Distress Contact Numbers

Name of Organization	Contact Phone Number
Fire or Emergencies	Call: 911
Need Help Finding The Right Community & Social Service	Call: 211, or visit website www.211.ontario.ca
Brant/Erie Alcoholics Anonymous	Call: 519-752-5981 (24 hour crisis line)
Kids Helpline	Call: 1-800-668-6868
Parent Helpline	Call: 1-888-603-9100
St. Leonard's Society Mental Health/Addictions Integrated Crisis Services	Call: 519-759-7188 or 1-866-811-7188 (24 Hour Crisis Line for all ages)
Brant Emergency Mental Health Crisis Response	Call: 519-752-2273
Nova Vita 24 Hour Crisis Line	Call: 519-752-4357
Victim Services Of Brant	Call: 519-752-3140
Sexual Assault Centre/Brant	Call: 519-751-3471 (24 hour crisis line)
Eating Disorder Services Of Brant	Call: 519-752-5468
Mental Health Helpline	Call: 1-866-531-2600
Crisis Assessment & Support Team	Call: 1-866-487-2278
Ontario Problem Gambling Hotline	Call: 1-888-230-3505
Smokers Helpline	Call: 1-888-513-5333
Drug & Alcohol Helpline	Call: 1-800-565-8603

BRANTFORD

All Other Community Services

Counselling Services

FAMILY COUNSELLING CENTRE OF BRANT

54 Brant Ave, Brantford, Ont.

Contact: 519-753-4173

FEES: Sliding scale based on income. No one will be denied service if unable to pay; Fee assistance available for individuals unable to pay.

SERVICES: Focus of organization is on the whole family. Counsellors provide support with parent-child conflict; separation; divorce; single parenting and other life issues.

GRAND RIVER COMMUNITY HEALTH CENTRE

363 Colborne Street Brantford Ontario

Contact: 519-754-0777

FEE: Free

SERVICE: Provide one-to-one, family and group counselling on a variety of issues, including: mental health, addictions, grief, relationship issues, and family issues.

ST. LEONARD'S COMMUNITY SERVICES

MENTAL HEALTH/ADDICTIONS

225 Fairview Dr., Unit 1, Brantford

Contact: 519-754-0253

FEE: Free services

ADULT SERVICES: Consists of assessment, treatment planning, family support and aftercare, which may include individual and/or group counselling for individuals struggling with drug, alcohol, gambling and/or concurrent disorders.

YOUTH SERVICES: Consists of assessment, treatment planning, family support & aftercare for individuals under the age of 24 years, which may include individual and/or group counselling. If you attend high school at Pauline Johnson, Tollgate, Brantford Collegiate Institute, North Park, Paris, Assumption or St. John's and would like to meet with an addictions counsellor talk with your guidance counsellor, they can make a referral on your behalf. Or you can call (519) 754-0253 and ask to speak with the addictions counsellor that attends your school or you schedule a meeting at the Addictions and Mental Health Centre located at 225 Fairview Drive Unit 1, Brantford.

BRANTFORD

All Other Community Services

Counselling Services

PREGNANCY & RESOURCE CENTRE - BRANT

466 Colborne St East, Brantford, Ontario

Contact: 519-756-3787

Paris location: 442-1119

FEE: Free Counseling for youth and adults

NOVA VITA DOMESTIC VIOLENCE PREVENTION SERVICES

59 North Park St, Brantford

Contact: 519-752-1005 #221

FEE: Free counselling to women ages 16 years and older.

SERVICE: Counseling is provided to women aged 16 and over who are in – or have been in – an abusive relationship. Counseling is offered through individual and group sessions.

SEXUAL ASSAULT CENTRE OF BRANT

Contact: 519-751-1164

24 Hour Crisis Line: 519-751-3471

The Sexual Assault Centre offers free counselling for women ages 14 and over in a supportive, safe environment as well as in all Brant County high schools, emergency services, accompaniment and support through hospital, police, and court procedures, public education, and community events.

Also, the Sexual Assault Centre offers a 24 hour crisis and support line for survivors (female or male) of sexual violence, as well as friends and family members of survivors.

EATING DISORDER SERVICES OF BRANT

Contact/Crisis Phone: 519-752-5468

Eating Disorders Services of Brant provides supportive counselling for those suffering with eating disorder issues. An ongoing support group meets the first and third Wednesday each month in Brantford.

OUTPOST MINISTRY (non-denominational)

11 Aberdeen Street Brantford

Phone: Pastor Lorraine Kearsey

Pastor Lorraine will provide counselling to individuals of all ages, couples and family if needed.

BRANTFORD

All Other Community Services

Counselling Services

WOODVIEW MENTAL HEALTH & AUTISM SERVICES/ Children's Early Years Program **Contact: 519-752-5308**

643 Park Rd North, Brantford, ON N3T 5L8,

Woodview Children's Centre provides counselling to children and adolescents experiencing social, emotional and behavioural difficulties and their families.

BRANT COMMUNITY HEALTH CARE SYSTEM

Brantford General Hospital Site
200 Terrace Hill, Brantford

To access a social worker/ Mental Health Services:

- **Counseling:** Doctor's referral required. Call 519-751-5544, #2671 or 2112 for more information
- **Day Program:** Doctor's, community worker or self-referral. Call ext. 519-751-5530
- **Crisis Counseling:** No Doctor's referral required -- patient or any health care educators can refer by calling 519-751-5544, ext. 2112
- **Inpatient psychiatry:** Doctor's referral

BEREAVED FAMILIES OF ONTARIO

Contact: 519-752-0962

325 West St., Unit B110, Brantford

Bereaved Families of Ontario provides family, children and marriage counselling.

BRANT COMMUNITY CHURCH

Contact: 519-756-3993 #202 or email
srushton@brantcommunitychurch.ca

69 Superior Street, Brantford

Inspiration for Change is a professional counselling ministry of Brant Community Church providing individual, marriage & family counselling. Our vision for this ministry is to provide life-changing counselling services characterized by Christian values—each counsellor is a committed Christian and hold a Master's degree in counselling or a related field. There is a fee for this counselling service that is geared to income and affordability. Fees range from \$30. - \$60.

BRANTFORD

All Other Community Services

Counselling Services

JUDITH WILEY

72 Brant Avenue, Brantford

Contact: 519-484-2287

FEES: Covered by Native Status(NIHB), or Fee for service, EAP program and some extended health insurance

SERVICE: Judith provides individual, couples and family counselling services. She provides day, evening, and Saturday appointments in an attempt to meet client needs.

GUTHRIE & ASSOCIATES

108 St. George Street, Suite 5, Brantford

Contact: 519-752-8280

FEES: Covered by Native Status(NIHB), or Fee for service, EAP program and health insurance.

SERVICES: Provides individual, couples and family therapy during times that are convenient to community members. You may request evening and Saturday appointments that suit your busy schedule.

MIKE FIDLER & ASSOCIATES INC/BRANTFORD

172 Dalhousie St, Brantford, Ont.

Phone: 519-428-0776 (Contact Simcoe office for appointments)

Toll Free: 1-800-560-5577

FEES: Covered by Native Status(NIHB), or Fee for service, EAP program and some extended health insurance

SERVICES: Private counselling services for preschoolers, children, adolescents, adults and couples. Provide drug and alcohol assessment; Assistance with adolescent and child behavior; personal issues; marital and couple issues; separation and divorce, trauma and grief; childhood abuse recovery; stress & anxiety; financial stress; custody & access & financial mediation for separating partners.

BRANTFORD

All Other Community Services

Counselling Services

CONTACT BRANT

643 Park Rd North, Brantford, Ontario

Contact: 519-758-8228

SERVICE: Provides information and referrals for children ages 0 – 18 years, and their families

Contact Brant is the first point of contact for children and youth ages 0 - 18 with mental health concerns, or intellectual disabilities. Contact Brant is the first place to contact for information, questions, and access to community resources and programs. Contact Brant helps navigate the many services available to children, youth and their families. Contact Brant helps children or youth experiencing behavioural or emotional concerns to get the services they need by connecting to community services that help children, youth and their families deal with concerns such as anxiety, depression, drug and alcohol abuse, grief, divorce, self-esteem, bullying, sexuality, self-harm, fire-setting behaviours, anger, aggression, acting out behaviours, family dynamics, learning disability, excessive worrying, disruptive behaviours.

NON-INSURED HEALTH BENEFITS (NIHB) (Native Status)

Crisis Counseling Benefits

NIHB provides short-term crisis mental health counselling by a recognized mental health therapist such as:

- A therapist who has a Master of Social Work degree (MSW) and is registered with the College of Social Workers (RSW)
- A Clinical Psychologist who is registered with a provincial professional body
- In exceptional circumstances, therapists from other disciplines other than clinical psychology or clinical social worker may be considered.

How do I access crisis counselling with NIHB?: Contact a counselling agency or a private therapist that has a Master of Social Work and/or a Clinical Psychologist, both who are registered, and ask whether they accept NIHB clients. The therapist or psychologist will already be approved by NIHB to provide counselling services. They will complete the necessary paper work to provide you with crisis counselling that is paid for by NIHB.

BRANTFORD

All Other Community Services

Addictions Counselling/Groups

ALCOHOLICS ANONYMOUS/AL-ANON

Contact: 519-752-5981

For mixed group, men's group, women's group & young people's group

View calendar on line for dates and times at
www.branterieaa.org/en/aameetingsmain/aameetingshtmlmenu

AA Meeting Places:

- Brantford General Hospital at 200 Terrace Hill St., Brantford
- Cainsville Community Centre at Garnet Rd., Brantford
- Chelsea Place at 20B Darling St., Brantford 20 B Darling Street
- Grace Anglican Church at West & Pearl St., Brantford
- Heritage United Church at 360 Colborne St., East, Brantford
- St. Jude's Anglican Church at 283 Dalhousie St. (at Peel St.)
- Salvation Army at 187 Dalhousie St.
- Yes Church at 305 West St., Brantford (at Henry St.)

ST. LEONARD'S COMMUNITY SERVICES/ADDICTIONS

Contact: 519-754-0253

225 Fairview Dr., Unit 1, Brantford

ADULT SERVICES: Consists of assessment, treatment planning, family support and aftercare, which may include individual and/or group counselling for individuals struggling with drug, alcohol, gambling and/or concurrent disorders.

YOUTH SERVICES: Consists of assessment, treatment planning, family support & aftercare for individuals under the age of 24 years, which may include individual and/or group counselling. If you attend high school at Pauline Johnson, Tollgate, Brantford Collegiate Institute, North Park, Paris, Assumption or St. John's and would like to meet with an addictions counselor talk with your guidance counselor, they can make a referral on your behalf. Or you can call (519) 754-0253.

The St. Leonard's Society provides the following addiction programs (all 7854-0253 to schedule an Intake appointment):

- Individual & group counselling
- Mother Voice Program
- Responsible Gambling Program (14 years & older) for individual counselling and case planning
- Needle Exchange Program
- Adult Ongoing Support Groups (no registration or appointment necessary)

BRANTFORD

All Other Community Services

Addictions Counselling/Groups

MOTHER VOICE PROGRAM

This program provides assessment, counselling, treatment planning and referrals for mothers with substance abuse issues that focuses on expectant women and mothers with children 0 – 6 years.

ADULT ONGOING SUPPORT GROUPS (NO REGISTRATION OR APPOINTMENT NECESSARY):

- **OASIS** (Overcoming Addiction, Strategies in Self-Care): Is an ongoing support group for men and women struggling with both mental health and substance abuse issues. The group runs every Thursday from 1:30 p.m. to 3:00 p.m. and is held at Grand River Community Health Centre, at 347 Colborne Street, Brantford.
- **Co-Ed Reflections** (18 years and older): Is an ongoing support group for both men and women in any stage of change who struggle with addictions. Call 754-0253 to confirm place, day and time.
- **Gambling Support Group**: Is for individuals struggling with any form of problematic gambling behavior including but not limited to casino gambling, sports betting, lottery tickets, on-line poker and stock market investing. Call 754-0253 to confirm place, day and time.
- **Family Support Group** (16 years and older): Is for individuals struggling with a family member or loved one who has addiction issues. Call 754-0253 to confirm place, day and time.
- **Steps to Change** (18 years and older): A 10 session, relapse prevention program focusing on slip/relapse prevention and slip/relapse management for men and women. Call 754-0253 to confirm place, day and time.
- **Steps to Change** (Women only 16 years and older): A structured, relapse prevention group for women focusing on feelings, communication skills, healthy relationships and building supports. Call 754-0253 to confirm place, day and time.
- **Reflections** (18 years and older): An unstructured, ongoing maintenance support group for men and women with substance abuse problems. Call 754-0253 to confirm place, day and time.
- **Women's Reflections Group** (16 years and older): Is an ongoing group for women in any stage of change who struggle with addictions. Call 754-0253 to confirm place, day and time.

BRANTFORD

All Other Community Services

Addictions Counselling/Groups

ADDICTIONS COUNSELING

Aboriginal Health Access Centre
For ages 18 and up/male & female

Contact: Mona Hanna, Manager
AHAC at 1-877-402-4121, ext # 238
m.hanna@aboriginalhealthcentre.com

The process to obtain and receive service is as follows:

- Make a self-referral or a community service provider can make the referral for you
- An application with a signed consent for services will need to be completed. Children under 16 years of age must have their parent's signed consent for services
- Referral applicants will be contacted and an Intake appointment will be scheduled. Please have your status card and health card at the Intake appointment and be prepared to be with a worker for at least one hour
- During the Intake meeting, you will be provided with an introduction and orientation to the organization
- An assessment will also be completed, which involves gathering information as part of service planning. A Wellness Plan will be created with you and will identify mental, emotional physical and spiritual goals

RESPONSIBLE GAMING RESOURCE CENTRE (RGRC)

Contact: 519-752-2950

For persons 18 years and older
Brantford Casino, 40 Icomm Drive, Brantford

RGRC Staff are on site at the Brantford Casino on the following days:

- Sundays to Tuesdays from 12:00 p.m. to 8:00 p.m.
- Saturdays from 12:00 p.m. to 12:00 a.m.

RGRC provides information about the risk of gambling and ways to avoid gambling problems and assistance to people who are worried about their gambling or of someone close to them. RGRC also provides the following information and/or support: information about the realistic chances of winning or losing; how to reduce the risk of losing control of their gambling; who you can talk to if you are worried about your gambling, or that of a friend or family member; where you can find free, confidential counselling throughout Ontario; answers to any other gambling-related question, with advice and support if needed; age appropriate brochures for teens, adults and older adults.

BRANTFORD

All Other Community Services

Addictions Counselling/Groups

NARCOTICS ANONYMOUS/BRANTFORD

Contact: 519-756-9408

FEE: Donation

View meeting days, time and place at:

www.orscna.org/english/city_meetings.php?id=brantford

This is a non-denominational service that supports those who identify with a current or past drug problem. The New Recovery Group meets on Sundays, Mondays, Tuesdays, Wednesdays & Thursdays in Brantford at:

- Heritage Church at 360 Colborne St. (call 752-2950 to find out day and time)
- Corner Stone Church at 230 Grand River Ave. (call 752-2950 to find out day and time)

Recreation for Adults Including Seniors

LEISURE ACTIVITIES GUIDE/BRANT

To access this guide book information visit

www.brantford.ca

This guide book provides you with community activities for all age groups. The organizations listed below will provide detailed information in the Leisure Activities Guide Book. You can access this guide book at any time when you visit this website www.branford.ca

The Brantford YMCA

143 Wellington Street, Brantford

www.ybrantford.com

Contact: 519-752-6568

Health, fitness, recreation, sports and general interest programs. General, family, child and student memberships as well as punch cards for adults and students. Assisted or subsidized memberships are available to low income individuals and families. Call or visit the Y for details. **SUBSIDY IS AVAILABLE**; however, call the YMCA for details.

BRANTFORD

All Other Community Services

Recreation for Adults Including Seniors

Wayne Gretzky Sports Centre
254 North Park Street, Brantford
www.brantford.ca/gretzkycentre

Contact: 519-756-9900

Wayne Gretzky Sports Centre has a variety of activities for all ages, such as: An indoor walking and jogging track; Aquatics; skating arenas, health and fitness; recreational programs for children and adults. **SUBSIDIES FOR CHILDREN'S PROGRAM ARE AVAILABLE.**

BECKETT ADULT LEISURE CENTRE
(For ages 50 and up)
219 Colborne, Brantford

Contact: (519) 756-3261

Membership fee: \$45.25 yearly membership with 4 hours of free parking daily. \$33.00 yearly non-parking membership

The Beckett Adult Leisure Centre provides a variety of health, fitness and recreational activities for those adults who are 50 years and older. There is a cafeteria on site that provide hot lunches. These are some of the activities offered:

- Weight Room (and orientations)
- Fitness programs
- Clogging Classes
- Billiards
- Line Dancing
- Darts
- Walking Club
- Cribbage
- Bid Euchre
- Scrabble
- Contract Bridge
- Crokinole
- Shuffleboard
- Knitting Club
- Computer Club
- Games Room
- Other recreation clubs and events available

NOTES

BRANTFORD

All Other Community Services

LGBTQ Groups/Support for Youth & Adults

BRANTFORD PRIDE COMMITTEE

Contact: 519-865-6030

Grand River Community Health Centre

347 Colborne Street, Brantford

Website: brantfordpride@gmail.com

Brantford Pride is an organization consisting of community members committed to promoting peace, diversity and equality for the LGBTQ population in Brantford and Brant County. Call or check out the website for a calendar of events that include:

- Pride Cruise
- Pride Dance
- Pride Church Service & more

BRANTFORD FORUM ON PEACE & DIVERSITY

Contact: 519-752-4568 ext. 40

38 Darling St., Suite 201, Brantford

Website: peacediversitycircle@gmail.com

The Peace & Diversity Circle is a not-for-profit voluntary organization whose vision is to build an empowered community that celebrates diversity, practices equity and provides a safe environment for everyone. The Peace & Diversity Circle is currently involved in the following Outreach Projects:

- The Grand River Compassion Project
- Annual Peace Festival
- Potluck

The Peace & Diversity Circle welcomes new members to be a part of their outreach activities. If you are interested in helping, or require more information, please contact them.

LAURIER RAINBOW ALLIANCE

Contact the website: rainbowalliance@wlu.ca

The Rainbow Alliance exists as a support system that promotes awareness, acceptance, and advocacy for the LGBTQ community and its allies. They are dedicated to creating a positive campus experience for everyone with no assumptions and in which all individuals are encouraged to be themselves without fear of judgment or discrimination. The Rainbow Alliance operates out of the Diversity Lounge, which provides students with a safe place to get student-provided information and support for the LGBTQ community, as well as an assumption-free area for students to do homework, group work, or just hang out between classes. For more information, contact the website.

BRANTFORD

All Other Community Services

LGBTQ Groups/Support for Youth & Adults

THE GAY STRAIGHT ALLIANCE GROUP (GSA) FOR YOUTH

Contact: 519-759-7943

Brantford Collegiate Institute & Vocational School
120 Brant Avenue, Brantford

This group is meant to provide support for GBLT or questioning teens and their supportive friends (straight friends are always welcome) and gives teens a chance to share, listen and support each other. This group encourages members to invite all friends and family and they don't have to be GBLT (Gay, Bisexual, Lesbian or Transgender) to attend.

THE LESBIAN, GAY, BI, TRANS (LGBT) YOUTH LINE

1-800-268-9688

For ages 26 and under

The Lesbian Gay Bi Trans Youth Line is a toll-free service provided by youth for youth. They offer support, information and referrals specific to your concerns. They may not have lived your experiences exactly, but they can probably relate. They too, are lesbian, gay, bisexual, transgender, transsexual, two-spirit or queer.

No question is too silly, no problem too serious. They may not have all the answers, but they will listen and do their best to help you find the resources you need. They are sex positive and non-judgemental. They provide help to youth who are 26 and under who live anywhere in Ontario.

THE BRIDGE

Contact: thebridgebrant@gmail.com or

Facebook: www.facebook.com/TheBridgeBrantford

cmecija@grchc.ca

Twitter: [@TheBridgeBrant](https://twitter.com/TheBridgeBrant)

The Bridge is a group that works to identify and address inequities that are experienced by the diverse sexual and gender identified communities within Brant County. The Bridge promotes the importance of acceptance and inclusion in an effort to eliminate stigma, bullying and discrimination at all levels of community life.

LESBIAN PEER SUPPORT GROUP

Contact: 519-754-0777 #510

Contact: Christine/Rhianon

Facebook: www.facebook.com/#!/LPSG.Brant?fref=ts

TRANS PEER SUPPORT GROUP

Contact: Sean/Ayyiana

Facebook: www.facebook.com/pages/

Phone: 519-754-0777 #511

Gender-Journeys-Brantford/303934113052412

Twitter: [@GenderJourneysB](https://twitter.com/GenderJourneysB)

BRANTFORD

Police Involvement (novavita.org)

REPORTING DOMESTIC VIOLENCE

Although more people are speaking up about domestic violence and there are more options for women seeking help, domestic abuse remains an under-reported crime. Only about 25 percent of all physical and sexual assault cases are ever reported to the police.

One reason is fear of reprisal; many women are afraid that they will suffer even more severe abuse and "punishment" for calling the authorities. They may also be intimidated by the police and the court system, or feel the system doesn't take them seriously or do enough to protect them.

The police and courts can play a critical role in your safety. They exist to protect victims and they have a duty to respond to your needs and to help you.

Why you should report assault to the police...

That call can save your life. Or it can prevent you from suffering even more severe abuse. Studies reveal that the average domestic abuse victim is beaten 30 times before the police are called. For some, help comes too late. An average of two to three Canadian women are killed by their husbands or partner every week.

The police can help attend to your immediate needs: ensuring you get to a hospital, making sure you and your children get to a shelter or other place of safety, connecting you with other supports and services in the community.

The incidents of physical abuse tend to decrease once the police have been involved. When the police lay charges or make an arrest, the chance of physical violence occurring again decreases by as much as half.

The police can enforce any court orders (for example restraining orders and peace bonds) and charge your partner with violating those orders.

Police records are particularly important if the case goes to court. Police can record details about the incident and take pictures of any injuries for evidence in court.

Police Involvement (novavita.org)

WHAT HAPPENS WHEN YOU CALL THE POLICE

- You need to let the police into your home. The only time police will enter a home uninvited is when they suspect a crime is underway or if a 911 call has been received.
- If they witness an assault, or they have "reasonable grounds" to suspect that an assault has taken place, the police are required to lay a charge. Reasonable grounds would include evidence like bruises, cuts, burns, etc., broken or strewn property and other signs of a struggle, or statements from witnesses.
- The police may need to investigate further by collecting additional evidence and getting statements from both the victim and the abuser. Be sure to describe the assault in detail and show them any visible injuries you have suffered (they may take photographs or arrange to have photos taken). Provide information about other violent episodes and show any court orders you have. ***You will likely be distraught, but try to be as calm and cooperative as possible.*** The police are there to help you.
- If a charge is laid, the police will arrest the offender and take him into custody. In many cases, your partner will remain in custody for a bail hearing. After the bail hearing, he may remain in custody or be released on a Recognizance of Bail (court order). You need to advise the police where you can be contacted so that they can let you know if your partner is being released.
- If you are worried about your safety, tell the police. Conditions can be placed on your partner's release. For instance, he may be ordered to live somewhere else and not have any contact with you, either in person or by phone. If your partner violates the conditions, you must call the police again right away so that further charges can be laid.
- Charges that have been laid by the police cannot be withdrawn or changed, except by a Crown Attorney.
- If you or your children need medical attention, the police can make sure you get to the hospital and/or contact someone from Victim Services to offer assistance and support.
- If the police do not lay charges, ask them why. It is usually because there were "insufficient grounds." That does not mean that they do not believe you. You can lay charges yourself, although it is a more involved process (*see Other Judicial Action below*).
- If no charges are laid, but you don't feel safe staying at home, you can ask the police to wait while you gather some belongings and ensure you get to a safe place.
- Write down the officers' names and badge numbers, as well as the "Incident Report Number" in case you need to follow up.
- If you are not happy with the way you were treated by the police, you can file a complaint with the officers' supervisor or superior.

BRANTFORD

Police Involvement (novavita.org)

OTHER JUDICIAL ACTION

LAYING CHARGES YOURSELF

If the police do not lay charges against your abuser, you can lay one yourself. You need to go to court and talk to a Justice of the Peace. Provide all the necessary details and bring along any witnesses (or their handwritten statements). After you "lay the information," the Justice of the Peace will conduct a hearing under oath and you will be asked to present your evidence. If your partner is ordered to appear in court to answer the charges, you may be called upon to be a witness. There is no fee to speak with a Justice of the Peace.

PEACE BONDS

If you are afraid that your partner will try to hurt you or your children, or destroy your property, you can talk to a Justice of the Peace about getting a Peace Bond – a written promise that he will "keep the peace and be good of behavior." (You may also be asked to make the same promise). There might be other conditions as well. A peace bond may be valid for up to 12 months. Always keep a copy with you; if your partner violates it, it is a criminal offence and you must call the police right away. Once a peace bond is issued, it can only be lifted by the courts and as long as it is in effect, all parties must abide by the conditions. Therefore, if one of the conditions is that your partner stay away from the family home, you cannot decide to let him return or visit.

COURT ORDERS

Concerns about safety, custody and access, support and division of property can be dealt with through a court order. You can arrange for a court order by speaking with a lawyer. You can also request an order by visiting the Family Court office and picking up the appropriate forms (including a Notice of Motion and an Affidavit). The types of orders you can request include:

- Custody of the children
- Access to the children
- Support for yourself or your children
- Restraining order
- Property order

A **restraining order** may be issued by the court if there is reason to believe that you are at risk of harm at the hands of your spouse/partner. The order may include specific instructions, for example, that your partner must not come to your home, place of work, children's school, etc. Restraining orders can be permanent, or valid for a certain amount of time (e.g. several months).

Police Involvement (novavita.org)

The restraining order must be served to your partner, but you do not have to do it yourself. The court, or your lawyer, can assist you with the procedures. Try to keep a copy of the restraining order with you at all times. Call the police if your spouse or partner breaches the order. He may be arrested and charged.

Victim Witness Assistance Program
80 Wellington St., Brantford

Contact: 519-752-5725

Trial Issues:

As the trial approaches and proceeds, VWAP staff will:

- Ensure that the Crown Attorney is aware of any issues relating to the administration of justice and/or the victim's/witness's needs.
- Assist the victim/witness to prepare for the trial, including sharing information about the criminal court process and explaining relevant legal concepts (i.e. preliminary hearing, exclusion of witnesses, etc.)
- Schedule a tour of the courtroom with the victim prior to the trial, depending on the location of the court.
- Work with the crown attorney and the police to address any questions or concerns raised by the victim/witness.
- Facilitate contact and/or meetings between the Crown Attorney and the victim/witness for trial preparation.
- Provide ongoing emotional support throughout the preliminary hearing and trial.

Post-trial Issues:

- V/WAP staff will continue to support victims/witnesses following the trial, primarily through the provision of information. Specifically, V/WAP staff will:
- Inform the victim/witness of her right to complete a Victim Impact Statement prior to sentencing; provide her with the appropriate form; and ensure that she is aware of how the VIS will be used in court ~ specifically, that VIS are shared with defense counsel and are considered to be public documents which means they might be used in other forums such as Family Court.
- Provide the victim/witness with a copy of sentencing documents.
- Advise and update the victim/witness of any appeals.
- Provide information about the Criminal Injuries Compensation Board, Victim Support Line, and Correctional Services Canada.
- Provide information and referrals as appropriate.

BRANTFORD

Legal Issues & Judicial System

Know Your Rights!

You have the right to live your life free from violence and abuse.

Spousal assault – including physical attacks, sexual abuse or threats – is a crime. You have the right to call the police and to be protected from your abuser. You have the right, and an obligation, to ensure the safety and well being of your children.

If you have no means of supporting yourself and your children, you have the right to financial assistance. It is your right to seek help and support from other programs and services in the community.

You and your children also have rights under the Family Law Act which covers custody, support and property.

For Matrimonial Property Information see pages 19-20.

CUSTODY OF CHILDREN

Unless there are exceptional circumstances, it is vital that you take your children with you when you leave an abusive relationship. If you are forced to leave your children behind, return for them as soon as possible. You can have the police accompany you if you are worried about your safety.

In cases of emergency, you should apply for **Temporary Custody** of your children as soon as possible. This will be in effect until a **Legal Custody Order** is granted by a judge. To get temporary custody and to file for final legal custody, call 519-758-3460 or visit the Court Office at 44 Queen Street in Brantford. You will have to fill out the papers, get court dates and have the papers served on your partner. The original papers are then brought back to the courthouse. You can also apply for a **restraining order** at the same time.

Free legal information is available at the **FLIC Clinics**, held every Wednesday at 44 Queen Street, from 10 a.m. - 1 p.m. and 2 p.m. - 4 p.m. **General Advice Clinics** on Monday afternoons, from 2 p.m. - 4 p.m. Lawyers are available to answer questions and provide legal advice. A financial eligibility assessment is required. You can also apply for custody through a lawyer. This may take longer, but you will not have to fill out the papers and serve them.

Information Referral Coordinator

The information Referral Coordinator can provide you with information regarding Family Court procedures, such as access and support. This is not legal advice. The information Referral Coordinator is available Tuesdays in the Court building at 44 Queen St. from (9:30

Legal Issues & Judicial System

a.m. - 2:30 p.m., and Fridays in the Court building at 70 Wellington from 9:30 a.m. - 2:30 p.m.)

Office of the Children's Lawyer

If there is a dispute between parents about custody and access, a judge may call upon the Office of the Children's Lawyer. When this happens, both parents have to fill out intake forms and the Office will appoint a social worker and/or a lawyer who will represent the child in court and make recommendations based on the child's preferences and best interests. There is no cost to either parent.

Access Issues

If you have custody of the children, your partner still has a right to see them, unless the court has made an order for no access. That usually happens only when there is strong evidence that the children are at risk of abuse or neglect by the partner. Supervised access – when the children and parents meet in a neutral location – may be ordered in certain cases.

COURT PROCEEDINGS:

- After a charge is laid, the offender has a “first appearance” in court. If he pleads guilty, there is no trial but he will be sentenced. If he pleads not guilty, a trial date is chosen by the judge
- It can be several months before the trial takes place. During this time, you may feel intimidated or threatened by your partner. Document any incidents. Call the police if you believe you are in danger
- You may have to appear in court to give evidence. You can call Nova Vita Domestic Violence Prevention Services (519-752-HELP) or Victim Services of Brant for guidance. You do not have to be represented by a lawyer
- If your partner is found guilty, he can receive one of several sentences depending on the seriousness of the charge and factors such as a history of violence in the relationship and any previous criminal record
- Whether or not your partner serves time in jail, his sentence may include a term of probation, which could last from six months to three years. The conditions of probation could include the following: that he not contact you directly or indirectly; that he not come within 100 metres of your home or workplace; that he report to a probation officer regularly; that he attend a specific counselling/treatment program; that he not own or possess a weapon; that he not use alcohol or drugs
- You have a chance to tell the judge about the effect the violence has had on you and your family by preparing a “victim impact statement.” You can do this with help from the police or Victim Services
- To get information about the case, you can call the court, the Crown Attorney's Office or the police officer(s) involved

BRANTFORD

Legal Issues & Judicial System

USING A LAWYER

If you are leaving your partner, you should consider speaking to a lawyer to find out your rights and your options. It is especially advisable to seek legal advice if you have minor children or if you are not a Canadian citizen.

A lawyer can help you:

- Understand your rights under the Family Law Act
- Keep you up-to-date about any new legislation or procedures affecting your situation
- Write a separation agreement
- Arrange for a court order

A **court order** specifies the terms of agreement between two people who have separated. In putting together your court order a lawyer may ask the judge to grant you::

- Custody of your children
- Financial support from your partner
- Your share of joint property and assets
- Exclusive possession of your home

Lawyers are listed in the local telephone book. Ask family and friends to recommend lawyers they have used. Some lawyers offer a free consultation; use this brief meeting to state your expectations and to determine whether you are comfortable with the lawyer's approach. You should also find out about the fees and payment schedule.

You can also get a free 30-minute consultation by calling the **Law Society Referral Centre** at **1-800-268-8326**. You will be given the name and telephone number of a lawyer in your community. You will also get a six digit referral number which you will have to provide when you call the lawyer to make an appointment.

When you meet with your lawyer:

- Be on time; call if you have to cancel or reschedule the appointment
- Be prepared. Keep a file with all the necessary documents (such as financial information, copies of deeds, proof of income for yourself and your partner, any custody or court orders, etc.). Bring the file each time you meet with your lawyer
- Bring a list of your questions and write down the answers as you get them. Be sure you understand the information you are given. To keep legal fees to a minimum, you should avoid any unnecessary telephone calls to your lawyer.

Legal Issues & Judicial System

LEGAL AID

You may be able to get Legal Aid to pay for a lawyer if you have little or no money left after you pay for basic necessities and your legal problem is one that Legal Aid covers (family matters, criminal charges, immigration and refugee matters). People with no income or on social assistance almost always qualify for Legal Aid, but you may still qualify even if you have a job.

Call the toll-free Legal Aid number as soon as you know you need help. Legal Aid staff ask questions to help you find the services that best fit your legal issues. Be able to provide relevant financial information including identification (S.I.N. card, driver's license, birth certificate or landed immigrant papers), any documents relating to your case (court orders, separation agreements, etc.), proof of your current income (pay stubs, Ontario Works cheque stubs etc.), up-to-date bank book or statement, and proof of monthly expenses and bills. The staff will help you complete an application and may be able to predict right away whether you are likely to get Legal Aid.

Meanwhile, contact Nova Vita Domestic Violence Prevention Services at **519-752-4357** to receive a certificate for **two hours of free legal service** as well as a current list of local lawyers who accept Legal Aid.

FAMILY COURT SUPPORT WORKER

The Family Court Support Program supports victims of domestic violence by facilitating their understanding of and passage through the family court system. A Family Court Support Worker provides information about the family court process, helps victims prepare for family court proceedings, refers victims to other specialized services and supports in the community, helps with safety planning, and accompanies the victim to court proceedings, where appropriate.

COMMUNITY LEGAL CLINIC - Brant, Haldimand, Norfolk

The Community Legal Clinic - Brant, Haldimand, Norfolk can provide you with confidential legal information and legal representation for matters dealing with the following:

- Tenants' rights/human rights
- Welfare rights (OW)
- The Ontario Disability Program (ODSP)
- Unemployment Insurance (EI)
- Workers' compensation (WSIB)
- Canada pension plan (CPP)
- Employment/workplace issues

BRANTFORD

All Other Community Services

Pet Care Services

EMERGENCY TEMPORARY PET CARE

SPCA/BRANTFORD

539 Mohawk St., Brantford

Phone: 519-756-6620

The Brantford SPCA will provide free emergency and temporary pet care when women relocate to Nova Vita Women Services. The SPCA can provide this animal care for up to two weeks (space permitting).

BRANT ANIMAL AID FOUNDATION

Phone: 519-753-0053

www.brantanimalaid.ca (to view information)

The Brant Animal Aid Foundation provides financial assistance with pet health costs for eligible pet owners who reside in Brantford and Brant County in receipt of government subsidized incomes (ODSP; Ontario Works; COMSOC; Guaranteed Income Supplement; CPP Disability; other). You must verify your income with the veterinarian before the veterinarian completes the appropriate application forms to help you receive financial assistance with the foundation. The foundation will pay for:

- The **FULL** cost of examination AND 1/2 of the total cost of diagnosis and treatment to a maximum of \$250.00. (The full cost of the examination fee is NOT included in the maximum)
- The **FULL** cost of examination AND 1/2 of the total cost of diagnosis and surgical treatment to a maximum of \$400.00. (The full cost of the examination fee is NOT included in the maximum)
- Euthanasia and regular cremation to a maximum of \$100.00 for cats and \$200.00 for dogs. (The Foundation will not pay for special cremation where the remains are returned to the owner.)
- The cost of transportation to a veterinary clinic may be provided in certain cases, to be determined by the Foundation

The procedure for free transportation to the veterinarian's office (taxi) is as follows:

- The Director Mary Welsh will determine whether it is an emergency and the Foundation will provide for the cost of transportation
- If so, Brant Taxi will be provided with the pick up details, i.e. name and address, and destination
- The person needing transportation from the veterinarian's office to his/her home address can make the return call
- Brant Taxi will bill the Foundation for transportation services

RESOURCES

Recommended Viewing & Reading

BRANTFORD NATIVE HOUSING

Sherry Lewis, Manager
Community Programs

Phone: 519-753-5408, ext 259
or slewis@brantfordnativehousing.com

The following list of videos and short reports or stories are recommended as part of your learning progress. Most videos are less than 15 minutes except for the 8th Fire Series.

Since some of us live and work in the City of Brantford, it is important to understand the impacts of Residential Schools especially since Brantford houses one of the oldest Residential Schools in Canada. The following information is very difficult to view and it is recommended that you view it in a quiet place or area, if possible.

www.wherethechildren.ca/en/projector/

Aboriginal Peoples - Mapping the Future, CBC Key Dates

www.cbc.ca/news/canada/features/first-nations/mapping-the-future/pack-10-key-dates/index-10keydates.html

Canadian Aboriginal History: Origins

www.youtube.com/watch?v=ULyRPpYHxdo

Strombo: Soapbox: Wab Kinew

www.youtube.com/watch?v=GlkuRCXdu5A

Four Directions Teachings

www.fourdirectionsteachings.com

Oren Lyons, Onondaga Chief - "We Are Part of the Earth"

www.youtube.com/watch?v=bSwmqZ272As

8th Fire - Aboriginal 101

www.cbc.ca/doczone/8thfire/aboriginal101.html

It's Not an Opinion, It's a Fact: Aboriginal Education in Canada

www.youtube.com/watch?v=tswVV2YkjKA

Terminology

www.sabar.ca/key-terms/

Wab Kinew on Strombo: Rethinking the Relationship

www.youtube.com/watch?v=lbYcuHtvull

RESOURCES

Recommended Viewing & Reading

BRANTFORD NATIVE HOUSING

Sherry Lewis, Manager
Community Programs

Phone: 519-753-5408, ext 259
or slewis@brantfordnativehousing.com

First Nation Lifelong Learning Model

www.ccl-cca.ca/pdfs/RedefiningSuccess/CCL_Learning_Model_FN.pdf

Intergenerational Trauma

www.naho.ca/jah/english/jah05_03/V5_I3_Intergenerational_01.pdf

Aboriginal Apology Discourse Analysis

http://prezi.com/nwv_wcefdlfi/aboriginal-apology-discourse-analysis/

The 8th Fire Series episodes are 45 minutes each

8th Fire, Episode 1 - Indigenous in the City

www.cbc.ca/doczone/8thfire/2011/11/indigenous-in-the-city.html

8th Fire, Episode 2 - It's Time

www.cbc.ca/doczone/8thfire//2011/11/its-time.html

8th Fire, Episode 3 - Who's Land Is It Anyway?

www.cbc.ca/doczone/8thfire//2011/11/whose-land-is-it-anyway.html

8th Fire, Episode 4 - At the Crossroads

www.cbc.ca/doczone/8thfire//2011/11/at-the-crossroads.html

PERSONAL INFORMATION

General Information

NAME _____
ADDRESS _____
CITY _____ PROVINCE _____ POSTAL CODE _____
PHONE _____ CELL _____ WORK _____

Emergency Contact Information

NOTIFY _____
RELATIONSHIP _____
ADDRESS _____
CITY _____ PROVINCE _____ POSTAL CODE _____
PHONE _____ CELL _____ WORK _____
OR NOTIFY _____
RELATIONSHIP _____
ADDRESS _____
CITY _____ PROVINCE _____ POSTAL CODE _____
PHONE _____ CELL _____ WORK _____

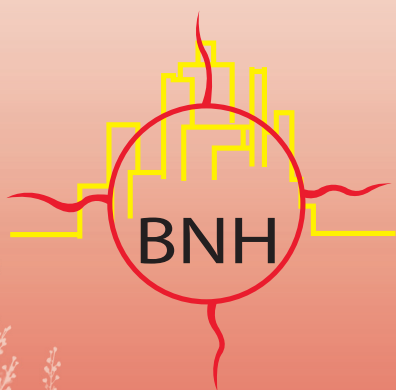
Medical Information

DOCTOR _____
ADDRESS _____
CITY _____ PROVINCE _____ POSTAL CODE _____
PHONE _____ FAX _____
HEALTH CARD # _____
ALLERGIES _____

BLOOD GROUP _____



THIS PUBLICATION PRODUCED BY:



Brantford Native Housing

Providing a safe, affordable,
and secure place to live in
dignity and peace.

Contact

318 Colborne Street
Brantford ON N3S 3M9
Phone: (519) 756-2205
Fax: (519) 756-1764

www.brantfordnativehousing.com
mail@brantfordnativehousing.com



Canadian
Heritage

Patrimoine
canadien

