Our doors are open Monday to Friday, with extended hours for specific programming. We also have 24-hour-on-call service. Our accommodation policy also includes wheelchair accessibility.

Access to all programs and services at Anishnawbe Health Toronto can be made through appointment. Walk-in service is also available, but we encourage appointments.

**TABLE OF CONTENTS**

Our Mission 3
Traditional Healers, Elders & Medicine People 4
Traditional Counsellors/Traditional Family Counsellor 5
Traditional Family Services 5
Physicians and Nurses 6
Psychiatrist and Psychologist 6
Dentist 6
Chiropractors 7
Naturopaths 7
Chiropodist 8
Diabetes Program & Services 8
Circle of Care Workers 9
Mental Health Services 9
Healthy Smiles Ontario 9
Other Services at AHT… 10
FASD Services 11
Fetal Diagnostic Clinic 11
Aboriginal Mental Health & Addictions 12
Community Health Worker Training Program 13
Dr. Tomer Levy Memorial Bursary 14
Living a Good Life ... Promoting Good Health 15
OUR MISSION

To improve the health and well being of Aboriginal People in spirit, mind, emotion and body by providing Traditional Healing within a multi-disciplinary health care model.

The model of health care at Anishnawbe Health Toronto is based on our culture and traditions.

Direction is provided by a volunteer Board made up of community members. Our centre is accredited by Community Organizational Health Inc. Health care services at Anishnawbe Health Toronto are provided by a wide range of professional and dedicated providers.

Some include: Traditional Healers, Elders and Medicine People, Physicians, Nurses, Chiropractors, Naturopaths, FASD Workers, Traditional Counsellors, Enaadamged Kwe, Circle of Care Workers, a Psychiatrist, a Psychologist, Chiropodist and Dentist.

FREEDOM OF HEALTH CARE CHOICE IS PARAMOUNT FOR OUR CLIENTS AS THEY DEFINE THEIR HEALING PATH.
WE ENVISION
A COMMUNITY
WHERE MANY
OF OUR YOUNG
PEOPLE ARE
ENCOURAGED
TO LEARN
AND PRACTICE
HEALING WAYS
AND TO BECOME
TRADITIONAL
HEALERS.

Through our culture and traditional healing methods, Traditional Healers, Elders and Medicine People help individuals, families and community strive for balance, harmony and good health.

- Traditional Doctoring
- Traditional Medicine
- Guidance and Counselling
- Teaching and Healing Circles

Healing approaches include the mind, body, emotions and spirit. The healing path begins with and includes many spiritual ceremonies, some of which include:

- Sweat Lodge
- Shaking Tent
- Full Moon Ceremony
- Naming Ceremony
- Clan Feasts
- Vision Quests
Our Traditional Counsellors and Traditional Family Counsellors use traditional and western counselling approaches. They provide non-judgmental, compassionate support, working with individuals on a broad range of issues, which include:

- Physical, emotional, sexual, intellectual or spiritual abuse
- Residential school survivor issues
- Substance abuse
- Adoption/foster care issues
- Heritage identity; self-esteem
- Relationship issues
- Mental health supports

**WHAT WE UNDERSTAND AS SICKNESS BEGINS IN OUR SPIRIT. IT THEN AFFECTS THE MIND, THEN THE EMOTIONS AND FINALLY THE BODY.**

The Traditional Family Service program was initiated in partnership with Native Child and Family Services of Toronto and the Ministry of Children and Youth Services for children/youth in care of child protection services, their families/caregivers and foster parents to access Traditional culture based services and programs.

Services and programs include:

- Naming ceremonies
- Rites of passage
- Family reunification ceremony
- Family sweats
- Traditional Adoption ceremony
PHYSICIANS AND NURSES

Our team of Nurse Practitioners, Registered Nurses and Physicians provide primary health care which includes:

– Health examinations
– Care for people with acute and chronic conditions
– Well Baby care
– Immunizations for all ages
– Anonymous HIV testing
– Routine screening for diabetes and other conditions
– Health promotion and illness prevention
– Referrals to intensive care, specialized services or diagnostic/testing procedures

PSYCHIATRIST/PSYCHOLOGIST

The Psychiatrist & Psychologist provides assessment, diagnosis and counselling services to assist with a broad range of mental health issues.

DENTIST

The Dentist provides diagnosis and treatment of problems associated with teeth or mouth tissue.

Services include:

– Check-ups  –  Cleanings
– Root canals  –  Implants
– Dental care maintenance/instructions
– Fillings
**CHIROPRACTORS**

In partnership with the Canadian Memorial Chiropractic College, our team of Chiropractors assess and treat disorders related to the spine, nervous system and joints.

Chiropractors treat:

- Headaches
- Neck and back pain
- Tendonitis
- Tension
- Sports-related injury
- Stiff Joints
- Arthritic conditions

**NATUROPATHS**

In partnership with the Canadian College of Naturopathic Medicine, our team of Naturopaths provide a coordinated approach to health care, including disease diagnosis, treatment and prevention, using natural therapies which may include:

- Acupuncture
- Lifestyle counselling
- Herbal medicine
- Eastern medicine
- Nutritional counselling
- Homeopathy
**CHIROPODIST**

**OUR GOAL IS SELF-HEALING.**

As foot care specialists, Chiropodists assess and treat foot disorders related to structure or function and those associated with disease, infection or injury.

**PEOPLE WHO COME TO US ARE SEEKING BALANCE AND WELLNESS.**

Chiropody services include:

- Diabetic foot care
- Arthritic foot care
- HIV foot care
- Heel pain
- Sports-related injury
- Orthotics (custom insoles)
- Skin and nail care

**DIABETES PROGRAM & SERVICES**

The Diabetes Education program is a traditional culture-based program for the prevention of complications of diabetes and outreach to the isolated senior population. Our model of care, fully integrates Traditional and Western approaches to diabetes education and services.

Services address population specific screening, early detection, and intervention, education and care.

A multi-disciplinary team of Dietitians, Diabetic Nurse Educators, Chiropodist, Healers and Medicine people, Health Promoter, Social Worker, Outreach Worker, Primary Health Practitioners, Mental Health Care Practitioners, and Concurrent Disorder Practitioners address the underlying health and lifestyle issues that contribute to risk for diabetes and complications associated with diabetes.
CIRCLE OF CARE WORKERS

Circle of Care Workers assist people who are homeless to develop, achieve and maintain a life free from the cycle of homelessness. Together the participant and Circle of Care Worker develop a ‘Circle of Care Plan’ which addresses their spiritual, physical, mental and emotional needs, promoting self-confidence and self-reliance.

MENTAL HEALTH SERVICES

Our service model fully integrates Traditional and Western approaches to assess, diagnose and treat mental health problems across the life cycle. A multidisciplinary team of mental health professionals work together to go beyond treating only symptoms, by identifying and addressing the underlying issues; for example residual trauma and identity issues related to colonialism, assimilation and Residential Schooling. Mental Health Services are for all people with concerns about emotional, psychological, behavioural or cognitive health. Priority groups include people who are homeless, people affected by FASD/E, people in mental health distress, seniors and people with substance use or problem gambling concerns.

HEALTHY SMILES ONTARIO

Good oral health is important to kids’ overall health. Yet, for some, regular dental care may not be affordable. Healthy Smiles Ontario is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you.

Anishnawbe Health Toronto is proud to be one of the Community Health Centres delivering this program.

WE ENVISION A COMMUNITY THAT IS NOT MARGINALIZED, WHERE THE POWER EMANATES FROM INDIVIDUALS, FAMILIES, COMMUNITIES AND NATIONS.
The Enaadamged Kwe program provides support for mothers and family during the gestation period, at birth, and until the baby is six months of age.

This traditional and culture-based program celebrates the sacredness of life and honours the spirit of women.

Activities offered include:
- Traditional Teaching Circles
- Traditional Parenting Circles
- Traditional Counselling
- Welcoming Ceremony
- Naming Ceremony
- Prenatal Circles
- Doula services
- Lactation classes
- Prenatal classes
- Yoga
- Baby massage
- Nutritional counselling
FETAL ALCOHOL SPECTRUM DISORDER SERVICES (FASD)

To promote awareness and prevention of Fetal Alcohol Spectrum Disorder (FASD), AHT provides services which include:

- Community information workshops
- Support groups
- Referrals to assist the families of FASD children
- Nutritional counselling

Community members are invited to access information on FASD support services and resources at our program office.

It takes a community to prevent Fetal Alcohol Spectrum Disorder and its effects and to support expectant mothers to be alcohol free.

FETAL DIAGNOSTIC CLINIC

In partnership with St. Joseph’s Hospital and Breaking the Cycle, AHT provides a FASD Diagnostic/Assessment Clinic. A multi-disciplinary team consisting of a Physician, Nurse, Psychologist, FASD Support Worker, Social Worker, Traditional Healers and Medicine people provides assessment, diagnostic and support services where there has been pre-natal exposure to alcohol and/or drugs.

WE SEEK A COMMUNITY WITH CHILDREN WHO ARE KNOWLEDGEABLE OF THEIR WAYS AND VALUES AND PROUD OF WHO THEY ARE – CHILDREN WITH A STRONG SENSE OF IDENTITY AND THE CONFIDENCE TO PARTICIPATE AS EQUALS IN A NATIVE AND NON-NATIVE ENVIRONMENT.
Aboriginal Mental Health and Addictions Service places Aboriginal culture and traditions at its core while utilizing a client centered, strength based approach to assist in one’s recovery. This assists clients to build their identity as an Aboriginal person, learn about their culture and tradition in order to begin and then maintain them on their wellness journey.

Teachings include but are not limited to:

- Assessment for Substance Use
- Traditional Healing
- Sweat Lodges
- Coping with Triggers
- Individual, Family and Group Counselling
- Circles & Support Groups
- Traditional Ceremonies and Teachings
- Psychiatric Consultation
- Coping with Relapses
- Better Communication
- Stress Management
- Anger Management
- Multidisciplinary Plans of Care to guide the Healing Path
- Art Therapy
- Nutrition
- Recreation
- Referrals
- Psychological Assessments
COMMUNITY HEALTH WORKER TRAINING PROGRAM

This training program provides participants with culture-based training in community work. Through a partnership agreement with George Brown College, graduates of the Community Health Worker Training Program receive college certification after successful completion of the first year and are eligible for admittance to the second and final year of the College’s Community Worker Diploma Program.

The combination of on-the-job training and course work covers four main subject areas:

– Traditional Health
– Community Development
– Health Promotion, Advocacy and Counselling
– Communication and Presentation Skills

The O Ta Ti Baen Program supports the efforts of people who are working towards a life away from homelessness. Participants earn credits by providing services in several areas, including Administration, Kitchen and Environmental Services and Home Visit (Outreach) Services. Credits are then applied towards their housing, clothing, recreational and other needs.

NMAKAANDJIWIN (FINDING MY WAY)

Students in this program are provided with the opportunity to learn and work with their peers in a comfortable and safe environment. Each student is assigned an advisor who helps them develop their own ‘circle of care’. Classes offered include:

– Traditional studies
– Aboriginal history and culture
– Homelessness issues

**Healing and teaching are synonymous. The true healing path is one of self-healing.**
Dr. Tomer Levy MEMORIAL BURSARY

Dr. Tomer Levy, a physician at Anishnawbe Health Toronto for two years, passed away in a tragic hiking accident in 1996. His family established a trust fund in his name to assist Aboriginal youth studying medicine.
LIVING A GOOD LIFE ... PROMOTING GOOD HEALTH

When we refer to living a good life, we are talking about our way of life, a healthy life. The Aboriginal way of life promotes good health throughout life’s journey. Through the Traditional Healers, Elders and Medicine People, our songs, dances, stories, prayers and ceremonies, we are introduced to many dimensions of healing, growth and development.

As we pursue our Aboriginal way of life, to live in balance and harmony with all of creation, we reclaim who we are – our Aboriginality. Our sacred path becomes one of healing, reconnecting us to the wisdom and traditions of the past and the generations of the future.

Guided by the teachings of our Traditional Healers, Elders and Medicine People, the programs and services at Anishnawbe Health Toronto promote living a good life.

VIOLENCE FREE WORKPLACE

We have a zero tolerance for Violence or Harassment for all people that come through our doors.
ANISHNAWBE
HEALTH TORONTO

225 Queen Street
Toronto, Ontario M5A 1S4
T 416.360.0486
F 416.365.1083

179 Gerrard Street East
Toronto, Ontario M5A 2E5
T 416.920.2605
F 416.920.8876

22 Vaughan Road
Toronto, Ontario M6G 2N1
T 416.657.0379
F 416.657.3436

WWW.AHT.CA