ANISHNAWBE HEALTH TORONTO

ANNUAL REPORT

2025-2026

Our 2025-2026 Cycle

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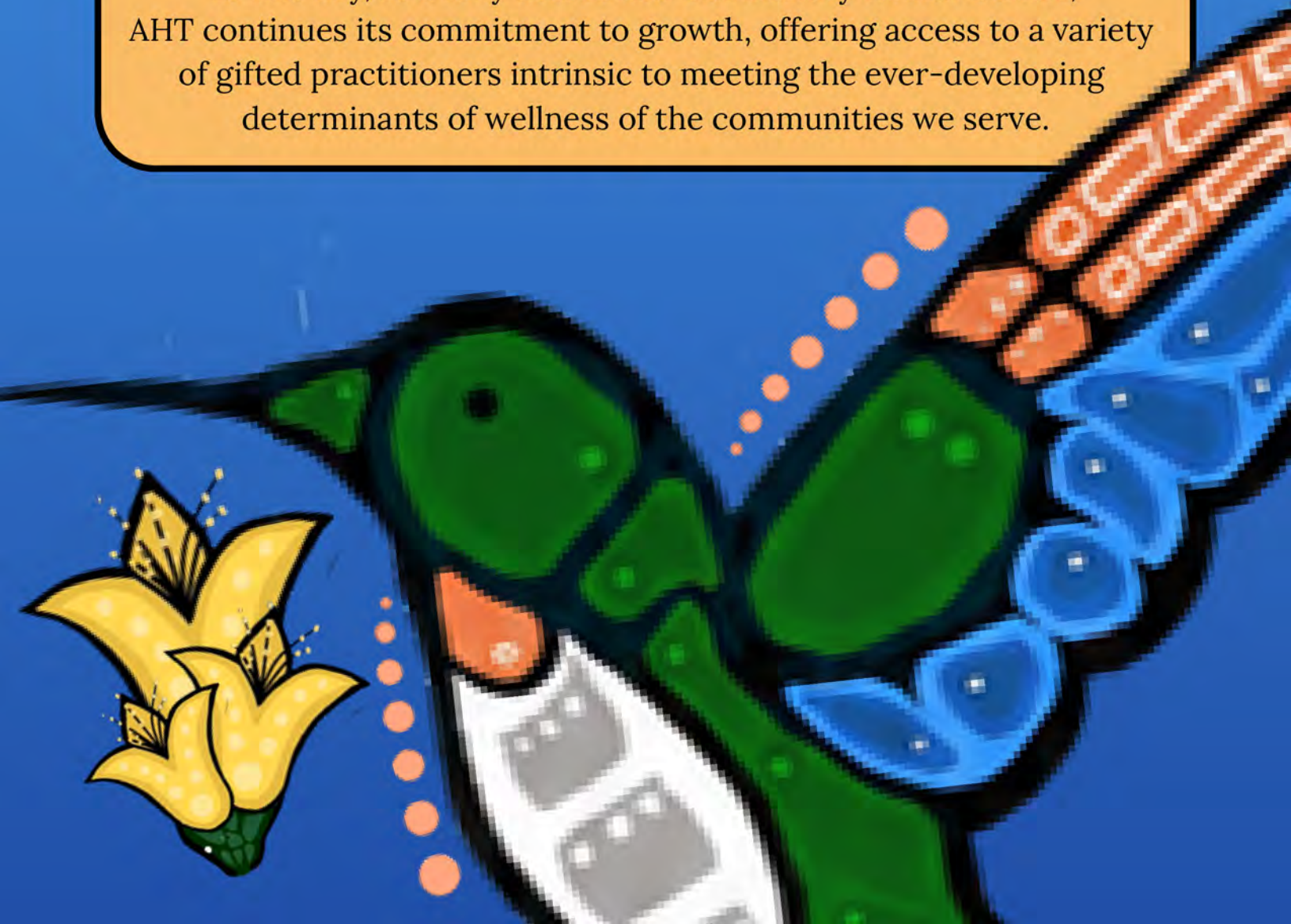
The Story of AHT

Our story begins in 1984 with Anishnawbe Health Resources (AHR), a vision of our late Elder Joe Sylvester, being born of a diabetes research project.

By 1989, with an objective “to recover, record and promote Traditional Aboriginal practices where possible and appropriate”, AHR transformed into a model of health care based in Traditional practices as a Community Health Centre named Anishnawbe Health Toronto (AHT).

To this day, as a fully accredited Community Health Centre, AHT continues its commitment to growth, offering access to a variety of gifted practitioners intrinsic to meeting the ever-developing determinants of wellness of the communities we serve.



Beliefs, Mission, Vision & Principles

PRINCIPLES

AHT achieves its visions and carries out its mission by:

Respecting teachings of people from all Nations.

Valuing life experience and traditional knowledge.

Accepting and providing care to all Indigenous Peoples.

Respecting the right of our clients to receive services free from judgment and prejudice.

Working with clients to choose the care path that is right for them.

Striving to provide services that enable people to reconnect with and strengthen their Spirit.

MISSION

To improve, support and promote the health, well-being and healing of Indigenous Peoples in spirit, mind, emotion and body within a multi-disciplinary health care model.

VISION

AHT is empowering Indigenous Peoples to have a strong sense of identity and pride through access to traditional healing and culturally safe models of care.

BELIEFS

AHT roots all of it activities on the following teachings:

We are all responsible for our personal health, healing and being well.

Healing, learning, and teaching are synonymous.

Nature and creation; our First Family.
We show respect for the First Family and include them in our communication with Creator.
We also show respect for the spirits of our Ancestors who are part of the First Family.

There is an energy or life force which exists throughout nature and creation.
This energy is within all of us. It gives us life and emanates from the human body. It is our spirit.
What we understand as sickness begins in our spirit; it then affects the mind, then the emotions and finally the body; for healing to occur treatment must include our whole being.

The Healing Path also includes preparations for the journey to the Spirit World.
Death is part of the cycle of life.

Our Executive Director

A Message from Michael Milward

This past year marked a historic chapter for Anishnawbe Health Toronto with the grand opening of our new home at 425 Cherry Street. On Thursday, June 5th, we gathered with the partners who helped build it, the funders who supported it and the community members it was created to serve, to celebrate this new Indigenous Hub in the Canary District. The day was dedicated to our late Executive Director, Joe Hester, whose vision made this building possible. In his honour, we named our ceremonial grounds after him and unveiled a plaque bearing his spirit name, "Talking Fox." Although we mourn his loss, we honour his vision each day.

As we settled into our new home, we also hosted our Two Spirit Conference on September 29th, a day dedicated to celebrating Two Spirit identity with a focus on mental health. The conference fostered community and resource sharing between community members and service providers. We were honoured to be joined by speakers Dr. James Makokis, Ma-Nee Chacaby, Scott Wabano and Kairyn Potts, whose teachings and stories enriched the day and were complimented with traditional singing, drumming, and dancing throughout the conference.

We also gathered for our second annual Memorial Round Dance at the East Bayfront Community Recreation Centre on February 28th, 2026. The round dance offered a meaningful opportunity to remember and honour those we have lost, and to come together in ceremony, song and community.

Congratulations to everyone involved in bringing these achievements to life. As we reflect on the past year, we are reminded of the strength, resilience and commitment of our staff, leadership and community members. To all of our community members, partners, funders and staff, thank you for your dedication, support and trust. We look forward to the future of Anishnawbe Health Toronto and to continuing this important work together.

Miigwech.
Michael Milward

Traditional Services

Traditional Healers and Helpers are the cornerstone to wellness at AHT, guiding how our programs are designed and delivered.

The team consists of Traditional Healers from various First Nations communities. Actively engaging with clients on a daily basis, they provide individualized healing sessions to promote spiritual, mental, physical and emotional well-being.

The Traditional team worked hard to rebuild and reestablish our Sweat Lodge, which we are pleased to be able to offer once again. These ceremonies are essential for spiritual cleansing, healing, and connection to traditional teachings, providing a sacred space for community members to reflect, heal, and reconnect with themselves and their culture.

855 visits with 472 members

Supporting community members in their journey toward self-healing, balance and wellness by offering traditional medicines, counseling, teachings, ceremonies, and doctoring. The Healers work collaboratively with other programs and practitioners, offering guidance and consultation.

Giiwe Win: Showing the Way Home

780 visits

78 members & their kin

The Giiwe Win (Traditional Palliative Care) program offers non-medical care for Spirit, engaging Indigenous Knowledges and Ways of Being to create self-determination over death and dying practices. The program offers care beyond preparing for one's transition to the Spirit World to include restorative support and by providing care to family members after the departure of their loved one.

4 Educational Presentations

4 Gatherings & Ceremonies with 148 members

Program Highlight: The Impact of Presence

With Traditional Medicine People foregrounded in the urban institutional space. The program has made Indigenous structures of care more conspicuous with Traditional Medicine People and Osh-Ka-Be-Wis wearing ribbon shirts and skirts, moving through the institutions carrying a variety of Sacred Items and Bundles. While ceremonies were only attended by the member and their kin, their presence emanated beyond the hospital room with sounds, fragrances and songs spilling out into the sterile hallways, experienced on some level by all those in proximity. As such, the staff inside of the Western spaces appeared to be more aware of the Medicine People as practitioners of care rather than cultural iconography.

Program Supports Offered

case management
advocacy
funeral planning
repatriation issues
accommodations
food security
travel arrangements
legal consultation & wills
navigating access to care
sessions with Traditional Healers
family gatherings
family reunification
Celebrations of Life
Sacred Fires
Cedar Baths

Child & Youth Services

A newly established Child and Youth team has quickly developed with a variety of carers and programs to wholistically support children, youth and their families from the conception of new life until the age of 29.

Traditional Counselling

Our Traditional Counsellor provides youth with sessions that are grounded in our Seven Grandfather teachings and Indigenous ways of knowing.

105 sessions with 10 members

Kitchiniigaan Noongom: The Future is Today

Our pre-and post-natal program that supports families with culturally-based programming that promotes education, nutritional counselling, lactation support and ceremonies to prepare for and welcome new life.

FASD Diagnostic Clinic

Members receive care from a team of a Neurodevelopmental Psychologist, Physician, Psychometrist, Social Worker, Speech and Language Specialist, Traditional Healer and Psychiatrist.

174 visits with 30 members

196 sessions with 30 members

Oshkii Okitchiidak

Our youth group provides members 14-29 years of age with cultural teachings, ceremonies, physical activity, Land-based learning, counselling support, meal preparation and nutritional education and fun social events that promote self-esteem and peer support.

487 youth interactions

Housing Services

The Indigenous Supportive Housing Program at provides essential housing support to Indigenous individuals and families with status and of lower-income households who are disproportionately affected by the housing crisis in the Greater Toronto Area.

Our housing team supports members in securing safe, stable housing, advocating with landlords to build positive relationships and support successful tenancies. The team also offers financial assistance for first and last month's rent (FLMR).

1145 appointments

553 member enrollments

142 members received assistance with FLMR

135 members were assisted with rent arrears

200 members received a rent subsidy

The housing team offers assistance with navigating the Landlord and Tenant Board process for members facing eviction or housing instability. This includes the City of Toronto's Eviction Prevention in the Community (EPIC) program, where eligible members may receive assistance with rental arrears.

Through this work, we have been able to reduce the negative impacts associated with housing instability, allowing members to focus on their health and well-being. We remain committed to supporting our members in accessing and maintaining dignified housing.

Babishkhan Services

Mental Health and Addiction Services

Our Mental Health and Addiction services continue to offer a multi-disciplinary approach to care. Combining both Traditional- and Western-based approaches, we aim to support community members in finding their path to healing in a way that best meets their needs.

11,068 visits with 2,188 members

Program	Visits	Members
Addiction Services	1088	647
Traditional Counselling	855	472
Individual Counselling	1572	328
2Spirit/Trans* Counselling	976	107
Emergency Counselling	974	249
Psychiatry & Psychology Services	929	255
Circle of Care Social Work	1531	327
Patient Navigator	113	51
Rapid Access Addiction Medicine	3914	224

300 attendees

2-Spirit Mental Health Conference

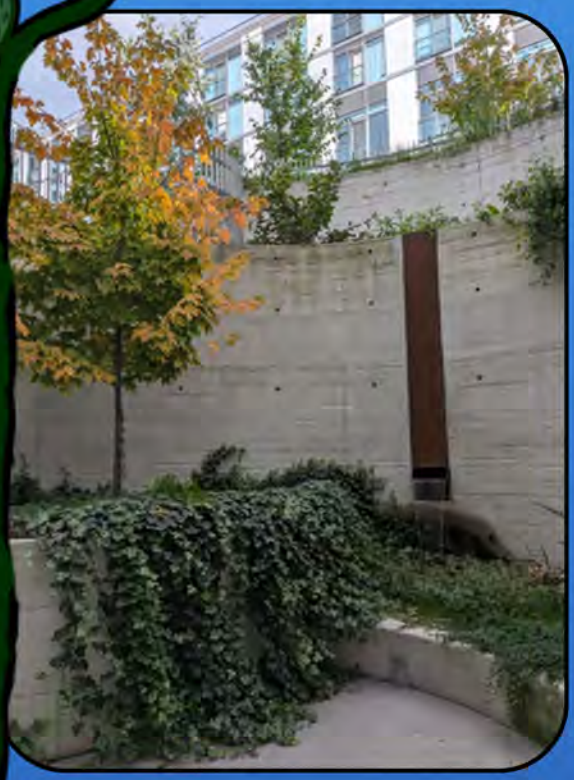
On September 29, 2025 AHT hosted A Two-Spirit Conference – Uniting Our Spirits to celebrate Two-Spirit/Trans identity, foster community, promote a greater understanding about mental health from a Two-Spirit/Trans perspective while creating a space to share stories, knowledge and resources known to be community-friendly. Four incredible Indigenous speakers - Dr. James Makokis, Ma-Nee Chacaby, Scott Wabano and Kairyn Potts shared their perspectives, experiences, understanding and wisdom.

Newly Offered Programming

Elders Social and Support Circle

Weekly social and support circle for Indigenous Elders 55 years and older. The group focusses on helping Elders with daily living needs and overall wellness i.e. financial security, income tax preparation, health and well being, food security, limiting isolation, sharing stories etc.

694 Visits with 160 Members



Motivational Wellness Group

Motivational Wellness is a seven-session, once-a week group delivered in partnership with Addiction Services. Each two-hour session is designed to support and empower community members in their wellness journey by integrating Indigenous traditional knowledge with Western life coaching approaches. The program is offered in four cycles aligned with the four seasons, reinforcing holistic and culturally grounded wellness practices.

295 Visits with 65 Members

130 Visits with 48 Members

Community Member Grief Support Circle
Walking with Our Ancestors

Walking with Our Ancestors is a monthly drop-in Anishinaabe grief group designed to support Indigenous community members in their healing journeys through the lens of traditional knowledge, cultural practices, and peer connection. Grounded in the Medicine Wheel, the group incorporates ceremony, storytelling, drumming, and expressive cultural activities to honour grief, loss, and ancestral connection.
This program is inspired by the success of other Indigenous-led grief initiatives across Canada that demonstrate how land-based healing, Elder guidance, and traditional ceremony can foster deep healing and community resilience.

Waash-Keshuu-Yaan Services

Primary Care Services

Our primary care services are offered by an interdisciplinary team of Physicians, Nurse Practitioners, Registered Nurses, Dieticians, Physiotherapists, and Chiropodists working alongside Traditional Healers, Traditional Knowledge Keepers, and Elders, to integrate Western-based practices with Traditional Indigenous healing modalities to wholistically address health concerns.

Chiropody

721 visits
with
173 members

Physiotherapy

1,046 visits
with
255 members

DEP & DPP

308 visits with
161 members
91 workshops with
643 participants

Primary Care

13,492 visits
with
1,682 members

Health Promotion

38 workshops
with
232 participants

Program Highlight: Mobile Healing Expansion Unit & Evacuee Support

Our Mobile Healing Unit integrates both Western and Traditional Healing Practices rooted in cultural sensitivity and trauma-informed care with members in areas where primary care is currently not available or accessible. Services routinely offered include breast and cervical cancer screening, diabetes screening, treatment and prevention, health promotion and dentistry services. Having access to our Mobile Healing Unit has enabled our teams to offer primary care, mental health, addictions and prenatal supports in emergency situations such as with the evacuees of the forest fires impacting the First Nations communities throughout Northern Ontario.

Dental Services

Our community Dental Clinic began operating in March 2025. It has since offered multi-disciplinary care combining both Traditional- and Western-based approaches to support members in finding their unique path to healing. We continue to strengthen connections across our members' Circle of Care allowing for collaboration of all community supports. As such, we are able to consider the member's whole self by promoting continuity of care in trauma-informed and culturally grounded ways and through the use of medicines to bring a healing, safe, spiritual wellness to clinical space.

Program Supports Offered

comprehensive examinations
digital radiographs & 3D scanning
preventive and restorative care
dentures and treatment planning
(lab and 3D printed dentures)
non-invasive treatment approaches
collaboration with specialists
& healthcare providers
fillings and extractions
Prevora applications
oral health education
community events

1,367 visits
with
415 members

Program Highlight

In 2025, AHT introduced Prevora, a brief, non-invasive preventive dental treatment designed to reduce harmful oral bacteria and gum inflammation. Early results have been very encouraging with all participants experiencing a reduction in gum inflammation and receiving highly positive feedback from members. The initiative demonstrates the potential of accessible, preventive dental care to address oral health disparities and support broader health outcomes.

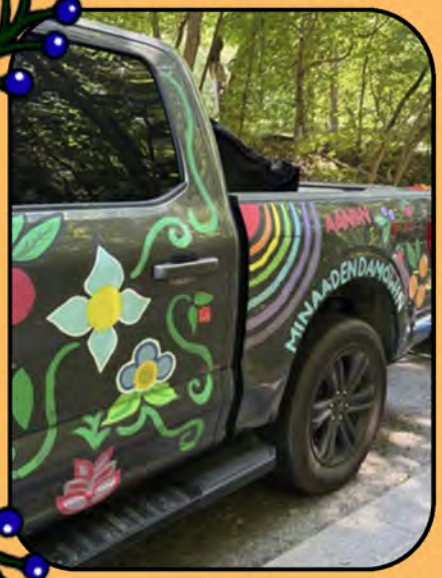
Community Celebration & Care

Community Gatherings

RECLAIMING & HONOURING
Our Spirit Journey

ANISHNAWBE HEALTH TORONTO'S 2ND
Memorial
Round Dance

Pride Parade



Holiday Fun

Sage Picking

Community Outreach

Community Celebration & Care

Drumming for Diabetes

Two-Spirit Conference

Community Workshops, Teachings & Connection

- OLDER ADULTS SOCIAL
- TRADITIONAL LULLABIES
- Diabetes Screening
- Community Park Day
- *Measles Vaccine* Let's protect our Community
- BABY BUNDLE WORKSHOP
- SEW & CRAFT DROP IN PROGRAM!
- CARVE AWAY HYPERTENSION
- Walking With Our Ancestors

Board of Directors

Message from the Board President

My spirit name is Coming Dawn Woman, and I belong to the Bear Clan, and I am from Wiikwemkoong Unceded Territory, where I grew up. It has been a tremendous honour to serve on the Board of Directors of Anishnawbe Health Toronto for three consecutive terms over the past nine years, most of that time as President of the Board. As I reflect on this journey and prepare to conclude my service on the Board, I do so with deep gratitude for the many people who have contributed to the success of this remarkable organization.

First and foremost, I want to express my deep respect and gratitude to the late Joe Hester baa, our former Executive Director. Joe baa possessed a vision for Indigenous health care that was both ambitious and grounded in community. The health centre we call home today stands as a testament to that vision. This building would not have been possible without the years of dedication, leadership, advocacy, and perseverance that Joe baa invested in bringing it to life. Sadly, he did not live to see the full fruits of his labour, but his legacy surrounds us every day. Joe's wisdom, steady leadership, and unwavering commitment shaped this organization and touched the lives of countless people. His spirit lives on in the work we do, in the care we provide, and in the opportunities created for future generations. I am grateful to have walked alongside him and to have learned from his example.

Over the past nine years, I have witnessed Anishnawbe Health Toronto continue to grow as a leader in Indigenous health and wellness. Through changing circumstances and emerging challenges, our commitment to culturally grounded care has remained steadfast. We have continued to create spaces where Indigenous people can access services that honour their identities, cultures, traditions, and lived experiences.

None of this work happens in isolation. I want to acknowledge and thank our dedicated staff, physicians, traditional healers, Elders, Knowledge Keepers, volunteers, community partners, funders, and fellow Board members. Your commitment, compassion, and tireless efforts have strengthened this organization and improved the lives of those we serve.

I am especially grateful to the many Board members with whom I have had the privilege to serve. Together, we have worked to ensure strong governance, sound stewardship, and a clear vision for the future. The accomplishments reflected in this annual report are the result of collective leadership and a shared commitment to community. Most importantly, I want to thank the Indigenous community members and families who place their trust in Anishnawbe Health Toronto. Your resilience, strength, and teachings continue to guide our work and remind us why this organization exists.

As my term comes to an end, I do so with great confidence in the future of Anishnawbe Health Toronto. The organization is strong, the leadership is very capable, and the foundation built by those who came before us remains solid. While my role on the Board is concluding, my commitment to the mission and values of Anishnawbe Health Toronto will continue.

It has been one of the greatest honours of my life to serve this organization and our community.

Miigwetch.
Marian Jacko
Coming Dawn Woman

Our Board of Directors

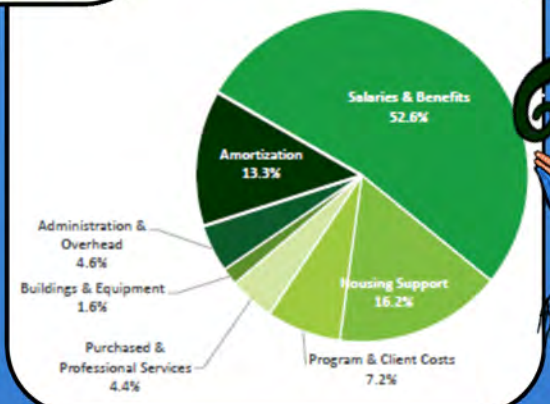
The Board of Directors is a committed and talented group of individuals who take on the responsibilities of governance.

Marian Jacko, *President*
Chris Decorte, *Vice-President*
Tahshiina Cheechoo, *Treasurer*
Ginette Joseph, *Secretary*
Tahshiina Cheechoo, *Board Member*
Kate Dunn, *Board Member*
Sheldon Morriseau, *Board Member*

Financial Statement

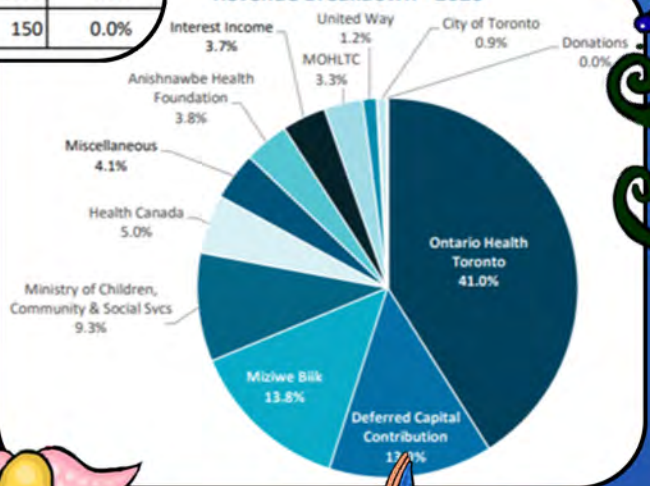
EXPENDITURES	$16,962,866	%
Salaries & Benefits	$8,917,419	52.6%
Housing Support	2,749,537	16.2%
Program & Client Costs	1,226,307	7.2%
Purchased & Professional Services	750,537	4.4%
Buildings & Equipment	279,552	1.6%
Administration & Overhead	784,635	4.6%
Amortization	2,254,878	13.3%

Expenditure Breakdown



REVENUE	16,203,851	%
Ontario Health Toronto	$6,651,062	41.0%
Deferred Capital Contribution	2,254,878	13.9%
Miziwe Biik	2,228,956	13.8%
Ministry of Children, Community & Social Svcs	1,499,857	9.3%
Health Canada	813,678	5.0%
Miscellaneous	662,372	4.1%
Anishnawbe Health Foundation	615,354	3.8%
Interest Income	603,835	3.7%
MOHLTC	534,042	3.3%
United Way	198,117	1.2%
City of Toronto	141,550	0.9%
Donations	150	0.0%

Revenue Breakdown - 2026



Messages from the Foundation

Executive Director, Amelia Pruchnicki

This past year has been one of significant milestones for Anishnawbe Health Foundation, and I feel fortunate to have joined the organization at such an exciting time. One of my first experiences at the Foundation was celebrating the grand opening of the new Anishnawbe Health Toronto building on Cherry Street. Learning about the years of dedication and hard work behind this achievement, and then seeing it firsthand, was incredibly meaningful. What stood out to me most was the pride and sense of belonging shared by everyone who gathered.

The new health centre is more than a building. It is a space designed by and for Indigenous people, where Traditional healing and Western medical care come together. Having a place in the heart of Toronto where Indigenous people can connect with their culture and access care is incredibily powerful. The momentum of this milestone carried throughout the year, with our community continuing to show up in remarkable ways.

Our 31st annual Empty Bowls fundraiser sold out and achieved record breaking fundraising results. The Holiday Hamper initiative was another wonderful success, providing holiday meals and gifts to 175 families. Our Orange Shirt Day campaign also brought together community members and supporters to honour the National Day for Truth and Reconciliation, encouraging meaningful learning and action. As we celebrate these achievements, we are also looking ahead. With the capital campaign successfully completed, we remain committed to supporting the programs and services that make Anishnawbe Health Toronto an integral part of the community.

To our donors, partners, Board of Directors, and everyone who has stood beside us throughout this journey, Chi Miigwech. Your generosity and belief in our mission continues to make a meaningful difference.

Board Chair, Judith Moses

Having served on the Board of Anishnawbe Health Foundation for many years, it is remarkable to reflect on how far Anishnawbe Health Toronto has come.

I remember when care was provided across three separate locations, including a former bank and residential homes that had been adapted to meet the healthcare needs of the community. Through these spaces, Anishnawbe Health Toronto continued to grow, providing essential culturally grounded care to the Indigenous community in Toronto. Today, we have a purpose built health centre at 425 Cherry Street, bringing Traditional Healers, physicians, nurses, counsellors and other healthcare professionals together under one roof. Clients can now access a range of appointments in one space, bringing us closer to the vision of the late Elder Joe Hester who imagined a space where culture and ceremony would be at the forefront.

This achievement belongs to so many people. From the Elders and community members who helped shape the vision, to the staff, Board members, donors, and partners who believed in it, each has played an important role in bringing this new home to life. This year also marks a personal transition for me, as I will be stepping down from my role as Board Chair. After many rewarding years with the Foundation, I feel incredibly fortunate to have witnessed this milestone. While my time as Chair is coming to an end, my commitment to the Foundation remains, and I look forward to continuing to support its important work in the years ahead.

To everyone who has been part of this journey, Chi Miigwetch.
It has been an honour to share in this achievement with you.

Chi Miigwech to our Donors

In Memory of Donations

Joe Hester
Rodney Bobiwash
Helen Betty Osborne
Patricia Noel (McKim) Duncan
Sheilah Coish
Ellen Catherine King
Betty Matilda Griffiths
Rameshbhai J Parekh
Sarah Vee
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$100,000+ Donors

The Krawczyk Family Foundation
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$50,000-$99,999 Donors

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$10,000-$49,999 Donors

Toronto Foundation
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$5,000-$9,999 Donors

Rotary Club of Toronto - Forest Hill
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Rosedale United Church
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Benefaction Foundation

$1,000-$4,999 Donors

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Ravi Aggarwal
Claire De Souza
Alisha Kaplan
Rebecca Boa
Robin Snell

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