



INDIGENOUS-SPECIFIC HEALTH NAVIGATION SUPPORTS

This list is intended to be a quick reference resource to help connect people to health navigation supports in Manitoba. For individuals living in First Nations communities, they should contact the local First Nation administration office to inquire about services available on-reserve. Also, see this directory for additional Indigenous organizations <https://mkonation.com/directory-indigenous-organizations-in-manitoba/>

1. Assembly of Manitoba Chiefs - Eagle Urban Transition Centre (EUTC) www.manitobachiefs.com
204-954-3050, Toll-free 1-888-324-5483, 2nd floor - 275 Portage Ave., info@manitobachiefs.com
 - Provides support and resources to assist First Nation adults and children to transition to living in an urban environment. Coordinators help connect people to supports such as housing, addictions treatment, IDs, income assistance, etc.
 - Access to Connect 2 Voicemail service, mailbox, fax machine, computers/internet, photocopying, Commissioner of Oaths, Elders/Knowledge Keepers and community events.
 - Job & training opportunities.
 - Jordan's Principle is a Child-First initiative used across Canada that supports First Nations youth under 18 years of age living with special needs on or off-reserve. EUTC Special Needs Advocates support the Winnipeg area.
 - Advocates with FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental and vision benefits. Advises on how to access mental health benefits.
 - Advocates with FNIHB Transportation Referral Unit regarding coverage for medical travel, accommodations, and escorts.
 - May provide respite until families are connected with Children's Disability Services, if eligible.
 - There are also Jordan's Principle Coordinators in most First Nation communities who facilitate the assessment of children, in collaboration with Specialized Services for Children & Youth and the Manitoba First Nation Education Resource Centre.
2. Assembly of Manitoba Chiefs – Patient Advocate Unit (AMC-PAU) www.manitobachiefs.com
204-987-4120, Toll-free 1-888-324-5483, 200-275 Portage Ave., info@manitobachiefs.com
 - For referrals from WRHA sites, call WRHA Indigenous Health - Centralized Services at 204-940-8880, Toll-free 1-877-940-8880, fax 204-943-1728 or indigenoushealth@wrha.mb.ca
 - AMC-PAU is a collaboration between AMC and WRHA, which supports First Nation individuals to access medical care, housing, IDs, income and cultural supports needed when transitioning to urban environments **for medical relocation**.
 - Also assists individuals to address their concerns about care received from non-WRHA health care providers.



- Advocates with FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental and vision benefits. Advises on how to access mental health benefits.
 - Advocates with FNIHB Transportation Referral Unit regarding coverage for medical travel, accommodations, and escorts.
3. WRHA Indigenous Health - Patient Services
- Call WRHA Indigenous Health - Centralized Services at 204-940-8880 or 1-877-940-8880, or fax 204-943-1728, indigenoushealth@wrha.mb.ca, www.wrha.mb.ca and go to Indigenous Health
 - For First Nations, Inuit and Red River Metis patients in Winnipeg hospitals and 3 Personal Care Homes (Southeast, Deer Lodge and Riverview).
 - Advocates with FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental and vision benefits. Advises on how to access mental health benefits.
 - Advocates with FNIHB Transportation Referral Unit regarding coverage for medical travel, accommodations, and escorts.
 - Provides access to language interpretation and spiritual cultural care in WRHA facilities.
 - Assists individuals to address their concerns about care received from WRHA health care providers (hospital and community).
4. Four Arrows Health Authority www.fourarrowsrha.org
Jordan's Principle Case Manager, 204-947-2397, 500-338 Broadway Ave., info@fourarrowsrha.org
NIHB Navigator 431-279-0810, 500-338 Broadway Ave.
- Serving individuals who are members of one of the four communities (Garden Hill, St. Theresa Point, Red Sucker Lake and Wasagamack), both on and off reserve. Supports First Nation individuals to access medical care, housing, IDs, income and cultural supports.
 - The Jordan's Principle Case Manager serves all First Nation children and their families accessing the Specialized Services for Children and Youth Centre (SSCY).
 - Advocates with FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental and vision benefits. Advises on how to access mental health benefits.
 - Advocates with FNIHB Transportation Referral Unit regarding coverage for medical travel, accommodations, and escorts.
 - Provides navigation to appropriate programs, departments and/or agencies
 - May attend medical appointments and/or case conferencing with families on request
 - Provides culturally safe drop-in and/or meeting space for First Nation families
 - Collaborates with appropriate service providers and/or programs, both within SSCY Centre, as well as externally.
 - The NIHB Navigator serves both rural and urban clients.
 - Advocates with FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental and vision benefits. Advises on how to access mental health benefits.
 - Advocates with FNIHB Transportation Referral Unit regarding coverage for medical travel, accommodations, and escorts.



5. Manitoba Keewatinowi Okimakinak - www.mkonation.com
Winnipeg 204-927-7500, Toll Free 1-800-442-0488, 102-1700 Ellice Ave.
Thompson 204- 677-1600, Toll Free: 1-800-442-0488, 206-55 Selkirk Ave.
 - MKO's Client Navigator supports all registered First Nation people and Inuit in Manitoba.
 - Can help to apply for a treaty card and other IDs, and income support, if the person can come to the Thompson office. May identify other community resources.
 - Operates an Indigenous crisis response line, and a mobile crisis response team which may support individuals and First Nations communities in Manitoba.
 - Advocates with FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental and vision benefits. Advises on how to access mental health benefits and connect to traditional healers.
 - Advocates with FNIHB Transportation Referral Unit regarding coverage for medical travel, accommodations, and escorts.

6. Kivaliq Inuit Services
204-989-1023 or 204-989-5218, 310 Burnell St.
 - The Government of Nunavut provides accommodations and navigation support for individuals who are in Winnipeg for medical treatment.
 - Discharge Planners support patients transitioning from hospital to home.
 - Advocates with FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental and vision benefits. Advises on how to access mental health benefits.
 - Advocates with FNIHB Transportation Referral Unit regarding coverage for medical travel, accommodations, and escorts.

7. Manitoba Inuit Association www.manitobainuit.ca
204-774-6848, #3-1000 Notre Dame Ave, info@manitobainuit.ca
 - Provides services that address unmet needs of Inuit in the areas of health, education, employment and training, trauma recovery, cultural connection and language preservation.
 - Kativiik provides wrap-around Inuit services for these families - including trauma informed counselling, translation and cultural services, referrals, outreach, advocacy, traditional healing, and other vital supports.

8. Tunngasugit Inuit Resource Centre www.tunngasugit.ca
204-416-8910, Toll-free 1-844-654-6848, 818 Sargent Ave., info@tunngasugit.ca
 - Tunngasugit supports Inuit living in the Winnipeg area by providing information on how to obtain housing, education, employment preparation, counselling and health care.
 - Access to a phone line and long-distance, emergency supports, laundry, as well as access to computers.



- Advises on how to navigate FNIHB Non-Insured Health Benefits for medications, equipment, supplies, dental, vision and mental health benefits.
 - Transportation for appointments, house viewing and laundry services (for Inuit who live in Winnipeg).
 - Monthly gatherings (feasts), and cultural programming (when available).
 - Food hamper deliveries for members only.
 - Language Nest for Inuit children (Mon-Thurs 10am-2pm) @814 Sargent (must register).
 - Drop-in services (Tues 12pm-6pm, Wed 1pm-8pm, Thurs 12pm-6pm & Sat 11am-7pm).
9. Manitoba Metis Federation (MMF) www.manitobametis.com
Winnipeg 204-589-4327, 10-150 Henry Ave., wpgregion@mmf.mb.ca
- The Red River Metis Community Liaison Department assists Métis individuals, families and Elders to find services and resources in their communities: locally, regionally and provincially.
 - Low income seniors may be eligible for help to pay for vision care, equipment and prescription drug costs.
 - A rapid re-housing service for individuals who are homeless or at risk of losing housing. Provides outreach to obtain housing, IDs, income and related supports.
 - MMF has built some accessible affordable housing units for seniors and families in St. Boniface, Portage La Prairie and Selkirk.
 - There is also a mental health counselling line.
 - Individuals must have an MMF citizenship card, or be eligible to receive one. Only Red River Metis cards that start with the letter V may be accepted (the old MMF cards that start with MW may not be used).
10. Southern Chiefs Organization (SCO) www.scoinc.mb.ca
204-452-4311, toll-free 1-866-876-9701, JordansPrinciple@scoinc.mb.ca
204-946-1869, NIHB.Navigator@scoinc.mb.ca
- For members of one of the 34 SCO communities, both on or off-reserve.
 - The Jordan's Principle Coordinator serves all First Nation children and their families accessing the Specialized Services for Children and Youth Centre (SSCY).
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Also, see the Shared Health website www.sharedhealthmb.ca/covid19/indigenous-health for information about interpreter services, medical transportation coverage, cultural and mental health healing, substance use resources, and other Indigenous-specific information.

See End Homelessness Winnipeg's website for Coordinated Access points:

<https://endhomelessnesswinnipeg.ca/wp-content/uploads/20220404-Naatamooskakowin-Access-Points.pdf>

It is recommended to check websites and/or call agencies to confirm availability of services.

Please call us to let us know if this document needs to be updated 😊