

K'taqmkuk-Newfoundland Indigenous Community Groups and Services



Drums at an Elders and Youth activity

K'taqmkuk is the Mi'kmaq word for Newfoundland and translates to "land across the waves/water."

Community Groups

Newfoundland Aboriginal Women's Network

Strives to promote, enhance and encourage the health, social, educational, economic, cultural, and political well being of Aboriginal women within the Island portion of Newfoundland and Labrador. We will liaise with other organizations on a regional, provincial, and national level, which has common goals. We will advocate on behalf of our members wherever possible to improve access to programs and services in health, social, education, economic and political programming and surfacing issues that warrant advocacy. We will strive to revitalize our cultural heritage through cultural education, traditional teachings, and relearning of our language where possible. We will develop programs and services that address priority issues identified by the membership of NAWN.

90 Main Street, Stephenville, NL A2N 1H9

Phone: 709-643-4563, Fax: 709-643-1290 Website: <https://nawn-nf.com/> and on Facebook

Northern Peninsula Aboriginal Women's Group

Port Saunders Town Centre

Contact: Mildred Lavers

212-214 Main Street (meeting place)

Email: norpenband@hotmail.com

Benoits Cove Native Women's Association

Contact: Rosanne Adey

Phone: 709-785-5344

St. John's Mi'kmaq Women's Circle

Contact can be made via their Facebook page with the same name

Indian Cove Women's Circle

Contact: Ola Garnier

P.O. Box 207

St. George's, NL

A0N 1Z0

Phone: 709-647-1338

Facebook: Indian Cove Women's Circle

Melgignat Mi'kmaq Women's Group

Contact: Mary White

Phone: 709-649-3055

Facebook page and link:

Melgignat Mi'kmaq Women's Group

Flat Bay-St. Teresa's Native Women's Association

Contact: Joanne Miles

Phone: 709-721-0737

Email: jrjkmiles@gmail.com

Corner Brook Aboriginal Women's Association

President: Beth Crummey

P.O. Box 447

Corner Brook, NL

A2H 6E3

Email: cbawa.secretary@gmail.com

Exploits Aboriginal Community Group

Grand Falls-Windsor, NL

President: Charlene Combdon

Email: gfw@gmail.com

Exploits Native Women's Association

President: Lynda Langdon

Email: llangdon5@icloud.com

Facebook Page with the same name.

Violence Prevention, Take Back the Night

Walks, New Horizons- Seniors Workshops

National Indigenous Peoples Day

Ceremonies

Newfoundland Native Women's Association

P.O Box 22 Benois Cove, NL A0L 1A0

Phone: 709-789-3430

Fax: 709-789-2207

Email: nf.nativewomen@nf.aibn.com

Email: jackiewheeler@nf.aibn.com

Na'taqamtug (at the river bank)

Cultural Group of Badger

P.O. Box 238

Badger, A0H 1A0

Facebook Page with the same name.

Our group is a community group that strives to provide, promote and protect Mi'kmaq culture and heritage in the central region and community of Badger.



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Burgeo Women's Hand Drum Group

50 Plus Club in Burgeo

Every second Wednesday 7:00pm-9:00pm

Contact: Elaine Ingram

Email: elaineandjerry7@hotmail.com

White Wolf Drumming and Youth Group

1 Church Street, Corner Brook

Thursdays 6:00 pm-8:00 pm

Contact: Lorraine Stone

Phone: 709-634-2221

Email: guiderstone@hotmail.com

Email: dianngeorge@hotmail.com

Mi'kmaq language, cultural teachings, ceremonies and community volunteering.

White Wolf Drumming and Youth Group Port au Port

Contact: Shirley Squires

Email: shirleymyquires@live.com

Three Rivers Women's Cultural Circle

Bay St. George South-Robinsons

Contact: Eileen McKay

Phone: 709-649-2293

PDIFC Hand Drum and Singing

329 Main Street, St. George's

Tuesdays 6:00pm-8:00pm

Phone: 709-643-3902

Everyone welcome

Spirit Bay Drummers

Men's Community Drum

90 Main Street, Stephenville

Phone: 709-643-3902

Mi'kmaq Drumming and Cultural Circle

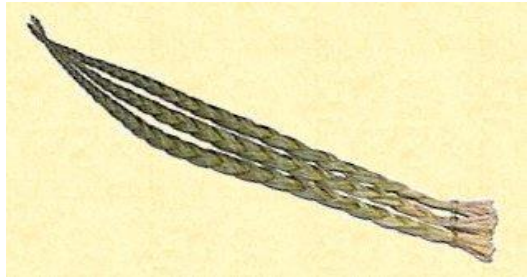
College of the North Atlantic (Room 324)
Stephenville Campus
432 Massachusetts Drive
Last Monday of each month (Sept - June)

They also meet at the Corner Brook Campus
College of the North Atlantic (Room 110)
141 O'Connell Dr.
First Thursday of each month (Sep - June)
Phone: 709-909-0062
Email: mdacc@xplornet.ca

Culture & Tradition: Hand Drum, Singing,
Crafts and Mi'kmaq Teachings.
Everyone Welcome.



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The Indigenous School Outreach Program

brings aspects of Mi'kmaq culture into the classroom, where students participate in a mini-talking circle, interactive history lesson, and hands-on learning experience in rattle making. School outreach students also get together for a mini powwow.

Contact: Qalipu Youth Cultural Programming and Resources

Phone: 709-634-5479

Email: communitydevelopment@qalipu.ca

Outdoor Education Program at Killdevil

Camp. The 2.5-day program is offered to all grade five students in the Western Region of Newfoundland and takes place twice per year. During the program, traditional indigenous knowledge with core curriculum outcomes. ¹

Contact: Qalipu Youth Cultural Programming and Resources

Phone: 709-634-5479

Email: communitydevelopment@qalipu.ca

¹ <http://qalipuculturalfoundation.ca/outdoor-education/>

Medical Resources

Aboriginal Patient Navigator (APN)

Health Science Centre, Main Patient Entrance, Women's Health Centre
Hours: Mon-Fri 8:00am-4:00pm

The (APN) Program offers support and assistance to Aboriginal patients/clients who referred to St. John's, NL, for medical treatment. The APN provides a link between Aboriginal communities and Eastern Health care providers.

- Navigation to appointments.
- Arranging interpretative services.
- Assistance to access meals, transportation, accommodations, medical supplies and discharge planning.
- Education and information sharing.

Katie Dicker

Senior Aboriginal Patient Navigator

Health Science Center Rm. J514

Phone: 709-777- 2199

Fax: 709-777-2210

Pager: 709-758-9117

Email: katie.dicker@easternhealth.ca

Solomon Semigak

Aboriginal Patient Navigator

Health Sciences Center Rm. 2J514

Phone: 709-777-2110

Fax: 709-777-2210

Pager: 709-758-1714

Email: solomon.semigak@easternhealth.ca

Jordan's Principle

Jordan's Principle is named in memory of Jordan River Anderson. He was a young boy from Norway House Cree Nation in Manitoba. Jordan's Principle makes sure all First Nations children can access the products, services and supports they need when they need them. It can help with a wide range of health, social and educational needs. These included:

- speech therapy
- educational supports
- medical equipment
- mental health services
- and more

Jordan's Principle Call Centre 24 hours a day, seven days a week

Phone: 1-855-JP-CHILD (1-855-572-4453)

Email: aadnc.infopubs.aandc@canada.ca

Teletypewriter: 1-866-553-0554²



Non-Insured Health Benefits (NIHB)

Support Specialist

Contact: Melissa Sullivan

90 Main Street, Stephenville

Phone: 709-643-2456

Toll-free: 1-844-207-9718

² <https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html>

Eastern Health

Cancer Patient Navigator

Western Memorial Regional Hospital

1 Brookfield Avenue

Corner Brook, NL

Phone: 709-784-5010

Fax: 709-634-1026

Email: nicole.white@easternhealth.ca

Elizabeth Sheppard Hewitt Counselling

St. John's, NL

Business Phone: 709-691-6766

A clinical social worker with 27 years of experience treating children, adults and families. Specializing in trauma therapy and EMDR, Grief and loss, depression and anxiety treatment.

Registered as a mental health provider with Qalipu and providing direct billing to NIHB.

Non-Insured Health Benefits (NIHB)

Benefits Support Navigator

Contact: Howard Thistle

45 Spruce Avenue

Glenwood, NL

Phone: 709-679-5743

Toll-free: 1-855-675-5743

Non-Insured Health Benefits for First Nations and Inuit (NIHB)

Learn about the Non-Insured Health Benefits (NIHB) Program and how to access it on the government website:

<https://www.canada.ca/en/indigenous-services-canada/services/non-insured-health-benefits-first-nations-inuit.html>

Beverly McLean, M.Sc.

Registered Psychologist

St. John's, NL

Phone: 709-726-9475

Email: bev@newfoundlandpsychology.com

Services for all age's children to adults:

- Psychoeducational testing for Learning Disabilities and ADHD
- Individual therapy for anxiety and trauma-related difficulties
- Workshops and consultation

Can provide direct billing to NIHB.



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Supporting Community Organizations

Bay St. George Cultural Revival Committee

P.O. Box 6 Site 7

Flat Bay, NL A0N1Z0

Phone: (709) 647-1370

Fax: (709) 275-3330

Chair: Arlene White

Powwow Committee: Michelle Cormier

Email: blanchardarlene@hotmail.com

Bay St. George Powwow Committee

<http://flatbay.wixsite.com/annualpowwow>

Mi'kmaw Heritage Research Restoration Association

Chair: Delina Petis Pas

Phone: 709-647-1359

Email: pettipa.mikmawheritage@gmail.com

Qalipu Cultural Foundation

3 Church Street

Corner Brook, A2H 2Z4

Phone: 709-634-0996

Fax: 709-639-3997

Tajike'k Centre

Wellness Programs

Mind, Body, Spirit initiative. Programs customized for culture and lifestyle.

Contact: Stewart MacNeil

Flat Bay, NL

Phone: 709-647-1370

Ulnooweg Indigenous Development Group

Business Development Officer

90 Main Street, Stephenville

Phone: 709-643-5005

People of the Dawn Indigenous Friendship Centre (PDIFC)

90 Main Street

Stephenville, A2N 1H9

Phone: 709-643-3902

Second location:

329 Main Street St. George's

<http://pdifc.com/>

First Light Friendship Centre

716 Water Street

St. John's, A1E 1C1

Phone: 709-726-5902

<https://firstlightnl.ca/>

Labrador Friendship Centre

49 Grenfell Street

P.O. Box 767, Station B

Happy Valley-Goose Bay, A0P 1E0

Phone: 709-896-8302

Email: jhefler-elson@lfchvgb.ca

<http://www.lfchvgb.ca/home/>

Bay St. George Youth & Justice Strategy

1) Supportive Reporting

2) Cultural Capacity Training

3) Restorative Practices

Partners: Memorial University and BSG RCMP

Detachment, Flat Bay Band

P.O. Box 15, Site 2

Flat Bay, NL A0N 1Z0

Tel: (709) 647-1370

Aboriginal Businesses

Ktaqmkuk Mi'kmaq Museum and Craft Shop

St. George's Indian Band
183 Main Street, St. George's
Tel: 709-647-3293

Mealy Mountain Gallery

Contact: Pete Barrett
Fibre and Metal Art Classes and Purchase
Summer: June - September
20 Lethbridge Lane
Cartwright, NL A0K1V0
Phone: 709-938-7444

Winter: October - May

412 North West River Road
Happy Valley-Goose Bay, NL
Phone: 709-541-0422



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PANDA Safety & Security Corp.

(People Are Never Denied Assistance)

First Aid and CPR Training
(1-day and 2-day courses)
Mediation, Conflict Resolution,
Sharing Circles, Health, Safety and Security
Workshops

Contact: Laura T. White
P.O. Box 441
Stephenville, NL A2N 3A3
Phone: 709-214-3253

ShaMaSha

Georges Brook, NL
Contact: Daphne March
Phone: 709-771-3115

ShaMaSha is an Indigenous tourism business. It is a place to stay with three lovely suites great for short or long stays. Offering different options for rentals, rooms to groups events/retreats. Boat & hiking tours with wellness & Mother Nature being part of the plan for the experience. Greenhouse on-site, growing veggies and herbs.

Qalipu Business Network

A listing of Indigenous-owned businesses
<http://www.qbn.qalipu.ca/Public>

Band Office Locations

Qalipu Membership Information Guide:

<http://qalipu.ca/membership-information-guide/>

St. George's Indian Band

Qalipu Mi'kmaq First Nation Band

Satellite Office

Chief Marlene Farrell

183 Main Street

P.O. Box 262, S

St. George's, NL

A0N 1Z0

Phone: 709-647-3293

Fax: 709-647-3068

Northern Peninsula (Mekap'sk)

Mi'kmaq Band

Chief Mildred Levers

P.O. Box 308,

Port Saunders, NL

A0K 4H0

Phone: 709-861-3086

Email: norpenband@hotmail.com

No'kmaq Village (The Flat Bay Band Inc.)

Chief Joanne Miles

CEO/Band Manager Liz LaSaga

Ewipkek (Calm Waters)

P.O. Box 15, Site 2

Flat Bay, NL A0N 1Z0

Phone: 709- 647-1370

Fax: 709-275-3330

www.flatbaynl.com

Qalipu Mi'kmaq First Nation Band

Corner Brook Office

Head office

3 Church Street

Corner Brook, NL

A2H 2Z4

Phone: 709-634-0996

Fax: 709-639-3997

Qalipu Mi'kmaq First Nation Band

Grand Falls-Windsor

Satellite Office

28 Hardy Ave

Grand-Falls Windsor, NL

A2A 2P9

Phone: 709-489-6770

Fax: 709-489-8417

Qalipu Mi'kmaq First Nation Band

Glenwood Office

45 Spruce Ave.

Glenwood, NL

A0G 2K0

Health: 709-679-5743 or 1-855-675-5743

Education and Training: 709-679-2338

Indian Registration: 709-679-2142 or

1-855-263-6440

Fax: 709-679-2344

Burgeo Mi'kmaq Band of Indians

Chief Greg Janes

Burgeo, NL

Contact: Elaine Ingram

Email: elaineandjerry7@hotmail.com

Mi'kmaw Centre

Chief Jasen Benwah
811 Oceanview Drive
Degrau, NL, A0N 1T1
Hours: 9:am- 5 p.m.
Phone: (709) 757-9444
Email: benoitfirstnation@hotmail.com
Website: www.benoitfirstnation.ca

Burgeo Band of Indians

Chief: Greg Janes
Contact: Elaine Ingram
Email: elaineandjerry7@hotmail.com

Miawpukek First Nation

Conne River Mi'kmaq Band
P.O. Box 10, Bay D'Espoir
Conne River, Newfoundland A0H 1J0
Telephone 709-882-2146 Fax 709-882-2292

Indian Head Band Council

Website: <https://ihfn.ca/>
Facebook Group: Indian Head First Nation
Contact: Facebook Group Message

Additional Notes:

Disclaimer: All information in this document is current as of January 2020, and is subject to change. "Building Understanding; Strengthening Lives" and the Newfoundland Aboriginal Women's Network (NAWN) assumes no responsibility or liability for any errors or omissions in the content of this document.

At a Glance Resource Page

Willow House

Corner Brook & surrounding area

709-634-4198

1-866-634-4198

First Nations & Inuit Hope for Wellness Help Line

Available 24 hours a day, 7 days a week

1-855-242-3310

Children's Help Phone

Available 24 hours a day, 7 days a week

1-800-668-6868

Crisis Text Line

powered by Kids Help Phone services

Need help now?

Text: CONNECT to 686868

Department of Advanced Education and Skills

Services for Victims of Violence

Stephenville 1-888-773-9311

Bay St. George Status of Women Centre

Stephenville 709-643-4444

CHANNAL Warm Line

Stephenville 709-643-4361

Available 11:00am – 11:00pm

1-855-753-2560

To report a crime and in an emergency, please call 911 or:

RCMP Stephenville 709-643-2118

RCMP Corner Brook 709-637-4433

RNC Corner Brook 709-637-4100

Mental Health and Addictions & Sexual Community Services

Monday-Friday 8:30am-4:30pm

Stephenville 709-643-8740

Corner Brook 709-634-4506

Victim Services

Stephenville 709-643-6588, 709-643-6618

Corner Brook 709-637-2614

Newfoundland Mental Health Crisis line

Available 24 hours a day, 7 days a week

1-888-737-2560

Public Legal Information Association of NL

(PLIAN) St. John's 709-722-2643

1-888-660-7788

The Journey Project

The Sexual Violence Legal Support Service

support@journeyprojectnl.com

(PLIAN) St. John's 1-833-722-2805

Sexual Assault Crisis Hotline

Available 24 hours a day, 7 days a week

1-888-737-4668



**Created and distributed by the
“Building Understanding; Strengthening Lives” project with funding
from Women and Gender Equality Canada (WAGE) formerly
Status of Women Canada (SWC) and brought to the community by the
Newfoundland Aboriginal Women’s Network (NAWN).**

BUILDING UNDERSTANDING



STRENGTHENING LIVES