

## Anishnawbe Health Toronto

**Community-led health program and service for First Nations, Inuit, or Métis communities in Ontario**

- Intake is done at 179 Gerrard St E, Toronto, ON, Monday to Friday, 10 a.m-12:30 p.m. and 1:00 p.m. – 3:30 p.m.
- New clients can self-refer to the program for intake and no appointment is necessary.
- This program offers a long-term case management model to provide support which considers the spiritual, mental, emotional, and physical needs of every individual.

For more information and different locations visit - <https://aht.ca/service/mental-health-services/>

### 6 Tips for Surviving Rough Canadian Winters

- 1. Learn the importance of layers**—You have to make sure that you have your hands, legs, and any other exposed areas well protected, and you need to use layers.
- 2. Seek out the warmest clothing you can find**— Thrift stores, Facebook groups, and discount outdoor gear stores are all good places to find warm clothing in case you're on a budget. **You don't need an expensive designer jacket to stay warm!**
- 3. Bring snacks and always eat before you go out for the day**— If you're looking to survive a Canadian winter, this may be the best tip. Eating keeps your metabolism going strong, and you'll need a good snack to ensure your body is staying nice and warm.
- 4. Consider the windchill factor**— On weather networks and apps you'll notice that there is an actual temperature and then a wind chill. We suggest dressing for the colder temperature, which is usually the more accurate reading.
- 5. Leave your house early**— If you're driving or taking transit to your destination, leave a bit earlier to make sure you get there on time. The weather in Canada can be unpredictable, so it's a good idea to leave early to avoid inconveniences.
- 6. Embrace the season!**— Don't be afraid of the Canadian snow. It may just turn out the you'll enjoy the days below zero as long as you have the right clothes on to stay warm.



### Got Ideas for the Newsletter?

Email Francis at [fcommey@wigwamen.com](mailto:fcommey@wigwamen.com) to share ideas, feedback, suggestions!

### Need information on Wigwamen's Special Initiatives?

Get in touch with your property manager, or contact Amber Seager at:

[aseager@wigwamen.com](mailto:aseager@wigwamen.com) or  
1-888-248-2104 x223

## One-Time \$500 Canada Housing Benefit

The one-time top-up to the Canada Housing Benefit aims to help lower-income renters who are struggling with the cost of rent.

Who can apply?| You may be eligible for a one-time payment of \$500 if:

- You have filed a 2021 tax return.
- You are at least 15 years of age on December 1, 2022.
- You have an adjusted family net income of \$20,000 or less (individuals) or \$35,000 or less (families).
- You are a resident of Canada for tax purposes in 2022.
- Your principal residence is located in Canada
- You paid rent for your own principal residence in Canada in 2022.
- You paid at least 30% of your 2021 adjusted family net income on rent in 2022.

### How to apply?

Apply through CRA My Account. To get your payment faster, register for direct deposit in CRA My Account.

An online web form is available if you are unable to sign in to or register for a CRA My Account. Applicants who are unable to apply online can call the CRA at 1-800-282-8079.

### Get ready to apply!

1. Sign up for a secure CRA My Account and direct deposit.
2. File your 2021 income tax return (including your spouse or common-law partner's income tax return).
3. Update your address, marital status, and banking information.

### Does this benefit impact other benefits?

The one-time top-up to the Canada Housing Benefit does not impact other federal benefits, like the Canada Workers Benefit, the Canada Child Benefit, the Goods and Services Tax Credit, and the Guaranteed Income Supplement. This new federal one-time payment operates separately from the monthly Canada Housing Benefit which is co-funded and delivered by the provinces and territories.

Deadline for all applications is March 31st, 2023.



For more information visit— [canada.ca/one-time-housing-benefit](https://canada.ca/one-time-housing-benefit)

## Na-Me-Res Covid Vaccine Clinic Weekly Schedule

- Monday: Covid Testing: 1:00 pm—5:00 pm
- Tuesday: Covid Vaccine Clinic: 12:00 pm—2:00 pm
- Wednesday: Covid Testing: 2:00 pm—5:00 pm
- Thursday: General Vaccine Clinic: 10:00 am—4:00 pm
- Friday: Outreach Vaccine Clinic: 12:00 pm—2:00 pm

If you are Indigenous and need COVID testing, vaccines, or other health services, the clinic is located at 22 Vaughan Rd near St. Clair and Bathurst. For contact information and clinic hours.

Phone: 416-654-4184

Email: [appointments@healthybreathing.co](mailto:appointments@healthybreathing.co)

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# Upcoming Events for the **Wigwamen** Community

## Native **Canadian** Centre Upcoming Events

### Monday, February 9th

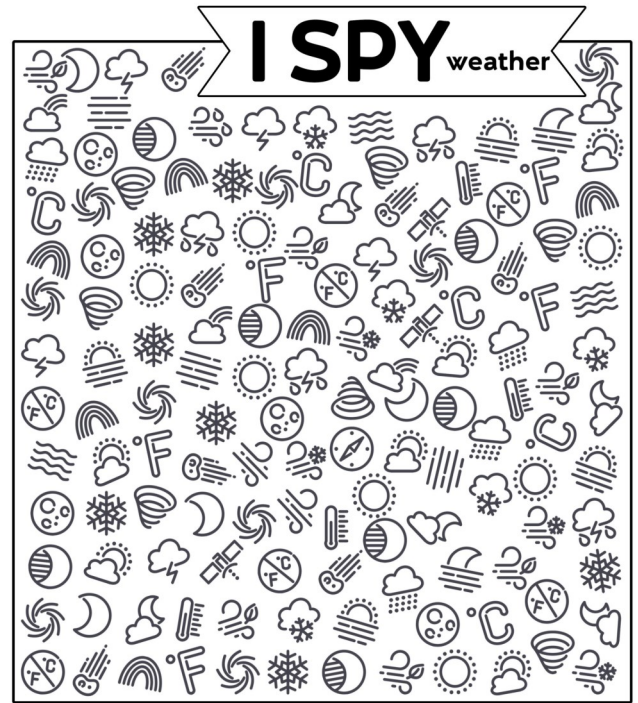
- 11:00 am— Mindful Mondays with Mitchell in Mohawk
- 1:00 pm— Mindful Mondays with Dianne in Ojibway
- 3:30 pm— Mohawk for Parents & Caregivers
- 6:30 pm— Ojibway for Parents & Caretakers
- 7:00 pm— Facebook Live Prayer Service

### Tuesday, February 10th

- 9:00 am— Sunrise Yoga with Lindsay
- 11:00 am— Soul Food Tuesdays with Mitchell in Mohawk
- 1:00 pm— Soul Food Tuesdays with Dianne in Ojibway
- 7:00 pm— Facebook Live Bedtime Story with Dianne in Ojibway
- 8:00 pm— Facebook Live Bedtime Story with Mitchell in Mohawk

For the full schedule for February visit [The Native Canadian Centre Website](https://ncct.on.ca/ncct-events/)— <https://ncct.on.ca/ncct-events/>

Email [Lindsay.hachey@ncct.on.ca](mailto:Lindsay.hachey@ncct.on.ca) for more information on the Virtual Events & how to join.



[papertraildesign.com](http://papertraildesign.com)

Brittany De Leon, designer & mom of 4 kids, created this I SPY game to make life during lockdown a little more bearable for parents and kids. She has made many more designs available for free on [papertraildesign.com](http://papertraildesign.com)

## Mental Health First Aid Workshop



All participants must be fully vaccinated against COVID-19 and show proof that they are at least 2 weeks past their second dose. Participants need to identify as Indigenous (First Nations, Métis, Inuit) and must be currently residing within the Greater Toronto Area.

- An in-depth understanding of mental health and the factors that can affect a person’s wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure, and support a person in distress.
- Enhanced interpersonal skills such as non-judgmental listening.
- Knowledge to help someone recover their health by guiding them to further support – whether that’s self-help resources, through their employer, or health care practitioner.

Date, Time & Location— March 30th and 31st from 9:00 am to 4:00 pm at 167 Gerrard St E, Toronto, ON M5A 2E4 (The Miziwe Biik Aboriginal Employment & Training). For More Information & to Register Visit— <https://miziwebiik.com/event/mental-health-first-aid-workshop/>



**WIGWAMEN** Incorporated provides safe and affordable housing to hundreds of Indigenous and non-Indigenous families, singles, and seniors throughout Toronto and Ottawa.

## WIGWAMEN HOUSING

- ◆ The Terrace (127 units for Indigenous seniors) 14 Spadina Road, Toronto, ON, M5R 3M4
- ◆ 20 Sewells Road (92 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1B 3G5
- ◆ 228 Galloway Road (60 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1E 5G6
- ◆ Pam Am (145 units for Indigenous/ non-Indigenous individuals & families) 75 Cooperage Street, Toronto, ON, M5A 0J5
- ◆ Scattered Housing (for Indigenous families) 221 homes located throughout the GTA
- ◆ Place Perrault (41 units for Indigenous/ non-Indigenous individuals & families) 205 Eric Czapnik Way, Ottawa, K1E0A5
- ◆ 55 Thora Avenue (20 units for Indigenous individuals & families) Scarborough, ON, M1L 2P7
- ◆ 3738 St. Clair Avenue East (22 units for Indigenous individuals & families) Scarborough, ON, M1M 1T7
- ◆ 525 Markham Road, Scarborough, ON M1H 3H7 (115 units for Indigenous/non-Indigenous individuals)

## TO APPLY FOR WIGWAMEN HOUSING

Families & individuals of Indigenous descent should fill out Wigwamen applications that are available:



**By mail:** call 416-481-4451 to request; or

**Online:** at [www.wigwamen.com](http://www.wigwamen.com)

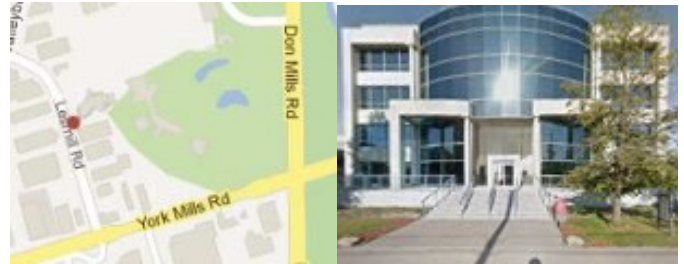
You must submit proof of legal status in Canada and a copy of either your Status Card or an Affidavit of Indigenous Descent for Housing Purposes with your application. Affidavits can be obtained from Aboriginal Legal Services of Toronto.

Non-Indigenous Families & Individuals should fill out an application that is available:

**By mail:** call 416-981-6111 (Toronto) or 613-702-5358 (Ottawa) to request a form

**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca) (Toronto) or [www.placeperrault.ca](http://www.placeperrault.ca) (Ottawa)

You must submit proof of legal status in Canada and your income with your application.



## Wigwamen Head Office

23 Lesmill Road, Suite 106,  
Toronto, Ontario, M3B 3P6

Tel: 416-481-4451 | Fax: 416-481-5002

Email: [info@wigwamen.com](mailto:info@wigwamen.com)

From York Mills Station take the 122 bus, which stops directly in front of the building; or the 95 bus (not the express), which stops at Upjohn, just 200 metres south of Head Office. Alternately, from Pape Station, take the 25 Bus, get off at York Mills and transfer to a westbound bus, or walk west for about 5 minutes.

## Wigwamen Maintenance ✂

If you have a maintenance issue, please contact your building manager. If you do not have a building manager on site, please call the Head Office at 416-481-4451.

**Online Maintenance Request Form:**  
[www.wigwamen.com/housing/maintenance-request-form/](http://www.wigwamen.com/housing/maintenance-request-form/)

In the event of an after-hours emergency (e.g. a flood or heating failure), please call 416-481-4451 (Toronto) or 613-805-9604 (Ottawa).

This newsletter issue was compiled by Francis Commey.

## MIIGWECH!

Thanks to the following for their assistance in securing information and images for this issue:

To the Wigwamen staff.

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