



# Thunder Bay

## **Boys & Girls Clubs of Thunder Bay** - Windsor Unit Program

At the Windsor Unit the Boys & Girls Club delivers programs and services to area children and youth 4 -18. They offer skill building, food programs, recreational, educational, leadership, cultural, vocational, and social activities for different age levels.

## **Community Clothing Assistance** - Community Partner Clothing Referral Program

The referral program provides free good quality clothing to the homeless and low income individuals, who are referred to the charity by community referral partners.

## **DEK Foundation** - Backpack Program

DEK Foundation will provide backpacks containing basic living necessities for people who are homeless, have addiction and mental health issues that are heading into rehabilitation and recovery facilities. A backpack will contain toiletries, weather appropriate gear, socks, hoodie or sweatpants, writing materials, and other pertinent items.

## **Elizabeth Fry Society of Northwestern Ontario** - Staying Connected Within a Circle of Care

This program allows the Elizabeth Fry Society to help women and gender diverse people who are criminalized to navigate a variety of systems and community services to meet their basic needs, to address their underlying needs and concerns and to ultimately remain connected within our community.

## **Evergreen A United Neighbourhood** - Youth Supports Program, Strong Neighbourhood Program, Evergreen Feeding Program, Evergreen Counselling Services

The Evergreen House is in the heart of Thunder Bay's Simpson-Ogden neighbourhood, a neighbourhood that has elevated rates of poverty, drug use, and crime. 95% of the youth that visit Evergreen are Indigenous.

The Evergreen Youth Supports program connects area youth and children to positive adults and peers with activities that will keep them engaged, be involved with their community, make good life choices, and adapt to change. The Evergreen Strong Neighbourhood program provides youth with safe, fun activities to do with their peers - including cultural programming, such as attending pow-wows. Evergreen's feeding program assists low income families by providing them with hot meals and grocery hampers. In 2023, Evergreen's feeding program provided meals and hampers to 1390 community members. Evergreen's counselling program enhances the informal mental health support that already takes place at Evergreen

## **John Howard Society of Thunder Bay & District** - Community Integration Program: Re-Integration Case Manager, Recreational Therapist

The Community Integration Program assists individuals, that are at risk of homelessness or currently homeless, with getting re-established in the community, through the provision of re-integration services. The Recreational Therapist provides a variety of programming opportunities and options for residents to participate in. Residents develop stronger coping skills through engaging with recreational activities; as well as a stronger sense of belonging in the community.

## **Lakehead Social Planning Council** - 211 North

211 is an information & referral provider for community, health, social and related government services; it connects individuals (phone, chat, email, online database of human services) with the appropriate resources and often prevents an individual's problems from spiraling into crises.

## **LUSU Food Resource Centre**

The LUSU Food Resource Centre runs various food security programs to support Lakehead University students. Their main program is the Emergency Food Pickup Program, which provides students who are experiencing food insecurity with free grocery items once every 14 days if needed. The Food Resource Centre also runs free meal programs, distributes Good Food boxes, and runs educational food programming and events.

## **New Directions Speakers' School - Speakers' School Program**

The New Directions Speakers' School Program is a free 14-week public speaking and self-advocacy course that runs twice a year. The program teaches public speaking and leadership skills in an environment of peer support and within the context of education in social justice issues. The training consists of exercises focusing on effective communication, public speaking and group facilitation combined with substantive lectures on local community issues and other related topics presented by community trainers.

## **Northwestern Ontario Women's Centre - Good Food Box**

The Thunder Bay Good Food Box is a non-profit, volunteer powered, community based, food security program. The aim is to increase access to fresh, quality produce for low income or food insecure people by making it affordable and available in neighbourhoods, housing buildings, organizations, and participating First Nations (ie: Fort William First Nation, Whitesand First Nation) and rural communities in Northwestern Ontario. It allows individual customers to pre-purchase a monthly, affordable box of seasonal fresh fruits and vegetables that is delivered directly to their neighbourhood two weeks later.

## **Northwind Family Ministries - LifeBuild Program, Next Steps Connector Program**

The Next Steps Program works to connect street-adjacent individuals with important community resources, including medical appointments, mental health and addictions counselling, housing programs, and addictions counselling, housing programs, and more.

Participants of Next Steps, who are ready to take a step towards change, can join a LifeBuild series to learn essential life skills that are geared for those that are street adjacent. Groups of 12-16 participants for each series will grow together, forming a safe group where they can learn from each other while guided by a LifeBuild coach. With the guidance of a LifeBuild coach, they will address subjects such as Discovering Our Healthy Self, Processing Grief and Loss, Suicide Prevention, Boundaries for Healthy Relationships, Personal Advocacy and Communication, and Embracing Wellness.

## **Our Kids Count** - Big Brothers Big Sisters, Emergency Child Care, Food Security Program

Big Brothers Big Sisters matches young people facing adversity with trained adult mentors in 1-1 or group mentoring programs. Throughout this program, the “bigs” and “littles” form strong positive relationships that express care, challenge growth, share power, and expand possibilities for the mentee.

The Emergency Child Care Program provides brief, emergency childcare for up to three hours. This allows families and parents respite, the opportunity to attend job interviews or medical appointments, or attend to other basic needs.

Our Kids Count’s Food Security program provides healthy, nutritious food to participants in the Home Visiting and the Young Parents Program, both of which work in our community to build healthy, strong families.

## **Positive Recreation Opportunities for Kids (PRO Kids)** - Level the Playing Field

Participating in sport, arts, and recreation is important to developing children and youth. It creates an environment of inclusion, a sense of community, belonging, and friendship. It promotes a healthy lifestyle, both physically and mentally, resulting in a positive sense of self and motivation. It teaches important life skills like teamwork, leadership, and sharing. PRO Kids provides financial assistance to families who cannot afford the costs associated with sport and recreational programming for their kids. This translates annually to 1,200 children and youth in our community.

## **Regional Food Distribution Association (RFDA)** - Essential Skills in Food Service Program

The Essential Skills in Food Service program helps marginalized individuals facing employment barriers build the basic skills needed to gain entry-level employment in the food service industry. This program has been identified as a need by our community partners and support workers working with individuals who are interested in the food service industry and would benefit greatly from access to job training and skill building. The program supports low-income youth and adults, individuals living with disabilities, new immigrants, and other socio-economically vulnerable populations. The program builds soft skills, nutritional literacy and culinary skills, safe food handling and WHMIS training, and kitchen equipment training

## **St. Andrew Soup Kitchen (Dew Drop Inn) - Senior Food Hamper Program, Meal Enhancement Program**

The Senior Food Hamper program allows the Dew Drop Inn to hand out a weekly hamper of essential food items for patrons who are over the age of 60. They will distribute 75 essential bags every week, attempting to cover as many essentials as possible. The Meal Enhancement Program offers St. Andrew Soup Kitchen the opportunity to scale their services to be able to meet the increasing demand for food access in our community.

## **Shkoday - Aboriginal Headstart and Biwaase'aa program**

Shkoday begins building strong foundations starting with the Aboriginal Head Start (AHS) program, where they work with children 2-6 and their families. The Biwaase'aa Program supports children during elementary school, where the focus is on introducing or re-introducing culture to children, youth and their families. All of Shkoday's programs work with individuals to understand more fully who they are and where they come from and to be proud of their culture.

## **Thunder Bay + Area Food Strategy**

TBAFS unites diverse members of our food system - from farmers and agricultural organizations to food banks and restaurants - to collaborate on action and advocacy pursuing socially, economically, and ecologically just community-led change.

## **Thunder Bay Counselling - Impact of Intimate Partner Violence Program, Mental Health Counselling Program, Financial Counselling Program, Youth Life Skills Program**

The Impact of Intimate Partner Violence Program provides individual, couple and family counselling, education and support to people who are experiencing the impact of gender-based violence beyond that of being a victim. This program provides information, education, support, advocacy and variety of interventions as therapists provide knowledge and support, and empower healing and change.

The Mental Health Counselling Program is a service providing counselling, psychotherapy and support services for mild to moderate mental health issues such as depression, anxiety, stress and regulation as well as for grief, relationship issues and substance use/addiction. Services are provided for individuals and families, across the lifespan, of whom a majority live in poverty and have limited or no access to primary care.

The Financial Counselling Program provides support to people of all income levels to help them to enhance their financial well-being and resilience. The Program has a priority focus on Financial Empowerment, strategies that support individuals living on low income to improve their financial security.

The Youth Life Skills Program supports youth and young adults with life skills development across an age span from 12 to 25 years. Services are primarily offered through groups that are interactive and facilitated by staff . Young people are supported to develop skills and strategies to think and act positively, build self-esteem, and cope safely and in healthy ways in environments with peers.

### **United for Literacy** - Online Programming Support

United for Literacy's volunteer tutors and staff members meet one-to-one and in small groups with learners online. Our tutors and learners work together to build learner's literacy and essential skills, as well as their confidence as lifelong learners. Other online programs, such as the Reading Rockets and Math Club, provide a virtual space for learners to congregate, working with each other and United for Literacy tutors to complete fun, learning activities.



# Ignace

Lakehead Social Planning Council - 211 North



# Kenora

Elizabeth Fry Society of Northwestern Ontario - Kenora Jail

Lakehead Social Planning Council - 211 North

**Regional Food Distribution Association** - Salvation Army  
The RFDA distributes food to the Salvation Army in Kenora.



# Sioux Lookout

Lakehead Social Planning Council - 211 North

**RFDA** - Salvation Army  
The RFDA distributes food to the Salvation Army in Fort Frances.



# Dryden

Lakehead Social Planning Council - 211 North

**Regional Food Distribution Association** - Dryden Food Bank, Dryden Native Friendship Centre  
The RFDA distributes food to the Dryden Food Bank and the Dryden Native Friendship Centre in Dryden.



# Fort Frances/Rainy River

**Elizabeth Fry Society of Northwestern Ontario** - Fort Frances Jail

**Lakehead Social Planning Council** - 211 North

**RFDA** - Salvation Army

The RFDA distributes food to the Salvation Army in Fort Frances.



# Marathon

**Lakehead Social Planning Council** - 211 North

**United for Literacy** - Literacy Programming at Nu-Vu Auto Glass and Marathon Public Library



# Greenstone

**John Howard Society of Thunder Bay & District** - Aboriginal Student Support Program  
This program takes place at the Geraldton Composite High School and is designed to assist Indigenous students who are experiencing social and/or behavioural challenges. Students receive culturally appropriate educational support and programming.

**Lakehead Social Planning Council** - 211 North

**Northwestern Ontario Women's Centre** - Good Food Box

Available for members of Animbiigoo Zaagi'igann Anishinaabek in Beardmore, Jellicoe and Geraldton.

**RFDA** - Greenstone Harvest Centre

The RFDA distributes food to the Greenstone Harvest Centre in Greenstone.

**United for Literacy** - Literacy Programming at Thunderbird Child and Family Centre in Longlac





## Red Lake

Lakehead Social Planning Council - 211 North

**RFDA** - Red Lake Family Food Bank

The RFDA distributes food to the Red Lake Family Food Bank in Red Lake.



## Nipigon

Lakehead Social Planning Council - 211 North



## Schreiber

Lakehead Social Planning Council - 211 North

**Northwestern Ontario Women's Centre** - Good Food Box

**United for Literacy** - Literacy Programming at Schreiber Public Library



## Armstrong

Lakehead Social Planning Council - 211 North



## Hornepayne

Lakehead Social Planning Council - 211 North



# Atikokan

Lakehead Social Planning Council - 211 North