

STEP UP WITH

SOADI

FOOTCARE



2011 - 2012 RESOURCE DIRECTORY

SOADI Foot Care Logo and Story



This logo was designed with many thoughts in mind. The medicine wheel is the foundation of the logo and is the source of the teachings of balance and oneness with all creation; the great circle of all life. Although the medicine wheel teachings and uses vary in description and colours across our many Turtle Island Nations, this logo was designed in this fashion to represent the holistic balance we constantly strive to find and maintain on our human journey — the balance of Spirit, Mind, Body and Emotion to allow for inner peace.

The purple ring inside the medicine wheel represents healing and the healing path we are all on together and as individuals in learning “Who we are” and “Why we are here.”

The bear paw in the centre is there to represent the healing power of the bear and how the bear teaches us to take time for ourselves and care for our health. Just as the bear hibernates, we too need to take time to reflect inside and love ourselves.

The bottom of the bear paw turns into a turtle which represents Turtle Island, the land we all walk on together; and the heart with the baby feet are there to remind us to care for our feet; they can carry you to wherever you need to go on this spirit journey in human form.

~Pakane



SOADI Foot Care 2010-2011 Resource Directory

We have gathered resources specific to the foot care needs of Aboriginal, Metis, and Inuit communities throughout Southern Ontario. This booklet contains the contact information for SOADI Foot Care Service Providers as well as various Aboriginal, Metis, and Inuit community organizations.

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Directory Legend



Ongoing Clinic Host



SOADI Regional Map and Communities Served



Western Region

London, Oneida, Caldwell, Windsor, Walpole Island, Munsee/ Delaware Chippewas of the Thames, Sarnia, Sarnia First Nation, Kettle Point, Stoney Point, Woodstock

West Central Region

Six Nations, New Credit, Brantford, Guelph, Owen Sound, Kitchener/Waterloo, Chippewas of Nawash First Nation, Sauguen First Nation

Central Region

Alderville First Nation, Beausoleil First Nation, Barrie, Midland, Orillia, Oshawa, Curve Lake First Nation, Georgina Island First Nation, Hiawatha First Nation, Moose Deer Point First Nation, Mnjikaning First Nation, Wahta Mohawks, Mississauga of Scugog Island First Nation, Peterborough

Urban Horseshoe Region

Hamilton, Niagara Region, St. Catharines, Welland, Fort Erie, Niagara Falls, Burlington, Brampton, Oakville, Orangeville, Mississauga

Toronto Region

The Greater Toronto Area

Eastern Region

Ottawa, Cornwall, Akwesasne, Kingston, Belleville, Tyendinaga Mohawk Territory, Golden Lake First Nation



Regional Office Locations and SOADI Contacts

<u>Region</u>	<u>Address</u>	<u>Phone</u>	<u>Fax</u>	<u>Email</u>
Head Office	8 Clairmont St. Unit 2 Thorold, ON L2V 1R1	888 514 1370	866 352 0485	www.soadi.ca
Western	c/o Delaware Nation Health Centre 14737 Schoolhouse Rd Thamesville, ON NoP 2Ko	519 350 6789	866 352 0485	western@soadi.ca
West Central	Woodland Cultural Centre 184 Mohawk St. Brantford ON N3R 7Z9 Mailing: #143-145 King George Rd Brantford, ON N3R 7Z9	519 750 0893	866 352 0485	westcentral@soadi.ca
Central	BANAC Office 64 Cedar Pointe Dr. Unit 1405 Barrie, ON L4N 5R7	705 527 1560	866 352 0485	central@soadi.ca
Urban Horseshoe	SOADI Head Office 8 Clairmont St Unit 2 Thorold ON L2V 1R1	905 388 6010	866 352 0485	urbanhorse- shoe@soadi.ca
Toronto	75 Sherbourne Unit 222 Toronto ON M5A 2P9	416 203 0133	866 352 0485	toronto@soadi.ca
Eastern	Office: 778 Highway 49 Tyendinaga Mohawk Territory ON KoK 1X0 Mailing: P.O Box 1222 Tyendinaga Mohawk Territory ON KoK 1X0	613 396 3900	866 352 0485	eastern@soadi.ca
Foot Care	SOADI Head Office 8 Clairmont St Unit 2 Thorold ON L2V 1R1	289 688 0551	866 352 0485	footcare@soadi.ca
Education	SOADI Head Office 8 Clairmont St Unit 2 Thorold ON L2V 1R1	289 407 1033	866 352 0485	education@soadi.ca
Youth	SOADI Head Office 8 Clairmont St Unit 2 Thorold ON L2V 1R1	289 241 9629	866 352 0485	youth@soadi.ca



SOADI's Wholistic Foot Care Program

Our wholistic model supports a continuum of seamless foot care services; based on education, screening, care treatment, support and data collection. It strengthens local community collaboration.

Our Purpose

To provide foot care services to Aboriginal, Metis, and Inuit people that are affected by or at risk of diabetes and its complications. We strive to empower individuals through education, self care resources, professional screening and referrals.

Program's Four Components

Wholistic Foot Care

Events

Services based on diabetes education, screening and care

On going Clinics

Treatment and follow up at specified locations



Self Care & Prevention Resources

To empower individuals through self care

Foot Care Subsidies

Individualized on going care



SOADI's Wholistic Foot Care Program

I. Wholistic Foot Care Events

Events and dates can be found on the SOADI foot care website at www.soadifootcare.ca. It is suggested that an annual full foot assessment is essential for people wishing to prevent diabetes complications. Feet are very vulnerable. If you cannot attend an event and/or need follow up and prescriptions, subsidies may be available through your local organization or program and your local Diabetes Prevention Coordinator.

Priority

Aboriginal (Status, Non Status, Metis, Inuit) individuals living with, affected by, or at risk of diabetes and its complications and in need of specialized foot care. SOADI events are always open to anyone, although due to limited time and space, priority criteria may apply.

II. On going Foot Care Clinics

Communities who meet the criteria and require on going care may choose to have an on going clinic in their area. These clinics run every six to eight weeks and offer individualized foot care treatment along with activities provided by the foot care host. As of Summer 2010 SOADI has the follow ongoing Foot Care Clinics:

<i>Western:</i>	Caldwell First Nation Can Am Friendship Centre	Caldwell, ON Windsor, ON
<i>Central:</i>	Georgian Bay Native Friendship Centre	Midland, ON
<i>Urban Horseshoe:</i>	Fort Erie Native Friendship Centre Welland Metis Nation of Ontario Niagara Regional Native Centre	Fort Erie, ON Welland, ON St Catharines, ON
<i>Eastern:</i>	Bancroft Metis Nation of Ontario Maynooth Metis Nation of Ontario	Bancroft, ON Maynooth, ON

For contact information, please look up organization in directory.



SOADI's Wholistic Foot Care Program

III. Foot Care Subsidies

Aboriginal, Metis, and Inuit people that are living with diabetes, have current foot concerns, are high risk under LEAP ranking, and elders whom do not qualify for any other funding resources are SOADI's main priorities.

This part of the program is designed for people to independently go to the Chiropodist office for treatments. Some participants for various are house bound and/or have mobility issues; in this case in home foot care is possible.

Various foot care supplies (such as Diabetic socks, support hose, orthotics, orthopaedic shoes etc.) may be subsidized.

What is covered?

When accessing SOADI foot care subsidies, you will be asked to provide proof that you have a need for foot care and are not able to access foot care without SOADI's assistance. This includes searching for other sources of funding. These sources include personal private insurance, or worker's compensation. For more information on what is covered under these areas, please speak to your representative. Other First Nations funding may include First Nations Inuit Health Branch (Non insured health benefits) and local social services.

How to Apply:

Appropriate forms/ applications must be submitted by a registered SOADI Foot Care Specialist (Podiatrist, Chiropodist, Foot Care Nurse)

For more information, please contact SOADI Foot Care through the new and improved website at www.soadifootcare.ca.

IV. Self Care and Prevention Resources

Self Care Kit

The Self Care Resource Kit is an individualized kit that is given out at the foot care clinics and can be ordered online. This kit has a number of tools that can be used to keep feet healthy and happy. The self care Resource Kit includes the following:

Pressure Free Diabetic Friendly Socks

Foot Care Lotion

Large Mirror

Reminder Magnet

Foot Care Pen

Inspirational Stone



Self Foot Care Guide



Check Your Feet Daily

- A Mirror to help you see the bottoms of your feet without the strain of bending
- Never place a mirror on the floor (prop the mirror up against something)
- Keep your feet soft and remember to dry between your toes



Protect Your Feet

- Take care of your feet and keep them safe by always wearing socks and shoes
- Shoes and socks should be seamless, loose, and well fitted
- For those living with diabetes, limit foot soaks to less than 10 minutes
- Any changes with your feet should be brought to a specialist immediately



See a Specialist

- Family Doctor
- Chiropody
- Nurses
- Reflexology
- Traditional Healers



Accessing Foot Care... Where Do I Start?

1. Private Insurance; Employment
2. FNIHB; Status Card; Band; Nation
3. OHIP; Health Card
4. Social Services; Ontario Works & Disability
5. VAC (Veterans Affairs Canada)

Non– Insured Health Benefits

First Nations, supported by AFN, assert that health benefits are an inherent Aboriginal and Treaty Right and are constitutionally protected. Health services are to be comprehensive, accessible, fully portable and timely.

FNIHB provides funding for Orthotics and Orthopaedic shoes through a prior approval program. This program is set up where orthotic centres can register with FNIHB, they are then recognized as an approved centre to provide orthopaedic wear to Aboriginal people with foot abnormalities. To receive orthotics or orthopaedic shoes, a prescription must be written by your family doctor stating the reason why, and handed into the registered orthotic centre. For more information, and to find a registered orthotic centre near you, please call the toll free number below.

Coverage Includes:

Eye and Vision Care	Dental
Medical Transportation	Drugs
Medical Supplies & Equipment	Crisis Counselling
Orthotics; Orthopaedic Shoes (1 pair every 2 years)	

For More Information:

First Nations Inuit Health Branch, Ontario
Non Insured Health Benefits– Health Canada
1 800 640 0642



Accessing Foot Care

Social Services

Individuals from low income households can also access special funding assistance for foot care and diabetes related need through local social services.

These programs include, Ontario Works, Ontario Disability Support Program.

Coverage Includes:

Diabetes Supplies

Travel and Transportation

Discretionary coverage may include special diet supplies, prescription orthotics and socks.

Contact Information:

If you have low income and do not have a worker, contact your local social service department and inquire about discretionary assistance and diabetes. If you have a case worker, you must identify your diabetes and needs to your worker. You can also contact your local SOADI Diabetes Prevention Coordinator for a referral.

Ministry of Community and Social Services

<http://www.mcss.ogv.on.ca/mcss/english/index.htm>



Provincial Territory Organizations

Name	Address	Phone	Fax
Association of Iroquois and Allied Indians	387 Princess Ave London, ON N6B 2A7	519 434 2761	519 679 653
Independent First Nations	RR#1 Nobel, ON PoG 1G0		
Métis Nation of Ontario	500 Old St. Patrick St Ottawa, ON K1N 9G4	613 798 1488	613 722 4225
Ontario Native Women's Association	212 East Miles St Thunder Bay ON P7C 1J6	807 623 3442 800 667 0816	807 667 0816
Ontario Federation of Indian Friendship Centres	219 Front St E Toronto, ON M5A 1E8	416 956 7575	416 956 7577
Union of Ontario Indians	P.O Box 711 North Bay, ON P1B 8G5	705 407 9127	



Provincial/National Diabetes & Foot Care Contacts

Name	Address	Phone	Fax
Aboriginal Diabetes Initiative	200 Eglantine Drive way Ottawa ON K1A 0K9	613 941 4600 866 225 0709	613 954 8107
Aboriginal Healing Foundation	75 Albert St, Suite 801 Ottawa, ON K1P 5E7	613 237 4441	613 237 4442
Aboriginal Nurses' Association of Canada	56 Sparks St, Suite 502 Ottawa, ON K1P 5A9	613 724 4677 Ext 23	613 724 4718
Assembly of First Nations	1 Nicholas St, Suite 1002 Ottawa, ON K1N 7B7	613 241 6789	613 241 5808
Canadian Diabetes Association	1400– 522 University Ave Toronto, ON M5G 2R5	800 226 8464	
Canadian Association of Wound Care	45 Charles St East Suite 300 Toronto ON M4Y 1S2	416 485 2292 866 474 0125	416 485 2291
Chiefs of Ontario	111 Peter St Suite 804 Toronto, ON M5V 2H1	416 597 1266 877 517 6527	416 597 8365
Indigenous Physicians Association of Canada	305– 323 Portage Ave Winnipeg MB R3B 2C1	204 219 0099	204 221 4849
National Aboriginal Diabetes Association	B 1 90 Garry St Winnipeg, MN R3C 4J4	204 927 1220 877 232 6232	204 927 1222



National/Provincial Diabetes & Foot Care Contacts

Name	Address	Phone	Fax
National Aboriginal Health Organization	56 Spark St, Suite 400 Ottawa, ON K1P 5A9	877 602 4445	613 237 1810
National Association of Friendship Centres	275 MacLaren St Ottawa, ON K2P 0L9	613 563 4844	613 594 3428
National Diabetes Management Strategy	245-100 Collip Circle University of Western Ontario London, ON N6G 4X8	519 858 5028	519 858 5029
Northern Diabetes Health Network	715 Hewitson St Suite 1000 Thunder Bay, ON P7B 6B5	807 626 9788 800565 3470	807 626 8251
Public Health Agency of Canada	130 Colonnade Rd A.L 6501H Ottawa, ON K1A 0K9		
TeleHealth Ontario		866 797 0000	



Western Region

Foot Care Service Providers

Podiatrist/Chiropodist				
Name	Office	Address	Phone	Fax
Khimiji, Khatun	Westmount Footcare Clinic & Orthotic	4-521 Nottinghill Rd. London, ON N6K 4L4	519 471 5822	519 471 8852
Maczko, James F.	Maczko Chiropody	559 Exmouth St Sarnia, ON N7T 5P6	519 337 9540	519 337 2566
Martin, Terri	Family Foot Care Centre	11811 Tecumseh Rd E Unit 110 Tecumseh, ON N8N 4M7	519 735 2653	
Racine, Miriam	Private Practice	96 Ridout St S London ON	519 438 5115	
Zandberg, Allan	Zandburg Foot Clinic	264 Wellington St Chatham ON N7M 1K1	519 351 9762	
Foot Care Nurse				
Anderson, Bev	Private Practice	Bothwell ON NoP 1Co	519 615 2150	
Reflexologist				
Elm, Arlene	Seeking Wings	Oneida, ON NoL 2Go	519 652 7641	
Jacobs, Glenna	Walpole Island Health Centre	Wallaceburg ON N8A 4K9	519 627 0765	
Smith, Vicky	Walpole Island Health Centre	Wallaceburg, ON N8A 4K9	519 627 0765	



Western Region



Aboriginal Health Centres

Name	Address	Phone	Fax
Chippewa of the Thames First Nation Health Centre	322 Sutherland Rd R.R. #1 Muncey, ON N0L 1Y0	519 289 5641	519 289 2378
Chippewa of Sarnia First Nation: E'Mino Bmaad-Zjiig Health Centre	1300 Tashmoo Ave Sarnia, ON N7T 8E5	519 332 6670	519 332 8925
Delaware Nation Health Centre	14737 School House Line, R.R. #3 Thamesville, ON N0P 2K0	519 692 3969	519 692 3182
Kettle & Stoney Point Health Services	P.O. Box 670, R.R. #1 Forest, ON N0N 1J0	519 786 5647	519 786 4541
Mnooyaang-Gamig: Walpole Island Health Centre	R.R. #3 Wallaceburg, ON N8A 4K9	519 627 0765	519 627 0017
Muncey Health Centre	279 Jubilee Rd, R.R. #1 Muncey, ON N0L 1Y0	519 289 2220 519 289 5396	519 289 5156 519 289 5121
Oneida First Nation Health Centre	2213 Elm Ave Southwold, ON N0L 2G0	519 652 0500	519 652 0504
Southwest Ontario Health Access Centre (SOAHAC)	425-427 William St, London, ON N6B 3E1	519 672 4079 877 672 4079	519 672 6945



Western Region

Aboriginal Health & Wellness Organizations

Name	Address	Phone	Fax
At^Lohsa Native Family Healing Services Inc.	343 Richmond St Suite 109 London, ON N6A 3C2	519 438 0068	519 438 0070
Caldwell First Nation 	P.O Box 388 Leamington, ON N8H 3W3	519 326 6914	519 326 3949
CanAm Indian Friendship Centre 	3837 Wyandotte St E, Windsor, ON N8Y 1G4	519 253 3243	519 253 7876
Chatham Kent Health Alliance	P.O. Box 2030 Chatham, ON N7M 5L9	519 437 6086	
Ganaan De We O Dis ^Yethi Yenahwahse	P.O. Box 670, R.R. #1 Muncey, ON NoI 1Yo	519 289 0352 877 289 0381	519 289 0355
Métis Nation of Ontario Windsor Branch	145-600 Tecumseh Rd E, Windsor, ON N8X 4X9	519 974 0860 888 243 5148	519 974 3739
N'Amerind Friendship Centre	260 Colborne St, London, ON N6B 2S6	519 672 0131	519 672 0717
Nimkee Nupigawagan Healing Centre	R.R. #1 Muncey, ON NoL 1Yo	519 264 2277	519 264 1552
North Lambton Community Health Centre	59 King St, W Forest, ON NoN 1Jo	519 786 4545 Ext 302	



Western Region

Aboriginal Health & Wellness Organizations

Name	Address	Phone	Fax
Sandwich Community Health Centre	1453 Prince Road, Windsor, ON N9C 3K9	519 254 3402 Ext 114	
Sarnia-Lambton Native Friendship Centre	1077 Tashnoo Ave Sarnia, ON N7T 7H5	519 332 6164	
Walpole Island Social Services	R.R. #3 Wallaceburg, ON N8A 4K9	519 627 6072	519 627 0440



West Central Region

Foot Care Service Providers

<u>Podiatrist/Chiroprapist</u>				
Name	Office	Address	Phone	Fax
Arsenault, Mark	Comfort Foot Care (Podiatrist)	1170 Fischer Hallman Rd Kitchener, ON N2E 3Z3	519 742 7373	519 742 6006
Cornell, Jesse	Biodesign (Pedorthist)	207 Brant Ave Brantford, ON N3T 3J1	519 756 5353	519 756 5393
Arsenault, Lisa	Arsenault Foot Services	945 Third Ave E Suite 4C, Owen Sound, ON N4K 2K8	519 371 1163	519 376 1353
Hunks, Robert	Six Nations Family Services	108 George St #4 Brantford, ON N3R 1V6	519 445 4019	519 752 2888
<u>Foot Care Nurse</u>				
Andrew, Olivia	The Original Foot Fairy	Kitchener, ON	905 874 8169	
Doyle, Karen	Private Practice	512 Cairncroft Pl Waterloo, ON N2T 2J5	519 884 3668	
<u>Reflexologist</u>				
Jaimeson, Elva (Elizabeth Silversmith)		Ohsweken, ON NoA 1M0	905 765 4160	
Martin, Blossom Dawn		Ohsweken, ON NoA 1M0	519 445 2267	
Myke, Gayle		Brantford, ON N3S 1C8	519 759 5720	
Whitlow, Gail	Ancestral Voices	1726 Chiefswood Rd Ohsweken, ON NoA 1M0	519 900 1993	



West Central Region

Aboriginal Health Centres

Name	Address	Phone	Fax
Chippewas of Nawash Health Centre	R.R. #5 Warton, ON NoH 2To	519 534 0373	519 534 0964
Dedwadadehs nye's Aboriginal Health Centre	36 King Street Brantford, ON N3T 3C5	519 752 4340	519 752 6096
Gane'Yohs Health Centre	1769 Chiefswood Rd P.O. Box 220 Ohsweken, ON NoA 1Mo	519 445 2832	
Mino Bimaadsawin Health Care: Saugeen First Nation	P.O. Box 849 Southampton, ON NoH 2Lo	519 797 5885 519 797 3336	519 797 5275
Six Nations Health Services Centre	P.O. Box 5000 Ohsweken, ON NoA 1Mo	519 445 2418 519 445 4384	519 445 2061
Six Nations Health Services/ Healthy Lifestyles	R.R. #6 Hagersville, ON NoA 1Ho	519 445 0782	519 445 2061



West Central Region

Aboriginal Health & Wellness Organizations

Name	Address	Phone	Fax
Ancestral Voices	1726 Chiefswood Rd P.O Box 784 Ohsweken, ON NOA 1M0	519 900 1993	
Anishnabeg Outreach	151 Fredrick St Suite 501 Kitchener, ON N2H 2M2	519 742 0300 866 888 8808	519 742 0867
Anishnabeg Outreach	40 Baker St 2nd Floor Guelph, ON N1H 4G1	519 763 5292	
First Nations Nursing Services Inc.	1744 Chiefswood Rd Ohsweken, ON NOA 1M0	519 445 4758	519 445 4704
Healing of the Seven Generations	42 College St Kitchener, ON N2G 2K4	519 570 9118 866 676 6009	519 570 9301
M'Wikwedong Native Cultural Resource Centre	1723 8 th Ave E Owen Sound, ON N4K 3C2	519 371 1147	519 371 6181
Métis Nation of Ontario: Owen Sound	380 9 th Street E. Owen Sound, ON N4K 1P1	519 370 0435	
New Credit Human Services	R.R. #6 Hagersville, ON NOA 1H0	905 768 1181	905 768 2424
Saugeen Health and Healing Department	11 Indian Agency Rd R.R. #1 Southampton, ON NOH 2L0	519 797 1375	519 797 3371
Saugeen Shores Wellness Centre	644 Mill P.O. Box 1649 Port Elgin, ON NOH 2C0	519 832 9088	519 832 9089



West Central

Aboriginal Health & Wellness Organizations

Name	Address	Phone	Fax
Saugeen Social Services Department	6493 Highway #21 R.R. #1 Southampton, ON N0H 2L0	519 797 1613	519 797 2978
Six Nations Social Services	1 Sunrise P.O. Box 5001 Ohsweken, ON N0A 1M0	519 445 2071	519 445 0368
Six Nations Special Services for Special People	1676 Chiefswood Rd P.O. Box 120 Ohsweken, ON N0A 1M0	519 445 4420	519 445 0244
Six Nations Long Term Care Program / Traditional Wellness	P.O. Box 5000 Ohsweken, ON N0A1M0	519 445 0077	
Weejeendimin Native Resource Centre	42 College Street Kitchener, ON N2H 5A1	519 743 8635	519 743 8769
Woodland Cultural Centre	184 Mohawk Street Brantford, ON N3R 7Z9	519 759 2650	519 759 8912



Urban Horseshoe Region

Foot Care Service Providers

<u>Podiatrist/Chiropodist</u>				
Name	Office	Address	Phone	Fax
Orvitz, Steven	Orvitz Podiatry	282 Welland Ave, St Catharines, ON L2R 2P9	905 687 8633	905 687 8586
Clarke, Dawn	Clarke Ventresca Foot & Orthotic Centres	277 Welland Ave Suite 5 St Catharines, ON L2R 2P7	905 685 6304	905 641 2995
Grantham, Megan	Omni Foot Clinic & Orthotic Centre	3155 Harvester Rd, Suite 103 Burlington, ON L7N 3V2	905 333 8555	905 333 8155
Kaushal, Amit	Omni Foot Clinic and Orthotic Centre	3155 Harvester Rd, Suite 103 Burlington, ON L7N 3V2	905 333 8555	905 333 8155
McQuistan, Colin	St Joseph's Healthcare Centre	2757 King St E Hamilton, ON L8G 5E4	905 573 4817	905 573 4828
Najmudin, Murtaza	The Foot Clinic	195 Queenston St St Catharines, ON	905 684 5953	
Tudo, David	One Stop Foot Clinic & Orthotic Centres	610 Concession St Hamilton, ON L8V 1B3	905 561 8633	
Ventresca, Tonya	Clarke Ventresca Foot & Orthotic Centres	570 King St Suite 1B Welland, ON L3B 3L2	905 735 7700	905 641 2995
Werkman, Richard	St Joseph's Healthcare Centre	2757 King St E Hamilton, ON L8G 5E4	905 573 4817	905 573 4828



Urban Horseshoe Region

Foot Care Service Providers

Name	Office	Address	Phone	Fax
<u>Foot Care Nurse</u>				
Fiser, Thomas	At Your Feet Nursing Foot Care	408 West 5th St Hamilton, ON L9C 3P6	905 575 6539	
Mitchell, Maryliz	Fort Erie Foot Care Services	6-660 Garrison Rd Fort Erie, ON L2A 6E2	905 994 9417	
Smith, Lyndon	Niagara Foot Care	RR#3 Port Colbourne, ON L3K 5V5	905 834 5956	
<u>Reflexologist</u>				
Bowers, Penny	Heart in Hand Family Massage	9280 Ridge Rd Welland, ON L3B 5N7	905 384 4398	
Ecker-Flagg, Cindilee	Little Eagle Woman	31 W19 Winger, Rd Wainfleet ON LoS 1Vo	905 899 0450	
Tanner, Ken		St Catharines, ON	289 362 4904	



Urban Horseshoe Region




Aboriginal Health Centres

Name	Address	Phone	Fax
Bridges Community Health Centre Feet First Program	<u>Fort Erie Site</u> 1485 Garrison St Fort Erie, ON <u>Port Colbourne Site</u> 508 Steele St Port Colbourne, ON	877 361 3338	289 820 7855
Joseph Brant Community Health Centre	1182 North Shore Blvd E Burlington, ON L7S 1C5	905 633 7070	
Dedwadadehs nye's Aboriginal Health Centre	678 Main St E Hamilton, ON L8M 1K2	905 544 4320	905 544 4247
Niagara Falls Community Health Centre Feet First Program	4481 Queen St Niagara Falls, ON	877 361 3338	289 820 7855
North Hamilton Community Health Centre	554 John Street North Hamilton, ON L8H 1G2	905 523 6611	
Quest Community Health Centre Feet First Program	145 Queenston St Suite 100 St Catharines, ON	877 361 3338	289 820 7855



Urban Horseshoe Region

Aboriginal Health and Wellness Organizations

Name	Address	Phone	Fax
Fort Erie Native Friendship Centre 	796 Buffalo Rd Fort Erie, ON L2A 5H2	905 871 8931	905 871 9655
Hamilton Regional Indian Centre	712 Main St E Hamilton, ON L8M 1K3	905 548 9593	905 545 4077
Metis Nation of Ontario Hamilton Branch	445 Concession St Hamilton, ON L9A 1C1	905 318 2336	905 318 2207
Métis Nation of Ontario Welland Branch 	18 Division St Welland, ON L3B 3Z6	905 735 1112	905 735 1161
Niagara Chapter of Native Women	1088 Garrison Rd Fort Erie, ON L2A 1N9	905 871 8770	
Niagara Regional Native Centre 	342 Airport Rd R.R. #4 Niagara-on-the-Lake, ON LoS 1Jo	905 688 6484	905 688 4033
Hamilton Native Women's Centre	P.O Box 69036 Hamilton, ON L8K 1Wo	905 664 1114 888 308 6559	905 664 1101



Toronto Region

Foot Care Service Providers

<u>Podiatrist/Chiroprapist</u>				
Name	Office	Address	Phone	Fax
Fliss, Louis	Flemgindon Health Centre	10 Gateway Blvd, Don Mills ON M3C 3A1	416 429 4991 x 244	
Kemp, Jane	Providence Health Centre	521 Victoria Park Ave, Scarborough ON M4C 5H1		
Prevost, Krista	Ladas Foot Clinic	3910 Bathurst St Suite 401 Toronto, ON M3H 5Y8	416 638 3668	416 638 4923
	Westpark Proactive Health Care	82 Buttonwood Ave Toronto, ON M6M 2J5	416 243 3778	
Springer, Andrew	Bayview North Medical	3292 Bayview Ave Suite 301 Toronto, ON M2M 4J5	416 385 3868	416 385 3867
	Glazier Medical Centre	11 Gibb St Oshawa, ON L1H 2J9	905 728 3668	905 579 7290
<u>Reflexologist</u>				
Nurse, Shariyfah		Toronto ON	416 661 9595	



Toronto Region

Aboriginal Health Centres

Name	Address	Phone	Fax
Queen West Community Health Centre	168 Bathurst Street Toronto, ON M6G 3A8	416 703 8424	416 703 6190



Toronto Region

Aboriginal Health and Wellness Organizations

Name	Address	Phone	Fax
2 Spirited People of the First Nations	593 Yonge St Suite 202 Toronto, ON M5G 1H1	416 944 9300	416 944 8381
Aboriginal Cancer Care Unit	505 University Ave Toronto, ON M5G 1X3	416 971 9800	416 971 6888
Anishnawbe Health Toronto	225 Queen St E Toronto, ON M5A 1S4	416 360 0486	416 365 1083
Anishnawbe Health Toronto	22 Vaughn Rd Toronto ON M6G 2N1	416 657 0379	416 657 3436
Council Fire Native Cultural Centre	439 Dundas St E Toronto, ON M5A 2B1	416 360 4350	416 360 5978
Dodem Kanonhsa'	55 St. Clair Ave E 6 th Floor Toronto, ON M4T 1M2	416 952 9272	416 952 9282
Métis Nation of Ontario: Toronto Branch	404-103 Richmond St E Toronto, ON M5C 1N9	416 977 9881	416 977 9911
Native Canadian Centre of Toronto	16 Spadina Rd Toronto, ON M5R 2S7	416 964 9087	416 964 2111
Native Men's Residence Na-Me-Res	14 Vaughan Rd Toronto, ON M6G 2N1	416 652 0334	416 652 3138
Native Women's Resource Centre	191 Gerrard St E Toronto, ON M5A 2E5	416 963 9963	416 963 9573



Toronto Region

Aboriginal Health and Wellness Organizations

Name	Address	Phone	Fax
Noojimawin Health Authority	25 Wood St Suite 101 Toronto, ON M4Y 2P9	416 598 1001	416 598 1050
Tumivut Youth Shelter	16 Vaughn St Toronto, ON M6G 2N1	416 651 6750	



Central Region

Foot Care Service Providers

Podiatrist/Chiropodist				
Name	Office	Address	Work Phone	Fax
Beard, James	Beard & Webster Foot Care & Orthotics	100 East St. S Bobcaygeon, ON KoM 1A0	705 738 3668	
Clarke, Jonathon	Royal Victoria Hospital	1 Quarry Ridge Rd Suite LL6 Barrie ,ON L4M 7G1	705 728 9090 x 23314	705 728 3039
Fairbanks, Erin	Healing and Wellness Centre	701 King St Midland, ON L4R 4K3	705 526 6363	705 526 7101
Farrugia, Jenny	New Tecomseh Family Foot Care	6492 7th Line Beeton, ON LoG 1A0	905 729 0782	905 729 4009
Furgeson, Peter	Ashburn Foot and Ankle Clinic	53 Hunter St E Peterborough, ON K9H 1G4	705 741 4064	705 741 6190
Gauld, Kyle	Essa Road Chiropractic Health Centre	151 Essa Rd Barrie, ON L4N 3L2	705 739 9585	
Lathangne, Laurie	Fantastic Feet	2018 12th Line Lakefield, ON KoL 2H0	705 652 1804	
Maragoni, Sonia	Simcoe Foot Clinic	180 Parsons Rd, Unit 37 Alliston, ON L9R 1E8	705 435 3668	705 435 1851
Mclean, Ian	Simcoe Foot Clinic	180 Parsons Rd, Unit 37 Alliston, ON L9R 1E8	705 435 3668	705 435 1851
Moloy, Ed	Mnjikaning First Nation Health Centre	5884 Rama Rd, Suite 200 Orillia, ON LoK 1To	705 325 3611 x 1605	
Murphy, David	Beard & Webster Foot Care & Orthotics	100 East St. S Bobcaygeon, ON KoM 1A0	705 738 3668	
Scott, Tom	Foot Props Inc.	12- 20 Bell Farm Rd Barrie, ON L4M 6E4	705 728 7750	



Central Region

Foot Care Service Providers

<u>Name</u>	<u>Office</u>	<u>Address</u>	<u>Phone</u>	<u>Fax</u>
<u>Podiatrist/Chiropodist Continued</u>				
Young, Laura	Orillia Soldiers Memorial Hospital	170 Colbourne St W, Orillia, ON L3V 2Z3	705 325 2201 x 3659	
Webster, Nadine	Beard & Webster Foot Care & Orthotics	100 East St. S Bobcaygeon, ON K0M 1A0	705 738 3668	
<u>Foot Care Nurse</u>				
Brennon, Esther		209 Browning Tr, Barrie, ON L4N 5H6	705 726 7768	
Rivitt, Valerie	Private Practice	Hwy 400 Parry Sound, ON	705 389 3230	
Tabobondung, Brenda		Parry Sound, ON P2A 2Z1	705 746 8511	
<u>Reflexologist</u>				
Berrigan, Deborah		Barrie, ON	705 737 7069	
Coppaway, Suzanne		RR#2 Keene, ON K0L 2G0	705 295 4432	
Gaul, Dianne		2-23 Victoria Ave Parry Sound, ON P2A 2C2	705 771 9548	
Harris, Kathy		Mactier, ON	705 375 3178	
Kindrat, Blanche		Barrie, ON	705 888 4217	
Rivitt, Valerie		Hwy 400 Parry Sound, ON	705 389 3230	



Central Region

Aboriginal Health Centres

<u>Name</u>	<u>Address</u>	<u>Phone</u>	<u>Fax</u>
Alderville First Nation Health & Social Services	P.O. Box 12 Roseneath, ON KoK 2X0	905 352 2140	905 352 3824
Beausoleil First Nation Family Health Centre	82A Kate Kegwin Christian Island, ON LoK 1Co	705 247 2012	705 247 2006
Chippewas of Georgina Island First Nation Health Centre	R.R. #2 Sutton West, ON LoE 1Ro	705 437 4242	705 437 4597
Curve Lake First Nation Health Centre	38 Whetung St Curve Lake, ON KoL 1Ro	705 657 2557	705 657 3067
Mississaugas of Scugog Island FN Health Services	22521 Island Rd Port Perry, ON L9L 1B6	905 985 1826	905 985 7958
Mnjikaning First Nation (Rama) Health Centre	5884 Rama Rd, Suite 200 Rama, ON LoK 1To	705 325 3611 Ext 1600	705 329 0613
Moose Deer Point First Nation Health Services	P.O. Box 119 Mactier, ON PoC 1Ho	705 375 3671	705 375 0532



Central Region

Aboriginal Health and Wellness Organizations

<u>Name</u>	<u>Address</u>	<u>Phone</u>	<u>Fax</u>
Anishinabek Health Commission	1024 Mississauga Curve Lake, ON K0L 1R0	705 657 9383	705 657 2341
Barrie Area Native Advisory Circle	64 Cedar Pointe Dr. Unit 1405 Barrie, ON L4N 5R7	705 734 1818	705 734 1812
Barrie Native Friendship Centre	175 Bayfield St Barrie, ON L4M 3B4	705 721 7689	705 721 7418
Enahtig Healing Lodge & Learning Centre	R.R.#1, 4184 Vasey Rd Victoria Harbour, ON L0K 2A0	705 534 3724	705 534 4991
Georgian Bay Native Friendship Centre 	175 Yonge St Midland, ON L4R 2A7	705 526 5589	705 526 7662
Georgian Bay Native Women's Association	317 Midland Ave Midland, ON L4R 3P5	705 527 7043	705 527 4513
Georgian Bay Métis Council	P.O. Box #4, 355 Cranston Cres Midland, ON L4N 4K6	705 526 6335	705 526 7537
Hiawatha First Nation L.I.F.E. Services Centre	R.R. #2 Keene, ON K0L 2G0	705 295 4421	705 295 4424
Lovesick Lake Native Women's Association	7 Albert St Lakefield, ON K0L 2H0	705 657 9456	705 657 2032
Native Wellness Institute	595 Hiawatha Line, R.R.#2 Keene, ON K0L 2G0	705 295 6198	705 295 2930



Central Region

Aboriginal Health and Wellness Organizations

<u>Name</u>	<u>Address</u>	<u>Phone</u>	<u>Fax</u>
Nogojwanong Friendship Centre	223 Aylmer St N Suite B1 Peterborough, ON K9J 3K3	705 775 0387	705 775 0389
Orillia Native Womens Group	105 Douglas St Orillia, ON L3V 5Y8	705 329 7755	705 329 7766
Rama & Area Native Women's Association	5884 Rama Rd Suite 200 Rama, ON L0K 1To	705 325 3611	705 329 3067
Royal Victoria Hospital: Diabetes Management Centre	1 Quarry Ridge Rd, Suite LL6 Barrie, ON L4M 7G1	705 739 5652 Ext 23314	705 728 3039
Wahta Mohawks	Box 260 Bala, ON P0C 1A0	705-762-2354	705-762-2376



Eastern Region

Foot Care Service Providers

Podiatrist/Chiroprapist				
Name	Office	Address	Phone	Fax
Bates, Bruce	Belleville Foot, Ankle, and Orthotic Clinic	470 Dundas St E Unit 9 Belleville, ON K8N 1G1	613 962 8787	
Hayles, Martin	Hayles Foot & Ankle Clinic	344 Churchill Ave Ottawa, ON K1Z 5C1	613 792 3477	
Moshenko, Natasha	Haliburton Highlands Family Health Team	16 Billa St Bancroft, ON K0L 1C0	613 332 6300	613 332 5541
Keller, Tammy	Quinte Foot Care Clinic	82 Dundas St Trenton, ON K8V 1K9	613 394 5454	613 392 9458
Foot Care Nurse				
Bates, Jennifer	Belleville Foot and Orthotic Clinic	470 Dundas St E Unit 9 Belleville, ON K8N 1G1	613 962 8787	
Baker, Nancy	Private Practice	Cardif, ON		
Bertrim, Candace		Verona, ON		
Grenke, Gretchen	Quinte Naturopathic Centre	Belleville, ON K8N 3C1	613 392 9458	
Heney, Kathryn	Nursing Foot Care Services	Ottawa, ON K1H 7N5	613 867 7435	
Moore, April	April's Mobile Foot Care	6579 Craighurst Dr North Gower, ON K0A 2T0	613 489 1827	613 489 2684
Lundrigan, Betsey	Betsey's Foot Care	Paradise Rd Whitney, ON K0J 2M0	613 637 5205	
Young, Lyn	Private Practice	Airport Rd Bancroft, ON K0L 1C0	613 332 3497	



Eastern Region

Foot Care Service Providers

Reflexologist				
Brewer, Danka		Tichbourne, ON KoH 2Vo	877 775 8239	
Cooper, Kelsey		Kingston, ON K7K 3Y5	613 541 1257	
Joly-Mclean, Denyse	Holistic Body Works	224 Cantin St Ottawa, ON K1L 6T1	613 842 8663	
Green, Martha (Rose)		Tyendinaga Mohawk Territory ON KoK 1Xo	613 396 3238	
Smith, Margaret		Ottawa, ON K1Y 1W5	613 791 6634	



Eastern Region



Aboriginal Health Centres

<u>Name</u>	<u>Address</u>	<u>Phone</u>	<u>Fax</u>
Kanonhkwat'sheri:io Health Centre	Box 941 Cornwall, ON K6S 5V1	P 613 575 2341 Ext 2341	613 575 1152
Kawehno:ke Medical Clinic	P.O. Box 941 Akwesasne, ON K6H 5R7	613 932 5808	613 932 8463
Tyendinaga Health Centre	1658 York Rd R.R. #1 Deseronto, ON K0K 1X0	613 967 3603	613 967 3618



Eastern Region

Aboriginal Health and Wellness Organizations

Name	Address	Phone	Fax
Algonquians of Pikwakanagan	1642 Mishomis Inamo P.O. Box 86 Pikwakanagan Golden Lake, ON K0K 1X0	613 625 2259	613 625 2207
Baptiste Lake Métis	Box 40 Maynooth, ON K0L 2S0	877 407 1180	613 338 3165
Indigenous Health Programs	R.R. #1 Deseronto, ON K0K 1X0	613 396 2122 800 263 4220	613-396-1083
Inuit Tapiriit Kanatami	170 Laurier Ave W Suite 510 Ottawa, ON K1P 5V5	613 238 8181	613 234 1991
Katarokwi Native Friendship Centre	50 Hickson Ave Kingston, ON K7L 1H4	613 548 1500	613 548 1847
Métis Nation of Ontario: Renfrew Branch 	236 Stewart St Ste 102 Renfrew, ON K7V 1X7	613 432 6499	613 432 8009
Métis Nation of Ontario: Bancroft Branch 	91 Chemaushgon St Bancroft, ON K0L 1C0	613 332 2575	613 332 3042
Minwaashin Lodge: Aboriginal Women's Support Centre	424 Catharine St Ottawa, ON K1R 5T8	613 741 5590	613 741 8511



Eastern Region

Aboriginal Health and Wellness Organizations

<u>Name</u>	<u>Address</u>	<u>Phone</u>	<u>Fax</u>
Mohawk Council of Akwesasne Social Services	P.O. Box 579 Cornwall, ON K6H 5T3	613 575 2341	613 575 1311
Native Patient Services Hotel Dieu Hospital	166 Brock St Kingston, ON K7L 5G2	613 544 3310 Ext 3070/3072	613 544 1698
Odawa Native Friendship Centre	12 Stirling Ave Ottawa, ON K1Y 1P8	613 722 3811	613 722 4667
Ontario Aboriginal HIV/AIDS Strategy	844A Princess St Kingston, ON K7L 1G5	613 549 7540	613 549 9809
Tungasuvvingst Inuit	301 Savard Ave. 2 nd Floor Ottawa, ON K1L 7S1	613 747 2225	613 747 0629
Tungasuvvingat-Inuit Family Resource Centre	230 McArthur Ave Ottawa, ON K1L 6P5	613 749 4441	613 749 8713
Tyendinaga Health Centre	1658 York Rd, R.R. #1 Deseronto, ON K0K 1X0	613 967 3603	613 967 3618



Notes





the Métis
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Ontario

