



## NMR

### Programs and Services

*In Brief ...*

In 1985, Na-Me-Res began as an emergency shelter for Aboriginal men who were “without a place to live.” Since then a greater understanding of the underlying causes of Aboriginal homelessness has emerged. In response NMR, implemented additional programs and services designed to meet the unique needs of Aboriginal men living in a state of homelessness. Based on a culturally responsive strengths based case management approach to client care these include:

#### **The Men’s Residence**

Here, clients without housing are provided with temporary shelter, assistance and support to secure housing appropriate to their needs. To meet the increasing number of Aboriginal men who come to Toronto for a better life, the Residence has grown since 1985 from a 27 to a 63-bed residence.

#### **Aboriginal Outreach Services and Support**

This service outreaches to those living on the streets and in seasonal shelters, providing them with support and assistance in transitioning from streets to homes. To ensure clients remain successfully housed follow up care is provided for a minimum of one year.

#### **Sagatay (A New Beginning)**

Sagatay is a safe and supportive learning and housing environment for Aboriginal men and male youth. Programs offered provide residents with the opportunity to develop the resources required to succeed in the broader urban environment as strong, self-confident Aboriginal men. Its core training program Apaenmowinneen (*Having Confidence in Myself*) is a three to six month interactive learning program which includes workshops in the areas of communication, information management, personal management, teamwork, Aboriginal studies, healthy living and employability skills.

#### **Mino Kaanjigoowin (Changing My Direction In Life)**

NMR recognizes the disproportionate impact of addictions and mental health issues on the Aboriginal community. In response it developed its Special Needs program. Through this program agency clients challenged with severe mental health and addiction issues are provided with a specialized response designed to meet their particular needs. As with all NMR programs, the goal of Special Needs is to assist clients secure and maintain housing appropriate to their needs.

#### **Ngim Kowa Njichaag (Reclaiming My Spirit) Program**

The goal of the Ngim Kowa Mjichaag Program is to “assist clients reclaim their culture, identity, role and responsibilities through the delivery of culture based services within a safe healing environment”.