



2020

NA-ME-RES

ANNUAL REPORT

HELPING THE HOMELESS COMMUNITY OF TORONTO SINCE 1985



NA-
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Masks pictured in this report are courtesy of the artist **DONALD CHRÉTIEN**.

Purchase the masks at <https://www.claudiaalan.com/donald-chretien-collection/>

NA-ME-RES STRIVES TO PROVIDE A CARING, COMPASSIONATE AND SAFE ENVIRONMENT AS WELL AS OPPORTUNITIES TO DEVELOP THE SKILLS, KNOWLEDGE AND CONFIDENCE REQUIRED TO LEAD HEALTHY AND SELF-DETERMINED LIVES.



Mission

Through a culture-based approach that addresses the holistic needs of its clients, Na-Me-Res' (Native Men's Residence) mission is to provide temporary, transitional and permanent housing to Indigenous men experiencing homelessness in Toronto while providing outreach and support services to the broader Indigenous homeless population.

Vision

Na-Me-Res ensures that Indigenous people experiencing homelessness have access to a continuum of culturally appropriate supports that will assist them in securing stable, safe and affordable housing while helping them to achieve their personal goals and aspirations.

Values

Na-Me-Res is a community organization with proven practices in integrated culturally relevant social service delivery. Na-Me-Res strives to support a caring, compassionate and safe environment that addresses the physical, mental, emotional and spiritual needs of its clients. It also provides opportunities for them to develop the skills, knowledge and confidence required to lead healthy and self-determined lives.



WELLNESS JOURNEY
STORY

Dakotah Hong-Ross

Dakotah moved from Northern Ontario to Toronto five years ago. He was unaware of the resources in the city and relied on friends to provide him with a list of Indigenous agencies to utilize for support. One of the places that his friend mentioned was Na-Me-Res. Dakotah has been accessing the support of Na-Me-Res on and off for the past five years.

During his time at Na-Me-Res, Dakotah participated in the wide range of life skills programming that is offered to all residents. He particularly enjoyed the sharing circles, visiting with Elders, the community garden as well as being involved in Indigenous craft making. The garden was particularly special to him as he waited all week to attend this program. He enjoyed it so much and connected to it that it inspired him to volunteer and work in the harm reduction field.

Before he came to Na-Me-Res he was dealing with some serious mental health issues, homelessness and severe anger issues. With the support of the programming and with his determination he was able to put himself on a good path. He was able to obtain government-issued identification, and he began working and saving money which he saved. Na-Me-Res staff supported Dakotah with supportive one-on-one counselling where he was able to vent and work through what he needed. All of these factors contributed to working through his anger and mental health issues.

During his time at Na-Me-Res, Dakotah was able to stay clean from hard drugs as he felt safe and supported. He was able to build meaningful relationships with new friends and is currently living in his own bachelor apartment.

A MESSAGE FROM THE

Executive Director



It has been another interesting year for Na-Me-Res, to put it mildly. We have made several accomplishments in helping our clients acquire housing and once housed, prevent them from becoming homeless again through staying in touch with clients once housed and providing culturally appropriate services and supports to them.

Na-Me-Res worked with a total of 682 individuals last fiscal year. We successfully housed 49 people who were offered culturally appropriate follow-up supports to assist them in their tenancy.

In March of this year, COVID-19 was declared a worldwide pandemic and we were prepared – or as prepared as we could be. When the pandemic was declared, Na-Me-Res had our pandemic plan dusted off and modified. We wasted little time in making sure there were protocols in place to ensure the safety of our staff and residents. Even with our protocols in place, it did not leave Na-Me-Res untouched by COVID-19. We had an outbreak in the Na-Me-Res Shelter where residents tested positive for COVID-19. I am pleased that we were able to respond in a timely manner, which prevented the spread of COVID to other residents or staff. We were communicative with our staff and residents and together we were able to work through this crisis.

Na-Me-Res has been keenly interested in expanding our spectrum of services to include a low barrier harm reduction shelter program for Indigenous men. I am extremely pleased to share that Na-Me-Res has been selected to operate a harm reduction shelter. The Shelter is early in the planning and design process, and we do not anticipate the Shelter being operational for at least three years. This Shelter has been visioned in Na-Me-Res' strategic direction for over a decade, and we are ecstatic that we are finally moving forward on this vital service.

I am certain the next fiscal year will have its share of challenges for Na-Me-Res, our staff and clients as we are still dealing with this pandemic. We are committed to service continuity and helping our clients through delivering services with kindness. In closing, I would like to say *chi-miigwetch* to the Na-Me-Res Circle of Directors for their guidance and direction and to all the Na-Me-Res funders, supporters and staff.

Miigwetch,

Steve Teekens

Steve Teekens
Executive Director



WELLNESS JOURNEY STORY

Charles



Charles has been involved with Na-Me-Res on and off for a number of years. He initially heard about our organization through some friends and at the time he was struggling to find appropriate housing. Charles had realized that without adequate mental health supports, he was unable to maintain his housing. While at Na-Me-Res he continued his search to find suitable housing, but he soon realized that wait lists were long and everything seemed to move slowly. So, Charles made himself at home.

Charles found that at Na-Me-Res he was able to learn more and engage with his culture to a great extent. He had the opportunity to make his own medicine bag, his own hand drum and a beautiful ribbon shirt. He found that being a part of our sharing circles with an Elder provided him with the opportunity to share what he was going through, in addition to voicing his dreams and wishes.

More than anything, Charles expressed how much he appreciated taking part in the life skill services that Na-Me-Res has to offer. Anything from gardening, to yoga, to drumming, Charles was always an eager participant. He learned a lot in our diabetes workshops and began focusing on improving his physical health by increasing his daily step count. During his time at Na-Me-Res, Charles also went on many trips where he was able to learn new things and get in touch with nature. Some of the outings included visiting Niagara Falls, the Botanical Gardens and Crawford Lake Conservation Area. He also participated in the Salmon Run at Humber River, and was able to help out during the Winter Solstice Festival.

Charles was successfully housed at the beginning of this year. He expresses that he is thankful to have finally found a place to live which helps support him and his mental health. He is glad to have everything taken care of in his home, and is currently getting comfortable. Charles is still connected to the Shelter and is an active participant in our programs.

A MESSAGE FROM THE

President



Another year has gone by and what a year it was! Although this annual report usually takes into account reporting on the activities from our past fiscal year, nothing has been more front-of-mind than the events of the past few months. Our fiscal year-end happened to coincide with the most challenging developments of the COVID-19 pandemic.

The response from the organization has been commendable. The role of the Executive Director and senior management has been tested like never before. At the same time, the Circle of Directors have remained vigilant and supportive, allowing the Na-Me-Res team to do what they do best – demonstrate care and concern for the health, safety and well-being of our Na-Me-Res family. We hold you all up, and thank you, for your valuable role in keeping our family healthy and safe.

Family has always meant something quite special. The past few months have reinforced the value of family in unimaginable ways. To look after ourselves, our loved ones, and the community we serve is paramount. We are all truly the Na-Me-Res family.

At year-end, Na-Me-Res was able to put safety measures in place that effectively protected all those in the Na-Me-Res bubble. We were among the first in the city to activate our pandemic plan just as COVID-19 was classified by the World Health Organization as an official pandemic. Those days gave us a head start in responding to the health, safety and needs of our residents.

Unfortunately, the requirements for social distancing meant we needed to suspend nearly all our programming. In the coming weeks, as emergency orders are lifted, we will find new and safer ways to resume those valuable services that we provide to Na-Me-Res residents and clients. We recognize the way we deliver services will have to adapt and change. We also need to be increasingly vigilant of the potential of subsequent waves of virus outbreaks.

Prior to the pandemic, it had been another banner year for Na-Me-Res in the area of affordable housing and our goals to combat homelessness. Last April, we were able to officially open our 16-unit affordable housing complex in the Cabbagetown area. As part of that opening, Healer and Elder Colin Mousseau was on hand to officially name the residence Kinew Poonii Waahkiiganaan – Golden Eagle Landing. It's a fitting name honouring the strength and resilience of all those involved. To me, this demonstrates our ability to deliver tangible results. Sixteen new homes means 16 men coming off the street, out of the shelters or finding more secure and permanent housing.

Na-Me-Res was also awarded the contract to assist in the development of, and to operate, a new harm-reduction shelter in the City of Toronto. Na-Me-Res has gained the confidence of the community to be able to deliver on programs that achieve results – in this case, filling the gap in providing much-needed shelter to those struggling with addictions and substance abuse. This doesn't mean we are not committed to abstinence as a value, or that we are advocating risky behaviour. It means we are serving a transitional and vulnerable group of men, and helping them find their path towards wellness and out of homelessness.

To be in the service of our own people, is to make a difference. To be amongst a caring, kind and dedicated people, all working towards the betterment of the people we serve, is truly satisfying. Despite the challenges we will face, we are committed and prepared to achieve results together, for the First Nation, Métis and Inuit men we are dedicated to serve.

In friendship,

Bob Goulais

Bob Goulais
President, Circle of Directors



WELLNESS JOURNEY
STORY

Moe (Maurice) Pine



I first came to Na-Me-Res, oh, maybe 20 or so years ago. And have been involved with Na-Me-Res on and off through the years.

I have utilized some of the counselling, for instance on addiction, grieving, spirituality and homelessness.

Thanks to Na-Me-Res for helping me find ways to get off the streets. I have lost so many people who lost their lives living on the streets. Through positive people and ideas, I rediscovered my spirituality, then finding a place to call home.

Since then, I still have that place and still have the support from Na-Me-Res as and when needed.

I feel very grateful and proud that Na-Me-Res took me off the street and opened my eyes. I have victory over past life on the streets.

Chi-miigwetch (Thank you) Na-Me-Res
Niiguhnii (One goes ahead)

Moe (Maurice) Pine

Brief History

2004

Outreach Services expanded to include Mobile Housing, a service for people living on the streets.

2003

Increased capacity of Na-Me-Res Men's Shelter from 26 to 63 beds.

2002

Opened Tumivut Youth Shelter. Outreach Services expanded to include Shelter Access, a shelter-to-shelter transportation service for people living on the street.

2001

Outreach Services expanded to include Gimme Shelter, a case-management service for people living on the street.

1995

Outreach Services began with Street Help, a harm-reduction service for people living on the street.

1989

Became member of the United Way of Greater Toronto.

1985

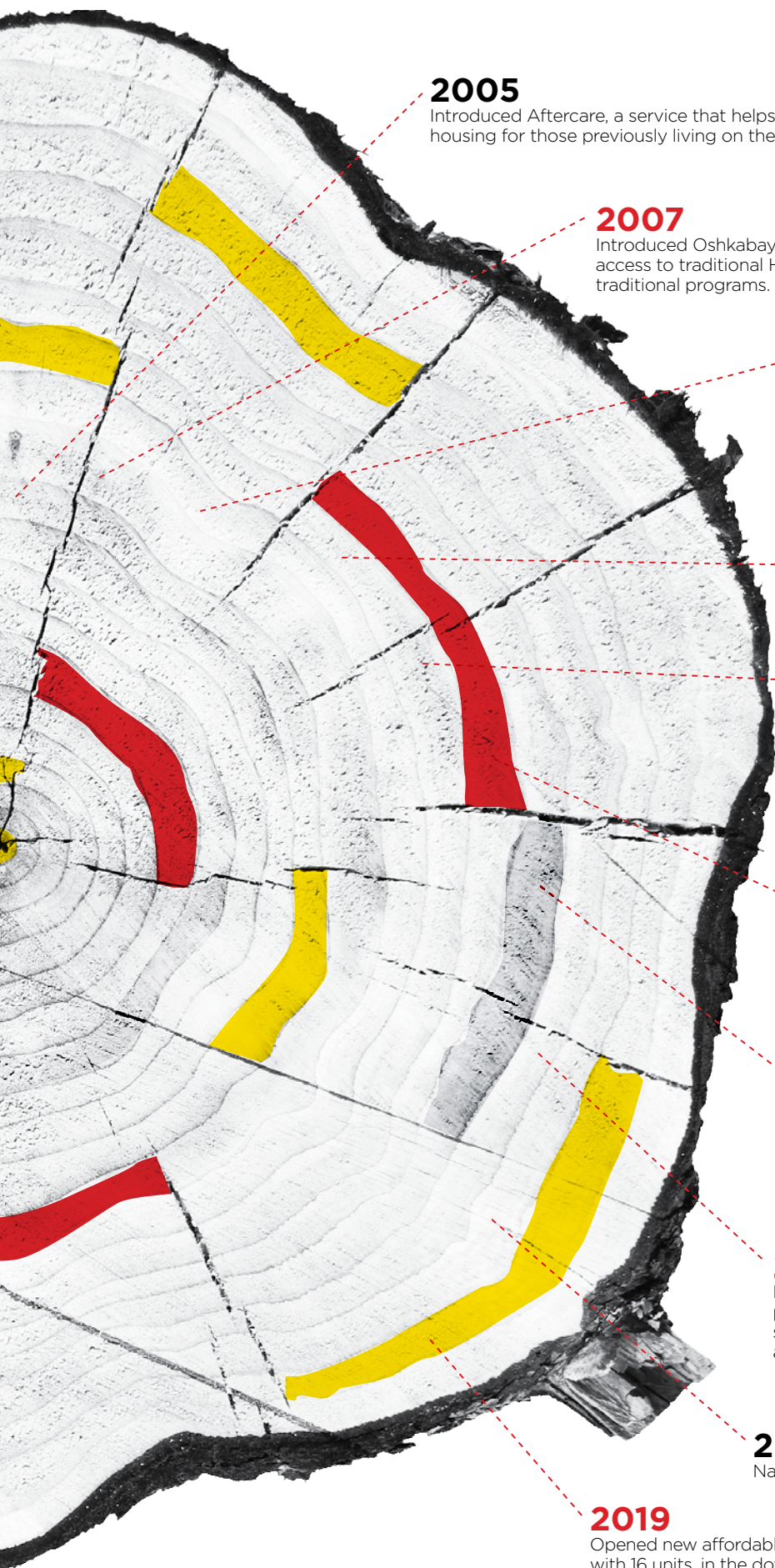
Opened 26-bed shelter for Indigenous men without a place to live.

1983

Circle of Directors formally established and incorporated Na-Me-Res as non-profit charitable organization.

1980

The Ontario Native Women's Association (ONWA) expressed concern about the number of Indigenous men in Toronto who had nowhere to live. ONWA conducted a study that indicated 66 per cent of Indigenous men surveyed had no permanent address. A need for emergency shelter was identified.



2005

Introduced Aftercare, a service that helps maintain housing for those previously living on the street.

2007

Introduced Oshkabaywis Service. Provides client access to traditional Healers, Elders and other traditional programs.

2008

Implemented Mino Kaanjigoowin for individuals with severe mental health and addiction issues. Converted Tumivut Youth Shelter into a transitional service for Indigenous men and male youth. Assists participants to develop the resources to succeed in the broader urban environment.

2009

Sagatay, the new transitional housing service, opened and welcomed its first residents.

2010

Delivery of Apaenmowineen, a life-skills training program for residents of Sagatay. Delivery of on-site psychiatric services for Mino Kaanjigoowin. Secured funding from Federal Infrastructure Stimulus Fund and City of Toronto-HPI to renew the Men's Residence.

2011

Introduced Ngim Kowa Njichaag (Reclaiming My Spirit) Program to help clients reclaim their culture, identity, role and responsibilities through culture-based services in a safe and healing environment.

2012

Secured funding from Canada Mortgage and Housing Corporation, RRAP (Residential Rehabilitation Assistance Program) and Miziwe Biik Development Corporation to complete an affordable housing project.

2013

Received funding to offer Elder Outreach. Elders accompany Outreach Workers to offer culturally appropriate support to Indigenous people on the streets. New elevator and laundry facilities installed at 14 Vaughan Road.

2015

Na-Me-Res Men's Shelter expanded to 71 beds.

2019

Opened new affordable housing, with 16 units, in the downtown core.

Na-Me-Res POW WOW Memories

Na-Me-Res' (Native Men's Residence) annual Traditional Pow Wow was on June 22, 2019, in recognition of National Indigenous Peoples' Day. The event is free and open to the public, and features traditional dancing, drumming, traditional feast, giveaway, children's activities, dignitaries from the community, information booths, and First Nations and Métis crafters from across Ontario. The sunrise ceremony preceding the Pow Wow had 38 participants show up to start their day off giving thanks.

Our hearts were sad that we were not able to have our Pow Wow on June 20, 2020, due to the COVID-19 pandemic. We know our community looks forward to the Na-Me-Res Pow Wow each year. This year would have been Na-Me-Res' 19th Pow Wow. We are hopeful that next year we will be able to have our Pow Wow again. We also hope our Pow Wow families are keeping safe and staying healthy.







Highlights

16th Annual Strawberry Ceremony of Missing and Murdered Indigenous Women and Girls

On February 14, Valentine's Day, the Sagatay staff and residents volunteered their time to help serve lunch to approximately 300 attendees at the 16th Annual Strawberry Ceremony of Missing and Murdered Indigenous Women and Girls. The men of Na-Me-Res have been supporting our sisters for this ceremony for years. It is important for our men to support and help raise awareness about our Missing and Murdered Indigenous Women and Girls.

Mino Kaanjigoowin Program

The Mino Kaanjigoowin (MK) team provides intensive case management to Indigenous men intent on changing their direction in life. Over the course of the year the MK team has continued to work alongside the men as they take steps along their healing journeys. From a holistic perspective, the MK team meet the men where they're at, weaving in connection to culture and spirituality through the Medicine Wheel teachings to support them along their path.

The annual Mino Biimaadiwin Ceremony was opened and led by Elder Jacqui Lavelley honouring the MK men and their journeys over the last year. The Ceremony was held at The Stop, Wychward Barns, and delicious catering was provided by Pow Wow Café. Small gifts were presented to the men as a thank you for their efforts and progress.

During the year the MK team and men participated in events such as drum making; joined a Longhouse teaching with Elder Kevin Deer at Dodem Kanonhsa; and attended a Toronto Rock Lacrosse game. They also enjoyed several day trips, including a visit to Pine Farms Orchard and a hike around Crawford Lake with a visit and guided tour of the Longhouses.

The MK team attended several different trainings and workshops including Diffusing Hostility; Lateral Violence; Indigenous Tools for Living; Leadership and Management; Trauma Informed Care; and Advanced Case Management.

Indigenous Outreach and Mobile Housing

This service provides Indigenous-specific outreach services using a mobile approach that includes van outreach workers, mobile housing workers and Elders. They engage with male Indigenous homeless clients who may be active substance users to secure housing, develop a crisis plan, and provide services and referrals to assist clients to develop a greater sense of cultural awareness. The Elder outreach component has an Elder who can greet and offer traditional and cultural ceremonies that can be performed where clients are found, creating a spiritual, cultural and traditional connection lost to Indigenous people through the colonization process. The service provides teachings and ceremonies that focus on Indigenous customs, values and traditional practices while recognizing and respecting the distinctiveness among our Indigenous cultures.

Indigenous Housing Aftercare

This program provides follow-up supports to newly housed individuals referred from the Streets to Homes program. Three Aftercare workers provide case management supports that address a wide range of presenting issues including eviction prevention, housing maintenance, mental and physical health, community integration, spiritual needs and support. The overall goal of the project is to support homeless individuals to effectively transition into housing and build their stability by addressing all elements of their health and well-being using an Indigenous approach.

Big-eya-waah-anduyaun (A lot of people going home)

The Hostels to Homes program merged into the Big-eya-waah-anduyaun project. This project has four high-needs workers and one moderate-needs worker. The high-needs workers use intensive case management to support Indigenous clients who are newly housed and at risk of losing their housing. The moderate-needs follow-up worker works with clients housed through the Na-Me-Res emergency shelter program. All follow-up workers provide case management support that addresses the clients' spiritual, physical, mental and emotional needs. This includes housing eviction prevention, housing maintenance and community integration.

M'shko Bimaadziwin (Strengthening Life)

The overall goal of this project is to support two-spirited homeless individuals to effectively transition into housing and build their stability by addressing all elements of their health and well-being using an Indigenous approach. The housing case manager will also assist individuals with stabilizing and maintaining current housing with short-term

support. The spiritual and cultural engagement component of the project significantly enhances the project's ability to adequately support the two-spirited homeless population. Indigenous Elders and community resources are accessed to provide comprehensive and culturally relevant programming for clients of the project. The goal is to build resiliency and a sense of belonging in the community, and to reduce social isolation.

Cree & Ojibway Language Classes

Na-Me-Res is extremely proud that we offer both Cree and Ojibway language classes to our Shelter residents. Our languages are the original languages of the land and are so important to gain a deeper understanding of our culture.

The Cree language classes are taught by both Josh Wabano and Jimmy Dick, and our Ojibway classes are taught by Alex Jacobs and John Roy. It is nice when we hear staff and residents conversing in the language.

Kinew Poonii Waahkiiganaan

(Golden Eagle Landing)

Kinew Poonii Waahkiiganaan is a 16-unit affordable housing residence located in the Cabbagetown area of Toronto. The first floor of the building has accessible units for tenants who may have accessibility or mobility issues. This is Na-Me-Res' newest affordable housing which opened in June of 2019. This new housing will not even scratch the surface in dealing with the shortage of affordable housing in Toronto. We are pleased that through this housing we are empowering some formerly homeless Indigenous men with a real opportunity to grow roots and create positive opportunities for themselves.

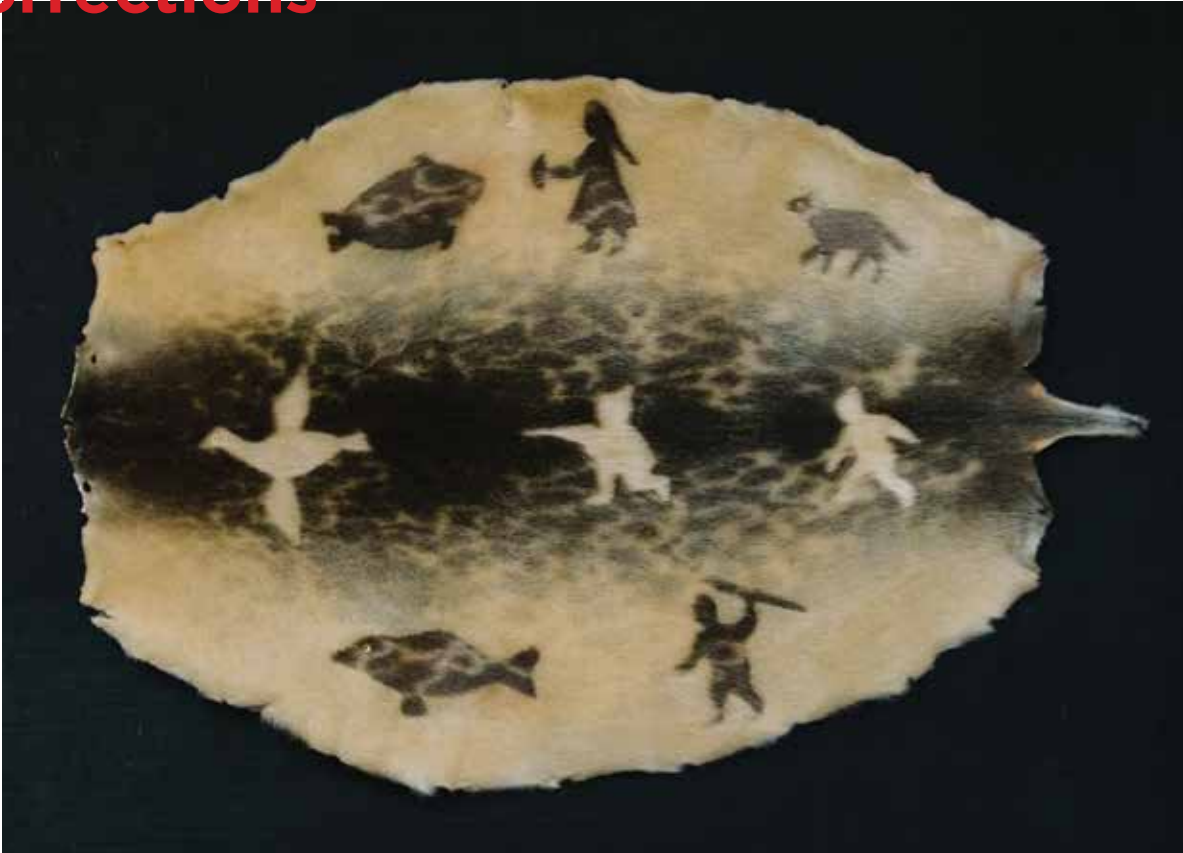
Research Partnership

Over the past year, Na-Me-Res has continued to partner with researchers from Well Living House to further the recommendations from the Honouring Lives Project. Honouring Lives was a collaborative research project that sought to establish the contextual factors leading to the rise in premature and preventable deaths among Indigenous people experiencing homelessness in the city, through interviewing loved ones and service providers of five community members who died prematurely. The recommendations in the project's final report included measures to address gaps in the mental health system and culturally relevant supports for Indigenous community members experiencing grief and trauma, as well as addressing racism and discrimination in hospital Emergency Departments and ensuring service providers are adequately resourced to provide comprehensive community care. The team from Well Living House secured a small grant to help advance these recommendations, and in collaboration with Na-Me-Res has been able to hold conversations with Emergency Departments to share project findings and improve care for Indigenous community members, as well as organize a series of gatherings for Indigenous frontline service providers to connect with one another and gather strategies to support our community.



WORKING WITH CLIENTS

Leaving Federal Corrections



Sagatay has been providing corrections residency beds as a CRF (community residential facility) for over eight years. It has gradually increased capacity from one to five beds, in addition to the 20 community beds.

From April 1, 2018 to March 31, 2019, there were 13 residents, with eight of 11 residents successfully completing their residency while at Sagatay, and two residents remaining as they complete theirs. In past years there has been a higher number of corrections residents; however, this year, the lengths of stay have been much longer with fewer suspensions, with more successfully reaching their residency completion dates.

Seven of these eight residents chose to remain at Sagatay in a community bed after corrections residency completion from a few days to months as they continued their journey. This seamless transition of having both CRF and community beds allows the opportunity to bridge a gap that other CRFs cannot provide; there they are discharged the day of residency completion and this can often lead to re-offending due to a lack of follow-up care and support. The full program integration of community and CRF residents helps Sagatay feel more like a home for any Indigenous man wanting to follow his red road, regardless of where he may be coming from or what his involvement in the criminal justice system is.

As the CRF program has developed, many federal corrections relationships have contributed to its positive growth: referrals from and working closely with the institutional Indigenous Services Elders, liaison and community officers, program staff and parole officers, to bi-weekly CRF parole community advisory team meetings and frequent care plan collaboration with residents' parole teams and community supports. Tours of institutions, Pathways programs, bi-annual pre-release fairs and presentations with Indigenous offenders have increased Sagatay's visibility, as well as brought more awareness to Sagatay staff of the federal system and the incarceration experience of the residents.

A key aspect of ensuring each potential suitable applicant becomes more than their file is the video interview: while frequent travelling to the institutions isn't feasible, video conference interviews offer both the applicant and staff the opportunity to 'meet.'

Frequently, the residents' first connection with their Indigenous culture has been during their federal sentence, and being able to reside in a CRF where they continue to learn and participate in their culture and teachings has been and is critical for safe healing, both for the residents and for the whole community.



Mino Kaanjigoowin
WELLNESS JOURNEY
STORY

L.C.

L.C. had been struggling with complex addictions and chronic physical health issues, which were not being closely monitored by his doctors. His overall situation deteriorated, and his landlord eventually filed an eviction notice as he was not managing at home alone and was in denial about the level of support he needed to live independently and address the complaints against him. The MK team were able to connect and collaborate with other agencies, and after cross-agency, multi-disciplinary interventions and advocacy, he was able to secure the support he needed at home, and subsequently succeeded in fighting his eviction. Today, with the increase in ongoing daily supports, and health monitoring, he enjoys independent living in his own home.

Nursing Services

APR. 1, 2019 — MAR. 31, 2020



It has been another great year working with our residents, who are generally amazing and wonderful. They continue to be extremely eager to learn about health and health promotion. It makes the day-to-day work a pleasure.

We were fortunate again this past year to be successful in obtaining a grant to educate our population about diabetes. We were able to run three cycles of five classes. Our attendance skyrocketed to an average of 22 people in each class. Each class was characterized by rapt attention and good questions.

This momentum carried over into the Yoga and Meditation classes, also funded through this grant. Here, we averaged nine people in each session.

Additional factors that contributed to these successes were the choice of facilitators in both streams of the program. The Diabetes Education was led by a former resident, Mr. K. Campbell. His teaching methodology hit just the right note with the residents (which was reflected in the attendance numbers). The

same principle applies to our Yoga and Meditation instructor. Our residents were able to identify with him on a personal level.

The future of this grant is in doubt as the funding stream has been eliminated. This funding also used to fund the Smoking Cessation program, so it is also lost to us in the third quarter of the year.

The World Health Organization (WHO) is committed to eliminating hepatitis C by 2030. We were able to partner with an organization called HepCURE to offer our residents on-site testing, education and treatment, starting in the third quarter. This testing has been cancelled due to the pandemic but will resume later on in 2020.

We tried to offer a different sort of life skill by offering sewing classes that were also a social time. Unfortunately, we were only able to offer two classes prior to the pandemic. It will be resurrected when we are able to do so.

Again, we were able to offer two Eye Clinics, courtesy of Dr. Lichter. This year, she was able to offer our residents free eye-glasses if required. Four of our residents were referred to eye surgeons or taken on as private clients of this doctor. I anticipate that our involvement with this initiative will be increasing in the upcoming years.

The everyday goings on were much the same as in the previous year. Encounters of a 1:1 nature averaged about 10 per day. Informal contacts were more often. Also, newly housed clients continue to utilize both our nursing and medical services until they establish new relations with other medical personnel.

Our Medical Clinics continue to be well utilized. Dr. Abby offered two cycles of the writing program. She also did some home visits this year for clients who have been housed. In the Family Practice area, we were able to test the majority of residents over the age of 50 for baseline health issues including colon cancer screening, complete blood work and low-dose CT scans.

We continue to be supportive of formal education. We have hosted Medical students and residents, Nursing students and Pharmacology students. It is a positive experience for our residents as well as it is for the students. It may be the first – and maybe only – contact these students have with the Indigenous people and culture. We try extremely hard to ensure that it is a good learning experience for all. The feedback is positive.

We have hosted Medical students and residents, Nursing students and Pharmacology students. It may be the first – and maybe only – contact these students have with the Indigenous people and culture.

We continue to see people from all walks of life and all cultures. Many of our clients are here as there are no other placements for them. It is a constant battle and despite doing our best, we cannot always serve these clients well. Factors that affect this are chronic illness, mobility issues, dementia and mental issues.

1. We offered hepatitis C testing and treatment on an ongoing basis.
2. We offered 3 cycles of Diabetes Education.
3. We offered Yoga and Meditation classes.
4. We offered 2 Eye Clinics.
5. We provided Medication Education to clients on an ongoing basis.
6. We provide case management services to clients and support to other staff in the areas of health for clients and resources.
7. We provide support to navigate the systems for clients.

During the last two weeks of the fiscal year, staff and residents were dealing with the pandemic. We took many measures to ensure client and staff safety. I was able to facilitate numerous education sessions around COVID-19 and tutorials regarding hand hygiene. I worked directly with Women's College Hospital and we administered a mobile testing clinic at the Shelter and Sagatay. The majority of clients were tested and their tests came back negative.

I would like to say that the value-added benefit of having a nurse on site is not measurable. Nurses are, among other things, generalists. I think that this is invaluable with the diverse populations that we see in the shelter system as it exists in our city.

Pat Stevens
Nurse

A WORD FROM A Nursing Student



My name is
Panuga Thiyagasothy

and I recently completed my community nursing clinical placement at Na-Me-Res. I am extremely grateful for this opportunity as it shed light upon the importance of nursing within a community setting – something we are not exposed to very much throughout the academic program.

The key focus of primary health care is to strive to promote health and wellness while preventing injuries and illness by putting those receiving care at the forefront. At Na-Me-Res, I was able to witness this through the actions of my preceptor, Pat (an RN), and many other staff members. Whether it is providing culturally competent care, shedding light on both the physiological and psychological aspects of one's health or developing therapeutic rapport with the residents, I was able to witness and take part in building a sense of community within Na-Me-Res. Moreover, I was able to educate myself on the health inequity that is also taking place within my community throughout this clinical placement.

Although the relationship between experiencing homelessness and one's health can be complex and diverse, throughout my clinical placement, I was able to see that Na-Me-Res aims to give equal importance to all components contributing to the aforementioned factors in order to help residents smoothly transition back into the community. This clinical placement was also an excellent learning opportunity for me, as a student, to understand the effects of various social determinants of health on one's health and life, such as housing, racism, colonization, early childhood education and access to healthcare services.

Witnessing the detrimental effects of such social determinants of health on the lives of some residents has been a driving force to further my education in this setting in order to work towards bringing forth more health equity to the Indigenous community along with those who are experiencing homelessness.

Elder Report

During the time before the pandemic, I was able to support clients in all Na-Me-Res programs. I worked with Shelter residents and conducted circles every Monday and Friday of each week. Occasionally, I worked within the Apaenmowineen program and provided support through circles for the program participants. In addition, I joined the Outreach team on Tuesday afternoons and accompanied the team in the Outreach van to provide support to residents in the community. The visits would often require me to do some one-to-one support which was usually culture based. As an example of my support, when we visited clients in their home, I was able to go in and smudge their residence.

At the Shelter, I would often meet with residents and provide one-to-one counselling. These meetings would usually be on Tuesdays and Thursdays, or as needed. In addition, I would accompany residents to other community agencies they were involved with. I was able to be a support person while clients navigated support services.

During the months of January and February I met with

several clients of the Shelter and Sagatay and assisted them in finding their Spirit Names, Colours and Clans. Of course, these ceremonies would not happen on the spur of the moment but would sometimes take weeks if not months and would be done in the traditional way. I would include the use of the Traditional Pipe that I have been given and would use the required medicines.

Given the nature of the work it is important to engage in self care as an Elder. My support system is to meet with other Elders so that I can unload the negative energy that I sometimes pick up through my work.

Due to the onset of COVID-19 there have been many changes in the work that we do. Through the safety precautions taken as an organization, Na-Me-Res has maintained the health and safety of clients and staff.

**In Spirit say Miigwej
Waasaanese (Alex Jacobs)
Traditional Counsellor Elder**

Special Thanks

Blanch White

Early in 2020 Blanch officially retired from Na-Me-Res after 19 years of dedicated service. Blanch was the heart and soul of Na-Me-Res. She was our fundraiser and the mastermind behind planning the Na-Me-Res Pow Wows, which year after year grew bigger than the year previous.

Blanch took her job very seriously and was always a productive diligent worker who put all her energy into her job. She was able to prove early on that she is a valuable part of the Na-Me-Res team. We were fortunate to have her work with us. It was very easy for anyone to see that Blanch cared deeply about Na-Me-Res and the residents we served.

We all wish Blanch the best in her well-deserved retirement. We are truly grateful for all the years of service you gave us to make Na-Me-Res the wonderful place it is. Chi-miigwetch, Blanch, for making your mark at Na-Me-Res!

Rick Hussin

Rick was known to the agency for many years before beginning his employment with Na-Me-Res. He began by working on the Outreach van assisting those living on the streets. He was concerned with how he would be perceived by his friends. Rick thought he would be frowned upon or looked at as if he was better than them. Instead, he received nothing but positive support and was encouraged to keep going by his peers.

He then moved into the Shelter and worked the night shift for many years. During those shifts, he would often share his stories with residents about his time on the streets and provide them with encouragement with their situations.

He was very reliable and wouldn't refuse a shift if the Shelter needed someone to work last minute. He was a pleasure to work with as he would often come in wearing a funny T-shirt and he was always joking around with his co-workers. Rick's journey from homelessness to achieving his personal goals and aspirations is what Na-Me-Res wishes to see all clients fulfill. He will be fondly remembered and dearly missed. Rick left us last year to go to the spirit world.



WELLNESS JOURNEY
STORY

Turtle (Alias)

Turtle came to Sagatay from the federal correctional system with a positive attitude and hopes for a complete fresh start. He initially met staff at a pre-release fair where he made a connection and expressed interest in starting over in a positive, holistic way. While at Sagatay, he worked hard on his challenges, attended the Apaenmowineen program consistently and kept his goals in perspective. Initially, there were many hurdles but Turtle took everything one day at a time with a great big smile.

At Sagatay, he became the guy who informed everyone of the important dates and joked through hard times – giving others something to laugh about. Turtle worked through many challenges, learned throughout the process and was eventually ready to take his pleasant attitude and great smile to a new residence. He began to look for work and rekindled relationships with his family while working on his own future. His legal issues have now been resolved and Turtle left Sagatay with tears in his eyes. He will always be remembered as the guy who made people laugh and never gave up on moving forward at his own pace. He is an inspiration to all.

Programs & Services

In 1985, Na-Me-Res began offering emergency shelter to Indigenous men who were without a place to live. Since then a greater understanding of the underlying causes of Indigenous homelessness has emerged. As an Indigenous organization, Na-Me-Res strives to meet the physical, mental, spiritual and emotional needs of all clients by providing them access to its multi-disciplinary care team, which includes traditional Elders and Teachers, Case Managers, Counsellors, Client Care and Support Workers, Street Outreach Workers, Housing Support Workers, Aftercare Workers, Registered Nurse (RN), Psychiatrist, Medical Doctor (MD), Oshkabaywis (Spiritual Helpers), Life Skills Co-ordinator and other community-service providers as identified. Based on a culturally responsive, strengths-based case management approach to client care, these programs include:

Sagatay

(A New Beginning)

26 Vaughan Road

Sagatay is a safe and supportive learning and housing environment with 25 beds for Indigenous men. Programs offered provide residents with the opportunity to develop the skills required to succeed in the broader urban environment as strong, self-confident Indigenous men.

Apaenmowineen

(Having Confidence In Myself)

This three- to six-month life-skills program is offered in a safe and supportive learning environment at Sagatay. Workshops include, but are not limited to: healthy living, drumming, literacy, community gardening, sharing circles, financial literacy, creative writing, traditional teachings, photography, addictions programming and employability workshops.

The Men's Residence

14 Vaughan Road

Clients who are homeless are provided with temporary shelter, assistance and support to secure housing appropriate to their needs. To meet the increasing number of Indigenous men who come to Toronto for a better life, the residence has grown since 1985 from a 26- to a 71-bed residence.



Ngim Kowa Njichaag

(Reclaiming My Spirit)

The goal of the Ngim Kowa Njichaag program is to assist all Na-Me-Res clients in claiming their culture, identity, role and responsibilities through the delivery of culture-based services within a safe, healing environment.

Mino Kaanjigoowin

(Changing My Direction In Life)

Through this program, clients challenged with severe mental illness and addiction issues are provided with intensive case management to meet their particular needs. As with all Na-Me-Res programs, the goal of Mino Kaanjigoowin is to assist clients in securing and maintaining housing appropriate to their needs.

The O'Gitchidaa Mushkiki Wigwam (OMW)

OMW is the affordable housing units located in Parkdale; when translated into the

With the support of the programming and with his determination he was able to put himself on a good path.



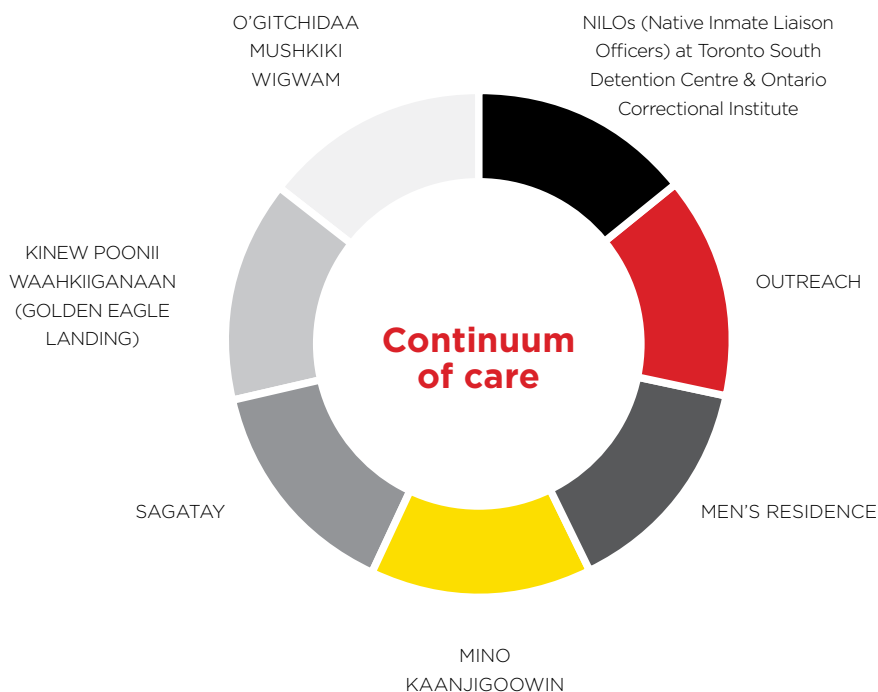
English language it loosely means the Warriors Medicine House. Na-Me-Res owns the two houses, both of which opened in September 2012.

Na-Me-Res clients can transition to OMW as tenants. When clients transition to OMW, workers are in place to help ensure a successful tenancy. Workers offer suggestions on ways to effectively deal with budgeting, conflict resolution and other housing aftercare matters. They are affordable housing, which means they are 57 per cent of the depth of market rent in their neighbourhood. OMW offers opportunity for clients to have permanent housing.

Indigenous Outreach & Support Services

20A Vaughan Road

This service is provided to people living on the streets and in seasonal shelters, providing them with support and assistance as they transition from streets to homes or hostels to homes. To ensure clients remain successfully housed, an Indigenous-specific case-management service called Aftercare is provided for each client enrolled. Our goals are to manage issues that arise once housed. These issues can include the need for a primary healthcare provider, ID clinics, neighbourhood meal sites, food banks and walk-in clinics.

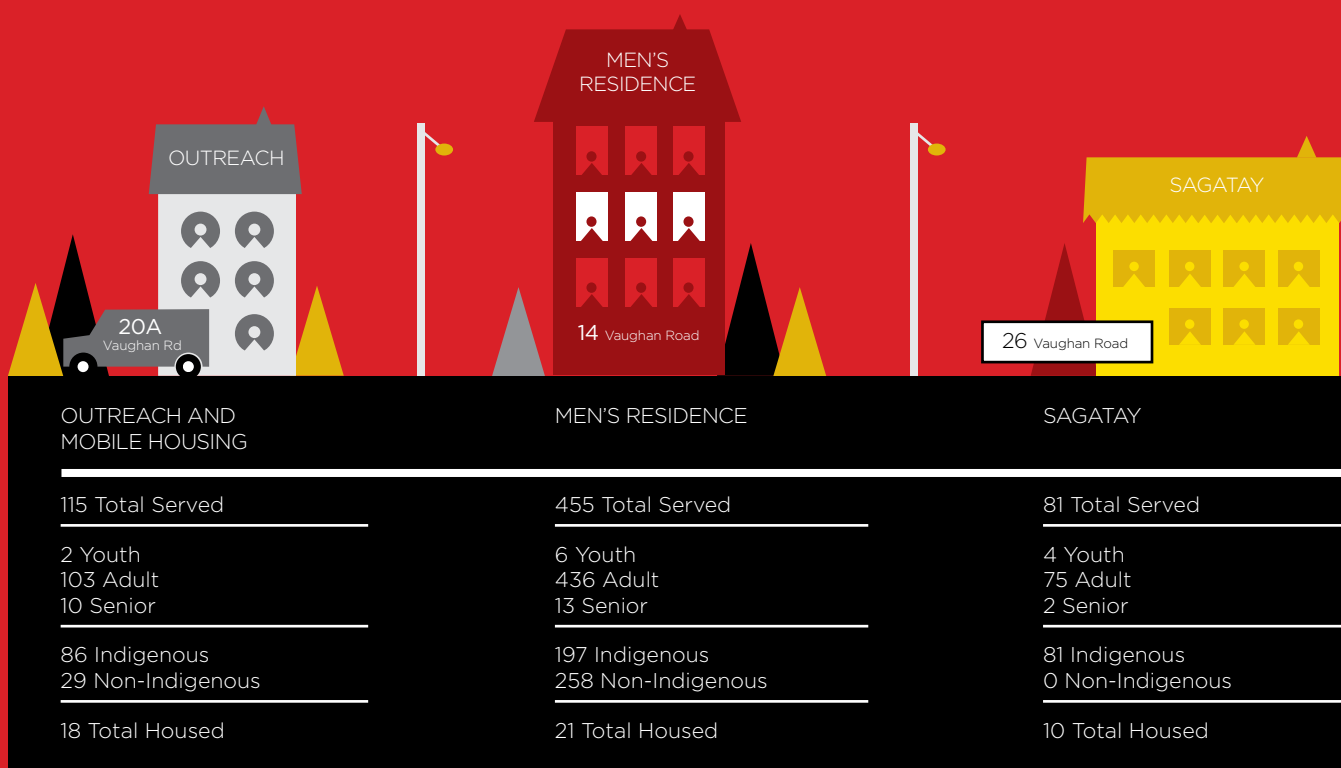


Ngim Kowa Njichaag (Reclaiming My Spirit) Events

Ngim Kowa Njichaag is a program which aims to encourage and support Indigenous men to build a strong cultural identity and connection to community. By providing a variety of traditional programming, including circles, ceremonies and practices, we feel clients can be assisted to reclaim their culture, identity and role. The following programs were offered last year:

Annual Shelter Statistics

April 1, 2019- March 31, 2020



TOTALS

682 Total Served

12 Youth

644 Adult

Sweats

392 contacts participated in 52 sweat lodge ceremonies
The sweat lodge ceremony is a cleansing ceremony that helps our men get in touch with their spirituality. The lodge is a safe place to let go of past hurts and is a wonderful place to help with their healing journey.

Men’s Circles

278 participants in 32 circles over 12 months
Elders and traditional people come to share their traditional knowledge, teachings and cultural practices. These circles help our clients connect or reconnect with their cultural ways. The circles create a sense of belonging and community among the men.

Drum

205 contacts participated in 35 sessions over 12 months
The men are taught how to drum and sing by our Oshkabaywis. The drumming is related to healing. The participants are taught some of the teachings on the drum and the protocols. The drum helps to connect the men to the heartbeat of Mother Earth.

Hand Drum Making

42 clients in 2 sessions
The men are taught the teachings of the drum and how to make a drum and care for it.

NOTE: For accurate representation of numbers, the Total numbers beneath do not include the figures listed in O’Gitchidaa Mushkiki Wigwam and Kinew Poonii Waahkiiganaan since they are part of Outreach and Mobile Housing, Na-Me-Res, Sagatay and Mino Kaanjigoowin.



MINO KAAJIGOOWIN

| |
|------------------|
| 31 Total Served |
| 0 Youth |
| 30 Adult |
| 1 Senior |
| 30 Indigenous |
| 1 Non-Indigenous |
| 0 Total Housed |

O’GITCHIDAA MUSHKIKI WIGWAM

| |
|------------------|
| 22 Total Served |
| 0 Youth |
| 22 Adult |
| 0 Senior |
| 22 Indigenous |
| 0 Non-Indigenous |
| 22 Total Housed |

KINEW POONII WAAHKIIGANAAN (GOLDEN EAGLE LANDING)

| |
|------------------|
| 16 Total Served |
| 0 Youth |
| 16 Adult |
| 0 Senior |
| 16 Indigenous |
| 0 Non-Indigenous |
| 16 Total Housed |

Indigenous Arts Project

For the summer of 2019, we produced two murals with artist Paula Gonzalez-Ossa. This project, which ran from June 2019 to September 2019, was funded by StreetARToronto's Partnership Grant. The two murals depict Teachings passed on by Knowledge Keepers Jimmy Dick and Clay Shirt, as interpreted by the artist, and were produced with support from a team of our residents.

Mural one, on the front of Sagatay's facade, is called "Medicines and Guardians" inspired by the services we provide at Sagatay.

Mural two is called "The Wolves Running South" and is located in the alleyway off Hocken Avenue. It depicts a pack of wolves running south to a Medicine Tree called "Araucaria," found in the southernmost lands of South America.

This mural is to showcase the connections of all Indigenous from North, Central and South America, from the beginning of time. It is an artist's rendition of the truth of the lands, and how we connected and communicated freely for hundreds of years.

At our launch, which took place on September 19, 2019, we served Three Sisters soup, a soup that has been served on the lands of the North, Central and South Americas for centuries.



Mashkikii;aki'ing (Medicine Earth)

MEDICINE WHEEL GARDEN



Na-Me-Res has been actively involved in working with the soil and growing beautiful Indigenous medicinal plants and sacred medicine in Hillcrest Park since 2003. Mashkikii;aki'ing Medicine Wheel Garden is Toronto's first Indigenous community garden.

The garden is a magical place for our residents and staff; taking care of the garden has been a very positive learning experience. Not only do our staff and residents work with the soil and grow Indigenous plants, they also harvest them, and learn to make teas and salves as well as learn about the medicinal properties of the plants. In many ways the garden is one way to have staff and residents learn Indigenous knowledge about medicinal plant life.

We are grateful for the partnership we have with the Stop Community Centre in sharing their space and for working alongside our guys to help them learn. Working in the garden has been a wonderful way for our Sagatay and Na-Me-Res residents to get in touch with Mother Earth and learn to grow, nurture and harvest medicinal and sacred plants.

Acknowledgements

Chi-miigwetch to our donors and funders.
They provide us with the financial resources we need to deliver our programs and services.

Donors

| | |
|---------------------------------------|----------------------------------|
| Abundance Canada | Mississauga's Of Scugog Island |
| Benevity Community Impact Fund | Miziwe Biik |
| East York Scarborough Reading | Northview Heights |
| Fresh Art & Design | PayPal Giving Fund Canada |
| Glen Corporation | Pickering College |
| Greater Toronto Apartment Association | Royal St. George College |
| Ideal Installations | Trinity St. Paul's United Church |
| Link Charity | York Lions Bingo |
| Milton Harris Investments | |

Individual Donors

| | |
|---------------------|----------------------|
| Katherine Almeida | Ethel S. Harris |
| Patrice Brennan | Uwe Krebs |
| Alica Butt | Katherine Larson |
| Shannon Doherty | Nancy Lee |
| Sheila Doherty | Floriane Letourneau |
| Chuyeko Fukushima | Michelle Letourneau |
| Eli Gedalof | Homeira Life-Rabbini |
| Elizabeth Glor-Bell | Marcia Maybee |
| Paula Graham | Steve Teekens |
| Diane Green | Mano Thangavel |
| Dawn Haberman | |

Foundations

| | | |
|-------------------------|-----------------------------|--|
| B'Nai B'Rith Foundation | McLean Foundation | Strategic Charitable Giving Foundation |
| Echo Foundation | Ontario Trillium Foundation | Toronto Foundation |
| M.E.H. Foundation | Robert Kerr Foundation | |

Funders

| | |
|--|---|
| Aboriginal Labour Force Development Circle | Ontario Arts Council |
| Miziwe Biik Aboriginal Employment & Training | United Way of Greater Toronto & York Region |
| Miziwe Biik Development Corporation | |

City of Toronto

Homelessness Prevention Program
Housing Help Within Shelters
Reaching Home
Shelter Support Housing and Administration

Federal Government

Canada Mortgage and Housing Corporation
- Urban Native Housing
Correctional Services Canada
Heritage Canada
SEED

Provincial Government

Ministry of the Solicitor General

Community Partners 2019-2020

Aboriginal Shelters of Ontario
Alexandra Park Neighbourhood Learning Centre
Anishnawbe Health Diabetes Education Team
Art Gallery of Ontario
Book Club For Inmates
CAMH Aboriginal Addiction Services
Canadian Mental Health Association (Opening Doors Project)
Cobs Bread
Costco
Daily Bread Food Bank
DineSafe – Toronto Public Health – City of Toronto
Fort York
Furniture Bank
Indigenous Education Initiative, OISE/

University of Toronto, Dr. Suzanne Stewart
Inner City Health Associates – Dr. Herschler, Dr. Wertman
Mainstay Housing
Movember
Not Far From the Tree
OAHAS (Ontario Aboriginal HIV/AIDS Strategy)
Ontario Arts Council
Red Pepper Spectacle Arts
Royal Ontario Museum
Ryerson University
Petroglyphs Provincial Park
St. Michael and All Angels Church
Social Enterprise Development Innovations (SEDI)
StreetARToronto

Street-to-Trail
Tarragon Theatre
The Out of the Cold Program
The STOP Community Food Centre
Toronto Aboriginal Support Services Council (TASSC)
Toronto Hostel Training Centre – Life on Track Sessions
Toronto Writers Collective
University Health Network
University of Toronto, Woodsworth College (Transitional Year Program)
Vance Latchford
Well Living House - St. Michael's Hospital

Thanks to Na-Me-Res for helping me find ways to get off the streets. I have lost so many people who lost their lives living on the streets. Through positive people and ideas, I rediscovered my spirituality, then finding a place to call home.

Student Placements

Cameron Sandison – Nursing Program at University of Toronto
Panuga Thiyagasothy – Pharmacology Program at University of Toronto

Levon Tokmakjian – Pharmacology Program at University of Toronto
Sioban Wagner – Nursing Program at University of Toronto

Local Politicians

Honourable Dr. Carolyn Bennett, MP
Toronto St. Paul's
Jill Andrew, MPP Toronto St. Paul's
Councillor Josh Matlow, City Councillor Ward 12 St. Paul's

Councillor Gord Perks, City Councillor Ward 4 Parkdale - High Park
Councillor Kristyn Wong-Tam, City Councillor Ward 13 Toronto Centre

Visiting Elders and Traditional People

| | |
|-----------------|-----------------|
| Morris Antone | Jacqui Lavalley |
| James Carpenter | Colin Mousseau |
| Jimmy Dick | Dave Rice |
| Pete Keshane | Clayton Shirt |

Financial Statement

BERMAN, LOFCHICK & LUM, LLP
CHARTERED PROFESSIONAL ACCOUNTANTS

MARSHALL LOFCHICK, B.A. (HONS.), CPA, CA
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ISAAC ALTBURG, B.Sc., CPA, CA

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INDEPENDENT AUDITORS' REPORT

To the Members of Na-Me-Res (Native Men's Residence)

The accompanying summarized statements of financial position and operations are derived from the complete financial statements of Na-Me-Res (Native Men's Residence) as at March 31, 2020 and for the year then ended on which we expressed an opinion without reservation in our Independent Auditors' Report dated July 8, 2020. The fair summarization of the complete financial statements is the responsibility of management. Our responsibility, in accordance with the applicable Assurance Guideline of The Canadian Institute of Chartered Professional Accountants, is to report on the summarized financial statements.

In our opinion, the accompanying financial statements fairly summarize, in all material respects, the related complete financial statements in accordance with the criteria described in the Guideline referred to above.

These summarized financial statements do not contain all the disclosures required by generally accepted accounting principles. Readers are cautioned that these statements may not be appropriate for their purposes. For more information on the entity's financial position, results of operations and cash flows, reference should be made to the related complete financial statements.

Respectfully submitted,

Berman, Lofchick & Lum LLP

Chartered Professional Accountants.
Licensed Public Accountants

Toronto, Ontario.
August 20, 2020

Summarized statement of financial position

| AS AT MARCH 31 | | | 2020 | 2019 |
|----------------|-----------------------------------|--|------------|-----------|
| ASSETS | Current | Cash & Temporary Investments | 2,103,593 | 1,083,934 |
| | | Accounts & Grants Receivable | 152,642 | 1,256,223 |
| | | Prepaid Expenses & Sundry Assets | 151,241 | 216,424 |
| | | | 2,407,476 | 2,556,581 |
| | Capital Assets (Net) | 12,635,082 | 12,919,867 | |
| | | 15,042,558 | 15,476,448 | |
| LIABILITIES | Current | Accounts Payable & Accruals | 376,465 | 490,738 |
| | | Deferred Revenue | 303,942 | 201,851 |
| | | Current Portion of Mortgages Payable | 38,178 | 95,791 |
| | | Current Portion of Capital Contribution from Funders | 698,900 | 737,389 |
| | | | 1,417,485 | 1,525,769 |
| | Mortgages Payable | — | 38,145 | |
| | Capital Contribution from Funders | 9,942,260 | 10,469,672 | |
| | | 11,359,745 | 12,033,586 | |
| NET ASSETS | Net Assets Invested in Capital | 1,955,743 | 1,578,869 | |
| | Capital Replacement Reserve Fund | 74,287 | 70,716 | |
| | Unrestricted | 1,652,783 | 1,793,277 | |
| | | 3,682,813 | 3,442,862 | |
| | | 15,042,558 | 15,476,448 | |

Summarized statement of operations and changes in net assets

| FOR THE YEAR ENDED MARCH 31 | | 2020 | 2019 |
|----------------------------------|-----------------|-----------|-----------|
| REVENUE | City of Toronto | 3,550,313 | 4,186,367 |
| | Federal | 408,813 | 428,862 |
| | Provincial | 75,243 | 29,760 |
| | United Way | 260,810 | 261,074 |
| | Other | 1,584,327 | 3,637,901 |
| | | 5,879,506 | 8,543,964 |
| EXPENSES | | 5,639,555 | 8,006,947 |
| EXCESS OF REVENUES OVER EXPENSES | | 239,951 | 537,017 |
| NET ASSETS - OPENING | | 3,442,862 | 2,905,845 |
| NET ASSETS - CLOSING | | 3,682,813 | 3,442,862 |

Na-Me-Res Team

Current employees

Ansah, Prince
Bach, Brian M
Bates, Donna
Bavcevic, Ivica
Beaucage, Shane
Belleau, Keihlah
Bentz, Chris
Bobiwash, Allen
Bowen, Desiree
Bruce-Kemavor,
Sonam
Brunette, Rickey
Buttar, Pavan
Cecchetto, Andrew
Cometa, Josh
Cote, Elaine
Cote, Farrahlyn
Dart, Herbert
DeCorte, Christopher
Dokis, Markus

Elle, Tamara
Enwerem, Joseph
Freeman, Justin
Gaudet, Gabe
Hamilton, Sadie
Harris, Frances
Hasan, Sibtain
Hashie, Verna
Hookimawillillene,
Andy
Horsley, Samantha
Howe, Robert
Jacko, Brandon
Jacko, Dustin
Jacobs, Alex
Jardin, Erwin
Joseph, Ginette
King, Janice
Kitchemokman,
Sheena

LaBrecque, Albert
Luckman, Jileesa
MacDonald, Morris
McComb, Andrew
Nadjiwon, Patrick
Namgyal, Thonyon
Obazee, Charles
Osawamick, Amsay
O'Selmo, Clive
Patel, Kandarp
Peltier, Caleja
Peters Ackroyd, Reva
Pitawanakwat, Steven
Ramadhan, Halokhan
Rezaie, Omid
Roy, Clarence
Roy, Jane
Roy, John
Sanchez, Tarah
Saxena, Kaspar

Seegers, James
Shilling, Rachel
Skura, William
Smith, Dakota
Stephens, Patricia
Tambo, Aisha
Teekens, Steve
Timmins, James
Uthasri, Somporn
Valentine, Jean
Wabano, Josh
Walmsley, Tim
Wangkhang, Lobsang
Williams, Paul
Wilson, Cleon
Woodcock, Dennis

Outreach



Former employees

Antone, Morris
Crawford, Nora
Desjardins, Mark
Espaniel, Blake
Hussin, Rick
Johnson, Kerrigan
Kudlak, Joseph

Languedoc, Jeff
Moore, Claire
Staats, Jason
Sundaralingam, Faith
Walker, Shar-Dey
White, Blanch
Yoon, Ted

Sagatay



“ A chi-miigwetch goes out to all our staff, former and current, for their contribution to the work of Na-Me-Res in delivering quality services to Indigenous people experiencing homelessness through a culture-based approach addressing clients’ mental, physical, emotional and spiritual needs.”



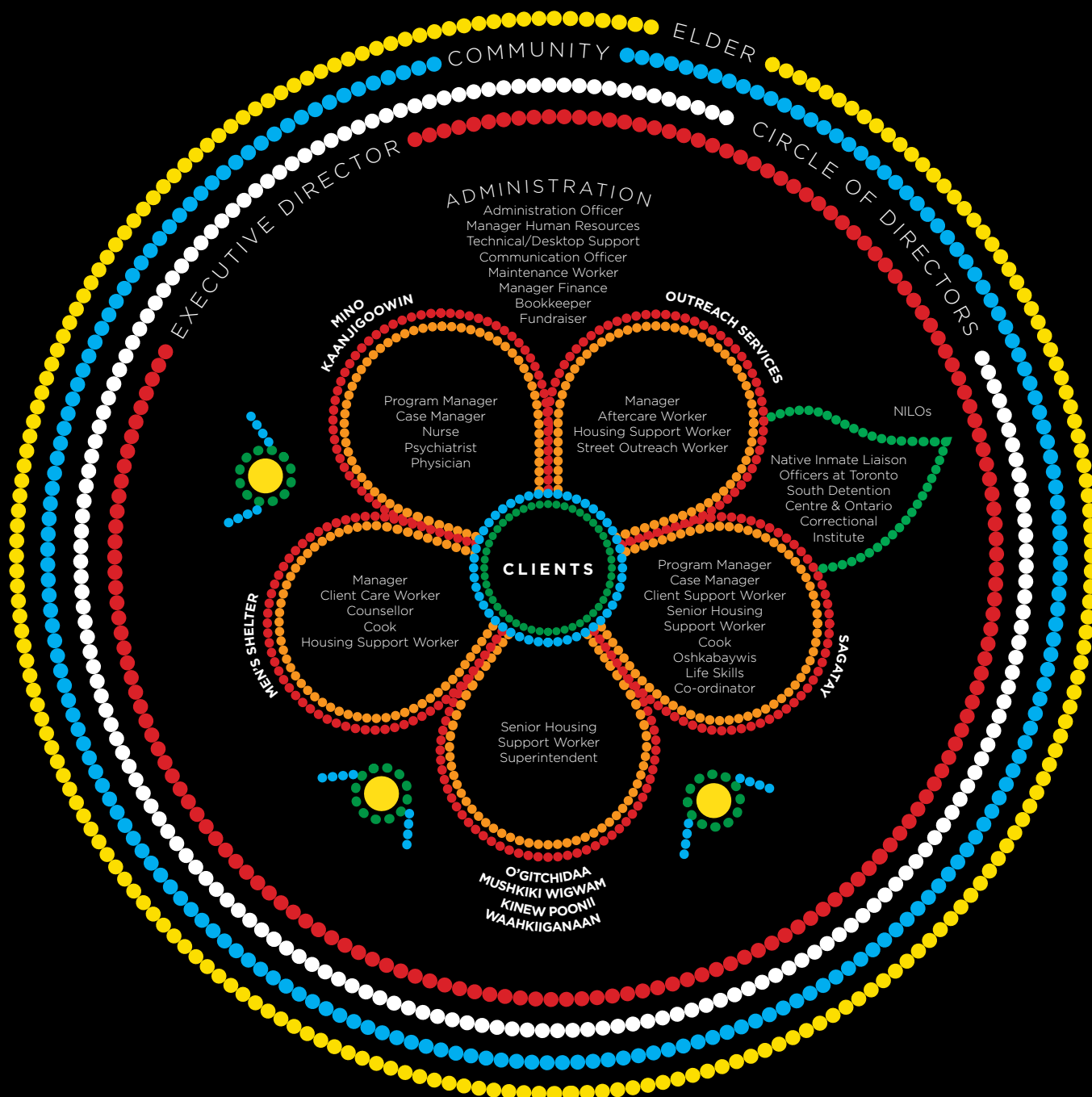
Governance

NA-ME-RES ORGANIZATION CHART

Circle of Directors

Bob Goulais, President
Riley Kucheran, Vice-President
Rob Lackie, Treasurer
Edith Moore, Secretary
Lori Mishibinijima, Director

Tanner Tootoosis, Director
Cyndy Baskin, Director
Seth Zuk, Director
Shane Young, Director



Contact

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E: sagatayprogram@nameres.org



If you would like to contribute, please contact our fundraiser at (416) 651-6750 ext. 2233 or e-mail at fundraising@nameres.org



WORKING WITH COMMUNITIES IN
PEEL, TORONTO
& YORK REGION



If you have any questions, concerns or compliments, please contact our Communication Officer by e-mail at general@nameres.org

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Native Men's Residence