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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.





**My name is Thomas, I am
Coast Salish from the Skatin
Nation of BC.**



I was a troubled kid, on the streets at 14. In and out of jail, on probation my whole teenage years. Been part of the system since age 13. Living independently, couch surfing, I got involved with street gangs as a young teen. I was initiated into my first gang at 14. I started out involved with petty crimes before graduating to drugs and guns. By the time I was 36 I came to the realization that I needed to change my life and get away from gangs and addiction. I moved across the country and found my way to Sagatay.

After being interviewed and accepted into the program, I moved in just before Christmas and just before the arrival of COVID-19 changed the world. I really found myself gravitating toward a more spiritual life. I was able to connect with Indigenous resources in the community which helped me to heal physically, emotionally and spiritually.

At Sagatay I was able to spend time with people from other Indigenous cultures and share in an exchange of cultural knowledge.

As valuable as my time spent here was, I left after finishing my whole year to pursue a spiritual quest. I learned a lot about myself during that time and kept learning about controlling my emotions and finding joy in the simple things, even in the shadow of COVID. After a year and a half of this journey of personal discovery, I learned so much about colonization in Canada that I was ready to focus on a new beginning and join the fight for justice.

I reapplied to Sagatay and was lucky enough to be accepted. I came back transformed, and embraced the changes that had taken place in the program while I was away, taking advantage of the opportunity to further my education. I have been much more active and confident at the Big Drum during drum circles, singing leads and encouraging others. I am more in tune with my spirituality and have taken care of my physical health, completing physio. I have also abstained from drugs and alcohol the whole time I have spent at Sagatay.

All around, this place has helped me out beyond my dreams. Being able to conquer my addictions and get away from things that were holding me back has truly been transitional. Finding a place where I felt comfortable asking for help has changed me for the better.

Thomas



A MESSAGE FROM THE

Executive Director

Aaniin friends,

I am extremely pleased to share that Na-Me-Res has reached another milestone. This year is Na-Me-Res' 40th year as a "for Indigenous, by Indigenous" not-for-profit organization. Na-Me-Res has had a very interesting history helping Indigenous men find their Mino Baamadiziwin (the Good Life) while helping more of them find homes.

At Na-Me-Res, we know that the cure to end someone's experiences with homelessness is to help them to acquire affordable housing and wrap supports around them to keep them housed and to integrate them back into the community. This sounds simple enough: the only problem is that affordable housing is very difficult to find in Toronto. I am very pleased that we not only help our clients find affordable housing in the private market, but we also are providers of deeply affordable housing that Na-Me-Res develops, constructs, operates and manages ourselves.

Even with the challenges that the pandemic presented for us in the past couple of years, Na-Me-Res was able to overcome those challenges. Our staff continued to do their heartfelt work with our clients in person while following IPAC (Infection Prevention and Control) measures. The Na-Me-Res Circle of Directors continued to provide good governance as we adapted to change. Miigwetch to our Circle of Directors, staff and the generous donors and funders who helped Na-Me-Res continue to provide culturally safe services to the Indigenous community.

Miigwetch,

Steve Teekens

STEVE TEEKENS
Executive Director
Native Men's Residence



After his wife's passing, Jan became very depressed and alone.

He then lost his housing and started “couch surfing” from friend to friend. After he had done this for a while, one of our Outreach Workers referred him to the emergency shelter at Na-Me-Res.

It took some time for Jan to settle in and feel comfortable within the Na-Me-Res shelter, as it was his first time living in a shelter setting. But in no time, he was part of the Na-Me-Res family. He began opening up to residents and staff, being friendly and open with just about everyone he met. He was an extremely helpful resident and did chores around the building whenever he was asked.

After a few months, he was eligible for rapid housing. Jan was a bit hesitant at first, as he expressed to the staff that he enjoyed Na-Me-Res

and would prefer to stay. But after a bit of time, and some reassurance, he gathered all the necessary information needed and shortly thereafter moved to his new apartment.

Jan is currently living at his apartment but still comes to the shelter to visit staff and see the Nurse whenever he needs. Jan expressed how much he enjoyed his stay at Na-Me-Res, and is very grateful to everyone who helped him along his journey.

Jan



**Aaniin-Boozhoo,
friends and relatives:**



A MESSAGE FROM THE
President

We are living in a life of harsh extremes. During the summer, we are experiencing never-before-seen dry conditions, wildfires and extreme hot weather alerts. During the winter, the temperature is colder than in previous years. In Toronto, there were 49 extreme cold weather days in 2022, compared to 14 the previous year.

In the comfort of our air-conditioned homes, condos and offices, we tend to stay indoors during these extreme weather days. But as I head out the door, with a forecasted high of up to 33°C later today, my mind turns to those living on the street and in city parks.

The health and wellness of First Nations, Inuit and Métis people experiencing homelessness must be front of mind. Some have resorted, and even chosen, to live on the street or in camps, as they do not feel safe within the shelter system. Others make the choice to live out on the land, albeit in an urban setting. However, no one chooses to be without a home. Being without a home, and the protections thereof, has a tremendous impact on the health of the body, mind, emotions and spirit.

The solution is twofold. Most importantly, we need to see a marked increase in public investment in new housing. I was happy to see that this was the singular most important issue during the recent campaign for Mayor of Toronto. I hope that the empathy and urgency demonstrated during the campaign result in decisive and effective action and investment, particularly in addressing the need for more affordable and deeply affordable housing options.

Secondly, we need to look after the health and well-being of those experiencing homelessness. When it comes to providing health care, we all play a role – from local community health access centres; to Indigenous health providers; to those that provide shelter and vital services to First Nations, Métis and Inuit, like Native Men's Residence (Na-Me-Res). We all have a role in physical, mental, emotional and spiritual health.

This is why I am so proud of our community partnerships that created Auduzhe Mino Nesewinong – Place of Healthy Breathing. Together, Well Living House, Seventh Generation Midwives, Women's College Hospital and Na-Me-Res demonstrated that we can support Indigenous communities throughout the most challenging of health circumstances during the COVID-19 pandemic. This also showed that we all have a role in the health and well-being of our community members.

There is a lot to look forward to as Na-Me-Res embarks on continued growth and excellence in providing these much-needed programs and services to Indigenous communities. We continue to work toward new housing options and enhancements of our existing programs. We will seek to expand our circle of community partnerships in order to provide the necessary housing and well-being that Indigenous men need.

On behalf of the Circle of Directors, staff, residents and service users, I want to bring you greetings and offer you a heartfelt thanks for your ongoing support of Native Men's Residence. We are forever grateful to all of our partners, and to all of our hard-working staff, management and directors of Native Men's Residence.

Chi-miigwetch (a big thank you).

Bob Goulais

BOB GOULAIS

**Chairperson, Circle of Directors
Native Men's Residence**



My name is Martin, of Lac La Ronge Indian Band, Treaty #6 in Northern Saskatchewan. I am Woodland Cree.

I am a '60s Scoop Survivor; both my mother and father are Residential School Survivors. I was placed in foster care at the age of four and was placed in five or six foster homes before being adopted at the age of nine. I was brought to Ontario and adopted in Sarnia in 1981.

My family is a very loving and caring family, but due to personal issues that were not attended to and/or resolved, I ended up leaving at the age of 16, becoming a resident of a boys' home in Sarnia called The Inn of the Good Shepherd, where I aged out at 19.

I was living in Brampton at the time and was transitioning to Toronto. I did not have a place to stay/residency in place and had to stay with a friend for a short while. I looked into support programs for the general public, and while doing an online search, came across Na-Me-Res. I realized it was specifically for Indigenous men and hoped I would be accepted. I came in and spoke with an Intake Worker and was accepted into the program.

I was working full-time, so I was not able to participate in many of the programs which Na-Me-Res offered, but did attend the Healing Circle. The Healing Circle was helpful in many aspects of life. I was dealing with relationship issues, cultural issues and other personal issues which had occurred throughout my life. The Healing Circle was the most helpful in terms of emotional and psychological support. The other support system in place which helped me was the Indigenous Rapid Housing Program, which assisted me in securing an apartment. For the most part, I was dealing with emotional, psychological and relationship issues. Fortunately, I do not suffer or have any addiction issues. During my stay at Na-Me-Res, I was able to deal with some of my emotional, psychological and relationship issues through attending the Healing Circles.

I was also able to secure multiple jobs and become more financially stable. I cannot give Na-Me-Res enough credit and appreciation for all they helped me with. It was a time which allowed me to heal and refocus my efforts to where they should be applied. With Na-Me-Res' help, I was able to regain stability and focus. Since March 2, 2020, I have secured employment as an assistant to a home inspector and as a superintendent of three buildings, where I am on call 24 hours, and I have also become a better father to my children.

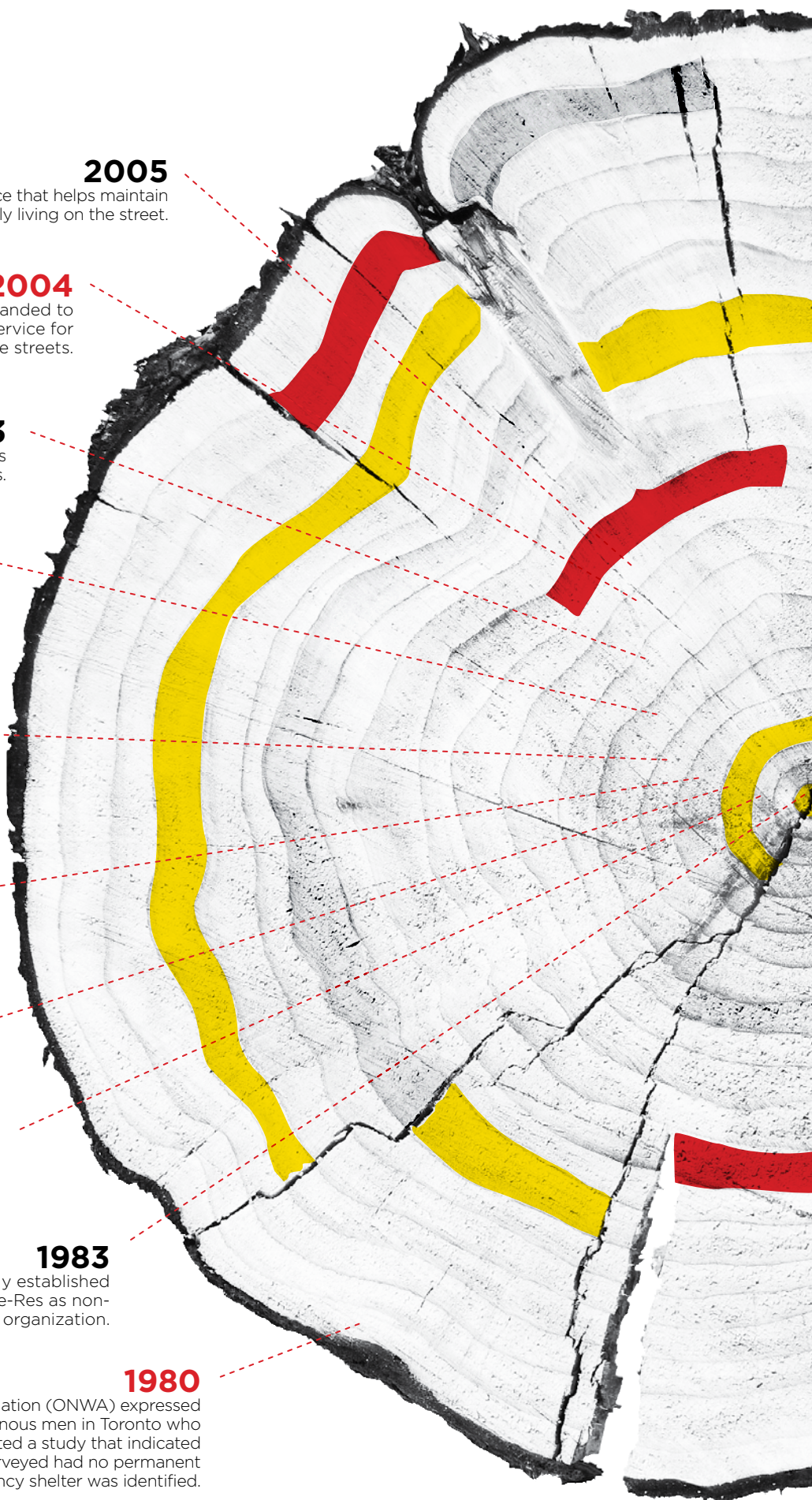
I would like to express that more programs such as Na-Me-Res are needed in the community for people such as myself, whether it be for transitioning of location, or because mental or addiction issues are needed. I also cannot express my true gratitude as to the service and care of all who work at Na-Me-Res.

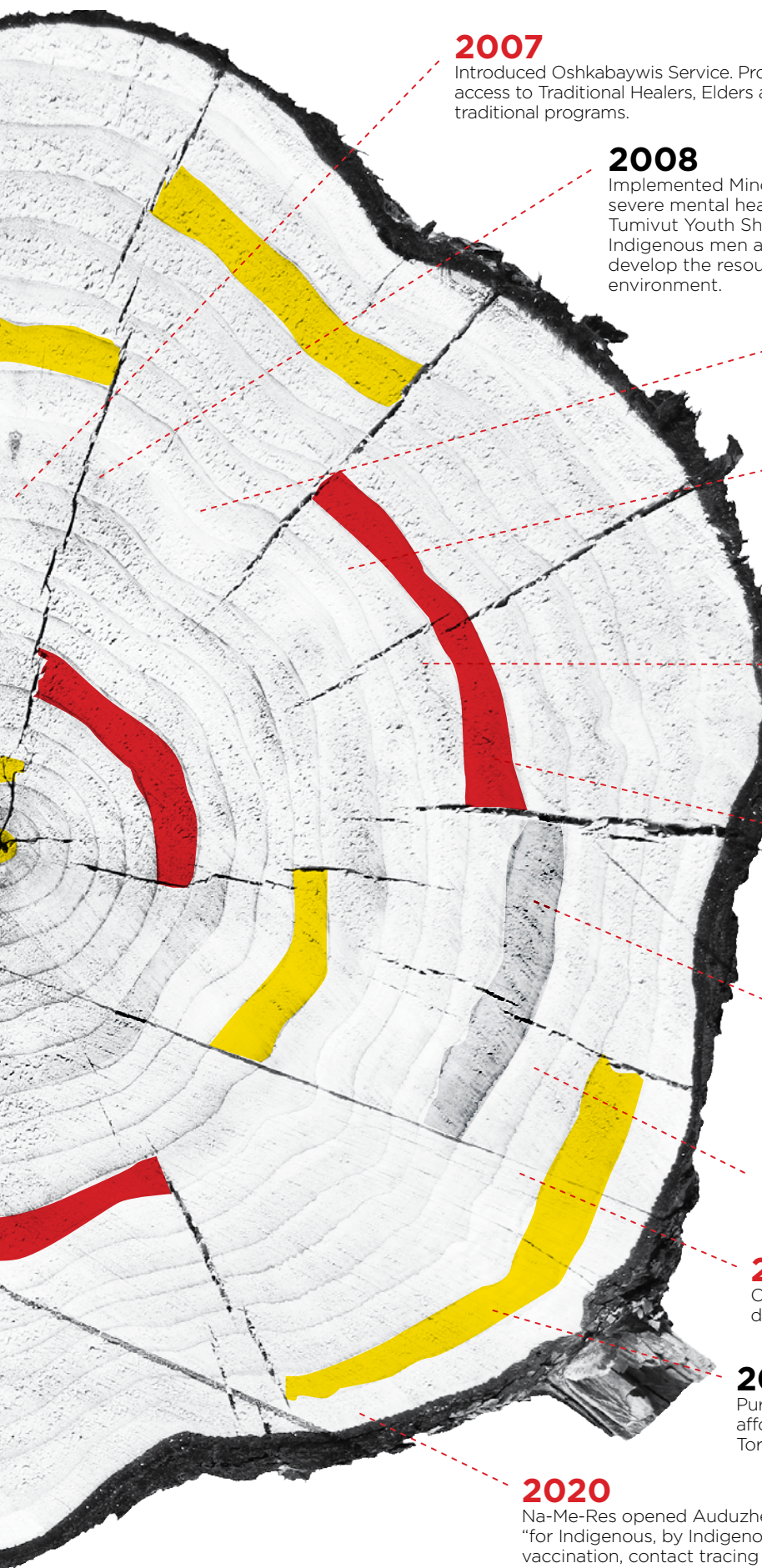
My future endeavours are to return to Na-Me-Res and be able to give back to the community and the very entity (Na-Me-Res) which has been instrumental in my success story.



Martin

Brief History

- 
- 2005**
Introduced Aftercare, a service that helps maintain housing for those previously living on the street.
- 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.



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.

2020

Purchased property on Coxwell that provides 20 units of deeply affordable housing. Entered into a long-term lease with the City of Toronto for nine units of deeply affordable housing on Carlton.

2020

Na-Me-Res opened Auduzhe Mino Nesewinong (Place of Healthy Breathing) as a "for Indigenous, by Indigenous response" for culturally safe COVID-19 testing, vaccination, contact tracing and follow-up services.

NA-ME-RES POW WOW 2023





Na-Me-Res' annual Traditional Pow Wow is held yearly in the month of June in recognition of National Indigenous Peoples' Day. The pow wow this year was on Saturday, June 17. The event is free, open to the public, and this year featured traditional dancing, drumming, traditional feast, giveaway, dignitaries from the community, information booths, and First Nations and Métis crafters from across Ontario. Traditional food sales included tacos and bannock, as well as non-traditional hamburgers and hot dogs. The day started with the sunrise ceremony held at Fort York. John Laforme was the Traditional person who presided over the ceremony, where participants give thanks to the Creator for this wonderful day where Na-Me-Res is able to celebrate National Indigenous Day with friends, colleagues and the community. This year the sunrise ceremony had 25 participants show up to start their day off giving thanks for life.

The grand entry started slightly after 12 noon. The pow wow started with a procession of dignitaries and flag carriers with our Elder Garry Sault. We had three Eagle Staffs present in the grand entry: one was from the Royal Military College in Kingston, with recent Indigenous graduates from the Royal Military College also dancing in their uniforms. The third Eagle Staff was the new Na-Me-Res Eagle Staff presented to the Executive Director at the Sunrise Ceremony. The head dancers, Mat Rutledge and Dehmin Cleland, were followed by all the dancers in their regalia.

Immediately after the Grand Entry Song, everyone stood for the Flag song. The purpose of this song is to honour our veterans who went to war. After the Flag song, the flags were posted one by one.

Elder Gary Sault offered an invocation and special blessing through a prayer and song to start the pow wow off in a good way.

Then the veterans' song was sung and the flag carriers, veterans and Royal Military Indigenous graduates were welcomed to come and dance within the dance circle.

Following the veterans' song, the dignitaries present were invited to come say a few words. Na-Me-Res Executive Director Steve Teekens started off by welcoming the public to the Na-Me-Res 21st pow wow. Steve shared with the audience that this year marks Na-Me-Res' 40th Anniversary. He thanked all of the Na-Me-Res pow wow sponsors, partners and volunteers.

Five drums set up to share their songs. A total of 119 dancers registered, of which 61 were adults, 50 were youth ages six to 17 years old, and eight were tiny tots under six years old.

After speaking to Fort York and Na-Me-Res staff and volunteers, it was generally agreed that the audience in attendance exceeded last year's pow wow attendance. The estimated attendance exceeded 17,000 people throughout the day.

I would like to say chi-miigwetch to Heritage Canada for supporting the Na-Me-Res pow wow. We are extremely grateful for their support.





Affordable Housing

Na-Me-Res (Native Men's Residence) Affordable Housing

For the past 11 years, Na-Me-Res has been providing deeply affordable housing for Indigenous men in Toronto. Na-Me-Res has a track record of acquiring properties and converting them into attractive affordable housing for our clients.

Our affordable housing projects are Na-Me-Res' attempt to address the huge gap in the availability of deeply affordable housing in Toronto with a lens on housing Indigenous men. Na-Me-Res operates a total of 38 affordable housing units. We hope to add another 29 units of affordable housing in the next year or so when our two new housing projects come online.

O'Gitchidaa Mushkiki Wigwam (OMW)

O'Gitchidaa Mushkiki Wigwam (OMW) is the Na-Me-Res affordable housing units located in Parkdale; when translated into the 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

Kinew Poonii Waahkiiganaan – Golden Eagle Landing

Kinew Poonii Waahkiiganaan is a 16-unit affordable housing building located in the Cabbagetown area of Toronto which opened in June 2019. The first floor of the building has accessible units for tenants who may have accessibility or mobility issues. 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.

Affordable Housing Projects in the Works

Na-Me-Res purchased a 6,631 square-foot plot of land in the east side of Toronto in October 2020. The project will involve demolition of the existing single-story structure and site preparation for development. A total of 20 affordable units will be provided on-site: a mixture of bachelor, one-bedroom units and four barrier-free one-bedroom units. This housing project will be a new build from the ground up. Na-Me-Res faced some very heated and fierce opposition to this project from some of our local neighbours. This project just passed the Committee of Adjustment in June 2023 and is able to proceed as planned.

Na-Me-Res has also been selected to be the operator of another affordable housing project. This project started construction in November 2022. It will have a combination of bachelor and one-bedroom units for a total of nine units of affordable housing. The location of this housing project is in the downtown east side of Toronto in the Cabbagetown area.

Architectural drawing for the new affordable housing set in Toronto.



My name is Karl; my Spirit name is Beesh Negeeshing (Falling water). I am a Métis man from the Ottawa region.

Being someone that has faced trauma throughout my early life, staying stable and accountable has been very difficult for me. I lack self-confidence, and getting close with others has always been a struggle. Avoiding relationships and responsibilities for many years resulted in drug addiction and homelessness. Sleeping on park benches, in alleyways and shelters became my reality as a teenager and continued well into my adulthood.

In 2018 I hit rock bottom. I found myself sleeping on the streets of Vancouver's downtown Eastside. After I had spent a year living in the worst conditions imaginable, my sister reached out to me, asking if I could come back to Ottawa to be by her side as she was fighting the final stages of cancer. This was extremely difficult for my family and myself. Instead of staying with my family after her passing, I went back to drugs and homelessness for a while. As time passed, I neglected my physical and mental health.

Knowing that I needed a change, I applied to Sagatay's life skills program. Coming to Sagatay, I knew I would be forced to self-reflect, grieve my sister's passing, and face the many errors that I had made along my journey.

There have been many times where I packed my bags up and was ready to run back to my old ways, but with the help of the staff at Sagatay I realized that I made a commitment, and I should follow through with it. During my stay at Sagatay I have been in a safe place to express myself without the fear of any judgment. I was also

able to take on a leadership role – something that I never thought myself capable of doing.

One of my most important achievements has been being given the opportunity to be the Fire-Keeper for the sweat lodge, where I've received a lot of teachings from Elders. Love, respect, courage, honesty, wisdom, humility and truth. These are more than just words to me now. Understanding these seven teachings has allowed me to let others in my life. I have also learned that it's okay to ask for help when you need it. No one should struggle alone.

The support I've received from the Case Managers, Life Skills Coordinator, facilitators and my brothers in the house has made me realize that I am not alone and that others do care about me.

Na-Me-Res/Sagatay will forever be a place of healing, and I'm proud to be part of this family.

Karl

The Nurse offers support to all clients of Na-Me-Res (Native Men's Residence): this includes the residents in the Emergency Shelter and Sagatay, clients of the Mino Kaanjigoowin program, and previous residents who are currently housed or continuing to experience homelessness.

The Nurse acts as a consistent and familiar point of contact to help clients address their health concerns, navigate the complex health-care system and lead healthier lives.

The Nurse responds to emergent health issues that arise. She will assess and respond accordingly, whether that be providing emergency first aid, connecting to care, or activating emergency medical services when needed. The Nurse seeks to mitigate the number of emergency department visits to minimize the number of preventable hospital visits.

The Nurse provides individualized case management, working with clients to co-create care plans to support their health in a holistic manner. She will adjust the level of support provided based on the needs of the individual. She assists and educates clients on the importance of safe and knowledgeable medication administration, wound management, and symptom management of common ailments.

The Nurse works closely with our Primary Care Provider and Psychiatrist, who are available to be seen by clients on a weekly basis. The Nurse will connect clients with the providers as appropriate, triaging based on the acuity

of the health issue(s) presented. She will also connect clients to interdisciplinary health services within the community; this may include services such as Dentists, Denturists, Optometrists, Audiologists, Chiropodists, Primary Care Providers, Community Health Centres, pharmacies, Therapists and/or Counsellors.

The Nurse will also coordinate with Clinicians at Auduzhe Mino Nesewinong (The Place of Healthy Breathing) to allow clients to access the services in a streamlined manner. The Nurse identifies clients who would benefit from the Auduzhe Comprehensive Screening Program, a program developed to address gaps in preventative health screening related to the pandemic. Clients can participate in various preventative health screenings related to their age and exposures they may have had, to screen for various illnesses such as cancers, kidney disease, liver disease and sexually transmitted infections.

The Nurse has partnered with various community organizations, including the Smoking Treatment for Ontario Patients (STOP) program through the Centre for Addiction and Mental Health (CAMH). The STOP program allows clients to obtain free nicotine replacement therapy to aid in smoking cessation. The Nurse offers a weekly clinic to offer supplies and counselling to assist our clients with smoking cessation. She has also partnered with an Audiology clinic and an Ophthalmologist to provide these important services in-house and reduce barriers to care.



Oshkabaywis Report



Covid has put a hold on our gatherings and ceremonies, but we did overcome this obstacle.

Working the front desk as Client Care Worker (CCW) helped with establishing a rapport with the clients at 14 Vaughan Road emergency shelter, as did teaching Nishnaabemowin at Sagatay. The rapport enabled me to have one-on-ones with clients.

Clients were taught many skills and practices of our ceremonies. They learned how to make a sacred fire. Some clients have family who have passed away, and others who had family requested our organization have a fire for them. Our organization performed a funeral service for clients. We participated in the Day of the Dead with another organization – in Odawa/Ojibway we call it Tasenhwang, where we honour our friends and family in the Spirit World. The sacred fire was used for feasting our bundles and the various Solstices.

Our Sweat Lodge was also built by the clients with the supervision of Elders. Normally the lodge was built for them, but this time we had clients help with all the aspects of the Sweat Lodge, including gathering of wood, chopping firewood and gathering of the grandfathers – all done ceremoniously. Clients and staff are now able to have Sweats bi-weekly in a newly built

lodge. The Oshkabaywis program tries to obtain medicines for all Na-Me-Res departments.

Events/activities this year included the Kensington Market Winter Solstice Festival, where Na-Me-Res residents participated as puppeteers for the parade. Honouring Our Children featured traditional drumming, a sacred fire and speeches by Residential School Survivors requested in a traditional respectful way. The Oshkabaywis performed a ceremony for Survivors prior to their speeches. Female staff had a workshop to make ribbon skirts. Clients learned to make traditional dreamcatchers.

The Oshkabaywis also:

- Sat in with our Na-Me-Res Pow Wow Committee
- Working with Outreach Services, performing cleansing ceremonies with various clients' apartments along with various Na-Me-Res buildings
- Took clients to a Midewin Teaching Lodge

Future workshops will be the making of a drum and shakers, possibly medicine bags, and building a birchbark canoe.

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 Workers, Street Outreach Workers, Housing Workers, Aftercare Workers, Registered Nurse (RN), Psychiatrist, Medical Doctor (MD), Oshkabawis (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 20 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.

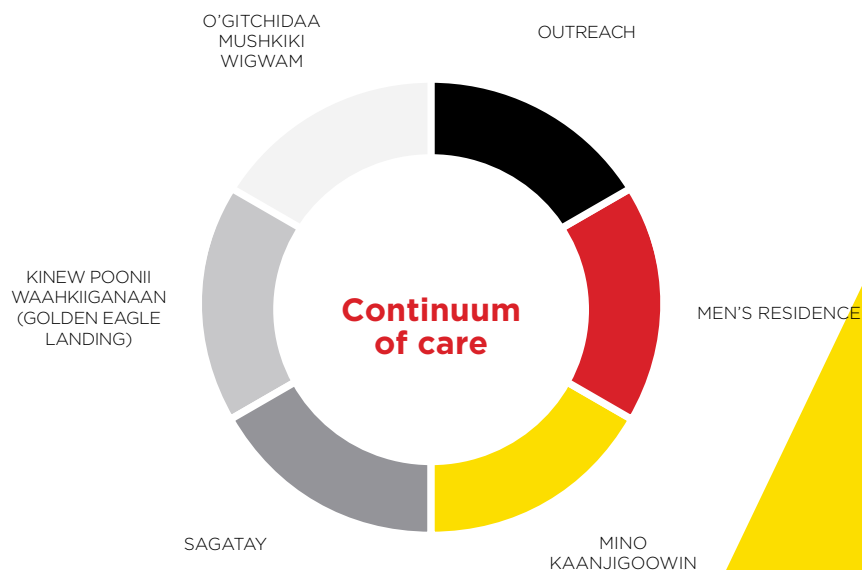
Apaenmowineen

(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: Ojibway and Cree language classes, healthy living, drumming, literacy, community gardening, sharing circles, financial literacy, creative writing, traditional teachings, photography, addictions programming and employability workshops.



Programs & Services



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; however, since the pandemic we had to reduce our beds to 54 to accommodate social distancing.

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. Once these clients are housed, the Case Managers will continue to offer supports to help keep them successfully housed.

Outreach and Mobile Housing

This provides Indigenous-specific outreach services using a mobile approach that includes Van Outreach Workers and Mobile Housing Workers. They engage with male and female Indigenous homeless clients to secure housing, develop a crisis plan, and provide services and referrals to assist clients to develop a greater sense of cultural awareness. The Na-Me-Res Oshkabaywis sometimes accompanies the Outreach Workers, and offers 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 teach-

ings and ceremonies that focus on Indigenous customs, values and traditional practices while recognizing and respecting the distinctiveness among our Indigenous cultures.

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. 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.

Indigenous Housing Aftercare

This service 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)

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.



Cree & Ojibway Language Classes

Cree Language Classes

At Sagatay, the Cree language classes have been taught by Jimmy Dick for a little over seven years. In addition to learning the Cree language, participants also get to know the history and culture of the Cree people. Jimmy also teaches songs in the language and facilitates story telling. The residents really enjoy the classes that Jimmy teaches.

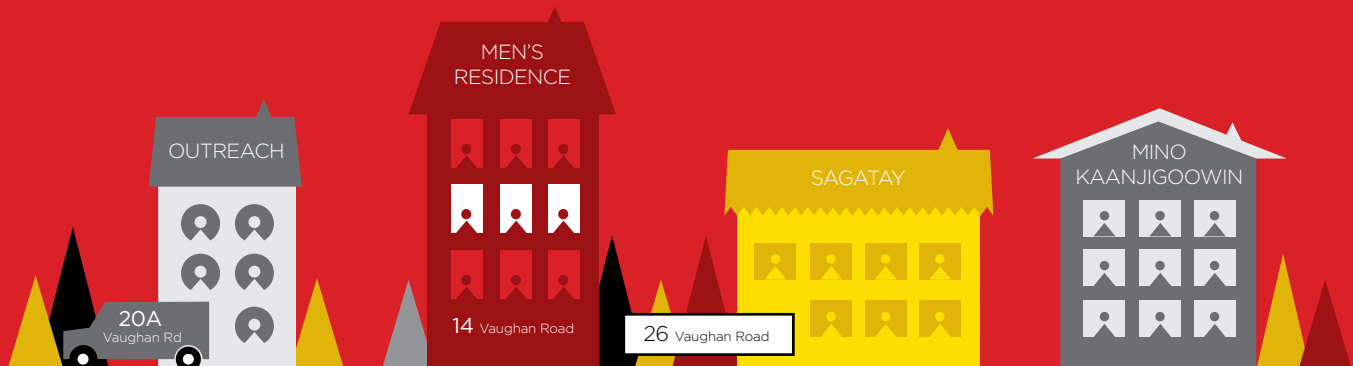
Nishnaabemowin Classes

This program is a success because clients learn not only to speak and write in the language but also about its cultural and ceremonial aspects. Learning grammatical meanings of the language explains a way of thinking, animate, inanimate, dubitative, possessive, locative, diminutive, preterit and pejorative. With knowledge of living and non-living things (animate, inanimate), clients understand why we offer our tobacco when harvesting plants, trees and animals. Another interesting fact is that

there are no pronouns with he or she; instead, he/she (this person) is used in the language. Dubitative words show doubt: when we talk about someone missing class, for example, we would say Aakoqidik – Dubitative (he/she may be sick), or Aakozi (he/she is sick). The person and the Creator are the only ones who know the truth of whether he/she is sick. The Seven Grandfather Teachings come to play in this scenario. Love that is shown from concerned students. Truth which is from the person who may or may not be sick. Respect from the person who says he/she might be sick. Bravery to ask where the person is. Wisdom to ask the person if they were sick of not. Honesty, Humility and Truth from the person who is sick or not. We always give thanks to the Creator and everything he created on a daily basis; our medicine most commonly used is Semaa (Tobacco), but there are also Giizhik (Cedar), Mskodewashk (Sage) and Wiingashk (Sweetgrass).

Annual Shelter Statistics

April 1, 2022- March 31, 2023



OUTREACH AND MOBILE HOUSING

187 Total Served

8 Youth
171 Adult
8 Senior

152 Indigenous
35 Non-Indigenous

26 Total Housed

MEN'S RESIDENCE

230 Total Served

5 Youth
213 Adult
12 Senior

121 Indigenous
109 Non-Indigenous

31 Total Housed

SAGATAY

78 Total Served

0 Youth
78 Adult
0 Senior

78 Indigenous
0 Non-Indigenous

8 Total Housed

MINO KAAJIGOOWIN

20 Total Served

0 Youth
19 Adult
1 Senior

20 Indigenous
0 Non-Indigenous

0 Total Housed

TOTALS

515 Total Served	13 Youth 481 Adult 21 Senior	371 Indigenous 144 Non-Indigenous	65 Total Housed
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Mashkikii;aki'ing

(MEDICINE EARTH)

Na-Me-Res has been actively involved in the stewardship of a beautiful garden in Hillcrest Park since 2003. Coincidentally, Mashkikii;aki'ing (Medicine Earth) Medicine Wheel Garden is Toronto's first contemporary Indigenous community garden.

The gardening experience for our residents and staff has been a very positive learning experience. Nurturing the garden and watching seedlings grow to be mature plants that are harvested is a fulfilling teaching and healing experience. Not only do our staff and residents work with the soil and grow Indigenous plants, they also harvest them,

learn to make teas and salves, and learn about the medicinal properties of the plants. Additionally, some of the plants grown in the garden are some of our sacred medicines.

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. We are grateful for the partnership we have with the Stop Community Centre in sharing their program space at Wychwood Barns and for working alongside our guys to help them learn about planting.



Auduzhe Mino Nesewinong

(“PLACE OF HEALTHY BREATHING”)

Auduzhe continues to bring an Indigenous-specific healthcare model to the FNIM (First Nations, Inuit and Métis) community, and provides a culturally safe environment where relationships are formed with community members and Indigenous cultures and practices are respected.

Care is provided with a low-barrier, trauma-informed approach, centring around in-clinic and outreach clinics. Our clinical and outreach team has developed partnerships with various FNIM community organizations to provide the FNIM community and Na-Me-Res staff with ongoing access to preventative care, including COVID-19, Monkeypox, Influenza and School-based vaccines, while creating pathways to primary and hospitalist care at Unity Health Toronto. Auduzhe has currently given over 10,000 COVID-19 vaccinations to the FNIM community in Tkaronto.

Auduzhe Mino Nesewinong continues to be an integral part of supporting the Indigenous community through wrap-around clinical support and accessibility for our most vulnerable clients. We provide Indigenous-led health care that is community based and culturally safe as we work to address unmet healthcare needs and improve outcomes for the FNIM community.

The continued strengthening of our partnerships with community, municipal and provincial organizations has allowed us to expand our public health response to include preventative and primary care services at Auduzhe. We have been able to build on our existing model and implement Indigenous-led responses to new and emerging public health outbreaks, like Monkeypox, and the rise in blood-borne sexually transmitted infections such as Human Immunodeficiency Virus, Hepatitis C and Syphilis.

Our extensive outreach efforts aim to improve accessibility for those who face challenges in accessing culturally safe and low-barrier health care. Our outreach team ensures clients receive the holistic care required to reduce morbidity and mortality, while nourishing cultural integrity and safety. In addition to disease management, we have been able to expand our vaccination and outreach programs by providing family-



“

Good, accurate and culturally relevant info! Incredibly kind & helpful staff. Kī ci mīkwec!”

COVID Vaccines Administered

April 1, 2022 to March 31, 2023



100 people

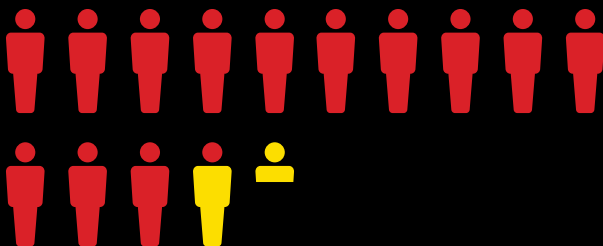


Adult 12+



Kids 6 months-11 yrs

AUDUZHE AND PARTNER CLINICS



1322

1201
ADULTS 12+

121
KIDS 6 MONTHS-11 YRS

IN-HOME VISITS



42

39
ADULTS 12+

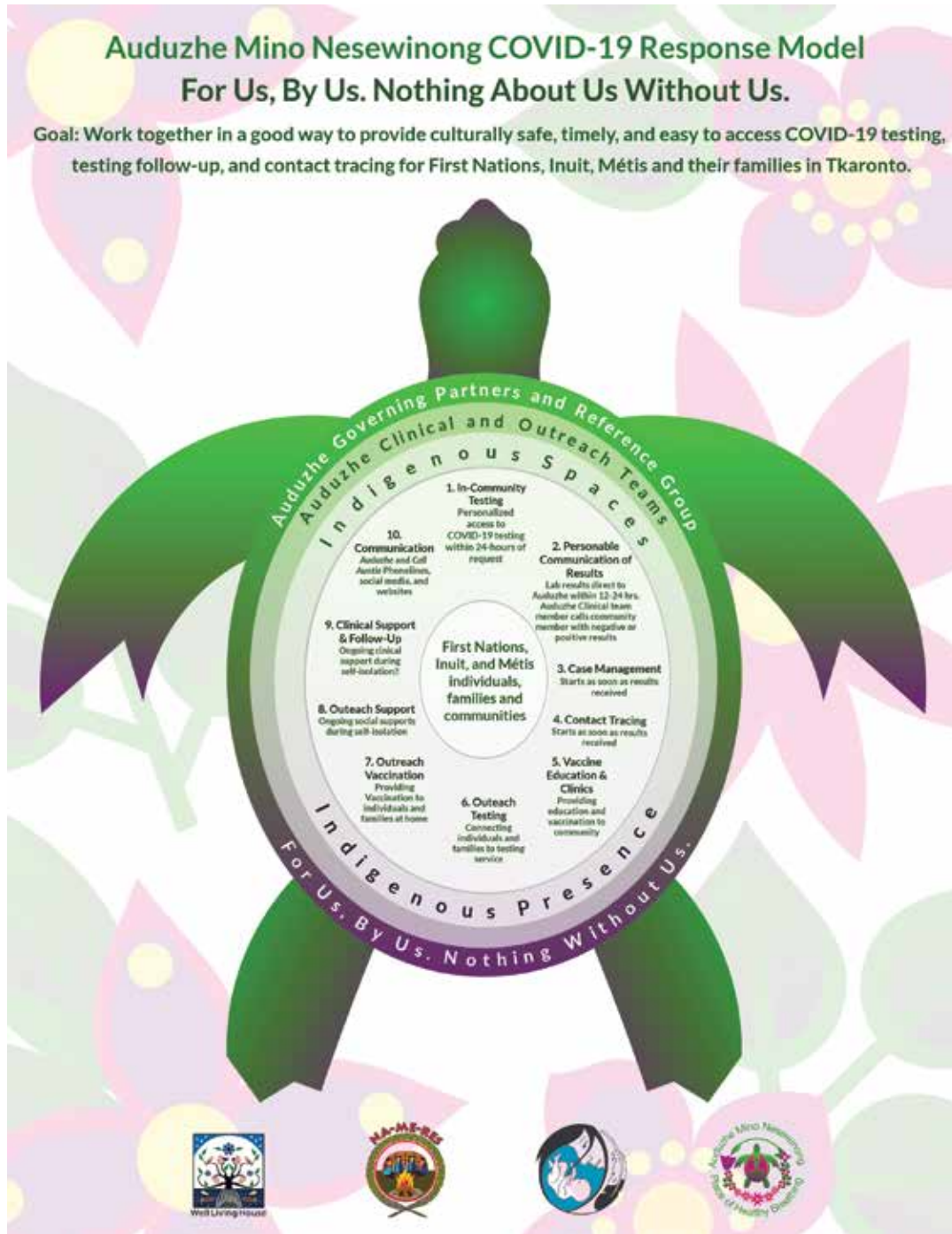
3
KIDS 6 MONTHS-11 YRS

COVID VACCINES ADMINISTERED

1364 DOSES

1240
ADULTS 12+

124
KIDS 6 MONTHS-11 YRS



Partnered clinics

- University of Toronto - First Nations House
- Tungasuvvingat Inuit
- Native Canadian Centre of Toronto
- ENAGB
- Wigwamen
- Maggie's
- Thunder Women's Healing Lodge
- 2 Spirit of the First Nations Powwow
- Kapapamahchakwew Powwow

COVID-19
PCR Testing

657

TOTAL TESTS COMPLETED

“

The staff are always warm and welcoming. Love the environment and appreciate being able to smudge.”

centred vaccines across the lifespan, including vaccines in childhood, school aged, antepartum, high-risk and elderly community members. In addition, we provide in-clinic and at-home preventative health screening, testing (such as blood work), referrals to specialists, connecting clients to ongoing primary care, and social supports.

The striking gaps in access to culturally safe and effective primary care leave more than 24,000 FNIM without a regular provider, as well as subsequent gaps in preventative care and a higher burden of disease and mortality. To begin to mitigate this, we have implemented preventative health screening for Indigenous people who do not have access to a primary care provider, including the vulnerable residents at our neighbouring Native Men’s shelter. Our small yet devoted team works hard to diagnose, treat and prevent diseases that threaten the FNIM community. We have made diagnoses from COVID-19 to cancer, and have worked to fill the gaps in social medicine and primary care when our health system is drowning.

Our staff continue to work tirelessly, and we are honoured to be a part of this important work because it is an integral part of how we move closer to reconciliation and decolonization. Auduzhe Mino NeseWINong is grateful for all the continued support, and we look forward to strengthening our FNIM community through our partnerships.

VACCINE COUNTS

Monkeypox (mpox)

63

Hepatitis B

57

Meningococcal

11

HPV
(HUMAN PAPILLOMAVIRUS)

81

Hepatitis A

4

Pneumococcal

2

Tdap
(TETANUS, DIPHTHERIA AND PERTUSSIS/
WHOOPING COUGH)

7

Shingles

8

Flu

6 MONTHS TO
64 YEARS

356

65 YEARS &
OLDER

44

Acknowledgements

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

Foundations

Amicus Foundation
Anderson Family Foundation
Chawkers Foundation
Jewish Foundation
M.E.H. Foundation
Margaret & Gordon Fleming Fund

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Toronto Community Foundation

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Dawn Haberman
Estate of Ethel Harris

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Roncesvalles United Church
Schachter Family Fund
Seventh Generation Midwives
Stratford Arts
Trinity-St. Paul's United Church
Uwe Krebs
York Catholic School

Funders

Aboriginal Labour Force Development
Circle
Miziwe Biik Aboriginal Employment &
Training
Miziwe Biik Development Corporation
TASSC

United Way of Greater Toronto
& York Region
Unity Health
Women's College Hospital

City of Toronto

Shelter, Support & Housing Administration

Housing Secretariat

Provincial Government

Ministry of the Solicitor General

Federal Government

Canada Mortgage and Housing Corporation
- Urban Native Housing
Correctional Service Canada
Heritage Canada

“

With Na-Me-Res' help, I was able to regain stability and focus ... more programs such as Na-Me-Res are needed in the community for people such as myself, whether it be for transitioning of location, or because mental or addiction issues are needed.”

— MARTIN

Community Partners 2022-2023

Aboriginal Shelters of Ontario
 Alexandra Park Neighbourhood Learning Centre
 Anishnawbe Health Diabetes Education Team
 Art Gallery of Ontario
 Book Club For Inmates
 Canadian Mental Health Association (Opening Doors Project)
 Centre for Wise Practices in Indigenous Health – Woman's College Hospital
 Cob's Bread
 Community Resources & Initiatives, Natalie Zlodre
 Costco
 Daily Bread Food Bank
 DineSafe – Toronto Public Health – City of Toronto
 Fort York
 Furniture Bank
 Inner City Health Associates – Dr. Herschler, Dr. Sappong, Dr. Shoush
 Mainstay Housing
 Not Far From the Tree
 Ontario Arts Council
 Petroglyphs Provincial Park
 Royal Ontario Museum
 Seventh Generation Midwives Toronto
 Social Enterprise Development Innovations (SEDI)
 St. Michael and All Angels Church

Street-to-Trail
 Sunnybrook Hospital
 The STOP Community Food Centre
 Toronto Aboriginal Support Services Council (TASSC)
 Toronto Hostel Training Centre – Life on Track Sessions
 Toronto Public Health
 Toronto Writers Collective
 Unity Health Toronto
 University of Toronto, Faculty of Medicine, Faculty of Nursing, Athletics, Pharmacy
 University Health Network
 University of Toronto, Woodsworth College (Transitional Year Program)
 Vance Latchford
 Waakebiness-Bryce Institute for Indigenous Health Dalla Lana School of Public Health
 Well Living House – St. Michael's Hospital

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, Chris Moise, City Councillor Ward 13 Toronto Centre
 Councillor Gord Perks, City Councillor Ward 4 Parkdale–High Park

Visiting Elders and Traditional People

Jimmy Dick
 Bobby Ozawabine

Colin Mousseau

Current Employees

Alam, Shuhita
Ansah, Prince
Bach, Brian M
Badger, Sheldon
Bates, Donna
Beaucage, Shane
Belleau, Keihlah
Bentz, Chris
Bertrand, Allysha
Bobiwash, Allen
Bowyer, Devon
Buttar, Pavan
Cecchetto, Andrew
Chinoda, Matifadza
Cho, Hyunjin
Cicansky, Sabrina
Cote, Elaine
Dart, Herbert
De La Cruz, G
Debassige, Nancy
Dunkley, D
Fabian, J
Foster, Jason
Gaudet, Gabe

Graziano, Daniela
Hasan, Sibtain
Hashie, Verna
Hookimawillillene, Andy
Ibrahim, Nada
Jardin, Erwin
Kassis, Pierre
King, Janice
Kropf, Roxanne
LaBrecque, Albert
LaForme, John
MacDonald, Morris
McCarthy, C
McComb, Andrew
Misquadis, Ray
Namgyal, Thonyon
Nicholas, M
Obazee, Charles
O'Selmo, Clive
Osen, William
Parker, Richard
Pitawanakwat, Arlene
Pitawanakwat, Jaicee
Pitawanakwat, Steven

Quewezence, Roxanne
Ramadhan, Halokhan
Rolfe, Trisha
Roy, Clarence
Roy, Jane
Roy, John
Sabourin, M
Sanchez, Tarah
Seegers, James
Takyi, B
Teekens, Steve
Tempest, Allison
Timmins, James
Topcagic, Emina
Walmsley, Tim
Wangkhan, Lobsang
White, Tristen
Williams, Paul
Wilson, Cleon
Woodcock, Dennis
Wylie, Brittany
Yamada, Kinji
Yoon, Ted

Former Employees

Ademolu, Adeyinka
Brunette, Rickey
Carey, Jackson
Cheechoo, Helena
Chrisjohn-Weiler, R
Enwerem, Joeseeph
Ferrell, Ashley
Francis, Deonah
Hill, Paige

Jones, Charlton
Jourdain, Samantha
Keeshig, Mallory
King, Charlotte
Legarde, Bernice
Oguorie, Dave
Osawamick, Amsay
Peltier, Caledja
Powless, Kristine

Robinson, Randy
Shirt, Sarafina
Skura, William
Tambo, Aisha
Thomasson, Jena
Trudeau, Douglas
Valentine, Jean

Na-Me-Res Team

Sagatay



Men's Shelter



Administration



“

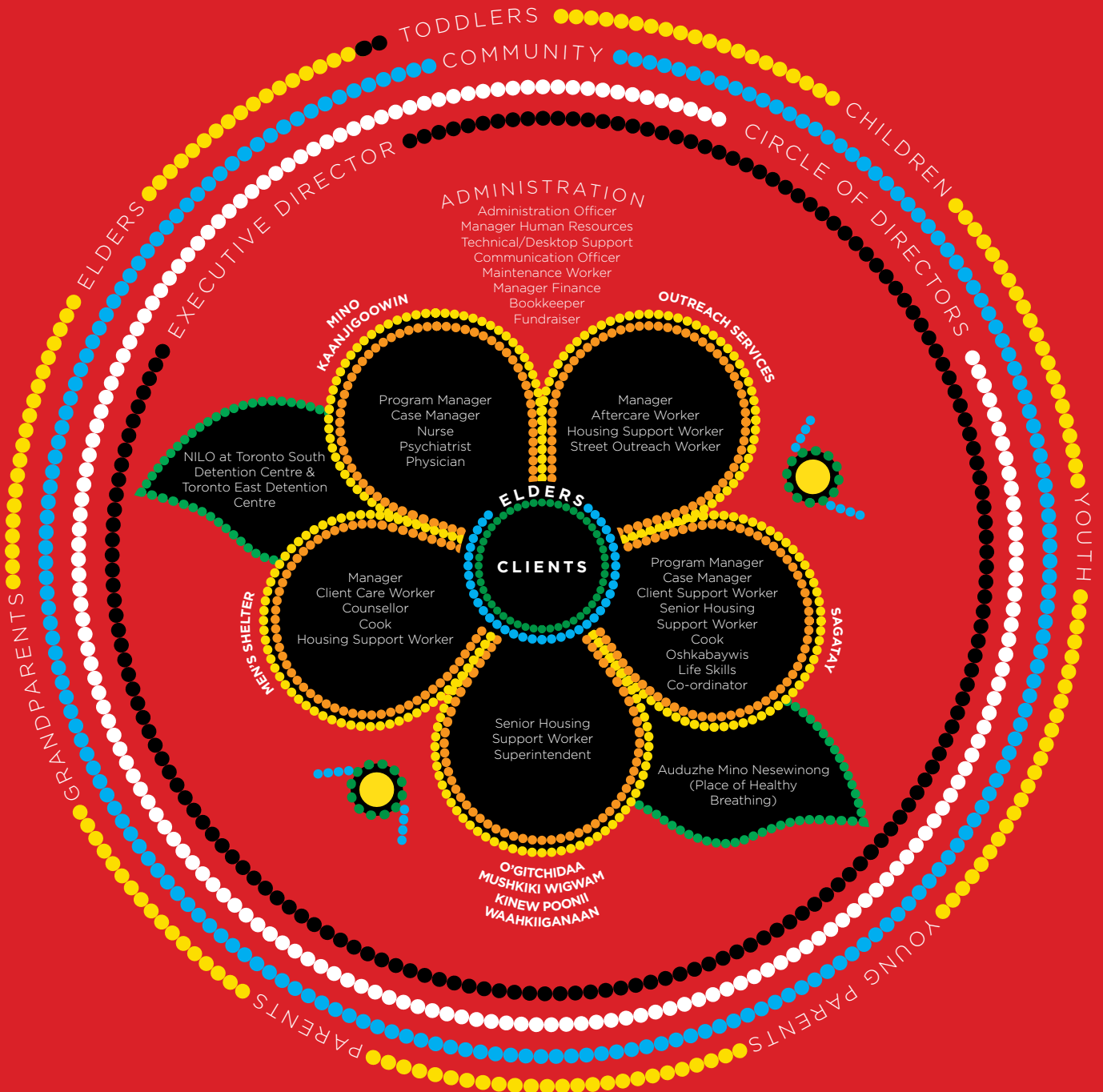
A chi-miigwetch goes out to all our staff, former and current, for their contribution to the work of Na-Me-Res in delivering quality services to Indigenous people experiencing homelessness through a culture-based approach addressing clients' mental, physical, emotional and spiritual needs.”

Outreach



Governance

NA-ME-RES ORGANIZATION CHART



Circle of Directors

Bob Goulais, President
Shane Young, Vice-President

Randy Pitt, Treasurer
Lori Mishibinijima, Secretary

Cyndy Baskin, Director
Seth Zuk, Director

Thunder Jack, Director

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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
Registered Charitable #119050516RR0001 • This publication is available in other formats •

Design and production: Fresh Art & Design Inc. • Principal photography: stefandethan.com • Proofreader: Ruth Hanley • Printer: Colour Innovations



Native Men's Residence