

TOOLKITS & RESOURCES



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DRUG AND ALCOHOL KITS:

- http://www.edmonton.ca/city_government/initiatives_innovation/drug-alcohol-toolkit.aspx - It's Never Too Early - Parent Toolkit: Developed with community input this unique resource helps parents talk to their kids about drugs and alcohol. The toolkit includes the following: What drugs look like, their street names and their effects; What to do if you find drugs; How to talk to your child about drugs and alcohol; Self-esteem building suggestions; A list of further available resources; and 'A strong message to parents that there is hope if communication with children is maintained'.
- <http://www.drugfreeworld.org/drugfacts-booklets.html> - Lots of great information here.

FAMILY VIOLENCE:

- *I am a Kind Man* – This tool kit is used to work with men and older Youth in establishing effective ways for them to address violence against women with other men and older youth. It provides exercises to learn how to apply the Seven Grandfather Teachings model as well as ideas for community events to promote the campaign against violence: <http://www.iamakindman.ca/IAKM/pdf/KizhaayAdultToolkit.pdf> There is also a youth toolkit that is structured similarly to the previous tool kit but it is geared towards children age eight to fourteen: <http://www.iamakindman.ca/IAKM/pdf/KizhaayYouthToolkit.pdf>
- *The Healing Journey* - uses a medicine wheel approach to foster discussion on behaviours, feelings and attitudes about family violence that need to be addressed across all age groups and stages of life (public awareness). <http://www.thehealingjourney.ca/main.asp>
- *Breaking the Cycle* – Ending Family Violence against Women in Aboriginal Communities - Includes a Change Maker toolkit and a facilitators guide. Objectives are to: create a fundamental shift in social attitudes and beliefs that support violence against women; to take a visible individual and collective stand on VAW; and to build a popular movement to end all violence against women <http://www.wecanbc.ca/resources/aboriginal-communities>
- B.C.'s Toolkit for Children and Youth Exposed to Domestic Violence. <http://www.pssg.gov.bc.ca/victimservices/shareddocs/child-youth-safety-toolkit.pdf>
- *You are not Alone* – Native Women's Association of Canada http://www.nwac.ca/files/NWAC%20You%20Are%20Not%20Alone%20Handbook%20ENG_FINAL.pdf
- *Stop the Violence* – Government of Manitoba <http://www.gov.mb.ca/stoptheviolence/toolkit.html> This toolkit has a variety of tools, including [Website Banners](#) | [Print Materials](#) | [Use Social Media](#) | [Other resources](#)

- *Abused Emojis* – iPhone application designed to assist young victims who have challenges in communicating their situation verbally. Access to a range of symbols showing faces with bruises, cuts, and evidence of self-harm and violence. <https://itunes.apple.com/us/app/abused-emojis/id979936630?mt=8>

MEDIA

- REPRESENT – Join the conversation on media’s representations of Women
<http://www.media-action-media.com/represent-action-kits/>

MENTAL HEALTH:

- **Edmonton Child Mental Health Crisis Response Team** **1 780 427 4491**
- **Calgary Mobile Response Team (ADULT/CHILD/FAMILY)** **1 403 266 4357**
- **Calgary distress centre – 24-hour crisis line** **1 403 266 4357**

- **Canadian Mental Health Association**

Distress Line 24/7 **1 780 482 4357**
Edmonton Office – 310, 10010 105 St, NW **1 780 414 6300**

Client Base – General Public
 Resources/Services Provided

- **Drop in counselling** with clients needing ongoing support being offered referrals
- **Online Crisis Chat** – Available weekdays from 6pm-10pm and weekends 12pm-4pm
- **Senior’s Abuse Help Line available 24/7**
- **Workshops** – Applied Suicide Skills Training and Mental Health First Aid Training
- **Housing Services** – supporting long term, independent living of people with mental illness
- **Practical Support Services** – peer provided service and assists people living with mental illness to live independently and integrated into the community
- **Suicide Grief Support** – Supporting those caring for a loved one at risk or those who have lost someone to suicide
- **Wayfinding (211)** – a community information referral line that connects people to a full range of community, social and government resources within the Edmonton area.
- **Advocacy Services** – Provide advocacy assistance for those living with and impacted by mental illness
- <http://humanservices.alberta.ca/family-community/cmh-learning-series.html>
- <http://letstalk.bell.ca/en/toolkit/>

- <http://mindyourmind.ca/> A compilation of resources, including crisis response, wellness, mental illness, interactive activities, personal expression activities, etc.

MOBILE APPS

- Alberta Health Services:
<https://play.google.com/store/apps/details?id=ca.albertahealthservices.mobile>
- Alberta Mental Health Services Mobile App Directory:
http://www.mentalhealthresearch.ca/Publications/prioritythemes/Documents/RPP_AMH_Mobile_App_Directory_2013.pdf
- ‘Text4Mood’ service by Alberta Health Services: A new AHS pilot program called Text4Mood will send free “supportive” text messages to northern Alberta residents looking for a silver lining. Participants in the program will receive one or two positive text messages every day, such as “sometimes it’s OK to feel down” and “there are better days ahead.” Text “MOOD” to 7606703130

Suicide:

- <http://suicideinfo.ca/Library/Resources/ResourceToolkits.aspx>
- <http://suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/>

Trauma:

- http://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf
- <http://www.theannainstitute.org/MDF.pdf>

Safety:

- <https://www.kitestring.io/>
- <http://www.companionapp.io/>

Awareness

- <http://ccrweb.ca/en/trafficking-starter-kit> - intended for anyone wishing to start or enhance **outreach** and **awareness-raising** activities on trafficking in persons in their own communities, organizations and sectors

COMMUNITY RESOURCES

- **Missing Persons:**
- Alberta Justice and Solicitor General (JSG) Missing Persons information and resources – knowing what is available in the Province of Alberta:
https://www.solgps.alberta.ca/PROGRAMS_AND_SERVICES/VICTIM_SERVICES/Pages/default.aspx
- Native Women’s Association of Canada (NWAC) Community Resource Guide (CRG) is a plain-language publication that has been designed to assist educators, health and service providers and other allies with the necessary information and tools to work in a culturally appropriate and sensitive manner with *families who have lost a loved one*:
<http://www.nwac.ca/programs/community-resource-guide-what-can-i-do-help-families-missing-and-murdered-aboriginal-women->

Community Resource Guide:

- Native Women’s Association of Canada (NWAC) Community Resource Guide for Victims of Family Violence (resources listed by Province):
<http://www.nwac.ca/files/NWAC%20Who%27s%20Who%20Resource%20Guide%20ENG%20FINAL.pdf>

Safety Planning:

- Education resources for children related to issues concerning child safety (sexual abuse, smart phone safety, navigating the digital world, child safety)
<https://www.protectchildren.ca/app/en/overview>
- Safety planning toolkit for use with women and children; uses a medicine wheel format
<http://www.thehealingjourney.ca/siteadmin/assets/documents/safety-plans-e-nat.pdf>
- Teaches young children about on-line safety (interactive). Includes parent and teacher resources. <http://www.zoeandmolly.ca/app/en/>
- Kids in the Know Program.
An interactive safety education program for increasing the personal safety of children and reducing their risk of victimization online and in the real world. Designed for children from kindergarten to high school, it focuses on building self-esteem through teaching critical problem-solving skills. https://protectchildren.ca/app/en/overview_kidsintheknow
- A framework for planning for Community Safety and Well Being.
<http://www.oacp.on.ca/Userfiles/StandingCommittees/CommunityPolicing/ResourceDocs/1%20-%20Framework%20for%20Community%20Safety%20PlanningJune20.pdf>
- A B.C. Guide
https://d3n8a8pro7vnm.cloudfront.net/cwav/pages/233/attachments/original/1419377121/1.2_Planning_for_Safer_Communities_Guide_.pdf?1419377121

- A Teens Guide to Safety Planning
<http://www.domesticviolenceinfo.ca/upload/documents/handout-safety-plan-workbook-teens.pdf>
- Community Safety Planning in Indigenous communities
<http://www.afn.ca/uploads/files/usb2013/2-h.pdf>
- Native Women's Association of Canada Safety Measures for Aboriginal Women
http://www.nwac.ca/sites/default/files/imce/NWAC_3C_Toolkit_e.pdf
- http://www.nwac.ca/files/NWAC%20You%20Are%20Not%20Alone%20Safety%20Plan%20ENG_FINAL.pdf
- Norway House Community Action Plan: A Missing Child Response Resource
<http://vimeo.com/94060402>
- Human Trafficking: <http://www.pssg.gov.bc.ca/octiptraining/toolkit/index.html>

Suicide:

- Calgary Health Region – Surviving after the Suicide of a Loved One: <http://bfo-kingston.ca/wp-content/uploads/2013/11/Healing-Your-Spirit-Surviving-After-the-Suicide-of-A-Loved-One.pdf>
- Calgary Health Region – A Practical Guide for Survivors of Suicide:
<http://www.health.gov.bc.ca/library/publications/year/2007/HopeandHealing.pdf>
- <http://www.suicideinfo.ca/>

Non-Profit Organizations – Tools & Resources

- Building Corporate Relationships – A tool kit for Non Profits:
<http://culture.alberta.ca/community-and-voluntary-services/resources-and-links/tools/pdf/AlbertaCulture-Toolkit.pdf>
- <http://culture.alberta.ca/community-and-voluntary-services/resources-and-links/tools/pdf/FinalFA-2013.pdf>
- <http://www.ahf.ca/downloads/funding-directory-2.pdf>
- Red Cross – will travel to communities to facilitate a number of programs www.redcross.ca
- Native Counselling Services of Alberta (NCSA) – will travel to communities to facilitate programs on public legal education www.ncsa.ca
- *Streetworks* is based on the principles of harm reduction, health promotion, and primary health care. The Streetworks Harm Reduction approach would be defined as a set of non-judgmental strategies and approaches, which aim to provide or enhance the skills, knowledge, resources and support street involved injection drug users' and sex trade (target population) need to live safe and healthier lives: www.streetworks.ca
- Money Mentors will travel to communities & facilitate sessions www.moneymentors.ca
Contact: lmak@moneymentors.ca 1 888 294 0076 #3255

Sexual Assault/Abuse:

- SACE Video: <http://youtu.be/ThtOVRVlzpE>
- The [Commit to Kids](#) program is a step-by-step plan to help child-serving organizations reduce the risk of child sexual abuse and create safer environments for the children in their care. https://www.protectchildren.ca/app/en/overview_commit2kids
- TeaTree Tells - child sexual abuse prevention kit https://www.protectchildren.ca/pdfs/TTT_ParentGuide_en.pdf
- Be Smart, Strong and Safe – a guide for Educators to educate children in grades 5 and 6 about sexual abuse and exploitation <http://www.smartstrongsafe.ca/app/en/>
- Canadian Center for Child Protection Virtual Training Academy <https://www.protectchildren.ca/app/en/training#training-vta>

Community Building

- From the University of Kansas a comprehensive guide to capacity development, includes 16 separate sections of information <http://ctb.ku.edu/en/toolkits>

Culture

- B.C.'s Cultural Planning Toolkit http://www.creativecity.ca/database/files/library/cultural_planning_toolkit.pdf

OTHER

- **A4W Live** <http://nafc.ca/en/a4w-live/> a mobile app which focuses on violence prevention among Indigenous youth, including information and articles on dating, celebrities, bullying and identifying domestic abuse.
- **Butterflies in Spirit** http://www.youtube.com/watch?v=9_ZlFkWn80k Butterflies in Spirit was conceived in order to commemorate the victims of Robert Pickton and raise awareness that there are still hundreds of missing women - mothers, daughters and children, a tragedy that affects us all. Butterflies in Spirit, a dance troupe consisting of Aboriginal women (some of us relatives to missing and murdered Aboriginal women and girls) who are raising awareness about violence against Aboriginal Women. In their honour we are promoting positive role models while aiming to provide advocacy and support services for the children and families.
- **Please Come Home** (Youtube Video) <https://www.youtube.com/watch?v=qt9ZH1PpX1g>
- **We Shall Remain** (Youtube Video) <https://www.youtube.com/watch?v=GsoiwY6YjSk>

- **Calgary Police Service – Aboriginal Community Services**
<http://www.calgary.ca/cps/Pages/Community-programs-and-resources/Diversity-resources/Aboriginal-community.aspx>
 - Provides services such as Aboriginal liaison officers, an Aboriginal Justice Camp, Tsuu T'ina – Calgary Police Exchange program, and outreach service programs.
- **Crossroads Outreach**
<http://e4calberta.org/programs-services/homeless-supports/crossroads-outreach/>
 - Crossroads Outreach offers support to persons involved in prostitution. Individuals call or text or attend evening drop ins. They also have a street van that drives to locations and provides services directly.
- **Federal Income Support for Parents of Murdered or Missing Child Grant**
<http://www.servicecanada.gc.ca/eng/sc/pmmc/index.shtml>
 - The Federal Income Support for Parents of Murdered or Missing Children (PMMC) grant is an income support grant available to applicants who have suffered a loss of income from taking time away from work to cope with the death or disappearance of their child or children, as a result of a probable *Criminal Code* offence. To be eligible, the incident must have occurred on or after January 1, 2013 and will not be retroactive for incidents prior to that date.
- **Family Law in Alberta – Legal Information for Front Line Service Providers**
<http://www.cplea.ca/wp-content/uploads/2016/04/Family-Law-in-Alberta.pdf>

Programs for Men & Boys:

- Resources for Indigenous Men, Families and Communities:
http://www.fira.ca/cms/documents/39/Fathers_Resources_List.pdf
- A Call To Men – a Live Respect Curriculum (Coaching healthful and respectful manhood)
- http://www.acalltomen.org/news/2016/3/8/ysfe5d2fo10vrgcghysxcrqr6a9fjx?utm_content=bufferffa09&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

Indigenous Relations – Alberta Government

- Now have a one-stop directory of services and information for First Nations, Metis and Inuit peoples in Alberta: <http://www.indigenous.alberta.ca/services>

Education (child focused) Resources:

- The Canadian Centre for Child Protection is dedicated to the personal safety of all children. We offer a number of programs, services and resources for Canadians to help them protect children and reduce their risk of victimization. <https://www.protectchildren.ca/app/en/overview>
- Sheldon Kennedy Child Advocacy Centre - The Sheldon Kennedy Child Advocacy Centre exists because our community cared, took collective ownership of the critical issue of child abuse and believed we all have the responsibility to do something about it.

We believe that healthy communities protect their most vulnerable — that when we protect our children and break the stigma and silence of child abuse, we create safer and healthier communities now and for generations to come. <http://www.sheldonkennedycac.ca/>

Lateral Violence:

- The Native Women’s Association of Canada (NWAC) has produced some resource material: <http://www.nwac.ca/files/reports/AboriginalLateralViolence%20-%20web%20version.pdf>
- The Aboriginal Healing Foundation provides research as to the origins of lateral violence in First Nations communities: <http://www.ahf.ca/downloads/lateral-violence-english.pdf>

Bullying:

- *The Supporting Every Student Learning Series* is creating opportunities for jurisdiction and school leaders to explore the importance of welcoming, caring, respectful and safe learning environments to support student success. The project will provide evidence and ideas through recorded "TedTalk" style presentations and conversation guides. Topics will relate to evidence-based strategies in supporting successful for all students. http://www.research4children.com/theme/common/page.cfm?i=10003043#&utm_source=Keeping+in+Touch+-+New+Year%2C+New+Projects+and+Initiatives&utm_campaign=January+2016&utm_medium=email
- Elder Abuse Resource and Supports Catholic Social Services www.cssalberta.ca 780 477 2929
 - Client base: Seniors aged 65 and over
 - Services provided: The services are to provide support to older adults at risk of or experiencing abuse or neglect. There are supports with home visits for seniors experiencing or at risk of abuse. Edmontonians can call the inquiry, intake and info line about resources for seniors and Elder Abuse.

Cyber-bullying:

- http://files.ctctcdn.com/78b40a0d001/afbab03e-666d-4407-af46-f32c54efff07.pdf?utm_source=Keeping+in+Touch+-+New+Year%2C+New+Projects+and+Initiatives&utm_campaign=January+2016&utm_medium=email
- http://files.ctctcdn.com/78b40a0d001/54174732-d966-4c4d-912a-c131ea70b8c8.pdf?utm_source=Keeping+in+Touch+-

[+New+Year%2C+New+Projects+and+Initiatives&utm_campaign=January+2016&utm_medium=email](#)

Municipal Resources:

- Edmonton:
http://www.edmonton.ca/city_government/documents/01_26_12_booklet_AboriginalWelcome-Guide.pdf Welcome to Edmonton Guide
- <http://newintownedmonton.ca/> The New in Town Aboriginal Welcome Service is based on the belief that if Aboriginal newcomers are welcomed by a culturally relevant and coordinated referral service, they will connect with community and cultural resources to support them in developing safe and positive lifestyles in their new home.
- Calgary:
http://www.calgary.ca/csps/cns/documents/aboriginal_services_guide.pdf?noredirect=1
Welcome to Calgary Guide

Indigenous Specific Resources

- <https://newjourneys.ca/> - a website managed by the National Association of Native Friendship Centers. You can find resources and services, read about issues of interest, explore language learning resources, read news stories and stories about culture and well being. Also included under the 'well being' tab is the "Ask Auntie" digital platform to help Indigenous girls learn about traditions, culture and history holistically.
- <http://www.mymnfc.com/files/publications/NewJourneys.ca-Family-Transition-Guide.pdf> - for people transitioning from rural to urban environments.
- <http://www.mymnfc.com/files/publications/NewJourneys.ca-Post-Secondary-Transition-Guide.pdf> - for post secondary students transitioning to Edmonton.
- <http://empoweringthespirit.ca/> - First Nations, Metis and Inuit Education Resource (Government of Alberta). Includes a section on '10 stories you can read your kids about Indian Residential Schools.'
- <http://indigenous.alberta.ca/services> - One stop directory of services and information for First Nations, Metis and Inuit peoples in Alberta.
- <https://www.youtube.com/watch?v=7h9CBMDIb0w> – Roots of Racism Youtube video by the Healthy Aboriginal www.thehealthyaboriginal.net
- <http://thehealthyaboriginal.net/portfolio-item/residential-school-lost-innocence/> Comic book for teens to explain about Indian Residential Schools, comes with a teacher guide.

Telephone Resources

- Bullying Prevention: 1 888 456 2323
- Women Against Violence Against Women Help Line: 1 877 392 7583
- First Nations and Inuit Hope for Wellness Help Line – operates 24/7 and provides culturally competent telephone based crisis intervention counselling to First nations and Inuit young people and adults experiencing distress with service available in both English and French. Support may also be available in Cree, Ojibway and Inuktitut: 1 855 242 3310
- Kids Help Phone 1 800 668 6868 KidsHelpPhone.ca
- **211**

Search for information on:

- Financial & social assistance
- Housing & utility help
- Food assistance & meal programs
- Seniors' services & home care
- Parenting & family programs
- Government program assistance

- Disability support services
- Volunteer organizations
- Newcomer services
- Mental health support
- and much more...



24 Hour Information and Referral Service

Dial 2-1-1 anytime, 24 hours a day, 7 days a week.

You can also reach the Alberta 211 call centres on the following toll-free numbers:

Calgary - Central Alberta & Alberta South 1-855-266-1605

Edmonton - Alberta North - 1-888-482-4696

Alberta Wide Services – AHS – Available 24/7

Health Link 811 website: www.ahs.ca/amh



Addictions Helpline 1 866 332 2322

- will advise of services available

Mental Health Helpline 1 877 303 2642

- will advise of services available

Campaigns

- **We Matter Campaign** - We Matter is a national multi-media campaign designed to gather positive messages from people across the country, to offer support for Indigenous youth going through a hard time: <https://wemattercampaign.org/>