

Community Asset Map

Accessing Support Services
Across Labrador

COMMUNITIES, ALLIANCES & NETWORKS
LABRADOR FRIENDSHIP CENTRE





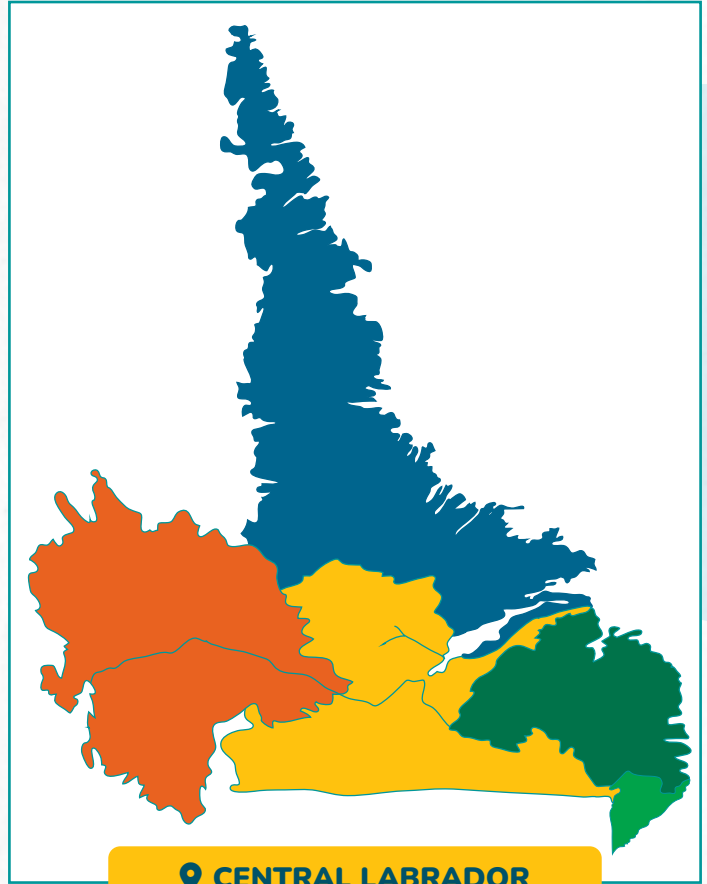
Community Asset Map

**COMMUNITIES, ALLIANCES
& NETWORKS**

LABRADOR FRIENDSHIP CENTRE



LABRADOR REGION MAP AND LEGEND



📍 CENTRAL LABRADOR

📍 SOUTHEAST COAST

📍 NORTH COAST

📍 LABRADOR WEST

📍 LABRADOR STRAITS



Sexual Health Resources

The SHIELD Project

The Labrador Friendship Centre's SHIELD Project uses art, culture and technology activities to share information about sexual health, healthy relationships and harm reduction with young people age 11-24. The SHIELD Project staff work in Charlottetown and Happy Valley Goose Bay.

SHIELD events are advertised through @LFCShieldProject social media accounts and at lfcshieldproject.ca

 **CENTRAL LABRADOR**

Action Canada for Sexual Health and Rights

Advocates for sexual and reproductive health rights. Accurate sexual health information and more information about their organization can be found at actioncanadashr.org. Their toll free Access Line operates 7 days a week from 10am-10pm AST.

It is available for confidential assistance with questions about sexual health, pregnancy options, abortion, and safer sex by calling 1-888-642-2725 or through text at 613-800-6757.

 **ALL**

Planned Parenthood Newfoundland and Labrador

Located in St. John's, toll free line at 1-877-NO-MYTHS (666-9847) and website plannedparenthoodnlshc.com

 **SOUTH-NEWFOUNDLAND**



Community Programming

Community Outreach

The Labrador Friendship Centre's Community Outreach staff oversee programming men, women, and seniors. The Women's Friendship Circle typically meets on Wednesday evening at 49 Grenfell. Contact our Community Outreach Workers at 709-896-8302 ext. 206 or follow @LabradorFriendshipCentre on Facebook for programming updates!

📍 CENTRAL LABRADOR

Labrador Friendship Centre Youth Programs

For information about upcoming events and opportunities for youth, call 709-896-8302 ext. 224 or email jrachwal@lfchvgb.ca.

📍 CENTRAL LABRADOR

Grand River Family Resource Centre

Grand River Family Resource Centre is located at 114 Hamilton River Road in Happy Valley-Goose Bay. For information about their programming, call 709-896-2202 or email grandriverfrc114@gmail.com

📍 CENTRAL LABRADOR

Mokami Status of Women Council

MSWC offers programs and supports for women and gender-diverse individuals in Happy Valley-Goose Bay. Information regarding crafting, support groups, and seniors programming can be found by calling 709-896-3484 ext. 203 or following @MokamiWomen on Facebook.

MSWC's Women Helping Women program (providing pregnancy tests, and hygiene products) and Safe Works Access Program supplies (fentanyl test strips, drug use equipment) can be accessed by calling 709-896-3484 ext. 209. The Mokami Status of Women Council's social enterprise thrift shop, Thrifty Fashions, operates a supportive employment program for women and gender-diverse individuals under 30. Thrifty Fashions also provides clothing vouchers and can be called directly at 709-896-3878. The Women's Centre and Thrifty Fashions are located at 43 Grenfell in Happy Valley-Goose Bay.

Naloxone pick-up site

📍 CENTRAL LABRADOR

Happy Valley-Goose Bay

Nunatsiavut Regional Office is located at 14 Corte Real Road. Reach out at **709-896-3396** for community programming information.

 **CENTRAL LABRADOR**

Labrador West Indigenous Service Centre

Similar to Friendship Centres and located at 121 Matthew Avenue, LWISC delivers programs and services to assist all Indigenous peoples living in or transitioning to Labrador West. Visitors are welcome Monday to Friday from 8:30am to 4:30pm, closed for lunch.

 **WESTERN LABRADOR**

Nain Youth Outreach

Ocean Wyatt, Youth Outreach Worker with Nunatsiavut Government's Department of Health and Social Development, can be reached at **709-922-2126 ext.250** or through email at ocean.wyatt@nunatsiavut.com.

 **NUNATSIAVUT/NORTH COAST**

Southern Labrador/Strait of Belle Isle Community Youth Network

Offers programming and support for youth age 12-18. The main office is located in L'anse au Loup (phone: **709 927 5151**) with satellite sites in Flower's Cove (Regional Community Youth Centre, **709-456-2444**), L'anse au Loup (Paula's Place, **1-709-927-5335**); West St. Modest (The Zone, **709-927-5444**) and Port Hope Simpson (The GAP Centre, **709-960-0439**).

 **WESTERN LABRADOR**

Little Tree Family Centre

Offers programming for Indigenous families with children from 0-6 in Happy Valley-Goose Bay. Little Tree hosts an Aboriginal Head Start program, as well as regular and drop in sessions. The Healthy Baby Club and Resource Mother offer supports to new parents of any background. The Centre is located at 38 Grenfell in Happy Valley-Goose Bay. For more information, call **709-896-4398**.

 **NUNATSIAVUT/NORTH COAST**



Food Relief Services

Cartwright Food Bank

709- 938-7463.

📍 SOUTH COAST/LABRADOR STRAITS

Community Food Bank

The Labrador Friendship Centre operates a Community Food Bank at 49 Grenfell in Happy Valley-Goose Bay. Individuals residing anywhere in Upper Lake Melville can call 709-896-8302 to place a Food Bank order- calls should be made before 11am for afternoon pick up. Emergency food relief can be accessed on weekdays and is available to individuals and families once per month.

📍 CENTRAL LABRADOR

NunatuKavut Community Council's Community Freezer Program

Open to NCC members who are not able to take advantage of our communal fishery program, which includes seniors (60+) and those with disabilities. The program is currently available in Happy Valley-Goose Bay, Cartwright, Black Tickle, Charlottetown, Port Hope Simpson, Mary's Harbour, Lodge Bay, St. Lewis, Labrador West and The Straits. For more information, visit nunatukavut.ca

📍 ALL

Labrador West Food Bank

Labrador City, call 709-282-4013.

📍 WESTERN LABRADOR

Nain

709-922-2183.

📍 NUNATSIAVUT/NORTH COAST

TaKuaKautik

A volunteer-based, community lead food bank in Nain Nunatsiavut. The TaKuaKautik is available to anyone in need, with one bag per family. We are open once a month, on the last Thursday of the month. Distribution happens between 5-8 pm at the red warehouse on Sitsik Street. Orders must be made for food bags in advance. To place an order, place your name in the blue box at the Post Office. We accept orders up to two days before distribution.

Please note: We accept monetary and food donations. Any donation is greatly appreciated. This Facebook group will be used mainly to advertise any events going on and to keep the community updated with the TaKuaKautik.

Please keep an eye out for updates, fundraisers, and volunteer opportunities!

 CENTRAL LABRADOR



Supports for Survivors

The Journey Project

TJP supports individuals who have experienced any form of sexual violence and/or intimate partner violence to navigate their experience with any legal system. Visit their website at journeyproject.ca Martina Lavallee, Legal Support Navigator in Labrador, can be reached via labrador@journeyprojectnl.com or at 709-217-6824.

 CENTRAL LABRADOR

Violence Prevention Labrador

Violence Prevention Labrador is an organization that works to create awareness and attitudinal change towards violence in our communities. To get involved, contact coordinator@vplabrador.ca, call 709-899-3231, or follow @LabradorCares on Facebook.

 ALL


End Sexual Violence NL

ESVNL exists to support individuals of all genders who have been impacted by sexual violence.

ESVNL operates from a feminist, pro-choice, trauma-informed, and person-centred perspective where individuals with lived experiences are honoured for their unique strengths, needs, skills, and abilities. Deirdre Connolly, Sexual Violence Prevention Coordinator in central Labrador, can be reached at deirdre@endsexualviolence.com.

ESVNL also operates a 24 Hour Support and Information Line, **1-800-726-2743**.

 **CENTRAL LABRADOR**



Clinics and Naloxone Pick Up Sites

Black Tickle

Black Tickle Community Clinic's hours are Monday to Friday 8:30am to 4:30pm (closed Thursday afternoons for administration; emergency services available). They can be reached at **709-471-8872**

Naloxone pick up site

 **SOUTH COAST/LABRADOR STRAITS**

Cartwright

Cartwright Community Clinic's hours are Monday to Friday 8:30am-4:30pm (closed Thursday afternoons for administration; emergency services available). They can be reached at **709-938-7285**.

Naloxone pick up site

 **SOUTH COAST/LABRADOR STRAITS]**

Charlottetown, Norman's Bay and Pinsent's Arm

Charlottetown Community Clinic's hours are Monday to Friday, 8:30am to 12:00pm and 1:00pm to 5:00pm (closed Wednesday afternoons for administration; emergency services available). They can be reached at **709-949-0259**.

Naloxone pick up site

Churchill Falls

Churchill Falls Community Clinic's hours are Monday to Friday 8:00am to 4:00pm, (closed Thursday afternoons for administration; emergency services available). They can be reached at **709-925-3381**

Naloxone pick up site

 **SOUTH COAST/LABRADOR STRAITS**

Red Bay to Lanse au Clair

Labrador South Health Centre is located in Forteau and can be reached at **709-931-2450**. Mental Health & Addiction services by appointment Monday, Tuesday, Thursday & Friday 8:00am-4:00pm, and on Wednesday by appointment or walk in from 9:00am-5:00pm.

Naloxone pick up site

 **SOUTH COAST/LABRADOR STRAITS**

Happy Valley-Goose Bay

The Labrador Health Centre is located at 227 Hamilton River Road. Mental Health & Addictions services are available Monday to Friday from 8:00am to 4:30pm. The department can be reached at **709-897-2302**.

Naloxone pick up site

 **CENTRAL LABRADOR**

Regional Opioid Dependence Treatment

The regional ODT Hub is located in the Labrador Health Centre. Service is available by walk-in or appointment Monday to Friday from 8:30am to 4:30pm. Telephone and Telehealth Service is available throughout the region. ODT can be reached at **709-897-2125**.

SWAP and Naloxone pick up site

 **CENTRAL LABRADOR**

Hopedale

Public Health Nunatsiavut Government is located at 9 American Road. Open Monday to Thursday from 10:00am to 4:00pm and Fridays from 10:00am to 12:00pm, they can be reached by phone at **709-933-3894**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Labrador City

Mental Health & Addictions services are available at the Labrador West Health Centre, 1700 Nichols-Adam Highway Labrador City. Open Monday to Friday from 8:00am to 4:30pm for walk-ins or appointments. Crisis staff are available until 10:00pm. Call **709-285-8307, 709-285-8311 or 285-8306**

Naloxone pick up site

 **WESTERN LABRADOR**

Makkovik

Public Health Nunatsiavut Government is located at 6 Willowcreek Lane. Open Monday to Friday from 8:30am to 12:00pm and 1:00pm to 4:30pm for walk-ins or appointments. Call **709-923-2240**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Makkovik

Makkovik Community Clinic is located at 42-50 Moravian St. Open Monday to Friday 8:30am to 5:00pm for walk-ins or appointments. Call **709-923-2229**.

Naloxone pick up site
(on call –can distribute on evenings and weekends)

 **NUNATSIAVUT/NORTH COAST**

Mary's Harbour

Mental Health & Addictions services are available at Mary's Harbour Health Clinic located at 205 Main Street. Open Monday to Friday from 8:30am to 4:30pm for walk-ins or appointments. Call **709-921-6228**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Nain

Mental Health & Addictions services are available at the DHSD building. Open Monday to Friday from 8:00am to 4:00pm for walk-ins or appointments. Call **709-922-2184**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Nain

Public Health Nunatsiavut Government is open Monday to Friday from 8:30am to 4:30pm. Appointments may be required if the clinic is busy. Call **709-922-1946**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Nain

Nain Health Clinic is located at 28 Ikajuktauvik. Open Monday to Friday from 8:00am to 4:00pm, appointments are required. Call **709-922-2912**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Nain

Mushuau Innu Health Commission is located at 1 Pasteen Street. Open Monday to Friday from 9:00am to 5:00pm for walk-ins or appointments. Call **709-478-5013** or **709-478-8758**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Natuashish

Natuashish Health Clinic is located at 1 Pasteen St. Open Monday to Sunday from 8:30am to 5:00pm for walk-ins or appointments. Call **709-478-8842** or **709-478-8887** after 5:00pm.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Port Hope Simpson

Mental Health & Addictions services are available at the Port Hope Simpson Clinic at 57 Bowater Avenue. Appointments are required. Open Monday to Friday from 8:30am to 12:00pm and 1:00pm to 5:00pm, call **709-960-0234** (clients can access 24 hour on-call service)

Naloxone pick up site

 **SOUTH COAST/LABRADOR STRAITS**

Postville

Nunatsiavut Government DHSD is located at 35 Kaipokok Drive. Appointments are required. Open Monday to Friday from 8:30am to 4:30pm. Call **709-479-9842 ext. 2008**.

Naloxone pick up site

 **NUNATSIAVUT/NORTH COAST**

Postville

Postville Community Clinic is located at 3 Park Drive. Open from 8:30am to 12:00pm and 1:00pm to 5:00pm. Emergent cases can be accommodated but appointments are preferred. Call 709-479-9851.

Naloxone pick up site

 SOUTH COAST/LABRADOR STRAITS

Rigolet

Public Health Nunatsiavut Government is located at 8 Shiwak's Lane. Appointments are required. Open Monday to Friday from 8:30am to 4:00pm. Call 709-947-3328 ext. 259.

Naloxone pick up site

 NUNATSIAVUT/NORTH COAST

Postville

Rigolet Community Clinic is located at 7 Riches Seashore Drive. Open Monday to Friday from 8:30am to 4:00pm for walk-ins or appointments. Call 709-947-3386.

Naloxone pick up site

 NUNATSIAVUT/NORTH COAST

Sheshatshiu

Mani Ashini Clinic Sheshatshiu Health Centre is open Monday to Friday from 8:30am to 4:30pm for walk-ins or appointments. Call 709-497-8351.

Naloxone pick up site

 CENTRAL LABRADOR

St. Lewis

Mental Health & Addictions services are available at the St. Lewis Clinic at 14 Airport Road. Appointments are required. Open Monday to Friday from 8:30am to 5:00pm, call 709-939-2230.

Naloxone pick up site

 SOUTH COAST/LABRADOR STRAITS





Supports for Individuals Experiencing Domestic Violence

Labrador City

Hope Haven. Crisis line is 709-944-2200. Call toll-free at 1-888-332-0000.

📍 WESTERN LABRADOR

Happy Valley-Goose Bay

Libra House. Crisis line is 709-896-3014. Call toll-free at 1-877-896-3014.

📍 CENTRAL LABRADOR

Nain Safe House

Crisis line is 709-922-1230. Call toll-free at 1-866-922-1230.

📍 NUNATSIAVUT/NORTH COAST

Natuashish Safe House

Crisis line is 709-478-2390.

📍 NUNATSIAVUT/NORTH COAST

Sheshatshiu

Nukum Munik crisis line is 709-497-8869

📍 NUNATSIAVUT/NORTH COAST



CAAN - Communities, Alliances & Networks

P.O. Box 2978, Fort Qu'Appelle, SK. S0G 1S0

✉ info@caan.ca

☎ 1-306-332-0553

🌐 caan.ca

