



**NewJourneys.ca**  
Your online Friendship Centre resource

**If you feel unsafe, remember that you are not alone. Talk to someone you trust or reach out for support. Please see the following resource list to help you on our journey.**

**Talk for Healing:** Talk4Healing is a helpline available to all Aboriginal women living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario. Visit here for more information: <http://www.talk4healing.com>  
Telephone: 1-855-554-4325

**DAWN-RAFH** has a list of crisis hotlines for your needs depending on where you are located in Canada. Visit here for a full listing: <https://www.dawncanada.net/issues/issues/we-can-tell-and-we-will-tell-2/crisis-hotlines/>

**Kids Help Phone:** This is a 24/7 helpline that connects young people with counsellors. Youth who are affected by domestic violence can find a place to talk about their struggles and feelings here. Visit here to learn more: <https://kidshelpphone.ca>  
Telephone: 1-800-668-6868

**The Department of Justice** hosts a **Victim Services Directory** to help connect you with a variety of support services, including counselling, shelters, witness preparation, crisis intervention, etc.

Visit here: <http://www.justice.gc.ca/eng/cj-jp/victims-victimes/vsd-rsv/sch-rch.aspx>

Find a women's shelter near you, visit here: <http://www.sheltersafe.ca> or other frontline services tailored to Indigenous people, find your local **Friendship Centre**, visit here: <http://nafc.ca/en/friendship-centres/>

### **New Journeys**

New Journeys is full of important, potentially life-saving information. As the site grows, it will have many tools and resources to help you stay safe and make informed decisions about your life. It will help you understand your rights and how you can be part of creating social change and ending violence against our people.

- Online Friendship Centre resource.
- Searchable database by program, location and city.
- Online platform for sharing stories and information on the urban Indigenous experience.
- Provides key resources, services, and information to help urban Indigenous youth, young families and others seeking to know more about their surroundings.

**Learn more and search this database at:** [www.newjourneys.ca](http://www.newjourneys.ca)

