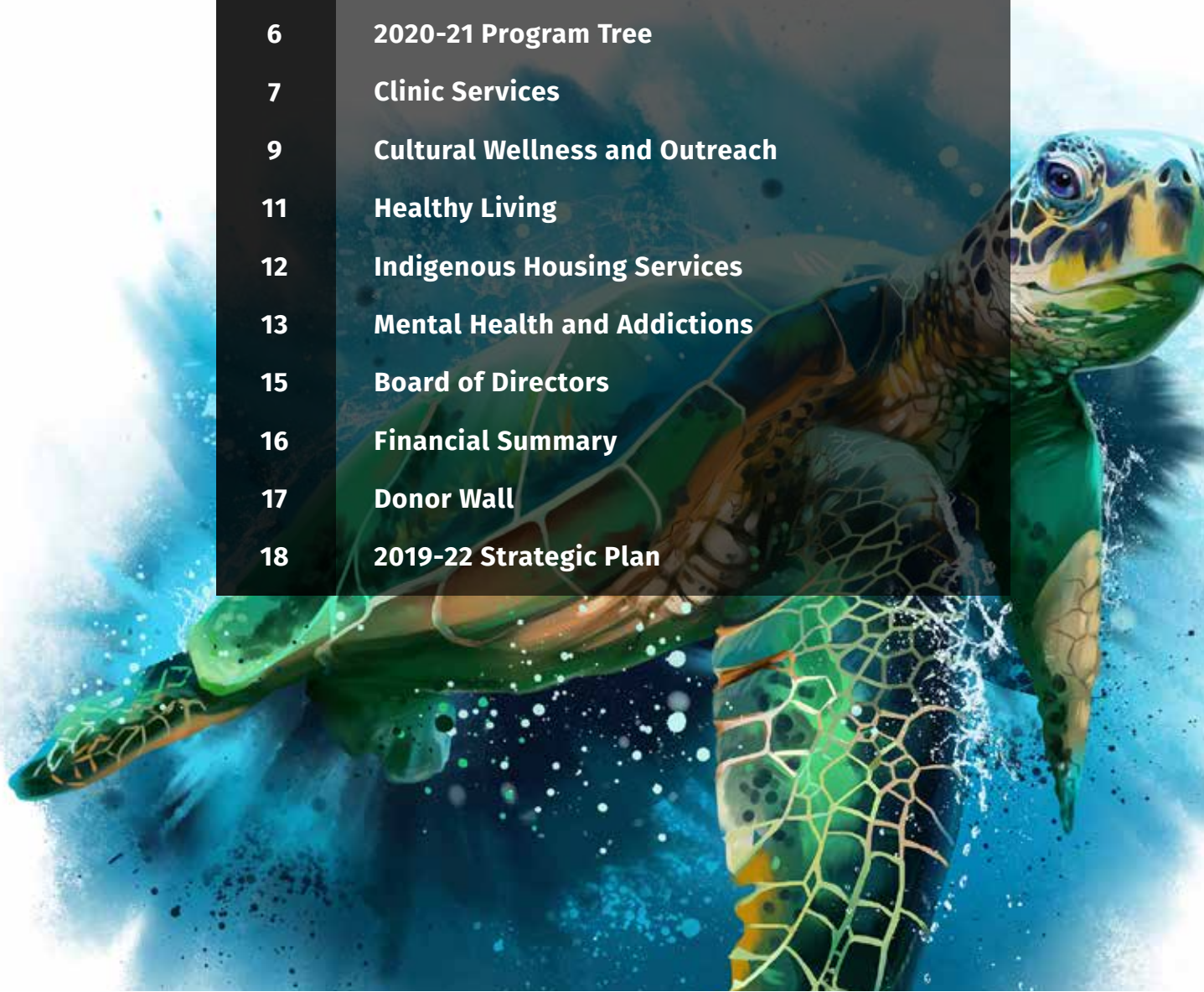




2020-2021 Annual Report



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Vision

Vibrant, healthy Indigenous communities

Mission

Improving the health and well-being of Indigenous individuals, families and communities through wholistic Indigenous, Traditional and Western health care.

De dwa da dehs nye>s Aboriginal Health Centre embodies the concept of:
“Taking care of each other amongst ourselves”

MESSAGE TO OUR COMMUNITY



De dwa da dehs nye>s is the only urban Indigenous organization in the Greater Hamilton and Brantford/Brant County areas providing a blend of western and Indigenous Traditional medicine. De dwa da dehs nye>s has been successfully providing culturally safe programs and services that are relationship based, welcoming and individual directed since 1998. Our commitment is to connect people in Indigenous Communities and local neighbourhood(s) to support health and well-being by integrating resources that meet the boarder determinants of health. Our model recognizes the dynamic balance of mental, emotional, physical and spiritual health. De dwa da dehs nye>s is the place of first choice and last hope of Indigenous peoples in the Greater Hamilton and Brantford/Brant County areas.



The Health Centre focuses on a wholistic preventive and primary health care model that includes Physicians, Nurse Practitioners, Traditional Healing and other primary health services — Mental Health Support as well as community health supports — Advocacy, Outreach and Health Promotion and Education Services. The Health Centre serves all Indigenous people, regardless of status and provides assistance to outside service organizations to provide care in a culturally appropriate way. The Health Centre has sites in Brantford/Brant County, the Greater Hamilton area and the Niagara Region.

COVID-19

The 2020-21 fiscal year brought many challenges with the declaration of the COVID-19 pandemic; however, it also identified several opportunities. We began the fiscal year amid a global pandemic. As a result, we had to redesign our service delivery models to ensure the safety of patients/ participants and staff.



This new path in our shared journey has had its challenges, yet it has also been very fulfilling to continue on together to bring positive change in the lives of those we serve. It is our intention to continue to build on our organization's foundational roots, as we work hard to provide a place of healing that is welcoming, regardless of its platform. Where appropriate, telecommunication and virtual visits were initiated. Staff adjusted to the new reality and most of our staff converted spaces in their homes to office workspace. Virtual programs were initiated and have been well received.

Recognizing that some people are not able to access online programming due to the lack of technology or access to internet, De dwa da dehs nye>s implemented a program to provide cell phones with data for patients/participants to access virtual health care and case management services. This program has been very successful.

MESSAGE TO OUR COMMUNITY

Concerns of food security increased over the past year. De dwa da dehs nye>s initiated the Community Outreach fund. It is funded by many generous donations and has provided access to gift cards for supermarkets to provide assistance. In addition, our Holiday Hamper programs transitioned to the distribution of gift cards to limit the risk of exposure for patients/participants and staff.

We would like to acknowledge the generous support that we have received from our community during this time. We have received monetary donations and Personal Protection Equipment (PPE) supplies. Your support is appreciated.

STRATEGIC PLAN

The 2019-22 Strategic Plan identified three Strategic Priorities for De dwa da dehs nye>s. They are: Enhancing Performance, Cultivating Partnerships and Developing People.



Enhancing Performance

Throughout the 2020-21 fiscal year we had to adapt to new ways of providing service while ensuring culturally safe and efficient care to our patients/participants.

Cultivating Partnerships

We continue to develop and strengthen partnerships with healthcare, education, research and funding stakeholders. We continue to engage with the local Ontario Health Teams to ensure appropriate and timely care is provided to the Indigenous Community. We have partnered with the local Public Health Units to support the COVID-19 vaccination rollout in the Brant, Hamilton and Niagara Health Units to ensure timely access to Indigenous Adults.

In addition, the capital planning process for the new community Well-Being Centres in Hamilton and Brantford continue as partnerships are identified and confirmed.

Developing People

Supporting and developing our patients/participants, staff, volunteers and students is crucial to the success of De dwa da dehs nye>s. This year has brought many opportunities for our community and staff, including adapting to the new model of service delivery. Although, it has been difficult at times, through collaboration we have been able to ensure we are “taking care of each other amongst ourselves”.

Board Composition

During the 2020-21 fiscal year, we welcomed the following new Board Members: Amanda Beaudry (first meeting in April 2020), Celina Parker (attended first meeting in September 2020) and Alex Jacobs-Blum (attended first meeting in September 2020). In September 2020, Pat Mandy assumed the role of Past Chair and Capital Lead. I thank them for their time and commitment to De dwa da dehs nye>s Aboriginal Health Centre.

I am pleased to report that Grandmother Renee Thomas-Hill has continued to provide Elder support to the Board of Directors. Nyá:wëh Grandmother Renee for your sharing your guidance and knowledge.

It is important to recognize the commitment and dedication of staff. This year has been difficult, and staff have rose to the challenges presented. Staff’s dedication to the Indigenous community has been unparalleled. We recognize, acknowledge and thank the staff for the quality care that they provide to the Indigenous community.

Finally, I would like to thank the Board of Directors for their time, dedication and hard work. Their commitment to improving the wellness of Indigenous individuals and the Indigenous Community is evident.

It has been an honour and privilege to be a part of the De dwa da dehs nye>s Aboriginal Health Centre.

Nyá:wëh,

Bryanne Smart

Chairperson

DEPARTMENTS: 2020-21 PROGRAM TREE

- Family Medicine
- Pre and Post Natal Care
- FASD Diagnostics
- Chronic Disease Management
- Partnership with Pain and Specialists and Gerontology
- Phlebotomy

Primary Care

- Health Promotions
 - Healthy Eating Active Living
 - Smoke Free Programming
 - FASD & Child Nutrition Programming
- Diabetes Education Program
 - Dietitian
 - Diabetic Nurse Educator
 - Footcare Services
 - Reflexology
 - Retinal Screening
 - Hearing Assessments

Healthy Living*

Indigenous Housing Services

- Housing Support
- Case Management
- Landlord Liaison
- Indigenous Lifeskills

Cultural Wellness & Outreach

- Cultural Outreach
- Patient Navigation
- Wheels for Seniors (Medical Transportation)
- Traditional Healing

Mental Health & Addictions

- Addictions Counselling
- Adult Mental Health Counselling
- Adult Mental Health Outreach
- Adult Mental Health Peer Outreach
- Child and Youth Mental Health Counselling
- Child and Youth Mental Health Outreach



CLINIC SERVICES

Throughout the past year, De dwa da dehs nye>s' Primary Care Team have demonstrated unwavering commitment to the health and wellbeing of our patients and community, despite the unrelenting pressures that the COVID-19 pandemic has placed on our health care workers. During these times of fear, uncertainty and isolation, the team has remained a constant source of compassion, support, and connection for our patients, which has been a lifeline to those most impacted by the pandemic. Through adversity, we continued to provide high quality, comprehensive primary care services that honour each individual by blending the best of western medicine and Traditional approaches to achieve health and wellness.



In 2020-21, the clinic introduced virtual and telephone visits for patients, where appropriate, to divert unnecessary in-person appointments in compliance with provincial orders and for the health and safety of our staff and patients. This adjustment was challenging to start; however, staff quickly adapted to this new approach and patients appreciated the option to access care in a new and safe way. For those who did not have access to a cell phone, we were able to provide them with a phone so they could access the clinic and other health centre programs.

Continuity of care was maintained throughout 2020-21 as the clinic saw an increase in number of visits and decrease in no-show rates over the previous year with 7981 visits in Brantford and 4300 visits in Hamilton. Our Brantford clinic remained at full capacity with 1272 patients, while Hamilton accepted high priority new patients and currently serves 1078 individuals. On average our patients had 7 visits throughout the year, while 10% of our most complex patients were seen over 20 times each. Between April and August of 2020-21, routine cancer screening visits were postponed. As we approached September 2021 and recognized that the pandemic would be ongoing, we began scheduling these screening visits for Breast Cancer, Cervical Cancer, and Colorectal Cancer to avoid undetected illnesses. As a result, we were able to achieve cancer screening rates above the provincial average and a flu vaccination rate over 70% for our patients 65 years of age and older.

We continued to foster the following relationships with existing and new areas of speciality to improve access for our patients:

FASD Assessment and Diagnostic Service

In 2020, a new partnership was created between De dwa da dehs nye>s Aboriginal Health Centre (DAHC) and McMaster Children's Hospital (MCH), Ron Joyce Children's Health Centre (RJCHC) to provide improved access to diagnostic testing for Fetal Alcohol Spectrum Disorders (FASDs) for Indigenous children, youth and families. FASDs are a group of conditions that can affect an unborn baby who is exposed to prenatal consumption of alcohol. Working together, DAHC and MCH will provide comprehensive, multidisciplinary FASD assessment and diagnostic services to Indigenous community members regionally. Program development was completed in Winter 2021, with program launch to take place in Spring 2021.

Michael G. DeGroote Pain Clinic

Three (3) virtual visits were held in Hamilton and a case conference was hosted between two pain specialists and DAHC clinicians to continue building internal capacity to identify and manage chronic pain

McMaster University Adult Respiriology

Developed a relationship with McMaster University Respiriology to host onsite Respiriology clinics bi-monthly in Hamilton and Brantford. Due to COVID-19 restrictions, the clinic launch date has been postponed to Fall 2021.

Specialized Physiotherapy

Developed an internal partnership with Healthy Living program whereby DAHC could support patients experiencing financial hardship with access to specialized physiotherapy services in Hamilton and Brantford. Three (3) referrals were made in the fourth quarter (Q4) 2020-21.

Caring For Our Elders

Six (6) geriatric specialty clinics were hosted between Hamilton and Brantford and a total of 12 individuals were able to access this service.

Access to COVID-19 Vaccinations for Indigenous Adults

As vaccination roll-out began for Indigenous adults in March 2021, De dwa da dehs nye>s immediately assumed a key role among partners to aid in planning and implementing the roll-out strategy in Hamilton, Brantford and Niagara. DAHC redeployed staff to support these efforts and take on tasks such as calling patients and participants, managing a COVID-19 support line and email, updating DAHC's website with the latest vaccine information, launching a registration survey to connect people with vaccine appointments, arranging transportation to and from vaccine appointments, and responding to questions and concerns on social media. Through this communication strategy DAHC directly connected approximately 2300 people with a vaccine appointment and reached thousands more through our website and social media announcements.

Perkins Centre COVID-19 Vaccine Pop-Up Clinics

In addition to supporting broader vaccine roll-out efforts, DAHC partnered with Hamilton Public Health and local Indigenous organizations to host Indigenous Vaccine Pop-Up Clinics at the Perkins Centre. These clinics provided approximately 1,200 vaccinations to Indigenous community members and their families. DAHC clinicians were redeployed to work at these clinics and as people arrived for their vaccine, they felt comforted seeing the familiar faces of their primary care team or other community workers. A Traditional opening and smudge were provided, drinks and a small snack were available post-vaccine, and staff from Indigenous organizations were on site to offer support and direction to those arriving for their appointments. These small but significant differences set these Pop-Up Clinics apart from others by embodying the values of DAHC as an organization and providing a safe space for our community to access vaccinations.

COVID-19 Vaccination and Testing Van

In March 2021, we received confirmation of funding to support the purchase of a COVID-19 Vaccination and Testing Mobile Outreach Van. This particular mobile clinic model is designed by EKM Architecture and is currently used across Canada by a growing list of community health centres, health units, and other not-for-profit health agencies. The mobile clinic has the capability to administer COVID-19 tests, vaccinations, provide primary health care and offer social services to those with complex barriers to accessing health care services. Vehicle delivery is expected in Summer/Fall 2021.



Aboriginal Patient Navigator Program

The Aboriginal Patient Navigator (APN) Program provides culturally appropriate resources for health care providers and individuals from hospitals to community and home. As COVID restrictions increased and access to client-facing healthcare services decreased, the APN's transitioned to virtual healthcare navigation to ensure safety and collaboration between individuals and their healthcare partners. To support in-patient requests for smudging, traditional medicines were safely provided through contactless deliveries to hospitals and healthcare institutions and patients were invited to a safe and confidential virtual space for ceremony or smudge. To support patients being discharged from hospital to home essential healthcare products and devices were delivered directly to the patient through contactless delivery.

Welcome baby newborn care packages were provided to families that included a thermometer and basic essential items to care for babies that were not available in stores due to global supply shortages.



Community Garden: A Connection to Indigenous Land Based Practices and Medicines

Creating a community place of inclusion while safely distancing, APN for Hamilton coordinated a community garden project as an introduction to connection to the land. The community garden provided a sacred space for community connectedness with traditional medicines, traditional teachings, seed songs, and teachings of respect for cultural values and beliefs within the sacred space. Families were provided video teachings of a healing garden to create a conscious awakening for individuals while being surrounded by medicines and land. The center of the garden was a medicine wheel created as the core for growing the 4 sacred medicines. The land-based project group and students from a local high-school helped with the harvest and were given the teachings of corn, beans, and squash. The group learned how to say the names of the seeds in the Mohawk language and received the teachings of sacred tobacco including a demonstration and teaching of how to dry, hang, and gift traditional tobacco.



Wheels for Seniors Transportation Program

Access to transportation services is crucial for maintaining health and continuity of care for our seniors. Throughout the pandemic, the safety of our community and staff have been our highest priority. Our vehicles have been modified with plexiglass barriers, PPE and sanitizer is provided for clients and staff, and enhanced cleaning protocols were implemented to sterilize the vehicles after each use.

The transportation vehicles all received a highly visible vinyl wrap displaying our logo so seniors can easily and safely identify our vehicles when the driver arrives to pick them up from home and at healthcare institutions.

Connection to Culture is Connection to Health

De dwa da dehs nye>s was pleased to have the ability to expand Traditional Healing services into the Niagara catchment in 2020. Another change for the program was that in the fall of 2020, the Traditional Healing program became a vital part of the newly created “Cultural Wellness and Outreach” Department. This department will not only work with the promotion of cultural practices and traditions, but also key social justice issues that undermine health and wellness. We are going to develop programs and services that promote education around cultural safety.



Cultural health is a cornerstone of our wholistic model of health care. The programs and services offered by Traditional Healing have the objective to connect community with traditional teachings, provide access to elders, cultural programming, as well as access to traditional medicines.



The Traditional Healing program focused on promoting land-based teachings and land-based activities to combat the stresses of living through the COVID-19 pandemic. The reality is that while it can be challenging being isolated and unable to connect with others, there is an opportunity to connect with nature, with the Creator. We delivered seed packets to encourage gardening, offered monthly moon ceremonies, as well as connected with clients and participants for one-on-one sessions. The program was able to provide a number of virtual opportunities during these challenging times, such as the parenting bundle program, the spiritual warriors roadway program and several cultural arts and crafts programs. We continue to develop our programming and services, as we endeavor to connect to those we serve.

HEALTHY LIVING

The Healthy Living Department at De dwa dehs nyes> is currently comprised of the Diabetes Education Program, The Healthier YOU Program (inclusive of: Smoke Free Ontario, Healthy Eating Active Living and the Diabetes Prevention programs), as well as the Fetal Alcohol Spectrum Disorder (FASD) and Child Nutrition Program.

Although these programs have differing mandates, the commonality that unites these programs is that they have the goal of providing programs, services and resources that promote health. We think of good health as a wheel with many spokes. Eating healthy, participating in culture, exercise, a good night's sleep, good relationships, decreasing the inflammation in the body - all of these are approaches that can lead to decreasing risk factors for chronic diseases. The Healthy Living Department provide services that promote healthy lifestyles and healthy behavioural practices.

This past year, COVID-19 brought many challenges to the way we deliver our services. No longer could we meet at our centre for the small group programs such as the many circles we offer, the community kitchens and the cultural and educational workshops. The big community gatherings and feasts were cancelled for the sake of public health and safety. March Break Family Camp foregone for two consecutive years.

However, out of this, the Healthy Living team found meaningful ways to connect to community through strategic outreach. Our team delivered health promotions packages

to the participants throughout the different waves of the virus, which accompanied the latest in the public health messaging. We wanted people to feel that we are still there for them, while encouraging safety. Our team found remote ways to deliver programs, services and health information. We were still able to offer family programming, our circles, cultural programs, cooking, and provide essential education to promote health.



We found that in the wheel of health, connection is an important spoke. When hard times are upon us and something like a virus drives us apart - it is more important than ever for our wellness to foster the ties that bind us together. Connection is good medicine.



INDIGENOUS HOUSING SERVICES

Indigenous Housing Services

Indigenous Housing Services (formerly known as “Homeward Bound”) consists of a Housing First Program and also provides case management to two of the buildings owned by Ontario Aboriginal Housing Services: Koo gaa da win Manitou Senior’s Residence and Odro>hek>ta men’s residence.

The Indigenous Housing Services team works directly with Indigenous Individuals who have been identified as episodically or chronically homeless in the City of Hamilton, using a “Housing First” approach. Through this approach we aim to provide Indigenous individuals experiencing homelessness with direct access to housing, regardless of identifiable barriers. These identifiable barriers include, but are not limited to: addictions, mental health, trauma, family breakdown and cultural disconnection.



Program Growth and Expansion

This year we have had new individuals join our housing services team, including a new life skills coordinator and the addition of an administrative assistant to the team. We have also welcomed a new wellness case manager and seen the return of our Intake Coordinator from Maternity leave.

Innovative Approaches to Care

COVID-19 has given us new opportunities to consider innovative approaches to care that considers the safety of our participants as well as recognizes the ongoing need for community and connection. The Hub, located at 20 Kenilworth Avenue in Hamilton, has remained open this year providing food security and brief social connection with our participants. Due to COVID-19 pandemic precautions, the clinic at the Hub has remained closed this year; however, we continue to provide medical care to our participants at the main Hamilton clinic and have worked to provide transportation to the clinic whenever there is a barrier to care.

Indigenous Housing Services has been able to provide our participants with food gift cards during each round of lock-down and have made medicine bundles, cleaning supplies and reusable face masks available to all individuals involved in Indigenous Housing Services. We have been able to provide new winter clothing, and have also been working on boxes this spring that include food and medicines and contain booklets with Traditional teachings that connect to each item in the box to support those who cannot access virtual programming.

Indigenous Housing Services has had to pivot to remote care when possible, but we have continued to ensure that those who do not have a phone or internet connection are provided with a phone with data plans through the De dwa da dehs nye>s COVID-19 phone program. This has allowed individuals to not only connect with our program and services but other services in the community.

We have strengthened our connections with our community partners to work together to continue our intake into the program and provide safe, affordable housing to those in need. We have also ensured that during these times of uncertainty that participants are aware of their tenant rights under COVID-19. We have worked with the landlords who house our participants to address any tenancy issues that arise to maintain housing stability and prevent evictions.

Koo gaa da win Manitou staff have continued to provide one-on-one case management to residents of the building through remote means such as phone check-ins or virtual visits. Residents have also been provided with food gift cards to support with food security, cleaning supplies, PPE and boredom bundles to support residents staying home. We have also been able to run a weekly breakfast program, where breakfast was delivered in take-away containers to each of the residents. We have also been able to provide internet in the building to all the residents as well as tablet devices so residents can access online virtual programming.

This year has been a year of change and uncertainty. Indigenous Housing Services has had to rapidly change how we provide service to our participants. Our team has been quick to adjust to the new pandemic precautions and modify our services to continue to care for our community and make sure that some of our most marginalized and vulnerable community members are not forgotten.

MENTAL HEALTH AND ADDICTIONS

2020-2021 has been a whirlwind of a year for the Mental Health Department. Since March 2020, our team has had to pivot to accommodate COVID restrictions, which has been a unique challenge for our team to continue to provide mental health supports and hire a whole host of new people. Since March 2020 we have hired in Niagara a Child and Youth Counsellor, a Child and Youth Outreach Worker, an Addictions Counsellor and a Rapid Access to Addictions Medicine (RAAM) Outreach Counsellor. As well, new Peer Outreach Workers for Hamilton & Brantford and Niagara were also hired during this time.

As a way to increase our outreach and availability to our clients in our new virtual realm, we created new Instagram accounts @dahaccy and @dahacmha

Part of our pivot process we have been creating and running new virtual groups.



Our Child and Youth Counsellor for Hamilton hosted a virtual collaborative youth art project. According to our counsellor, "This art project is about the process, not the final project. Each youth used strategies to calm their inner critic." Several of our existing child and youth Hamilton clients were able to participate in this project to create a piece of artwork to express themselves. Many people, old and young avoid art or other creative expressions because they feel that they aren't "good enough" to be artists. This project explored art as a

way to express feelings and emotions in a healthy and safe way. Many of our community members are struggling with their mental health and this project gave some youth one more tool for improving their mental health.

In addition, the Child & Youth program developed a virtual yoga program to keep our children and youth active despite COVID restrictions. This program was significant because it helped give families an additional option for engagement and physical health when options were limited due to COVID restrictions. This program was run for 16 weeks and impacted at least 5 families who were willing and able to participate.

In October we welcomed our new Hamilton Peer Outreach worker who has been working diligently to run many virtual groups including: Beading, art, chronic illness support, Two Spirit and LGBTQIA. Previously our health centre has not had any Two Spirit & LGBTQIA specific supports so it has been an incredible resource to have someone within the community to provide a safe space for Indigenous adults and youth to support one another. Often, for youth and young adults who are still at home, being stuck with family due to COVID restrictions can create a toxic environment as not everyone's family is open to having a Two Spirit or LGBTQIA family member because of their own beliefs. Having a safe space to express oneself is vital to supporting people's mental health, and identity.

Our virtual co-dependency group in Brantford, facilitated by the Addictions Counsellors was launched. In some cases, when it was safe to do so, the group was able to meet in-person in socially distanced groups to do workshops such as soapstone carving at the Niagara Youth Wellness Hub and a walking group in Brantford in partnership with St. Leonards Community Services. The participants in the soapstone carving group greatly appreciated having a space at the Niagara Youth wellness hub to see other people (while wearing PPE and social distancing) despite school closures and other restrictions on socialization.

In addition to groups, we also run a variety of promotions and contests. In the summer, the Child and Youth Mental Health program in Niagara assisted our Indigenous community members in Niagara by distributing backpacks. Initially, the scope of the project was smaller but due to the lack of capacity in the Niagara region to provide a similar program we expanded the program reach.

MENTAL HEALTH AND ADDICTIONS

To help keep spirits high and help people enjoy the spirit of Halloween in a safe and socially distanced way, we held a Halloween costume contest in October. Pictured are our winners.

In late March we launched our technology give away to children and youth who were struggling with technology supplies for online schooling & accessing mental health supports. Now a full year into the pandemic spirits are getting low and our families are suffering so our department continues to work towards supporting all aspects of our participant's health & wellbeing to help get us through these difficult times.

In the coming fiscal year, we will continue with our contests and promotions of a variety of arts, crafts, and self-care items to support the community. We know that individuals and families need a break and new things to infuse some life into our now solitary world, so we purchased a variety of items to help with isolation and mental health.

Our whole team has been dedicated to reaching out to their participants and engaging with people as best they can by phone, virtual visits, and in person when possible, to provide the best mental health care during this turbulent time. We celebrate our mental health team for their achievements, hard work, creativity and dedication in our first year of the Pandemic.





CHAIRPERSON Bryanne Smart

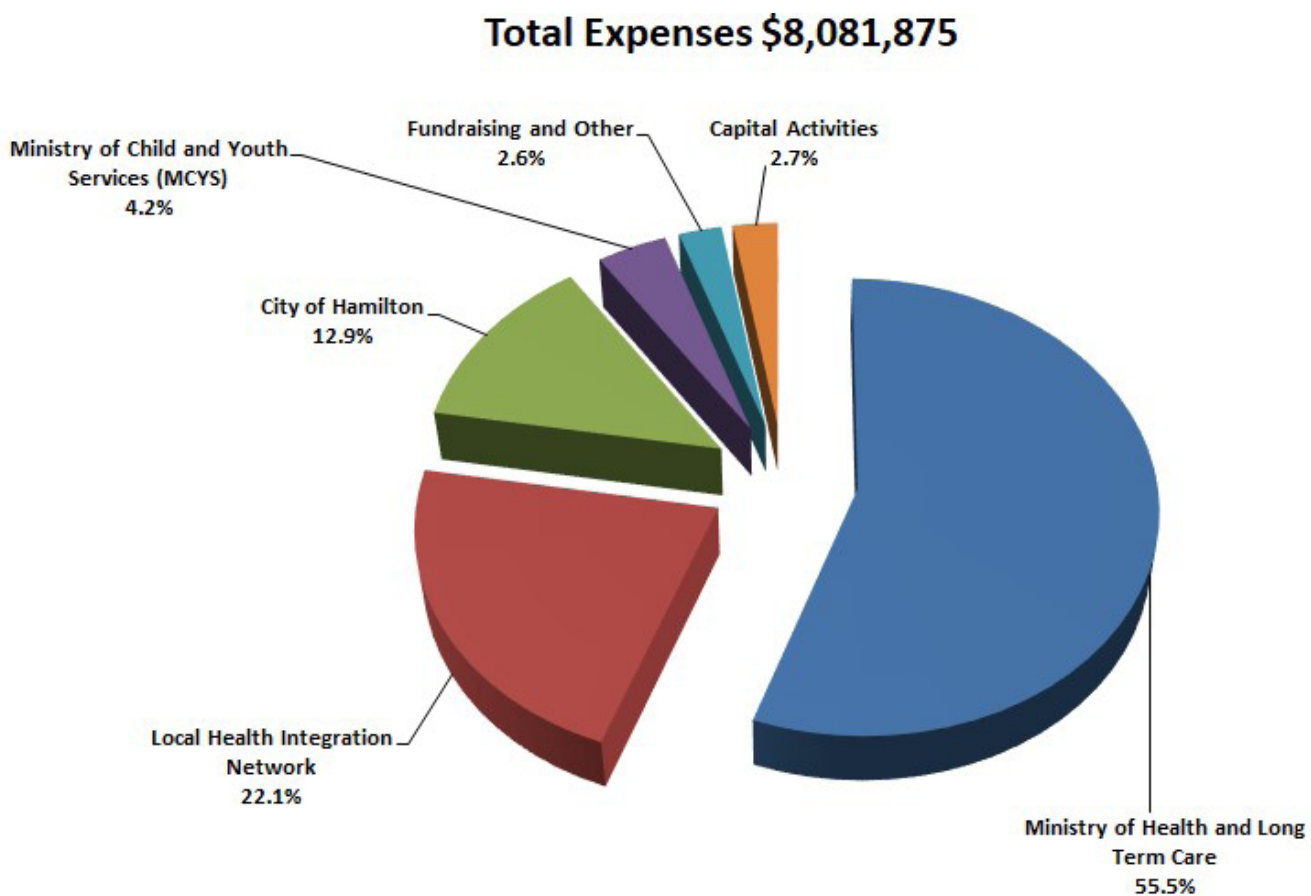
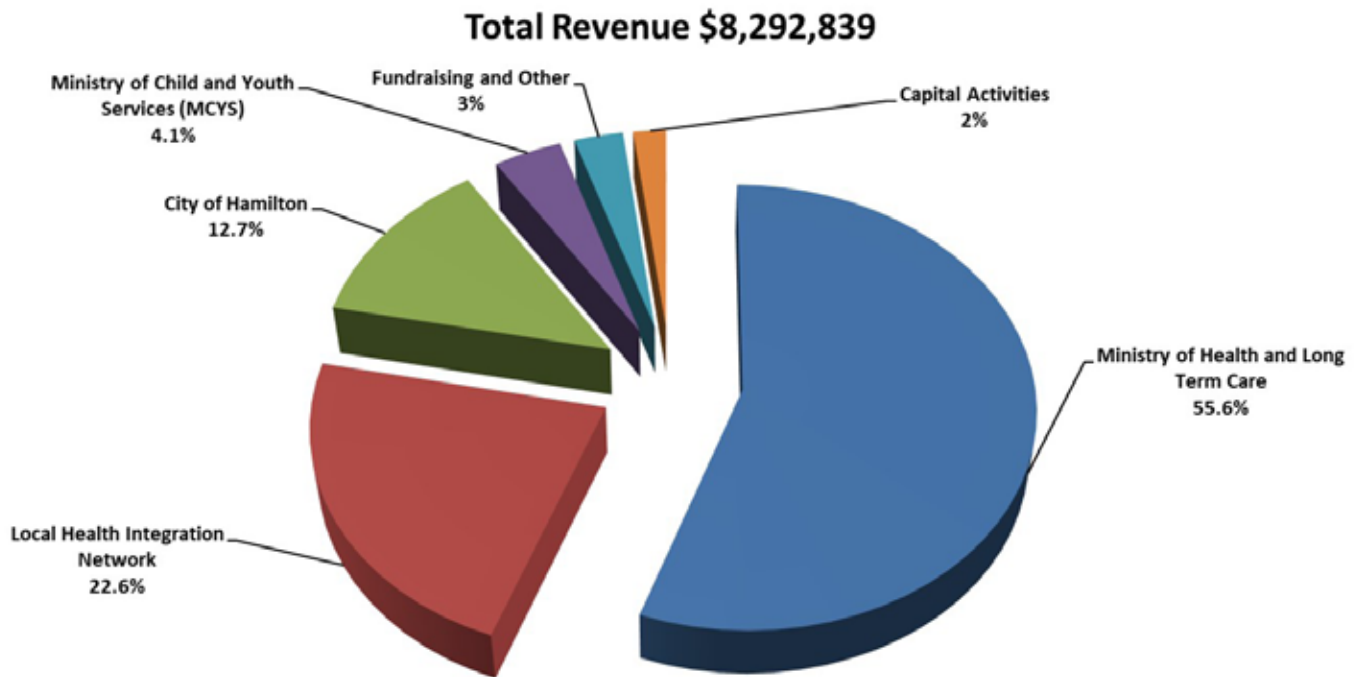
VICE-CHAIR Jeff Cooper

TREASURER Frances Roesch

PAST CHAIR Pat Mandy

**MEMBERS
AT LARGE** Amanda Beaudry
Dr. Peter Bieling
Alex Jacobs-Blum
Loretta Hill
Celina Parker
Kathleen Randle
Kristin Wythe

2020-21 FINANCIAL SUMMARY



2020-21 DONOR WALL

Aimee Berends

Al Milton

Alexandra Clarizio

Alison Cupido

Angels for COVID Relief

Ashley Maracle

Christina Birmingham

Collective Arts Brewing Ltd.

David Tyson

Devon Atherton

Elizabeth Wakeford

Emily Queripel

Garry Flood

Grant Hutchinson

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Jeanette McCurdy

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Mandy Family Foundation

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Michael Parente

Michael Schweitzer

Michelle Ogrodnik

MyHealth Partners Inc.

Nathan Forestell

Rebecca Bouillon

Sandra Salerno

Save the Children Canada

Shaun Button

Simone Aziga

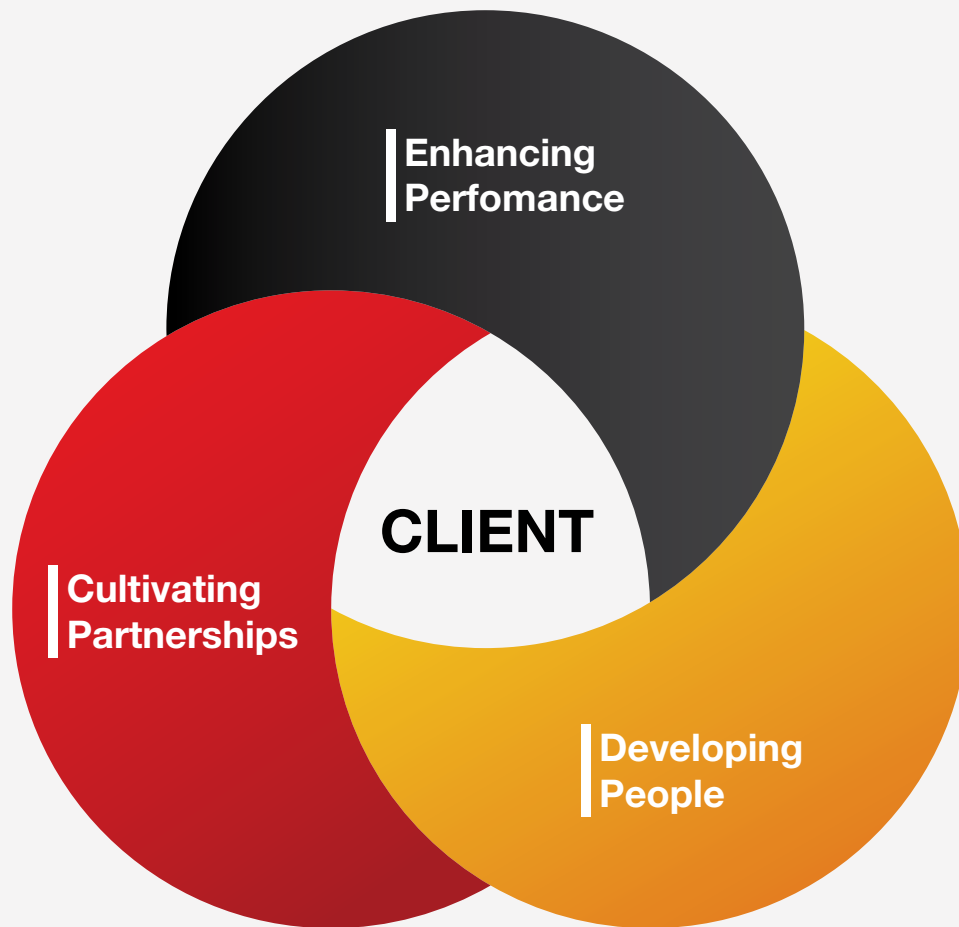
Stephanie Sloss

Tanya Kolodziej

Tonic Rotary Club



2019-22 STRATEGIC PLAN



Vision:

Vibrant, healthy Indigenous communities.

Mission:

Improving the health and well-being of Indigenous individuals, families and communities through wholistic Indigenous, Traditional and Western health care.

Values:

The organizational values remain to be the Seven Grandfather Teachings of Truth, Love, Respect, Courage, Honesty, Humility and Wisdom



De dwa da dehs nye>s Aboriginal Health Centre embodies the concept of:

“Taking care of each other amongst ourselves”

Improving the health and well-being of Indigenous individuals, families and communities through wholistic Indigenous, Traditional and Western health care.



Brantford Location

36 King Street East
Brantford, ON N3T 3C5

Tel: 519-752-4340

Fax: 519-752-6096

Hamilton Location

678 Main Street East
Hamilton, ON L8M 1K2

Tel: 905-544-4320

Fax: 905-544-4247

Niagara Location

145 Queenston St., Unit 204
St. Catharines, ON L2R 2Z9

Tel: 1-877-402-4121

Fax: 1-844-594-2334