



# INDIGENOUS STUDENT HANDBOOK

Thunder Bay Campus



# TABLE OF CONTENTS

Welcome to Lakehead University .....	2
Lakehead University Directory .....	3
Academic Schedule of Dates (2020-2021) .....	4
Voluntary Indigenous Self-Identification .....	5
Lakehead University Campus Map .....	6
Indigenous Initiatives .....	7
On-Campus Events and Services .....	7
Ogimaawin-Indigenous Education Council.....	8
Lakehead University Native Students Association.....	8
Indigenous Services in Thunder Bay .....	9
Education in Thunder Bay .....	10
City of Thunder Bay .....	11
Health and Medical Resources .....	12
Daycare and Recreation.....	13
Residence & Off-Campus Housing .....	14
Transportation/Taxi/Car Rentals .....	15
Thunder Bay Transit System Map .....	16
Employment Services.....	17
Public Libraries .....	17
Food Resources .....	18
Grocery Stores/Farmer’s Markets .....	19
Thrift & Consignment Stores/Shopping .....	20
LGBTQ2S .....	21
Community Safety .....	21
Community Legal Services .....	22
Support Centres .....	22
Shelters .....	22



# WELCOME TO LAKEHEAD UNIVERSITY!



Lakehead University is dedicated to furthering the educational aspirations of Indigenous students and offers a diverse range of high-quality, Indigenous-focused programs.

The following Anishinaabe partners are located at Lakehead University

- Indigenous Initiatives and Indigenous Student Services Centre (ISSC)
- Ogimaawin Indigenous Education Council
- Lakehead University Native Student Association (LUNSA)
- Indigenous Education (P/J)
- Indigenous Learning
- Indigenous Transition Year Program (ITYP)
- Indigenous Language Instructors Program (ILIP)
- Indigenous Nurses Entry Program (INEP)
- Indigenous Teachers Education Program - BA/BED (Indigenous Learning)
- Native Teacher Education Program (NTEP)
- Honours Bachelor of Education (Indigenous Teacher Education) P/J
- Nijjii Indigenous Mentorship (NIM)
- Northern Studies Library
- Métis Student Liaison / Infinite Reach Facilitator
- Aboriginal Awareness Centre



# LAKEHEAD UNIVERSITY DIRECTORY

**LAKEHEAD UNIVERSITY – Call 343-8010 then enter extension number as listed below**

Main Campus Number ..... 807-343-8010  
Security ..... 807-343-8569

## **STUDENT CENTRAL**

Student Central ..... Ext. 8500

## **UNIVERSITY SERVICES**

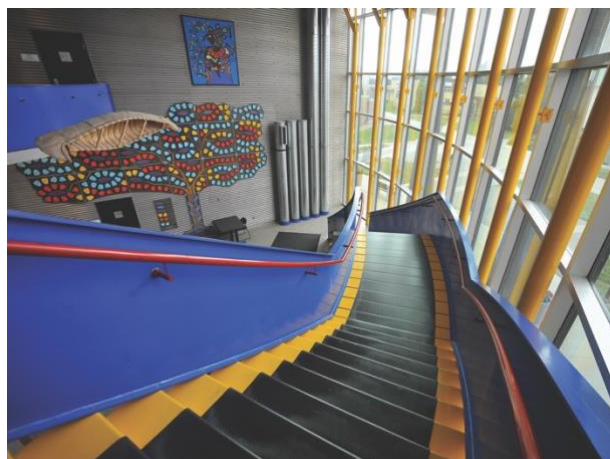
C.J. Sanders Fieldhouse ..... Ext. 8585  
Chancellor Paterson Library ..... Ext. 8225  
Technology Services Helpdesk ..... Ext. 7777  
Lakehead University Student Union ..... Ext. 8259

## **INDIGENOUS INITIATIVES**

Denise Baxter, Vice-Provost ..... Ext. 7177  
Anna Chief, Indigenous Outreach and Recruitment Coordinator ..... Ext. 7221  
Yolanda Twance, Indigenous Student Services Centre Coordinator ..... Ext. 8084  
Sheryl O'Reilly, Indigenous Student Counsellor ..... Ext. 8072  
Fionna Farquhar, Indigenous Transition Year Program Coordinator ..... Ext. 7709  
Lisa Primavesi, Indigenous Access Programs Coordinator (INEP, ISTEM and ITYP) ..... Ext. 8768

## **STUDENT LIFE & SERVICES**

Student Central ..... Ext. 8500  
Indigenous Student Services Centre ..... Ext. 8085  
International Centre Welcome Desk ..... Ext. 7848  
Office of Human Rights & Equity ..... Ext. 7765  
Ombudsperson ..... Ext. 8061  
Lakehead University Student Union ..... 807-343-8259



# ACADEMIC SCHEDULE OF DATES (2021-2022)

All students, excluding the exceptions, follow these important dates

## Fall 2022 Term Courses

First Day of Classes	Tuesday, September 6, 2022
Final Day of Classes	Tuesday, December 6, 2022
Final Date to Register (Add)	Monday, September 19, 2022
Final Date to Withdraw (Drop)	Friday, November 4, 2022
Examination Period	Thursday, December 8, 2022 -
Sunday, December 18, 2022 (11 Days)	
Exam Contingency Date	Monday, December 19, 2022
Marks Due	Thursday, December 22, 2022

## Fall/Winter (Year Long) 2022/2023 Term Courses

First Day of Classes	Tuesday, September 6, 2022
Final Day of Classes	Tuesday, April 11, 2023
Final Date to Register (Add)	Monday, September 19, 2022
Final Date to Withdraw (Drop)	Friday, February 10, 2023
Examination Period	Friday April 14, 2023 -
Monday, April 24, 2023 (11 Days)	
Exam Contingency Date	Tuesday, April 25, 2023
Marks Due	Friday, April 28, 2023

## Winter 2023 Term Courses

First Day of Classes	Monday, January 9, 2023
Final Day of Classes	Tuesday, April 11, 2023
Final Date to Register (Add)	Friday, January 20, 2023
Final Date to Withdraw (Drop)	Friday, March 10, 2023
Examination Period	Friday April 14, 2023 –
Monday, April 24, 2023 (11 Days)	
Exam Contingency Date	Tuesday, April 25, 2023
Marks Due	Friday, April 28, 2023

## Spring 2023 First Term Courses (3 Weeks)

First Day of Classes	Monday, May 1, 2023
Final Day of Classes	Friday, May 19, 2023
Final Date to Register (Add)	Wednesday, May 3, 2023
Final Date to Withdraw (Drop)	Thursday, May 11, 2023
Examination Period	Saturday, May 20, 2023
Exam Contingency Date	Sunday, May 21, 2023
Marks Due	Friday, May 26, 2023

## Spring 2023 Full Term Courses (6 Weeks)

First Day of Classes	Monday, May 1, 2023
Final Day of Classes	Monday, June 12, 2023
Final Date to Register (Add)	Wednesday, May 3, 2023
Final Date to Withdraw (Drop)	Thursday, May 25, 2023
Examination Period	Tuesday, June 13, 2023
Exam Contingency Date	Wednesday, June 14, 2023
Marks Due	Monday, June 16, 2023

## Spring 2023 Second Term Courses (3 Weeks)

First Day of Classes	Tuesday, May 23, 2023
Final Day of Classes	Monday, June 12, 2023
Final Date to Register (Add)	Thursday, May 25, 2023
Final Date to Withdraw (Drop)	Friday, June 2, 2023
Examination Period	Tuesday, June 13, 2023
Exam Contingency Date	Wednesday, June 14, 2023
Marks Due	Friday, June 16, 2023

## Spring/Summer 2023 Full Term Courses (12 Weeks)

First Day of Classes	Monday, May 1, 2023
Final Day of Classes	Tuesday, July 25, 2023
Final Date to Register (Add)	Wednesday, May 3, 2023
Final Date to Withdraw (Drop)	Thursday, June 9, 2023
Examination Period	Wednesday, July 26, 2023
Exam Contingency Date	Thursday, July 27, 2023
Marks Due	Monday, July 31, 2023

## Summer 2023 First Term Courses (3 Weeks)

First Day of Classes	Tuesday, July 4, 2023
Final Day of Classes	Monday, July 24, 2023
Final Date to Register (Add)	Thursday, July 6, 2023
Final Date to Withdraw (Drop)	Friday, July 14, 2023
Examination Period	Tuesday, July 25, 2023
Exam Contingency Date	Wednesday, July 26, 2023
Marks Due	Monday, July 31, 2023

## Summer 2023 Full Term Courses (6 Weeks)

First Day of Classes	Tuesday, July 4, 2023
Final Day of Classes	Tuesday, August 15, 2023
Final Date to Register (Add)	Thursday, July 6, 2023
Final Date to Withdraw (Drop)	Thursday, July 27, 2023
Examination Period	Wednesday, August 16, 2023
Exam Contingency Date	Thursday, August 17, 2023
Marks Due	Friday, August 19, 2023

## Summer 2023 Second Term Courses (3 Weeks)

First Day of Classes	Thursday, July 27, 2023
Final Day of Classes	Thursday, August 17, 2023
Final Date to Register (Add)	Monday, July 31, 2023
Final Date to Withdraw (Drop)	Friday, August 11, 2023
Examination Period	Friday, August 18, 2023
Exam Contingency Date	Saturday, August 19, 2023
Marks Due	Thursday, August 24, 2023

## Spring/Summer 2023 Graduate Studies Term

First Day	May 1, 2023
Final Day	August 31, 2023
Final Date to Register (Add)	May 15, 2023
Final Date to Withdraw (Drop)	May 28, 2023
Marks Due	September 1, 2023

## Special Examinations Schedule for 2022/2023

Final Date to Apply for a Fall Term Special Exam	Wednesday, January 11, 2023
Special Examination Period for Fall Term Courses	January 19, 20, 21, 2023
Final Date to Apply for a Winter & Full-Term Special Exam	Friday, May 26, 2023
Special Examination Period for Winter & Full-Term Courses	June 15, 16, 17, 2023
Final Date to Apply for a Spring & Summer Term Special Exam	Friday, August 25, 2023
Special Examination Period for Spring & Summer Term Courses	Friday, September 1, 2023



# VOLUNTARY INDIGENOUS SELF- IDENTIFICATION

**What is self-identification?** Indigenous students provide specific information about themselves in a voluntary and confidential online survey conducted and kept secure by Lakehead University. The University's Offices of Indigenous Initiatives and Institutional Planning and Analysis use this data for reporting purposes, to support Indigenous specific programming and to plan future initiatives.

By self-identifying, Indigenous students can:

- Strengthen the Indigenous presence and influence at Lakehead University.
- Connect with the growing Indigenous student community on campus.
- Assist Indigenous departments to further positive changes to services and supports.
- Receive communications about Indigenous specific opportunities such as scholarships, bursaries, events and career opportunities.

If you choose, you can also add your name and email address to the confidential Indigenous Student Services Centre (ISSC) email membership list. This will ensure you receive information about the following:

- Academic workshops
- Bursaries and scholarships
- Career and employment opportunities
- On and off campus events
- Cultural events information

**What you need to know about Indigenous Self-Identification.**



### Building Legend

- AC Avila Centre
- AT Advanced Technology & Academic Centre (ATAC)
- BB Braun Building
- BL Bora Laskin Building
- BM Building Maintenance
- BS Bike Shelter
- CB William Tamblin Centennial Building
- FB Centre for Advanced Studies in Engineering and Sciences
- GH Greenhouse
- HG Psychology Research Lab
- HF The Centre of Education and Research of Positive Youth Development
- HS Balmoral Street Centre
- LI Chancellor Paterson Library
- MS School of Medicine
- MV Music & Visual Arts Centre
- ND Nanabijou Childcare Centre
- NO Alumni House – 1294 Balmoral Street
- PA PACI (see bottom right)
- PH Power House
- RB Ryan Building
- RC Regional Centre
- RL Lot 5 Research Lab
- SB Sanders Fieldhouse - The Wolf Den
- SC Student Centre
- SH Sanders Hangar
- SN School of Nursing Building
- UC University Centre (Agora)

### Residence Legend

1. Prairie Residence
2. North Residence
3. Shebandowan
4. Sioux Lookout
5. Armstrong
6. Upsala
7. South Residence
8. Schreiber
9. Balmetown
10. Jellicoe
11. Wawa
12. Holiday Hall
13. Shanaqua
14. North Spirit Heights
15. Wahigoon
16. Wapiti
17. Bearwings
18. Keewatin
19. Ignace
20. Nakina
21. Kakahaka
22. Ugoki
23. Shimelet
24. Shimelet
25. Lansdowne
26. Rock Bay
27. Deer Lake Ridge
28. Red Rock
29. Rossport
30. River
31. Mipik
32. Quetico
33. Sandy Lake

- ### Exterior Accessibility
-  Automatic Door
  -  Ramp

-  Walking Paths
-  Cycling Paths
-  Tunnels
-  Accessible Parking
-  Emergency Phones
-  Bus Stops
-  Bike Racks
-  Parking Meters



-  Pay & Display hourly and daily permit parking
-  Smoking in designated areas only



## INDIGENOUS INITIATIVES

The Indigenous Initiatives team provides academic, cultural and individual support to First Nations, Métis and Inuit students.

### **DENISE BAXTER**

Vice-Provost Indigenous Initiatives  
807-343-8010 ext. 7177  
vp.ii@lakeheadu.ca

### **YOLANDA TWANCE**

Coordinator, Indigenous Student Services Centre  
807-343-8010 ext. 8084  
coordinator.issc@lakeheadu.ca

### **ANNA CHIEF**

Indigenous Outreach/Recruitment  
807-343-8010 ext. 7221  
aboriginaloutreach@lakeheadu.ca

### **SHERYL O'REILLY**

Indigenous Student Counsellor  
807-343-8010 ext. 8072  
counsellor.issc@lakeheadu.ca

## ON-CAMPUS EVENTS AND SERVICES FOR INDIGENOUS STUDENTS

- Personal one-on-one counselling services
- Peer Tutoring
- Maadaadizi Post-Secondary Orientation
- Annual Fall Harvest
- Elder in Residence Program
- Weekly Bannock
- Mijjim Noongom
- Seasonal Feasts
- Monthly Sweat Lodge Ceremonies
- Gakina Nindinawemaaganag Lounge – UC1007 with access to computers and kitchenette
- Academic, Transition, Mental Health and Cultural Workshops
- ISSC Peer Mentorship Program
- Facebook Page – *Search* Lakehead University Indigenous Student Services Centre
- Instagram Page – *Search* lakeheadindigenous



# OGIMAAWIN INDIGENOUS EDUCATION COUNCIL

The **Ogimaawin Indigenous Education Council** (formerly Ogimaawin Aboriginal Governance Council) at Lakehead University was founded on the original Native Advisory Committee and constituted into its present form in response to the Ontario Ministry of Education and Training - Aboriginal Education and Training Strategy (AETS) in the early 1990s. AETS is an initiative to increase access for Aboriginal students in Ontario's universities and colleges. O-IEC membership consists of organizations from the surrounding Aboriginal community that sit in an advisory capacity to the President's Office. O-IEC has representation on the Lakehead University Board of Governors and Senate.

## LAKEHEAD UNIVERSITY NATIVE STUDENTS ASSOCIATION



The **Lakehead University Native Students Association (LUNSA)** is committed to ensuring the Indigenous (First Nations, Metis and Inuit) students' university experience is fulfilling and enjoyable. LUNSA is an organization run by students for student and works to ensure the Indigenous students' voices are recognized throughout the Lakehead University community. LUNSA is responsible for organizing the LUNSA Annual Powwow.

For more information, please contact **LUNSA** by email [lunsa@lakeheadu.ca](mailto:lunsa@lakeheadu.ca)





## INDIGENOUS SERVICES IN THUNDER BAY

**Thunder Bay Indigenous Friendship Centre**  
401 Cumberland Street N.  
807-345-5840  
[www.tbifc.ca](http://www.tbifc.ca)

**District of Thunder Bay Child Care Registry**  
231 May Street South  
807-766-2111  
<https://thunderbay.onehsn.com>

**Métis Nation of Ontario**  
226 May Street South  
807-624-624-5025  
[www.metisnation.org](http://www.metisnation.org)

**Native People of Thunder Bay Development Corporation**  
230 Van Norman Street  
807-343-9401  
[www.nptbdc.org](http://www.nptbdc.org)

**Lakehead Social Planning Council**  
125 Syndicate Avenue South  
Unite 38, Victoriaville Centre  
807-624-1720  
[www.lspc.ca](http://www.lspc.ca)

**Ontario Native Women's Association (ONWA)**  
380 Ray Blvd  
807-623-3442  
[www.onwa.ca](http://www.onwa.ca)

# EDUCATION in Thunder Bay

## Lakehead University

955 Oliver Road

807-343-8110

[www.lakeheadu.ca](http://www.lakeheadu.ca)

## Confederation College

1450 Nakina Drive

807-475-6110

[www.confederationcollege.ca](http://www.confederationcollege.ca)

## Kiikenomaga Kikenjigewen, Matawa Employment & Training

28 Cumberland Street, N., 3<sup>rd</sup> Floor

807-768-4470

[www.kkets.ca](http://www.kkets.ca)

## Adult Learning Centre

125 S. Lillie Street

807-625-5145 or 1-877-625-5145

[www.lakeheadschoools.ca/adult-education/](http://www.lakeheadschoools.ca/adult-education/)

## Dennis Franklin Cromarty High School

315 Edward Street, N.

807-623-8914

<http://www.nnec.on.ca/index.php/dennis-franklin-cromarty-high-school>

## Lakehead Public School Board

2135 Sills Street

807-625-5100 or 1-888-565-1406

[www.lakeheadschoools.ca](http://www.lakeheadschoools.ca)

## Thunder Bay Catholic School Board

459 Victoria Avenue, W.

807-625-1555

[www.tbcschoools.ca](http://www.tbcschoools.ca)

## Oshki Pimache-O-Win; The Wenjack Education Institute

3-106 Centennial Square

807-626-1880

[www.oshki.ca](http://www.oshki.ca)

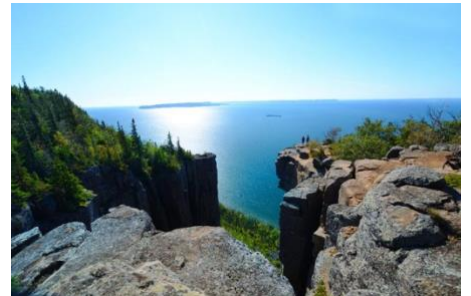




# CITY OF **Thunder Bay**

*Superior by Nature*

Website: [www.thunderbay.ca](http://www.thunderbay.ca)



# HEALTH & MEDICAL RESOURCES

**Thunder Bay Regional Health Sciences Centre**  
980 Oliver Road  
807-684-6000  
[www.tbrhsc.net](http://www.tbrhsc.net)

## WALK-IN CLINICS

**Oak Medical Arts - Academy Medical Pharmacy, Walk-In Clinic**  
554 Beverly St, Thunder Bay, ON P7B 5V2  
Phone: 807-344-4540  
Hours: Hours vary; call for information

**Dilico Family Health Team Clinic**  
200 Anemki Place  
Fort William First Nation  
807-626-5200  
[www.dilico.com](http://www.dilico.com)

**NorWest Community Health Centre, Urgent Care Clinics**  
525 Simpson St, Thunder Bay ON P7C 3J6  
Phone: 807-622-8235  
Hours: Mon-Thu 4 pm-8 pm; Fri 1 pm-4 pm; Sat-Sun 10 am-3 pm

## HEALTH SERVICES

**Lakehead Nurse Practitioner-Led Clinic**  
Suite 101-325 S. Archibald Street  
807-475-9595  
<http://lnplc.ca>

**Ontario Doctor Directory**  
[www.ontariodoctordirectory.ca/Thunder-Bay](http://www.ontariodoctordirectory.ca/Thunder-Bay)

**Telehealth Ontario**  
1-866-797-0000  
24hr service  
<https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

**Thunder Bay District Health Unit**  
999 Balmoral Street  
807-625-5900 - [www.tbdhu.com](http://www.tbdhu.com)



## COUNSELLING

**Dilico Mental Health Walk-In Counselling Clinic**  
**Thunder Bay Clinic**  
Tuesdays 1:00 p.m. – 7:00 p.m.  
Dilico Heath Park Site, 1115 Yonge Street  
For more information, please contact (807) 624-5818

**Mental Health & Counselling**  
**Canadian Mental Health Association**  
200 Van Norman Street  
807-345-5564  
[www.cmha-tb.on.ca](http://www.cmha-tb.on.ca)

**Mental Health and Addiction Services**  
1-866-346-0463

**Sister Margaret Smith Centre**  
301 Lillie Street N.  
807-684-5100  
<https://www.northwesthealthline.ca/display/service.aspx?id=141120>

**Thunder Bay Counselling Centre**  
544 Winnipeg Avenue  
807-684-1880  
[www.tbaycounselling.com](http://www.tbaycounselling.com)

**Good 2 Talk Post-Secondary Student Helpline**  
Confidential Helpline 24/7/365  
Dial 1-866-925-5454 to talk

**Talk for Healing**  
1-855-554-4325

**OPTOMETRIST**  
Brandley Wakegijig Optometry  
807-622-7500

**DENTIST**  
Emergency Dental Services  
807-622-9848

# DAYCARE

**Thunder Bay Child Care Registry**  
<https://thunderbay.onehsn.com/>

**Nanabijou Child Care Centre**  
855 Oliver Road  
807-343-8369

**Ogden Day Care**  
600 McKenzie Street  
807-625-3810

**Grace Remus Day Care**  
750 Tungsten Street  
807-684-3594

**Thunder Bay Aboriginal Headstart**  
<https://www.shkoday.com>

**Biwaase'aa**  
<http://www.shkoday.com/programs/biwaaseaa/>  
807-623-0500

# RECREATION

**Boys and Girls Clubs of Thunder Bay**  
Activities for children and youth, ages 4-18  
807-623-0354  
<http://www.tbayboysandgirlsclub.org/>

**Thunder Bay Recreation Facilities**  
<https://www.thunderbay.ca/en/recreation/recreation-facilities.aspx>

**The Key**  
The Key is your guide to community programs and services! The publication is distributed to Thunder Bay residences and various agencies four times a year.  
<https://www.thunderbay.ca/en/recreation/recreation-guide--the-key.aspx>





# RESIDENCE AND OFF-CAMPUS HOUSING

## Lakehead University Residence Services

Moving away from home? Thinking of living with us? You've made a great choice! Residence is an amazing life experience where you will enjoy convenience and safety within a fun and friendly community!

Mr. Shannon Foster, Director, Residence Services

Email: [resadmin@lakeheadu.ca](mailto:resadmin@lakeheadu.ca)

Website: <https://www.lakeheadu.ca/faculty-and-staff/departments/services/residence>

Phone: 807-343-8512

## Off-Campus Housing

<https://offcampus.lakeheadu.ca/roch/index.php>

## Home Sweet Home

807-345-2108

[www.homesweethomerentals.ca](http://www.homesweethomerentals.ca)

## Rent Panda

<https://www.rentpanda.ca/>

## Matawa Non-Profit Housing

807-344-4575

[www.matawa.on.ca](http://www.matawa.on.ca)

## Native People of Thunder Bay Development Corporation

807-343-9401

[www.nptbdc.org](http://www.nptbdc.org)





## TRANSPORTATION

### Thunder Bay Transit

807-684-3744

[www.nextlift.ca](http://www.nextlift.ca)

### Thunder Bay Airport

340-100 Princess Street

807-473-2600

[www.tbairport.on.ca](http://www.tbairport.on.ca)

### Porter Airlines

Reservations: 1-888-619-8622

[www.flyporter.com](http://www.flyporter.com)

### Air Canada

Reservations: 1-888-247-2262

[www.aircanada.com](http://www.aircanada.com)

### Bearskin Airlines

Reservations: 1-800-465-2327

[www.bearskinairlines.com](http://www.bearskinairlines.com)

### Ontario Northland Bus

<https://www.ontarionorthland.ca/en/station/thunder-bay>

## TAXI

### Roach's Yellow Cabs

807-345-7721

### Diamond Lacey's Taxi

807-622-6001

### URIDE

807-700-0013

[www.uridetect.com](http://www.uridetect.com)

## CAR RENTALS

### Enterprise Rent-A-Car

727 Memorial Avenue

807-344-2800

[www.enterprise.ca](http://www.enterprise.ca)

[www.budget.com](http://www.budget.com)

### Discount Car & Truck Rentals

882 Copper Crescent

1-888-310-2277

[www.discountcar.com](http://www.discountcar.com)

### Budget Car & Truck Rental

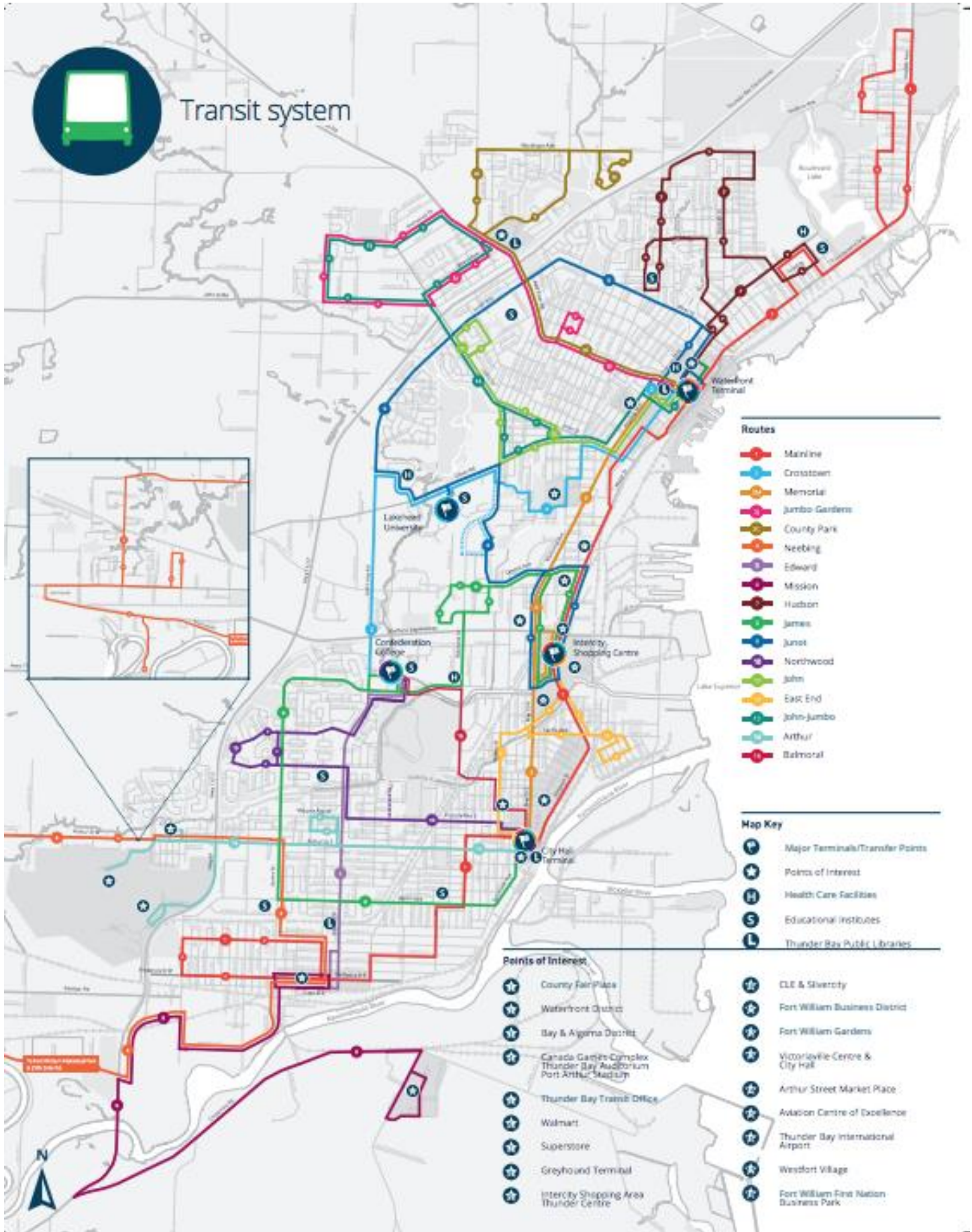
230 Waterloo St S.

807 622-3366





# Transit system





# EMPLOYMENT SERVICES

## Lakehead University Job Search

<https://mysuccess.lakeheadu.ca/home.htm>

## YES Employment Services

1116 Waterford Street

807-623-0768

[www.yesjobsnow.com](http://www.yesjobsnow.com)

## Anishinabek Employment & Training Services

285 Red River Road

807-346-0307/1-866-870-2387

[www.aets.org](http://www.aets.org)

## Northwest Employment Works

Confederation College

1450 Nakina Drive

807-473-3829

[www.northwestworks.ca](http://www.northwestworks.ca)



## Matawa Employment and Training – Kiiikenomaga Kikenjigewen

28 Cumberland Street North, 3<sup>rd</sup> Floor

807-767-4470

[www.kkets.ca](http://www.kkets.ca)

## Thunder Bay Indigenous Friendship Centre

401 N. Cumberland Street

807-3435-05840

<https://tbifc.ca/program/apatisiwin-employment-program/>



# PUBLIC LIBRARIES

## Lakehead University Chancellor Paterson Library

955 Oliver Road

807-343-8225

<https://libguides.lakeheadu.ca/about/hours>

## Lakehead University Education Library

Bora Laskin Building, 955 Oliver Road

807-343-8718

<https://library.lakeheadu.ca/libraries-and-collections/education>

## Lakehead University Law Library

Port Arthur Collegiate Institute (PACI) building,

807-346-7830

<https://library.lakeheadu.ca/index.php/lawlib>

## Thunder Bay Public Library:

<http://www.tbpl.ca/>

## Waverly Resource Library

285 Red River Road

## Brodie Resource Library

216 Brodie Street S.

## Mary J.L. Black Branch

901 Edward Street S.

# FOOD RESOURCES

## The LUSU Food Resource Centre

### The Pantry

A safe, stigma-free environment that provides students who are experiencing food insecurity with culturally-diverse, nutritional, dietary accommodating foods including both non-perishables and fresh options.

Contact information:

E-mail (Preferred): [frc@lusu.ca](mailto:frc@lusu.ca)

Phone: 807-343-8010 ext. 8850

The Pantry is located in the University Centre, Room 2014B, upstairs from the bookstore, just past the Multicultural Centre, and just before the LUSU board room

## Thunder Bay Food Bank

129 Miles Street E.

807-626-9231

Open every second Friday from 9 to 11 a.m. All clients are required to show identification each time they visit the food bank.

<https://www.thunderbayfoodbank.com/access-services>

## The Good Food Box

Good Food Box pick up is on the third Wednesday of the month for the rest of 2022, and the order deadline for customers is the Monday of the week prior. See the full list of order and pick up dates here.

<https://goodfoodboxtb.org/boxes/host-sites/>



## DAILY MEALS (no charge)

### St. Andrew's Dew Drop Inn

286 Red River Road

807-345-0481

Nourishing take-home hot meal from 12:30 pm to 3:30 pm or a bagged lunch daily from 9:00 am to 3:30 pm. to anyone who joins us. We continue to observe COVID-19 social distancing policies and masks are required for everyone entering the building.

### Shelter House Soup Kitchen

420 George Street

807-623-8182

Lunch Service 11:00 am – 3:00 pm (Serve at 1:30 pm) Dinner Service 5:00 pm – 9:00 pm (Serve at 7:00 pm)

### Salvation Army Soup Van

344-7300

6:00 pm for Southward residents

7:00 pm for Northward residents

Call for information and locations.

### Grace Place

235 Simpson Street

807-473-3538 or 807-627-9848

Meals Monday to Wednesday 1:00 to 4:00 p.m.

Sunday 2:00 pm to 4:00 pm



# GROCERY STORES

## **Metro**

640 River Street 807-345-8343  
505 Arthur Street W. 807-475-0276

## **Real Canadian Superstore**

600 Harbour Expressway 807-343-4500

## **No Frills**

425 Edward Street N. 1-866-987-6453  
1020 Dawson Road 1-866-987-6453

## **Walmart Supercenter**

777 Memorial Avenue 807-346-9441

## **Renco Foods**

161 Court Street S. 807-345-3947

## **Safeway**

115 Arthur Street W. 807-473-5993  
70 Court Street N. 807-345-2652  
1015 Dawson Road 807-768-0099

# FARMERS MARKET

## **Thunder Bay Country Market**

850 May St. N.  
807-622-1406  
Wed. 3:30 pm – 6:30 pm  
Sat. 8 am – 1 pm





# THRIFT & CONSIGNMENT STORES

**The Salvation Army**  
915 Memorial Avenue  
807-343-0411

**Value Village**  
915 Memorial Avenue  
807-345-3232

**Twice As Nice Thrift Store**  
250 May Street N.  
807-622-7575

**Deja Vu Consignment**  
196 Algoma Street S.  
807-386-76

**SuperThrift**  
107 Johnson Avenue  
807-286-7888

# SHOPPING

**Intercity Shopping Centre**  
1000 Fort William Rd  
807-623-6646  
<https://intercityshoppingcentre.com>

**Thunder Centre**  
767-805 Memorial Ave

**Arthur Street Market Place**  
1101 Arthur Street W.  
807-473-5815

**Northwood Park Plaza**  
425 North Edward St.



# LGBTQ2S

**Gender Equity Centre – Lakehead University  
Student Union**  
807-343-8879  
SC0020  
<http://gic.lusu.ca/>

**Pride Central - Lakehead University Student  
Union**  
807-343-8813  
UC0019  
<https://www.lusu.ca/Pride-Central>

**Thunder Pride**  
<http://www.thunderpride.ca/>

**Rainbow Health Ontario**  
<https://www.rainbowhealthontario.ca/>

# COMMUNITY SAFETY

**Ambulance, Fire, Police**  
**Emergency: Dial 9-1-1**

**Thunder Bay Police Service (non-emergency)**  
1200 Balmoral St.  
807-684-1200

**OPP Thunder Bay**  
3267 Hwy 130  
807-939-2133

**Anishinabek Police Services**  
400 Anemki Place  
807-625-0232 or 1-800-438-5638

**Nishnawbe-Aski Police Services**  
309 Court Street S  
807-623-2161

**Crime Stoppers**  
1200 Balmoral Street  
1-800-222-8477



# OTHER COMMUNITY RESOURCES

## COMMUNITY LEGAL SERVICES

### **Kinna-Aweya Legal Clinic**

86 Cumberland Street S.  
1-888-373-3309 or 807-344-2478  
[www.kalc.ca](http://www.kalc.ca)

### **Legal Aid Ontario – Northwest District Office**

209 Van Norman Street  
1-866-297-5559 or 807-345-1972  
[www.legalaid.on.ca](http://www.legalaid.on.ca)

### **Nishnawbe-Aski Legal Services Corporation**

86 Cumberland Street S.  
1-800-465-5581 or 807-622-1413  
<http://www.nanlegal.on.ca/article/welcome-1.asp>

## SUPPORT CENTRES

### **Al-Anon Ala-Teen Family Groups**

807-622-1906

### **Alcoholics Anonymous**

516 Victoria Ave. E.  
807-623-1712

### **Birthright**

1-800-550-4900/345-3200

### **Canadian Cancer Society**

807-344-5433

### **Canadian Diabetes Association**

807-577-4232

### **Canadian Hearing Society**

807-623-1646

### **Canadian National Institute for the Blind**

807-345-3341

### **Handicapped Action Group Inc.**

807-345-5121

### **Lesbian Gay Bi Trans Youth Line**

1-800-268-9688

### **Sexual Health Clinic (TBDHU)**

807-625-5900

## SHELTERS

### **Beendigen Inc.**

Provides safe, emergency shelter and support for women and their children who are seeking refuge from family violence.

1-888-200-9997 Crisis Line 807-346-4357

<http://www.beendigen.com/>

### **Faye Peterson Transition House**

Shelter and support for women and their children who have experienced abuse-24hrs, 7 days/week

1-800-465-6971

807-345-0450

[www.fayepeterson.org](http://www.fayepeterson.org)

### **Salvation Army**

24hr emergency shelter for those without residence in Thunder Bay.

545 Cumberland St. N.

807-345-7319

### **Shelter House Thunder Bay**

24hr emergency shelter for those aged sixteen years and over. There are no children allowed.

420 George St.

807-623-8182