



N'Mninoeyaa Aboriginal Health Access Centre  
473B Highway 17 West  
Cutler, Ontario P0P 1B0  
t. 705.844.2021 f. 705.844.2844  
[www.nmninoeyaa.ca](http://www.nmninoeyaa.ca)

## Are you in the Indian Day School Class Action Settlement and in need of Emotional Support?

### COUNSELLING SUPPORT

Are you struggling emotionally and / or mentally from going through the process of the Federal Class Action Lawsuit for the Indian Day School Class Action Settlement? Do you need support to talk with a counsellor to process of loss of culture, family, and /or identity?

If you need to talk to a counsellor to help process the information, or support you through your struggles, you can contact **Maamwesying North Shore Community at 1-844-864-0523. Our Mental Wellness Counsellors and Mental Wellness Crisis Support Team** are here to help support you in your wellbeing through Traditional and Western practices of mental health counselling and treatment services.

If you would like a five day program delivered in a residential setting. **The Naandwe Noojimowin Program** is for anyone who has experienced childhood traumas and who would like to get some assistance in working through stories and events that have impacted your life. We offer this program regularly throughout the year.

You can also connect for free counselling and crisis intervention service Hope for Wellness Help Line at 1-855-242-3310 (toll-free number, 24 hours a day and 7 days a week) or online at [www.hopeforwellness.ca](http://www.hopeforwellness.ca)



### IF YOU WOULD LIKE HELP WITH FREE LEGAL ASSISTANCE

If you are needing **free legal assistance** with the Claims Form you can contact Gowling WLG at 1-844-539-3815 or [dayschools@gowlingwlg.com](mailto:dayschools@gowlingwlg.com)

### WHO IS ELIGIBLE FOR COMPENSATION

**Who is eligible? This Settlement is applicable to all students who attended and suffered abuse or harm at a Federal Indian Day School or Federal Day School operated by the Government of Canada.**

A list of eligible Day Schools, along with relevant dates of their management and control by Canada is available at [www.indiandayschool.com](http://www.indiandayschool.com)

**\*CLAIM DUE BY: July 13, 2022\***