



VETERANS

DEPARTMENT



**RESOURCE
GUIDE**

VETERANS RESOURCE MANUAL

This Veterans Resource Manual has been created by the Red River Métis Veterans Department (RRMVD) of the Manitoba Métis Federation – the National Government of the Red River Métis (MMF).

This resource manual is part of a larger project within the Department, specifically focused on creating a Red River Métis Veterans Archive. The project is funded by Veterans Affairs Canada under the Veterans and Family Wellbeing Fund. The Archive will enable the MMF to archive, commemorate, and understand the history, sacrifices, and stories of our Red River Métis Veterans.

The Archive will also allow us to begin to understand the needs of our Veterans. Therefore, we can advocate for our Veterans and help them connect with the right services and organizations that meet their needs.

This resource manual lists various Veteran-based resources. This is a short list compared to the vast number of services and organizations available in Canada. The RRMVD will continue to develop new iterations of the resource manual, listing essential resources in the coming years.

Red River Métis Veterans Department

Our Mandate to the Veterans Community

- ∞ Continue building our archive of Red River Métis Veterans
- ∞ Work with Federal partners to encourage and enhance Red River Métis recruitment in the Canadian Armed Forces.
- ∞ Ensure the Métis Veteran Legacy Program meets its contractual Obligations
- ∞ Engage and enhance our relationship with Veterans Organizations and Institutions.

MINISTERS NOTE

As Minister of the Red River Métis Veterans Department and as a Veteran myself, I understand the hardships that service has on us and our families. The RRMVD has been working tirelessly to meet with our Veterans. Through our Veterans Archive project, we are having meaningful conversations with our Veterans and their families to better understand their needs. Through these conversations, we will be able to connect our Veterans with essential services, both within the MMF and externally. We invite you to take a manual and share it with your Veteran community. If you would like further information or assistance with connecting with resources, please contact our staff.

Our Red River Métis Government expresses tremendous appreciation for the sacrifices of our Veterans and their families. We will always support our Veterans and their families —from protecting their legacy to connecting them with services. As President David Chartrand has said, our Veterans “are our heroes – today, tomorrow, and forever.”



Marsii,
Shawn Nault

SYMBOLS:

	Physical Health		Financial Programs & Assistance
	Mental Health		Records & Documentation Assistance
	Education & Training		Research, Commemoration & Advocacy
	Jobs & Career Assistance		Peer Support
	Housing		Community Gathering, Engagement, & Activities
	Legal Help		Indigenous specific services

RESOURCES:

Red River Métis Veterans Department – Manitoba Métis Federation:

Website: <https://www.mmf.mb.ca/red-river-metis-veterans>

Email: rrmvreception@mmf.mb.ca

Phone Number: 204-586-8474

Head Office Address:

300-150 Henry Avenue, Winnipeg, Manitoba, R3B 0J7

***Red River Métis Specific**

Who They Serve:

CAF active Service, Veterans, RCMP, and their Families.

Location of Services:

Nationwide service, some resources are limited to Manitoba.



Veterans Affairs Canada (VAC)

VAC is the primary service provider for Veterans in Canada. We encourage all Veterans start their journey with VAC. VAC offices are all across Canada. Please visit their website to see where the closest office is to you.

Mandate: Veterans Affairs Canada's mandate is to support the well-being of Veterans and their families, and to promote recognition and remembrance of the achievements and sacrifices of those who served Canada in times of war, military conflict and peace.

Website: <https://www.veterans.gc.ca/en/contact-us>

Services and Benefits Number: 1-866-522-2122

Atlas Institute Veterans and Families:

Website: <https://atlasveterans.ca/>

Head Office Address:

1145 Carling Avenue, Suite 7500, Ottawa, Ontario, K1Z 7K4

Who They Serve:

All Veterans and their families.

Location of Service:

Nationwide



Avail Veterans:

Website: <https://www.availveteran.com/>

Head Office Address:

282 Restigouche Road, Oromocto, New Brunswick, E2V 2H5

Who They Serve:

CAF Veterans and their partners and spouses.

Location of Service:

Nationwide service, specific physical location.



Bureau of Pensions Advocates:

Website: <https://www.veterans.gc.ca/en/veterans-rights/how-appeal/bureau-pensions-advocates>

Phone Number: 1-877-228-2250

Head Office Address:

161 Grafton Street, Room 271 Charlottetown, PE C1A 8M9
Canada PO Box 7700

Location of Service:

Nationwide



Camp Maple Leaf:

Website: <https://www.campmapleleaf.ca/>

Email: info@campmapleleaf.ca

Phone Number: 1-905-338-5200

Head Office Address:

132 Reynolds Street, Oakville, Ontario, L6J 3K5

Who they serve:

Active Service, Veterans, First Responders, and their children.

Location of Service:

Nationwide service, specific physical camp locations.



Can Praxis:

Website: <https://canpraxis.com/>

Email: steve@canpraxis.com

Phone Number: 1-403-631-2489 / 1-403-852-0907

Head Office Address:

P.O. Box 10, Torrington, Alberta, T0M 2B0

Who They Serve:

Active Service, Veterans, First Responders and their Families.

Location of Services:

Open nationwide, but programs occur in Alberta.



Canada House:

Website: <https://chclinics.ca/>

Email: info@canadahouse.ca

Phone Number: 1-844-852-0020

Head Office Address:

255 Restigouche Road, Unit 1, Oromocto, NB E2V 2H1

Who They Serve:

CAF Active Service/Veterans RCMP, and civilians.

Location of Services:

Nationwide services, but specific physical offices.



Canadian Institute for Military and Veteran Health Research:

Website: <https://cimvhr.ca/>

Phone Number: 1-613-533-3329

Head Office Address:

355 King Street West 1st Floor, Kingston, Ontario, K7L 2X3

Who They Serve:

CAF Active Service and Veterans, and their Families.

Location of Services: Nationwide



Canadian Institute for Public Safety Research and Treatment / PSPNet Families:

Website: <https://www.cipsrt-icrtsp.ca/en/about-cipsrt>

Email: communications.CIPSRT@uregina.ca

Phone Number: 1-306-337-2287

Head Office Address:

University of Regina, 3737 Wascana Parkway, Regina, Saskatchewan, S4S 0A2

Who They Serve:

Active Service, Veterans, First Responders, and their Families.

Location of Services:

Nationwide services, but therapists are available to provide services in 6 provinces in French and English.



Canadian Military Wives Choirs:

Website: [https:// www.canadianmilitarywiveschoirs.com/](https://www.canadianmilitarywiveschoirs.com/)

Email: cmwcassociation@gmail.com

Who They Serve:

CAF Active Service and Veterans, and their Partners and Spouses.

Location of Services:

They aim to have choirs in every province, currently located in 6 provinces



Chronic Pain Centre of Excellence for Canadian Veterans:

Website: <https://www.veteranschronicpain.ca/>

Email: info@vcp-vdc.ca

Phone Number: 1-833-644-4673 (HOPE)

Head Office Address:

McMaster Innovation Park 413A-175 Longwood Street South,
Hamilton, Ontario, L8P 0A1

Who They Serve:

Active Service, Veterans, and First Responders.

Location of Services:

Nationwide Services



Dimensions Retreats:

Website: <https://dimensionsretreats.com/>

Email: veterans@dimensionsretreats.com

Phone Number: 1-888-884-4222

Who They Serve:

Active Service, Veterans, First Responders.

Location of Services:

Nationwide services, but retreats occur in Ontario.

Offers Indigenous Specific Programming, for all Indigenous Veterans.



Garnet Families:

Website: <https://garnetfamilies.com/>

Email: families@queensu.ca

Phone Number: 1-613-533-3136

Head Office Address:

Queen's University, 102 Barrie Street, Kingston, Ontario, K7L 3N6

Who They Serve:

Active Service, Veterans, First Responders, and their Families.

Location of Services:

Nationwide services



Helmets to Hardhats:

Website: <https://helmetstohardhats.ca/>

Email: contactus@helmetstohardhats.ca

Phone Number: 1-613-238-2300

Toll Free Phone Number: 855-238-9707

Head Office Address:

300-72 Chamberlain Avenue, Ottawa, Ontario, K1S 1V9

Who They Serve:

CAF Active Service, Veterans and their Families

Location of Services:

Nationwide services



Homes for Heroes Foundation:

Website: <https://homesforheroesfoundation.ca/>

Email: info@h4hf.ca

Phone Number: 1-403-452-0888

Head Office Address:

Administrative Office Suite 900, 2424-4 Street SW, Calgary, Alberta, T2S 2T4

Who They Serve: CAF Active Service. Veterans and RCMP.

Location of Services:

Physical locations in Alberta and Ontario but do have abilities to help Veterans nationwide.



Hong Kong Veterans Commemorative Association:

Website: <https://www.hkvca.ca/>

Email: webmaster@hkvca.ca

Corporate Office Address:

HKVCA, Suite 164, 1826 Robertson Road, Nepean, ON K2H 1B9

Who They Serve:

Hong Kong Veterans and their families.

Location of Services:

Nationwide service, specific contacts in different regions.

Indigenous Specific Research/Commemoration Project



Métis Veterans Legacy Program:

Website: <https://metisveterans.ca/>

Email: veteran.info@metisveterans.ca

Phone Number: 1-800 532-1993

Head Office Address:

300-150 Henry Avenue, Winnipeg, Manitoba, R3B 0J7

Who They Serve:

WWII Métis Veterans, their Families and Commemoration from Métis individuals and organizations.

Location of Services:

Métis Veterans and their families from BC, AB, SK, MB, ON.

Specific Indigenous Service



MindKit:

Website: <https://mindkit.ca/>

Head Office Address:

Atlas Institute for Veterans and Families, 1145 Carling Avenue,
Suite 7500, Ottawa, Ontario, K1Z 7K4

Who They Serve:

Active Service, Veterans, First Responders, and their Children.

Location of Services:

Nationwide services



MissionVAV – Active Veterans:

Website: <https://missionvav.com/>

Who They Serve:

CAF Veterans and their Families.

Location of Services:

Nationwide services



Mood Disorders Society of Canada – Veteran & Family Member Offerings:

Website: <https://mdsc.ca/supporting-veterans-and-family-members/>

Email: info@improvingveteranswellness.ca

Phone Number: 613-921-5565

Head Office Address: 46 Hope Crescent, Belleville, Ontario, K8P 4S2

Who They Serve:

Active Service, Veterans, First Responders, and their Families.

Location of Services:

Nationwide service, some regional based programming.

***Some Indigenous Programming**



Office of the Veterans Ombud (Federal):

Website: <https://ombudsman-veterans.gc.ca/en>

Email (General Inquiries): info@ombudsman-veterans.gc.ca

Phone Number: 1-877-330-4343

Head Office Address:

Office of the Veterans Ombud, P.O. Box 66, Charlottetown, Prince Edward Island, C1A 7K2

Who They Serve:

Veterans, and their Spouses.

Location of Services:

Nationwide services

***Some Indigenous Programming**



Post-Traumatic Growth Association:

Website: <https://ptga.ca/about-us/>

Email: contact@ptga.ca

Phone Number: 506-850-9414

Who They Serve:

Veterans and their Spouses.

Location of Services:

Nationwide services



Rainbow Veterans of Canada:

Website: <https://rainbowveterans.ca/>

Email: devika@rainbowveterans.ca

Who They Serve:

LGBT Purge Veterans and RCMP, Veterans who identify as apart of the 2SLGBTQ+ Community.

Location of Services:

Nationwide services



Soldier On:

Website: <https://www.soldieron.ca/>

Email: SoldierOn-SansLimites@forces.gc.ca

Phone Number: 1-800-883-6094

Head Office Address:

295 Coventry Road, Ottawa, Ontario, K1A 0K2

Who They Serve:

CAF Active Service and Veterans

Location of Services:

Nationwide services, with localized activities.



Southern Chief's Organization Inc. First Nations Veterans Program:

Website: <https://scoinc.mb.ca/veterans-program/>

Email: veterans@scoinc.mb.ca

Phone Number: 1-204-946-1869

Toll Free Phone Number: 1-866-876-9701

***First Nation's Specific Programming**

Who They Serve:

CAF Active Service, Veterans, RCMP, and their Families.

Location of Services:

Manitoba, outside MB dependent on services.



The Burns Way:

Website: <https://theburnsway.ca/>

Email: info@theburnsway.ca

Head Office Address:

1525 Carling Avenue, Suite 408, Ottawa, Ontario, K1Z 8R9

Who They Serve:

Veterans

Location of Services:

Nationwide services



The Pepper Pod:

Website: <https://pepperpod.ca/>

Email: info@pepperpod.ca

Phone Number: 1-819-319-8000

Head Office Address:

35 Chemin Nordik, Chelsea, Quebec, J9B 2P7

Who They Serve:

CAF Active Service (if they are two years from release), Veterans, RCMP, and their Spouses.

Location of Services:

Nationwide services, but primarily Quebec.



The Royal Canadian Legion

Website: <https://www.legion.ca/>

National Office Reception: 1-613-591-3335

Toll-Free: 1-888-556-6222

National Headquarters:

86 Aird Place, Ottawa, Ontario, K2L 0A1

Who They Serve:

CAF Active Service, Veterans, RCMP, and their Families.

Location of Services:

Nationwide services, city/town based locations



The Trail:

Website: <https://lesentier-thetrail.ca/en/>

Email: administration@lesentier-thetrail.ca

Phone Number: 1-450-332-5373

Head Office Address:

945 Lakeshore Avenue, Dorval, Quebec, H9S 2C7

Who They Serve:

Veterans

Location of Services:

Program offered in Quebec.



True Patriot Love:

Website: <https://truepatriotlove.com/>

Email: info@truepatriotlove.com

Phone Number:

1-416-628-1432

Head Office Address:

150 York Street, Suite 1700, Toronto, Ontario, M5H 3S5

Who They Serve:

CAF Active Service, Veterans, and their Families.

Location of Services:

Nationwide services, with localized activities.



The War Amps:

Website: <https://www.waramps.ca/home/>

Email: customerservice@waramps.ca

Phone Number: 1-800-250-3030

Head Office Address:

National Headquarters 2827 Riverside Drive Ottawa,
Ontario K1V 0C4

Who They Serve:

CAF Active Service, Veterans, Citizens and their Families.

Location of Services:

Nationwide services



Veterans Art Gallery:

Website: <https://veteransartgallery.org/>

Email: artist.agesen@gmail.com

Phone Number: 1-519-200-1616

Head Office Address:

211 Main Street, Port Stanley, Ontario, N5L 1H6

Who They Serve:

Active Service, Veterans, First Responders, and their Families.

Location of Services:

Ontario



Veterans Emergency Transition Services (VETS Canada):

Website: <https://vetscanada.org/>

Email: vetscanada@gmail.com

Head Office Address:

P.O. Box 214, 53 Queen Street, Dartmouth, Nova Scotia, B2Y 3Y3

Who They Serve: Active Service, Veterans, & RCMP.

Location of Services:

Nationwide services, with drop-in centres in AB, ON, NS.



Veteran Homelessness Program:

Website: <https://housing-infrastructure.canada.ca/homelessness-sans-abri/veterans/index-eng.html>

Who They Serve: CAF & RCMP Veterans

Location of Services:

Nationwide services, head office in Ottawa, some services restricted to Ontario residents.



Veterans Voices of Canada:

Website: <https://vetvoicecan.org/>

Email: info@vetvoicecan.org

Phone Number: 1-403-358-6313

Head Office Address:

P.O. Box 255 Red Deer, Alberta, T4N 5E8

Who They Serve:

Active Service, Veterans, and First Responders.

Location of Services:

Nationwide services, museum located in Alberta.



Veterans Wellness Alliance:

Website: <https://thevwa.ca/>

Email: admin@thevwa.ca

Who They Serve: Veterans

Location of Services: Nationwide services



Winnipeg Veterans Support and Leisure Center

Email: dave.mclaughlin@shaw.ca

Phone Number: 1-204-430-5073

Address: 341 Wilton Street, Winnipeg, Manitoba, R3M 1X3

Who They Serve:

Active Service, Veterans, RCMP, and their Spouses.

Location of Services: Winnipeg



Wounded Warriors Canada:

Website: <https://woundedwarriors.ca/>

Email: info@woundedwarriors.ca

Phone Number: 1-888-706-4808

Head Office Address:

310 Byron Street South, Suite 4, Whitby, Ontario, L1N 4P8

Who They Serve:

CAF Active Service, Veterans, and their Families.

Location of Services:

Nationwide services, in-person kids camps located in BC, AB, ON, and Atlantic Region.





Red River Métis Department
(204)586-8474 ext. 2831
rrmvreception@mmf.mb.ca
www.mmf.mb.ca

