



# Aboriginal Women

## 1.1 Aboriginal Friendship Centres Program

Aboriginal Friendship Centres provide services in areas such as housing, education, health, employment, recreation and human resource development. They also work in cooperation with municipal/provincial authorities on crime and violence prevention by sponsoring diversion and community healing/wellness programs for Aboriginal youth. Many centres also provide early child development and family-related services under agreements with the Aboriginal Head Start Initiative.

For more information, contact the Citizens' Participation Directorate at Canadian Heritage:

**Tel.:** (819) 994-3835

**Fax:** (819) 953-2673

**Internet:** <http://www.pch.gc.ca>

## 1.2 Aboriginal Health

### Health Canada's Medical Services Branch

Health Canada's Medical Services Branch works in partnership with First Nations and Inuit to ensure the provision of health services, programs and initiatives directed at First Nations on-reserve and Inuit communities. These activities are mainly holistic, community-based and managed, and are directed at the community as a whole, including women and their children. Funding for most programs is allocated directly to communities through the Medical Services Branch regional offices. Programs of particular interest to women include:

**Aboriginal Head Start On Reserve** Designed to encourage the development of locally controlled projects in First Nations communities, this program aims to prepare young First Nations children for their school years. Program components include: culture and



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language, education, health promotion, nutrition, social support and parental involvement.

***The Canada Prenatal Nutrition Program — First Nations and Inuit Component***

Using a community-based approach, the goal of this program is to improve the health of high-risk pregnant women and their babies. The program also encourages healthy nutrition throughout the baby's first year with particular emphasis on breastfeeding.

***Brighter Futures Initiative - First Nations and Inuit Component*** This initiative provides funding and technical expertise for community-based and managed mental health and child development initiatives, including culturally appropriate parenting skills, childhood injury prevention, youth activities and mental health programs.

***Building Healthy Communities*** is designed to address priority service gaps in the areas of mental health, solvent abuse and home care nursing. The program includes a transfer strategy that helps First Nations and Inuit communities take control of their own health resources.

***National Native Alcohol and Drug Abuse Program*** The major goal of this program is to support First Nations and Inuit people and their communities in establishing and operating programs aimed at eliminating or reducing high levels of alcohol and other drug abuse in their communities. There are currently about 550 community-based prevention programs and 53 alcohol and other drug treatment centres operating under this program.

***HIV/AIDS*** Just as the number of HIV/AIDS cases has risen among Canadian women in general, HIV/AIDS has also risen steadily among Aboriginal women. The Medical Services Branch provides funding to First Nations and Inuit communities, and to national Aboriginal organizations, to develop and provide HIV/AIDS education and prevention programs and resources.

For more information about these and other programs, contact your community health office, or the regional office of Health Canada's Medical Services Branch:

***Atlantic***

**Tel.: (902) 426-3646**

**Fax: (902) 426-8675**

***Quebec***

**Tel.: (514) 283-4774**

**Fax: (514) 283-7392**

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*Ontario*

Tel.: (613) 952-0087

Fax: (613) 952-5748

*Manitoba*

Tel.: (204) 983-4171

Fax: (204) 983-0079

*Saskatchewan*

Tel.: (306) 780-5413

Fax: (306) 780-7733

*Alberta*

Tel.: (403) 495-2690

Fax: (403) 495-2687

*Pacific*

Tel.: (604) 666-3235

Fax: (604) 666-3753

*Yukon*

Tel.: (867) 393-6778

Fax: (867) 393-6772

or, visit Health Canada's Web site:

Internet: <http://www.hc-sc.gc.ca/msb>

**Non-Insured Health Benefits Program**

This program provides registered Indian, recognized Inuit, or Innu in Canada with certain medical services that are not covered by a provincial/territorial health plan or a third-party coverage plan. These services include drugs, medical supplies and equipment, dental services, vision-care goods and services, medical transportation, crisis prevention, medical health crisis counselling and, in certain provinces, healthcare premiums.

To find out more about this program, contact the Non-Insured Health Benefits Program at Health Canada:

Toll-free: 1-800-259-5611

Internet: <http://www.hc-sc.gc.ca/msb/nihb>

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## **First Nations Child and Family Services Program**

The Department of Indian Affairs and Northern Development wants to ensure that First Nations children and families living on reserve have access to culturally sensitive child and family services within their communities — services comparable to those available to other provincial residents in similar circumstances. The First Nations Child and Family Services Program provides funds for the development and establishment of organizations providing child and family services. These organizations receive delegated authority from the provinces and function in accordance with provincial legislation.

For more information about this program, contact the Community Development Directorate at Indian Affairs and Northern Development:

**Tel:** (819) 994-7242  
**Fax:** (819) 953-3321  
**Internet:** <http://www.inac.gc.ca>

### **1.3 Aboriginal Seniors**

#### **Reaching Out: A Guide to Communicating with Aboriginal Seniors**

This guide was designed as a reference tool for federal employees and officials of other governments and organizations to help them in their work. Sections in the guide include: Using the Right Terms, National Aboriginal Organizations and Media, Charts on the Information Needs of Aboriginal Seniors, and Information Gathering Patterns of Aboriginal Seniors and Other Community Members.

For more information, contact Health Canada's Division of Aging and Seniors:

**Tel:** (613) 952-7606  
**Fax:** (613) 957-7627  
**E-mail:** [seniors@hc-sc.gc.ca](mailto:seniors@hc-sc.gc.ca)  
**Internet:** <http://www.hc-sc.gc.ca/seniors-aines>

### **1.4 Aboriginal Women and Work**

#### **Aboriginal Business Canada**

Thousands of Aboriginal women own small businesses in Canada today. Aboriginal Business Canada (ABC) provides business services, information and financial support to Canadian Status and Non-Status Indians, Inuit, and Métis individuals, associations, partnerships or other legal entities, both on and off reserve. This support is focussed on key strategic priorities for the growth of the Aboriginal business sector:

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- trade and market expansion (including Aboriginal Tourism);
  - Youth Entrepreneurship Development;
  - Innovation; and
  - strengthening Aboriginal financial and business organizations.

ABC's goal is to develop a competitive, sustainable Aboriginal economy actively linked with the economies of Canada and the world; one which is based on traditional Aboriginal values and led and managed by Aboriginal entrepreneurs.

For more information about Aboriginal Business Canada and its services and support to small business, visit the program's Web site:

**Internet:** <http://abc.gc.ca>

or contact Aboriginal Business Canada in your region:

*Atlantic - Halifax*

**Tel.:** (902) 426-2018

**Fax:** (902) 426-1643

**E-mail:** [abc.halifax@ic.gc.ca](mailto:abc.halifax@ic.gc.ca)

*Quebec - Montreal*

**Tel.:** (514) 283-1828

**Fax:** (514) 283-1843

**E-mail:** [abc.montreal@ic.gc.ca](mailto:abc.montreal@ic.gc.ca)

*Ontario - Toronto*

**Tel.:** (416) 973-8800

**Fax:** (416) 973-2255

**E-mail:** [abc.toronto@ic.gc.ca](mailto:abc.toronto@ic.gc.ca)

*Manitoba - Winnipeg*

**Tel.:** (204) 983-7316

**Fax:** (204) 983-4107

**E-mail:** [abc.winnipeg@ic.gc.ca](mailto:abc.winnipeg@ic.gc.ca)

*Saskatchewan - Saskatoon*

**Tel.:** (306) 975-4329

**Fax:** (306) 975-5334

**E-mail:** [abc.saskatoon@ic.gc.ca](mailto:abc.saskatoon@ic.gc.ca)

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**Alberta - Edmonton**

**Tel.:** (403) 495-2954  
**Fax:** (403) 495-4172  
**E-mail:** abc.edmonton@ic.gc.ca

***British Columbia - Vancouver***

**Tel.:** (604) 666-3871  
**Fax:** (604) 666-0283  
**E-mail:** abc.vancouver@ic.gc.ca

***National Office - Ottawa***

**Tel.:** (613) 954-4064  
**Fax:** (613) 957-7010  
**E-Mail:** abc.ottawa@ic.gc.ca

**Indian and Inuit Health Careers Program**

Funding is available both to Aboriginal students qualified to pursue post-secondary education in the health field and to various post-secondary educational institutions to develop student support and counselling services, curriculum enhancement and access programs for entry into health studies. The Indian and Inuit Health Careers Program includes orientation to health careers, on-the-job training, as well as bursaries and scholarships based on financial need.

Aboriginal students interested in obtaining a bursary or scholarship, should contact the National Aboriginal Achievement Foundation:

**Tel.:** 1-800-329-9780  
(416) 926-0775 (in Toronto)  
**Fax:** (416) 926-7554  
**E-mail:** naaf@istar.ca  
**Internet:** <http://www.naaf.ca>

or, contact Health Canada's Medical Services Branch:

**Tel.:** (613) 954-8779  
**Fax:** (613) 954-8107  
**Internet:** <http://www.hc-sc.gc.ca/msb>

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## 1.5 Guide to Federal Initiatives for Urban Aboriginal People

This guide provides information on a variety of programs and services that may be of particular interest to Indian, Inuit and Métis people located in urban centres throughout Canada. The information ranges from arts and culture, to education and training, to economic development, policing and health.

For more information or copies of the guide, contact the Information and Research Centre at the Privy Council Office:

**Tel.:** (613) 957-5153

**Fax:** (613) 957-5043

**E-mail:** [library@pco.gc.ca](mailto:library@pco.gc.ca)

**Internet:** [http://canada.gc.ca/depts/agencies/pco/aborguide/guide\\_e.html](http://canada.gc.ca/depts/agencies/pco/aborguide/guide_e.html)

or contact Aboriginal Affairs at the Privy Council Office:

**Toll-Free:** 1-888-511-4444

**TTY:** 1-800-465-7735

## 1.6 Housing

### Emergency Repair Program

Aboriginal and other homeowners with a limited household income who are living in a rural or remote area may be eligible to receive non-repayable contributions for repairs to make their home safe. (For details, see Women in Rural and Remote Communities, section 11.4)

### Urban Native Non-profit Housing Program

Assistance is provided to urban Aboriginal-owned non-profit housing corporations for the operation of subsidized rental housing. Organizations requiring assistance and Aboriginals in need of low-cost, adequate and suitable rental housing should contact Canada Mortgage and Housing Corporation's Canadian Housing Information Centre:

**Toll-free:** 1-800-668-2642

**TTY:** 1-800-309-3388

**Fax:** (613) 748-4069

**Internet:** <http://www.cmhc-schl.gc.ca>  
<http://www.cmhc-schl.gc.ca/ah-al/en/erp.html>  
(Emergency Repair Program)

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## 1.7 Policy-Making

### Aboriginal Women's Program

Aboriginal women's voices need to be heard. That's why the federal government provides financial and technical support to not-for-profit Aboriginal women's organizations, including three national organizations (Native Women's Association of Canada, Pauktuutit Inuit Women's Association, Métis National Council of Women) and some 75 provincial/territorial/community women's groups. This support is designed to help the organizations influence policies, programs, legislation and decision-making that affect the social, cultural, economic or political well-being of Aboriginal women within their own communities as well as within Canadian society.

Activities and projects being undertaken by these women's groups include representation, leadership development and training, cultural retention and preservation, economic well-being and the improvement of social conditions.

The Aboriginal Women's Program administers the Family Violence Initiative and the Self-government Initiative. Both initiatives support Aboriginal women's groups at the national, provincial, regional, community and neighbourhood levels, which clearly demonstrate the active participation and representation of Aboriginal women.

***Family Violence Initiative*** This initiative supports Aboriginal women's groups who examine, develop and implement holistic and culturally appropriate responses to violence in the immediate and extended families of Aboriginal peoples living *off-reserve*.

***Self-government Initiative*** This initiative assists Aboriginal women, especially at the community level, to:

- develop their own positions, processes, strategies and research in relation to self-government;
- participate and partner with other Aboriginal and women's groups/ organizations as well as Aboriginal governments on self-government initiatives; and
- inform Aboriginal women on this very critical issue affecting their lives and those of their children and families.

For more information about local women's organizations, contact the nearest regional or district office of Canadian Heritage:



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*Atlantic*

Tel.: (506) 851-7066

Fax: (506) 851-7079

*Quebec*

Toll-free: 1-800-463-6769

Tel.: (514) 283-2332

*Ontario*

Toll-free: 1-800-839-8221

Tel.: (416) 954-9243

*Prairies, Northwest Territories, Nunavut*

Tel.: (204) 983-3601

Fax: (204) 984-6996

*Alberta*

Toll-free: 1-800-748-7275

Tel.: (403) 292-4401

*Pacific and Yukon Territory*

Tel.: (604) 666-0176

or contact the Citizen's Participation Directorate at Canadian Heritage:

Tel.: (819) 994-2122

TDD: (819) 994-4957

Fax: (819) 953-2673

Internet: <http://www.pch.gc.ca>

**Participation in Multilateral Conferences on International Indigenous Issues**

Aboriginal women's organizations interested in international issues with respect to human rights, indigenous rights, traditional knowledge, circumpolar affairs, biological diversity, intellectual property rights and related matters may be eligible for assistance to attend consultations or conferences on these issues.

For more information about international indigenous issues and appropriate contact persons, and to find out who might receive assistance, contact the Aboriginal and Circumpolar Affairs Division at the Department of Foreign Affairs and International Trade:

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**Tel.:** (613) 992-6356 or (613) 944-9173  
**Fax:** (613) 944-0758  
**Internet:** <http://www.dfait-maeci.gc.ca>

## **1.8 Women Offenders**

### **Aboriginal Community Corrections Initiative**

Under this initiative, the Solicitor General of Canada funds a limited number of pilot projects to test and evaluate treatment offered to offenders in Aboriginal communities that take a holistic and healing approach to community wellness, and supports the development of urban corrections strategies for Aboriginal offenders. Proposals for funding can be made by First Nations, community groups or Aboriginal organizations with a mandate and capacity to provide services to offenders within a restorative/healing process.

For more information, contact Solicitor General Canada's Aboriginal Corrections Policy Unit.

**Tel.:** (613) 991-2832  
**Fax:** (613) 990-8295  
**E-mail:** [Abocor@sgc.gc.ca](mailto:Abocor@sgc.gc.ca)  
**Internet:** <http://www.sgc.gc.ca>

### **Native Courtworker Program**

This program provides non-legal counselling for Status and Non-Status Indians, Métis and Inuit individuals involved in the criminal justice system. Courtworkers help Aboriginal people understand the nature of the criminal charges against them and refer them to legal or other resources. They also encourage courts to understand and take into account the culture, values, traditions and socio-economic backgrounds of Aboriginal people. The program, delivered mainly by Aboriginal organizations, is cost-shared between the federal, provincial and territorial governments. It exists in all provinces and territories, except New Brunswick and Prince Edward Island.

To find the nearest organization providing courtworker services, contact Justice Canada:

**Tel.:** (613) 957-9581  
**Fax:** (613) 941-2269  
**Internet:** <http://canada.justice.gc.ca>

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## Okimaw Ohci Healing Lodge

To address the special needs of Aboriginal women in the federal corrections system, the federal government has set up the Okimaw Ohci Healing Lodge in Maple Creek, Saskatchewan. The first institution of its kind, it was developed with and for the First Nations community. Sixty per cent of the staff are of Aboriginal descent, and the operation of this facility is based on Aboriginal teachings and philosophy, with a strong emphasis on Aboriginal culture and spirituality.

For more information about the Healing Lodge, visit Correctional Service Canada's Web site:

**Internet:** <http://csc-scc.gc.ca>

or contact the Office of the Deputy Commissioner for Women:

**Tel.:** (613) 992-7033

**Fax:** (613) 992-4692

**E-mail:** [nancystableforth@NHQ.csc-scc.x400.gc.ca](mailto:nancystableforth@NHQ.csc-scc.x400.gc.ca)

## Programming for Aboriginal Inmates and Released Offenders

A number of Aboriginal-specific programs and services are available to meet the correctional needs of offenders in federal institutions, including:

- the provision of Elders' Services to address spiritual and cultural needs;
- the Native Liaison Service which bridges the communications gap between Aboriginal inmates and the largely non-Aboriginal staff;
- Addictions Treatment; and
- Release Planning that provides liaison between offenders and Aboriginal communities for effective reintegration.

**Half-way Houses** Correctional Service Canada supports six halfway houses, operated by Aboriginal organizations, that have been established to meet the needs of conditionally-released Aboriginal offenders. Aboriginal organizations interested in submitting proposals for the care and custody of offenders in their communities should contact the Aboriginal Program at Correctional Service Canada.

**Other Programs** Additional Aboriginal programs are available on a regional basis. These include: Aboriginal specific Sex Offender Treatment at various institutions; the Way of Life and Balanced Lifestyle Program, integrated treatment that includes cognitive skills training, family life exploration, addictions treatment and academic

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training; and Brotherhood and Sisterhood Groups that help Aboriginal inmates to engage in self-help activities.

Contracts for the provision of programs and services to inmates in federal institutions are generally tendered. Aboriginal organizations interested in receiving Requests for Proposals should visit Correctional Service Canada's Web site:

**Internet:** <http://csc-scc.gc.ca>

or contact the Aboriginal Program at Correctional Service Canada:

**Tel:** (613) 995-2557

**Fax:** (613) 995-8964

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## Women in Business

A number of resources are available to women interested in starting or expanding their business or who would like to export their products or services.

### 2.1 Aboriginal Business Canada

Aboriginal Business Canada provides business services and support to Canadian Status and Non-Status Indians, Inuit, and Métis individuals, associations, partnerships or other legal entities which are wholly or partly owned or controlled by Aboriginal people, on or off reserve. (For details, see Aboriginal Women, section 1.4 above.)

### 2.2 Region-Specific Assistance

#### The Atlantic Virtual Women's Business Bureau

Sponsored by the Atlantic Canada Opportunities Agency, the Maritime Provinces, and various non-government organizations, this Internet-based "virtual business bureau" is a one-stop shopping centre for women in business, providing resource materials, business links, chat lines and professional help for women at all stages of planning and growing a business.

For more information, visit the virtual bureau at:

**Internet:** <http://www.bizbureau.com>

#### Western Canada

#### *Entrepreneurs with Disabilities Program*

This program ensures easy access to business services; access to loan funds up to \$75,000, for people who are unable to obtain financing from traditional lenders; as well as other support mechanisms. (For details, see Women with Disabilities, section 5.3)



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### *Women's Enterprise Initiative*

With funding from Western Economic Diversification Canada, four independent non-profit groups, one in each Western province (British Columbia, Alberta, Saskatchewan, Manitoba), have each set up their own support mechanism for women-owned or controlled businesses. Each group provides women entrepreneurs 18 years and older with business counselling, information, referrals, networking, mentoring, loans on commercial terms, pathfinding to existing services, plus a variety of unique products and services tailored to meet their needs.

To find out more, contact the nearest Women's Enterprise centre, or Western Economic Diversification Canada:

#### *British Columbia*

**Women's Enterprise Society of B.C.**

**Toll-free: 1-800-643-7014**

**E-mail: wesbc@silk.net**

**Internet: <http://strategis.ic.gc.ca/SSG/mi03293e.html>**

#### *Alberta*

**Alberta Women's Enterprise Initiative Association**

**Tel.: 1-800-713-3558**

**E-mail: aweia@compusmart.ab.ca**

**Internet: <http://www.compusmart.ab.ca/aweia/>**

#### *Saskatchewan*

**Women Entrepreneurs of Saskatchewan Inc.**

**Toll-free: 1-800-879-6331**

**E-mail: women@the.link.ca**

#### *Manitoba*

**Women's Enterprise Centre**

**Tel.: 1-800-203-2343**

**Internet: <http://www.mbnet.mb.ca/wec>**

or

**Western Economic Diversification Canada**

**Toll-free: 1-888-338-WEST (9378)**

**Internet: <http://www.wd.gc.ca>**

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## 2.3 Resources for Business Women

### Businesswomen in Trade Web Site

This Web site provides an Internet entry point to a wealth of information on how to prepare for, and succeed in, the export marketplace. Included are: an online assessment, *Exporter Preparation and Export Readiness*; the strategies of successful women exporters; how to register in WIN Exports, a database for Canadian exporters to receive trade leads and export information; information on financial resources, surveys and studies of women in trade; and a calendar of upcoming businesswomen events. There are also direct links to other Internet sites of interest to Canadian businesswomen. For more information, visit the Web site at:

**Internet:** <http://www.infoexport.gc.ca/businesswomen/menu-e.asp>

or contact Export Services, Small and Medium-Sized Enterprises at the Department of Foreign Affairs and International Trade:

**Tel.:** (613) 944-0634

**Fax:** (613) 995-5773

### Financing a Small Business: A Guide for Women Entrepreneurs

Whatever sectors of the economy women entrepreneurs choose to enter, at some point they will need to finance their venture. This brochure has been written specifically for women as a quick guide to external financing for a small business at any stage of its development. The brochure includes information on preparing a business plan, determining your financial needs, ways to finance your business, when to look for external financing, standard lending practices and evaluating loan proposals.

To obtain a copy of the guide, contact the Business Development Bank of Canada:

**Toll-free:** 1-888-INFO-BDC (1-888-463-6232)

**Tel:** (514) 283-5904 (in Montreal)

**Internet:** <http://www.bdc.ca>

### Her Own Way: Advice for the Woman Traveller

This information-packed booklet provides tips on everything from lessening culture shock when travelling, to appropriate dress in countries with dress codes for women, to personal safety. It also includes sections on: expectations for business women travelling abroad, pregnant travellers, nursing mothers and older travellers, as well as a list of addresses and telephone numbers of all Canadian missions around the world.

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For a free copy of this booklet, contact the Enquiries Service at the Department of Foreign Affairs and International Trade:

**Toll-free:** 1-800-267-8376

**Tel.:** (613) 944-4000

**Internet:** <http://www.dfait-maeci.gc.ca/travel/consular/16009-e.htm>

### **Resources for Business Women**

Resources for Business Women is an Internet-based directory containing links to both government and non-government programs and articles geared to business women. To find out more, visit Industry Canada's *Strategis* Web site:

**Internet:** <http://strategis.ic.gc.ca> (in *Advanced Search Feature*, type: "Resources for Business Women")

### **Your Guide to Government of Canada Services and Support for Small Business**

This detailed guide provides a wealth of information on federal programs and services for small businesses, including information on getting started, financing, business management, international trade, and a host of other government services and programs as well as key contacts. The guide is available free by contacting Distribution Services at Industry Canada:

**Tel.:** 1-800-328-6189

**Fax:** (613) 954-6436

**Internet:** <http://strategis.ic.gc.ca/smeguide>

### **2.4 Self-employment Assistance Program**

Assistance is available to eligible Employment Insurance recipients, fishers, or social assistance recipients who want to set up a business. Interested individuals need a viable business idea and must be willing to invest their own equity in the business. Individuals who are accepted into the program must work full time at setting up and running their business. The program will provide income support and, if eligible, a supplementary allowance for 52 weeks, as well as training, counselling and technical advice.

For further information, contact the nearest Human Resources Centre (listed in the Government of Canada pages of your telephone directory), or visit Human Resources Development Canada's Web site:

**Internet:** <http://hrdc-drhc.gc.ca>



# 3

## Women, Children and Family Health

### 3.1 Child Safety

#### Child Restraint Systems in Motor Vehicles

Transport Canada is responsible for setting safety standards on child safety seats (child restraints). The Department ensures that manufacturers who produce child restraints comply with Canadian safety standards. The Department also investigates public complaints regarding possible safety defects in child restraints and ensures that manufacturers inform the public of any defective restraint system.

For more information about child restraint systems, get a copy of the booklet *Keep Them Safe — A Guide to Children's Car Seats*, or the video that includes information on how to restrain children safely in car seats and the different types of child restraint systems.

**Toll-free: 1-800-333-0371**

**Tel.: (613) 998-8616** (National Capital Region)

**Fax: (613) 993-4831**

**Internet: <http://www.tc.gc.ca/roadsafety> (English)**

**<http://www.tc.gc.ca/securiteroutiere> (French)**

#### Child Restraint Safety Network - Canadian Automobile Association

Under contract to Transport Canada, the Canadian Automobile Association (CAA) administers this network which makes child restraint information available to Canadians, whether or not they are members of the CAA. The network also provides notices of defective child restraints (car seats), participates in child safety seat installation checks across Canada and prepares news releases on defective child restraints.

For more information about the Child Restraint Safety Network, contact the national office of the Canadian Automobile Association:



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**Tel.: (613) 247-0117**

**Fax: (613) 247-0118**

### **3.2 Family Nutrition**

#### **Nutrition/Healthy Eating Program**

Through its Nutrition/Healthy Eating Program, Health Canada provides information to help individuals and families strengthen and maintain healthy eating practices. Among the publications available are: *Canada's Food Guide to Healthy Eating* and its related materials, including *Canada's Food Guide to Healthy Eating: Focus on Preschoolers* and *Canada's Food Guide to Healthy Eating: Focus on Children Six to Twelve Years of Age*. Also available is a national statement on infant nutrition called *Nutrition for Healthy Term Babies*. Health Canada also provides the Vitality Leader's Kit, featuring an integrated approach promoting healthy eating, active living and a positive self and body image.

For more information on the Nutrition/Healthy Eating Program, contact Health Canada's Nutrition and Healthy Eating Unit:

**Tel.: (613) 957-8329**

**Fax: (613) 941-2432**

**Internet: <http://www.hc-sc.gc.ca/hppb/nutrition>**

### **3.3 Female Genital Mutilation**

Canada welcomes a wide diversity of immigrants who bring with them their rich customs and traditions. For some groups, however, these customs include the practice of female circumcision (also known as Female Genital Mutilation), a practice that Canada does not condone. Health Canada's Working Group on Female Genital Mutilation (FGM), aims to:

- inform and educate women and families in order to prevent this practice from being performed in Canada;
- address the health-related, legal and cultural/social issues of FGM; and
- assess the information and training needs of health care procedures in Canada and their role in advancing the prevention of FGM for families now living in Canada.

For more information about Female Genital Mutilation, contact the Federal Interdepartmental Working Group on FGM at Health Canada:

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**Tel.:** (613) 957-1944  
**Fax:** (613) 952-3496  
**E-mail:** [cathy\\_mattern@hc-sc.gc.ca](mailto:cathy_mattern@hc-sc.gc.ca)  
**Internet:** <http://www.hc-sc.gc.ca/datapcb/datawhb/>

### 3.4 Health-Related Research

#### Breast Disease Research:

*Breast Cancer Initiatives* Health Canada has allocated \$7 million per year to fund a variety of breast cancer initiatives, including: research, prevention, early detection, quality screening, support to community groups and networks, access to information, public and professional education, diagnosis, care and treatment, and surveillance and monitoring of breast cancer.

For more information, contact the Adult Health Division at Health Canada's Population Health Directorate:

**Tel.:** (613) 954-8668  
**Fax:** (613) 941-2643  
**Internet:** <http://www.hc-sc.gc.ca>

*Ontario and Quebec Breast Implant Study* Laval University and Cancer Care Ontario, with funding from Health Canada, are studying the correlation between breast implants, cancer incidence and death rates. The final results are expected by the year 2000.

To find out more, contact the Cancer Bureau at Health Canada's Laboratory Centre for Disease Control:

**Tel.:** (613) 957-1765  
**Fax:** (613) 941-2057  
**Internet:** <http://www.hc-sc.gc.ca/hpb/lcdc/bc>

#### Canadian Incidence Study of Reported Child Abuse and Neglect

In collaboration with a variety of both government and non-government groups, Health Canada is developing an ongoing study to better understand the extent and dynamics of child abuse and neglect in Canada. The objectives of the project include developing national estimates of the incidence of reported abuse and neglect, creating a better understanding of the severity of reported child maltreatment and collecting empirical evidence to better plan the allocation of resources to address the issue of child abuse.

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For more information about this study, contact Health Canada's Child Maltreatment Division:

**Tel.:** (613) 954-5493

**Fax:** (613) 941-9927

**E-mail:** [child\\_maltreatment@hc-sc.gc.ca](mailto:child_maltreatment@hc-sc.gc.ca)

**Internet:** <http://www.hc-sc.gc.ca/childhood-youth>

### **Centres of Excellence for Women's Health Program**

Health Canada's priorities in the area of women's health are outlined in the Women's Health Strategy (available on the Women's Health Bureau Web site). One of the major components of this strategy is the Centres of Excellence for Women's Health Program (CEWHP). The Government of Canada funds five Centres of Excellence:

- the Maritime Centre of Excellence for Women's Health (Halifax);
- le Centre d'excellence pour la santé des femmes — Consortium de l'Université de Montréal (Montreal);
- the National Network on Environments and Women's Health (Toronto);
- the Prairie Women's Health Centre of Excellence (Winnipeg); and
- the British Columbia Centre of Excellence for Women and Health (Vancouver).

CEWHP aims to promote much-needed research on women's health in Canada and to direct more attention to the vital health concerns of women. Ultimately, the program's goal is to make Canada's health system more responsive to women's distinctive health needs through applied research and policy advice.

Each Centre conducts multi-disciplinary and cross-sectoral work using a determinants of health approach. This includes:

- developing health data which is sensitive to gender differences;
- identifying and studying key women's health issues;
- communicating knowledge generated by the Program;
- building local, regional and national networks that bring together researchers, community and policy partners working to improve the health of women;
- providing analysis, advice and information to governments, agencies and individuals involved in health programs and policy;
- helping to define a women's health research agenda for Canada.

The Centres examine current health system issues such as the impact of health reform on women and women's health; patterns of health service provision to women; women's

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experience with the health system; influences on health and the health needs of women across diverse life circumstances.

### **Canadian Women's Health Network**

The Canadian Women's Health Network links the Centres of Excellence, individuals and organizations with women's health groups in the governmental and non-governmental sectors, in order to share information and resources and to help develop critical debate on women's health issues.

To find out more about the Centres of Excellence and the Canadian Women's Health Network, contact Health Canada:

**Tel.:** (613) 952-0795

**Fax:** (613) 941-8592

**Internet:** <http://hc-sc.gc.ca/datapcb/datawhb/cewheng.htm>

### **Child Care Visions**

Under this program, funding is available to eligible non-profit organizations or community groups that conduct innovative research or evaluation projects that study the adequacy, outcomes and cost-effectiveness of current best child care practices and service delivery models.

For more information, visit the Child Care Visions Web site:

**Internet:** <http://www.globalx.net/esp-eps>

or the Employability and Social Partnerships Division at Human Resources Development Canada:

**Tel.:** (819) 997-1647

**Fax:** (819) 997-1359

### **Population Health Fund**

Health Canada's Population Health Fund supports projects that examine health determinants with a view to maintaining and improving the health of Canadians. Program funding is available for projects that are both national and regional in scope. Proposals for funding may be made by Canadian non-profit/voluntary organizations and by educational institutions.

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For more information about projects that are national in scope, contact the Population Health Directorate at Health Canada:

**Tel.:** (613) 957-3507  
**Fax:** (613) 952-5310  
**Internet:** <http://www.hc-sc.gc.ca/hppb/phdd>

For information on projects that are regional in scope, contact the nearest Health Canada office:

*Atlantic - Halifax*

**Tel.:** (902) 426-2700  
**Fax:** (902) 426-9689

*Quebec - Montreal*

**Tel.:** (514) 283-7342 or  
(514) 283-0816  
**Fax:** (514) 283-3309

*Ontario - Toronto*

**Tel.:** (416) 973-0003  
**Fax:** (416) 954-8211

*Manitoba - Winnipeg*

**Tel.:** (204) 983-2833  
**Fax:** (204) 983-8674

*Saskatchewan - Regina*

**Tel.:** (306) 780-5104 or  
(306) 780-7151  
**Fax:** (306) 780-6207

*Alberta/Northwest Territories/Nunavut - Edmonton*

**Tel.:** (403) 495-2754  
**Fax:** (403) 495-5537

*British Columbia/Yukon - Vancouver*

**Tel.:** (604) 666-8986  
**Fax:** (604) 684-2729

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## Women and Clinical Trials

As of 1996, all manufacturers who apply to Health Canada for market approval of drugs must include women in their clinical trials. Guidelines entitled *Guidelines on the Inclusion of Women in Clinical Trials* are available on Health Canada's Web site:

**Internet:** <http://www.hc-sc.gc.ca/hpb-dgps/therapeut>

## 3.5 New Mothers/Parenting

### Guide to Federal Programs and Services for Children and Youth

Produced every two years, this user-friendly guide provides information on a variety of topics, including childcare, health, education, adoption and nutrition. It is intended for parents, caregivers, organizations, educational institutions and agencies who work with young people. Each description lists basic program information as well as key contacts for additional information.

The *Guide to Federal Programs and Services for Children and Youth* is available free of charge in print format and on the Internet. To obtain a copy, contact Health Canada's Childhood and Youth Division:

**Tel.:** (613) 957-3436

**Fax:** (613) 952-1556

**E-mail:** [children@www.hc-sc.gc.ca](mailto:children@www.hc-sc.gc.ca)

**Internet:** <http://www.hc-sc.gc.ca/hppb/childhood-youth>

### Child Development — Mental and Physical Health

It is more effective and less costly to maximize child development in the early years than to try to correct problems when children are older. Health Canada's Childhood and Youth Division addresses both mental and physical health issues related to child, youth and family health. Working with partners and community groups, the Division develops information, projects and initiatives in such areas as: prevention of pre-term birth, prevention of Sudden Infant Death Syndrome and Shaken Baby Syndrome, promotion of breastfeeding and infant nutrition, parent support, prevention of suicide, and learning disabilities.

For more information, contact Health Canada's Childhood and Youth Division

**Fax:** (613) 954-3358

**Internet:** <http://www.hc-sc.gc.ca/hppb/childhood-youth>

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***Mental Health Component***

**Tel.:** (613) 954-8612

**E-mail:** famchimen@www.hc-sc.gc.ca

***Physical Health Component***

**Tel.:** (613) 957-8099

**E-mail:** familychild@www.hc-sc.gc.ca

**The Community Action Program for Children**

The Community Action Program for Children (CAPC) provides long-term funding to community groups to establish and deliver services that respond to the developmental needs of children from birth to six years of age who are living in conditions of risk. CAPC-funded prevention and early intervention activities help children get a better start in life, prepare them for school and improve their chances of growing into healthy adults. CAPC is for children who:

- live in low-income families;
- live in teenage-parent families;
- are at risk of or are experiencing developmental delays or social, emotional or behavioural problems; and
- are abused or neglected.

Special consideration is given to Métis, Inuit and off-reserve Aboriginal children, children of recent immigrants and refugees and children who live in remote or isolated communities. Examples of services offered by CAPC projects include family resource centres, parent education, home visiting, play groups and child development activities.

**The Canada Prenatal Nutrition Program**

Funded by Health Canada and co-managed with the provinces and territories, the Canada Prenatal Nutrition Program provides resources to eligible community groups who want to establish and deliver services to help pregnant women who are at risk of having unhealthy babies, including women who are living in poverty, are teenagers, drink alcohol or use other drugs, are living in an abusive situation; are Métis, Inuit and First Nations individuals; are refugees, are living in isolation or do not have access to services, or have been diagnosed with gestational diabetes.

Programs are designed to provide food supplementation, nutrition counselling, support, education, referral and counselling on such lifestyle issues as alcohol abuse, stress and family violence.



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For more information about either of these programs, contact the nearest Health Canada office, send an e-mail enquiry, or visit Health Canada's Web site:

**E-mail:** [capc-cpnp@www.hc-sc.gc.ca](mailto:capc-cpnp@www.hc-sc.gc.ca)

**Internet:** <http://www.hc-sc.gc.ca/hppb/childhood-youth>

### **Postpartum Parent Support Program**

This program is designed to provide support to families of newborn children by helping them develop feelings of competence about the postpartum period, identify and use available support systems, and set realistic expectations about coping with family relationships. Implemented in over 600 hospitals and community health centres in Canada, the program promotes continuity of care for the families served by these health organizations.

For more information about a local program, contact the nearest regional office of Health Canada, or Health Canada's Childhood and Youth Division:

**Tel.:** (613) 957-3437

**Fax:** (613) 954-3358

**E-mail:** [familychild@www.hc-sc.gc.ca](mailto:familychild@www.hc-sc.gc.ca)

**Internet:** <http://www.hc-sc.gc.ca/hppb/childhood-youth>

### **Promotion of Breastfeeding Program**

The goal of this program is to increase awareness of the benefits of breastfeeding and the superiority of breastmilk for infants' health. As part of its ongoing efforts to promote and make breastfeeding more accepted and supported in communities, Health Canada and its partners have created an awareness campaign designed to encourage mothers to breastfeed "Anywhere, Anytime", and to continue breastfeeding for a longer period of time. The program also provides a Breastfeeding Friendly sticker and information sheets to make restaurants, retail outlets and malls more aware and supportive of breastfeeding.

For more information about this program, contact Health Canada's Childhood and Youth Division:

**Tel.:** (613) 957-8099

**Fax:** (613) 954-3358

**E-mail:** [familychild@www.hc-sc.gc.ca](mailto:familychild@www.hc-sc.gc.ca)

**Internet:** <http://www.hc-sc.gc.ca/hppb/childhood-youth>

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### **Nobody's Perfect**

This support and education program for parents of children from birth to age five is designed to meet the needs of young, single parents with low income or limited education, or who may be geographically, culturally or socially isolated. *Nobody's Perfect* gives parents access to accurate parenting information and to a supportive group network. There is also a training program for facilitators and a range of excellent resources for parents. *Nobody's Perfect* materials are free, practical, clearly written, and easy to read, understand and use. The provinces and territories are responsible for ongoing implementation of this program.

For more information, contact the national office of Nobody's Perfect Canada in Ottawa:

**Tel.:** (613) 728-3307  
**Fax:** (613) 729-5421  
**E-mail:** [np-yapp@frp.ca](mailto:np-yapp@frp.ca)

or the Childhood and Youth Division at Health Canada:

**Tel.:** (613) 941-0970  
**Fax:** (613) 952-1556  
**E-mail:** [familychild@www.hc-sc.gc.ca](mailto:familychild@www.hc-sc.gc.ca)  
**Internet:** <http://www.hc-sc.gc.ca/hppb/childhood-youth>

### **Welcome to Parenting: The First Six Years**

This entertaining and informative video of five 25-minute segments provides key information and helpful tips on child development and the challenges of being a parent. It provides information about your child's body, mind, behaviour and safety. There is also a segment that offers coping hints, like making time for yourself.

The video costs \$17.99 (shipping and handling included) and can be ordered by calling:

**Toll-free:** 1-800-668-7808  
**Internet:** <http://www.cfc-efc.ca/fsc>

### **3.6 Substance Abuse**

#### **Canada's Drug Strategy**

The goal of Canada's Drug Strategy is to reduce the harm associated with alcohol and other drugs to individuals, families and communities. The Strategy aims to:

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- prevent those individuals not currently using drugs from starting;
  - reduce the harm to individuals who do use them;
  - enhance treatment and rehabilitation for individuals affected by substance abuse;
  - provide an appropriate legislative framework; and
  - work internationally to address the drug problem.

Programs and policies are formulated with sensitivity to gender, and a number of resources are available to help individuals and organizations who work with women, including rural and immigrant women, which provide information on developing community projects and involving women in the process.

For more information on Canada's Drug Strategy, contact Health Canada's Office of Alcohol, Drugs, and Dependency Issues:

**Tel.: (613) 957-8340**

**Fax: (613) 957-1565**

**Internet: <http://www.hc-sc.gc.ca/alcohol-otherdrugs>**

### **Tobacco Control Initiative**

Research indicates that the largest increase in new smokers in Canada is among young women. Health Canada's Office of Tobacco Reduction Programs, in collaboration with the provinces, territories and non-government organizations, helps Canadians work towards the ultimate goal of a tobacco-free Canada. With an emphasis on youth, the programs aim at improving the overall health, well-being and quality of life of Canadians by reducing tobacco-caused illness and death.

A variety of youth-oriented tobacco resources are available on Health Canada's Web site. These include *Quit4Life*, *Improving the Odds*, *Back Talk*, *Cigarette Smoking and Young Women's Presentation of Self*, *Breathing Space*, *Getting Smoke-Free*, *Women and Smoking Cessation*, *A Way Out*, and *High-Risk Pregnant Women*. Also available are the *Tobacco Use Cessation Programs: An Inventory of Self Help and Group Programs* which can also be accessed through the Web site.

For more information on Health Canada's Tobacco Control Initiative, visit Health Canada's Web site:

**Internet: <http://www.hc-sc.gc.ca/hppb/tobaccoreduction>**

or contact the Office of Alcohol, Drugs and Dependency Issues:

**Tel.: (613) 957-8333**

**Fax: (613) 952-5188**

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### 3.7 Women and HIV/AIDS

HIV and AIDS are increasing among Canadian women. While the primary route of HIV infection for women has been through heterosexual sex, women increasingly are being infected with HIV through injection drug use, either from the use of contaminated needles or through unprotected sex with a partner who injects drugs.

Through the Canadian Strategy on HIV/AIDS, Health Canada provides funding for national programs and research focused on the prevention of HIV in women, as well as on the care and treatment of women infected with and affected by HIV/AIDS.

***Prevention of HIV/AIDS*** Prevention initiatives related to HIV and sexual violence include a guide for counsellors working with survivors of sexual violence and a brochure for survivors themselves.

***Care and Treatment Initiatives*** These initiatives include a guide on health management for persons infected with HIV/AIDS and a series of modules for health care providers, all of which include information related to women.

For more information, contact the HIV/AIDS Policy, Coordination and Programs Division at Health Canada:

**Tel:** (613) 941-9487

**Fax:** (613) 952-3556

**Internet:** [http://www.hc-sc.gc.ca/hppb/hiv\\_aids](http://www.hc-sc.gc.ca/hppb/hiv_aids)

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# 4

## Women, Culture and Sport

### 4.1 The Canada Millennium Partnership Program — limited time

To mark the millennium in meaningful and creative ways, the federal government is encouraging Canadians to undertake projects that explore our heritage, celebrate our achievements, build our future, and leave a lasting legacy. Projects should fall into one or more of the program themes. The main activities funded under the program should take place during the year 2000 and must be completed by March 31, 2001.

Funding is available to registered Canadian non-profit groups, organizations and associations or private enterprises, at the community, regional, national and international level. Private enterprises need not be non-profit in nature to qualify for Millennium funding; however, the nature and intent of the proposed activity should be non-commercial.

Deadlines for applications of the remaining three phases of this five-phase program are:

Phase 3 : May 31, 1999

Phase 4 : October 31, 1999

Phase 5 : March 1, 2000

For more information on the types of projects eligible for funding, contact the Millennium Bureau of Canada:

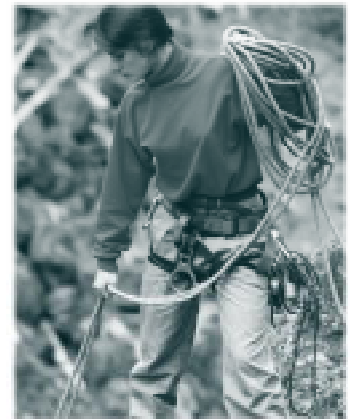
**Toll-Free: 1-888-774-9999**

**Internet: <http://www.millennium.gc.ca>**

### 4.2 Commemorations and Awards

#### Commemoration of the Contribution of Women to Canadian History

To recognize women's contributions to Canadian history, Parks Canada, in conjunction with the Historic Sites and Monuments Board of Canada, is focusing on the commemoration of the contribution of women to Canadian history under several



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important subthemes, including: Women and Power, Women and Healthcare, Women in Education, Women and Work, and Women and Technology. Since 1995, there have been some 27 designations by Parks Canada that are related to women and their role in the development of Canada.

For more information, contact Parks Canada:

**Tel.:** (819) 997-6283

**Internet:** [http://parkscanada.pch.gc.ca/nhs/nhs\\_e.htm](http://parkscanada.pch.gc.ca/nhs/nhs_e.htm) (English)

[http://parkscanada.pch.gc.ca/nhs/nhs\\_f.htm](http://parkscanada.pch.gc.ca/nhs/nhs_f.htm) (French)

### **Jeanne Sauvé Internships Program: Canadian Women in Communications**

Every year, the Government of Canada, through the Departments of Canadian Heritage and Industry Canada and through the Canadian Radio-television and Telecommunications Commission offers internship opportunities to exceptional Canadian women working in the communications field, through the Jeanne Sauvé Internships Program. The internships are administered in conjunction with Canadian Women in Communications (CWC), a national non-profit organization created in 1991, to further the advancement of women in broadcasting, cable, telecommunications and allied fields, including multimedia. While eligibility varies by program, in general, candidates must:

- be nominated by their employers;
- be in a management position or have management potential; and
- demonstrate strong interpersonal skills.

### ***Canadian Heritage and CWC Internship Program***

Two internships of 6 to 8 weeks are available annually with the Department of Canadian Heritage. The internships enable talented women to gain first-hand knowledge and insight into the development of federal government communications policy, as well as the role of the government and its impact on the industry in which they work.

### ***Canadian Radio-television and Telecommunications Commission (CRTC) and CWC Exchange Program***

Every year, 4-week internships are offered to four successful candidates, two from the private sector and two from the CRTC. Private sector participants gain a broad view of the workings of the CRTC, while CRTC participants gain an inside view of the realities and internal processes of the private sector.

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### ***Industry Canada and CWC Exchange Program***

Internships of 6- to 12 weeks are offered each year to four successful candidates, two from the private sector and two from Industry Canada. The internships for private-sector participants focus on increasing their understanding of the dynamics of the global information economy; public policy and market access initiatives promoting Canada's interests internationally; the development of national positions; and the improvement of negotiation and communications skills. The internships for Industry Canada participants focus on gaining a better understanding of the corporate environment in the communications industry, and on learning about a company's operations, decision-making processes and communications strategies.

For more information about the Jeanne Sauvé Internships, contact the Executive Director at Canadian Women in Communications:

**Toll-free: 1-800-361-2978**

**E-mail: [cwc.afc@sympatico.ca](mailto:cwc.afc@sympatico.ca)**

**Internet: <http://www.cwc-afc.on.ca>**

or the Departments/Agency directly:

### **Canadian Heritage Internship Program:**

**Tel.: (819) 997-9082 or (819) 997-7788**

**Internet: <http://www.pch.gc.ca>**

### **Canadian Radio-television and Telecommunications Commission Exchange Program:**

**Tel.: (819) 997-0313**

**TDD: (819) 994-0423**

**Fax: (819) 994-0218**

**Internet: <http://www.crtc.gc.ca>**

### **Industry Canada Exchange Program:**

**Tel.: (613) 998-4478**

**Fax: (613) 998-4530**

**Internet: <http://strategis.ic.gc.ca>**

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### **Prime Minister's Awards for Teaching Excellence**

The Prime Minister's Awards for Teaching Excellence honour teachers who, through their skill, dedication and enthusiasm, have made extraordinary efforts to prepare students for the challenges of a knowledge-based economy.

For a copy of the nomination guidelines and form, contact Industry Canada:

**Tel.:** 1-800-268-6608  
**E-mail:** pmawards@ic.gc.ca  
**Internet:** <http://www.schoolnet.ca>

### **4.3 Cultural Programs**

#### **A Guide to Federal Programs for the Film and Video Sector**

The Government of Canada recognizes the enormous role the Canadian film and video industry plays in the cultural and economic life of Canada and has prepared a guide that provides a brief overview of the various financial support programs available to the independent film and video industry in Canada. Support is available through six main federal departments and agencies: Telefilm Canada, the National Film Board of Canada, the Canada Council for the Arts, Canadian Heritage, Foreign Affairs and International Trade and the Canadian International Development Agency.

Funding programs range from tax credits for Canadian film or video production, to grants to individual artists in media arts, to a feature film distribution fund, an Aboriginal film making program, and a multimedia fund.

#### **Additional Cultural Programs**

Canadian Heritage and its partner agencies also offer support programs for the book publishing and broadcasting industries and for programs for the Canadian sound recording industry.

For more information about these programs, or to obtain a copy of *A Guide to Federal Programs for the Film and Video Sector*, contact the Cultural Industries Branch at Canadian Heritage:

**Tel.:** (819) 997-5690  
**Fax:** (819) 997-5709  
**Internet:** <http://www.pch.gc.ca/culture/english.htm>



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#### **4.4 Women in Sport**

##### **The Next World Conference on Women and Sport (2002)**

Canada will host the Next World Conference on Women and Sport in Ottawa in 2002. The Conference is designed to advance sport as a strategy for addressing global issues affecting women, to exchange good practices; strengthen international, national, and regional networks; and build action plans for effecting change.

For more information about the conference, contact Sport Canada:

**Fax:** (819) 956-8019

**Internet:** <http://www.iwg.women-and-sport.org> (English)

<http://www.gti.femmes-et-sport.org> (French)

