

ਹਾਵਾਦੋ ΓΕΛΑ **Hola**

سَلَامُ **Kwe'**

안녕하세요

**Kia Ora** ᠠᠯᠤᠰᠤ

**Mhoro** پیلو

こんにちは

வணக்கம் **Salut**

**Kedū** नमस्ते ।

**Posoh** 你好

ਸਤ ਸ੍ਰੀ ਅਕਾਲ **Salaam**

hello **Bozhoo**

**Hei** olá

**Сайн уу**  
བུ་ཕྱི་ལོ་བུ་ཕྱི་ལོ་

Missing something? Know of a business that should be included to our guidebook? Let us know by connecting with our Human Rights and Anti-Racism Advisor.

Who is the Anti-Racism Advisor and what do they do? Brock is working to build inclusivity and equity through understanding and respect for diverse identities and reflect this in our approaches to teaching and learning, research and creativity, administration and service provision, and community engagement. As such, the Human Rights and Anti-Racism Advisor operates under an Anti-Racism, Anti-Oppression framework to inform and encourage students, staff, and faculty at Brock to better understand systemic oppression, race, racism, and Anti-Racism both on and off campus.

khenry@brocku.ca

Kattawe Henry  
Human Rights and Anti-Racism Advisor  
Human Rights and Equity  
she/her pronouns

Brock University | Human Rights and Equity  
MacKenzie Chown E Block room 205  
1812 Sir Isaac Brock Way | St. Catharines, Ontario L2S 3A1  
brocku.ca/human-rights | T 905 688 5550 x 6193

As the Human Rights and Anti-Racism Advisor (HRARA), Kattawe Henry has been working in the Human Rights and Equity office since October 2018. Operating under an Anti-Racism, Anti-Oppression framework, Kattawe works to prevent and address harassment and discrimination in the Brock community. With the goal of improving the understandings of race, racism, and Anti-Racism both on and off campus, she acts as a central resource for assistance in addressing issues of racial harassment and discrimination.

# Land

## Acknowledgement

We acknowledge the land on which Brock University was built is the traditional territory of the Haudenosaunee and Anishinaabe Peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish with One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Metis, and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people.





You're BIPOC (Black, Indigenous, People of Colour), you're at Brock, and you want to know what St. Catharines can offer you. As BIPOC folks, it can be difficult to find services, or spaces that consider or prioritize our needs. In the development of the Niagara Region there was not much, if any, intention of including the needs of BIPOC folks and the goods, services, and overall resources that may be required to thrive in greater society. As such, Human Rights and Equity has created a small guide (AKA "The 411") as a jumping off point to find some places in St. Catharines that have products or services for BIPOC folks.

In this guide you will find a list of places to eat, get beauty supplies, student clubs at Brock and more!



In order to build community, it is essential that we work to support businesses, products, and services that are built with us in mind. For those of us who are coming to St. Catharines for the first time, or even the 20th time it can be difficult to adjust to new surroundings that have limited spaces and services for us.

For those of us who are born and raised here, we also may be unaware of what services and spaces are around for us to utilize. In spaces that have been developed by and for WASPs (White Anglo-Saxon Protestants) those of us who are not, are left out intentionally or unintentionally, and must learn to adapt to spaces that are not considerate of our needs or skill-sets.

Acknowledging that our needs and services are not considered a priority and are hard to find, or not commonly known, it is common for Brock students and community members to feel as though they need to travel outside of Niagara or goods or services that may already be here. To bridge that gap, this resources book can be used as an opportunity to build your networks and enhance the local community.



The Dish with One Spoon is an agreement around hunting territories that explains that people are all eating out of the single dish, which means that we all are living and hunting in the shared territory. One spoon signifies that all Peoples sharing the territory are expected to limit the game they take to leave enough for others, and for the continued abundance and viability of the hunting grounds into the future.

As we are all treaty peoples we must understand and acknowledge that we all have responsibilities in the agreements made between Indigenous peoples and Settler Canadians. One example of this is to learn and follow the teachings of the Two Row Wampum Treaty. The Two Row Wampum is an agreement between the Haudenosaunee and Dutch governments and is to be the basis of all subsequent treaties between the Haudenosaunee, European and North American governments, and the citizens of those nations.

John Borrows, an Indigenous legal scholar and the author of Canada's Indigenous Constitution, describes the physical nature of the Two Row Wampum as follows:

“The belt consists of two rows of purple wampum beads on a white background. Three rows of white beads symbolizing peace, friendship, and respect separate the two purple rows. The two purple rows symbolize two paths or two vessels travelling down the same river. One row symbolizes the Haudenosaunee people with their law and customs, while the other row symbolizes European laws and customs” (Keefer, 2014).

"The Two Row can function as a framework for decolonization right across Turtle Island (North America), since holding true to the Two Row means supporting the right of Onkwehonweh people (Original people) to maintain themselves on their own land bases according to their own systems of self-governance, organization, and economics. (Rather than being driven by profitability and production for markets, most traditional Indigenous economies were based upon localized subsistence.)

In this framework people do not own land but belong to the land as a part of creation and they safeguard it on behalf of coming generations. Before European contact, resources and wealth were shared in most Indigenous societies, and production was geared toward meeting human needs rather than the manufacture of commodities to be bought and sold on the market.



The Two Row Wampum remains a treaty relationship that Haudenosaunee and other Indigenous nations defend today, even if the Canadian state has failed to uphold the principles of the treaties it inherited from the British Crown." (Keefer, 2014).

Keefer, T. (2014). A short introduction to the two row wampum. *Briarpatch Magazine*.

## FROM THE HUMAN RIGHTS AND ANTI-RACISM ADVISOR:

I ask that we consider and acknowledge the ongoing Genocide of Indigenous peoples, especially Missing and murdered Indigenous women and Girls (MMIWG), 2S (Two Spirit), and LGBTQQIA+ (Lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, plus) people and the ongoing multigenerational and intergenerational trauma and marginalization that accompanies this. I ask that we think about the framework of the Two Row and the Dish with one spoon and ask what we are doing in our daily lives to uphold these teachings. I ask you to think of the wonderful Indigenous cultures that are present here on Turtle Island and ask that we celebrate the amazing communities, practices, teachings, and ways of knowing that are all around us here. I ask that we think about the teachings and question what is being done, or not done, to align with Indigenous ways of knowing.

Further, I would like to acknowledge stolen people on stolen land. Canada has a history and part in Chattel slavery and the on-going abuse and disenfranchisement of Black peoples. Enslaved Africans and their descendants have been on Turtle Island non-consensually for centuries and have dealt with the dehumanizing processes of racism and anti-blackness that are pervasive and ongoing.

Acknowledging the disenfranchised people who have also settled here we must also address and understand how colonial occupation of countries around the world, as well as war or uprising has created unsafe environments for people around the globe. As such, folks often have to move to spaces that are occupied by those who have had a hand in the over-exploitation of their countries of origin. As such, we honour the lived realities of People of Colour (POC) who have since come to Canada after First Contact and Chattel Slavery in Canada.

### **ABOUT HRE**

Human Rights and Equity (HRE) at Brock University is located in MacKenzie Chown E Block and operates under the following Vision and Mandate:

#### **Vision (with thanks to the Ontario Human Rights Commission):**

We envision a Brock community where everyone takes responsibility for promoting and protecting human rights [1]; where everyone is valued and treated with dignity and respect; and, everyone's human rights are a lived reality.

#### **Mandate**

HRE fosters an intersectional [2] and anti-oppressive culture of conscience [3] at Brock and beyond. We guide collaborative transformation through capacity building and systemic change.

Recognizing we are all on a path of learning, we engage in critical dialogue to strengthen individuals and our community. Our work challenges our colonial past to build intentional inclusion and equity for the next seven generations.

**Connect with us: [brocku.ca/human-rights](https://brocku.ca/human-rights)**

[1] Human rights are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status. Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. <https://www.un.org/en/sections/issues-depth/human-rights/>

[2] Crenshaw expanded on the Collective's theory. The Combahee River Collective, a Black feminist lesbian organization, released the Combahee River Collective Statement in 1978 to define and encourage Black feminism. In the introduction these women state that "The synthesis of these oppressions creates the conditions of our lives. As Black women we see Black feminism as the logical political movement to combat the manifold and simultaneous oppressions that all women of color face." Intersectionality is a lens through which you can see where power comes and collides, where it interlocks and intersects. It's not simply that there's a race problem here, a gender problem here, and a class or LGBTQ problem there. Many times that framework erases what happens to people who are subject to all of these things. (<https://www.law.columbia.edu/pt-br/news/2017/06/kimberle-crenshaw-intersectionality>)

[3] "in challenging established truths about identity, anti-oppressive practice seeks to subvert the stability of universalized biological representations of social division to both validate diversity and enhance solidarity based on celebrating difference amongs peoples" (p.39).Dominelli 2002...Paulo Freire reminds us of the importance of reflection through his concept of praxis2 . Praxis refers to the following: Reflection plus Action = Change...On a personal level, critical reflection means: · Being able to identify our values and beliefs, as they can impact our attitudes and behaviours. · Remaining open to having our values, beliefs, thoughts, attitudes and behaviours be challenged. · Being able to check' our assumptions, preconceptions and biases and make changes as necessary to eliminate any harm these may cause.

# HRE Staff

If calling from a non-Brock phone please dial 905-688-5550 and then the extension when prompted!

## Anti-Racism Advisor

Kattawe Henry  
x 6193  
[khenry@brocku.ca](mailto:khenry@brocku.ca)  
MacKenzie Chown E Block  
Room 205

## Intercultural Educator

Trecia McLennon  
x 6211  
[tmclennon@brocku.ca](mailto:tmclennon@brocku.ca)  
MacKenzie Chown E Block  
Room 216

## Sexual Violence Support and Education

Larisa Fry  
x 6174  
[svsec@brocku.ca](mailto:svsec@brocku.ca)  
MacKenzie Chown E Block  
Room 215

## Director

Leela MadhavaRau  
x 4859  
[lmadhavarau@brocku.ca](mailto:lmadhavarau@brocku.ca)  
MacKenzie Chown E Block  
Room 206

## Student Justice Educator

Michelle Mudge  
x 6435  
[mmudge@brocku.ca](mailto:mmudge@brocku.ca)  
Thistle 252B  
Student Justice Centre (SJC)

## Human Rights Advisor

Michelle Poirier  
x 6859  
[mpoirier@brocku.ca](mailto:mpoirier@brocku.ca)  
MacKenzie Chown E Block  
Room 214

## Accessibility and Inclusion Advisor

[accessibility@brocku.ca](mailto:accessibility@brocku.ca)  
MacKenzie Chown E Block  
Room 207

## PACHRED Coordinator

Shannon Kitchings  
x 6735  
[pachred@brocku.ca](mailto:pachred@brocku.ca)  
MacKenzie Chown E Block  
Room 205



# groceries

**FOOD!!!**

Here are some grocery stores that you can purchase food items that may remind you of your home and culture.

Be sure to check if there is a student discount available!

## FRESHCO

318 Ontario St, St Catharines (905) 684-8597

286 Bunting Rd, St Catharines (905) 687-9462

Provides lower prices and also offers international brands including Grace, Mr.Goudas, and more!

**COSTCO  
\*MEMBERSHIP  
REQUIRED\***

3 N Service Rd, St. Catharines (905) 646-2008

Members-only warehouse selling a huge variety of items including bulk groceries, electronics & more.



## NO FRILLS

525 Welland Ave, St Catharines/ 581 Lake St, St Catharines

1 (866) 987-6453

Offers low prices and international foods including Halal meats, Okra, Maggi noodles, and spices.

## WALMART

420 Vansickle Rd, St Catharines (905) 687-9212/525 Welland Ave, St Catharines (905) 685-4100/ 221 Glendale Ave, St. Catharines (905) 682-3003

Allows price matching to other stores - bring your flyer and ensure the product is exactly the same and you can match the price. Spices, frozen foods, vegan options, oils, and some international food options available.



## FOOD BASICS

149 Hartzel Rd, St Catharines (905) 684-7439/  
275 Geneva St, St Catharines (905) 637-6523

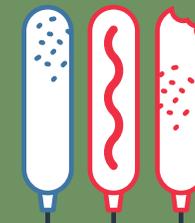
Lower priced options with food selections including food items from Asia, Africa, and the Caribbean.



## ALNOOR HALAL FOOD MARKET

121 Geneva St, St. Catharines, ON L2R 4N3  
(905) 688-0000

Halal meats and groceries like dates, rice, pita, beef, lamb, veal, goat, chicken, and fish. Right next to the Islamic Society of St. Catharines!



## MEG AFRICANA

1 Wiley St, St Catharines (289) 362-2445

African grocery store, offering food items like yams, beauty items like Shea Butter and more!



## LOS AMIGOS LATIN GROCERY

363 Vine St, St. Catharines (905) 934-3040

Latin American Food and Variety store that offers Latin American and Mexican products, Satellite World Soccer Games, Cuxcatleco Express Worldwide Shipping and more!

## CHRISPY AFRICAN MARKET

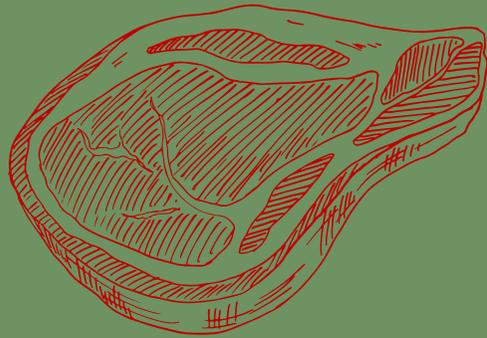
Unit 4a-170 Hartzel Road, St.  
Catharines, ON  
(647) 767-0255  
(289) 362-4096

chrispyafricanmarket@gmail.com

This African variety food store offers catering services, and equipment rental.



## MADINA HALAL MEAT & GROCERY



86 Niagara St #4, St. Catharines  
(289) 362-5454

Fresh and frozen meat: lamb, goat, chicken, beef, veal. All kinds of Pakistani, Indian, and Middle Eastern Grocery. Huge selection of spices. Arabic and Turkish delights.

## DINH DINH ASIAN FOODS

79 Geneva St, St. Catharines  
(905) 685-4977

Food options include Asian snack foods, desserts, drinks and a fresh vegetable sections!



## WEST INDIES COMMUNITY MARKET CLUB

"We are here waiting to serve you"

A little bit of everything! West Indies Community Market Club has groceries to make you feel a little bit more at home. With options from hard dough bread, Excelsior water crackers, breadfruit, Julie mango, yellow yam, goat meat, Red Snapper, and more you are sure to find something to remind you of the West Indies.

6085 Lundy's Lane Niagara Falls (Inside Battlefield Centre/  
Old Lundy's Land United Church)  
(905) 971-1234/(905) 651-2309



## TROPICAL DELIGHT

124 Rykert St, St. Catharines,  
(905) 935-1833

"Food away from home"

A wide range of items from all over. Jamaican Easter Bun, Callaloo, Ovaltine Mackerel, Maggi, Milo to name a few.

## BULK BARN

210 Glendale Ave, St. Catharines  
(905) 685-1708/ 420 Vansickle  
Rd, St. Catharines  
(905) 682-2855/  
525 Welland Ave, St. Catharines  
(905) 934-8012

Products here are purchased  
by weight. Bulk Barn offers  
items such as spices, soup  
mixes, rice, gluten free and  
vegan options, as well as  
international brands like Grace  
and Ting.



## TONY'S FISH MARKET

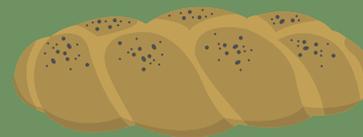
379 St Paul St, St. Catharines  
(905) 684-3700  
"Specializing in exotic"

Asian, East and West Indian,  
Latin American, and African  
food and spices.

### WHERE ELSE?

# KNOW OF A COOL PLACE TO GET GROCERIES?

[khenry@brocku.ca](mailto:khenry@brocku.ca)  
or  
x6193



# restaurants



**CARIBBEAN EATERY**  
134 Lake St, St. Catharines, ON  
L2R 5Y1  
(289) 362-3777

From [caribbeaneatery.ca](http://caribbeaneatery.ca):  
Caribbean Eatery restaurant is  
known for its unique twist on  
Jamaican cuisine in Niagara  
region. The Caribbean menu  
tells a story about food in  
Jamaica, from Jerk Chicken to  
Snapper it's all about the teats  
of real Jamaican food.

They're on SkipTheDishes!

**EAST IZAKAYA**  
129 King St, St. Catharines  
(905) 228-3688

Stylish Japanese pub with a full  
menu including sushi, wings &  
rolls paired with sake, beer &  
wine. Points card available to  
use with Wind and MA!

They're on SkipTheDishes!  
[eastizakaya.com](http://eastizakaya.com)

*pro-tip: check apps like SkipTheDishes, Uber Eats,  
DoorDash for more options!*

## PHO DAU BO RESTAURANT

83 Geneva St, St. Catharines  
(905) 988-9995

Vietnamese place with a plentiful  
menu featuring pho, rice &  
noodle dishes in simple quarters.  
They're on SkipTheDishes!

## TOUCH OF INDIA RESTAURANT

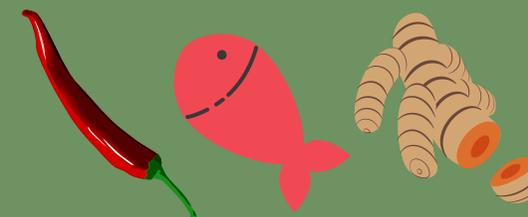
126 St Paul St, St. Catharines  
(905) 988-1155

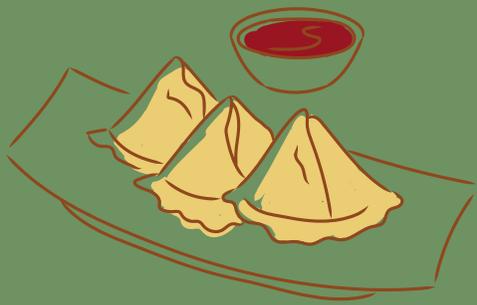
Swagatam (Welcome)

Traditional Indian meals like  
curries & tandoori meats, plus  
lunch specials..

Dhanyabaad (Thank you )

They're on SkipTheDishes!  
[touchofindia.ca](http://touchofindia.ca)





### **WIND JAPANESE AND THAI**

131 King St, St. Catharines  
(905) 682-8838

Contemporary outpost serving all-you-can-eat sushi, plus Japanese & Thai plates in a low-lit space. Points card available to use with MA and East!

They're on SkipTheDishes!

### **BANSAREE INDIAN RESTAURANT**

342 St Paul St, St Catharines  
(905) 684-3411

Indian classics, like dal & butter chicken, for breakfast, lunch & dinner.

Takeout order receive 10% off and free delivery (St.Catharines) order on \$50+ Tax. Student and Senior Discounts are available!  
bansareeindian.com

### **MA CHINESE CUISINE**

123 Geneva St, St. Catharines  
(289) 362-2888

Hong Kong-style fare including dim sum, served in a modern space with exposed wooden rafters. Points card available to use with East and Wind!

They're on SkipTheDishes!

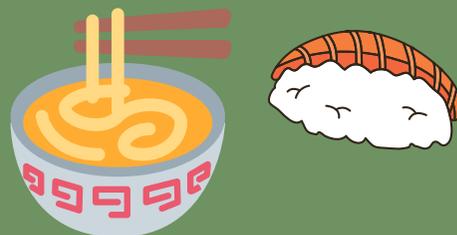
machinesecuisine.com

### **HOT KITCHEN FAST FOOD INDIAN RESTAURANT**

491 Merritt St, St. Catharines  
(289) 362-1008

Quick Indian food, with food items including vegetable pakoras, samosa, butter chicken wraps, and curry.

They're on SkipTheDishes and DoorDash!



### **JAMROCK IRIE JERK**

250 Welland Avenue, St Catharines  
(905) 682-2882

Jamaican/Caribbean style foods with food options like oxtail, jerk chicken, ackee and saltfish, and coco bread.

### **TAIBAH**

80 St. Paul Street St. Catharines,  
(289) 362-3582

Sit in or take out, there are options available like Moutabbal (Baba Ganoush), Fattoush Salad, and Kebeh Belaban Plates.  
They're on SkipTheDishes!

### **THE KOLKATA CLUB**

400 Scott Street St. Catharines  
(905) 646-7770

Indian food with options available like Eggplant Masala, Aloo Gobi Masala, Malai Chicken Tikka.  
They're on SkipTheDishes!

thekolkataclub.ca



### **VILLA MADINA**

Located in: The Pen Centre  
221 Glendale Ave, St. Catharines  
(905) 682-0990

Mediterranean cuisine with options including shawarma and shish-taouk pita sandwiches, shawarma, falafel, and vegetarian plates. Salads and desserts are also available. Includes halal options!

### **IT'S ABOUT THYME**

95 Geneva St, St. Catharines  
(905) 688-4444

Mediterranean cuisine, with shawarma, falafel, tabouli, hummas etc.

### **SHAWARMA HOUSE**

79 King Street, St. Catharines (905) 397-7777

Dine on shawarma options including fillet mashawee, grape leaves, and shawarma poutine!

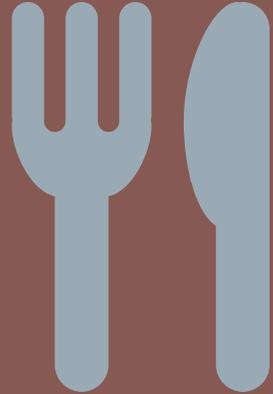
shawarmahouse1.ca

# catering



## HOMELAND BAKED GOODS AND FOODS

Felicia Frye – Caterer  
12 Jeanette Sr, St. Catharines, ON  
(905) 646-1639/(905) 933-3540  
Canadian and Ghanaian Cuisine  
(We cater for all occasions)



## DIVINE ROYALTY

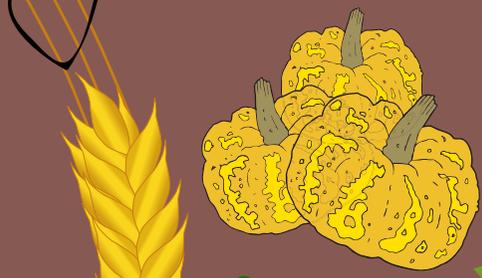
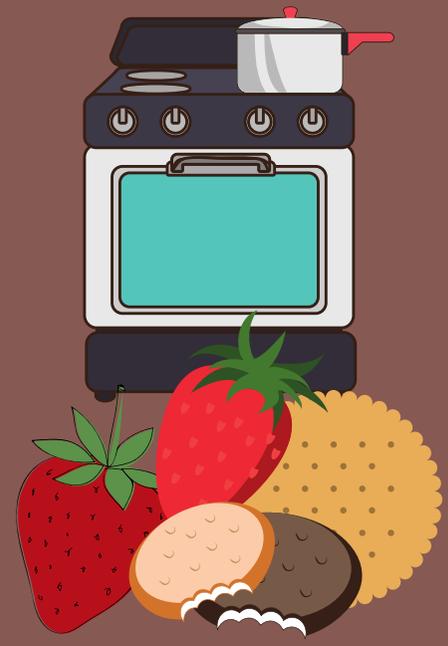
The finest Afro-Caribbean inspired Soul Food in the Niagara Region. We do catering for special events, small take-out orders and fitness meal preps.

(647) 833-4877

Instagram: @divineroyalty96

Facebook: Divine Royalty Food

Email: divineroyalty96@gmail.com



## BEV HILL CATERING

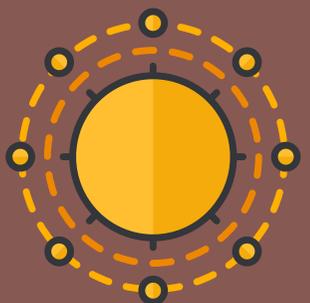
Catering for your special event or gathering prepared by Beverly Hill. Specializing in Indigenous traditional foods: 3 Sisters Soup, Corn Soup, Venison Stew, Baked biscuits, Indigenous cookies, strawberry juice just to name a few items!

Vegan styles are available!

Can be prepared for gatherings from 25+

Contact: (289) 697-4577

Nya Weh 



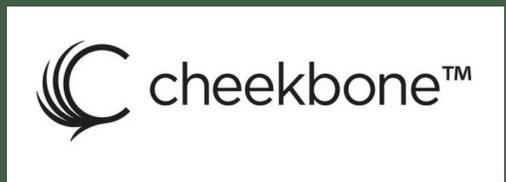
# beauty

# and health care



## CHEEKBONE BEAUTY

Indigenous owned makeup brand that is women owned, socially conscious, and is supporting the First Nations Child & Family Caring Society of Canada with 10% of profits from all purchases.



Based in the Niagara Region.

cheekbonebeauty.ca  
info@cheekbonebeauty.ca  
IG: cheekbonebeauty  
Call (905) 401-8355

## L'ATTITUDES SALON & SPA - ASK FOR KAYONA

Kayona at L'attitudes specializes in men's haircuts (fades included) and also does braids, extensions, colour, perms, relaxers, wig installation and beyond. Call the salon or check out her Instagram for more.



(905) 688-0101  
Located in: The Pen Centre  
Address: 221 Glendale Ave, St. Catharines,  
ks.haircure



## WALMART

## MICHAEL ASAMOAH

Working independently, Michael provides hair styling services for men. Specializing in Black hair, Michael provides services where he'll come to you and service at your home. Weekend availability is fully open and set availability during the work week.

text and call: (289) 969-6568  
Snapchat: Mycael33

The curly hair supplies section has grown! With the introduction of Shea Moisture products at Walmart, there is a wider selection for those of us with curly tresses! Allows price matching to other stores - bring your flyer and ensure the product is exactly the same and you can match the price.



420 Vansickle Rd, St  
Catharines (905) 687-9212/ 525 Welland Ave,  
St Catharines (905) 685-4100/ 221 Glendale  
Ave, St. Catharines (905) 682-3003



**pro-tip: check Kijiji for folks offering beauty services. you will find makeup, hair, massage, beauty treatments and more available through postings.**

# fashion



## GRANDMA'S BASEMENT

Grandma's Basement specializes in finding and selling on-trend secondhand clothing. Please assume that all apparel/handbags are secondhand. If you want further clarification on certain items, please contact us. All earrings are new or are made with new earrings hooks. Almost all jewelry is new. We do not offer consignment.

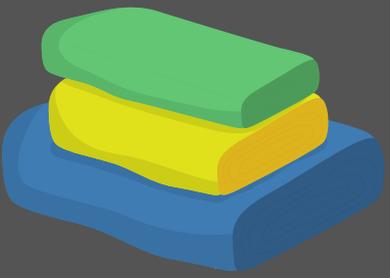
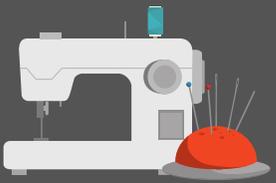


144 St Paul St, St. Catharines  
info@grandmasbasement.co  
@grandmasbasementco 

grandmasbasement.co

## FABRICLAND

With so many fabric options there is a lot of potential to make some pieces for yourself, your friends, or your customers if you have a business. With materials from fabrics, stuffings, beads, ribbon, and more, Fabricland is a great spot to spend some time!



525 Welland Ave, St. Catharines  
(905) 685-6595

fabriclandwestern.ca

this page looks a bit empty...help us fill it by letting us know of businesses in the area that people should know about!

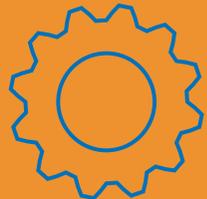
EMAIL KATTAWE AT KHENRY@BROCKU.CA OR EXTENSION 6193 AND LET HER KNOW!




# services



## SERVICE ONTARIO



Driver's licences, plate stickers, health cards, birth certificates and other services provided by the Ontario government.

301 Paul St, Ground Floor,  
St Catharines/ 350  
Scott St Unit 110, St. Catharines  
1 (800) 267-8097/ (905) 641-4427  
[ontario.ca/page/serviceontario](http://ontario.ca/page/serviceontario),



## SERVICE CANADA

SIN Number and Immigration Information available as well as other government services and benefits that you may want and need through the Internet, by telephone, in person or by mail.

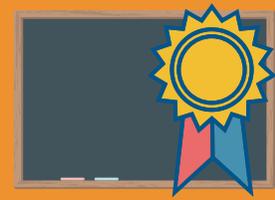
395 Ontario St E & F,  
St Catharines  
1 (800) 622-6232

[canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html](http://canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html)

## YMCA EMPLOYMENT & IMMIGRANT SERVICES



YMCA Immigrant Services can help you connect with the wide range of services you and your family need as newcomers to Canada — including health care, education, and language help. YMCA staff speak a variety of languages. Contact us to find answers to your questions, discover programs for immigrant youth, and learn how to navigate unfamiliar processes.



Employment programs to support you through this process. Our experienced staff will work with you — not just your resumé — to help you build skills, find work, and connect with your community

285 Bunting Rd, St. Catharines  
(905) 684-3500  
appointments: [ymcaofniagara.org](http://ymcaofniagara.org)



## INCOMMUNITIES

"Connecting people with services"



Information database for Niagara that helps people find community information, volunteer connections language services and more. Need help with affording living expenses, have a job loss, need to find a clinic near you? Dial 211. 211 not working for you? (905) 682-6611 or 1-(800) 263-3695.



(905) 682-1900  
Fax: (905) 682-4314  
[incommunities.ca/en](http://incommunities.ca/en)

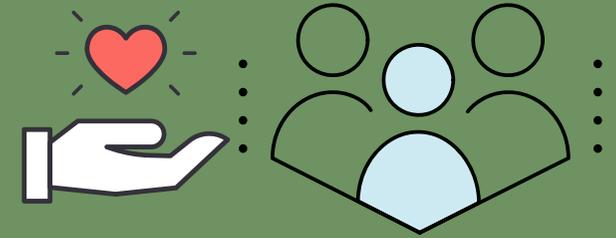
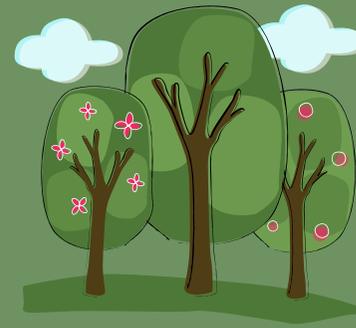
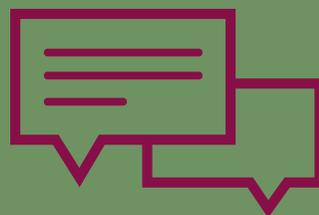
ARE WE MISSING  
SOMETHING?

# LET US KNOW

e-mail kattawe:  
khenry@brocku.ca



Let our Human Rights and  
Anti-Racism Advisor know if  
there is a service that you'd  
like to share, would be  
useful for folks to know  
about, or is just worth  
sending around!



# community

## NIAGARA CHAPTER OF NATIVE WOMEN

The Niagara Chapter – Native Women Inc. (ncnw.net) is an autonomous provincial Chapter of the Ontario Native Women's Association, which is affiliated with the Native Women's Association of Canada. NCNW encourages Native / Indigenous Women to become active participants in society while remembering and honoring our unique cultural and spiritual beliefs. The organization is here to offer a friendly connecting place, support Native / Indigenous women and their families through access to culturally relevant services and programs. in the urban, rural setting off reserve. Current initiatives include a strong interface with education, justice, health and child welfare issues from infancy to beyond middle age. Our organization is built on the dedication of our members and volunteers.

1088 Garrison Road  
Fort Erie, ON  
(905) 871-8770  
Fax: (905) 871-9262

[ncnw.net](http://ncnw.net)



## FORT ERIE FRIENDSHIP CENTRE

Vision Statement: "Together for a Stronger Tomorrow"

Mission Statement: "To Enhance all Aspects of Native Life While Extending Friendship to the Community"

Values: Traditionalism, Friendship, Respect, Professionalism, Compassion, Integrity, Honesty



fenfc.org  
(905) 871-8931  
reception@fenfc.org  
796 Buffalo Road, Fort Erie,



## TOES NIAGARA

Empowering immigrant and marginalized women through multi-lens educational workshops, programs, and other support services to enable, assist, and inspire them to believe in their abilities to enhance their role in their own lives, local communities, in business, and in the wider world using our Five Pillars of Empowerment.

195 East Main Street  
Welland, Ontario  
289 820 5354  
info@toesniagara.ca  
Twitter: @TOESNIAGARA

toesniagara.ca



## NIAGARA FOLK ARTS MULTICULTURAL CENTRE

A charitable not-for-profit organization incorporated as the Folk Arts Council of St. Catharines in 1970, having the mandate to support and assist the ethno-cultural and newcomer community in Niagara through a broad range of programs and services. We have been active in facilitating and supporting the successful settlement and integration of newcomers since the 1960's. Our clients come from all parts of the world and include Landed Immigrants, Canadian Citizens, Convention Refugees and Refugee Claimants.

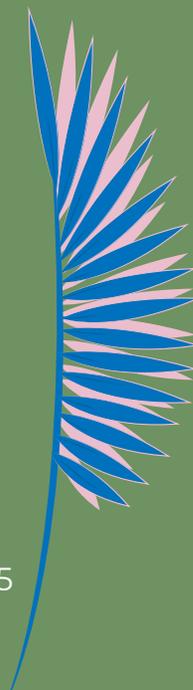
### ENGLISH AS A SECOND LANGUAGE (ESL)

For New Canadians, 18 years of age and over. English as a Second Language (ESL) non-credit classes are available as day or evening courses. Offered at various levels of proficiency, for individuals who wish to improve English language skills.

85 Church Street  
St. Catharines, Ontario L2R 3C7  
folk-arts.ca  
(905) 685-6589  
Fax: (905) 685-8376  
generalenquiries@folk-arts.ca



Extensions:  
Administration 221  
Care for Newcomer Children 223  
Community Connections 228  
Facilities/Rental Inquiries 232  
Job Search Workshop 233  
LINC/English as a Second Language 242  
Settlement Department & Welcome Centre 225  
Youth Services 243



## AFRICAN ASSOCIATION OF NIAGARA

The African Association of Niagara aims to bring together all Africans and descendants of Africans in the Niagara Region, to foster and promote unity. To offer support to all members who might get involved in unexpected problems and tragic situations beyond their control, provide a framework for Africans and African-Canadians to share their cultural heritage with all Canadians. The association also acts a liaison between members and both Governments and Non-governmental agencies on matters of interest to members.

[aaniagara.weebly.com](http://aaniagara.weebly.com)



## INDIGENOUS DIABETES HEALTH CIRCLE ("IDHC")

IDHC will achieve the vision by supporting Indigenous communities, families and individuals by: – Promoting holistic wellness models; – Building on traditional teachings and best practices to develop and provide programs, education and resources; and – Building relationships and community capacity. In all this "IDHC recognizes and respects personal choices, autonomy and diversity."

[idhc.life](http://idhc.life)

3250 Schmon Parkway, Unit 1B Thorold  
communications@idhc.life  
1 (888) 514-1370 or (289) 929-7892  
Fax: 1 (866) 352-0485



## NIAGARA REGIONAL NATIVE CENTRE (NRNC)

**STRIVE TO SERVICE FIRST NATIONS, INUIT, METIS AND ALL INDIGENOUS PEOPLES OF TURTLE ISLAND.**

Aims and Objectives of the Niagara Regional Native Centre:  
To promote awareness of the culture of Aboriginal peoples within the community in an effort to establish a relationship of mutual understanding and respect between the Aboriginal peoples and the other members of the community.

To advance, foster, encourage and promote the cultural and social interests of Aboriginal peoples, both collectively and individually. To organize projects and carry out programs to alleviate and minimize, wherever possible, adverse social and economic conditions encountered by Aboriginal people in order to effect a general improvement in their overall welfare and well-being. To promote native leadership in the native community.

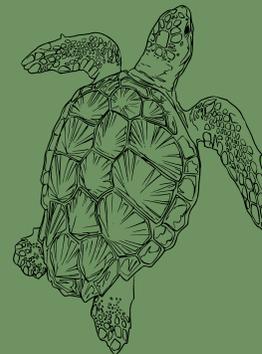
Main Centre

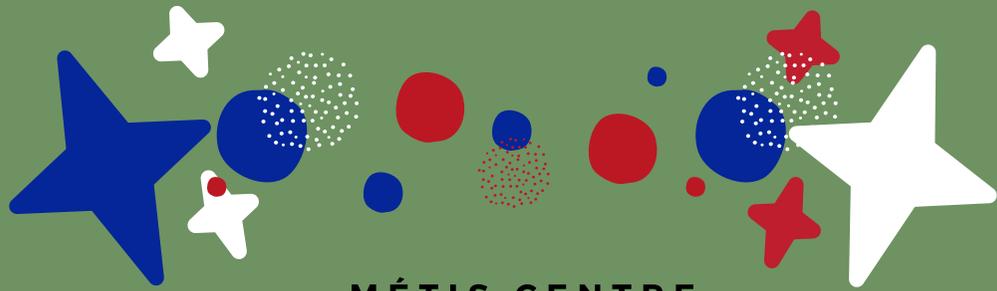
Address: 382 Airport Rd, Niagara-on-the-Lake,  
(905) 688-6484

Literacy, Employment and Justice Programs

Address: 140 Welland Ave Unit 15, St  
Catharines  
(905) 685-8547

[nrnc.ca](http://nrnc.ca)





## MÉTIS CENTRE

Some of the goals set out in the MNO Statement of Prime Purpose include:

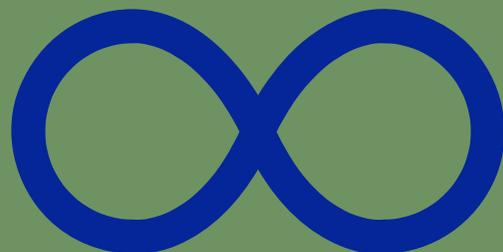
- o Creating a Métis-specific governance structure for the implementation of the nation's inherent right to self-government in the province;
- o Establishing a credible and recognized identification system for Métis people within the province;
- o Focusing on 'nation building' through working together as a collective in order to support Métis citizens and communities;
- o Pursuing a rights-based agenda and proudly asserting the Métis existence as a distinct Aboriginal people within Ontario;
- o Protecting and preserving the distinct culture and heritage of the Métis Nation in the province; and,
- o Improving the social and economic well-being of Métis children, families and communities throughout the province.

1A-3250 Schmon Parkway Thorold,  
(905) 682-3487

Branch staff in this office:  
Healing & Wellness

Lands, Resources & Consultations

[metisnation.org](http://metisnation.org)



## POSITIVE LIVING NIAGARA

A community-based organization made up of dedicated, caring, committed individuals. Staff and volunteers alike provide support, education, and advocacy in a safe and confidential environment for HIV-positive individuals, their families, and their friends.

(905) 984-8684

[positivelivingniagara.com](http://positivelivingniagara.com)

[info@positivelivingniagara.com](mailto:info@positivelivingniagara.com)

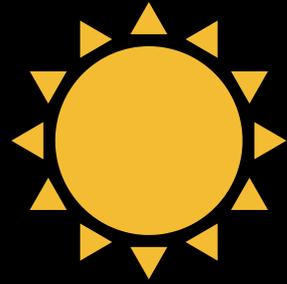


# BIPOC @ BU

clubs, community, and all that's inbetween.



## BUGA - GHANAIAN STUDENTS



Brock University's Ghana Association is a club that is dedicated to celebrating Ghanaian culture through music, language, fashion, dance and more. We desire to educate others about Ghana and its rich culture and history, and invite Ghanaians and non-Ghanaians alike to join us as well

@Bugabrocku 



## RAC - AFRICAN AND CARIBBEAN STUDENTS

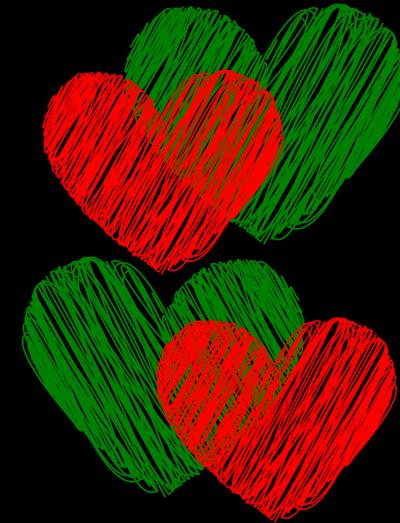
RACS is an organization that aims to create a space for students of African and/or Caribbean descent, and individuals who wish to learn more about our cultures. We seek to educate and inform those curious about the African and Caribbean cultures present within the Brock Community.

@Racs\_busu 



## BSA - BANGLADESH STUDENTS ASSOCIATION

BSA aims to promote Bangladesh culture through various cultural and charity events as well as social events to unite every Bangladeshi Brock Students thousand miles away from home. Brock BSA will also promote multiculturalism at Brock University as well as get familiar with different cultural celebrations.  
brockbsa18@gmail.com



## BUCSSA - BROCK UNIVERSITY CHINESE STUDENTS' AND SCHOLARS ASSOCIATION

BUCSSA is mostly responsible for helping away from-home Chinese in their life, study and other issues. BUCSSA also serves as bridge between the Chinese and other communities, promoting Chinese Culture. Main activities= Mid-Autumn Festival, Sport Night, Orientation for new arrivals and seasonal activities

info@bucssa.ca

## ISA CLUB - INDIAN STUDENTS

Indian Student Association will display all the varieties of Indian Culture. Everyone at Brock is welcome to join the club and be the part of events that we will be hosting. It will be of great help for the new International students as they will have a club where they can ask questions to the students who have experienced Brock Life for some time.

@Brocku\_isa   
Isaclub2019@gmail.com

## ISA - INTERNATIONAL STUDENT ASSOCIATION

ISA will be primarily focused on helping new international students on campus. Our main objective is to successfully integrate new students in the Brock and Niagara community with such things as providing assistance in terms of off campus accommodation help, banking, automobile licensing, networking events, and much more.



brockinternationalstudent@gmail.com



## MALAYALEE ASSOCIATION

Brock Malayalee Association (BMA) is a student organization that was formed in 2016, and is geared towards unifying the youth Malayalee community at Brock University and the Niagara region. BMA focuses on hosting events that allow international & first-generation Canadian-Malayalee's to interact with each other and celebrate Malayalee culture.

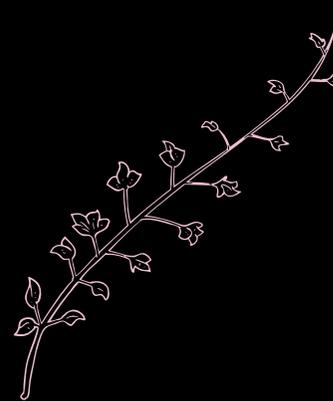
brockmalayalees16@gmail.com



## BROCK UNIVERSITY MANDARIN CHINESE CHRISTIAN FELLOWSHIP

Brock Mandarin Chinese Christian Fellowship is a young club that focuses on spreading gospel to Chinese students at Brock. Activities includes but not limit to weekly bible study, academic study gathering, outdoor trip and term retreat. We are eager to bring God to their life by building relationship with them; we also want to improve their physical and spiritual experience during university life. Our long term vision is to let more students in the Niagara Region to know and love God, as well to love one another.

BUMCCF@outlook.com



## MIDDLE EASTERN STUDENTS ASSOCIATION

MESA stands for Middle Eastern Student Association. We have the purpose to unite Middle Eastern students and students who want learn about a different culture under one roof. We aim to make those students welcomed in a way that is not far from their home. Learning about a new culture along with many Middle Eastern activities.

mesabrock@yahoo.ca



## MUSLIM STUDENT ASSOCIATION

A club that exists to create a united front of Muslim students on campus that work to educate the campus about the essence of being Muslim and to create co-existence and respectful dialogue with the campus.



brockumsa@gmail.com

## PAKISTANI STUDENT ASSOCIATION



The Brock Pakistani Students' Association (BPSA) is a club on campus run by students that organizes events to unite Pakistani students to celebrate and to promote the culture to the greater community at Brock University.

brockpsaofficial@gmail.com

## BROCK PUNJABI ASSOCIATION

As a Chapter of O.P.A, we actively strive to promote the Punjabi culture; represent the Punjabi student community; and organize a range of social and cultural events throughout the year.

brockpunjabiasociation@outlook.com



## SRI LAKAN STUDENT ASSOCIATION

Sri Lankan Student Association is a student-run organization run at Brock University. We encourage friendship, goodwill, peace, and unity among individuals to promote the culture and traditions of all ethnicities in Sri Lanka. We generate funds through events to help charities and those in need in Sri Lanka. We want to truly make a difference and want to have a huge impact on the Sri Lankan society. We welcome and support all individuals that bring positive outlooks and ideas. We will hold amazing events, which will not only benefit you but the people in need in Sri Lanka.

brockuslsa@gmail.com



## TAMIL STUDENT ASSOCIATION

This club is an association where our community can come together as one. It's an open environment for Tamil students to freely get together, but not limited to just Tamil students.

BTSA celebrates several events for the benefits of Brock Tamils such as Tamil Heritage Month, Tamil New Years, and more.

tsabrocku@gmail.com

## THE CITIZENS FOUNDATION

TCLF Brock is a non-profit organization that aims to support education projects and raise awareness about the state of education in Pakistan.

tcf.brock@gmail.com



# on-campus resources

Brock U services you may need/want to check-out

## ABORIGINAL STUDENT SERVICES

Providing a welcoming, supportive and inclusive environment for Aboriginal students and visitors to our campus.  
TH 145A

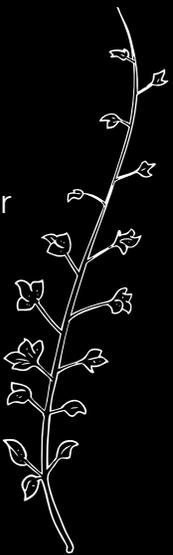
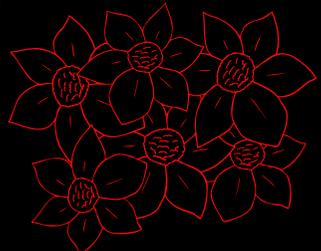


Arlene Bannister  
abannister@brocku.ca  
Aboriginal Recruitment/Liaison Officer  
x3113

Cindy Biancaniello  
cbiancaniello@brocku.ca  
Aboriginal Events Coordinator  
x3361

Brendan Burke  
bburke@brocku.ca  
Aboriginal Academic Support Assistant  
x3353

Sandra Wong  
Aboriginal Academic Support Program  
Coordinator/Instructor  
swong2@brocku.ca  
x5883



## BROCK INTERNATIONAL

The mission of International Services is to help all Brock students – international and Canadian – get the most out of their studies and experience.

Jeanette Davis  
jdavis@brocku.ca  
Office Assistant  
GLN B 208  
x4785



## FAITH AND LIFE CENTRE

Located in Alphonse's Trough, Faith and Life provides both religious and secular opportunities for friendships, education, counseling, critical thinking about religion, and personal growth.

Zack DeBruyne  
905 321 8296  
zdebruyne@brocku.ca

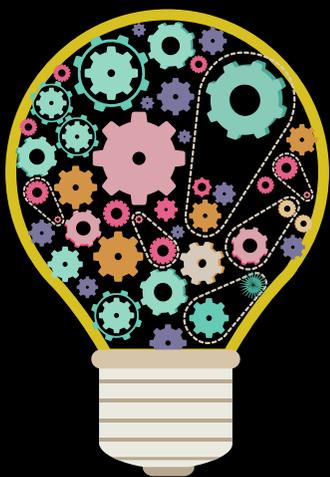
David Galston  
DeCew R216 and R217x3977  
dgalston@brocku.ca  
x3977



## CENTRE FOR PEDAGOGICAL INNOVATION (CPI)

Working collaboratively with groups across campus and connecting people to resources that enhance teaching and learning.

Wanda Gilmore  
Resource Co-ordinator  
TH137G  
x4344  
wgilmore@brocku.ca



## ESL SERVICES

Customized English language and cultural experience programs.

GLN B 208  
x3947  
General Department Inquiries  
eslbrock@brocku.ca



## HUMAN RIGHTS AND EQUITY

Provides information, education, assistance, and advice issues related to human rights harassment and discrimination.

MCE  
General: humanrights@brocku.ca



## STUDENT SUCCESS CENTRE

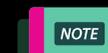
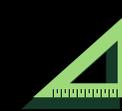
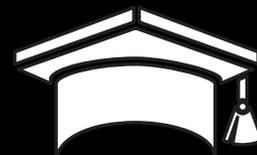
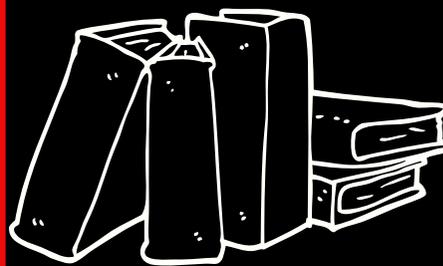
To help with academic challenges, time management, goal setting, and academic skill development.

Amy Elder  
Director  
x4878  
aelder@brocku.ca

Rachael Kopp  
Office Coordinator  
x5476  
rkopp@brocku.ca

Mary-Jayne Mete  
Office Coordinator  
x4225  
mjmete@brocku.ca

Thistle 124B



# religious associations

## off-campus



### ALL NATIONS FULL GOSPEL CHURCH (ANFGC)

All Nations Full Gospel Church is a global church with locations across North America, Asia, Africa, South America, Europe, and the Caribbean.

140 Welland Ave  
(905) 688-9373



### ISLAMIC SOCIETY OF ST CATHARINES

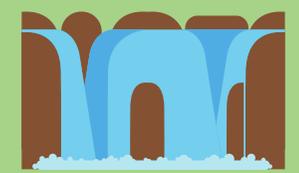
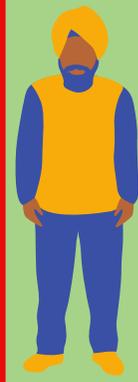
Endeavoring to meet the spiritual, social, and educational needs of the diverse Muslim community. The mosque has also been committed to fostering interfaith relations and building bridges of understanding with other faith communities in the city. The mission of the ISSC is to help members of the Muslim community achieve success as Canadian citizens while preserving a strong Muslim identity and contributing to the prosperity of the larger community.



Masjid An-Noor  
117 Geneva St, St Catharines  
(905) 641-8007

More about:

[muslimlink.ca/directory/hamilton/muslim-services/masjids-musallahs/5522-Islamic-Society-of-St-Catharines?city=hamilton](https://muslimlink.ca/directory/hamilton/muslim-services/masjids-musallahs/5522-Islamic-Society-of-St-Catharines?city=hamilton)



### SIKH SOCIETY OF NIAGARA FALLS

This is a Sikh place of Worship and Everyone is Welcome.

Sikhs believe in:

- 1) One God known by many names (Jehovah, Ram, Allah, Waheguru)
- 2) Brotherhood of all human beings (including all races, cultures and religious groups)
- 3) Exercising Compassion, Charity and Discipline
- 4) Democracy
- 5) Freedom of speech and Freedom of religion
- 6) Gender Equality
- 7) Earning an honest living and living a family life
- 8) Good thoughts, good words and good deeds
- 9) Meditation and regular exercise for a healthy mind, body and soul
- 10) Importance of Science, Technology and Education for human development

8405 Lundy's Lane, Niagara Falls, Ontario  
(289) 296-2475

[facebook.com/sikhsocietyofniagarafalls](https://facebook.com/sikhsocietyofniagarafalls)



## TEN THOUSAND BUDDHAS SARIRA STUPA TEMPLE/ CHAM SHAN BUDDHIST TEMPLE

The Cham Shan temple is a functioning temple and has worship services conducted by monks during the day in which devotees and tourists can participate. There are guided tours available for those who wish to have a detailed understanding of the temple and Buddhist beliefs and principles. These tours are conducted on summer weekends by members of the Buddhist community.

4303 River Road, Niagara Falls, Canada  
(905) 371-2678



More about:

[marriottonthefalls.com/attractions/cham-shan-buddhist-temple](http://marriottonthefalls.com/attractions/cham-shan-buddhist-temple)



## NIAGARA HINDU SAMAJ



The objective of Niagara Hindu Samaj is to provide devotional and cultural services to followers of Sanatan Dharma. The Samaj also serves the greater Niagara community through other community programs.

5284 Second Avenue, Niagara Falls Ontario  
(905) 356-7575

[info@niagarahindusamaj.org](mailto:info@niagarahindusamaj.org)

[niagarahindusamaj.org](http://niagarahindusamaj.org)



## BRITISH METHODIST EPISCOPAL CHURCH, SALEM CHAPEL

Known as the oldest Black church (1st church, 1814-1820) in Ontario, the Salem Chapel is a historic place in St. Catharines, and the region.

We are Christian in our belief, Methodist in our approach and episcopal in our organization. We are a church that is committed to sharing

God's love, Christ and his word and the living power of the Holy Spirit..

Fun fact: Harriet Tubman used to be a member of this church!



92 Geneva Street, St. Catharines  
(905) 682-0993



[salemchapelbmechurch.ca/index.html](http://salemchapelbmechurch.ca/index.html)



## THE NATHANIEL DETT MEMORIAL CHAPEL OF THE BME CHURCH OF CANADA

The Nathaniel Dett Memorial Chapel of the BME Church of Canada is a National Heritage landmark site, and an important part of the history of the Underground Railroad to freedom for those who escaped the bonds of slavery. Built by liberated former enslaved Black folks in 1836.



5674 Peer St. Niagara Falls, Ontario  
(905) 358-9957



[facebook.com/BMEchurchNiagaraFalls](https://facebook.com/BMEchurchNiagaraFalls)



# THANK YOU!

thank you so much for taking the time to review these resources. we hope to grow this guide each year. we welcome and encourage folks to send us resources they would like to see, or a service they offer that may be worth advertising!



want to see  
your service  
in this  
guide?



**CONTACT**



**KATTAWE HENRY**  
**HUMAN RIGHTS AND ANTI-  
RACISM ADVISOR**  
**HUMAN RIGHTS AND EQUITY**  
**[KHENRY@BROCKU.CA](mailto:KHENRY@BROCKU.CA)**

**X6193**



**dankie**

**miigwech**

**cảm ơn bạn**

**ngiyabonga**

**Thank  
you**

**merci**

**teşekkür ederim**

**nandri**

**mahalo** תודה

**dhanyavād**

**Xièxiè**

**Wela'liog Mh'gōi**

**Niá:wen**

**Gracias** Баярлалаа

**terima kasih**

**shukran**

**arigatō**

**salamat**

**감사합니다**