



Government of
Northwest Territories

Parenting after separation WORKSHOP

NORTHWEST TERRITORIES RESOURCES

Begin a better **ending**

FAMILY LAW SERIES

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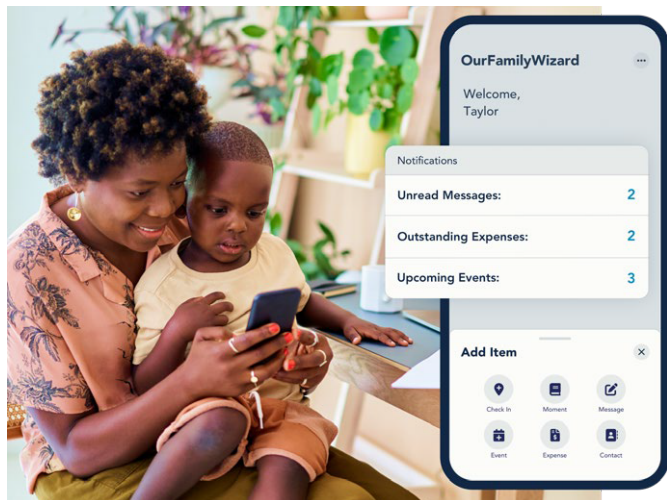
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CO-PARENTING SOFTWARE APPLICATIONS

Our Family Wizard

2houses

Talkingparents



PARENTING PLANS

Parenting plans

<https://www.justice.gc.ca/eng/fl-df/parent/plan.html>

Parenting plan tool

<https://www.justice.gc.ca/eng/fl-df/parent/ppt-ecppp/form/form.html>

RESOURCES FOR MENTAL HEALTH AND/COUNSELLING

School-based Wellness Services

<https://www.ece.gov.nt.ca/en/services/student-support-and-wellness/school-based-mental-health-services>

Northwest Territories Help Directory 2019

<https://www.hss.gov.nt.ca/sites/hss/files/help-directory.pdf>

Behchoko

(867) 392-3005 (Child and family services)

Assistance through social workers but can also access if not counselors, lots of programs for kids (healing for trauma and grief, summer camp connections Eagles Nest Bible Camp.

Hockey programs (equipment is provided, training is provided, learning how to skate and play the game).

Mental Health Center – Adults & Kids : 867-686-2409

- Many counselors for adults, offered in person or by phone
- Child counselor in elementary and high school in the region for kids.
- Health center has a counselor for all ages

<https://www.tlcho.ca/sites/default/files/HealingPathStrategyBrochure.pdf>



NWT mental health and addictions recovery (Included community counselling program)

<https://www.hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery/community-based-supports>

Additional mental health NWT (Child and youth counselling programs)

<https://www.nthssa.ca/en/services/mental-health-resources-and-supports/programs-and-services>

ICAN Adult (18+) Anxiety & Depression program

<https://login.strongestfamilies.com/signup/ican/page/1>

Various Mental Health Resources in the Northwest Territories (from the Government of the Northwest Territories website)

<https://www.nthssa.ca/en/services/mental-health-resources-and-supports/programs-and-services#a-href=https-gnwt-abiliticbt-com-en-ca-home-telus-health-cbt-a>



REGIONAL SUPPORTS:

Yellowknife Mental Health and Community Wellness Supports

<https://www.nthssa.ca/en/yellowknife-mental-health-and-community-wellness-supports-0>

Sahtu Mental Health and Community Wellness Supports

<https://www.nthssa.ca/en/sahtu-mental-health-and-community-wellness-supports-1>

Fort Smith Mental Health and Community Wellness Supports

<https://www.nthssa.ca/en/fort-smith-mental-health-and-community-wellness-supports-0>

Dehcho Mental Health and Community Wellness Supports

<https://www.nthssa.ca/en/dehcho-mental-health-and-community-wellness-supports-0>

Beaufort-Delta Mental Health and Community Wellness Supports

<https://www.nthssa.ca/en/beaufort-delta-mental-health-and-community-wellness-supports-1>

RESOURCES FOR ART THERAPY



Art therapists for kids in NWT

<https://mariecounselling.squarespace.com>

Family art therapists

<https://familycounsellingcentres.com/art-therapy/>

RESOURCES FOR MENTAL HEALTH SOFTWARE APPLICATIONS

7 cups

7 cups is an app based in peer-support and self-help and is available to youth (13-17) and adults of all ages.

www.7cups.com

Breathing Room

Supports youth and young adults learn new ways to manage stress, depression and anxiety. Download app on phone and use code : **XXQTGPUE**

iHEAL app

A free, private and secure app to help Canadian women who have experienced abuse from a current or past partner find personalized ways to stay safe and be well.

<https://ihealapp.ca/>

BOOK RESOURCES

“Dopamine Detox” by Thibaut Meurisse.

“Attached” by Amir Levine, M.D & Rachel S.F. Heller.

“BIFF for Coparent Communication”, Bill Eddy, Annette Burns, and Kevin Chafin.

RESOURCES FOR BUDGETING AFTER SEPARATION

Family financial planning (*Ontario but can be helpful for anyone*)

<https://cleoconnect.ca/wp-content/uploads/2025/01/Financial-planning-for-separation-webinar.pdf>

How to make a budget gc.ca website

<https://www.canada.ca/en/financial-consumer-agency/services/make-budget.html>

National Bank – information for budgeting after separation

<https://www.nbc.ca/personal/advice/budget/single-parent-family-budget.html>

FAMILY LAW LAWYERS

Legal Aid Commission of the NWT

The **Outreach Legal Aid Clinic** assists clients with independent legal advice. The income of the clients is not taken into consideration, and there is no charge associated with this Service.

867-920-3365

<https://www.justice.gov.nt.ca/en/outreach-legal-aid-clinics/>

The **Legal Aid program** provides confidential legal services, advice and representation by a lawyer for those who are unable to afford these services.

867-767-9361

<https://www.justice.gov.nt.ca/en/legal-aid/>

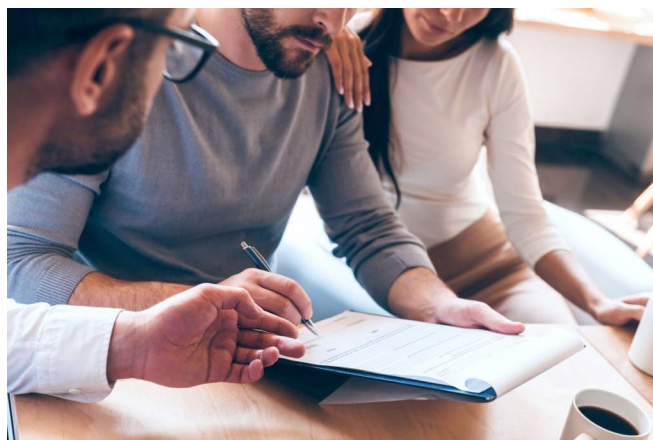
Law Society of the Northwest Territories

(can provide a list of family lawyers in the NWT)

867-873-3828

<https://lawsociety.nt.ca/>

FAMILY LAW RESOURCES



How are assets divided in separation or divorce

<https://www.canadalife.com/blog/financially-prepare-divorce-separation/how-are-assets-divided-divorce.html>

Federal Government Information and education services about divorce and separation

<https://www.justice.gc.ca/eng/fl-df/fjs-sjf/bfjs->

sjfb/fis-sif.html

Website from the jurisdiction of New Brunswick, but also has links for all around Canada and provides good information https://www.familylawnb.ca/english/resources_links

Children's Lawyer

<https://www.justice.gov.nt.ca/en/childrens-lawyer/>



Legal representation of children and the Divorce Act

<https://www.justice.gc.ca/eng/rp-pr/other-autre/lrc-rje/p1.html>

Family Law Guide

<https://www.justice.gov.nt.ca/en/family-law-guide/>

DOMESTIC VIOLENCE/ SHELTERS

Alison McAteer house: Family Violence Shelter

867-873-8257

Family Support Centre-Hay River

Crisis line: (867) 874-3311
Toll free: (833) 372-3311

Inuvik Transition House – Inuvik

Crisis line: (867) 777-3877

Sutherland House– Fort Smith

Crisis Line: (867) 872-4133
Toll free: (877) 872-5925

Aimayunga Women and Emergency Foster Care Shelter – Tuktoyaktuk

Crisis line: (867) 977-2000

YWCA Northwest Territories

Crisis line, Yellowknife: (867) 873-8257 •
Toll free: 1-866-223-7775

www.ywcanwt.ca

Sheltersafe.ca

Provides information to help women and their children across Canada with the nearest shelter for safety and support.

<https://sheltersafe.ca/>

Domestic violence resources

811 or 1-844-259-1793

www.gov.nt.ca/811

For information about the laws relating to family violence and the kind of help that is available, please visit the Department of Justice Canada get help with family violence web page.

<https://justice.gc.ca/eng/cj-jp/fv-vf/help-aide.html>

HELPLINES

Kids Help Phone

Offers 24/7 mental health support across Canada for kids, teens and young adults.

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.

<https://kidshelpphone.ca/>

988 Suicide Crisis Helpline

A safe space to talk, 24 hours a day, every day of the year.

811 Northwest Territories Mental Health and Wellness Support Line



RESOURCES FOR MEN

Intimate partner violence against men and boys

Information and resources for support, validation, advice and referrals.

<https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/intimate-partner-violence-against-men-boys-information-resources.html>

RESOURCES FOR INDIGENOUS PEOPLE

Hope for Wellness Helpline

Available 24/7 to all Indigenous people across Canada. Call **1-855-242-3310** (toll-free) or connect online to reach experienced and culturally competent counsellors. Services available in English and French and, on request, in Cree, Ojibway and Inuktitut.

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

Jordan's principal - financial support for Indigenous children

1 855 572 4453

RESOURCES FOR SENIORS

Canadian Network for the Prevention of Elder Abuse (CNPEA): CNPEA's web site

features information and links to resources to get help if you or someone you know is

experiencing abuse or neglect as an older adult.

<https://cnpea.ca/en/what-is-elder-abuse/get-help>

RESOURCES FOR WOMEN

Legal Pathways: Spousal Violence in the NWT, a resource for women. (YWCA Canada)

<https://static1.squarespace.com/static/582dea07c534a53a91dae0de/t/5914ff12e4fcb5bd4f5c1240/1494548435345/Legal+Pathways.pdf>

The Status of Women Council of the NWT:

<https://www.statusofwomen.nt.ca/>

RESOURCES FOR FAMILIES AND CHILDREN

Families Change: Kids' Guide to Separation and Divorce (on-line activities)

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

HEALTHY FAMILY PROGRAM

Parenting support for pregnant people and families with children under 6.

<https://www.nthssa.ca/en/services/healthy-family-program>

Child Protection Concerns

Reporting suspected child maltreatment and neglect <https://www.hss.gov.nt.ca/en/contact/reporting-suspected-child-maltreatment-and-neglect>

Local Social Services Offices in the NWT:

<https://www.hss.gov.nt.ca/en/content/contact-us/social-services-office>

RESOURCES FOR CHANGING FAMILIES

<https://www.justice.gc.ca/eng/rp-pr/fl-lf/famil/book-livre/index.html>

www.familieschange.ca



RESOURCES REGARDING CHILD SUPPORT

Child Support Guidelines Simplified Tables (2017):

www.justice.gc.ca/eng/fl-df/child-enfant/fcsg-lfpae/2017/index.html

Child Support Table Look Up (2017):

www.justice.gc.ca/eng/fl-df/child-enfant/2017/look-rech.asp

Child Support Calculator:

www.childsupportcalculator.ca

Child Support and Spousal Support Calculator:

www.mysupportcalculator.ca

Northwest Territories child support recalculation service

<https://www.justice.gov.nt.ca/en/recalculation/recalculation@gov.nt.ca>

RESOURCES FOR ADDICTIONS

Alcoholics Anonymous

1-867-444-4230

<http://www.aayellowknife.ca>

Smart Recovery

www.smartrecovery.org

Opioid Maintenance Therapy Program

<https://www.hss.gov.nt.ca/en/services/opioid-overdose-prevention/opioid-maintenance-therapy-yellowknife>

Resources for Suicide

988 - Suicide Crisis Helpline



The information contained in the booklet is for general information purposes only.

While the Parenting After Separation Team has made every effort to ensure the accuracy and completeness of resources in the Northwest Territories, the booklet is not an exhaustive list. The Parenting After Separation Team assumes no responsibility or liability for the information provided.

This booklet does not constitute professional advice in any manner.