

NOTES!

DISORIENTATION GUIDE TO NIAGARA

VOL. 1

Options, alternatives & hidden gems in
St. Catharines & the Niagara region!

Get involved in community
initiatives, support independent
businesses & restaurants, and find the
affordable options
& nature spots!



COMMUNITY ACKNOWLEDGEMENTS

In all of the work we do, we must first acknowledge and respect that it is through histories of colonization and imperialism that we are brought together, and that all work is impacted by the legacy of violence in Canada, and the world. In a country active in the continued colonial project, we must work our hardest to be in solidarity with and support the efforts on First Nations, Métis, and Inuit people.

This DisOrientation Guide was conceptualized, researched, and created on the traditional lands of Haudenosaunee, Anishinaabe, Huron-Wendat, and Neutral peoples. A key treaty governing this territory is the “Dish with One Spoon” agreement. This treaty between the Anishinaabe, Mississaugas and Haudenosaunee binds them to share the territory and protect the land. Subsequent Indigenous nations and peoples, settlers and all newcomers, have been invited into this treaty in the spirit of peace, friendship and respect.

Throughout the Niagara region a wide range of unacknowledged labour takes place each day. Through the ongoing efforts of migrant labourers, non-unionized workers, unionized workers, precarious positions, and wrongfully criminalized labour that is often excluded from most people's day-to-day functioning, we must stand in support and solidarity with labourers too often excluded from the normative narratives of the day-to-day.

2019

2020

JANUARY							FEBRUARY							MARCH						
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27	28	29	30	31			24	25	26	27	28			23	24	25	26	27	28	29
APRIL							MAY							JUNE						
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14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
JULY							AUGUST							SEPTEMBER						
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21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
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OCTOBER							NOVEMBER							DECEMBER						
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6	7	8	9	10	11	12	8	9	10	11	12	13	14	4	5	6	7	8	9	10
13	14	15	16	17	18	19	15	16	17	18	19	20	21	11	12	13	14	15	16	17
20	21	22	23	24	25	26	12	13	14	15	16	17	18	18	19	20	21	22	23	24
27	28	29	30	31			19	20	21	22	23	24	25	25	26	27	28	29	30	31

BUSINESSES TO CHECK OUT!

St. Catharines Food & Coffee Niagara Region Food & Coffee

- Taibah
- Green Lotus Thai Lao Cuisine
- Ludology Boardgame Cafe
- oddBird
- Chocolates Etc.
- Rise Above
- Craft Arts Market
- Beechwood Doughnuts
- Bella Noella's
- The Office Tap & Grill
- Fine Grind Cafe
- Touch of India
- Hometown Ice Cream
- Mahtay Cafe & Lounge
- Seoul Korean Cuisine
- Kwong Chow
- Sahla Thai
- {pocket} Change (BYOMug)
- Pho Ngon
- Spicy Thai
- Caribbean Eatery
- Jamrie Irie Jerk
- Rollin' Pizza
- Lester D's
- Edible Options
- The Lemon Tree
- The Kolkata Club
- Sips & Suds
- Oasis Lakeside Pita
- Balzac's Coffee
- Rozie's Breakfast Cafe
- MJ's Own Munchies
- Cracker Jack's (Thorold)
- Indian Flame Bar & Grill (Allanburg)
- Third Space Cafe (Niagara Falls)
- Nyce'n Spicy (Niagara Falls)
- Frijoles Fresh Mex Burritos (Niagara Falls)
- Frankie's Donuts and Pizza (Niagara Falls)
- Casablanca (Niagara Falls)
- Font Coffee Bar (Font Hill)
- Black Sheep Lounge (Welland)
- Leisure Loft (Welland)
- de la terre Cafe + Bakery (Jordan)
- Revalee Brunch Café (Vineland)
- Station 1 Coffeehouse (Grimsby)
- Suzie's Gluten Free Kitchen (Grimsby)

Upcycled, handmade & thrifting

- Monthly Maker's Markets
- The Free Store
- Goodwill
- Plato's Closet
- Christian Benefit Thrift Shop
- NAC Thrift Shop/Roly Poly Records
- Niagara Flea Market
- **Many independent niagara vendors on Instagram

Bookstores, Comics, & Toy shops

- Mostly Comics
- The Write Bookshop
- Hannelore Headley Old & Fine Books
- Sketchbook Comics & Games
- The Toy Trove

Pro-tip: At The Office Tap & Grill, you can get half fries, half salad as your side to a burger!

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Get discounts to local businesses with the Community Connect Discount Card!

With only a \$20 donation to OPIRG Brock or CFBU 103.7FM, you can get your card today!

More info on the OPIRG Brock & CFBU websites





OPIRG Brock: A brief history

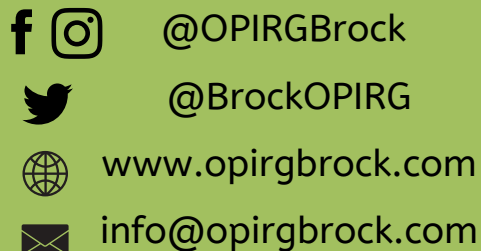
Working in Niagara since 1988, OPIRG Brock is a campus and community social, economic, & environmental justice organization with chapters across the U.S. & Canada.

Throughout its life, OPIRG Brock has worked on:

- Running the downtown info-shop & bike space
- Certifying Brock as a fair trade institution
- Co-founding the Brock campus garden & Student Justice Centre
- Increasing water fountains (rather than bottled water) at BrockU
- Supporting Community Action Groups
- DisOrientation Week & Alternative Frost Week
- Rebel Hearts & Ears Playlist

ONTARIO PUBLIC INTEREST RESEARCH GROUP - BROCK CHAPTER (NIAGARA REGION)

Connect with us!



Office MCC 313, BrockU
main campus

OPIRG Brock is a **member-based consensus**-based organization working with a **volunteer Board of Directors**, staff members, & **volunteer teams!** Grounded in our Safer Space Policy, OPIRG Brock hosts a wide range of opportunities, projects, & events!

Interested in starting a social, economic or environmental justice group? Contact OPIRG Brock for support!

BROCKU SERVICES

Aboriginal Student Services (AbSS)

- Academic Support
- Cultural Support
- Office: TH 145A
- Website: brocku.ca/aboriginal-student-services
- FB page: Brock University - Aboriginal Student Services

Student Wellness & Accessibility Services (SWAC)

- Student Accessibility Services
- Personal Counselling Services
- Student Health Services
- The Hub
- Office:
- Website: brocku.ca/health-wellness-accessibility
- FB: page: Brock University - Aboriginal Student Services

Human Rights and Equity (HRE)

- Human Rights & Anti-Racism Training and Advisor
- Inter-cultural Training and Advisor
- Accessibility Training and Advisor
- Sexual Violence Support
- President's Advisory Committee on Human Rights & Equity (PACHRED)
- Office: MCE 200 level
- Website: brocku.ca/human-rights
- Instagram: @brockhre

Faith & Life (F&L)

- Drop-in space
- Multi-faith chaplaincy services
- Brock SCM & Toonie Suppers
- Office: Alphonse's Trough
- Website: brocku.ca/faith-and-life-centre
- Instagram: @faithlifebrook

Experiential Learning

- Department specific experiential education opportunities
- Coop & student employment opportunities
- Office: Alphonse's Trough
- Website: brocku.ca/faith-and-life-centre
- Instagram: @faithlifebrook

A-Z Learning Services

- Free skill workshops & drop-in space
- Online services & tutoring
- Office: Thistle 129
- Website: <https://brocku.ca/learning-services>

Pro-tip: Use as many opportunities as possible to incorporate experiential opportunities into your degree. This is the best way to gain tangible skills & contacts in your field!

GET INVOLVED @ BROCK

Decolonization Reading Circle

- In-depth reading of the final report of the National Inquiry into MMIWG & 2SLGBTQIA people
- Open to students, staff, faculty, and community
- Facilitator: Dr. Robyn Bourgeois
- No pre-registration necessary
- Information Sessions
 - Thursday September 19th 12:30-1:30pm | SJC
 - Thursday September 26th 6:30-7:30 pm | SJC

Brock Student Justice Centre (SJC)

- Education, Advocacy, Events
- Drop-in space
- Political campaigns
- Office: TH 252 A
- FB, IG: @BrockSJC

Brock Pride

- BrockU LGBTQ+ Club
- Website: www.brockpride.ca
- FB, IG: @BrockPride

Brock Eco Society

- Campus club for all things environmental
- Eco-focused events, community, initiatives
- FB, IG: @brockecosociety

Groups & clubs at Brock!

- **QTPOC at Brock**
 - @QTPOCBrock
- **BIPOC Survivors Meet Up**
 - bipocsurvivors@gmail.com
- **CFBU 107.7FM Brock Radio**
 - www.cfbu.ca
- **Niagara Social Justice Coalition**
 - Ford & Province related campaigns
 - Contact OPIRG Brock or CUPE 4207
- **CUPE 4207**
 - @CUPE4207
- **Brock Pride**
 - @BrockPride
- **Brock Eco Society**
 - @brockecosociety
- **President's Advisory Committee on Human Rights, Equity, & Decolonization (PACHRED)**
 - Equity-based sub-committees
- **BEASA**
 - @BrockEastAfricanStudentAssociation
- **American Sign Language Club**
 - brockaslclub@outlook.com
- **GoLive**
 - @GoLiveBrockU
- **Brock Niagara Rotaract Club**
 - @brockniagararotaract
- **BSAL (Brock Students for Animal Liberation)**
 - @BrockAnimalLiberation



OPIRG BROCK EVENTS + OPPORTUNITIES

ANTI-OPPRESSION WORKSHOP SERIES W/ BROCK SJC

Prioritizing BIPOC facilitators, this workshop series works with campus and community activists to offer free workshops at BrockU.

Callouts for facilitators will take place in September & December. Topics can cover a range of issue or skill-based topics.

Facilitators receive an honorarium.

Join a Volunteer Team!

- Free Store Events
- Free Store Donations
- Niagara Social Justice Coalition (Ford & Ont. focused campaign)
- Fundraising & Membership Campaign
- Events
- Childcare
- Outreach
- Communications Committee
- Policy Committee
- Publications

FREE STORE

TAKING THE PERFECTLY GOOD ITEMS YOU NO LONGER USE AND GIVING THEM BACK OUT TO THE COMMUNITY!

Donation Locations

Fine Grind Cafe
MIWSFPA Lobby
Brock Student Justice Centre
Graduate Student Association
Faith & Life Centre

Types of Donations

Accessories
Art
Collectibles
Electronics
Bikes
Books
Gardening
Clothing
Hobby & Craft
Housewares
Instruments
Kitchenwares
Pet Supplies
School Supplies
Small Appliances
& Furniture
Sports Gear
Tools
Toys & Games

Free Store

events happen on a semi-regular basis throughout the year. Check opirgbrock.com for updates.

Ongoing events & projects

- Community Connect Discount Card
- Harm Reduction Naloxone Trainings
- Anti-Oppression
- Workshops Series
- Academic placements
- OPIRG Brock Publications
- 2SLGBTQ+ film screenings
- Social media campaigns

Support OPIRG Brock's survival & future by:

- Become a voting member
- Donate to OPIRG Brock
- Sponsor events and projects by OPIRG Brock
- Become a Community Partner Organization
- Coming out to OPIRG Brock events
- Follow OPIRG Brock on social media & share content

NIAGARA COMMUNITY SERVICES



- **Port Erie Friendship Centre**
 - www.fenfc.org
- **Niagara Regional Native Centre**
 - www.nrnc.ca
- **Three Fires Community Justice Program**
 - threefirescommunityjustice.ca
- **Niagara Folk Arts Multicultural Centre**
 - www.folk-arts.ca
- **YMCA of Niagara**
 - ymcaofniagara.org
- **Start Me Up Niagara, SMUN Work Action Centre**
 - startmeupniagara.ca
- **Out of the Cold**
 - startmeupniagara.ca
- **Out of the Heat**
 - FB: @outoftheheatniagara
- **Niagara College Dental Clinic**
 - Affordable dental option
 - www.niagaracollege.ca/allied-health-studies/dental-clinic
- **Community Care & Food Banks**
 - www.communitycaresca.ca
- **Project Share**
 - www.projectshare.ca
- **Small Scale Farms**
 - smallscalefarms.ca
- **Niagara Furniture Bank**
 - niagarafurniturebank.com
- **Niagara Community Information Database**
 - niagara.cioc.ca
- **Positive Living Niagara & Streetworks**
 - www.positivelivingniagara.org
- **Direct Action Network**
 - Tenant support
- **PASAN (Prisoners' HIV/AIDS Support Action Network)**
 - www.pasan.org
- **Niagara Region Sexual Health Clinics**
 - www.niagararegion.ca/living/health_wellness/sexualhealth/Sexual-Health-Centres.aspx
- **Quest Community Health Centre**
 - www.questchc.ca
- **Niagara Falls Community Health Centre (NFCHC)**
 - www.nfchc.ca
- **PFLAG Niagara**
 - Meetings the second Tuesday of the month at Quest
 - niagara.pflag@gmail.com
- **Distress Centre Niagara**
 - distresscentreniagara.com
- **CASON (Community Addiction Services of Niagara)**
 - cason.ca
- **CARSA (Niagara Sexual Assault Centre)**
 - niagarasexualassaultcentre.com
- **YWCA Niagara Region**
 - www.ywcaniagararegion.ca
- **Gillian's Place**
 - www.gilliansplace.com

Pro-tip: Many of these services are seeking volunteers and great options for getting involved and gaining skills!

GET INVOLVED IN NIAGARA

- **Bear Clan Patrol - St. Catharines**
 - FB page: @bearclanpatrolstcath
- **NRARA (Niagara Region Anti-Racism Association)**
 - FB page: @TheNRARA
- **Toes Niagara**
 - toesniagara.ca
- **Migrant Workers Alliance for Change-Niagara**
 - migrantworkersalliance.org
- **Migrant Workers Interest Group**
 - FB Page: @NMWIGEng
- **Migrant Rights Network**
 - migrantrights.ca
- **Niagara Direct Action Network**
 - Phone: 905-499-3858 |
- **Niagara Workers' Activist Group**
 - Public Facebook Group
- **Fight for \$15 & Fairness**
 - www.15andfairness.org
- **Niagara Poverty Reduction Network**
 - www.wipeoutpoverty.ca
- **Niagara Reproductive Justice**
 - Public Facebook Group
- **Links for Greener Learning**
 - linksforgreenerlearning.org
- **Next To Lead**
 - FB page: @NextToLead
- **OutNiagara**
 - www.outniagara.org
- **Transgender Niagara**
 - www.transgenderniagara.com
- **LGBTQ+ Women & Trans Meet Up**
 - Tuesday evenings at Mahtay Cafe
- **Gay Men's Meet Up**
 - Wednesday evenings at Mahtay Cafe
- **Senior Pride Network Niagara**
 - seniorpridenetwork.com
- **LGBTQ+ Youth Collective**
 - Every Monday 4-5:30, NFCHC
- **St. Catharines Poetry Slam**
 - Fb page: @stcathpoetryslam
- **Willow Arts Community**
 - thewillowcommunity.com
- **Niagara Artists Centre (nac.org)**
- **Art Me Up**
 - startmeupniagara.ca/art-me-up
- **Culture Days**
 - www.stcatharines.ca/en/experiencein/Culture-Days.asp#

Pro-tip: Even if you don't have time to volunteer, many of these groups have events all year & post regularly - so there are lots of ways to support them!

FARMERS' MARKETS + INDEPENDENT GROCERS

All year Niagara Farmers' Markets

Market | Location | Times

St. Catharines Farmers Market	91 King St. (Market Square)	Tuesdays, Thursdays, Saturdays 6am-2pm
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Welland Farmers Market	50 Welland Market Square	Saturdays 6am-Noon
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Niagara Falls Farmers Market	5943 Sylvia Place	Saturdays 6am-1pm
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A few seasonal Niagara Farmers' Markets

Market | Location | Times

Brock University Farmers Market	Jubilee Court, BrockU Main Campus	Thursdays 11:30am-1:30pm June-September
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Grimsby Farmers Market	56 Main St. W	Thursdays 3-7pm May-October
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Farmers Market at the Village	111 Garrison Village Dr., NOTL	Saturdays 8am-1pm May-October
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Port Colborne Farmers Market	66 Charlotte St.	Fridays 6 am-1pm
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Independent Grocery Stores

- Tony's Fish Market
- Dihn Dihn Asian Foods
- Alnoor Halal Food Market
- Madina Halal Meat & Grocery
- Tropical Delight
- Los Amigos Latin Grocery
- Pupo's Food Market
- Harvest Barn
- The Peanut Mill
- Bun's Masters Bakery
- FresCo & Food Basics (most affordable chain grocery stores)

Pro-tip: Connect with a local farmer, such as **Rhizome Farmers**

(rhizomefarms.wixsite.com | @rhizome_farms) to get a weekly CSA basket of locally grown produced delivered to you!

NATURE, HIKING, BEACHES, RECREATION

St. Catharines based areas

- Centennial Gardens
- Montebello Park
- Twelve Mile Creek
- Burgoyne Woods
- Glenridge Quarry Naturalization Site
- Lakeside Park Beach
- Sunset Beach
- Blue Ghost Tunnel (Merritton Tunnel)
- Niagara Escarpment (behind Brock)
- Canal Valley
- Port Weller Dry Docks
- DeCew Falls
- Short Hills Provincial Park

Niagara region based areas

- Niagara Glen
- Niagara Gorge
- Fort Erie Friendship Trail
- Charles Daly Park
- Waverly Beach
- Humberstone Centennial Beach
- Elco Beach
- The Incredible Shrinking Mill
- Rockway Conservation Area
- Saint Johns Conservation Area
- Balls Falls Conservation Area

Pro-tip: Many of these places are difficult to access by public transit. Develop your carpool network or participate in a carshare program!

Pro-tip: Another great place to get exercise is Underdogs Boxing Club (underdogsboxing.org | [@underdogsboxing](https://www.instagram.com/underdogsboxing)) - the first women lead, empowerment focused gym in the region!

Bicycle Repair Shops

- Rapid City Cycles
- Liberty! Bikes
- Inception Cyclery
- Bikefit

VENUES, EVENTS, OPTIONS

Media & Music

- One Dish, One Mic Podcast
- CFBU 103.7FM
- The Sound (newspaper)
- Niagara Podcasters Network
- Mindbomb Records
- The Film House
- First Ontario Performing Arts Centre (FOPAC)

Venues

- Mahtay Cafe & Lounge
- Warehouse
- Niagara Artists Centre
- Oddfellows Temple
- The Green Room
- The Robby
- Merchant Ale House
- Oast House (Virgil)
- Taps Brewery (Niagara Falls)
- Third Space Cafe (Niagara Falls)
- The Bell Tower (Fort Erie)

Theatre Groups

- Suitcase In Point
- Essential Collective Theatre
- Twitches & Itches

Merchants

- {pocket} CHANGE
- Craft Arts Market
- Ryson's Music
- Winemaker's Vintage

Festivals / Events

- Celebration of Nations (September)
- OpenStreets (September)
- Nurturing Our Roots Traditional Pow Wow (September)
- Cicada Music & Arts (October)
- Sacred Fire in Centennial Gardens (December)
- National Day of Remembrance & Action on Violence Against Women (December 6)
- Black History Month (February)
- ReDress Project (February)
- Brock Pride Week (March)
- In the Soil Arts Festival (June)
- African & Caribbean Soccer Tournament (July)
- Niagara Leadership Summit for Women (October)
- LGBTQ+ In the City Presents: "Coming Out Stories"
- Folk Arts Festival (May)
- City-based Pride months (June)
- Livestock Niagara (August)
- Weekly Open Mics! (Mahtay, Third Space, & more)
- St. Catharines Poetry Slam (First Friday of every month, Mahtay Cafe)
- Ongoing theatre & music productions at the MIWSFPA

Pro-tip: Sometimes the First Ontario Performing Arts Centre hosts free events!