

NADACA

Reminder from Wabano Center

Addictions Case Manager

“Today our nations are struggling to regain their strength which once was found in our cultural teachings and work view. We knew that life would be a hardship at times on this physical path; however, we would need to face these hardships were placed upon mother earth and that she would provide medicine, food, clothing, shelter and teachings on how one should act and behave within Creation.

Our cultural histories cannot be honored or praised if we as people stand silently by and allow our own teachings of kindness, sharing, strength and honesty to be violated. Our past Grandfathers and Grandmothers would not allow for any of their people to go without ; that was unheard of amongst our people. We were taught to share life, even if it meant that we had to go without for a time. We would offer our last piece of bread or meat or flour to someone who had none.

We need to remind all of our people that we should never allow even one of us to suffer upon our provider Mother Earth.

Promoting Healthier First Nations Communities

NADACA's Journey of Healing Addressing the legacy of abuse of residential schools



A Journey of Healing Program

Eagle's Nest Recovery House
P.O. Box 263
Shubenacadie, Nova Scotia
B0N 2H0

Phone: 902 758-4277
Fax: 902 758-4229
E-mail: nadaca@rushcomm.ca

Shubenacadie
Indian Residential School
1922—1968



A Journey of Healing Program

Tel : 902 758-4277

What is the legacy of abuse of residential school?

The purpose of the residential school system was to assimilate aboriginal children into mainstream Canadian society by disconnecting them from their families, language, traditions, and customs, and their communities. Residential schools taught shame and rejection for everything about their native heritage. Aboriginal children were punished severely for speaking their language, and many suffered physical and sexual abuse. The psychological and emotional abuse still haunts many of the former students to this day.

Children in residential schools were not nurtured in a loving and supportive way; therefore, many did not know how to be nurturing, loving, and supportive parents when they had their own children. The legacy was handed down to the descendants.

Intergenerational impacts have resulted in native communities experiencing a high rate of alcohol & drug use, prescription drug abuse, family violence/ break-ups, suicides, gambling problems, lateral violence.



What is Lateral violence?

Lateral Violence is when an oppressed people adopt the attitude and behaviors of the oppressor and begin to abuse themselves and each other. For example, gossiping, bullying, and engaging in self-destructive behaviors.

How do we address the legacy of abuse?

We as Aboriginal First Nations People, must recognize the need to heal ourselves and then, to help our families to heal. Then, we can begin to build healthier communities.

What type of services are offered?

We offer counseling services, workshops and support groups. We provide Individual, Family, and Grief & Trauma Counselling. Our program offers specific assistance relevant to the legacy of residential schools. Our Program is an essential link between community members and available resources. Journey of Healing Programs promote healing and healthy lifestyles for all community members.

Everyone is welcomed.



What is A Clinical Therapist and what do they do?

Our Clinical Therapists have specialized training, which can help clients work through many issues such as incest, sexual abuse, anxiety, trauma, grief and loss. We cannot change what happened but we can help to change the way you think about these events in your life. And that can change the way you feel and how you live your life today.

How can I access these programs and services:

Please drop in and check our bulletin board for activities or to set up an appointment with Kim Lewis our Clinical Therapist. (902) 758-4277 or (902) 758-2776.



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