

## HOW TO JOIN

If you're interested in joining our **Online Wellness Programs**, please call 902-379-2262 and speak to the receptionist.

*You will require a valid status number to register.*

To register, you will need to provide the following information when you call:

- Full name
- Phone number
- Date of birth
- Mailing address
- Band name and #
- Email address



## GET IN TOUCH



### Mi'kmaw Lodge

70 Gabriel Street  
Eskasoni, Nova Scotia  
PHONE 902-379-2267  
FAX 902-379-2412



### Eagles' Nest Recovery House

44 Eagles Nest Avenue,  
Indian Brook,  
Sipekne'katik First Nation,  
Nova Scotia  
PHONE 902-758-4277  
FAX 902-758-4229

## TOLL FREE

1-866-588-5954

## REGISTER ONLINE

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



# NADACA

Native Alcohol and Drug Abuse Counselling  
Association of Nova Scotia



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# Online Wellness Programs

VIRTUAL SERIES

NADACA

Join us for  
our series of  
**Online  
Wellness  
Programs**



## PROGRAM TOPICS

- Cultural Teachings
- 7 Sacred Teachings
- Sweats
- Learn to Bead
- Staff Recovery Stories
- Mental Wellness
- Medicine Wheel Teachings
- Anxiety & Stress
- Self Help Groups
- Mindfulness
- Goal Setting
- Learning to Basket Weave
- Learning to Quill - Bracelet

## PROGRAM FACTS

- 4-Week Certificate Online Wellness Program
- Utilize Google Classroom
- Monday-Friday
- Videos posted every day at 1pm
- Certified Addiction Counsellors watch comment sections from 1-3pm daily
- Referrals to our Clinical Therapist as needed
- Every Friday you will receive a phone call regarding the weekly reflections

**Thank you to the following individuals who are featured in the video series:**

**Dr. Lottie Johnson** *Cultural Therapist*, **Ashley Sanipass** *Mi'kmaq Art Experience*,  
**Bo Denny** *Treatment Counsellor*, **Billy Morrison** *Treatment Counsellor*, **Paul Wulkitsch** *Clinical Therapist*,  
**Freda Simon** *Treatment Counsellor*, **Bernadette Sylliboy** *Treatment Counsellor*, **Jolita Lafford** *Treatment Counsellor*,  
**Vincent Stevens** *Manager of Prevention*, **Nancy MacLeod** *Steeper Climb*, and **Mariah Battiste** *Sundaylace Creations*