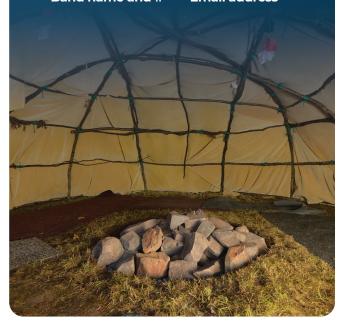
HOW TO JOIN

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**



1-866-588-5954

REGISTER ONLINE

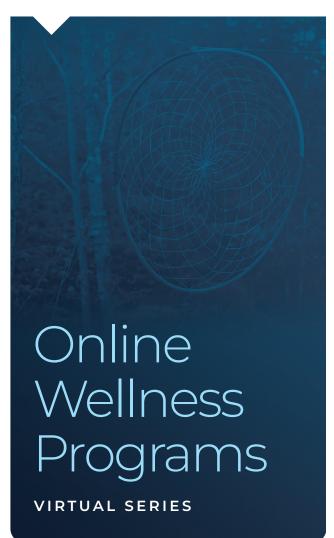
nadaca.ca





NADACA

Native Alcohol and Drug Abuse Counselling Association of Nova Scotia



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 OnlineWellness 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