HOW TO JOIN

If you're interested in joining our **Virtual Aboriginal** Wellness Program, 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
- Band name and #
- Mailing address Email address



GET IN TOUCH



Mi'kmaw Lodge

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

Eagle's 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

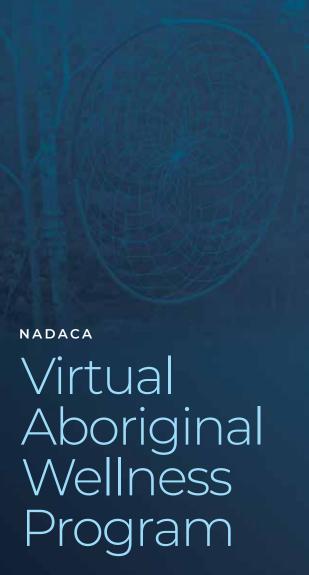
VISIT US ONLINE nadaca.ca



NADACA Native Alcohol and Drug Abuse Counselling

Association of Nova Scotia

VIRTUAL ABORIGINAL WELLNESS PROGRAM



NADACA

Join us for our Virtual Aboriginal Wellness Program



PROGRAM TOPICS

- Cultural Teachings
- 7 Sacred Teachings
- Sweats
- Learn Traditional Crafts
- Staff Recovery Stories
- Mental Wellness
- Medicine Wheel Teachings
- Anxiety & Stress
- Self Help Groups
- Mindfulness
- Goal Setting
- Coping Skills

PROGRAM FACTS

- 4-Week Certified Virtual
 Wellness Program
- Easy online access
 (Google Classroom)
- Culture and Wellness videos posted daily, Monday-Friday, 1pm
- Certified Addiction Counsellors watch comment sections from 1-3pm daily
- Virtual Wellness
 Sessions
- Weekly check in call and program reflections with Certified Addiction Counsellor
- Certificate upon
 Completion