

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
- 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**



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**



**VIRTUAL
ABORIGINAL
WELLNESS
PROGRAM**

TOLL FREE

1-866-588-5954

VISIT US ONLINE

nadaca.ca



NADACA

Native Alcohol and Drug Abuse Counselling
Association of Nova Scotia

NADACA

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