

FACILITIES AND SERVICES

- 10 bed lodge
- Shared living accommodations
- On-site cook
- Classroom for group work and activities
- Access to traditional cultural grounds
- Non-Insured Health Benefit Travel
- Trauma-informed care
- One-on-one counselling
- Traditional medicines for detoxification
- Story telling
- Vision boards
- Self-care activities
- Connection to the land
- Foot soaks
- Ceremonies
- 24/7 On-site nurse



I am happy today. I am growing. I AM ALIVE. You, too, can feel life again and it feels good

- Program Participant



CONTACT US

705-269-MOMA (6662)

www.mushkegowukhealth.ca

landbase@mushkegowuk.ca

@mushhealth

11 Elm St. N. Timmins, ON



SCAN ME

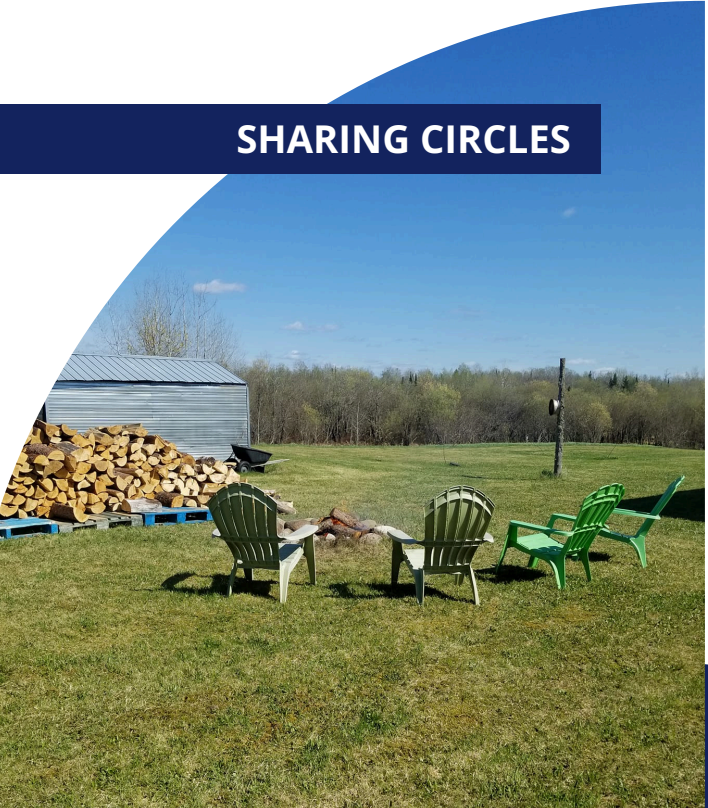
LAND BASED DETOX AND HEALING PROGRAM



**RECONNECT
TO THE LAND**

Land-Based Treatment and Healing can take place when we return or reconnect to the land by relearning, revitalizing and reclaiming our traditional wellness practices. The land is foundational to our Indigenous identity, but over generations of colonization we have been disconnected and dispossessed from our traditional territories.

We focus on individual wellbeing in the areas of physical, mental, spiritual, and emotional health. Land-based wellness is founded on the principals of providing culturally-based health services to help guide individuals to whole wellness.



SHARING CIRCLES



Our Land Based Detox and Healing program is offered in partnership with Niwakomakanak Organization



FREQUENTLY ASKED QUESTIONS

Where is the program being held?
At our land-based site in Cochrane, ON.

Will travel to the location be paid?
Yes. Travel requests are sent to NIHB (Ontario-residents only) to arrange travel to our site from your location. Last minute travel costs for standby participants are at your own expense and you can apply to NIHB for reimbursement.

Who can attend this program?
Indigenous citizens of the Mushkegowuk area are prioritized but we will accept Indigenous citizens from other areas.

What is the intake process?
Download the intake forms on our website or email us at landbase@mushkegowuk.ca for a package. Once we receive your completed intake package, our team will contact you with a confirmation date and more details about the program (what to bring etc.)

I'm waitlisted. Now what?
Waitlisted participants will be called on short-notice if there is an availability, this is usually within 24-48 hours prior to the program start date.

Is there a nurse on site?
Yes. The nurse assesses participants daily to monitor their progress.