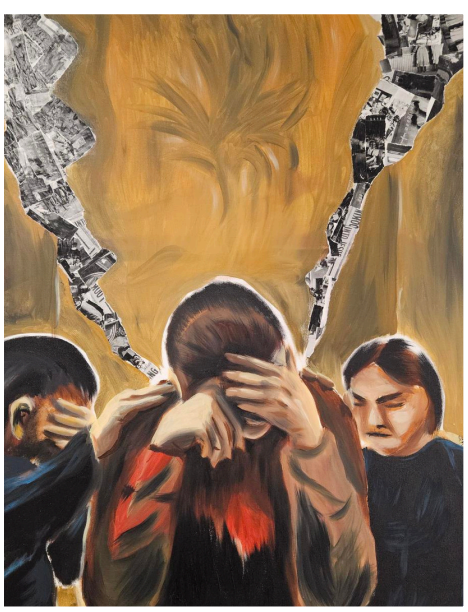


# What do we offer?

Presentations

Traditional Wellness

Counselling



Artwork by Gerry McComb

Building a strong foundation for intergenerational healing



## MENTAL HEALTH & WELLNESS PROGRAM

### Reach out!

Phone: 705-269-6662

Email: [moma@mushkegowuk.ca](mailto:moma@mushkegowuk.ca)

Website: [mushkegowukhealth.com](http://mushkegowukhealth.com)

Facebook: @MushHealth



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## TRADITIONAL WELLNESS *program*

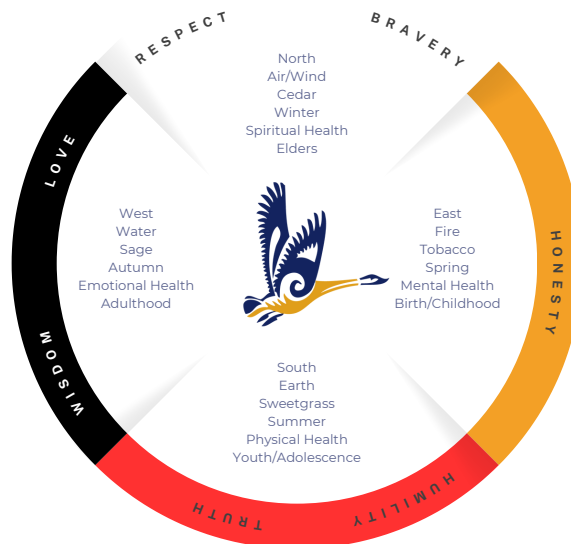
Our Traditional Practitioners and Counsellors provide counselling, cultural and spiritual services and workshops.

### Cultural Programming

- Teachings on traditional medicine
- Medicine Wheel teachings
- Referrals to Traditional Counsellors
- Traditional ceremonies
- Ceremony protocol teachings
- Hand drum making
- Talking/sharing circles
- and more!



We strive to provide and promote culture, traditional methodology, health and spiritual maintenance for healthier lifestyles and mental wellness.



## MENTAL HEALTH *program*

Our mental health and wellness programs and services are offered to Mushkegowuk Council communities. We work with community resources through collaboration and regular community visits.

We offer:

- Presentations (anxiety, bullying, etc)
- Crisis response support
- Mental wellness support activities
- One-on-one counselling
- Youth counselling
- 3-Day Grief Edu-Therapy Program
- Debriefing services for front line workers and families
- Peer support
- Trauma-informed care education
- and more!