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
- 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

VISIT US ONLINE

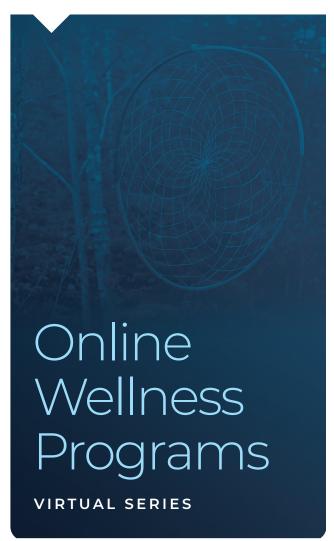
nadaca.ca





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
- Boundaries
- Self-Esteem
- Mental Wellness
- Medicine Wheel Teachings
- Anxiety & Stress
- Self Help Groups
- Mindfulness
- Goal Setting

PROGRAM FACTS

- 4-Week CertificateOnline Wellness 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, **Thomas Christmas** Eagles Nest Treatment Counsellor,

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, and Nancy MacLeod Steeper Climb