

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**

TOLL FREE

1-866-588-5954

VISIT US ONLINE

nadaca.ca



NADACA

Native Alcohol and Drug Abuse Counselling
Association of Nova Scotia



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Online Wellness Programs

VIRTUAL SERIES

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 Certificate Online 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