

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 and #
- 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
- Learn to Bead
- Staff Recovery Stories
- 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** *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*, **Nancy MacLeod** *Steeper Climb*, and **Mariah Battiste** *Sundaylace Creations*