

Struggling with relationship issues? Work relationships?
School impacting your life?

Paddle Your Own Canoe

This residential program is intended for Aboriginal participants who are in recovery, currently working with a community counsellor or therapist, and abstained from the use of alcohol and drugs for 6 months or longer.

This one week residential program allows the gift of time and opportunity to share in group where participants define boundary issues: anger, overworking, and feeling alone. Are you:

- ◆ Over working / over responsible?
 - ◆ Unable to ask for help?
 - ◆ Have difficulty saying “No”?
 - ◆ Feeling numb?
- ◆ Struggling to identify your feelings or needs?
- ◆ Feeling isolated / using social media for company?

We explore new ways of coping to create a more balanced lifestyle through Culture, Ceremony, Prayer, with the support of our holistic, state-of-the-art Therapeutic Program. To assist in the process of healing we have gifted Elders who share brushing and cleansing ceremonies.

FUNDED by FIRST NATIONS HEALTH AUTHORITY



To apply, contact Tsow-Tun Le Lum
250.390.3123

KWUNATSUSTUL Client Services Coordinator