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# Honouring Grief

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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 2-week residential program is for those who have unresolved Grief that is impacting their life, which can lead to:

- ◆ Sadness, depression, anger
- ◆ Anxiety attacks / difficulty breathing
  - ◆ Numbness / aches and pains
- ◆ Loss of appetite / comfort eating
  - ◆ Difficulty sleeping
  - ◆ Shame and guilt
- ◆ Feeling overwhelmed, tired, and exhausted
- ◆ Feeling isolated / using social media for company
  - ◆ Burnout

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**