



# Kwunatsustul

HOLDING HANDS, STANDING TOGETHER

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## **Kwunatsustul Trauma Program (5 weeks)**

Addresses mental health issues associated with:

- ♦ Trauma
  - ♦ Abuse: mental, physical, emotional & sexual
    - ♦ Relationship Issues
    - ♦ Grief & Loss
    - ♦ Residential School
  - ♦ Intergenerational Effects
    - ♦ Coping Skills
  - ♦ Burnout, Depression, Self Care
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Tsow-Tun Le Lum programs provide healing through:  
Culture & Ceremony and  
Holistic, state-of-the-art Therapeutic Programs

This residential program is intended for  
Aboriginal participants who are in recovery:

- currently working with a community counsellor or therapist
- abstained from the use of alcohol and drugs for 6 months or longer

We strongly encourage applicants to attend support group meetings prior to and following attending Kwunatsustul Programs.

**FUNDED by FIRST NATIONS HEALTH AUTHORITY**

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**To apply please contact Tsow-Tun Le Lum  
250.390.3123**

**KWUNATSUSTUL Client Services Coordinator**