



Thuy Namut

Substance Abuse

This is a 40-day intensive residential program that is available to Aboriginal people that is grounded in Aboriginal culture and traditions. The program is holistic in nature and is for those who are ready to put substance abuse behind them. Participants will build on existing strengths and aspirations and create pathways to continue recovery from the effects of alcohol and drug abuse.

Included in the program structure are group and individual treatment experiences that promote:

- Healthy lifestyle choices
- Healing of old wounds
- Building healthy relationships
- An increased sense of self worth
- Increased ability to master life's upsets
- The development of a life plan
- Freedom from past suffering
- Cultural identity and appreciation
- Learning new skills for effective living
- Developing an alcohol and drug free personality

This residential program is intended for Aboriginal participants (19 years and older) currently working with a community counsellor or therapist. To apply please contact a drug and alcohol counsellor, band social worker, community service worker, community professional, psychologists/therapist to do the "referral process"

Tsow-Tun Le Lum programs provide healing through: holistic culture and ceremony, trauma informed approach to healing and therapeutic programs.

Funded by First Nations Health Authority and Correctional Services Canada

To apply please contact Tsow-Tun Le Lum
250-390-3123

Thuy Namut Client Services Coordinator

www.tsowtunlelum.org

October 3rd, 2018