



# Kwunatsustul

**HOLDING HANDS, STANDING TOGETHER**  
**(2<sup>nd</sup> stage recovery trauma program)**

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Tsow-Tun Le Lum Programs provide healing through culture and ceremony, trauma-informed approaches to healing, and holistic therapeutic programs

This 5-week live-in program is available to Indigenous adults (age 19 & older) who are in recovery and are currently working with a community counsellor or therapist.

Our Kwunatsustul program addresses mental health issues associated with:

- ◆ Trauma
- ◆ Abuse: mental, physical, emotional, and sexual
- ◆ Relationship Issues
- ◆ Grief & Loss
- ◆ Residential School
- ◆ Intergenerational Effects
- ◆ Coping Skills
- ◆ Burnout, Depression, Self Care

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

***Participation Requires 6 months since date of last use***

To apply, please contact a counsellor, band social worker, community service worker, community professional, psychologist/therapist to complete the referral process.

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