



# Thuy Na Mut *(Getting Better)*

## Substance Use Program

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Tsow-Tun Le Lum programs provide healing opportunities through culture and ceremony, trauma-informed approaches to healing, and proven therapeutic methods. This 6-week intensive program is available to Indigenous adults (age 19 & older) who are ready to put substance use behind them. Participants will build on existing strengths and aspirations and create pathways to continue recovery from the effects of alcohol and drug use.

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

***Participation Requires 2-weeks sobriety***

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

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