

ABOUT ONWA

Are you uncomfortable seeking mental health services?

Do you have the supports and resources to improve your situation?

Do you have barriers that may get in the way of achieving mental health ?

The goal of the Mental Health Program is to assist you in seeking mental health wellness.

ABOUT AHWS

Mental illness effects people of all ages, educational, income levels, and cultures.



This project has received financial support from the Government of Ontario, Aboriginal Healing and Wellness Strategy

To Contact any of the CWW Sites
Please contact ONWA
Or send your email to:
onwa@onwa.ca

Thunder Bay: cwwtbay@onwa.ca

Kenora: cwwkenora@onwa.ca

Dryden: cwwdryden@onwa.ca



www.onwa.ca

Head Office

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COMMUNITY WELLNESS



ABORIGINAL HEALING & WELLNESS STRATEGY

*A Voice for Aboriginal Women
and their Families*

FAMILY SUPPORT

The Community Wellness program is designed to assist Aboriginal families in the community to provide education and support on family violence and increase health awareness.

The Community Wellness Worker will:

- **Work one on one** with families experiencing family violence to develop a plan of action for identified concerns.
- **Organize** and facilitate community events in schools, powwows, health fairs, etc. to promote a healthy lifestyle and prevention of family violence.
- **Provide victim service referrals**, and emergency support for family violence.
- **Offer Aboriginal Culture** based healing, self help processes for anger management, and positive self image development; alternative discipline methods and positive relationships.
- **Develop programs**, workshops, promotions, and prevention education

COMMUNITY WELLNESS WORKERS



The Ontario Native Women's Association delivers the Community Wellness program to 3 communities.

Thunder Bay

Kenora

Dryden

Each site brings a variety of local programming relating to health and wellness in their communities.

COMMUNITY SUPPORT

Community Wellness Workers bring healing and wellness to the community level by:

- **Facilitating public workshops**, seminars and public education forums to promote healthy lifestyles in the community.
- **Community events** to promote healing, wellness, addictions free activities, positive parenting, family interaction, and cultural awareness.
- **Involvement of elders**, senators, and traditional people who have undergone their own healing and wellness journeys.
- **Local co-ordination** of existing crisis or "first response" services such as: community patrols, search and rescue, suicide prevention/intervention, and policing.
- **Linking families** with community health resources and social services.
- **Referrals** to counseling, legal services, and treatment centre's.