

Telephone
1 - 800 - 667 - 0816

DELIVERY SITES:

Thunder Bay

Greenstone

Sioux Lookout

Toronto

Timmins

Kenora



Scan QR to view the
full listing of ONWA locations
onwa.ca/contact-us



Email: onwa@onwa.ca
Hours of Operation: Monday - Friday, 9am - 5pm

Social Media:



www.onwa.ca



Mental Health and Wellness



Mental Health and Wellness

supports and empowers Indigenous women and their families throughout their healing journey.

The Mental Health and Wellness program provides services that meet the physical, mental, emotional and spiritual well-being through a culturally trauma-informed approach.

- Land-Based Therapy
- Traditional counselling
- Access to Elders and Traditional Healers
- Traditional Healing and Ceremony
- Sharing/Healing circles
- Referrals & Assessments – internal and external
- Brief Services
- Addictions and concurrent disorders support
- Aftercare support
- Mental Health, Cultural and Clinical one to one counselling
- Case management
- Group therapy built on Cultural teachings

ONWA VISION:

At the Ontario Native Women's Association (ONWA), we celebrate and honour the safety and healing of Indigenous women and girls as they take up their leadership roles in the family, community and internationally for generations to come.

ONWA STRATEGIC ISSUES MODEL:

