

1-800-667-0816

**DELIVERY SITES:**

**Thunder Bay**

**Sioux Lookout**

**Kenora**

**Ottawa**

**Greenstone**

**Timmins**



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**Telephone:** 1-800-667-0816

**Email:** [onwa@onwa.ca](mailto:onwa@onwa.ca)

**Hours of Operation:** Monday - Friday, 9am - 5pm

**Social Media:**

**[www.onwa.ca](http://www.onwa.ca)**



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# Mental Health & Wellness





# Program Overview

The Mental Health program provides access to culture and ceremony through land-based activities, and access to Elders and Traditional Healers.

This program creates a family and community focused environment, encouraging positive coping strategies needed for healing, while providing a safe environment for each community.

Focusing on strength and empowering community members, this program encourages sharing their stories to build community connection and the continuity of relationships based on respect, trust and safety.



## Services Offered:

- Land-based activities
- Traditional counselling
- Access to Elders and Healers
- Traditional and contemporary services
- Sharing circles
- Healing circles
- Referrals to outside agencies
- Coping strategies
- Aftercare support

## Additional Services:

- External trauma-informed cultural training
- Educational workshops
- Community consultation
- Community partnership
- Professional development
- Mental health first aid

