

1-800-667-0816

DELIVERY SITES:

Thunder Bay Sioux Lookout
Kenora Ottawa
Greenstone Timmins



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onwa.ca/contact-us



Telephone: 1-800-667-0816 Email: onwa@onwa.ca Hours of Operation: Monday - Friday, 9am - 5pm

Social Media:



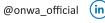
www.onwa.ca



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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

