ABORIGINAL MENTAL HEALTH AND ADDICTION SERVICES

*Spiritual*
Access to Traditional Healers, Spirit Names/Colours, Teachings, Fasts, Sweats and Shake Tent.

*Physical*
Weekly Programming that Engages the Body in Leading a Healthy Active Lifestyle.

*Emotional*
Counselling, Self-Esteem, Life Skills, Self Confidence and Leadership qualities.

*Mental*
Building on Responsibility, Educational Support, Training Programs and Life Skills.

**“Rising Above”**

**ABORIGINAL**
Mental Health and Addiction Services

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Welcome to Anishnawbe Health Toronto’s Mental Health and Addiction Healing Services

Our Program:
Our program is a concurrent disorders day treatment program with continuous intake. We provide clients the opportunity to remain in treatment as long as reasonably needed to achieve their goals.

Our program recognizes the impact that colonization and intergenerational trauma have had on the aboriginal population. Thus, we place Aboriginal culture and tradition at the core of our program while utilizing a client-centered, strengths-based approach to recovery.

We assist individuals with co-occurring mental health and addiction issues on their wellness journey by helping them construct their identity as an Aboriginal person and learn about their culture and traditions.

Throughout Our Program Participants Are Encouraged To:
Maintain spiritual, mental, emotional and physical gains
Gain knowledge about Aboriginal culture and identity
Understand and develop behaviors that lead to improved health
Maintain healthy relationships
Build and foster self-esteem
Maintain the motivation needed to change old patterns of living
Reduce and prevent relapse

Elements Of Our Program Include:
Assessment and intake, holistic treatment planning, psychiatric consultation, psychological services, support and counselling groups, individual and family counselling, traditional healers, elders and medicine people, and traditional ceremonies.

Teachings Offered:
- Anger Management
- Intergenerational Trauma
- Healthy Relationships
- Relapse Prevention
- Codependency
- Healthy Communication Skills
- Life Skills
- Yoga Therapy
- Self-Care Strategies
- H.E.A.L. - Healthy Eating Active Living Program
- Cultural Teachings
- Traditional Ceremonies
- Art Therapy
- Group Therapy
- Coping Skills
- Creative Writing
- Meditation