



It's a well-known fact that behaviors such as substance use/misuse/abuse, misplaced anger, conflicts, unhealthy boundaries/relationships, lack of respectful communications, co-dependency and other unhealthy behaviors may develop from unresolved issues.

If left unresolved or mismanaged, these unhealthy behaviors/issues, may result in negative consequences.

We strive to provide and promote a healthy, confidential environment in which to explore issues, learn coping and problem solving skills, while moving towards a new, healthier and spiritual lifestyle.

We continue to develop programs that are culturally sensitive, by blending mainstream information with Aboriginal teachings to help in the process of re-integration back into the Family, Community, and Education system.

We raise awareness through individual/group sessions, and sharing/ healing circles, to help develop realistic goal setting through a mutually agreed upon plan of care for those who want to create a lasting change through individual and spiritual growth.



We believe that every person is a good person. More often than not, individuals with diagnosed or undiagnosed issues may experiment with substances such as street or prescription drugs, alcohol, food, gambling or sex in order to cope or to experience freedom from their emotional and/or spiritual pain. This may lead to a life of substance use/misuse/abuse problems or development of difficulties with the justice system, school system and family system.

Individuals may develop signs of depression, anxiety, isolation, self harm, social problems, relationship difficulties, unresolved anger, low self-esteem, poor life skills, coping strategies and problem solving.

WE ARE SIMPLY A PHONE CALL AWAY

For more information on workshops or healing (counselling) services please contact

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**A SAFE AND
CONFIDENTIAL PLACE**
**UN ENDROIT SÛR ET
CONFIDENTIEL**

“PEOPLE DON'T CARE
HOW MUCH YOU KNOW,
THEY WANT TO KNOW
HOW MUCH YOU CARE”

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BILINGUAL SERVICES AVAILABLE
416-923-0800

WHO WE ARE?

**WE ARE A HIGHLY STRUCTURED
ACCREDITED LEADING PRACTICE
INDIGENOUS HEALING PROGRAM**

WHAT DO WE OFFER?

CULTURALLY APPROPRIATE EDUCATIONAL CIRCLE'S AND PROGRAMS

- › Anger Release workshop
- › Co-dependency workshop
- › The Grieving and loss Process
- › Building Healthy Relationships
- › Short and long term effects of substance use/misuse/abuse
- › Healthy Boundaries/Decision Making workshop
- › Trauma, Mental Well-Being and Addictions workshops
- › Assessment/Referrals
- › 7 Grandfather Teachings
- › Medicine Wheel Teachings
- › Discharge planning
- › Problem Solving/Coping Strategies
- › E.F.T., T.I.R., Stages of Change
- › Individual/Couples Counselling
- › Traditional Ceremonies
- › Continuing Care Circle
- › Cultural activities
- › Aboriginal Family Support Circle
- › Forgiveness
- › Domestic and Lateral Violence
- › Spirit Guides

WHAT IS THE ADMISSION CRITERIA?

- › Consent to Intake/Assessment
- › Willingness to address personal and or legal issues
- › Willingness to participate in a plan of care
- › Must be free of mood altering substances for at least 48 hours before the initial face to face consultation
- › Open to new models of living for reintegration back into the family, community, and education system
- › Take responsibility for their behaviours and be motivated to live a life free of mood altering substances and other destructive behaviours
- › Consent to sign a release of information for those mandated to attend
- › Consent to attend and be free of mood altering substances and actively participate during programs and/or counselling sessions

Admission to services is at the discretion of the Elder, in consultation with other members of the team and will be based upon a community member's (client's) willingness, motivation and ability to meet the above criteria.

WHO CAN MAKE A REFERRAL?

- › Individuals, Physicians, E.A.P., Schools
- › Community agencies, Legal system, Family members, Health care facilities
- › Corrections and Service providers

PROGRAM GOALS

- › Help individuals, couples and families develop respectful interactions and take responsibility for their behaviours
- › Provide techniques/tools and healthier strategies along their healing journey for their personal and spiritual growth
- › Help identify issues and establish a plan of care to build a healthier and spiritual life style
- › Provide hope to families, by helping to restore and rebuild healthy relationships

WHO DOES THE PROGRAM CARE FOR?

Our services are for **FIRST NATIONS, MÉTIS** and **INUIT** who want to make lasting change through individual and spiritual growth.



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