

Program Summary

Kina Waa Noojmojig Nanaweing Wellness Centre



Overview

The Kina Waa Noojmojig Nanaweing Wellness Centre is a Mental Health and Addiction Prevention Program designed to help those in need to obtain Mental Health Supports, Counselling, Referrals to other Agencies, Client Advocacy, Addiction Supports, and NNADAP supports. We are not an Emergency Response Team and are not a 24 Hour Service. For all Medical Emergencies please call 911. For Mental Health Emergencies please call 988.

Objectives and Services

Cultural Supports and Services such as Natural Medicines/Sweats, one-on-one counselling, traditional healers, referrals to other practitioners/SOAHAC/Brightshores, Minor Financial Assistance for Clients Only (Healing Lodges, Gas, etc.), ongoing monthly programs (Full Moon Ceremony, Honouring Spirit Fires, Reiki, Reflexology)

Target Audience

Our target audience is mainly people over 18 years of age. Jennifer works with children 18 years and younger. We assist occasionally with families but cannot offer programming exclusively for children.

Recent Developments

The Wellness Building Blueprints are nearing completion and hopefully we can begin putting out Work Tenders in the New Year! We are hoping for work to start in Spring 2025! We have all been missing our building. We have also been trying to offer more diverse programming such as Reiki, Reflexology, Crafting Classes, partnerships and being more involved in the Community. We are currently planning ways to incorporate more Traditional Activities into our Program offerings.

Recent Limitations

One major limitation has been the lack of having our building available. This has taken away from being able to offer previously planned activities such as Ribbon Skirt Sewing and having other professionals visiting every week. A secondary limitation is the fact that our staff are located and working in various locations. We try our best to keep in touch but it is a challenge.

Next Steps

Our next steps are to move forward with our plans to remodel the Wellness Centre. We will also be focusing more on offering Mental Health Support programming and partnerships. Finally, we are going to focus on offering more sweat lodges, naming ceremonies and gatherings.

Community Engagement

Please visit our Facebook page to keep up with the latest information. Search for Kina Waa Noojmojig Nanaweing Wellness Centre. If you are looking for other general information, please call Brandon at 519 379 3277 and leave a voicemail. If you want to inquire about becoming a client, please call Alanna Kade at 519 477 0177.