

FIRST NATION OF NACHO NYAK DUN

INDIVIDUAL WELLNESS PLANS

ANNOUNCING OUR NEW INDIVIDUAL WELLNESS PLANS!

Are you a Nacho Nyak Dun Citizen looking to improve your health and wellness? Our Wellness Department is here to support YOU on your personal journey to healing and growth!

WHAT WE OFFER



Crisis Response Support

Immediate assistance and 24/7 crisis intervention.



Addiction and Recovery Care

Personalized recovery programs and aftercare.



Mental Health Counselling

Individual and family counselling for emotional support.



Traditional Healing

Access to Elders, traditional medicines, and cultural ceremonies.



Support Groups

Women's Circles and Men's Support Groups



Women's Circles

Trauma-informed care, counselling, and traditional healing.



Men's Support Groups

Trauma-informed care, counselling, and traditional healing.



Healthy Family Programs

Resources and workshops to strengthen family relationships.



Here to Help What to Know



Applying for Individual Wellness Plans

01.

Eligibility

- Open to ALL Nacho Nyak Dun Citizens of any age.
- Whether you're facing a crisis, in recovery, or simply working towards a healthier life—we're here for you!

02.

How to Apply:

- Come see Mika at the office for an intake form!
- Intake Form start date: October 1, 2024

03.

Start Now!

- Begin your journey towards wellness today! We're ready to work with you to create a personalized plan that meets your unique needs.
- Confidential, compassionate, and culturally rooted in who we are as Nacho Nyak Dun Citizens.

**Wellness Department – Supporting You Every
Step of the Way**





FIRST NATION OF NACHO NYAK DUN
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Introducing Individual Wellness Plans for Nacho Nyak Dun Citizens

New services available



About

The Wellness Department is proud to announce the launch of our new Individual Wellness Plans, designed to support Nacho Nyak Dun Citizens on their personal journey to wellness. These personalized plans are tailored to meet everyone's unique needs, helping to address a wide range of wellness areas, including crisis response, addictions and recovery care, traditional healing, counselling, support groups, and family wellness programs.

Our goal is to provide holistic support that integrates both modern and traditional practices, ensuring a balanced approach to healing and well-being. Whether you are seeking help in overcoming challenges, continuing on your path of recovery, or simply wanting to focus on personal growth and education, we are here to guide and support you every step of the way.

This initiative reflects our commitment to fostering healthy, thriving Citizens by offering accessible and culturally appropriate services. We invite all Nacho Nyak Dun Citizens to explore how these Individual Wellness Plans can help optimize your wellness journey.

Please come see us and fill out an intake form!

Learn More or Apply

If you're interested in learning more or applying, please contact Mika or visit the Wellness & Social Programs Department



FIRST NATION OF NACHO NYAK DUN
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What Our Individual Wellness Plans Cover:

Explore our new options



Crisis Response Support

- Immediate assistance for personal or family emergencies.
- 24/7 crisis intervention services and mental health first aid.
- Safety planning and referrals to emergency resources.

Addiction and Recovery Care

- Personalized recovery programs.
- Access to addiction treatment, including inpatient and outpatient support.
- Recovery support groups and aftercare services through our departmental programming

Mental Health Counselling

- Individual and family counselling for managing anxiety, depression, and trauma.
- Professional therapy sessions to support emotional well-being.
- Crisis counselling and mental health assessments.

Traditional Healing

- Guidance from Elders and knowledge keepers.
- Access to traditional medicines and cultural ceremonies.
- Land-based healing opportunities such as community gatherings and spiritual practices.



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Support Groups

- **Women's Circles:** Ending violence against women, trauma-informed care, counselling, and traditional healing.
- Aligning with the MMIW2S+ (Missing and Murdered Indigenous Women, Girls, and Two-Spirit+) movement to support survivors and raise awareness.
- Engaging in the Moosehide Campaign to stand against violence towards women and promote safety and healing in our communities.
- **Men's Support Groups:** Trauma-informed care, counselling, and traditional healing.
- Addressing issues related to the Moosehide Campaign by supporting men's roles in preventing violence and promoting respect and healing.

Healthy Family Programs

- Workshops and resources to strengthen family relationships and communication.
- Parenting support and education, including nurturing and child development programs.
- Family therapy and counselling sessions.

Education and Training Support

- Financial assistance for skills development and vocational training.
- Workshops on life skills, job readiness, and personal growth.
- Continuing education opportunities and career development support.



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Holistic Wellness Activities

- Programs like mindfulness, drumming circles, beading groups, and art therapy.
- Physical wellness activities such as fitness classes and outdoor recreation.
- Creative expression opportunities to support mental and emotional health.

Ongoing Wellness Monitoring and Follow-Up

- Regular check-ins to track progress and adjust wellness plans.
- Continued support to ensure long-term success and well-being.
- Access to additional resources and referrals as needed.

Eligibility Criteria for Individual Wellness Plans:

1. Nacho Nyak Dun Citizenship

- Must be a Citizen of the Nacho Nyak Dun First Nation.

2. Age Requirement

- Open to Citizens of all ages, from youth to Elders.
- Specific services may cater to different age groups (e.g., youth programs, family wellness, elder support).

3. Personal Wellness Goals

- Applicants must demonstrate a commitment to improving their personal wellness in any of the areas covered by the plan (mental health, physical health, addiction recovery, etc.).

4. Willingness to Participate

- Individuals should be ready and willing to actively engage in the program and follow through with wellness activities, workshops, or counselling.

5. Crisis or Wellness Need

- Priority may be given to those experiencing immediate crisis, addiction challenges, or those seeking urgent mental health or family support.

6. Statement/ Waiver Agreement

- Participants must agree to maintain confidentiality regarding group activities or sessions to respect the privacy of others.
- Waiver that you are aware that you are applying as a citizen not an employee

7. Ongoing Review and Commitment

- Willingness to participate in periodic reviews of their wellness plan to assess progress and make necessary adjustments.