

NANATAWIHO KAMIK

Healing Lodge

The Healing Lodge provides culturally based therapeutic services to Indigenous individuals and families throughout Calgary and area. This wellness program offers both individual counselling services and support groups. The Healing Lodge is founded in traditional cultural practices which help foster respect, honesty, and strong cultural identification.

The Healing Lodge provides a safe space to get help and support without judgment. Our team will help provide tools and strategies to help you work towards a healthy and happy future.

healinglodge@miskanawah.ca



Forge new connections
and new abilities.

Forge your path
to wellness.



miskanawah
empowerment • strength • family

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The Healing Lodge team understands that everyone faces their own unique challenges and they will work with you to design a plan that meets your needs and desires for wellness.

The Healing Lodge can help with:

- Problem-solving Anxiety
- Depression
- Loss & Grief Trauma
- PTSD
- Information and referrals
- Alcohol and drug-related issues
- Promoting healthy relationships
- A safe place to talk
- Accessing community resources
- Improving family relationships
- Workshops on various topics
- Developing a safety plan

Not sure what support you need? Talk to your worker or call us and talk with us! We will work together to help determine what support is right for you.

Vision

Indigenous people have the best opportunity for culturally safe, evidence-based, high quality and responsive mental health care so that they have good quality of life and well-being and can live well in their communities and on their terms.

Mission

Guided by Indigenous teachings, the Healing Lodge wants to empower our Indigenous communities to take ownership of their mental health and well-being, prevent and manage mental health challenges and ensure the earliest access to appropriate mental health care. The Healing Lodge also hopes to work with all our partners to systematically address the social determinants of mental health and well-being.

Value

Our values are our statement of standards and behaviours we model in the work we do and how we interact with children, youth, families, elders, individuals and communities and amongst ourselves. These values are consistent with the core values of Miskanawah. Our Values are Respect, Openness, Empowerment, Collaboration, Recovery and Hope.

**Find hope, help, support.
Improve yourself**

