

North Wind Wellness Centre

The North Wind Wellness Centre is a trauma informed treatment facility for Indigenous people struggling with addictions, dual diagnosis, lateral violence and the intergenerational impact of abuse, residential school and post traumatic stress disorder.

Our facilities are located on a 150 acres in the beautiful Peace River Region of Northeast British Columbia. The residence has accommodation for ten people and a sweat lodge for therapeutic and spiritual purposes. We have access to traditional ceremonies and other indigenous activities dedicated to cultural practices. We promote spiritual development in its various forms, for participants to choose the one most appropriate or appealing to their needs.

We strive to provide a safe, confidential and stress free environment to empty burden baskets

Counselling Services

- Comprehensive treatment for alcohol, drugs, sex addiction, prescription medication abuse, compulsive gambling, process addictions (internet, food, shopping, etc.), and cross addictions between the above.
- Appropriate therapeutic intervention for people struggling with diagnosed and undiagnosed mental health problems.
- Recovery and healing for family of origin issues, childhood trauma, violence, grief, loss, sexual abuse, and incest.
- Critical incident debriefing, crisis intervention and reconciliation strategies.

- Cultural reclamation, traditional pre-contact values, ceremony and spirituality.

Our Mandate is to Provide

Affective based treatment to help participants heal from the inside out.

Culturally sensitive participant-focused services.

Current information, resources and referral services on best practice healing models for dual diagnosis and addictions.

Healthy diet regimes, traditional nutrition and life skills training.

Individual admission assessment, screening for clinical diagnosis, goal planning, appropriate treatment and intervention program, recovery and relapse prevention plans.

On-site, community outreach support and resource services.

Participant, family and community aftercare support.

Short term, residential crisis management and screening for Mental Health.

Treatment Model

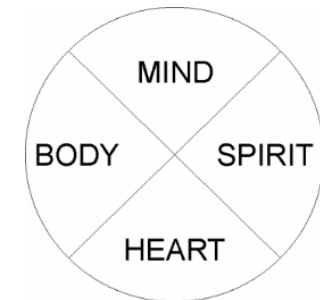
The NWWC offers a combination of traditional and best practices healing methodologies. An affective-based, culturally appropriate programming for Indigenous People struggling with addictions. Emphasis is on empowering participants to process past abuse issues that serve as catalysts for substances misuse. This is accomplished primarily within the circle of life in a holistic way.

Treatment consists of eight segments: Bio-Psycho-Social, Cultural/Spiritual, Life-Skills, Mental Wellness, Recreation, Steps Work (AA/NA), Trauma, and Yoga. Each segment has an emphasis on spirituality and applies the whole person model working in synergy with the rest of the segments.

Healing Process

The NWWC uses the Medicine Wheel, an Indigenous conceptual paradigm to share traditional teachings, oral history, pre-contact values, reconciliation circles, art therapy, stress reduction, humour and many other gifts.

The Medicine Wheel helps to assemble a Toolkit for Recovery, builds a balanced foundation and restores beauty to lives impacted by trauma.



Counselling Sessions Include

- Addictions Treatment Counselling
- Crisis & Trauma Intervention
- Cultural & Spiritual Ceremonies
- Individual & Group Therapy
- Oral Traditions & Teachings

Other Services Available

- Cultural Awareness & Sensitivity
- Individual Program Planning
- Individual & Group Counselling
- Clinical Assessment & Referral
- Crisis Intervention & Critical Incident Debriefing
- In-depth Steps Program
- Aftercare & Relapse Support
- Advocacy & Corrections Support
- Telephone Counselling
- Community Prevention & Education
- Day- and Out-patient Programming

Participant's Healing Journey

"At NWWC, I discovered my connection with the Creator and learnt a lot about my culture. I have become aware of my emotions, started to open my heart, and set healthy boundaries... certainly NWWC helped me in my healing journey on the Red Road." Bryce, Farmington, BC.

"I came to NWWC believing that I did not have a problem at all. My perspective of why I drank was brought to my attention. Now I have learned to address my emotions, allowing them to happen instead of pushing them away." Cindy, New Aiyansh, BC.

"My experience at the NWWC was life changing; I was given the tools to keep myself in the Red Road. Here I have contact with healthy people, get support to discuss any problems that may arise, and acquire the skills to deal with problems in a healthy manner without alcohol and drugs." Connie, Fort Saint John, BC.

North Wind Wellness Centre

Offers a 45-day-residential addictions treatment program.

Does not accept couples or families; however, couples may attend at separate intakes individually.

Offers Adult Co-ed Programs.

Serves on a first come, first served basis.

Requires that applicants be stepped down and completely alcohol and narcotics free, including codeine, 14 days prior to admission.



For More Information Contact:

North Wind Wellness Centre

PO Box 2480 Station A

Dawson Creek, BC. V1G 4T9

Telephone: (250) 843 6977, Ext. 1001

Fax: (250) 843 6978

E-mail: intake@northwindwc.ca

Toll Free: 1 888 698 4333

Website: www.northwindwellnesscentre.ca

North Wind Wellness Centre



"The North Wind Wellness Centre meets human needs with compassion by providing tools that assist people in recovery from addictions, gaining self-reliance, discovering their unique gifts, developing their unique abilities, and finding support for recovery within their family and community"

NWWC's Mission Statement.