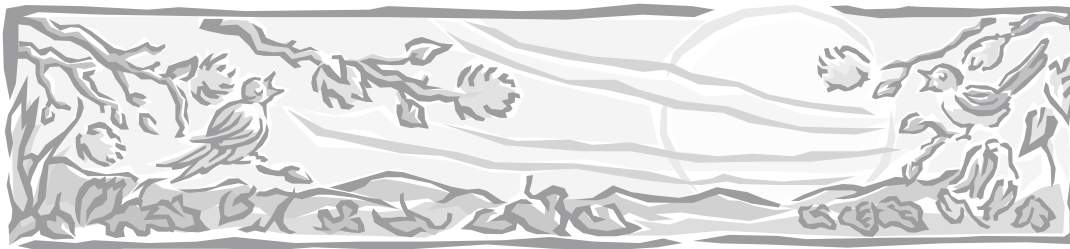


Is your *emotional, physical, mental* and *spiritual* self out of balance? Visit our ...

Counselling Services

AT MINWAASHIN LODGE



Minwaashin Lodge offers free individual, family and group counselling to youth (ages 12-24) and women (25+).

Our services are client centred, holistic and culturally based.

We provide support for all situations, including:

Sexual abuse, substance use, family issues, mental health, grief, trauma, all forms of violence, anger management, anxiety, depression, sexuality and life skills.

*Workshops and therapeutic groups are offered throughout the year!
For more information, please call our intake line at 613-741-5590, ext 228.*

