

OUR MISSION

To provide culturally competent, holistic mental health services and programs that promote social & emotional well-being for the Ahtahkakoop Cree Nation membership and community.

OUR VALUES

- CONFIDENTIALITY
- RELATIONSHIPS
- HONESTY
- INTEGRITY
- RESPECT
- ETHICS

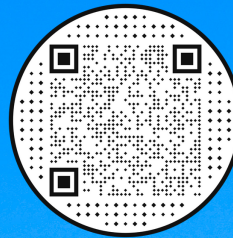
CONTACT US

MAIN LINE 306-468-2027

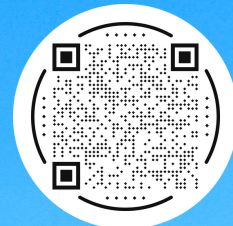
Fax: 306-468-2027

Located in the trailer beside the Health Centre

FB: AHTAHKAKOOP HOLISTIC WELLNESS CENTRE



AHTAHKAKOOP HOLISTIC WELLNESS CENTRE WEBSITE



MAILING ADDRESS

P.O. BOX 64
MONT NEBO, SK
S0J X0



AHTAHKAKOOP HOLISTIC WELLNESS CENTRE

306-468-2027

MONDAY - FRIDAY

8:00 A.M. - 4:00 P.M.

How do I get referred?

You can be referred by a worker who is helping you or you can call and refer yourself

Is there a cost?

Services offered are free of charge for band and community members

What if I miss an appointment?

If you missed an appointment, no worries! Just give us a call to rebook or come stop in if you can't call.

What if I need to reschedule?

Please let us know as soon as possible if you won't be able to make your appointment.



WHAT YOU CAN EXPECT

- Friendly, non-judgmental, collaborative service
- Relationship building
- We meet clients where they are at in their journey
- Counselling that fits your cultural/spiritual belief
- LGBTQ2+ affirming
- Respect & confidentiality

SERVICES AVAILABLE

MENTAL HEALTH THERAPY

- Services in school and community
- One to one therapy
- Group therapy/sharing circles
- Relationship therapy
- Art-based therapy
- Virtual Reality mindfulness and meditation

ADDICTIONS COUNSELLING

- Art-based therapy
- Addictions counselling
- Recovery case planning
- Treatment referrals
- Support for detox
- Addictions programming