

# The Tłıchǵo Healing Path Wellness Strategy

## A Tłıchǵo Approach

The Healing Path Wellness Strategy is a Tłıchǵo Strategy. It was designed by Tłıchǵo people to meet the needs of our families and communities. The Healing Path Wellness Strategy can provide you with access to the assistance of the many trained professionals, other resource people and caregivers in our communities, as well as other support services in the NWT and beyond, as necessary.

As part of the strategy, we are creating a network of trained caregivers, including elders, in each community. We rely heavily on the support and guidance of people who have come through their own healing process and would like to volunteer their help to others. If you are interested in helping others in our communities, please call the Tłıchǵo Wellness Centre in Behchokǵ at 867-392-6777. If you are in Gamèti, Wekweèti or Whati, please call collect.

Funding for the strategy comes from the federal and territorial governments and the Dogrib Treaty 11 Council through the Tłıchǵo Community Services Agency.

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## How to Contact Us?

Information about the Tłıchǵo Healing Path Wellness Strategy can be found at your community school and Health Centre. Ask your Tłıchǵo Community Services Agency staff or call the Wellness Centre in Behchokǵ.

**Tłıchǵo Healing Path Wellness Centre in Behchokǵ 867-392-6777.**

### In Gamèti

Health Centre ..... 997-3141  
J. Wetrade Gamèti School..... 997-3600

### In Behchokǵ

TCSA Office..... 392-3000  
Child and Family Services ..... 392-3005  
Health Centre ..... 392-6075  
C.J. Bruneau High School ..... 371-4511  
E. Mackenzie School ..... 392-6078

### In Wekweèti

Health Centre ..... 713-2904  
A. Arrowmaker School..... 713-2100

### In Whati

Wellness Centre..... 573-3042  
Health Centre ..... 573-3261  
Child and Family Services ..... 573-3602  
Mezi Community School..... 573-3131

Healthy People  
in Healthy Communities



A Project of the  
Tłıchǵo Community Services Agency  
Gamèti • Behchokǵ • Wekweèti • Whati

## The Need for a Change

Many people in our communities suffer from addictions to alcohol, drugs and gambling. Others suffer the physical and social effects of addictions, including family conflicts and breakups, poverty, quitting school, unemployment, conflict with the law, F.A.S.D. (fetal alcohol spectrum disorder), and more. Still others suffer from preventable illnesses such as certain cancers relating to smoking and diet, and sexually transmitted infections (STIs). Many of our children are “at risk” – growing up in unhealthy conditions.

Our Tłıchǵ Leadership has recognized these problems. It has also recognized that people will need help to overcome them. To provide this help, a steering committee made up of Tłıchǵ staff from the Tłıchǵ Community Services Agency has developed a plan to help our people and our communities. The Tłıchǵ Healing Path Wellness Strategy is this plan.

## What is the Tłıchǵ Healing Path Wellness Strategy?

The Tłıchǵ Healing Path Wellness Strategy is an action plan for community health and wellness. We encourage individuals, families and communities to take personal responsibility for their wellness and assist them in making healthy choices. We can also help them develop a healing path to wellness and support them as they walk it.

Our approach is straightforward. We help people restore those relationships, often weakened by addictions, that are so critical for their survival and development:

- their relationship with their own bodies and inner spirit;
- their relationship with their families;
- their relationship with their communities; and
- their relationship with the land and their culture.

## How can we support You?

Success begins with the individual. When we recognize the need to take responsibility for our own personal wellness and that of our families, we can greatly improve the quality of our lives. When that happens, we can help.

We provide these services:

- lifestyle change counselling – developing individual healing paths;
- addictions counselling and referrals to treatment, and aftercare assistance;
- family counselling and support;
- child welfare services;
- public health and clinical services;
- access to educational programs and services;
- special programs for children and youth; and
- workshops on a range of wellness topics, including parenting, addictions, etc.

We can provide referrals and assistance to outside agencies and community organizations:

- specialized mental health services;
- career and employment counselling;
- access to training; and
- specialized workshops.