

Mushkegowuk Okimawiwin Minopimatisiwinik Atoskawikamik

Askikan - Land Based Detox Program

Land-Based Healing

Indigenous healing processes stress that it is important to move forward with one's life. Letting go of the past and strengthening a person's coping capacities is emphasized through personal connection to others, decreasing isolation, practicing healthy lifestyles, and spiritual growth. Indigenous healing methods possess curative possibilities for a variety of problems affecting the physical, mental, emotional and spiritual aspects of a person's life. It is hoped that the participant can make the changes necessary through group support for recovery from personal problems and maintenance of healthy lifestyles



Healing Practices

Indigenous knowledge is increasingly being used as a foundation for restoring balance and a renewed commitment to Indigenous communities.

Today, a resurgence of interest in traditional healing practices is occurring in Indigenous communities across Canada. Innovative and creative approaches to helping must move beyond the generalist model of education and explore more substantially the role that culturally distinct helping practices play in assisting Indigenous communities.

Gratitude and appreciation

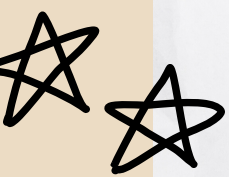
It is an important principle that Indigenous knowledge be respected not only as a healing science, but that its role and purpose in strengthening communities be viewed from the perspective of Indigenous rights. Self-determination and cultural preservation are often used as interdependent concepts when describing community healing efforts being undertaken by many Indigenous populations across Canada.



Wellness

A framework for holistic practice encompasses wellness and harmony that is inclusive of physical, emotional, mental and spiritual wellbeing

it definitely helps to boost your self-confidence. You'll be more comfortable with your body if you know how it works (how it moves). You'll walk with more confidence, hold yourself differently.



Askikan - Land Based Detox Program

Kitchen



Living Room



Living & Kitchen Area



For More Information regarding the
Land-Based Detox Program

Please contact
Mushkegowuk Okimawiwin Minopimatisiwinik Atoskawikamik
11 Elm Street N. Timmins, ON. P4N 6A3
Phone: 705-268-3594
Email: moma@mushkegowuk.ca
Health Fax: 705-268-0435 (Secure & Confidential)

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Group Room



Shared Accomodations



Gratitude and appreciation



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