



Mental Health Counselling

The mental health program at Biigtigong Mno-zhi-yaawgamig focuses on holistic healing by obtaining balance in one's life. This program aims to provide culturally safe, strength-based care for individuals and families experiencing mental health concerns, grief and more. Through this program, the community can also access workshops, programming and education opportunities related to mental health & wellbeing.

SERVICES PROVIDED

- Brief services or ongoing counselling
- Mental health programming
- Community education and workshops
- Care coordination
- Crisis team support
- Connection to external services & referrals

WHO THE SERVICES ARE FOR

- Biigtigong Nishnaabeg community members

WHO PROVIDES THE SERVICES

- Mental Health Worker
- Art Psychotherapy Student
- Social Service Worker

Contact us: ☎ 807-229-1836 or 📠 807-229-3367



Youth Mental

Health Counselling

SERVICES PROVIDED

- Workshops and programs that promote well-being including self-esteem, self-care, confidence, family conflict and homelessness.
- Trauma-informed individual and group counselling
- Connection to external services & referrals
- Support and advocacy for young people facing welfare, behavioural, developmental, social and protection issues
- Encourage a positive Indigenous identity

WHO PROVIDES THESE SERVICES

- Youth Mental Health Worker

WHERE SERVICES ARE PROVIDED

- Biigtigong Nishnaabeg Endzhi-gkinoohmaading
- Marathon High School (for Biigtigong Nishnaabeg students)
- Youth Center



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