



Dilico

Anishinabek Family Care

Mental Health Walk-in Clinic

Based on Aboriginal cultural values

Learn how to:

- cope with a stressful situation
- problem solve
- determine a community resource

Provides support in the areas of:

parental stressors, mood concerns, anxiety, self-harm, suicide, grief & loss, domestic violence, social concerns, bullying, substance use issues, and behavior concerns.

Date(s): First Tuesday of every Month

Time: 1:00 – 3:30

Location: Nipigon/Mobert/Longlac/WSFN Dilico Offices

To Register Contact: check in with Reception

This is only a single session

Our goal is to assist people to develop a clear plan of action that recognizes and builds on their own strengths and abilities