

# WALGWAN UPDATE

## HOPE-MEANING-PURPOSE -BELONGING

### OUTPATIENT

Walgwan is pleased to announce that we are providing outpatient services for youth in community from 12-17 years old. If any of you are going through some challenging times we are here for you.

### VIRTUAL SERVICES

Walgwan recognizes that sometimes asking for help is hard and we want to make it easier to access support. Virtual services are also available for youth 12-17 years old who may be at risk.

### FAMILY SUPPORT

Walgwan also provides family support if you or your child need confidential support when going through challenges related to addictions and mental health.



## WALGWAN CENTER

The Centre Walgwan Center, established in 1996, is a nationally accredited healing center located in the Mi'gmaq community of Gesgapegiag, Quebec. It serves First Nations and Inuit youth aged 12 to 17 who struggle with substance abuse and mental health. The center offers a unique, holistic approach that integrates cultural and spiritual elements into its programs, aiming to restore balance in the physical, mental, emotional, and spiritual well-being of the youth.

Walgwan means "rainbow" in the Mi'gmaq language, symbolizing the diversity of its youth and the inclusive approaches used to support their healing journeys. The center's programs are culturally based, involving elders who share traditional knowledge and practices. These programs support the national frameworks around culture as foundation and honoring our strengths to restore hope, meaning, purpose and belonging within community and family.

As a member of the National Youth Substance Addiction Committee (YSAC), Walgwan is dedicated to supporting Indigenous youth through personalized, culturally appropriate care. The center's mission is to guide youth towards an improved wellness, reinforcing their sense of identity and self-worth through a supportive and respectful environment.

## SELF-REFERRAL

- Empowerment
- Prompt access
- Increased engagement from youth
- Tailored confidential interventions
- Reduced stigma
- Building relationship and connection
- Improved wellness outcomes

## 988 -CRISIS LINE

Using 988 is free. When you call, text, or chat 988, your conversation is confidential. 988 provides you judgment-free care. Talking with someone can help save your life.

[www.walgwan.com](http://www.walgwan.com)

[info@walgwan.com](mailto:info@walgwan.com)

# OPEN HOUSE



gwe

Walgwan would like to invite you to the open house taking place on August 16, 2024 between 12-4pm



## reminders

Come see what we are all about and how services can support you

## follow-up

meal served  
Indian tacos, mocktails, cake  
and prizes

## contact me



[infog@walgwan.com](mailto:infog@walgwan.com)



418.759.3006