

What have other's said about the program?

I have a better understanding now of how addictions, trauma and abuse occur and how to heal from it.

"I wish more people could attend these workshops"

I can see now how it comes from the roots of childhood.

I have a better understanding now of how addictions, trauma and abuse occur and how to heal from it.

"I want to share this information with those around me. They need to know!"

**Their lives have been changed!
And so can yours!**

ABOUT THE CENTRE

Aaqitauvik Healing Centre's philosophy is founded upon the spirituality of the Inuit for our collective well-being.

Through training, healing workshops, conferences & seminars the healing centre aims to develop, empower & maintain a strong Inuit community.

The centre applies a holistic approach to programming & services to facilitate wellness & healing to people. We reach all Inuit in the local, regional & national communities who request our assistance.

The goal and hope of the centre is that individuals who attend our workshops or programs find assistance they need to begin taking the necessary steps needed towards recovery so that they can live a healthy life for themselves, their families & their communities.

Aaqitauvik Healing Centre was founded in 2007 providing community workshops throughout Nunavik and in Montreal.



CONTACT US



819 492 9145



manager@aaqitauvik.ca



aaqitauvik.ca



1 Polar Bear St.,
Quaqtaq, Quebec
J0M 1J0 Canada

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STEPS to
FREEDOM

About the Program

PROGRAM OUTLINE

Program Topics

The following are some of the topics we will cover during the program:



Plan for Man: "In the Beginning"



10 things you need to know when you decide to change



How we are created



Alcoholism & Cycles of Addiction



History of our Ancestors



Devastating effects of trauma & abuse



Anger & conflict resolution



Understanding healthy boundaries

and more...



(left to right)
Wendy (Program Coordinator), program participants
& Eva Deer, (founder & counsellor)

ABOUT STEPS TO FREEDOM

The Steps to Freedom program began in 2019 and is proving to be effective in assisting individuals who struggle with past and present abuse/trauma which results in addictions.

Any freedom we receive in life comes from doing the work of getting free.

It requires that we face the pain or experiences that have affected our lives, and understand why it still has control over our present lives.

Once we understand this and embrace the truth, we always need to find new coping skills or ways of dealing with our emotions, thoughts and choices.

Feeling powerless is the mindset that we hold that keeps us from believing that life could be different.

QUESTIONS ABOUT STEPS TO FREEDOM PROGRAM

How long is the program?

This program generally runs 3 weeks, with both morning and afternoon sessions, providing information regarding past abuse/traumatic issues individuals face as well as the resulting effects.

What types of sessions are there?

- Group teaching sessions
- One-on-one counseling sessions
- Circle discussions
- Fellowship together

What can I come to this program to heal from?

With many men and women receiving life changing healing and hope from their:

- Anger
- Generational Bonds
- Trauma
- Addictions

HOW CAN I ATTEND?

1. Contact the centre by email or phone.

An **application** will be emailed to you, along with guidelines for attending the program.

2. **Fill out the application** and write a brief description of why you feel this program will be helpful in your life.

If accepted, you will **receive a letter** of acceptance from the centre.

Each participant is **responsible** for finding their own housing and all financial costs including:

- flight costs
- housing
- food during their stay in Quaḡtaḡ for the program