

Addictions Support

- SMART Recovery Program
- NA / AA Meetings
- Healing Through Recovery
- Harm Reduction Supplies
- Harm Reduction Education
- Addictions Counselling
- Peer Support
- Goal Setting
- Referrals to Detox & Rehab

Mental Health

- Healing Trauma Program
- Animal Therapy
- CBT/DBT
- Crisis Intervention
- Mood Walks
- Mental health literacy program
- Coaching and support groups
- Referrals to certified therapists

The Caitlan's Place Wellness Center



782-321-9376

Physical Health

- Blood work
- HIV and Hepatitis C testing
- Birth control and condoms
- Pregnancy tests with results right away
- Emergency contraception/Morning after pill
- Sexually Transmitted Infection (STI) testing
- PAP tests
- Check-ups
- Vaccinations
- Wound care
- Occupational Therapy



Caitlan's Place has a private Facebook Group for residents and staff to share information like programs, outings and events

Cultural Wellbeing

- Indigenous Support Worker
- African Nova Scotian Support Worker
- Ceremonies, songs, stories, dances and prayers
- Access to traditional medicines and sacred remedies such as tobacco, cedar, sweetgrass and sage
- Healing circles, talking circles
- Connections to Elders, traditional healers, Medicine people and other helpers



Community Reintegration

- Family and child visitations
- Restorative Circles
- Apology Workshops
- Parenting Inside Out Program
- Anger Management Course
- Volunteering
- Job Training
- Peer Mentoring
- Public Speaking and Advocacy

Life Skills

- Cooking/Nutrition
- Cleaning
- Budgeting
- Conflict Resolutions
- Healthy Relationships
- Personal Hygiene
- Bill Payments
- Communication
- Respect/Empathy

Recreational Activities

- Gym Membership
- Walking
- Yoga
- Adventure Sports
- Photography
- Arts and Crafts
- Music
- Poetry
- Movies
- Reading
- Games
- Bingo

