



Led by Brenda Muddle

- 1 per month in community
- 3 per month virtually

FIRST NATION OF
NACHO NYAK DUN
WELLNESS CENTRE

AFTERCARE PROGRAMMING



Join us for a meet and greet with Brenda: join her for a conversation about recovery, connection and finding your way forward.

Oct 1, 2026 at the Wellness Centre with a light meal from 6-9 pm

WHAT HAPPENS AFTER TREATMENT?

Treatment ends, but recovery continues.

You go home.

Life continues.

The triggers are still there.

The relationships still need work.

And sometimes... you just need someone to walk beside you.

That's where aftercare comes in.

Starting this September, Mayo will have access to Community Aftercare Support—providing ongoing connection, in person and virtual recovery support, counselling, wellness support, referrals, and practical help as people rebuild their lives.

Getting clean or sober is just the beginning of your journey. Recovery is also about learning how to live, reconnect, heal, and belong. Join us for weekly virtual meetings and once a month in person counselling and workshops.

Mayo, we're here to walk alongside you.

If you want a one-on-one session you need to complete an intake with Mackenzie 867-383-0187. There will be prizes awarded to those that regularly attend aftercare programming sessions. No honorarium provided.

FOR ANYONE WITH
SUBSTANCE USE AND
ADDICTIONS