

FOUR DIRECTIONS CONSULTING®



FOUR DIRECTIONS COUNSELLING SERVICES LTD.®

SERVICES AVAILABLE

**“Traditional Healing & Wellness Workshops” &
“Traditional Counseling From a First Nations Perspective”**

WORKSHOPS OFFERED

- “Inner Child” (in mixed groups or can be Men’s or Ladies only)
- “Anger Management”
- “Grief & Loss”
- “Family Violence”
- “Life skills”
- “Men’s or Ladies Wellness Groups or Retreats”
- “Building Self-Esteem” & “Empowerment”
- “Conflict Resolution & Team building”
- “Residential School Healing” Workshop
- “Life skills – Self-Esteem Building”
- “Personal Empowerment & Development”
- “Addictions” on any subject be it Substance or Process
- “Traditional & Cultural Teachings”

Other types of workshops can be developed and designed to suit the needs of your community or organization.



FOUR DIRECTIONS COUNSELLING: provides a traditional holistic & cultural approach to counseling, to individuals, families or groups through experiential & traditional teachings for the mind, body & spirit.

Counseling can be delivered to any community or organization, anytime or anywhere.

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