

Who We Are



Mamisarvik Healing Centre is a compassionate and supportive space for Inuit to heal from substance use and trauma.

We offer day programming and 4 – 8-week residential cycles.

Resources Include:

- Group Programming.
- One-on-one counselling.
- Evening activities.
- Communal outings.
- Meals and snacks during programming.

Our Goals Are to Help You:

- Reduce, abstain from, or minimize harms related to substance use.
- We aim to equip participants with practical tools to help them process and heal from trauma.
- Building life skills and confidence to achieve recovery goals.

Contact Information



We accept self-referrals and referrals from support workers.

Contact the Intake Worker to fill out an application, or to answer any questions you may have:

Madelyn Johnston

Phone: 613-792-8132

Cell: 613-402-4218

E-mail: mhcintakes@tiontario.ca

Disclaimer:

If you're hoping for a service that's completely in Inuktitut, we might not be the perfect fit right now. Our current capacity doesn't allow us to offer services fully in Inuktitut. However, please know that you are absolutely welcome to speak Inuktitut with each other or express yourself in Inuktitut during your time with us.



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Services We Offer



In-House and Day Programs: Whether you're looking for full-time in-house support or daytime programming, we have options that cater to your needs. Our programs are designed to provide a safe and supportive environment for healing and growth.

Trauma, Addiction, and Cultural Healing:

We understand the challenges of trauma and addiction, and we're here to help you navigate it with programming that incorporates the principles of Inuit Qaujimajatuqangit (IQ). This programming includes coping with urges, grief and loss, anger management, and much more.

Meals and Activities: During your time with us, you can enjoy nutritious meals provided during programming. We also offer a variety of activities, including community outings and evening activities led by our fantastic team of Community Support Workers (CSW), to enhance your experience and promote well-being.



Group and One-On-One Counselling:

Our experienced counsellors offer both group and one-on-one counselling sessions. These sessions are tailored to address your specific needs and provide the support and guidance you deserve.

Friendly and Supportive Environment:

At Mamisarvik, creating a friendly and supportive environment where you can feel comfortable and empowered is very important to us. Our team is dedicated to helping you achieve your goals and regain balance in your life.



Whether you're taking your first steps toward healing or continuing on your journey, Mamisarvik is here to walk alongside you every step of the way.

Admission Criteria

Before you apply, make sure these criteria apply to you:

- 18 years of age or older.
- Identify as Inuit.
- Willing to abide by house guidelines.
- Motivation to heal.
- Not currently on any withdrawal medication (methadone, suboxone, buprenorphine, etc.).

