

At Wolfe Family Wellness, we believe that maintaining family and spiritual connection is significant to the healthy development of individuals. As a Family Addictions Rehabilitation Center, we are focusing on an alternative inclusive approach with keeping parents and children together during treatment to establish a more realistic relapse prevention plan. We provide parents with an empowering indigenous culturally based addictions treatment experience which will additionally include personal and family development programming designed to strengthen parenting abilities, spirituality and increase safety and well-being within the home.



spirit first, family first

Application Available at
www.wolfefamilywellness.com

Edmonton, Alberta



WOLFE

FAMILY WELLNESS

"Working Openheartedly, leading families to Empowerment"



Embrace your family with an authentic connection to indigenous culture combined with an intentional trauma informed approach to start your healing journey.

www.wolfefamilywellness.com

90 DAY PROGRAM FOR FAMILIES EXPERIENCING ADDICTION & TRAUMA

OUR MISSION

Creating safety and well-being in families through rehabilitation and spirituality from addiction and trauma.

OUR VISION

Building authentic connections through culture and implementing therapeutic trauma informed practices, Wolfe Family Wellness strives to empower all families to foster independence, self/cultural awareness and commitment to their healing journey.



CULTURAL TEACHINGS & CEREMONIES

- Smudging
- Sharing Circles
- Sweat Lodge Ceremony
- Full Moon Ceremony
- Pipe Ceremony
- Medicine Picking
- Blanket Ceremony
- Sacred Fire Ceremony
- Drumming Circle

ADDICTIONS

- Working with an addictions counselor to identify addictive behaviors, the causes of those behaviors, and develop a treatment plan
- Weekly 1:1 sessions with the addiction's counselor and daily group orientated sessions with all participants
- 12 Step program facilitated by addictions counselor
- Relapse prevention planning tailored to each individual that will include identification of triggers and development of coping mechanisms, healthy stress management techniques, connection to appropriate community resources to support sobriety upon discharge, roles of the support network

LIFE SKILLS & STABILITY

- Budgeting
- Meal Planning, cooking
- Routine/Hygiene
- Employment Competency
- Connection to applicable community resources

DOMESTIC VIOLENCE

- Cycle of Abuse
- Understanding the impact of trauma
- Power & Control

HEALTHY RELATIONSHIPS

- Creating healthy personal boundaries
- Communication Skills
- Building Trust
- Understanding Consent

TRADITIONAL PARENTING

- Structure/Positive Discipline
- Communication strategies
- Knowledge on Development and Early Intervention
- Building connections
- Implementing Circle of Security with your children

GRIEF, TRAUMA & LOSS

- Identifying feelings
- Healing Journey
- Strengthening and Building healthy coping strategies
- Mental Health & Emotional Regulation
- 7 Stages of grief and loss