

Building your bundle, supporting your healing journey

Free, culturally safe
mental health support
for Indigenous adults
(18+) in Ontario.



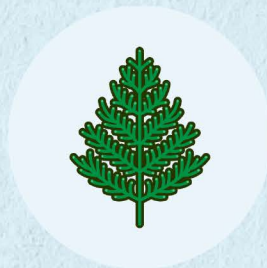
Tobacco

Flexible
session
length



Sage

Cultural
support through
The Indigenous
Network



Cedar

Access to
traditional
medicines



Sweetgrass

Guided by
Indigenous
healthcare
professionals



To learn more visit
[OSPcarepointhealth.ca](https://ospcarepointhealth.ca)