# What is the Wellness Court Program?

The Wellness Court Program can help you choose a new path in life.

- It's designed to help you stop breaking the law and keep you out of jail.
- It can help you deal with drinking and drug use.
- It can help you be more involved with your community, family and culture.
- It is a way to create a healthier life.

It's your choice.

#### Want to know more?

These services can help: Legal Aid: 867-920-8009 Court Registry: 867-873-7602

Tell them you want to be part of the Wellness Court program

**Contact us:** wellnesscourt@gov.nt.ca 873-7807 or toll free at: 1-844-873-7807





September 2014

# Wellness Court of the Northwest Territories

## A journey toward change

#### How does the program work?

#### What steps are involved?

## Is the program right for me?

We will help you build a wellness plan and set goals.

We can help you connect with supports for:

- drug and alcohol treatment
- education
- counselling
- housing
- job search
- parenting skills
- life skills
- cultural/spiritual needs

The Court will monitor your progress along the way.

You will work with the program team to determine if you are ready

You will make a plan and set goals

You are supported as you work toward your goals

The Court considers what you have accomplished when you are sentenced

Aftercare will help you succeed

You must decide that you are ready for change to be a part of the Wellness Court. It will be hard work, but it is a choice that could change your life.

You could be a good fit for the Wellness Court if you are ready to:

- Take responsibility for your actions.
- Work hard to change.