

“Llangarwik”

a place of awakening

Alaska Natives Promoting Recovery in Our Land



Llangarlik is a unique alternative to residential alcohol / drug treatment for Alaska Natives. Our approach is holistic, natural and traditional. We include family members, when possible, in the educational and healing process so the whole family is actively engaged in the development of a healthy, functional environment that promotes respect, communication and support.

We provides 14 days of wellness and recovery to the people of - Chugach Region, with a strong focuses on personal development and renewal. Our mission is to empower individuals and families to live sober healthy lives, prepare them to be powerful, influential teachers and healers in their own communities”.



Program Overview:

- **Traditional:** Historical Trauma, Traditional Healing Practices, The Role of Ceremony and Ritual, Canning, Gardening, Art & Crafts, Harvesting.
- **Substance Use Education:** Relapse Prevention, Coping Skills, Recovery Family Effects, Sober Activities, How Drugs & Alcohol has affected our Health and Sober Support.
- **Aftercare:** Continuing Care Planning, 12 Step Model of Recovery, Community Activities. Keeping in mind we get sober so that we have a chance to recover.

For more information call 907-334-4155 or email EydieF@Chugachmiut.org