

Happy Holidays from everyone at the TWN Administration

The following is a list of administration staff names and numbers to contact case of an emergency (please call 911 for immediate health and safety concerns):

Department	Contact Name	Phone Number
Chief & Council/Admin	Ernie George	603-290-3777
Communications/Media	Cassie Brondgeest	604-404-9070
Community Development	Angela George	604-754-8965
Community Safety	Andrew Van Eden	778-231-6074
Grounds, Facilities and Housing	Shannon Thomas Travis George	236-335-1954 236-334-3623
Health (call 911 for immediate assistance)	Andrea Aleck	778-903-6244 *updated number*
By-Law	Sam George Guy George	604-787-2909 778-233-8270
Health Department Expressive Arts Therapist & Counsellor	Sandra Suasnabar	1-236-335-5783.
Senior Mental Wellness Counsellor and Healer	Mahara Allbrett	604-353-8193
Social Worker	Lisa Thunderblanket	604-354-2090

Mental Health Resources:

<https://www.intherooms.com/home/>

An online global recovery community. They list information on daily Wellbriety meetings online, as well as many other amazing resources.

<https://nccabc.ca/health/ad/>

Native Court Workers offer counselling and detox support, as well as tons of other great supports.

http://www.vch.ca/Locations-Services/result?res_id=557

Daytox - a 6 week holistic recovery support program. They are currently doing virtual only.

http://redbookonline.bc211.ca/service/9491656_9491656/stepping_stones_current_disorders_service

Stepping Stones - an 8 week day treatment program for people struggling with substances and mental health issues. Offering virtual services.

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

Some good tool kits on here and resources. Also access to treatment programs through this website.

<https://northwestvancouver.cmha.bc.ca/mental-health-information/>

The Canadian Mental Health Association based in North Vancouver. They offer low cost counselling and many other services and supports.

<https://aa-intergroup.org/>

Alcoholics Anonymous, a spiritual based program for people struggling with alcohol and drugs. This website lists all of the 12 step groups and you can search specifically for Vancouver area.

<https://www.facebook.com/whitebisoninc/>

Facebook page for Wellbriety, the Indigenous 12-step based program, where they share virtual meeting links.

<http://smartrecoverybc.com/>

A recovery support community that focuses more on thinking and behavioural changes.

<https://www.keltyskey.com/>

Free virtual, online counselling services.

<http://www.mindhealthbc.ca/>

Huge resource for all mental health wonderings and discoveries.

<http://www.indigeneyez.com>

A BC based group that runs programs and is focused on creating an intergenerational legacy of well-being among First Nations people in BC and beyond using land-based learning with the arts and best practices in community-building.

<https://www.hilarapyhub.com/laughing-yoga-sessions>

Join online laughing yoga each week in December for \$20! Or join the stand-up comedy meets group therapy world and try your hand at turning your struggles into giggles! :)

<https://www.youtube.com/watch?v=tVsgGv9v1wU>

Kinrgy exercise practice that is based on the 4 elements of earth, fire, water, and air that can be a great short method of shaking off anxiety or tiredness.

UNYA & Foundry Groups for Indigenous LGBTQIA+ and Two-Spirit

Youth <https://foundrybc.ca/virtual/youth-groups/>

WAVAW Remembering our

Ancestors <https://www.facebook.com/7125393329/posts/10158952060148330/?d=n> (starts in December and looks very lovely!)

Broadway Youth Resource

Center <https://www.facebook.com/BroadwayYouthResourceCentre/> Groups on

Wednesdays 4-5pm and Spoken Word Virtual for Youth on Mondays

Foundry- <https://foundrybc.ca/get-support/virtual/>

Wellness Plan Ideas

A wellness plan is your blueprint to attain the goals you want in regard to your mental, emotional, physical and spiritual well-being. Here are some ideas that you could use to develop your own plan, or if you prefer, just take ideas from this list and use them to lift your spirits or calm yourself when needed.

please note some of these ideas may need to be adapted due to the COVID-19 Pandemic

- Talk to friends
- Write in a journal
- Make an appointment for reflexology, shiatsu, or healing
- Take a yoga class or do yoga on your own (Iyenger recommended)
- Write down or think about what you are grateful for
- Write a joy list (all the things that brought you joy in a day)
- Write down or visualize your gratitude intentions
- List your accomplishments for the day
- Take a walk in nature
- Go to an ocean, lake, river, or waterfall
- Have your favourite tea, coffee, or drink at home
- Exercise
- Wear your favourite clothing
- Make a new friend
- Prepare a delicious meal
- Put on your favourite music
- Take a bath with Epsom salts, or oil
- Do a painting or other form of art
- Do diversion activities
- Watch a good movie
- Get a manicure or pedicure
- Do spiritual practices
- Answer the Morning Power Questions by Tony Robbins
- If possible remove activities or people that cause you stress
- Schedule in a self-care day regularly or periodically
- Use aromatherapy
- Buy new clothes, jewelry, or shoes
- Watch funny videos online
- Have a morning or evening routine
- Pet an animal
- Do Tai Chi
- Listen to Podcasts
- Play board games
- Do Qigong
- Hug someone
- Ask for prayers
- Do visualization
- Visit others
- Light a candle
- Have a small potluck
- Garden
- Go for therapy
- Be with children
- Eat Dark Chocolate
- Delegate things
- Sleep more
- Take a course
- Use a weighted blanket
- Eat out
- Take a virtual tour
- Go out on the water
- Take a camping trip
- Read a good novel
- Do breathing exercises
- Do the Loving Kindness meditation
- Do a guided deep relaxation exercise
- Talk to an Elder
- Read inspiring books or quotes
- Take a total break from it all
- Do ordinary things like washing your hair, laundry, etc
- Do mindfulness or other forms of meditations
- Take something off your palate

Tsleil-Waututh Wellbriety

Wellbriety is back! And will be beginning **Wednesday December 9th at 6:00 pm**. Due to the COVID-19 restrictions on gatherings these groups will be offered virtually via zoom, link and phone information is below.

Wellbriety is a grassroots movement that provides culturally based healing for the next seven generations of Indigenous people. It uses culturally based principles, values, and teachings to support healthy community development and healing from alcohol, substance misuse, co-occurring disorders, and intergenerational trauma.

Join by Zoom Meeting:

<https://us02web.zoom.us/j/85391192135?pwd=RXdWLzRScJJuRFJXYWVsOHVSRM1hhZz09>

Join by Phone: +17789072071

You will be prompted to enter the meeting ID, participant ID and passcode.

Meeting ID: 853 9119 2135

Participant ID: 911533

Passcode: 911533

If you have any questions please feel free to contact Vanessa or Lisa, we look forward to connecting on Wednesday!

Vanessa Gonzalez
(778) 995- 6643
vgonzalez@twnation.ca



Lisa Thunderblanket
(604) 354-2090
Lthunderblanket@twnation.ca

The Gold at the End of the Rainbow

We would like to invite you to join us in an effort to contend with the grief that can come with this season and the added stresses that COVID is bringing to our lives. In this educational session you will be presented with information that may be useful for you in processing your grief. This is meant to be a first step and we will be providing you with resources and ongoing support. We would love for you to join us virtually or by phone:

December 21st, 2020 at 6:00 pm

By zoom:

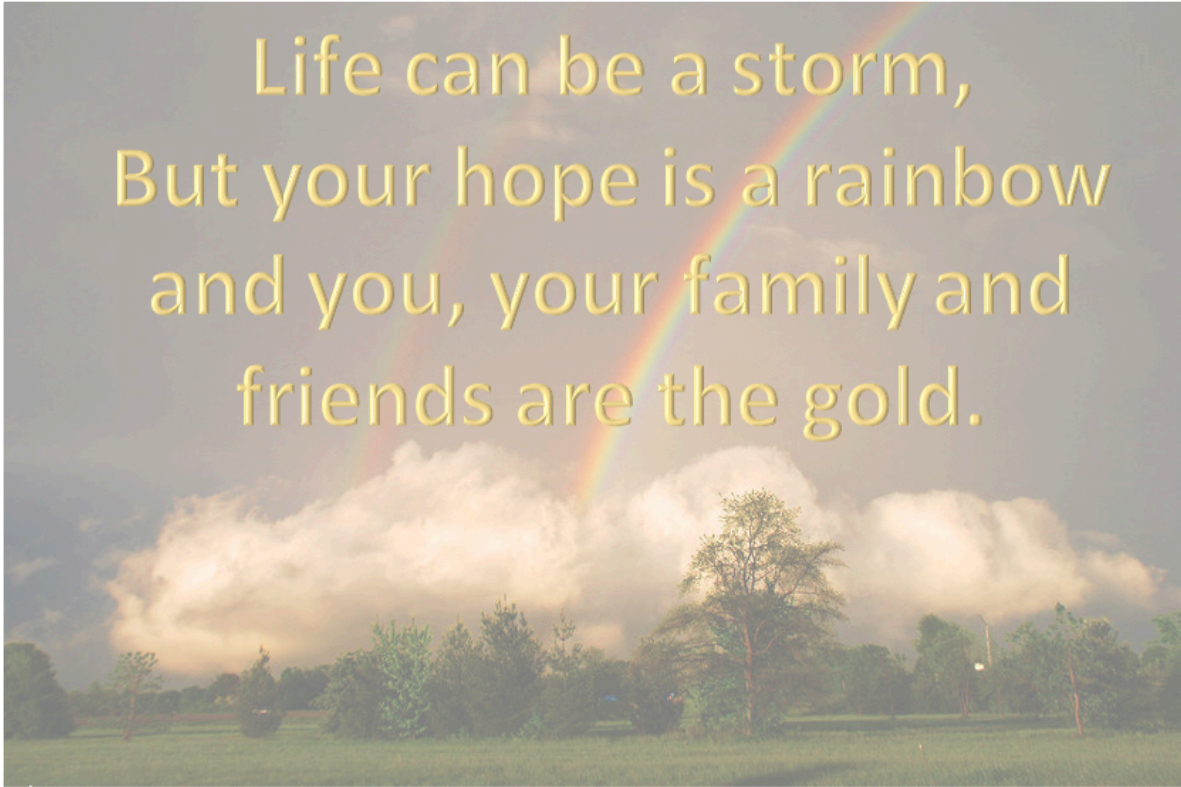
<https://us02web.zoom.us/j/81343615634?pwd=QlRrSG1SZjVISUgvc0o1VmdKQXZKQT09>

By Phone: (778) 907- 2071

You will be prompted to enter the meeting ID and passcode below.

Meeting ID: 813 4361 5634

Passcode: 712893



Life can be a storm,
But your hope is a rainbow
and you, your family and
friends are the gold.

Please feel free to contact us with any questions:

Mahara Allbrett
(604) 353-8193
mallbrett@twnation.ca

Vanessa Gonzalez
(778) 995-6643
vgonzalez@twnation.ca