

# ćecəwət leləm

“Helping House”



Tsleil-Waututh Nation

In response to the ongoing announcements of the many unmarked Residential School graves across Canada, the TWN Mental Wellness team are here to provide support services. The news has been very triggering for many of us, the impacts are multi-generational and has affected individuals in different ways.

The following TWN Crisis Response Plan is for staff and community members who are worried about their own safety and safety of others and the ability to cope with traumatic triggers.

If you have witnessed any of the following, please call the contacts below for support:

- Someone talking about plans to hurt themselves
- Talking about 'ending things' or 'not wanting to be here anymore'
- Wishing they were dead
- Collecting items with which to hurt themselves
- Becoming extremely withdrawn in the wake of a tragedy

If you or anyone you know is looking for support services for counselling or urgent after hours care please do reach out to the following contacts.

During business hours the following TWN counsellors can do in-person or distance counselling request intakes, risk assessments and referrals, and counselling services:

- **First contact: Eugene Moore 604 787-5468 [emoore@twnation.ca](mailto:emoore@twnation.ca)**
- **Second contact: Mahara Allbrett 604 353 8193**

After business hours, call 911 if someone is suicidal, or reach out to the following:

Resource	Phone Number
KUU US Crisis Services Society	1-800-588 8717
National Indian Residential School Crisis Line	1-866-925-4419 / 1-800-721-0066 (toll free)
Native Youth Crisis Line	1-877-209-1266
Tsow-Tun-Le-Lum (cultural support and counselling)	1-888-403-3123
Hope for Wellness Helping Line	1-855-242-3310
Crisis Center of BC	1-800-784-2433
Kids Help Phone	1-800-668-6868 or text 686868
Crisis Text Line	741741

## KUU-US CRISIS RESPONSE SERVICES

1-800-KUU-US17 | 1-800-588-8717



CULTURALLY SAFE HELP AVAILABLE •  
24 HOURS A DAY | 7 DAYS A WEEK •  
FIRST NATIONS HELPING FIRST NATIONS •





## URBAN AND AWAY FROM HOME SUPPORT

Additional supports and services for the Urban and Away From Home Community(see below)

### **Overdose Outreach Team:**

[http://www.vch.ca/locations-services/result?res\\_id=1422](http://www.vch.ca/locations-services/result?res_id=1422)

Refer/ self-refer anyone at risk of OD for service navigation and connection to care: 604-360-2874

(Vancouver, North Shore, Pemberton/ Whistler area, Sunshine Coast)

### **Metro Vancouver Indigenous Services Society (MVISS):**

Counselling, cultural support and healing

<https://www.mviss.ca/>

Intake Navigator: PH 604.255.2394 EXT 110 and the email is [intake@mviss.ca](mailto:intake@mviss.ca)

### **IRSSS**

<https://www.irsss.ca/>

For CRISIS SUPPORT 24/7 call 1-800-721-0066

### **Saa'Ust Centre (IRSS centre in DTES):**

44 East Cordova St

Vancouver BC V6A 1K2

Phone: 604-985-4464

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## **TWN Mental Wellness Team:**

### **Mahara Allbrett**

Mahara Allbrett belongs to the T'Sleil Waututh Nation. She is an elder, spiritual healer, counsellor and Family Constellation facilitator, as well as a mother and grandmother.

Her training has involved: Two years intensive on the job training at the Nechi Institute in Alberta, a training facility for First Nations counsellors to learn how to counsel in First Nations treatment centres. This was an Elder led organization and the facilitators were supervised by a psychologist.

Pacific Coast Family Therapy program in Vancouver, a two year training program in which students had family systems theory in the first year and supervised practice in the second year. All instructors were RCC's and/or university professors.

Aside from this Mahara has taken training in various methods of counselling and relevant areas of study and clinical supervision including; dream interpretation, Cognitive Behavioural Therapy, Jungian symbolism, Trauma informed therapy, Non-violent Communication, the Intensive Journal method, Family Constellation therapy, introduction to Art Therapy, Therapeutic Touch, Reiki (Master level), Dream interpretation and Somatic Experiencing therapy.

Mahara has been working in the field of counselling since 1988 and facilitating workshops since 1984.

In her spare time Mahara enjoys walking in nature with her dog, reading, journaling and doing art.



### **Sandra Suasnabar Alberco, Therapist/ Mental Wellness Counsellor, MA, RTC.**

Sandra Suasnabar Alberco is an Indigenous therapeutic counsellor originally from Peru, she is a Registered Therapeutic Counselor (RTC) and holds an MA in Expressive Arts Therapy and Psychology. Sandra has over 15 years of experience serving communities from community based, educational and health settings, non-profit and social justice agencies where she has developed, implemented, led and provided direct counselling support to community members affected by systemic oppression, displacement, violence and trauma.

Sandra has experience facilitating individual and group work addressing trauma & intergenerational trauma, sexual assault, depression, identity, grief & loss, anxiety, substance use, life transitions, relationship challenges and wellness. She has several years of experience supporting people of all ages, including children. She is committed to offering a safe, nourishing, compassionate and creative space for healing. Most importantly, Sandra strives to support clients to recognize their own resilience and determine the route of their own healing journey.

In her free times Sandra is connecting to the land, her community and by the way she loves dancing all kinds of rhythms!



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**Lara Fitzgerald, RCC, MCP-AT – Mental Wellness Counsellor**

Lara’s psychotherapy practice is grounded in collaborative, heartfelt, and unique relationship. She highly values the diverse experiences and authentic selves of the people she’s fortunate enough to work with. She truly believes we’re hard wired to heal; that each person has innate ability to transform, especially with compassionate guidance. Often her client bonds are fused with humour and loving connection, bringing a realness to the therapist-client exchange.

By helping individuals unpack how the past can influence the present, she supports them to illuminate patterns and make internal shifts. This makes space for solving current problems, to become unstuck and move forward feeling more liberated. People can then connect to their true nature, build and sustain more nourishing relationships and accomplish life long dreams.

Her approach springs from her *wholistic* beliefs in the interconnectedness of our ecosystems. She understands that our mind, body, spirit, and social dimensions are intertwined and must be integrated to create a steady sense of aliveness. Drawing on her Expressive Hatha Yoga Training (YTT 200) that focused on releasing emotions from the body, and being a dancer by nature, means she learned to embrace the wisdom of the body and movement centred healing practices. Likely, this training, and her own healing path, have led to her therapeutic passion of working with trauma in all its manifestations. She has specific knowledge and experience of trauma therapy healing.



Lara’s theoretical knowledge stems from her Master’s degree in Counselling Psychology and Art Therapy at Adler University, and ongoing post-graduate training. She values her education, but equally holds the wisdom of her adverse lived experiences in high esteem. Her strategies come from an eclectic mix of training, including: Accelerated Experiential Dynamic Psychotherapy (AEDP,) Eye Movement Desensitization and Reprocessing (EMDR,) Emotion Focused Family Therapy (EFFT), somatic body-based practice, Cognitive Behavioural Therapy (CBT,) Humanistic/Existential, Internal Family Systems (IFS,) Art Therapy, Narrative Therapy, and Motivational Interviewing (MI.)

## **Wineex (Eugene Moore), Counselling Practicum Student**

Wineex (Eugene Moore) is a fluent Gitksan language speaker from the northern community of Gitanmaax, near Hazelton BC. He currently resides in Vancouver BC and has for 30 years. Wineex acknowledges all who have been a part of his life and contributed to his becoming a better human Being. Wineex courage, strength and wisdom are a result of being open to see the benefits of his experiences with people, places, and things and the true meaning they represent.

Wineex grew up in a small northern community. He has known intimate relationships with his family and the land they sustained themselves on. Because of these primary experiences he can relate to ecotherapy, specifically relating to the natural world.

As he reflects on his experiences with his grandmother and his father, they elicit in him the meaning of the incidental teachings moments he received as every day experiences became a way of being in the world. Wineex knows that all humans were tribal peoples and will be drawn to nature as an ideal place, partner, and guide in their personal wellness endeavours.





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Please see below for a list of Counsellors recommended by the First Nations Health Authority. Councilors are location in Vancouver, the North Shore, and Squamish.

## CHOOSE YOUR COUNSELLOR

Find the right person to talk to.

All of the professionals listed below have completed trauma training, as well as cultural safety and humility training, and are open to seeing new First Nations clients.

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VANCOUVER COASTAL REGION  
First Nations Health Authority

email Jennifer Smith  
(Jennifer.L.Smith@fnha.ca) for more  
information, questions, or concerns

updated June 29, 2021

### Tara Read (RCC)

Contact: (604) 732-3930  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous,  
extensive trauma training,  
EMDR, self worth support, and  
offering people who do  
sex work non-stigmatizing  
support

### John-Michael Parra (RCC)

Contact: (778) 319-8311  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-  
Indigenous,  
trauma training, somatic  
trauma training (body-based)

### Rosanna Yip (RSW)

Contact: (604) 901-8384  
Based in: Vancouver  
Meeting: in person, online  
(waitlist is 1-5 days long)  
Background: non-  
Indigenous,  
extensive trauma training

### Sarah Rush (RSW)

Contact: (778) 879-1323  
Based in: Vancouver  
Meeting: virtual preferred, in  
person possible (available to  
meet Mondays, Tuesdays, and  
weekends)  
Background: non-Indigenous,  
specializes in supporting women,  
kids 7+, teens, young adults,  
substance use, addictions

### Sharon Van Volkingburgh (CCC)

Contact: (604) 209-7165  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous,  
works often with adolescents and  
young folks, experience working  
with trauma and complex trauma,  
EMDR, managing symptoms  
together, body healing, somatic  
work, DBT & CBT, expressive arts  
therapy, beading, outreach if  
necessary

### Sun Lee (RCC)

Contact: (604) 780-4275  
Based in: Vancouver  
Meeting: virtual,  
in person  
Background: non-  
Indigenous, trauma  
counselling training  
completed

### Lauren Legere (RCC)

Contact: (778) 899-1195  
Based in: Vancouver  
Meeting: virtual, in person  
(must be 18 years or over)  
Background: non-  
Indigenous  
EMDR, trauma training, can  
support people with PTSD.

### Otto Lim (RCSW)

Contact: (604) 762-8182  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous  
lots of trauma training,  
supporting people with  
PTSD, trauma responses,  
addictions, substance use

### Angela Leong (RCC)

Contact: (778) 375-2315  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-  
Indigenous,  
trauma training  
completed

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### Geoffrey Lyon (RCC)

Contact: (604) 732-3930  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma counselling training completed

### Bethany MacGillivray (RCC)

Contact: (778) 776-4068  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma counselling training completed, also offers art therapy

### Irene McReady (RSW)

Contact: (604) 561-6866  
Based in: Vancouver  
Meeting: in person, online  
Background: non-Indigenous, extensive trauma training, offers EMDR services

### Christy, McLeod (RCC)

Contact: (778) 720-6362  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training

### Maggie Milsom (RCC)

Contact: (604) 369-3890  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed, offers EMDR services

### Mary Murphy (RCC)

Contact: (604) 812-4403  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous, trauma training completed

### Paulina Napastuik (RSW)

Contact: (604) 805-5348  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous  
EMDR, trauma training, offers DBT services and DBT skills development

### Heidi Nutley (RCC)

Contact: (604) 809-6471  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous  
trauma training completed

### Rosie Wilbur (RCC)

Contact: (604) 773-0296  
Based in: Vancouver  
Meeting: virtual only (Mondays & Thursdays, two week waitlist)  
Background: settler with mixed European heritage, experience being a support worker in the down town east side, works with an anti-oppressive lens



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### Ellen Abrams (RCC)

Contact: (778) 846-5244  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Zari Abtahi (RCC)

Contact: (778) 892-5537  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Shivani Agarwal (RCC)

Contact: (604) 379-7024  
Based in: Vancouver  
Meeting: in person, online  
Background: non-Indigenous, trauma training completed

### Sookyung Ahn (RCC)

Contact: (604) 352-7024  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, offers art therapy services, CBT, and EMDR services

### Kelsey Atiffaef (RCSW)

Contact: (604) 356-1254  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, specializes in supporting people through substance use & addiction

### Jessica Badial (RSW)

Contact: 604-833 2733  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Gabriela Bath (RCC)

Contact: (604) 805-5348  
Based in: Vancouver  
Meeting: virtual, in person  
Background: Indigenous, offers art therapy services, completed trauma training

### Yvette Bear (RCC)

Contact: 778-375 2363  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed

### Barbara Belfie (RCC)

Contact: (604) 704 3471  
Based in: Vancouver  
Meeting: in person, virtual (waitlist is one month long)  
Background: non-Indigenous, experience supporting residential school survivors in the past

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### Chantel Bernard (CCC)

Contact: (778) 320-7194  
Based in: Vancouver  
Meeting: in person only  
Background: non-Indigenous, offers EMDR services, trauma training completed

### Nicolas Bouchard (RCC)

Contact: (778) 837-2067  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Jennifer Broundy (RSW)

Contact: (604) 373-2217  
Based in: Vancouver  
Meeting: in person, online  
Background: non-Indigenous, intergenerational trauma healing practices

### Dana Brunanski (CCC)

Contact: (604) 612-5860  
Based in: Vancouver  
Meeting: in person, virtual  
Background: Indigenous, trauma training completed

### Deborah Buthmann (RCC)

Contact: (604) 732-3930  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, specializes in supporting people with trauma & anxiety

### Karyna Capote (RCC)

Contact: (778) 891-3307  
Based in: Vancouver  
Meeting: in person, virtual (waitlist one month long)  
Background: non-Indigenous, EMDR services offered, specializes in supporting people who have survived domestic violence

### Corey Chan (RCC)

Contact: (778) 323-5797  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous, trauma training completed, specializes in supporting people with anxiety, and youth

### Julie Chang (RCC)

Contact: (778) 784-7036  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed, specializes in intergenerational trauma

### Lee Crawford (RCC)

Contact: (604) 875-9957  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, offers art therapy services, trauma training completed



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information, questions, or concerns

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### Lori Damon (RCC)

Contact: (604) 512-3266  
Based in: Vancouver  
Meeting: in person only  
Background: non-Indigenous, trauma training completed

### Milos Despotovic (RCC)

Contact: (778) 321-3807  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed, specializes in supporting people who have experienced sexual abuse

### Rachel D'Silva (RCC)

Contact: (236) 558-7825  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Lara Ellingson (RSW)

Contact: (604) 715-8216  
Based in: Vancouver  
Meeting: in person, virtual (waitlist is 3 weeks long)  
Background: Indigenous, trauma training completed, specializes in narrative therapy

### Colleen Fuller (RCC)

Contact: (778) 877-4283  
Based in: Vancouver  
Meeting: in person, virtual (waitlist is 2 weeks long)  
Background: non-Indigenous, specializes in supporting women in their mental health

### Theresa Grech (CCC)

Contact: (604) 312-7059  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, specializes in supporting people who are neurodiverse, people with FAS, people with autism, trauma training completed

### Simon Hearn (Psychologist)

Contact: (604) 732 - 5991  
Based in: Vancouver  
Meeting: virtual, in person (possible waitlist)  
Background: non-Indigenous, trauma training completed

### Jodi Blanchette (RCC)

Contact: (604) 813-0818  
Based in: North Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed, has experience supporting residential school survivors

### Jessica Buxbaum (RCC)

Contact: (604) 512-2297  
Based in: North Vancouver  
Meeting: only virtual  
Background: non-Indigenous, has completed trauma counselling training

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### Paul Douhan (RSW)

Contact: (778) 869-6945  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, specializes in supporting people with sexual behavior problems

### Duanita Eleniak (RCSW)

Contact: (604) 988-5689  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, specializes in supporting people who have experienced sexual abuse

### Margo Lee Burton (RSW)

Contact: (647) 284-1959  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, works closely with the Squamish Nation

### Paula Pappajohn (RCC)

Contact: (604) 908-9918  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, partners with the FNHA

### Tamara Pearl (RCC)

Contact: (604) 925-0861  
Based in: North Vancouver  
Meeting: virtual only (waitlist is 2 weeks long)  
Background: non-Indigenous, offers art therapy services, EMDR services, specializes in complex trauma

### Jesse Ross (RCC)

Contact: (778) 846-1713  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, has completed trauma training

### Margaret Speak (CCC)

Contact: (604) 761-3440  
Based in: North Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed, specializes in family counselling

### Suzann Vardy (RCC)

Contact: (604) 733-8409  
Based in: North Vancouver  
Meeting: in-person only  
Background: non-Indigenous, trauma training completed, specializes in family counselling

### Danielle Berman (RCSW)

Contact: (604) 265-6876  
Based in: Squamish  
Meeting: virtual only (waitlist until August 2021)  
Background: non-Indigenous, trauma training completed



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### Tom Edden (RCSW)

Contact: (778) 895-1500  
Based in: Squamish  
Meeting: in-person only  
Background: non-Indigenous,  
trauma training completed,  
social worker who focuses  
on decolonizing practices

### Katrin Turczyk (RCC)

Contact: (778) 707-5288  
Based in: Squamish  
Meeting: virtual only  
Background: non-Indigenous,  
trauma training completed,  
works with Indigenous ways  
of knowing, learning, and being

### Jolie Rochard (RCC)

Contact: (778) 869-2114  
Based in: West Vancouver  
Meeting: virtual only  
Background: non-Indigenous,  
trauma training completed,  
specializes in supporting  
children & families

### Paula Pappajohn (RCC)

Contact: (604) 908-9918  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-  
Indigenous, trauma  
training completed,  
partners with the FNHA

### Jennifer Hibbard (RCC)

Contact: (604) 212-1099  
Based in: Sechelt  
Meeting: in person, virtual  
Background: non-Indigenous,  
offers EMDR services,  
experience supporting  
residential school survivors,  
offers somatic (body-based)  
healing services

### Jesse Ross (RCC)

Contact: (778) 846-1713  
Based in: West Vancouver  
Meeting: virtual only  
Background: non-  
Indigenous, has completed  
trauma training

### Robert Wilson (Psychologist)

Contact: (604) 831-7792  
Based in: North Vancouver  
Meeting: only virtual  
(Wednesdays)  
Background: non-Indigenous,  
trauma training completed,  
specializes in supporting adults  
with anxiety, depression, and  
complex trauma

**Need help navigating this list?  
Want advice for choosing the  
right person?**

**Reach out to Jen Smith  
(Mental Health Liason) at  
[jennifer.L.smith@fnha.ca](mailto:jennifer.L.smith@fnha.ca)**