



**Tseil-Waututh Nation**

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# List of FNHA Funded/Free External Counselling Services for TWN Members

## TWN Mental Wellness - ćećawət leləm Helping House

June 19<sup>th</sup>, 2023

Dear TWN Community,

We are sharing a list of counsellors who practice outside of TWN, in recognizing that some people might be more comfortable seeking therapy support from external counsellors.

Going through the FNHA list can be overwhelming, so our TWN Mental Wellness team has compiled a list of therapists that we recommend, with more information about what they are trained in and how they can support you. These folks are funded by FNHA or they work for an organization that offers free services, so external counselling can be more accessible to you .

Please let us know if you have any questions or would like us to support you with receiving care externally. We are here to support you on your journey of finding the help and support you need, whether that's with one of our TWN staff counsellors or a counsellor off-site.

We also have our team of TWN Mental Wellness Team counsellors and therapists who are available to support you, if you prefer to receive counselling through TWN. We are committed to creating holistic, trauma-based, mental wellness support services with consistent, dedicated, mental health professionals who will create culturally informed programs that meet the needs of the community.

Visit the **TWN Mental Wellness webpage** for a list of TWN & external counselling supports & therapists, including the TWN Mental Wellness Toolkit & Brochure:  
<https://twnation.ca/health-wellness/mental-wellness/>

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Lara Fitzgerald, Registered Clinical Counsellor (RCC) and Clinical Lead  
The Mental Wellness Team, ćećawət leləm "Helping House"



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### **Indigenous Therapists for Teens/Adults**

**Angela Merasty, MSW** (she/her)

#### **Good Medicine Counselling & Consulting**

Angela believes that a strengths-based approach is imperative in counselling and works to foster client empowerment and autonomy through the therapeutic relationship. Some of the therapeutic modalities she leans into are, Person Centered Therapy, Cognitive Behavioural Therapy, Solution Focused Therapy, Mindfulness Based Techniques, as well as EMDR. She practices from a foundation of trauma informed care, harm reduction perspectives, and an anti-oppressive social justice framework. Her therapeutic approach is of holistic wellness and healing, by acknowledging the inherent value in many forms of knowledge and world view.

#### **In person office:**

803-100 Park Royal South, West Vancouver, BC V7P | [\(226\) 840-6211](tel:2268406211)

<https://www.psychologytoday.com/ca/therapists/angela-merasty-west-vancouver-bc/934463>

***Points to note: Trained in EMDR to process trauma. Currently taking new clients. In person in West Vancouver, or virtual. See teens 14+ and adults. No waitlist.***

**Catherine Adams, MSW** (she/her)

Catherine obtained her Masters of Social Work with a focus on the Indigenous Field of Study at Wilfred Laurier University in 2019, she also has a diploma in Family & Community Counseling and a certificate in Indigenous-focused therapy. However, most of Catherine's knowledge and education came from her vast life experiences as an Indigenous person.

<https://www.mviss.ca/our-team>

Metro Vancouver Indigenous Services Society (MVISS), Suite # 100 2732 E Hastings St, Vancouver, BC V5K 1Z9

(604) 255-2394 – call to register for intake through MVISS.

***Points to note: sees adults only. In person, not virtual. No waitlist.***

**Brandy Kane, MSW, RSW** (she/her)

<http://www.eaglespiritcounselling.com/about>

#### **Eagle Spirit Counselling**

Brandy incorporates different therapeutic healing modalities into their client centered clinical approach. Those include Indigenous Focus Oriented Psychotherapy, Expressive art therapy, Solution/goal focus therapy, Group therapy and Traditional cultural ceremonial practices. Indigenous Focus Oriented Therapy (IFOT) also known as Indigenous psychotherapy is a body centered, client



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centered, land based, all my relations approach. IFOT effects change at the source of the issue and connects it to your life today.

### **Eagle Spirit Counselling Office Location**

Hurd Street and 14th Avenue, Mission, BC V2V-2N6

**Phone** 1-604-728-1574 **Fax** 1-604-814-9183

**Website:** [www.eaglespiritcounselling.com](http://www.eaglespiritcounselling.com) **Email:**

brandy@eaglespiritcounselling.com

**Points to note: Call or email to book your free 15-minute consultation to see if you are a good fit. Currently providing online services as well as in person in Mission office.**

### **Sher McGillis Fast, RCC, MSN (they/them)**

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

Sher has spent their career helping people improve their lives; in reproductive and sexual health, with survivors, caregivers, indigenous folks, internationally, and in education. Their most challenging and rewarding position is that of raising three humans with their wife. Sher has an M.Ed. in Counselling Psychology from UBC and an M.S.N. in Nurse-Midwifery and Women's Health from UCSF. Sher is registered with the BC Association of Clinical Counsellors (10522). They work from an intersectional feminist, anti-oppressive, decolonizing, somatic, trauma-informed perspective. Recent trainings include: Somatic Attachment Psychotherapy and Narrative Therapy. They can also be seen in the TWN community as the Public Health Nurse two days a week.

Hours: Monday/Thursday/Friday, mostly mornings. Phone, Video, or public (walk or tea) in Hastings-Sunrise.

Contact: [info@sherrymcgillistherapy.com](mailto:info@sherrymcgillistherapy.com)

**Points to note: no waitlist.**

### **Riley David, MSW, RSW, CIAS III**

Riley is a Carrier woman from Saik'uz First Nation in Northern BC; she has lived as a guest of the Coast Salish people for the last 20 years. Riley has experience working with Indigenous children, youth, women, and families. Riley has a strong background in substance use and mental health, she is a certified Indigenous Addictions Specialist. She utilizes a family system approach focusing on connecting with her clients through a lens of Indigenous culture. She is trained in CBT, Indigenous Focused Orienting Therapy (IFOT), and family systems therapy.

Contact information: [rileydavidcounselling@hotmail.com](mailto:rileydavidcounselling@hotmail.com) | 604-802-1607

**Points to note: Riley is currently only offering virtual sessions with no waitlist. She can also support with day scholar applications and PWD forms. She works with all ages 12+.**



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### **Gabby Bath, RCC, Registered Art Therapist**

<https://www.fourcedarscounselling.com/services>

Four Cedars Counselling, #814 - 602 West Hastings Street, Vancouver, BC V6B | [\(672\) 202-0477](tel:6722020477)

Having ancestry from the Mi'kmaq people of Newfoundland and the English people of Bath, Gabby's uses the teachings of the medicine wheel as the foundation for her personal and professional life. She believes that making art can be a practice that supports physical, mental, emotional, and spiritual well-being. She has completed a two-year training program in focusing-oriented therapy, a body-centred modality where people are invited to notice what they are sensing in their bodies rather than what they are thinking in their brains. She specializes in working with teenagers and adults who experience struggles related to trauma, neurodiversity and identity exploration.

**Points to note: Gabby does in person and online with teens 16+ and adults. She has a short wait list for FNHA clients, but your insurance might cover it too.**

### **Shelley Pompana Spear Chief, Clinical MSW, RSW, EMDR, Hypnotherapist, Somatic Therapist**

<https://healingpathwaysemdr counselling.ca/about-me>

Shelley is a trauma expert with various approaches to healing trauma including EMDR and Hypnosis. She can offer virtual sessions and might be covered on your health benefits.

Phone: 403-593-1807 | 2103 9 Avenue S, Lethbridge, Alberta T1J 1X2, Canada  
shelleypompana@gmail.com

**Points to note: Shelley can offer virtual sessions and health benefits can be covered.**

## Male Identifying Therapists

### **Bob Manning**

*You can see Bob at the Aboriginal Friendship Centre for free counselling.*

Bob is a trained counsellor who has been counselling in rural and urban communities for the past 40 years. He is qualified in counselling clients in the areas of depression, anxiety, substance misuse, family problems, suicide ideation and self harming, mediation, critical incident debriefing, OCD, marital and relationship issues, youth developmental issues, panic, trauma and abuse issues, residential school trauma, disassociation issues, grief and loss, seasonal affective disorders, and borderline personality disorders.

<http://www.manningfamilycounselling.com/>

**Points to note: Bob is very experienced and brings this wisdom to his practice.**



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### **Aaron Johnstone, RCC (he/him)**

<https://expressionscounselling.com/our-team/aaron-johnstone/>

Phone: 778 229 0029

Aaron is passionate about working with young adults struggling with trauma, addiction, anxiety, and depression, as well as disorders such as ADD and ADHD. Aaron has extensive experience in working closely with male youth and young adults as well as LGBTQ2+ individuals. Aaron uses various counselling approaches such as Person Centred, Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, and Trauma-Informed approaches. Aaron is inspired by Buddhism and brings elements of mindfulness to his practice.

## **For Pain Specifically**

### **Dorota Hedzelek, PhD, RCC (she/her)**

#### **Pain Counselling and Psychotherapy**

Website people can book online:

<https://paincounselling.com/> - FNHA specific appointments can be booked on specific page.

Address: 224 West Esplanade Suite 513 North Vancouver V7M 1A4

Dorota received her Master's degree in Clinical Psychology (Marriage, Family, and Child Counselling) in 1999, and a PhD in Medical Sciences in 2008 from Poznan University of Medical Sciences, Poland. She's had the privilege of working in the non-profit sector in areas of chronic pain, child and family welfare, trauma, LGBTQ2S+ issues, academic instruction, and program development for three decades. Her overriding theoretical orientation honours the mind-body connection, neurobiology, somatic, experiential, psychodynamic, and the bio-psycho-socio-spiritual nature of our lives. She is trained in the following approaches: Pain Reprocessing Therapy, Sensorimotor and Somatic Experiencing Therapies, Mind-Body Psychotherapy, Eye Movement Desensitization and Reprocessing Therapy (EMDR), EMDR for Chronic Pain, Accelerated Experiential Dynamic Psychotherapy (AEDP), Neurobiological Approach, Emotion-Focused Therapy, Attachment-Based Therapy, Solution-Focused Therapy among others.

**Points to note: Dorota does in-person in Lower Lonsdale or virtual. She works with adults only and doesn't currently have a waitlist. She takes FNHA funded clients.**



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### **Somatic Based Therapy**

**Catherine Moore, RCC**

[www.catherinemoore.ca](http://www.catherinemoore.ca)

210 -211 1940 Lonsdale Ave North Vancouver, BC V7M 2K1

Mobile: [604 368-6374](tel:6043686374)

Email: [contact@catherinemoore.ca](mailto:contact@catherinemoore.ca)

Catherine's interest in health psychology started when she was an academic researcher working on a master's degree in developmental psychology at UBC. This led her to earn a master's degree in counselling psychology at Adler University and later to get training and certification in Relational Somatic therapy.

**Points to note: Catherine works with adults in person on the North Shore. She might have a short waitlist.**

**Fayza Bundalli, MSW, RSW, Somatic Therapy for BIPOC (she/her)**

Fayza has a Masters in Social Work and is trained in Generative Somatics, a politicized approach to somatic therapy. Fayza works with clients who are Indigenous, Black, and/or People of Colour, including people of multiracial ancestry. Most of her clients are queer.

<http://www.fayzabundalli.com/>

### **Family Therapist**

**Shalene Takara, RCC (she/her)**

604-440-2105, [info@safespacecounselling.ca](mailto:info@safespacecounselling.ca)

200 – 1892 West Broadway.

<http://www.safespacecounselling.ca/about-shalene.html>

Shalene primarily uses EFT and Sensorimotor Psychotherapy in her practice with an affinity toward intersectional feminist, narrative and existential-phenomenological approaches and she is working toward certification as a Theraplay® Practitioner. Her passion is bringing an self intersectional, intergenerational and socioculturally sensitive lens to attachment-based, trauma-informed work with individuals, couples and families and to bring the healing power of play into supporting the strengthening of families and the bonds between parents and children.

**Points to note: Shalene offers individual, couples and family therapy and may be booked for in-person, phone or video sessions Mondays through Thursdays 9am-4:30pm. She speaks English and French. To book, fill out the contact info on the Safe Space website.**



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### Expressive Arts Therapy/Counselling for Children/Teens/Adults

**Jennifer Hamman, RCC, MA** (she/her)

In person at The Tapestry Centre in East Vancouver

<https://www.tapestrycentre.ca/meet-the-team>

Jennifer is a Registered Clinical Counsellor (BCACC), and she works within an anti-oppressive and trauma-informed lens. Her orientation is Strengths-Based, Person-Centred and Mindfulness-Based and she considers a strong therapeutic relationship as the foundation for the counselling process. She is a former counsellor/expressive arts therapist at Tseil-Waututh.

1718 Kingsway (between Knight Street and Victoria Drive)

Telephone: 604-876-7600. Email: [info@tapestrycentre.ca](mailto:info@tapestrycentre.ca)

### Teen Support

#### **Urban Native Youth Association (UNYA)**

Counselling is available for Indigenous youth ages 13 to 24 at no cost.

Call or email to make an appointment, through the contact info below. Their intake counsellor works on Mondays and will respond to your message and connect you with a counsellor as soon as possible.

They also have counselling drop-in hours at the Native Youth Health and Wellness Centre - see their calendar on the programs page for drop-in hours.

Other people can refer you to their counsellors (for example, a parent, guardian, family member, or youth worker), as long as you are aware of and agree to the referral.

1618, East Hastings Street, Vancouver, BC, V5L 1S6

Phone: 604-254-7811 Email: [nativeyouthwellness@unya.bc.a](mailto:nativeyouthwellness@unya.bc.a)

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