

Our MW Team

Mahara Allbrett

Sr Mental Wellness Counsellor,
Spiritual Healer, Elder

T: 604 353 8193; mallbrett@twnation.ca
Office number: 61a; Tues – Thurs

Lara Fitzgerald, RCC, MCP-AT,
Clinical Lead, Clinical Counsellor

T: 604 354 0264;
lfitzgerald@twnation.ca
Office number: 37; Mon – Fri

Mardean Neuman, BSW, CCAC
MW & Addictions Counsellor

T: 604 787 5468;
mneuman@twnation.ca
Office number: 34; Mon – Fri

Laura Avery, MCP, Ex-AT, RCC
Mental Wellness Counsellor

T: 778 227 5064; lavery@twnation.ca
Office number: 36; Mon-Weds

Jazmin Feschuk, RTC

Youth Counsellor
T: 236 335 5783;
jfeschuk@twnation.ca
Office number: 61b; Tues – Thurs

Tasha Nystrom, MCP, CC

Mental Wellness Counsellor
T: 236-335-4212; nnystrom@twnation.ca
Office number: 62; Tues, Weds

“Since starting therapy I’ve noticed small and big changes in my life. In the beginning it can be uncomfortable, but the impact can be life changing. I would recommend therapy to everyone I know. It’s helped me be the best version of myself.”

~ Anonymous Community Member

Reach Out To Us

Our intake worker is Mardean Neuman, but you can also reach out directly to any of us. Our door is always open. If we can't meet your need, we will help find you external providers and resources.

● Phone Number

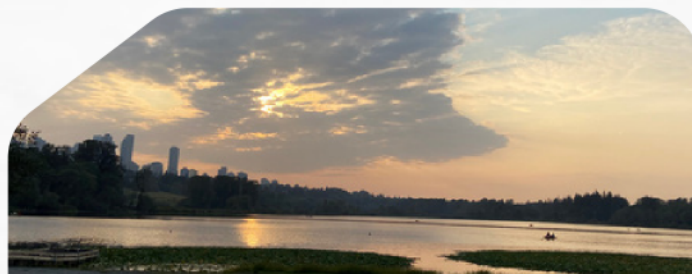
604-787-5468 – Mardean
604-354-0264 – Lara

● E-mail Address

mentalwellness@twnation.ca

● Our Location

3178 Alder Court, admin building.
Offices are north of GATHERING SPACE, west of Helping House clinic.



Mental Wellness

The House of Healing represents a place of connection, reconciliation, safety, and recovery.

We aim to help community members find balance mentally, emotionally, spiritually, and physically.

We are a team of trauma-informed, wholistic counsellors, traditional healers, addictions support, peer workers, and helpers here to support your healing.

Mental Wellness Services

What's on offer...

Counselling - We have on our team both Indigenous, or non-Indigenous counsellors focused on anxiety, depression, grief, any current issues.

Trauma Therapy - specific trauma work on healing childhood and intergenerational trauma.

Art or Expressive Therapies - for individuals, couples, or families.

Couples Therapy - we offer therapy for couples struggling in their relationships and attachments.

Spiritual and Cultural Healing - we offer spiritual and culturally-based therapy with on staff therapists, or cultural workers from IRSSS.

Family Therapy - for groups of family members to work on family issues.

Pet Therapy - dogs can calm our anxiety and release serotonin for us.

Alternative therapies - are you interested in discussing other forms of therapy like psilocybin or ketamine assisted? Or a new approach to healing? Ask us about it!

Harm Reduction Focus

Addictions Supports

If you are concerned about your relationship with alcohol or drugs? Or worried about someone in your life who is using?

Come and see our Addictions Counsellor, Mardean Neuman for harm reduction ideas and support for how to deal with these issues.
OR...

Join our group support for addictions, *Wellbriety*, based on the Native American reimagining of the 12-step approach to recovery. You don't have to be clean and sober to attend. every Thursday at 6 - 7.30pm. Location: staff kitchen, admin building. Enter from lower back of building.

- ✓ Groups, workshops and educational programs.
- ✓ Healing circles and grief support with cultural practice..
- ✓ Other support groups available via requests from community.



Peer Support

The purpose of the peer support program that began in collaboration with CMHA and five host nations over 4 years ago, is "To collaborate on the development and delivery of one-on-one and group-based peer support programming in five nations, including Tsleil-Waututh, Squamish, Musqueam, Tla-amin, and Shíshálh".

Our peer support program consists of a Peer Support Worker that is an integral part of our Mental Wellness Team, as well as additional peers connected to all our group programs - Wellbriety, Women's, and Creative Youth Group.

Visit our peer support worker for a 1-1 session. Peer support is a supportive relationship of sharing lived experience and resources.

