

Our MW Clinical Team

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Sr Mental Wellness Counsellor & Elder
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Lara Fitzgerald

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Nicole (Nikki) Parks

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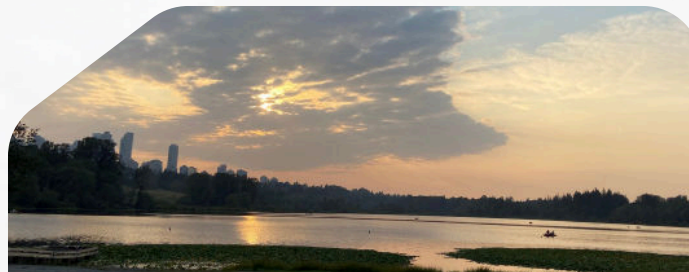
"Since starting therapy I've noticed small and big changes in my life. In the beginning it can be uncomfortable, but the impact can be life changing. I would recommend therapy to everyone I know. It's helped me be the best version of myself."

~ Anonymous Community Member

Reach Out To Us

Our intake worker is Lara Fitzgerald, 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
604-354-0264 – Lara
236-335-5783 – Angela
- E-mail Address
mentalwellness@twnation.ca
- Our Location
3178 Alder Court, admin building.
Offices are north of GATHERING SPACE, west of Helping House clinic.



artwork by Olivia George

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"Helping House"



Tsleil-Waututh Nation



Mental Wellness

The House of Healing represents a place of connection, 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 and peer support workers, here to offer compassion and 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, complex, and intergenerational trauma.

Art or Expressive Therapies - for children, youth, and adults.

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

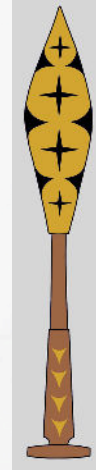
Addictions Supports

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

Come and see our Addictions Counsellor, 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. Wednesdays at 6 - 7.30pm. Location: Elder's Lounge.

- ✓ Therapy 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, *Skookum Hiyukopet* that began in collaboration with CMHA/FNHA and five host nations over 5 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 TWN peer support program, *t'soutin* consists of a Peer Support Lead and 2 Peer Support Workers that are an integral part of our Mental Wellness Team, as well as additional peers connected to all our group programs - Wellbriety, Men's Women's.

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

Fraser Mackenzie - Peer Support Lead

T: 236 334 0419; fmackenzie@twnation.ca

Guy George - Peer Support Worker

T: 236 339 5620; guygeorge@twnation.ca

Crystal Guss - Peer Support Worker

T: 236 268 7509; cguss@twnation.ca

