

# Our MW Clinical Team

Mahara Allbrett

Sr Mental Wellness Counsellor & Elder  
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Angela Merasty

Mental Wellness Manager  
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Lara Fitzgerald

Clinical Lead

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Laura Avery

Mental Wellness Counsellor

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Nicole (Nikki) Parks

Addictions & Mental Wellness  
Counsellor

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Maura Gowans

Mental Wellness Counsellor

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mgowans@twnation.ca

Ashley Aguasin

Wholistic Wellness Nurse

(bridge between primary care & mental wellness)  
T: 236-785-3716; aaguasin@twnation.ca

"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 we 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.

**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.

**Referrals to Treatment Programs** such as:

- Roundlake Treatment Centre
- Tsow-tun le Lum Society
- Nenqayni Wellness Centre

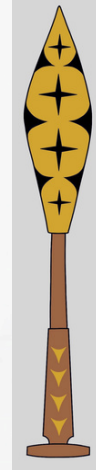
Artwork by Olivia George



## 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?



### Crystal Adams– Harm Reduction Liaison

T: 236 339 5620; [cadams@twnation.ca](mailto:cadams@twnation.ca)

Come visit our  
**Harm Reduction Liaison**,  
for ideas and support that meets  
you where you are at and takes a  
holistic view of recovery.

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.

**Tuesdays:** 6:00 – 7:30pm.

**Location:** Community Development  
Boardroom. Enter by door around back

- ✓ 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 Hiwukopet* 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](mailto:fmackenzie@twnation.ca)

### Crystal Guss – Peer Support Worker

T: 236 268 7509; [cguss@twnation.ca](mailto:cguss@twnation.ca)

### Jaiden Baker– Youth Peer Support Worker

T: 236 664 0704; [jabaker@twnation.ca](mailto:jabaker@twnation.ca)

