

Our MW Clinical Team

Jennifer Kleinsteuber
Mental Wellness Manager

T: 778-834-3616; jenniferk@twnation.ca

Lara Fitzgerald
Clinical Lead

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Mahara Allbrett

Sr Mental Wellness Counsellor & Elder

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Laura Avery

Mental Wellness Counsellor

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Nicole (Nikki) Parks

Addictions & Mental Wellness
Counsellor

T: 604-787-5468; nparks@twnation.ca

Maura Gowans

Mental Wellness Counsellor

T: 236-660-2178;

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

778-834-3616

Jennifer Kleinsteuber

Email

mentalwellness@twnation.ca

Location

**3178 Alder Court, Admin Building.
Offices are north of the 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

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

Trauma-Focused Therapy – We offer Trauma-focused therapy, a specific approach to therapy that helps clients understand and cope with the impact of traumatic experiences on their well-being.

Art or Expressive Therapies – We offer Art or Expressive Therapies to delve deep into the creative process, explore self-expression and, as a result, gain personal insight and develop new coping skills.

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

Referrals to Treatment Programs such as:

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

Also Available: Family Therapy, Couples Therapy, and Pet Therapy.



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

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 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

Crystal Guss – Peer Support Worker

T: 236 268 7509; cguss@twnation.ca

Jaiden Baker–Youth Peer Support Worker

T: 236 664 0704; jabaker@twnation.ca

