# Our MW Therapy & Wellness Team

Lara Fitzgerald
Clinical Lead
T: 604 354 0264; lfitzgerald@twnation.ca

#### Mahara Allbrett

Sr Mental Wellness Counsellor & Elder T: 604 353 8193; mallbrett@twnation.ca

### Laura Avery

Mental Wellness Counsellor T: 778 227 5064; lavery@twnation.ca

### Nicole (Nikki) Parks

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

#### Candace Utovic

Wholistic Therapy Coordinator
T: 604-787-5450 ; cutovic@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 Candace Utovic, 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
  Candace 604 787 5450
  Lara 604 354 0264
- Email mentalwellness@twnation.ca
- Location
  3178 Alder Court, Admin Building.
  Offices are north of the Gathering
  Space, west of ćećewet lelem.





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 therapists, traditional healers, wellness counsellors, and peer support workers, here to offer compassion and support healing.

# Wholistic Therapy and 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 Traumafocused therapy, a specific approach to therapy that helps clients understand and cope with the impact of traumatic experiences on their wellbeing and process past memories.

**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.

Join our group support for substance misuse, **Wellbriety**, based on the Native American reimagining of the 12step approach. You don't have to be clean and sober to attend. Cofacilitated by Angie Peers.

**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 6 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

### Jaiden Baker-Youth Peer Support Worker

T: 236 664 0704; jabaker@twnation.ca

