

SERVICES OFFERED

- ❖ Family Counselling
- ❖ Individual Counselling;
- ❖ Couples Counselling
- ❖ Play therapy
- ❖ Coordination of services
- ❖ Addictions Treatment Referrals
- ❖ Relapse Prevention Follow-up
- ❖ Support may include:

Advocacy—assist parents to advocate for services

Crisis—provide direct crisis counseling and direct support for families.

Addictions—referral to Treatment programs and Relapse follow-up.

Parenting—provide information, guidance and/or referrals to appropriate programs for parents to strengthen their parenting abilities.

SUPPORT GROUPS

SFN Men's Group

This group offers a safe place for men to explore their concerns and challenges, learn about themselves and gain a greater understanding of healthy relationships. They meet Monday evenings 6:00-8:00 in the Health Center Kitchen. No registration is required.

SFN Women's Group

This group meets on Wednesdays from 6:00-8:00 in the SFN Health Center Kitchen. This group offers a safe place for women to explore their concerns and challenges, learn about themselves and gain a greater understanding of healthy relationships. No registration required

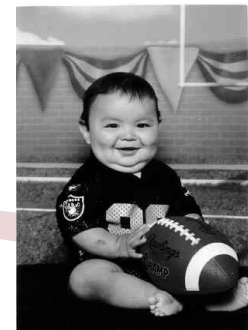


By: Noel Brown

**Snuneymuxw First
Nation Health
Centre**



MENTAL HEALTH AND WELLNESS PROGRAM



Phone 250-740-2337

Snuneymuxw's Vision

Snuneymuxw First Nation works to support, foster and encourage the dignity and pride of each individual and the community as a whole. We are dedicated to helping our members enjoy a life of confidence and spiritual prosperity. It is only by assisting the parts that make up the whole that the body of our First Nations can grow in power and happiness in the years ahead.

PROGRAM DESCRIPTION

The Snuneymuxw Mental Health and Wellness Program provides support and skills to families and individuals who are experiencing life challenges.

We provide counseling services for:

Addictions, Depression, Anxiety, Trauma, Relationship Issues, Family Violence, Conflict Resolution, Grief and Loss, Play therapy, Stress, Parenting Issues, Residential School Historical Abuse, Community Education Workshops



WHO CAN ACCESS THE PROGRAM

The following criteria are to be met to access the program:

1. Band members living on or off reserve.
2. Families members of Snuneymuxw members living on reserve. (Family also means aunt, uncle, grandparents or other relatives.)
3. Parental approval required for children under 16 years of age.

To make a referral call the Health Center.

250-740-2337

Self referrals can be made.

