

## PHILOSOPHY

Our work is based on nine values commonly used across many Aboriginal cultures: \*

- vision/wholeness; spirit centred
- respect/harmony
- kindness
- honesty/integrity
- sharing
- strength
- bravery/courage
- wisdom
- respect/humility

## COMMITMENTS

The Aboriginal Wellness Program will:

- Use both Aboriginal and western healing practices to provide culturally safe healing services
- Use a holistic approach to matching each individual's needs and beliefs with effective counselling or support services

**Counselling Services** are open to Aboriginal adults & families living in Vancouver, Richmond or the North Shore.

**Victim Support Services** are open to Aboriginal women in Vancouver.

\*Rainey Gaywish (Cree Nation) in Oakes, J., R. Riewe, S. Koolage, L. Simpson and N. Schuster (eds.). 2000, *Aboriginal Health, Identity and Resources*. University of Manitoba, Winnipeg, MB.

## HOURS OF OPERATION

Monday through Friday,  
8:30am - 4:30pm.

Some evening sessions may be available.

## CURRENT LOCATION

255 East 12th Ave. - 2<sup>nd</sup> Floor  
Vancouver, BC, V5T 2H1  
(Between Main & Kingsway)

## CONTACT NUMBERS

Phone: 604-875-6601

Fax: 604-875-6609

Website: [www.vch.ca](http://www.vch.ca)

# ABORIGINAL WELLNESS PROGRAM



## ABORIGINAL WELLNESS PROGRAM

A program of:  
Aboriginal Health Services,  
Vancouver Coastal Health



Funded by:  
Vancouver Coastal Health and  
Ministry of Community, Aboriginal,  
and Women's Services

## ABORIGINAL SPECIFIC SERVICES

- Counselling support with a focus on Depression, Anxiety, Grief, Trauma and/or Addictions
- Counselling outreach support
- Support for victims of violence
- Research, education and training

## MISSION STATEMENT

The Aboriginal Wellness Program will develop and deliver culturally safe mental wellness and addictions programs for Aboriginal people.

Our wellness programs promote healing, are easy to access, meet the needs of the Aboriginal population and support an Aboriginal worldview.

Working with others, we address social justice issues through education and advocacy so that urban Aboriginal people receive excellence in service.

## HEALING CONTEXT

We offer:

- group counselling\*
- one to one counselling
- individual and group support
- victim support
- outreach
- education

\* Nutritional snacks & bus tickets provided for Group members. \*

## UPCOMING GROUPS - ON-GOING

All groups have separate sessions for women and for men.

- **Wellness Circles**  
Educational support groups that focus on mental wellness and coping skills.
- **Counselling Circles**  
Counsellor led group sharing and peer support for those dealing with specific issues such as depression, addiction, residential school, etc.
- **InBalance**

An introduction to group work. Weekly Support Circles for those with mental illness and addiction concerns. Focus on peer support, self-advocacy, relationship building, and tools and techniques to develop an individual wellness plan.

- **Information on the Legal Process**  
For Aboriginal women wanting to learn more about addressing victimization, the court system and increasing their personal safety.

**For more information call:  
604-875-6601**

## VICTIM SUPPORT SERVICES

For Aboriginal women who have been victims of physical and sexual violence, including:

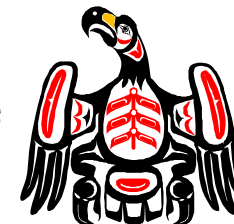
- Individual & group based emotional support & advocacy;
- Assistance with legal paper work and understanding the legal system;
- Court orientation, accompaniment and liaison with Crown Counsel and other agencies.

## COUNSELLING OUTREACH SERVICES

- Facilitates client access to needed social and other supports through referral, accompaniment, and individual assistance

## Aboriginal Wellness Program STAFF

Our staff seeks to reflect the traditional cultures of the populations we serve.



**604-875-6601**