

zuʔmintéx^w

zoo-meen-shtwow | verb

- 1) to help or support someone
- 2) to contribute to someone's welfare

Zuʔmintéx^w means “*holding somebody until they can stand up for themselves*”. Our services provide support to community members in a variety of ways. Counselling is offered at our main office, at on-reserve satellite office locations, or through home visits. Our counsellors are professionally trained and are culturally respectful, providing personal and family counselling, treatment referrals, group programming, and addictions support. Services are confidential, as we strive to build trust and safety with our clients and communities.

- ∞ **Karen Lara, BA Psyc, MC, CCC**, is a registered mental health therapist and is our Wellness Team Counselling Supervisor. Karen specializes in intergenerational trauma and often works with Elders and residential school survivors, as well as individuals and families who have experienced severe relationship violence, childhood trauma, neglect, abandonment, and sexual abuse. Karen focuses on creating trust, respect, and emotional safety in counselling with all individuals, families, and Nlaka'pamux communities.
- ∞ **Diana Lepine-Thomas, BFA, CAC**, is the manager and lead facilitator of our Wellness Team Programs. Diana is a dynamic, innovative adult educator with expertise in the coordination, design, delivery and evaluation of community-based wellness programs. Specific expertise lies in the areas of counselling and programming for addictions recovery, mental health, behavior management, grief recovery, and life skills development. Diana values inclusivity and is passionate about ensuring all 12 Bands of the Nlaka'pamux Nation have access to Mental Wellness programming.
- ∞ **May Gilbert, CSU**, is a Wellness Team Counsellor and works with community members for addictions recovery and emotional support. May assists individuals and families with treatment referrals, locating

resources, teaching skills for managing anger and anxiety, and has a compassionate listening ear. May also facilitates community programs, including our Aboriginal Parenting Program, infusing teachings with her warmth and experience as a mom and grandma.

- ∞ **Doreen Jules, BSW**, is a Wellness Team Counsellor and works with community members for addictions recovery and emotional support. Doreen walks with clients individually through anger management and grief recovery programs, providing a strong understanding of the recovery process. Doreen's sense of humor and encouraging attitude creates a strong working alliance with clients, helping them achieve their personal goals.
- ∞ **Amelia Washington, BSW**, is from the Nooaitch Indian Band and is our Nlaka'pamux Elder Support for the Wellness Team. Amelia assists our team in teaching Nlaka'pamux culture and tradition through our Wellbriety and Aboriginal Parenting Programs, and assists individuals and families with healing from trauma through Nlaka'pamux ceremonies and teachings. Amelia is passionate about local food gathering, and teaching and learning about traditional medicines. She is a fluent Nlaka'pamux language speaker.

Group Programs

- ASIST – Applied Suicide Intervention Skills Training (2 days)
- SafeTALK (1/2 day)
- Living Life to the Full
- Grief Recovery Edu-Therapy
- Aboriginal Parenting Program – Bringing Tradition Home
- RedPath Addictions Treatment Program
- RedPath Living Without Violence Program
- Wellbriety Program (weekly)



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Mission Statement

We are all going to help each other.
So that we will always go on the
right path.
In everything.
If we all prepare ourselves, we will
all be strong.

(Translated from Nlaka'pamux)

zu?mintéx^w wellness team

Scw'exmx Community Health Services



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