



Zu?mintéx^w

zoo-meen-shtwow | verb

- to help or support someone
- to contribute to someone's welfare

Zu?mintéx^w means “holding somebody until they can stand up for themselves”.

Office Hours

Monday - Friday

8:30AM - 4:30 PM

Closed 12:00PM - 1:00PM for lunch

Closed Statutory Holidays

Kuu'Us Crisis Line:

1-800-588-8717

Mental Health Support

310-6789 (no need to dial area code)

Kids Help Phone

1-800-668-6868

Text: 686868

Suicide Crisis Line

988

Emergency

911



zu?mintéx^w Wellness Team

Scw'exmx Community Health
Services Society

Contact Us

Phone: 250--378-9745

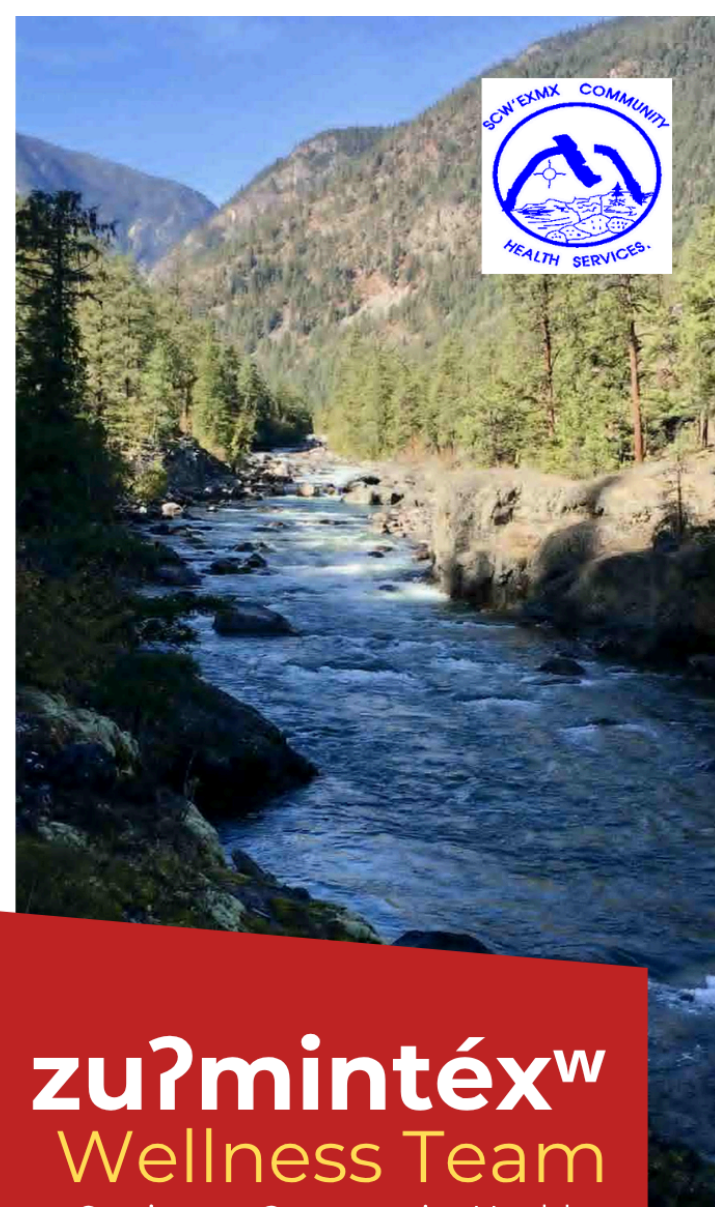
Fax: 250-378-4962

Toll Free: 1-888-667-2477

1926 Quichena Ave
Merritt BC

Providing health services to
Coldwater, Nooaitch & Shackan

www.schss.com



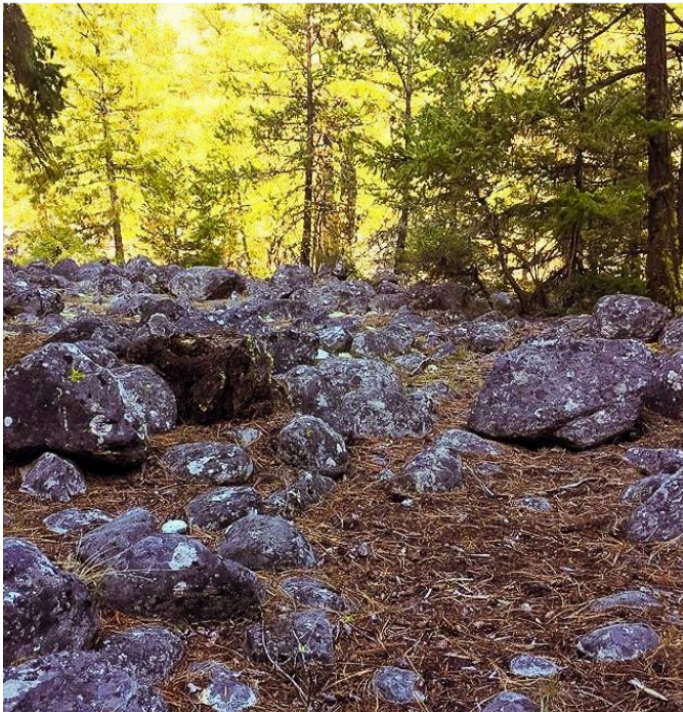
About Wellness Team

Our services provide support to community members in a variety of ways.

- Mental Health and Addictions Counselling
- Treatment referrals
- Group Programming

Services are confidential, as we strive to build trust and safety with our clients and communities.

Our counsellors are professionally trained and are culturally respectful.



Staff Information

Wellness Team Manager

May George
george.m@schss.com

Wellness Therapist

Karen Lara, MC, CCC
info@antarescounselling.com

Wellness Counsellor

Christine Provost, CIAS III
provost.c@schss.com



Mental Health Groups & Programs

- *Aboriginal Parenting Program - Bringing Home Tradition (9 sessions)*
- *Wellbriety Every Thursday*
- *Grief and Loss (with tradition teaching)*
- *Anxiety & Depression Program*
- *Anger Management program - pulling punches*

SCHSS

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.

