



Yúusnewas Wellness Guide

wa chexw yuusténaʔut
Take Care of Yourself

**Skwxwú7mesh
úxwumíxw**





ínexw chexw ti ays

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ichneww tlik welcome

Welcome to Your Wellness Guide

We understand that healing and support looks different for each person. On behalf of the Yúusnewás Project, we would like to provide Elders and their families with a resource package that outlines the available health and wellness supports while the archive and land-based research of the St. Paul's Residential School progresses.

The Wellness Guide includes a wide variety of supports and resources available to all Community Members, including traditional land-based healing practices. We invite you to browse the resources collected in this Guide. Supports are intended to be barrier-free access.

We are here to walk alongside you. We are here to support your emotional, cultural, and spiritual health needs. Thank you for considering to share your healing journey with us.

Yúusnewas Project

The Skwxwú7mesh Úxwumixw is undertaking a project named Yúusnewas. The Project will be researching recorded experiences, history of our ancestors, and recording truths of our survivors of Indian Residential Schools.

As we invite survivors to tell their stories, and as other communities share their findings, we understand that this may trigger some of our Members and bring up emotions and feelings.

We commit to taking care of one another during this time.

We want all Members to have access to appropriate, safe, emotional, and cultural support.

The name of this project is intended to extend our objectives beyond the next two years of the investigation. We intend to take care of each other now and throughout our community's path to healing.

squamish.net/yuusnewas

Cultural & Traditional Supports

Wellness, healing, and support look different for each person. We are here to support and coordinate wellness and healing services that work for you. This includes:

- Development of a personal Wellness Plan to support your healing journey and ensure long-term support
- A support worker to walk alongside you to ensure you are able to find the right supports for your journey
- Diversity of support services to help cleanse, ground and ensure you feel supported by the emotions and feelings you are experiencing
- Referrals to helpers including cultural and traditional supports, trauma-informed counsellors, mental health support, crisis support and ensuring your wellness needs are met

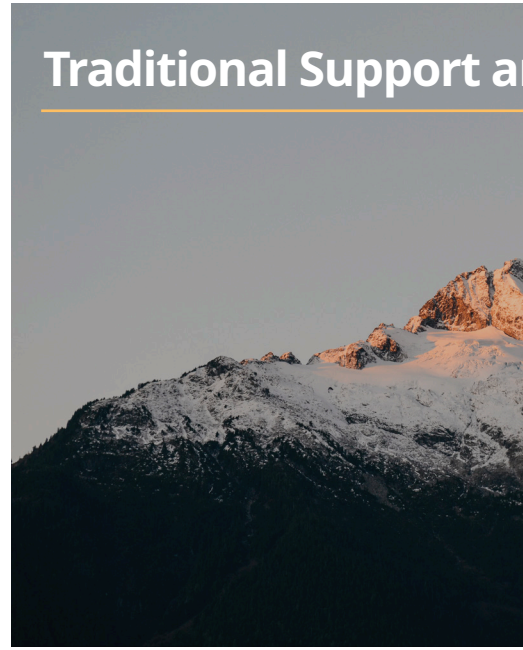
If you do not have access to traditional supports, we are happy to connect you to a knowledge keeper.

Cedar Brushing | Ceremony | Spiritual Bath | Shaker Church | Land-based Healing and Reflection | Smudging & Sweat Lodge | Family Healing Circles

Smudging



Traditional Support a



shúkw'um (Go for a Bath)



Light a Candle



Being on The Land



chet wa lúlumchewáan (Singing & Dancing)



and Medicines



Talk to an Elder or Family Member



wip'ántsut (Cedar Brushing)



Ceremony and Community Gathering



Sḱw̱wú7mesh Úxwumixw Services & Departments

We want to ensure all survivors and their families are supported – Wellness supports will be accommodated to all community members across geographical regions including Squamish Valley, Lower Mainland, Fraser Valley and others.

Ayás Méhmen (Child & Family Services)

The philosophy of Ayás Méhmen is to enhance the lives of the Sḱw̱wú7mesh Úxwumixw children, their families, and the community by providing a caring, supportive, and vital community service.

Family Support | Wellness Programs | Family Therapy | Child & Youth Therapy | Therapeutic Groups | Parenting Education | Cultural Support | Early Intervention Programs | Youth Programs

Office Hours & Location:

8:30 am – 4:30 pm, Monday – Friday
Unit 2, 380 Welch Street, West Vancouver

Office Phone: 604-985-4111

Email: amm_reception@squamish.net

Wellness Team Leader & Contact:

Hannah Rushton: 778-233-4869

Yúustway (Health and Wellness)

Yúustway exists to provide quality holistic care in a respectful, safe manner to ensure the health and wellness of all people by empowering our community and offering the tools for living in health from birth to end of life. Our team of professionals provide extensive services and resources for those who reside within the Squamish Nation Community and members residing out of the community.

Mental Health & Addictions Counsellors | Social Services Advocacy | Home and Community Care | Elder in Residence | Traditional Healing & Wellness Support | Kal'númet Primary Care Clinic | Community Recreation

Office Hours & Location:

8:30 am – 4:30 pm, Monday – Friday
Unit 9A, 380 Welch Street, West Vancouver

Office Phone: 604-982-0332

Email: yhsreception@squamish.net

Yúusnewas Health Lead & Contact:

Mackenzie Gomez: 604-360-3911

For direct access to confidential counselling resources, contact our **Community Health and Wellness Intake Worker:**

Eileen Guss: 604-982-7806

Ts'ixwts'ixwnítway (Member Services)

Ensure that fair and equitable treatment and services are provided to all Skwxwú7mesh Úxwumixw Members, including emergency services.

Emergency Services to Members | Justice & Court Worker | Elder Centre | Membership Code & Distribution | Housing

Office Hours & Location:

8:30 am – 4:30 pm, Monday – Friday
Unit 6, 380 Welch St, West Vancouver
Office Phone: 604-982-7610

For after-hours emergencies:

Joe Kwan: 604-505-3776

Access to a Family Doctor or Nurse Practitioner

Kal'numet Medical Clinic

The Primary Care team includes: Physicians
| Naturopathic Doctor | Nurse Practitioner |
Community Health Nurses | Medical Office
Assistant(s) | Primary Care Manager

Office Hours & Location:

8:30 am – 4:30 pm, Monday – Friday
Unit 9A, 380 Welch Street, West Vancouver
Phone: 604.985.2052
Email: kpc_medicalclinic@squamish.net

If you do not have a doctor of your own or have lost access call toll-free **1-855-344-3800** to make an appointment with the First Nations Virtual Doctor of the Day between the hours of 8:30 am – 4:30 pm, 7 days a week.

External Wellness Supports and Resources

Indian Residential School Survivors Society: A partner with FNHA in providing access to counselling, cultural, and emotional support services to former students of residential school and day schools, including families regardless of status. Call toll-free **1-800-721-0066** or visit irsss.ca

Tsow-Tun Le Lum Society: Confidential outreach services that include counselling, cultural support, and personal wellness programs. Call toll-free **1-888-406-3123** or visit tsowtunlelum.org

Hope for Wellness Help Line: Mental health counselling and crisis intervention by phone or online chat. Call toll-free **1-855-242-3310** or start a confidential online chat with a counsellor at hopeforwellness.ca

KUU-US Crisis Line Society: Crisis services for Indigenous people across BC. Adults/Elders line **1-250-723-4050**, youth line **1-250-723-2040**. Alternatively, you can call toll-free **1-800-588-8717** for more information kuu-uscrisisline.com

Support Available – 24 Hours a Day

Indian Residential School Crisis Line – 1-800-721-0066

The Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of his or her Residential school experience.

Hope for wellness Hope Line – 1-855-242-3310

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent counsellors can help those who wish to talk, are distressed, in crisis, or having strong emotional reactions and or painful memories. Online chat is also available. hopeforwellness.ca

KUU-US Crisis Line Society – 1-800-588-8717

Culturally Safe help available 24 hours/day, 7 days a week. A support system is put into place where the caller is brought back to a pre-crisis state and can create safety for individuals in crisis or needed immediate support.



What wellness support can we coordinate for you?



**Skwxwú7mesh
Úxwumíxw**

Squamish Nation