

FNHA COUNSELLORS



SHAWNA BIRON

WWW.SHAWNABIRON.CA

I am member of the Adam's Lake Band from the Secwepmc Nation in Salmon Arm, BC. I have spent a decade working between nonprofit Aboriginal organizations, the Regional Health Authority, and First Nations Health Authority in lead positions that were focused on planning, program development, health administration, and I have provided direct mental wellness support. While working in wellness over the past decade in the various systems, I quickly noticed a disconnect between the Western and Aboriginal perspective on health and wellness. Specifically, I was challenged to understand how the Western perspective viewed mental health as an isolated issue independent from overall wellness with treatments that focused on addressing the 'symptoms'. Versus the Aboriginal perspective that views mental wellness not as an isolated aspect of self, but rather, as an imbalance. From this perspective healing means re-establishing balance as integral to overall wellness; mental wellness is achieved by holistic healing that encompasses the mental, emotional, physical, and spiritual elements.



RENNIE GENAILLE

Rennie F. Genaille is a person of mixed ancestry, Saulteaux and Metis, and brings over 20 years of experience working in the Mental Health and Addictions field. The majority of his professional work experience has involved First Nations People and addressing the traumatic effects of colonization and the long-term impact from systemic institutions such as; The Indian Residential Schools, Indian Day Schools and Child Welfare systems etc. Rennie has first-hand knowledge of how these experiences can impact individuals, families and communities. He incorporates strong cultural and traditional values in his approach to helping. He is a trained EMDR Therapist (Eye Movement Desensitization Reprocessing), and has a strong foundation in Cognitive Behavioural Therapy. Rennie holds a MSW degree from the University of British Columbia; a BSW degree from Thompson Rivers University; a diploma from the College of New Caledonia, and a Substance Abuse Counselling Certificate from the University College of the Fraser Valley.



JESSE FRENDER

WWW.JESSEFRENDER.COM

I am a Registered Clinical Counsellor (RCC) and a Mental Health Service provider with the First Nations Health Authority. I am available for sessions by phone or secure video conference. I welcome adult clients of any age, any gender, and any sexual orientation.

As a counsellor, I work with clients dealing with highly stressful events, difficult transitions, and improving relationships with their loved ones. I value respect and honesty in my work. I try to listen with real compassion, to collaborate with my clients and to see hope for the future. I also find chances to laugh a little bit when we can.

My office is located on the land of The Tsleil-Waututh, Squamish, Stó:lō and Stz'luminus nations, in Vancouver, BC. My heritage is mixed European settler, I was born in Vancouver, and I live there with my wife and our two small children.

Please contact Denica Bleau or Jessica Kent to be referred to a counsellor.

All of your information is confidential within this process.

Denica: denica_bleau@splatsin.ca / (250)309-2936

Jessica: jessica_kent@splatsin.ca / (250)309-2331

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TAMMY THIELMAN

WWW.TOWNANDCOUNTRYCOUNSELLING.COM

Tammy Thielman BSW MSW RSW provides warm, supportive and compassionate trauma-informed counselling. Tammy specializes in supporting trauma/IRS survivors and works from a client-centered strengths-based approach.

Tammy lives on a farm, is married to John and has three children. Tammy is a First Nations ally dedicated to decolonization and cultural safety and humility. Tammy is an approved FNHA mental health provider and is honoured to support Splatsin community members.



ROBIN MORGAN

WWW.APATHOFHEART.COM

Robin Morgan specializes in both Individual and Couples Therapy, and creates a safe space for you to tell your story, to be heard, and to be understood. From the first phone call, to the first consultation in her office, Robin puts you at ease with her accepting and gentle demeanor. With Robin's guidance, you too can reclaim the life you want, free yourself from stuck feelings and physical states, and rebuild trust and closeness in your relationships. Robin has been working as a counsellor and helping people heal for over 10 years. She finished her Masters degree in 2008, trained for three years in Couples Therapy and then another five years in Trauma Therapy.



MJ BEREZAN

WWW.COYOTECOUNSELLING.COM

We can all experience challenges that cause pain, anxiety, grief, shame or confusion for us. It can feel overwhelming and you can feel lost. If you can relate to any of this I'm here to confirm that there is hope and help available and you are in the right place. Take a deep breath and know that you're not alone. I am a Certified Counsellor with the CCPA and I have professional experience with diverse clientele of all ages. I have a passion for working with my clients to achieve their goals. I consider it a sacred honour to be trusted with what my clients bring and the courage that they show. It is essential to find a therapist with whom you can feel comfortable. I provide a safe and confidential space for clients. My approach is warm and accepting and I treat my clients with respect and dignity. If you have the hope that your life can be better then please feel free to contact me.



ROSS FEDY

Ross has specialised training in multi generational trauma, and he has been using his skills to provide counselling services to Splatsin band members for the past 20 years. His services also include specialty in treatment and recovery for anxiety, depression, and panic disorder. Ross has been practicing in the Okanagan since 1990 and holds a Masters Degree in Counselling Psychology from the University of Victoria)

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Jessica: jessica_kent@splatsin.ca / (250)309-2331