

Diana Lepine-Thomas, BFA, CAC, TOT

Originally from Manitoba, Diana has lived, worked and travelled throughout Quebec, Ontario, Alberta, the Northwest Territories, the USA and Australia. She is a member of the Mikisew Cree First Nation, and the proud mom of two amazing sons.



Formally trained in fine arts, psychology, and adult education, Diana has additional certification in Addictions Counselling through the Nechi Institute, Moderate and High Intensity Substance Abuse Programming and Methadone Maintenance through the Federal Government at the Canadian National Level, and Indigenous Focusing-Oriented Therapy through the Justice Institute. She is a *LivingWorks* ASIST Master Trainer, a safeTALK Trainer, a Mental Health First Aid Facilitator, a Grief Recovery Edu-Therapy Specialist, and a CMHA-BC sub-contract facilitator for the Living Life to the Full program. Her Training of Trainers Certification was completed through the University of California - Western Consortium for Public Health.

For the past 12 years Diana has lived in Merritt, initially working with Scw'exmx Community Health Services as a mental health counsellor, program facilitator and department manager. In 2016, as part of the Nation Shared Services Agreement, she began a transition to program facilitation exclusively with Nlaka'pamux Nation Health. For the past 3 years Diana has been the Manager/Facilitator of Wellness Programs for the Nlaka'pamux Nation, travelling throughout the region delivering 10 different wellness programs to all 12 Bands of the Nlaka'pamux Nation. Diana is currently completing her graduated training in clinical art therapy and is gradually moving back to 1:1 counselling as a result. She will continue to deliver core programming while training a new wellness programs facilitator during this transition.

For further information regarding Nlaka'pamux Health Services' wellness programs or to obtain information regarding individual and/or group art therapy, you can contact Diana directly.

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