

Welcome Aboard !!



The Nlaka'pamux Nation would like to welcome aboard its new worker, Tammi Froese, Child & Youth Mental Health Counsellor, she will provide services to the 12 Nlaka'pamux bands.

The Nlaka'pamux Bands that will be serviced:

Ashcroft	Coldwater	Cook's Ferry	Kanaka
Lower Nicola	Lytton	Nicomen	Nooaitch
Oregon Jack	Shackan	Siska	Skuppah

She was born and raised in Abbotsford. She began her teaching career in 1987 in the Indigenous community of Lax-Kw'alaams, near Prince Rupert, where she lived and taught for three years. She then moved to Fraser Lake and taught for 14 years before going back to school to complete her master's in counseling. She worked as a School District Counselor in the towns of Fort St. James to Burns Lake, from 2006-2013. Tammi was hired by the Merritt school district where she served 9 years.

Tammi uses an eclectic approach to counseling and incorporates skills and strategies from a variety of approaches such as Cognitive Behavior Therapy, Solution-Focused Therapy and Person-Centered Therapy. Above all, she follows an attachment-focused approach with an emphasis on relationship and connection. Her goal is that the children and youth she works with will have a safe space to self-actualize positive changes in their lives.



Tammi retired from the school district in 2022 but knew that she wanted to continue working with children and youth in a part-time capacity. She is very excited and honored to be working with Nlaka'pamux Health Services in the Child and Youth Mental Health Program, and it is her desire to honor and respect the traditional and cultural practices of her clients and their families.

Tammi loves the outdoors and spends a lot of time walking, hiking, and riding her bike. She and her husband enjoy camping, hunting, fishing, and going on long car rides together. They have five adult children and are the proud grandparents of 3 boys and 2 girls.

For more information, please contact her through any of the following:

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