

# Welcome Trish, Child & Youth Mental Health Counsellor



## The Nlaka`pamux Bands that will be serviced:

Cooks Ferry  
Nicomen  
Lower Nicola

Siska  
Ashcroft Band  
Coldwater

Kanaka Bar  
Oregon Jack Creek  
Shackan

Lytton  
Skuppah  
Nooaitch



Trish is originally from White Rock, B.C. where she was born and raised, right beside the ocean. She is Métis with roots in Flin Flon, The Pas and Norway House, all in Manitoba where most of her family still resides. Her parents are Sandi Schneider, former teacher and David Rainville, former NHL player. She is the proud mother of three great kids: Paz, Ani and Edie.

Trish has extensive experience working with Indigenous youth. After completing her First Nations Teacher Assistant Diploma at Camosun College in Victoria, she went on to work with the Kwantlen and Katzie First Nations in the Langley School District's Aboriginal Program. After moving to Merritt in 2006, she worked at the Lower Nicola Band School where she was immersed in the teachings of the Nlaka`pamux Nation. She took a job with the Kamloops School District's Aboriginal Program in Logan Lake where she stayed for six years and learned the cultural traditions of the Secwepemc People. During this time, she felt drawn to counselling and enrolled into Vancouver College of Counsellor Training to pursue a Professional Counselling Diploma with a focus on Aboriginal Counselling Skills. With family concerns growing, she took a job closer to home at Merritt Secondary School as a First Nations Support Worker and at Nicola Family Therapy as a counsellor to women and children exposed to violence. She recently completed her Horticulture Therapist Certification and is excited to integrate it into her therapeutic practices by combining its concepts with practical usage of local botanicals for enhanced healing. She is certified in multiple modalities like Expressive Art Therapy and Cognitive Behavioural Therapy. Her strength lies in Person Centered Therapy and values the therapeutic relationship between the counsellor and client to facilitate growth, personal empowerment and understanding. She is currently working towards her Registered Therapeutic Counsellors (RTC) designation.

Trish has expressed her tremendous gratitude in receiving employment with Nlaka`pamux Health Services Society and is honoured to work with children and youth within the Nlaka`pamux Nation. She ensures she will do her best to respect and observe traditions held by her clients and their families.

**Trish Rainville can be reached at: 250-378-9772 Office 250-315-7995 Cell. Email: [rainville.t@nlxfn.com](mailto:rainville.t@nlxfn.com)**

**FOR MORE INFORMATION PLEASE CONTACT NLAKA`PAMUX HEALTH SERVICES 2088 QUILCHENA AVENUE, PO BOX 1624, MERRITT BC, V1K 1B8 PHONE: 250 378 9772 FAX: 250 315 0283**