

Staff Information:

-Diane Lepine-Thomas, BFA,CAC,TOT,
Manager/Facilitator, Wellness Programs
Work cell: 250-315-7345

-Shayla George,
Wellness Programs Facilitator

Mental Health & Addictions Counsellors:

-Elizabeth Perdok-Waboose, BHSc. M.Ed.
CP CCC #13570
Clinical/Clinician Supervisor
Mental Health & Addictions Clinician
Work cell: 250-378-7631

-Wanda Dexel, BA-Psych, CPCA
Work cell: 250-378-7596

Child & Youth Counsellors:

-Stacey Hebner, BCYC , RPC 3973
Child & Youth Manager/Counsellor
Work cell: 250-378-7986

-Melissa Dexel, BSW, RSW
Work cell: 250-378-7784

-Trish Rainville, Dip. Prof. Counselling
Work cell: 250-315-7995

-Erin Aleck, Work Cell: 778-254-3607



OFFICE HOURS

Monday– Friday
(exception statutory
holidays)

8:30am - 4:30pm

CLOSED 12:00pm - 1:00pm For Lunch



Nlaka'pamux Health Services Society

2088 Quilchena Avenue

PO Box 1624

Merritt BC, V1K 1B8

Phone: 250 378-9772

Fax: 250 315-0283

Kuu'Us Crisis Line:

#1 800 588 8717

Mental Health Support

#310 6789 (no need to dial area
code)

Emergency

#911

Nlaka'pamux Health Services Society



Healing Through Traditional Practice, Knowledge, & Awareness



Our Vision:

To provide support to the Nlaka'pamux Nation through the traditional values held by the communities we serve

Guiding Principles:

- ◆ Honouring the voice of Elders
- ◆ Promoting holistic health and balance through Medicine Wheel teachings
- ◆ Raising awareness of life choices and goals through understanding that all of creation is in constant motion or flux
- ◆ Rebuilding family and community connections through healing our Intergenerational trauma
- ◆ Creating collaboration within communities

Our Program strives to provide the highest quality of service to our communities. We are dedicated professionals who are committed to providing consistent service to the communities we serve.



Services Provided

Addiction Services

- Assessment
- Counselling
- Education
- Referral Services



Mental Health Services

- Assessment & Intervention
- Trauma informed Practice
- Counselling
- Education
- Indigenous Focusing Oriented Therapy – Healing Intergenerational Trauma
- Eye Movement Desensitization and Reprocessing Trauma Therapy
- Complex Care Intervention

Child and Youth Counselling

- Ages 4—18
- Individualized plans based on clients needs, age, and interests.
- Family involvement encouraged
- Sessions available in school , or in community
- Expressive Play Therapy
- Indigenous Focusing Oriented Therapy

Please note-we are unable to respond to crisis situations. We will however, follow up on any referrals related to a crisis situation. We ask that you inform individuals that we are there to support them with ongoing counselling

Community Support

- Liaison with communities to fill in the gaps in services
- Provide workshops by community request
- Access to resources and information

Service Delivery:

- Self-Referral
- Agency Referral
- By appointment
- In community offices
- Family, couples and individual counselling support

Our services are inclusive and collaborative with the twelve communities we serve:

- ⇒ Lower Nicola Indian Band
- ⇒ Cooks Ferry Indian Band
- ⇒ Nicomen Indian Band
- ⇒ Lytton Indian Band
- ⇒ Skuppah Indian Band
- ⇒ Siska Indian Band
- ⇒ Kanaka Bar Indian Band
- ⇒ Ashcroft Indian Band
- ⇒ Oregon Jack Creek Indian Band
- ⇒ Nooatich Indian Band
- ⇒ Shackan Indian Band
- ⇒ Coldwater Indian Band

