

## Healing Generations

### Contacts

#### Kendra Gage

Executive Director  
kgage@hulitan.ca

#### Nick Ruedy

Manager of Therapeutic Services  
nruedy@hulitan.ca

#### Carmen Eisenhauer

Therapist  
ceisenhauer@hulitan.ca

#### Carmell Bennett

Therapist  
cbennett@hulitan.ca

#### Theresa Kauffman

Therapist  
tkauffman@hulitan.ca



Hulitan Family and Community Services Society respects the connectedness between First Nations people and the land. It is with great humility that we carry out our work with Indigenous families on the traditional territories of the Lkwungen (Esquimalt and Songhees), Malahat, Scia'new, T'Sou-ke and WSÁNEĆ (Pauquachin, Tsartlip, Tsawout, Tseycum) peoples. It is our intention to provide support for families with integrity and to practice in a way that honours the ancestors who came before us.



104-731 Station Ave

Victoria BC V9B 5R5

Tel (250) 384-9466

Fax (250) 384-9467

<[www.hulitan.ca](http://www.hulitan.ca)>

Hours of Operation

Monday—Friday

9:00am—5:00pm

Closed 12:00pm-1:00pm

# HEALING GENERATIONS



**Hulitan**

Family & Community Services Society

## Counselling Program

# Healing Generations

This program provides counseling and support services to Indigenous adults, children and youth, and their families, who have experienced sexualized violence. Our goal is to support healing from sexualized violence that adults, children, youth and families have experienced due to the intergenerational trauma from residential schools and colonization.

This program provides opportunities to develop an understanding of the impacts of sexualized violence and to support the healing journey for Indigenous families.



This is a three-phase program:

**Phase one: Safety, stabilization and coping**

**Phase two: Memory work and Trauma processing**

**Phase three: Healing and Reconnecting**

## Types of Support

- One-on-one counselling
- Family counselling
- Healing circles
- Safety planning/ Boundary setting

## Therapeutic Methods

- Art Therapy
- Play Therapy/Sand Therapy
- Cultural interventions (Swing Therapy, smudging, 7 Teachings, Medicine Wheel, storytelling and drumming)



- CBT (Cognitive Behavioral Therapy)
- EMDR Therapy (Eye Movement Desensitization & Reprocessing)
- Solution Oriented Therapy
- Safety skills
- Relaxation and self care
- Nature walks

## Mission Statement:

Hulitan preserves, unifies and advocates for Indigenous families by supporting healing and fostering resilience through culturally rooted programs, services and collaboration with community partners.

## Vision:

Hulitan empowers Indigenous families and future generations, walking alongside them and using the cultural principles of Respect, Honour, Connectedness, Humility and Integrity.

