# Healing Generations Contacts

## **Kendra Gage**

Executive Director kgage@hulitan.ca

## **Nick Ruedy**

Manager of Therapeutic Services nruedy@hultian.ca

### **Carmen Eisenhauer**

Therapist ceisenhauer@hulitan.ca

## **Carmell Bennett**

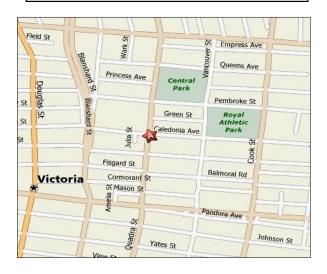
Therapist cbennett@hulitan.ca

### 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>

**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.



## **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.

## Acknowledgments:

Hulitan Family & Community Services Society would like to acknowledge the following community members for gifting the program name in their traditional language SENĆOŦEN

- STOLØEŁ -John Elliott
- PITELÁNEWOT -

