

Healing Generations

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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 W̱SÁNEĆ (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

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Tel (250) 384-9466

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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

- **STOLØEL** - John Elliott
- **PITELÁNEWOT** -

