

Ł, KI, L

**Child & Youth Mental Health  
Program Contacts**

**Kendra Gage**

Executive Director  
kgage@hulitan.ca

**Nick Ruedy, MA., RCC**

Manager of Therapeutic Services  
nruedy@hulitan.ca

**Gerardo Espinosa Ordaz, MA., RCC**

Child & Youth Mental Health Therapist  
gespinosa@hulitan.ca



Ł, KI, L -

Refers to “*Confidence and the positive feeling arising from an appreciation of one's own ability*” and originates from the SENĆOŦEN language of the WSÁNEĆ people.

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

Ł, KI, L

“Confidence”



**Indigenous  
Child & Youth  
Mental Health**



**Hulitan**

**Family & Community Services Society**

This program provides counseling and support to Indigenous children and youth aged 0-19, and their families, presenting with a variety of mental health challenges; including complex trauma. The program maintains a focus on healing that incorporates both traditional healing practices as well as modern therapeutic interventions. The program strives to facilitate a better awareness and understanding of colonization and the intergenerational impacts of residential schools.

### **Purpose:**

The purpose of the program is to improve mental health and overall wellbeing of the child and their support system.



### **Types of Support:**

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

## ***Ł, KI, L*** ***Child & Youth Mental Health Program***



### **Therapeutic Methods:**

- Traditional healing practices: (Swing Therapy, Smudging, 7 Teachings, drumming, Medicine Wheel, storytelling and music)
- Art Therapy
- Play Therapy/Sand Therapy
- EMDR Therapy (Eye Movement Desensitization & Reprocessing)
- Nature Walks

The program also makes use of games, activities and outings that are related to the needs and interests of the children, youth and families.

### **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 and logo.

- **STOLŒŁ** - John Elliott
- **PITELÁNEWOT** - Samantha Sylvester - Etzel
- **Calvin Hunt** for designing our logo of the Sisiutl representing balance, medicine wheel - holistic healing.

