

NIŁ YEŁ OLs
Sexual Abuse Intervention
Program Contacts

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NIŁ YEŁ OLs - refers to "Her Hope"
and originates from the SENĆOTEN
language of the WSÁNEĆ community.

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
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Hours of Operation
Monday—Friday
9:00am—5:00pm
Closed 12:00pm-1:00pm

NIŁ YEŁ OLs

" HER HOPE "



Hulitan
Family & Community Services Society

Sexual
Abuse
Intervention
Program

NIL YEK OLs

Sexual Abuse Intervention Program

This program provides counseling and support services to Indigenous children and youth ages 0-19 and their families, who have experienced sexualized abuse and/or sexualized behavior. Our goal is to support healing from sexualized abuse and/or sexualized behaviors that 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 healthy sexuality and supports families in understanding the impact of sexualized abuse/sexualized behavior on the child. The program also encourages and supports healthy parent and child attachment.



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** - Samantha Sylvester - Etzel

