



About Cedar Circle

Cedar Circle is honoured to serve the community's wellness needs in a holistic, clinical, and traditional way.

We strive to offer coordinated services that honour mental, physical, emotional, and spiritual wellness.

Our Vision

Our vision is to support the community to live harmoniously as Líl'wat by honouring ourselves, our family, community, and the land for generations to come.

Our Mission

Our mission is to invite and support the community to take care of themselves and others in a holistic way.

Additional Mental Health & Wellness Resources

The following resources are available 24 hours a day to people of all ages who are seeking support for mental health and wellness issues.

The FNHA website features written and video resources for wellness. The three helplines offer confidential, compassionate support delivered through an Indigenous lens.

The IRSSS help line specializes in supporting residential school survivors and their families.

First Nations Health Authority (FNHA)

Website: www.fnha.ca

Indian Residential School Survivors Society (IRSSS)

Help line: **1-800-721-0066**

First Nations and Inuit Hope for Wellness

Help line: **1-855-242-3310**

KUU-US Crisis Line

Crisis line: **1-800-588-8717**

Líl'wat Health
& Healing/
Cedar Circle

Mental Health & Wellness Team

11090 Blackbear Road
Mount Currie, BC
V0N 2K0

Monday to Friday
8:30 AM to 4:30 PM
(604) 894-6656



Cedar Circle: Our Programs and Our People

National Native Alcohol and Drug Abuse Program

NNADAP Counsellor Cedric Jones offers one-on-one drug and alcohol counselling, chair's weekly AA and AL-ANON meetings, and provides support to access trauma and substance mis-use treatment.

AA Meeting

Wednesdays • 7 PM - 8 PM
Úlúus Community Complex • Mezz room

Al-Anon Meeting

Thursdays • 7 PM - 8 PM
Lílwat Health & Healing

Contact:

Cedric Jones

E: Cedric.jones@lilwat.ca
P: (604) 894-6656 ext. 3232

Traditional Resource Worker & Doula

Traditional Resources Worker & Doula Sheila Bikadi offers one-on-one and group information and workshops that teach about traditional medicines and plants. Sheila will be a practical herbalist in 2023. As a birth keeper/doula, Sheila supports mothers before, during and just after giving birth.

Contact:

Sheila Bikadi

E: Sheila.bikadi@lilwat.ca
P: (604) 894-6656 ext. 3247



Mental Health & Wellness Outreach Worker

Mental Health & Wellness Outreach Worker Jeffrey Watts provides mental health outreach services to people 16+ (14-15 with guardian permission) in the Lílwat community. Jeff offers emotional support and assistance with problem-solving, self-care, life-skills development and advocacy, based on self-referral or referral through our Intake Coordinator. Jeff can meet people "where they are at," in the community, on the land, or at the office.

Hours:

Tuesday - Friday • 11 AM - 7 PM

Contact:

Jeffrey Watts

E: Jeffrey.watts@lilwat.ca
P: (604) 894-6656 ext. 3257

Intake Coordinator

The Intake Coordinator provides skilled intake screening to assess the needs and resources that Lílwat members seek. Managing communication with community members via social media for those who want to access Cedar Circle events and support group sessions. Offering follow-up to members to ensure they are being provided the support for their needs.

Hours:

Monday - Friday • 8:30 AM - 4:30 PM

Contact:

Cindy Irving

E: cindy.irving@lilwat.ca
P: 604-894-6656 ext. 3230

Cedar Circle Manager

Registered Clinical Counsellor Kerrie Palmer manages the Cedar Circle team, liaises with internal and external departments and partners, and provides limited individual clinical counselling sessions (maximum 20 sessions per person). Kerrie plans, facilitates, or co-facilitates, group counselling, or counselling-based, workshop opportunities for the community.

Hours:

Monday - Thursday • 8:30 AM - 4:30 PM

Contact:

Kerrie Palmer

E: Kerrie.palmer@lilwat.ca
P: (604) 894-6656 ext. 3244

"We support the mental health and wellness of the people of Lílwat Nation by providing culturally-grounded, trauma-informed care and services."

"The safety and well-being of our clients is our top priority."

