



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 Liłwat7úl 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 First Nations Health Authority website features written and video resources. The three helplines offer confidential, compassionate support delivered through an Indigenous lens. The Indian Residential School Survivors Society help line specializes in supporting residential school survivors and their families.

First Nations Health Authority

Website: www.fnha.ca

Indian Residential School Survivors Society

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

Liłwat 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-to-one drug and alcohol counselling, chairs weekly AA meetings, and support to access trauma and substance mis-use treatment.

AA Meeting

Wednesdays • 7 PM - 8 PM
Úllus Community Complex • Mezz Room

Contact:

Cedric Jones

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

Traditional Resource Worker & Doula

Traditional Resource Worker & Doula Sheila Bikadi offers one-to-one and group information and workshops that teach about traditional medicine and plants. 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



Registered Clinical Counsellor

Registered Clinical Counsellor Heather Quamme provides individual clinical counselling sessions (max. 20 sessions per person).

Contact:

Heather Quamme

E: heather.quamme@lilwat.ca
P: (604) 894-6656 ext. 3257

Social Worker/ Mental Health Outreach

Social Worker/Mental Health Outreach Kristin Nelson Hargitt focuses on offering prevention services including emotional support, advocacy, and resource assistance to Lílwat7úl individuals and families. Additionally, Kristin offers facilitation and co-facilitation of group programs that address grief and loss, caregiver support, and stress management.

Contact:

Kristin Nelson Hargitt

E: kristin.hargitt@lilwat.ca
P: (604) 894-6656 ext. 3237

"We support the mental health and wellness of the Lílwat Nation by providing culturally-grounded, trauma-informed care and services. The safety and well-being of our clients is our top priority."

Cedar Circle Manager

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

Contact:

Kerrie Palmer

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

Intake Coordinator

Intake Coordinator Cindy Irving provides skilled intake screening to assess the needs and resources members are seeking. She offers follow-up to members ensuring they are provided with supports based on their needs.

Contact:

Cindy Irving

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

