The Aboriginal Wellness Program offers culturally safe, long term therapy to Indigenous adults, families, and couples in Metro Vancouver. Our approach is relational and we seek to heal trauma as a result of the impact of ongoing colonization.”

Indigenous Healing: In Relationship We Heal
- COUNSELLING
- GROUP THERAPY
- CEREMONY
- ELDER SUPPORT

Find Us
Suite 288, 2750 East Hastings Street
Vancouver, BC
V5K 1Z9

Monday through Friday
9 am to 4:30 pm
(closed for lunch 12pm to 1pm)

Tel: 604 675 2530 x22239
(IBUS TICKETS PROVIDED AS NEEDED)

A 2-SPRIT LGBTIQ SAFE SPACE

The Aboriginal Wellness Program is part of Aboriginal Health at Vancouver Coastal Health.
ADULT SERVICES

Indigenous as well as mainstream therapeutic practices of health and wellness are offered. Adult counselling is provided for a variety of issues, including trauma, residential school, grief and loss, depression, anxiety, and addiction. Traditional medicines and practices, hands-on traditional/spiritual sessions, Elders, traditional teachings, and ceremonies may also be available.

ABORIGINAL WELLNESS PROGRAM STAFF

Our Indigenous staff members reflect knowledge and understanding of diverse Indigenous cultures. All programs and activities are grounded in Indigenous perspectives of health and healing.

GROUPS

We offer a variety of groups where you can be with an Elder, Indigenous Facilitators, and other Indigenous individuals who can identify with your life experiences. Here you can share stories, and learn from each other’s challenges, strengths, and strategies. Throughout the year we provide healing and cultural workshops, as well therapy groups.

CULTURAL SUPPORTS & TEACHINGS

A.W.P.’s approach with clients is holistic, client centered and based on building on the client’s current strengths. Elders and Traditional Practitioners are brought in for specific purposes based on our client’s needs and cultural support is tailored to each person’s cultural and spiritual beliefs.

“I felt safe and treated with dignity and respect”

Our work is based on nine values commonly recognized across many Indigenous cultures:

- Vision/Wholeness; Spirit Centered
- Respect/Harmony
- Kindness
- Honesty/Integrity
- Sharing
- Strength
- Bravery/Courage
- Wisdom
- Respect/Humility*