

Mino-Bimaadiziwin:
We envision strong and resilient families living the good way of life.

WHAT WE DO:

The WFS Family Counselling Unit is a supportive resource to First Nations that require extra counselling resources. Respectfully, we will always offer the First Nation Family Counsellor the first opportunity to provide service to their members and residents.

PLEASE CONTACT:

Please submit a referral form to the following person:

Andy McCormick

Clinical Team Leader

andy.mccormick@weechi.ca

Phone: 807-274-3201 ext. 2416

Fax: 807-274-8336



WEECHI-IT-TE-WIN
Family Services Inc.

Nanaandawewenin
Program

Unit 1-281 2nd Street E
Fort Frances, ON
P9A 1M7

Family Counsellors



Culturally
Based and
Community
Oriented



WEECHI-IT-TE-WIN
Family Services Inc.

CLINICAL SERVICES



We work with families in many ways. Some of the ways that we can help are as follows:

- ▶ Healthy communication, social skills development, building healthy boundaries;
- ▶ Psycho-education (supportive learning) in many areas that relate to mental wellness and wholistic wellbeing;
- ▶ Managing stress, anger, anxiety, and fear;
- ▶ Self-care, self-esteem, self-actualization;
- ▶ Building and maintaining healthy relationships;
- ▶ Increasing coping skills and strategies in response to past trauma;
- ▶ Assisting with grief related issues;
- ▶ Connecting to culture, land, water, and spirit;
- ▶ Healthy self-expression through culture, physical activity, and other creative therapies;
- ▶ Non-intensive behavioral stabilization (We do not provide IBI).

OUR COUNSELLORS

The Family Counselling Unit is located at 281 1st Street East, Fort Frances.

We have a therapy room, however most of our counselling is done within the community, school, or on the land.

Each of our Family Counsellors come with their own specialties and gifts. The WFS

Family Counselling Unit has a bi-cultural practice model meaning that our Family Counsellors are proficient in evidence-based counselling models in addition to Anishinaabe best practices. We strive to offer a culturally safe, trauma informed approach to counselling.

WFS Family Counsellors are not psychologists or psychiatrists and can not assess or diagnosis mental health disorders, we can however, connect and support people in accessing the proper services they require.

ELIGIBILITY FOR WFS FAMILY COUNSELLING SERVICES:

- ▶ Members and residents within the 10 First Nations;
- ▶ Members of the 10 First Nations residing off reserve within the Rainy River District;
- ▶ Potential clients that have consented to referral and are willing to engage in a counselling process;
- ▶ Potential clients whose First Nation does not currently employ a FN Family Counsellor;
- ▶ Potential clients whose FN Family Counsellor's caseload is full;
- ▶ Potential clients that have been diagnosed as having complex needs, affecting various levels of functioning.

If you do not meet our eligibility criteria, we will ensure you are directed toward a service that can provide the service required.

MENTAL HEALTH CRISIS SUPPORT

Mental Health Crisis Calls that include youth up to age 18 that are demonstrating behaviors, actions, or feelings that could lead them to hurting themselves or others, or are demonstrating symptoms of mental illness can be streamlined through WFS Central Intake:

Call (807) 274-3201

Mental Health Crisis Support is not a 24 hour service but can be accessed from 8:30 a.m. to 4:30 p.m. Monday to Friday.

Referral and consent forms can be accessed on our website:

https://www.weechi.ca/family_counsellors

