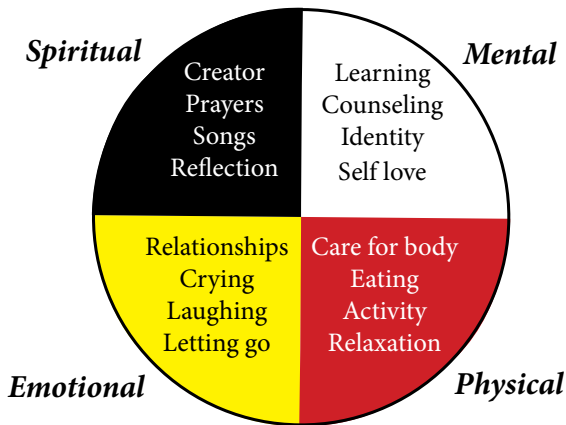


A:yelexw

A 'family' home for Indigenous adults
19 years and up:

- Building on traditional healing and practices
- Building culture
- Building strength
- Building community
- Building success



Access Seabird Island Band community services:

- Mental health counsellors
- Addictions Specialists
- Education and career training through Seabird College
- Fitness and recreation center
- Employment services
- Traditional practices like cedar brushing, drumming, sweats, medicine walks



Funded by Fraser Health

Seabird Island Band

Phone: 604-796-6805

Case Manager: 604-819-1650

Program Manager: 604-997-6749

Fax: 604-796-3729

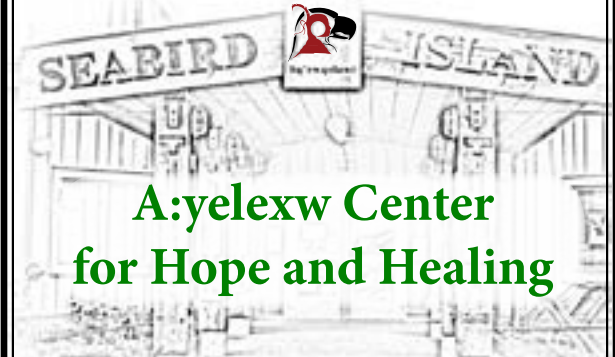
Email: ayelexw@seabirdisland.ca

2895 Chowat Rd. PO Box 650

Agassiz BC V0M 1A0

www.ayelexwseabirdisland.ca

Is substance use running your life?



A:yelexw Center for Hope and Healing

A:yelexw means "in good health"

Do you want to make some changes?

Do you want some supports?

Are you Indigenous and
over 19 years of age?

**We are here,
ready to walk with you**



A:yelexw Centre for Hope and Healing

A Recovery Centre for Indigenous people overcoming addictions

Our commitment:

We do our best to get people in when they are ready

We can provide detox support

We address more than the addictions, to treat the whole person

We provide support in all life areas: mental health, education, family, employment, recreation, job training, drumming circles, sweats and healing walks

We provide hope and healing the “Seabird way”.

Getting in:

Referrals will come through:

- Indigenous mental health and addictions workers
- Your health care provider
- Fraser Health Community Substance Use Services
- Fraser Health Concurrent Disorder Therapists
- National Native Alcohol and Drug Abuse Program

What to expect

Group activities to talk and learn and work through barriers

Household activities like cooking, cleaning, gardening, maintenance

Ongoing daily groups — building success, healthy relationships, managing anger, nutrition etc.

Mental health / employment / recreation / education supports

Back to the land: hiking, traditional medicine walks, edible herbs and plants

