Applying to heal with A:yelexw

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
- Self Referral

Access Seabird Island Band Community Services

- Mental health counsellors
- Addictions specialists
- Detox support
- Education and career training through Seabird College
- Fitness and Recreation Center
- Employment Services
- Traditional practices like cedar brushing, drumming, sweats, medicine walks

A:yelexw Centre for Hope and Healing

A:yelexw means “in good health”

Funded by Fraser Health

Seabird Island Band

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We are ready to walk with you!

10 bed women’s home
13 bed men’s home
A:yelexw Centre for Hope and Healing
A recovery centre for Indigenous people overcoming addictions

Our commitment:
We provide hope and healing the “Seabird way”
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.

Who we are
A ‘family’ home for Indigenous adults
19 years and up:
• Building on traditional healing and practices
• Building culture
• Building strength
• Building community
• Building success
Healing the spirit, mind and body with peace and harmony.

What to expect
Daily group activities to walk you through your journey to healing.
In your home you will be involved in activities like cooking, cleaning, gardening, maintenance.
Building success, healthy relationships, managing emotions, nutrition etc.
Our Indigenous approach focuses on but is not limited to the four directions of holistic healing.
With mental health, employment, recreation and education supports.
Join us as we take you back to the land: hiking, traditional medicine walks, edible herbs and plants.

Creator
Prayers
Songs
Reflection
Care for body
Eating
Activity
Relaxation
Learning
Counseling
Identity
Self love

Spiritual
Mental
Emotional
Physical

We will walk the road to recovery with you!
Supporting your healing journey