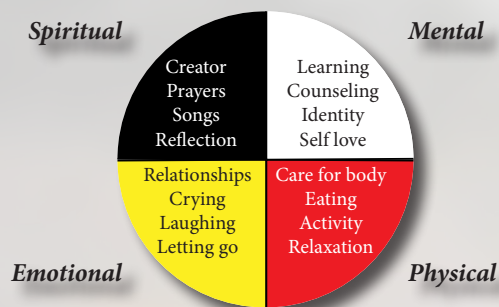


## Applying to heal with A:yelexw

### Referrals through:

- ◇ Counsellors.
- ◇ Indigenous Mental Health and Addictions Workers.
- ◇ Your health care provider.
- ◇ Fraser Health Concurrent Disorder Therapists.
- ◇ National Native Alcohol and Drug Abuse Program.
- ◇ Referring agent such as A & D Counsellor.
- ◇ Social Worker.



### More information and to access referral forms:

[www.seabirdisland.ca/ayelexw-center/](http://www.seabirdisland.ca/ayelexw-center/)

*\*We do not accept couples that want to attend at the same time. There are no exceptions.*

## Access Seabird Island Band Community Services

- ◇ Mental Health Counsellors.
- ◇ Addiction's specialists.
- ◇ Education and career training through Seabird College.
- ◇ Fitness Center.
- ◇ Employment Services.
- ◇ Traditional practices like cedar brushing, medicine walks and swims.
- ◇ Dentists/Dental Clinic.
- ◇ Doctors/Medical Clinic.
- ◇ Maternal Child Health.
- ◇ Diabetes Support.



*Funding for stay provided by  
Fraser Health,*

*First Nations Health Authority, and  
Ministry of Social Development and  
Poverty Reduction*

### Seabird Island

**Men's House:** 604-491-1228

**Women's House:** 604-491-1377

**Fax:** 604-796-1124

**Email:** [ayelexw@seabirdisland.ca](mailto:ayelexw@seabirdisland.ca)

2895 Chowat Rd. PO Box 765  
Agassiz BC V0M 1A0  
[www.seabirdisland.ca](http://www.seabirdisland.ca)

## A:yelexw Centre for Hope and Healing

**A:yelexw means  
"in good health"**

We provide hope and healing the "Seabird way":  
wrap around services, grounded in culture.



Assistance is available in all areas of life:  
mental health, education, family, employment,  
recreation, job training and cultural connections  
(e.g. drumming circles, healing walks and swims).



Provide skills with a holistic approach  
to recover from addiction.



### Getting settled at A:yelexw: *self-directed and individualized recovery*

Each client's recovery plan is different. You and your Case Manager will work together to create a personalized plan.

Process for admissions:

1. Our intake committee reviews your application to ensure our program meets your recovery goals.
2. Applications to **funders** are approved (from either: First Nations Health Authority, Fraser Health or Ministry of Social Development and Poverty Reduction). Please submit applications as soon as possible.
3. Once steps 1 & 2 are approved, you will be added to our waitlist. When a bed becomes available, your referral agent will be contacted.
4. A date will be arranged with your referral agent for an intake date.  
*We require 72 hours detox, minimum, preferably 5 days.*

Please stay in contact with your referral agent to maintain your spot on the wait-list. If you change your mind about coming to our home, please let your agent know so that others can take advantage of the spot.

**NO personal visitors on site.**

## Who we are

We are an indigenous-led recovery resource for adults ages 19 and over:

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

We are NOT detox or treatment.

## What to expect

- ◇ Indigenous approaches focused on the four directions of holistic health.
- ◇ Daily group activities walking you through your healing journey.
- ◇ Cooking, cleaning, and home maintenance to build life skills and opportunities to contribute.
- ◇ Activities to learn about and practice healthy relationships, managing emotions, taking care of your body.
- ◇ Mental health, employment, recreation and educational supports.
- ◇ On the land opportunities such as hiking, medicine walks and plant gathering.

## Recovery Plan

Group activities include morning check-ins, Women's or Men's group, AA/NA meetings (zoom), spirit baths, hikes and other cultural activities.

Individual activities include sessions with Case Managers and Counsellors; 12 Step/White Bison Wellbriety workbooks and targeted work on self, family, education and employment.

## COVID-19 Restrictions

New arrivals may be required participate COVID-19 screening, if symptoms are present.

