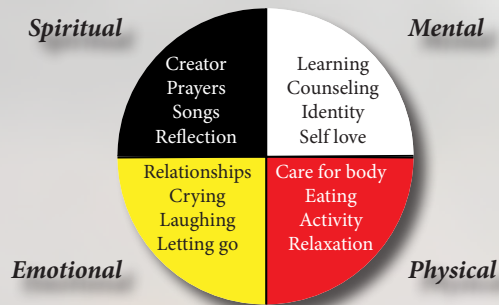


# Applying to heal with A:yelexw

## Referrals can come 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 Mental Health.



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.
- ◇ Employment Services.
- ◇ Traditional practices like cedar brushing, medicine walks and swims.
- ◇ Dentists/Dental Clinic.
- ◇ Doctors/Medical Clinic.
- ◇ Maternal Child Health.
- ◇ Diabetes Support.



Funded by Fraser Health

## Seabird Island

**Supervisor:** 604-845-3087  
**Staff Worker:** 604-795-0455  
**Staff Worker:** 604-819-0975  
**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 and grounded in culture.



You can get help in all life areas: mental health, education, family, employment, recreation, job training and cultural connections (e.g. drumming circles, healing walks and swims).



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



## Getting settled at Ayelxw: self-directed and individualized recovery

Each client's recovery plan is different. Your and your Case Manager will work together to create yours. It will include both individual work and group work.

Your admission happens after:

1. Our intake committee approves that you are a good fit for our services.
2. Your applications to **funders** have been approved (usually Fraser Health and First Nations Health Authority). Please get on these applications as soon as you can.
3. Available space at our home. When a space becomes available, and steps 1 & 2 are completed, your referring agent will receive an approval letter from us.
4. Your referring agent and our intake team will arrange an intake date. Sometimes detox is required before admission. We require 72 hours detox, minimum, preferably 5 days.

Please get your funding request in so that you are ready when a bed becomes available.

Please stay in touch with your referring agent so that you don't lose your spot on the wait-list. Once your admission is accepted, we will only hold your bed for a few days.

If you change your mind about coming to our home, please let your agent know so that others can take advantage of your spot.

## Who we are

We are an indigenous-led recovery resource for adults ages 19 and over. We are NOT detox or treatment:

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

## What to expect

- ◇ Indigenous approaches focused on the four directions of holistic health.
- ◇ Daily group activities to walk you through your journey to healing.
- ◇ Cooking, cleaning, and home maintenance to build life skills and opportunities to contribute.
- ◇ Activities to learn about and practice healthy relationship, 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 Restrictions

You will be screened twice for Covid. Once by your referring agent, just before admission, and once by our staff when you arrive. New arrivals may be subject to Covid testing and/or isolation, depending on the circumstances.

Non-essential outings for client's are restricted. Our staff will facilitate personal shopping for clients, time permitting and depending on provincial restrictions.

NO personal visitors are allowed.

