



Laurel Collins

Central Regional Coordinator for Teechukt Services



Services I can offer to your Family & Community include:

One To One

- Plan & support with Health Leads within community
- Programming (Mental Health workshops and presentations)
- Coordinate & Assist Mental Health and Cultural support
- Coordinate & Assist in individual/group healing sessions
- Provide information sessions as needed
- Support Nuu-chah-nulth Community and NTC events

Groups

- Diverse workshops on Mental Health like intergenerational Trauma and Resilience; Mindfulness and Meditation; Creative Expressions; Awareness and safety of sexual exploitation of youth; Awareness of Violence against women and children; Intercultural Sharing and Learning; Holistic Healing; Introduction to ADHD, Anxiety, Depression, BPD and more 😊
- All workshops creatively catered to the unique needs of each community.

Communities Served

Hesquiaht (Hot Springs Cove)	Ahousaht
Tla-o-qui-aht	Ucluelet
Toquaht (Macoah)	

Contact Information

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Training Experience

- Masters in Indigenous Studies
- Certified Clinical Trauma Professional
- Dialectical Behavioural Therapy
- Expressive Therapy
- ASSIST
- Mental Health First Aide