



Restorative Wellness Project

Culturally and Spiritually Enhanced Wellness...

... Socially Responsible Practice

SOBER LIVING

Paint Nights & Art Therapy
Projects

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Culturally & Spiritually Enhanced Wellness Services...

...Socially Responsible Practice

Restorative Wellness Project

Healing Together Program

Decorate the House Art Therapy Program

 *Culturally-Enhanced Program  Clinically Supervised  Benefit Coverage

Paint Party and Therapy? What's This? Trauma-informed, Inner-work depth-Therapy program (individual canvases provided). Host a Point Night Gathering to Foster Creativity, Community and Well-being

Keep The Work and Bring it Home or leave it for decorating the Sober House (or healing space in community such as Friendship Lelum Youth Shelter, or Hulit Lelum, or Tillicum Lelum) or for the Giftng Our Elders Program

3 Hour PAINT NIGHT House Party! (Adult Community Version)

Price **\$180+** for 2 Facilitators and Supply Fee for Full Group

\$40/ Canvas (Take Home) or **\$25/ Canvas (Leave for the House)**

Sober-Living Versions: Hosted via [One Life Recovery Society](#), [Restorative Counselling](#), Tillicum Lelum, H'ulit Lelum & Tsow Tun Le Lum Society, Haven Society, Nuuchah-nulth Tribal Council (NTC + NETP), Discovery Y&FSUS, Ladysmith Sober House












- Locations offered:
 - Old City Quarter – Wentworth Street
 - Westwood
 - Buddhist Temple (7th Street Nanaimo)
 - South End Nanaimo off 9th
 - 10th Street Group Space
 - Country Setting Yurt off Near Colliery Dam
 - Departure Bay
 - Ladysmith House
 - Cedar Woman House?
 - Snuneymeuxw H'ulit Lelum Group Room (Cedar)

4 Hour PAINT NIGHT Party! (Provider Version)

Open to staff and support staff at: **Sober-Living Versions:** Hosted via [One Life Recovery Society](#), [Restorative Counselling](#), Tillicum Lelum, H'ulit Lelum & Tsow Tun Le Lum Society, Haven Society, Nuuchah-nulth Tribal Council (NTC + NETP), Discovery Y&FSUS, Ladysmith Sober House, Edgewood, all Island Health Staff

Locations offered:

- Old City Quarter – Wentworth Street
- Westwood
- South End off 9th
- 10th Street Group Space
- Country Setting Yurt off Near Colliery Dam
- Departure Bay
- Ladysmith House
- Cedar Woman House?
- H'ulit Lelum Group Room (in Cedar)

-  Trauma-Informed Art Therapy  Process Groups  Sweat Lodge Ceremonies 
-  Empirically Supported Therapy Groups  Yoga/Meditation & Staff Retreats 
- EMDR Trauma Counselling  DBT Skills Training  Clinical Supervision
-  Support The Elders Program 

Restorative Wellness Project

Healing Together Program

8 Hour TEAM PAINT SESSION Group Collaboration/Team-Builder (Tigh na Mara Spa and Resort) – Spirit Revitalization Retreat

For all staff, team, houseguest members. One extra-large canvas, many hands... and yes, through this specialized glazing process the end result is always gorgeous. Each Participant has access to beach yoga session and outdoor meditation sits included in the retreat.

Decorate your group space with an artwork your members can personally relate to. Two Elders invited per retreat.

+ \$1260 Facilitation Fee for entire Party (Up to 10 people)

\$50 / Person Medium Canvas Fee

Elder Honorarium, Clinical Facilitation Fee, Supply Fee and Retreat Mindfulness Activities.

+400 large group fee for up to 16 individuals – Suspended until July for COVID-19 Precautions

What's included?

Your staff, colleagues, residents, roommates family & friends will have access to individual counselling, clinical supervision & group facilitation training including: DBT facilitation training, EMDR therapy, Mindful Self-Compassion & Mindfulness Based Relapse Prevention.

Fees: To be negotiated based on coverage (professional development / extended benefits)

And must cover Elder Honorarium, Clinical Facilitator Fee, Supply Fee + \$40/ Canvas or person

For Organizations and Professionals:

What are we asking in exchange for your participation as a Community Partner?

- Not too much!
 - 1) 20-40 min of consultation through collaboration meetings
 - Via teleconference, meeting or business lunches
 - How many Meetings?
 - 2-3 once every 6 weeks through PHASE 1 of Restorative Wellness Project (April, June & August 2020).

These meetings focus on stakeholder and community input as well as the opportunity to decide which funding options are available or all staff and clients with Community Partnering Agency to remove financial barriers to Restorative Counselling access.
 - 2) Referrals to groups: All partnering agencies “Practice what we promote” by allowing open access to staff for any of the groups or programs requested for clients or students.
 - Participants are likely eligible for either extended benefits or FNHA mental health coverage.
 - Staff Co-facilitation Training / Group Practicum Also Available
 - 3) Moderate sliding scale also available for all community partners, self-refer clients and students of Community Partners.
 - 4) Provide a live link to the [Restorative Wellness Project](#) on your organization website.