

KITSELAS

HEALTH SERVICES



Therese Hagen

Kitselas Wellness Worker

Tel: (250) 635-5084 ext. 226

Work Hours: 8:30am - 4:00pm

**Monday, Wednesday, Thursday and
Friday**

**Call to book your Healing
Touch or Soul-directed Healing
session today.**

HEALING TOUCH

What is Healing Touch?

Healing Touch works on the idea that everything has energy, including our bodies. And when we are mentally, physically, emotionally and spiritually healthy, this energy flows through us. When we are not in a state of health, our energy system gets blocked, bogged down or drained. Healing Touch works with the energy in and around your body to help you return to balance.



What happens in a Healing Touch Session?

You lie down on a massage table (with clothes on), relax and close your eyes. The person doing Healing Touch will place their hands on the parts of your body that are either hurting or need rebalancing. Then they will move their hands off your body to help restore the flow of energy.

Most people find it very peaceful and relaxing.

What can I come to Healing Touch for?

Healing Touch can help to:

- ✓ relieve pain;
- ✓ lower blood pressure;
- ✓ improve sleep;
- ✓ reduce cravings for drugs and tobacco;
- ✓ improve the body's resistance to fight off illness;
- ✓ clear the lingering side effects of medication and drugs;
- ✓ help the body heal faster and recover better from the effects of surgery.

Important Note: Healing Touch is NOT an alternative to medical help. Instead, it can add to help you are already getting from your doctor.



Therese also provides other services to the Kitselas community, including:

- Referrals to drug & alcohol counselling
- Rides to weekly AA meetings
- After-treatment maintenance planning
- Referrals to trauma, grief, loss and relationship counselling
- Emotional support
- Referrals to Indian Residential School Counselling
- Support for accessing mental health information and programs for things such as depression, anxiety, eating disorders, and seasonal affective disorder (SAD).

Call to book your appointment with Therese at (250) 635-5084 ext. 226 or stop by the Gitau Band Office during regular hours on Monday, Wednesday, Thursday or Friday.

Soul-Directed Healing

What is Soul-directed Healing?

Soul-directed healing works with your own belief system – whether religious or cultural, to help you find clarity. It is a practice that helps you heal old emotional hurts and gives you a new perspective on your Earth walk. Through this practice you can heal yourself.



What happens in a Soul-directed Healing session?

This form of healing can be done anywhere and anytime. It can look like a conversation in a comfy chair, or it can be combined with energy work while you lay on a massage table. More than anything else, this practice will help you see the good in your life.

What kinds of things can I go to Soul-directed Healing for?

Soul-directed healing is helpful in all areas of emotional, mental and spiritual life. It can help you: cope better with the ups and downs of daily life; get clear on how to move through a problem; heal an old hurt from your past; give you greater understanding of why you experience certain things in your life; teach you to love and trust yourself; and, give you a greater connection with your spiritual or religious belief system as well as with yourself.

It can help you with the big questions in life like: Why am I here? What should I be doing with my life? Why am I feeling this way? Why can't I get motivated? What should I do next? How do I help my family? And other questions you may have.

