

Melissa Chalmers
Michif Mental Health and Wellness Team Leader
BACYC, MSW (in progress)

Meet Melissa Chalmers!



Melissa is a woman with Scottish, Irish, and Swedish/Danish ancestry who is committed to walking respectfully with Indigenous people. She has education in Western theories of thought and is dedicated to reconciliation and decolonizing therapeutic processes by promoting the sharing of Indigenous knowledges as a critical intervention in the healing of the Indigenous spirit. Melissa holds a Bachelor in Child and Youth Care and is currently studying a Master in Social Work. She is trained in Lisa Shepherd Metis Beadwork, Leah Dorion & Elder Curtis Breaton Cultural Teachings through Metis Art and Storytelling, Andrea Manard - Honouring the Four Sacred Bodies, Norman Fleury's Metis History and Language, Rattle Making, Birch Bark Basket Weaving, and Clinical Supervision, Dialectical Behaviour Therapy, Cognitive Behaviour Therapy, Emotion Focused Family Therapy.

Melissa recognizes the harm that Western psychology practices have done to Indigenous People in the past and that some of those oppressive structures still take place today. Melissa takes every opportunity to learn about Indigenous ways of healing and is an advocate for the recognition of Indigenous knowledges to providing the necessary foundation for restoration and healing from intergenerational trauma. Melissa also plays a key role in the research, development, and implementation of a comprehensive and decolonized response to suicide through life promotion. She is always open to listening and learning how to strengthen practice to provide optimal services that align with Michif values, Indigenous Holistic Theory and two-eyed seeing approaches to healing.

To learn more about Psychology's response to Truth and Reconciliation Commission of Canada and to read the apology from the Association of Canadian Psychology Regulatory Organizations please access the links below.

Association of Canadian Psychology Regulatory Organizations (ACPRO). (2021).

<https://cpbao.ca/wp-content/uploads/ACPRO-Apology-and-Pledge.pdf>

Task Force on Responding to the Truth and Reconciliation Commission of Canada.

(2018). Psychology's response to the Truth and Reconciliation Commission of Canada's report. The Canadian Psychological Association and the Psychology Foundation of Canada.

https://cpa.ca/docs/File/Task_Forces/TRC%20Task%20Force%20Report_FINAL.pdf

Cheryl Easo
Michif Child and Youth Mental Health Counsellor
MACP, CCC (in progress)

Meet Cheryl Easo!



Cheryl brings a Master's in Counselling Psychology and a lifetime of experience supporting people who are survivors of traumatic events. Cheryl is certified in both Trauma Focused Cognitive Behavioral Therapy and Emotion Focused Family Therapy and will tailor her approach to the unique needs of the children she is supporting. She is currently working towards being a certified play therapist. Cheryl draws from Indigenous Holistic Theory and Metis culture to provide trauma informed and culturally sensitive therapeutic intervention. Cheryl strives to ensure that she always maintains a person-centered approach, with the work highlighting the voice of the child. Cheryl's eclectic toolkit and family centered collective identity are some of her biggest strengths.

Cheryl is a Malayali woman from South India who is passionate about learning about Metis history and culture. Cheryl is skilled at weaving Metis teachings into her practice, intentional to balance the two-eyed seeing approach to the work. She has training in Leah Dorion & Elder Curtis Breaton Cultural Teachings through Metis Art and Storytelling, Andrea Manard - Honouring the Four Sacred Bodies, Norman Fleury's Metis History and Language, and Rattle Making with Leah Dorion.

Cheryl genuinely believes we need a village to support and hold us accountable and to help grow into strong and healthy adults. She places emphasis on building *la paraantii* (family and community) for Metis people, ensuring their journey of growth, support, and celebrations sustain long past the counselling relationship.

Jillian Watson
Michif Wellness Counsellor
BA (in progress)

Meet Jillian Watson!



Jillian Watson is a proud Metis woman born on the Metis Homeland and Treaty 4 territory and brings her two-eyed seeing approach to the work through her born identities of being Metis and French on her maternal side and Scottish and English on her paternal side.

Jillian's ambition as a Michif Wellness Counsellor is to inspire Metis people to rekindle their sacred fires. Jillian's culturally informed relational approach holds sacred space for therapeutic working relationships. In sessions, Jillian will integrate the use of land-based teachings, art expression, and western modalities to explore the unique needs of Metis people to address the reason that they sought wellness counselling services.

Jillian has training in Dialectical Behavioral Therapy (DBT) which has inspired her to create a Metis specific DBT skills group that weaves Indigenous knowledges and Western knowledges together to ensure that it is inclusive of Metis experiences of colonization, culturally relevant and culturally responsive method to support behaviour change. Jillian is currently completing a Bachelor in Professional Arts and holds a Social Work Diploma, a Certificate in Counselling Women, training in Emotion-Focused Family Therapy and Cognitive Behaviour Therapy as well as training in Lisa Shepherd Metis Beadwork, Leah Dorion & Elder Curtis Breaton Cultural Teachings through Metis Art and Storytelling, Andrea Manard - Honouring the Four Sacred Bodies, Norman Fleury's Metis History and Language, Rattle Making, Birch Bark Basket Weaving. She carries with her twenty years of invaluable place-based learning and cultural teachings, which collectively inform her therapeutic practice with youth and families.

Luvanda Dagenais
Michif Mental Health and Wellness Counsellor
BSW

Meet Luvanda Dagenais!



Luvanda is a woman with Ukrainian and Norwegian ancestry, who respectfully acknowledges her privilege as a humble settler to the beautiful unceded territory of the Tk'emlups te Secwepemc people.

Luvanda has worked in various counseling roles within the realm of mental health and substance use for nearly 2 decades. She has witnessed the profound impacts of intergenerational trauma, substance use, loss of cultural identity and connection on individuals and family's mental health and wellbeing. Luvanda is passionate about acknowledging these challenges and finding ways of healing to improve mental, physical, spiritual and emotional health and wellness. Luvanda's counselling approach is gentle, empathetic, trauma informed, strength based and person centered. She loves supporting individuals to uncover their inner resilience and discover ways of being that are more in line with their authentic self.

Luvanda is trained in Core Addictions Practice, Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), San'Yas Indigenous Cultural Safety, Emotion Focused Family Therapy (EFFT), Trauma Informed Care and she has Level 2 Reiki Certification. Luvanda has great respect for indigenous ways of knowing and integrates land based healing and cultural traditions into her practice wherever possible. Luvanda is dedicated to bringing the two-eyed seeing approach to her work and believes that healing is possible when a person feels truly seen, heard and connected.

Pearl Madore
Michif Family Wellness Counsellor
RPC, CCPCPR

Meet Pearl Madore!



Pearl is woman of Scottish ancestry who walks in solidarity with Indigenous people and is grateful for all the gifts from the territories she walks. Pearl has a gentle approach and is reflective of people's needs, ability, and values. In addition, She is comfortable using a variety of other therapy approaches that she is trained in, such as, Lisa Shepherd Metis Beadwork, Leah Dorion & Elder Curtis Breaton Cultural Teachings through Metis Art and Storytelling, the Birch Bark Basket Weaving, Rattle Making and Andrea Manard – Honouring the Four Sacred Bodies, Norman Fleury's Metis History and Language, Solution-Focused Therapy, Cognitive Behavioral Therapy, Emotion- Focused Family Therapy and Energy-Based Therapy.

Pearl is a Practitioner of Operant Effectual Counselling, a Life Skills Coach and has Relationship Counselling training. She is a Registered Professional Counselor in good standing with Canadian Professional Counselling Association & Canadian College of Professional Counselling and Psychotherapists Registrant and is a Certified Reiki Master.

Pearl has experience working with Residential School survivors and those who have been impacted by intergenerational trauma. She has a great respect for Indigenous traditions and values and will frequently use smudging, the medicine wheel as well as breathing techniques and meditation for grounding in sessions. Pearl strongly believes in Indigenous Holistic Theory and the importance of balancing the physical, mental, emotional, and spiritual areas of one's life. Pearl is dedicated to creating a safe and trusting therapeutic relationship with anyone who enters through the door. She has genuine concern for people and believes that everyone has the answers within themselves.

Tia Stanely
Michif Child and Youth Mental Health Counsellor
BSW, RSW, MSW (in progress)

Meet Tia Stanley!



Tia is currently studying a Master of Social Work with a clinical counselling focus. She will graduate from the master's program in April 2025. Tia currently has a Bachelor of Social Work and is a Registered Social Worker. Tia has been working at LMO since 2020 in different supportive roles. Tia has training in Lisa Shepherd Metis Beadwork, Leah Dorion & Elder Curtis Breaton Cultural Teachings through Metis Art and Storytelling, Andrea Manard - Honouring the Four Sacred Bodies, Norman Fleury's Metis History and Language, Rattle Making, Birch Bark Basket Weaving and a Certificate in Play Therapy and Emotion Focused Family Therapy training which helps to inform the work that she does.

Tia is of mixed ancestry, with Saulteaux/Anishnaabe, Chinese and settler roots. This allows Tia to work from a two eyed seeing approach with an emphasis on land-based sessions alongside play therapy. She understands the delicate dance of weaving both Indigenous and Western knowledges in her work with Metis people and provides cultural teachings that aid in the management of symptoms that are causing distress.

Tia is passionate about working with young children specifically children who are experiencing symptoms of anxiety, survivors of trauma, and in need of supportive and holistic crisis intervention. Tia is committed to ensuring reconciliation through healing the spirit of the Indigenous child by practicing within an Indigenous Holistic Theory framework.