

Counselling Program

This is a therapy based program. People who receive services from this program will be assigned a counsellor to work throughout the duration of their involvement in this program.

Counselling sessions will be provided primarily out of the office of Kanaweyimik Child & Family services located in Battleford Saskatchewan.



I would like to send a warm welcome to everyone who wishes to attend the program. My goal is to provide an environment that is considerate and comfortable for all.

All My Respect,
Kellie Balicki

Our vision is to empower individuals, families and communities to sustain an environment of safety and well-being.

Executive Director

We support First Nations cultural traditions, practices and ceremonies to build strong children, youth and families.

Kanaweyimik Elders

Counselling Program

Kanaweyimik Child & Family Services Inc.

Box 1270

91-23rd Street West

Battleford, SK S0M 0E0

Phone: (306) 445-3500

Toll Free: 1-888-445-5262

Office Hours:

Monday — Friday

8:30am — 5:00pm



Counselling Program

“Wellness comes through a balance of the mind, body, emotions and spirit. An imbalance in one or more of these human aspects can cause the body to experience distress.”

Robert Lee

Kanaweyimik is an independent, nonpolitical, Child and Family Services agency providing services to five First Nations communities.

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Counselling Program Description

The model used in this program is holistically based, focusing on the mind, body, emotions and spirit. It is a combination of both western therapeutic methods and cultural healing practices.

This model is designed to work with individuals, couples, immediate and extended families.

The process of therapy begins with an initial interview and follows with an assessment of needs. From here we gather detailed personal history information and move to the development of a treatment plan. The treatment plan forms the basis or acts as a guide to help us work through the identified problems. The frequency and length of time in therapy varies from person to person.

Matters and Experiences addressed in Therapy

This program is designed to work effectively with a wide range of problems and experiences. These include (but not limited to) the following:

- sexual abuse
- emotional abuse
- physical abuse
- spiritual abuse
- stress
- suicidal ideation
- trauma and PTSD
- self injury
- depression
- grief and loss
- eating disorders
- OCD—obsessive compulsive disorders
- bipolar disorders
- panic disorders
- social anxiety disorders
- phobias
- self esteem / self image problems
- struggles related from attending residential schools
- the effects of being involved in the residential school compensation process

What you need to know:

All information discussed is strictly confidential.

To attend this program you must be a Band member of Moosomin, Red Pheasant, Saulteaux, Sweetgrass, or Thunderchild.

Referral Process:

1. Contact Kanaweyimik Child & Family Services and meet with a worker.
2. Complete the referral form with a worker.
3. You will then meet the counsellor and move forward with the initial interview.

The Counsellor:

Kellie Balicki is a registered social worker. She was born and raised in Saskatchewan and attended the University of Toronto to complete her Masters in Social Work.