



# Nanâtawiho Kamik (Healing Lodge)

## Healing Lodge Intake Form

Access by link or QR Code:  
<https://forms.office.com/r/x4n19dH6f9>



For questions or further support,  
please contact Ellie Henderson,  
Mental Health Lead at  
[healinglodge@miskanawah.ca](mailto:healinglodge@miskanawah.ca)  
or 403-826-0108.

**What we offer:** Miskanawah's Healing Lodge, *Nanâtawiho Kamik* in nêhiyawêwin, offers culturally grounded mental health and addiction recovery supports for Indigenous people residing in Calgary. Fostering a holistic approach to healing and wellbeing, Nanâtawiho Kamik connects individuals, youth, and families to traditional healing practices as well as western therapeutic supports, as requested. This approach acknowledges the interconnection of wellbeing with community, ceremony, connection to Elders and Mother Earth, with an emphasis on land-based healing and wellness practices.

**How we can help:** In partnership with Miskanawah's existing community networks and the [Tawaw Family Resource Networks](#), Nanâtawiho Kamik is in connection with a wide range of supports, resources, and referral sources within the community. This program creates increased accessibility to culturally-led supports for Indigenous people experiencing mental health and addiction challenges, within both Indigenous and Western systems of care.



Upon completing an intake form, all referrals are streamlined through a single point of access—the Mental Health Lead—who will then triage all support requests to specialized contacts and services within the collaborative. This includes:

- Mental Health and Wellness Counselling
- Addictions Resource Navigation
- Ceremony and Cultural Supports
- Land-based Healing

The above services are intended for anyone who identifies as First Nations, Métis, or Inuit residing in the Calgary area. Individuals, youth, or families are welcome to self-refer by filling out the online intake form (see left column, access by link or QR code), or a support worker may help them in completing the form.

Below is a list of mental health providers connected to the Healing Lodge. All providers work from an Indigenous worldview and have extensive experience serving Indigenous individuals, youth, and families. If there is a specific counsellor you wish to connect with, please include this request in your intake form.

*\*Care providers are listed alphabetically by last name.*

Mental Health Provider	Therapeutic Approach and Background	Notes
<p><b>Samaria Nancy Cardinal</b> Registered Social Worker, MSW</p> 	<p><i>Areas of focus: Trauma and PTSD, addiction, life changes, aging, anxiety, depression, bipolar disorder, borderline personality disorder (BPD), chronic illness and pain, spirituality, and women's issues.</i></p> <p>"Imagine you're on a quest for balance and healing, and I'm here to guide you. I am Samaria Nancy Cardinal, an Indigenous woman of Blackfoot-Métis ancestry with a master's in social work specializing in clinical practice.</p> <p>As a fellow traveler, I draw on Indigenous wisdom, clinical structural theory, and diverse therapeutic modalities. My client-centered approach focuses on your strengths, fosters resilience, and ensures respect and empowerment.</p> <p>What sets me apart is the blend of my Indigenous heritage with professional expertise, offering a unique perspective that honours traditional knowledge alongside contemporary clinical practices. I am here to walk side by side with you, leveraging my education and professional experience to facilitate your personal growth and healing—all within a framework that resonates deeply with your cultural values and beliefs."</p>	<p><b>Location:</b> Samaria offers counselling out of Miskanawah East, West, or at her affiliated practice, Reclaim Your Nature (909 17 Ave SW). Online appointments available.</p> <p>Samaria offers EMDR and Psychedelic-assisted therapy.</p> <p>Couples counselling available.</p>
<p><b>Nicarla Ellis</b> Registered Provisional Psychologist</p> 	<p><i>Areas of focus: Youth and young adults, trauma/PTSD, family conflict, teen violence, self-esteem, anxiety, depression, suicidal thoughts, grief, ADHD, FASD, and coping skills.</i></p> <p>Nicarla is a Registered Provisional Psychologist with a master's degree in counselling psychology (with distinction) and degrees in psychology and criminology. She helps clients discover their purpose through storytelling, allowing them to reconnect with their values, passions, and overcome barriers to a fulfilling life.</p> <p>With nearly 20 years of experience, Nicarla specializes in supporting families and individuals, including children, youth, and adults, facing challenges such as low self-esteem, anxiety, depression, grief, trauma, ADHD, FASD, and emotional dysregulation. She has extensive experience serving Indigenous populations, at-risk youth, and families involved with justice and child welfare systems. As the Executive Director of Affinity Mentorship Foundation, Nicarla has also collaborated closely with Miskanawah throughout her career.</p>	<p><b>Location:</b> Nicarla offers appointments at Miskanawah East, West, and at Flourish Psychological Services, located in Douglasdale, Southeast Calgary.</p> <p>Note: Nicarla does not work with couples or children under the age of 10.</p>

**Lyle Gaskell**

Registered Psychologist



*Areas of focus: Depression, anxiety, trauma and PTSD, addiction, grief, self-harming, substance use, stress, ADHD, obsessive-compulsive disorder (OCD), parenting and family conflict.*

“I treat anxiety and depression, often stemming from trauma in childhood or adulthood. I also work with couples using Emotionally Focused Therapy, an approach based on attachment. My integrative approach focuses on the whole person and their significant relationships, which are crucial for overall health and wellness.

Trauma can impact a person's life years after the event, leading to addiction, depression, or anxiety. I use a body-based approach to address stress and help clients achieve wellness. Everyone faces tough times, and I see pain as a path to growth and just what it means to be human. If you agree, let's have a call to discuss your needs.”

Lyle is from 'Namgis First Nation, Northern Vancouver Island.

**NIHB Provider**

**Location:** Lyle is available to meet for sessions at Miskanawah East or West.

Online sessions available, but in-person sessions are preferred.

Couples and family counselling available.

**Joanna Gladue**

Counsellor



*Areas of Focus: Intergenerational Trauma, childhood trauma, family violence, anxiety, depression, eating disorders, survivors of sexual exploitation and violence.*

Joanna Gladue, a proud Nehiyaw Iskwew, Cree woman from the Treaty 8 Bigstone Cree Nation, embodies a deep connection to her Indigenous roots. Although Joanna's familial connections are in Northern Alberta, she has been residing in Edmonton, Amiskwacîwâskahikan, for most of her life. Joanna works from a two-eyed seeing approach, integrating western modalities, including EMDR, somatic healing, solution-focused therapy, with Indigenous spirituality and traditions.

Joanna's agency, Mamisewin Counselling & Consulting Service takes a collaborative approach to healing; clients are empowered to explore their inner strengths and identities, guided on principles of the holistic medicine wheel. Joanna uses a culturally sensitive trauma-informed lens and has experience supporting a variety of individuals from all ages, providing inclusive, non-judgmental therapy. Joanna strives to achieve a strong foundation and relationship with each client, ensuring that she walks alongside each person's journey of healing.

**Sessions are offered online only.**

Location: Joanna resides in Edmonton. There is the possibility for occasional sessions at Miskanawah while she is visiting Calgary.

Joanna works with children ages 8+, youth, and adults.

**Mackenzie Kuzyk**

Registered Social Worker, MSW



*Areas of Focus: Indigenous counselling, trauma (including intergenerational, racism, impacts of heteronormativity/cisnormativity), 2SLGBTQ+ affirming/identity exploration, cultural identity exploration.*

“I am a Two Spirit and Indigiqueer human who resides in Moh’kins’tsis (Calgary, Alberta). I come from mixed ancestry and am French, Irish, and Mi’kmaq. My Nation is in the south of Newfoundland at the mouth of the Conne River and is called Miawpukek First Nation. I am a white-presenting Indigenous person which has allocated me privilege in my life and has shaped my experiences.

My counselling approach incorporates Indigenous ways of knowing and I work from a holistic approach which includes consideration of our physical, mental, emotional, and spiritual parts of wellness. I work from a strength-based, trauma-informed, client-centered and non-judgmental lens. I am able to complete hormone readiness assessments for adults as well.

As a queer Indigenous person, I value relationality immensely and believe great healing can be done when in relationship. This work is reciprocal.”

**Sessions are primarily offered online.**

**Location:** Mackenzie primarily offers **online counselling**, or at Miskanawah’s West office upon request.

**Geri Paul**

Registered Psychologist



*Areas of focus: Indigenous culture and wellbeing, intergenerational trauma, PTSD, addiction, grief and loss, relationship and family conflict, ongoing impacts of racism and oppression.*

Geraldine (Geri) Paul (Ootskwi Papoom Akii), of Inuit and Mi’kmaq descent, grew up in a traditional hunting and fishing community in Labrador, Canada. She is a Registered Psychologist working exclusively with Indigenous people, with extensive experience in private practice and Native agencies. Geri holds a Master of Science and a Bachelor of Arts (Honours) from the University of Calgary and is the author of “You are a Lovable Native Kid Healing What Hurts Inside: A Guide for Adults to Read with Native Children.”

Inspired by her experiences with racism and oppression, Geri is dedicated to helping Native people. She lives near the Standoff reserve in Alberta with her husband and spends time on the Blackfeet reservation in Montana. She has three daughters and a grandson and remains active in Native culture and ceremonies.

**NIHB Provider**

**Location:** Sessions are offered at Miskanawah East on Thursdays and Fridays, or out of her private practice in Midnapore, Calgary.



**David Reize**  
Counsellor



*Areas of focus: Nature-based counselling, trauma, spirituality, mindfulness, connection, natural healing, life transitions and change.*

“Oki, tansi, warm greetings—my name is David Reize. I have deep roots in Mohkinstsis, where I grew up between the mountains and plains along the Bow and Elbow Rivers. Son of a Swiss immigrant and Eastern Canadian settler ancestry, I've cultivated meaningful relationships with Cree and Blackfoot Elders, drawing strength from their teachings and ceremonies.

Connecting with this land has been transformative in my personal journey and professional practice as a certified psychotherapist. I offer holistic, nature-based counselling therapy in the Calgary area, blending outdoor experiential sessions with web-based formats. My approach integrates mindfulness, trauma-informed care, and narrative therapy, rooted in the natural healing processes we all possess. With a graduate degree in Psychotherapy and Spirituality, I respect diverse spiritual perspectives as sources of healing and change, informed by my research in experiential nature therapies.”

**Location:** David can offer in-person sessions at Miskanawah East or West. Online sessions available.

Preference for sessions to occur on the land.

**Tishina Shannacappo**  
Registered Provisional Psychologist



*Areas of focus: Anxiety, depression, psychoeducational assessments, ADHD, autism, behavioural issues, coping skills, racial identity, 2SLGBTQ+, school issues, peer relationships, life transitions, and self-esteem.*

“Tansi! Boozhoo! I am an urban Anishinaabe-kwe from Winnipeg, Manitoba, and I moved to Calgary in October 2023 for additional clinical training. My father is from Rolling River First Nation, and my late mom was from Camperville, Manitoba. My Knowledge Keeper and mentor is Dr. Margaret Scott, PhD (Dakota and Ojibwe).

I am a Registered Provisional Psychologist and owner of Heart Berry Psychology, part of the Riverwest Therapy Collective. Under supervision, I provide therapeutic support and psychoeducational assessments for children (10+), adolescents, and adults. Previously, I was a school psychologist for eight First Nation communities in Manitoba and a youth support worker for Indigenous children in care.

My approach is strength-based and person-centred, with training in various therapy modalities including acceptance and commitment, cognitive behavioural, emotionally focused, existential, narrative, trauma-focused, and systemic therapy.”

**Location:** Tishina is available to offer counselling at her associated practice, Riverwest Therapy Collective located in Downtown Calgary.

\*Some of Tishina’s services may be covered under Jordan’s Principle for Indigenous children and youth under 18.

**Kristel Slawik**

Registered Social Worker, MSW



*Areas of focus: Addiction, anxiety, depression, relationships, self-esteem, identity, grief and loss, anger, shame, suicidal thoughts, and trauma.*

“The way I support and work with clients is rooted in a holistic framework of health and wellbeing. A member of Big River First Nation, I am a Registered Social Worker and person in long-term recovery from my own addictions and mental health concerns. These aspects have greatly influenced my integrative approach. I believe in overall wellness within physical, emotional, mental, and spiritual levels and that healing is relational.

As a helper, I carry good medicines of listening, witnessing, grounding and empathy. I work with where you're at from a client-centered, empowering and compassion focused approach.

I have years of experience working with addiction and mental health from a bio-psycho-social-spiritual lens. I have a clinical master's degree in social work paralleled with Indigenous focused perspectives. It would be my honour to support you on your journey towards building greater awareness, exploration of feelings, boundaries, and healthy relationships.”

**Location:** Kristel is available to offer counselling at Miskanawah East or West; or out of her practice in Fairmont, Southeast Calgary.

Kristel works with adults only.

**Indigenous Psychological Services**

Calgary Team



**\*\*View full provider details [here](#).\*\***

Based in Edmonton, Indigenous Psychological Services (IPS) offers counselling supports and resources that are cultural and trauma-informed, reflecting the needs of Indigenous people. There are three counsellors available to meet with individuals, youth, and families in Calgary:

- **Priscilla Akhigbe** (near Chinook Centre): Priscilla is a Registered Clinical Social Worker with extensive experience in domestic violence, homelessness, and mental health, focusing on children, adolescents, and families. For the past ten years, she has been a family counsellor on a child and adolescent addiction and mental health inpatient unit with Alberta Health Services.
- **Alexis Haws** (Downtown Calgary): Alexis, a Euro-Canadian born in Alberta near Siksika Nation, is an ally of the Indigenous community. Her roles at Distress Centre Calgary, Calgary Women's Emergency Shelter, and John Howard halfway homes deepened her understanding of Indigenous inequities. As a Registered Psychologist, she supports Indigenous clients healing from trauma and works with those experiencing bipolar disorder, borderline personality disorder, PTSD/CPTSD, and ADHD.
- **Angela Hick** (near North Hill Mall): Angela, a Euro-Canadian born in Ontario living in Alberta for over 20 years, is a therapist with over a decade of experience supporting diverse clients, including Indigenous, non-Indigenous, and 2SLGBTQIA+ communities. She provides individual, family, couple, and group therapy for ages 10 and up, specializing in family therapy, trauma, loss, depression, anxiety, and more.

**NIHB, IRS-RHSP, MMIWG, and IDS Providers x3**

**Locations available:** Near Chinook Mall, Downtown Calgary, and North Hill Mall.

In-person and online appointments available.

### Kindred: Rapid Access Counselling

**Christine Gilman**  
Counsellor



*Rapid Access Counselling is all about having the right conversation at the right time. The single session counselling program supports individuals, couples, and families with a 75-minute counselling appointment. Whether a current crisis, or an ongoing challenge, support is available through our goal-based and solution-focused approach to counselling. While the model is “single session” clients are welcome to book with us anytime they need support. Counselling is free of charge for those under 18 or caregivers/families with children under 18 through the Family Resource Networks (FRN).*

Christine has been working in helping professions for the last decade. She is passionate about walking alongside clients in their healing journey. In sessions, Christine takes a holistic approach as no client or presenting concern is the same. Counselling is person-centered, trauma-informed, and a safe place to open up and explore what is going on.

**Location:** Christine can offer in-person sessions at Miskanawah East or West. Online sessions available.

### Waitlist

**Kalli Eagle Speaker**  
Registered Provisional Psychologist



*Areas of focus: Self-esteem/self-worth, anxiety, depression, grief, trauma, ADHD, emotional dysregulation, anger, and shame.*



“Ok! Hello! My name is Kalli Eagle Speaker and I am Blackfoot (Blood) from the Blood Tribe/Kainai Nation. I am a Registered Provisional Psychologist with the College of Alberta Psychologists. For my western education, I received my master’s degree in counselling psychology and a bachelor’s degree in psychology and Indigenous studies. Traditionally, I have also received a lifetime's worth of traditional knowledge, teaching, and experiences through my elders, teachers, and within my community, where I proudly continue to learn and respect our teachings and integrate them within my counselling practices. The integration of our ways of knowing, being, and healing is an important part of my work within psychology.

My counselling works and practices integrate holistic approaches and psychological practices that center around the client's healing journey that include traditional approaches. Further, my approach is person-centered therapy, I believe that we are people who come from generational storytellers and that it is important to root that within the counselling relationship.”

**Location:** Kalli is available to offer counselling in Southwest Calgary (Tsuut'ina/Alpine Park area).

Sessions are offered in her office, on the land, or virtually (phone or video call).



<p><b>Randi Sager</b> Registered Psychologist</p> 	<p><i>Areas of focus: Indigenous counselling, residential and day school survivors, spirituality, cultural identity, boundaries, trauma, ADHD, coping strategies, intergenerational trauma, grief, relationship and peer issues, anxiety, depression, and substance and alcohol use.</i></p> <p>“My name is Randi Sager; I am First Nations (Dakota/Saulteaux/Nêhiyaw/Métis) and German and Scottish from Okotoks, Alberta. I belong to the Muscowpetung Saulteaux Nation Reserve in Fort Qu’Appelle, Saskatchewan. I am a Registered Psychologist who works from an Indigenous perspective and have worked with diverse clients since 2017. I work from a holistic approach that integrates Indigenous ways of being, knowing, and psychology. I provide clients a safe place to explore their journey and inner knowledge.</p> <p>I received my master’s in counselling psychology from the City University of Seattle and my traditional education from Elders, Knowledge Holders, and Community Members. I am certified in Indigenous Focused Oriented Therapy (IFOT) and completed the Indigenous Tools for Living training. I have also completed training in healing trauma in Indigenous people, decolonizing and Indigenizing psychological practices with Indigenous peoples, and intergenerational training.”</p>	<p><b>NIHB, IRS-RHSP, MMIWG, and IDS Provider</b></p> <p><b>Location:</b> Counselling sessions are offered <b>online only</b>.</p> <p>Note: Randi works with adults only.</p>
<p><b>Ursula de Vries</b> Registered Psychologist</p> 	<p><i>Areas of focus: Trauma/PTSD, relationship and family conflict, childhood abuse, separation/divorce, blended families, sexuality and gender identity, fertility and pregnancy, work stress, life transitions, depression, anxiety, phobias, addiction, terminal illness, and grief.</i></p> <p>“I help people who feel bad about themselves due to anger, sadness, anxiety, or overwhelm, which interferes with their happiness. In therapy, we clear limiting beliefs tied to disturbing life events, often using EMDR. Clients learn why they react certain ways, and after a few sessions, they feel relief as past traumas no longer bother them. They handle situations better and feel more content with their lives.</p> <p>Beyond my work, I have 5 kids, the youngest being identical triplets and boy-o-boy, my home is noisy! I have 2 dachshunds named after Santa’s reindeer. What brings me a sense of ease is canoe camping, listening to the drip of the water from the end of the paddle as we propel ourselves along the river, connecting to my Métis ancestors.”</p>	<p><b>NIHB, IRS-RHSP, MMIWG, and IDS Provider</b></p> <p><b>Location:</b> Sessions are offered at Reclaim Your Nature Psychotherapy Inc. located at 909 17 Ave SW, Calgary. Online appointments available.</p>