

First Health Solutions

Professional Support for Health Organizations

Counsellors Available!

Trauma, Stress, Anxiety, Relationships
In-person, and Virtual Appointments.



Neil Burrows, RSW has been working with indigenous groups across Canada since 1990, providing professional training, critical incident debriefing, trauma counselling and program consultation.

Much of Neil's work centres on Lateral Violence and working with groups to overcome the colonial impacts on their workplace health.

Neil completed his studies at Lakehead University (ON) and the University of Victoria (BC) and currently resides in Williams Lake, BC. He will be providing services in-person, and virtually.

Carolyn Charleyboy, M.Ed., RCC



A member of the Tsilhqot'in Nation (T-sidedel / Redstone) with 6 years of post-graduate counselling experience, Carolyn will be available for Zoom / Phone sessions. Carolyn is trained and certified in Indigenous Focusing Oriented Therapy (IFOT), as well as Cognitive Behavioural Therapy (CBT) and Equine-Assisted Learning (EAL), she is available to work with youth and adults. Carolyn completed her education at the University of British Columbia (UBC), as well as the University of Northern British Columbia (UNBC), and currently resides in Williams Lake, BC.

In-Person Appointments will be once per month at:

Virtual Appointments can be booked throughout the month on Phone / Zoom.

Call / Text (250) 615-6863 to book directly, or get assistance through your health Department.