COLLEGE OF PHYSICIANS AND SURGEONS OF BRITISH COLUMBIA

SUPPORT PROGRAMS

T 604-733-7758
TF 1-800-461-3008
F 604-733-3503

300–669 Howe Street
Vancouver BC V6C 0B4
Canada

cpsbc.ca

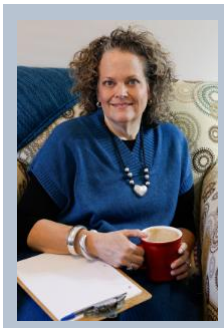
Support Workers

Support workers are experienced and qualified workers who support individuals through the complaints process. Support workers are not care providers and do not provide medical advice or treatment. They are trained in working with individuals who have experienced sexual abuse, sexual misconduct, or discrimination.

If you have not yet applied for the support programs, see the CPSBC website.

If your eligibility for the support programs and funding is confirmed, you can select a support worker from this list. Email supportprograms@cpsbc.ca to obtain the selected support worker's contact information.

Individual support workers



Marian Anderberg

Marian is a Registered Social Worker located in Kamloops. She has worked in the social service field since 1995. She holds a Masters in Social Work from the University of British Columbia (2006). She has worked in government and non-profit settings and currently operates a private practice. She is committed to supporting individuals with a focus on dignity and self-determination. Marian speaks English. She is a trauma specialist and as a social worker has expertise in navigating complex systems.

Krista Varsakis

Krista Varsakis (she/her) is a Registered Social Worker whose practice focuses on supporting neurodivergent adults, people with disabilities, and individuals with lived experience of trauma. She holds a BA Honours from the University of Toronto and a Bachelor of Social Work from UNBC, focusing on rural, remote, and Northern practice. Krista currently works in private practice and brings previous experience from hospital and outpatient settings with Fraser Health Authority. She is passionate about helping people to understand their rights, access services, and navigate complex systems while creating a safe and supportive space where clients feel heard and understood. Her preferred working language is English.

Tsow-Tun Le Lum Society support workers

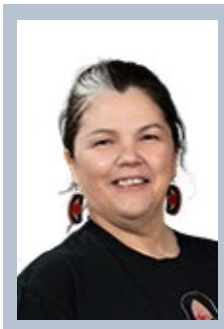
Tsow-Tun Le Lum Society is an Indigenous-led healing organization founded through the vision and partnership of three Indigenous families representing the Nuu-chah-nulth, Kwakwaka'wakw, and Coast Salish Nations. Since 1988, Tsow-Tun Le Lum has walked alongside relatives (clients), families, and communities, believing that healing through culture, connection, and community creates lasting wellness. At the heart of our work is the belief that every person already carries within themselves the strength, wisdom, and gifts needed to heal—we are honoured to help relatives rediscover those strengths and use them on their healing journey. We offer a culturally safe, welcoming environment where Indigenous knowledge, ceremony, and professional therapeutic practices come together to support the whole person.

Our live-in programs include Thuy-Na-Mut, supporting healing from substance use; Kwunatsustul, an intensive trauma healing program; Tiicsumc, a stabilization program that prepares relatives for their healing journey; and Nakalkala, an eight-week virtual aftercare program that continues to support relatives following completion of Thuy-Na-Mut.

Beyond our residential programs, Tsow-Tun Le Lum's Resolution Health Support Worker (RHSW) Program and Cultural Support Team extend healing into communities across Vancouver Island, and beyond. Our Cultural Support Team travels to communities, organizations, hospitals, and gatherings to provide ceremony, cultural teachings, spiritual support, crisis response, healing circles, grief and loss workshops, etc.

Through holistic care that nurtures emotional, mental, physical, and spiritual well-being, Tsow-Tun Le Lum empowers relatives to reconnect with themselves, their culture, their communities, and their path toward lifelong wellness and hope.

Please call 1-888-403-3123 and state you are calling for the CPSBC support programs, to begin working with a Tsow-Tun Le Lum Society support worker.



Nola Jeffrey

As a woman of Tsimshian and Coast Salish ancestry, Nola brings an Indigenous voice and perspective to her work and day-to-day life. Nola has worked for Tsow-Tun Le Lum Helping House since 2000; and has held the position of Executive Director since 2015. Her strong leadership and team building skills are utilized as she fosters a common vision with her team of over 40 employees. Nola holds a Bachelor of Arts in First Nations Studies from Malaspina University College and has extensive training and certifications in various fields.

Culture and ceremony are an integral part of Nola's daily life. She believes in working within the framework of Indigenous holistic and traditional ceremonies and perspectives of health and wellness, and is deeply committed to supporting people in their healing journey. Nola was part of the provincial and national Truth & Reconciliation procedures and events, continues to culturally support communities around BC, and is often invited to speak at national events regarding Indigenous topics.

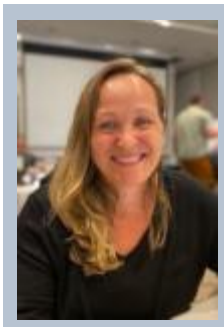
Nola cares deeply about all living things and the environment we share with them. She is a mother of four, and a Gigi to 5 beautiful grandchildren.

Bernadine Mawson

My traditional name is Quintaqwiye and my english name is Bernadine Mawson. I am Coast Salish and a proud member of Tsawout First Nation which is located in the Wsanec Territory. My father was Victor Underwood of Tsawout and my mother was Ethel (Williams) Underwood of Pauquchin. I am a mother and grandmother and was raised following the teachings and beliefs of my grandparents and parents. Reading and beading are a couple of my favorite things to do in my free time.

I am retired addictions counsellor but have worked with Tsow-Tun Le Lum Society as a Cultural Support Worker for over 15 years. The cultural work that I offer are:

- Cedar Brushings
- Eagle Fan
- Reiki (upon request)
- Washing of Tears
- Counselling:
  - Trauma/Suicide
  - Sexual Abuse
  - Alcohol and Drugs
- Traditional Teaching



Anneli Twan

My name given by my mother and father is Anneli Twan, and I am a member of Esdilagh First Nation which is near what is now known as Alexandria, BC, in between Williams Lake and Quesnel. My late father was Lyle Jack Twan, he was born in Quesnel, BC and was a member of the Esdilagh First Nation. My late mother, Wanja Twan came to Canada from Sweden in 1954, and lived in the Okanagan where my parents met in 1967. I also carry a Coast Salish traditional name and a Cree name.

The teachings I bring to the Cultural Support Team are over 40 years of Reiki hands on healing, which I learned from the woman who brought Reiki from Japan to the western world, who my mother met in 1978. With the years of practise of Reiki comes the gift of knowing and I use this in my work with people. I am also a trained Family Counselor and a Pipe Carrier. I have been working with my people doing cultural support and awareness for the last 20 years with my husband Don Beacham, who is Cree from Northern Manitoba.

Lisa Watts

Naas ʔii cu wak, Nah dux git, Lisa Watts

Lisa is an Indigenous woman from Tseshaht and of Gitxsan heritage. She is, above all, a mother, daughter, sister, grandmother, and friend—roles that deeply ground and guide her work and relationships.

With over 30 years of experience in the human services field, Lisa brings a wealth of knowledge, compassion, and lived experience to those she supports.

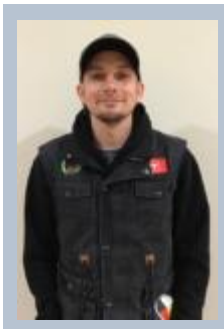
She strongly believes that every person already holds within themselves the strengths and wisdom needed to navigate life's challenges. Her role is to help people recognize and reconnect with those inner resources.

Lisa has a natural ability to connect with others through both conversation and presence. She creates a safe and welcoming space where people feel seen, heard, and supported. One of her greatest passions is witnessing individuals succeed in their learning journeys and personal growth.

Her journey as a speaker began humbly as a bingo caller, where she first found her voice in front of a crowd. Since then, she has grown into a confident and engaging facilitator.

Recently, Lisa became a certified Laughter Yoga Instructor, adding joy, playfulness, and healing into her work. She also works with cedar, offering brushing sessions rooted in cultural practice for cleansing and support. In addition, Lisa provides one-on-one support for individuals who may be struggling, helping them uplift themselves in a good and meaningful way.

Lisa's approach is grounded in connection, culture, and care—meeting people where they are and walking alongside them as they move toward healing and wellness.



Cory Rasmussen

Hello, My English name is Cory Rasmussen. My traditional name is Wiisagi-ma'iingan Waawiyeyaag Akeyaa, which means Coyote Far From Home.

I am Chippewas of Rama First Nation, living in Snuneymuxw territory.

I was born in Snuneymuxw Territory, I call the island (and the ocean) home. I bring a combination of Ojibwe teachings and protocols passed down by blood, local Coast Salish teachings where I grew up and currently reside and Tsimshian teachings from mentors.

I do addiction and trauma counselling, smudge, burning medicines, fan brushings, letting go ceremony.