



Brief Support at Burnaby Pride

Why

The practice of Brief Support started at Burnaby Pride, after an anti-trans protestor showed up at our event in 2022. Although we were prepared for this individual, and dealt with them effectively. A number of attendees attempted to engage with him. Much later on another attendee who had witnessed the event was talking to a Burnaby Pride organizer and shared that they were still feeling quite shaken and distressed. Although we hope that a pride event is a joyful experience, we know that it can be impactful as well. As part of our accessibility and safety practices/we want to ensure that all attendees are able to access support if something comes up that triggers, floods or otherwise overwhelms them if they encounter protestors or anything else unexpected that they might experience at Burnaby Pride.

How it works

Individuals interested in Brief Support can visit Prospect Counselling located at **Booth #13**, and connect with a counsellor. Counsellors will not be unable to provide therapy or counselling, but have the expertise and capacity to offer 1-1 confidential, empathic support in the moment regarding whatever the individual would like to share.

Prospect Counselling + Training

is a Queer, POC-led counselling practice dedicated to providing accessible and exceptional counselling to SDQTBIPOC+ communities. As part of making counselling more accessible, we have a sliding scale for counselling services - \$25-80 + GST per 50 min session with our intern counsellors. Proceeds from services provided support further training, thereby enhancing the services you receive, while funding projects for collective healing within the community. For more information, please visit ProspectCounselling.ca



Larissa

Hi, my name is Larissa and introducing myself as counsellor feels strange.

Introducing some of my identities and cultures seems like a common starting point, so I'll begin there. I am queer. I am a cis-female. And I come from a mixed family. My mom's family are settlers from Europe, and my dad's family, are Indigenous from Skowkale First Nation, and I am somewhere in-between (=

Beyond these identities, some others that are important to me are that I am a cat momma (we have two kittens, Winnie and Waffles that bring me so much joy). I love being outdoors, sometimes that means hanging out in the woods, sometimes going for a walk by the water and sometimes just sitting on our patio. I also enjoy watching the Edmonton Oilers play (though I am definitely not a hockey expert lol).

Thinking about my identity as a counsellor, it definitely stems from my personal values. One that is important to me is authenticity, with that, I commit to bringing my authentic self into sessions. Another that's important to me is being present in the moment, with this, I like to incorporate meditation and mindfulness into sessions (though this is always an option and never a requirement). In general, I tend to look at counselling as a conversation. A conversation where folks share what they feel comfortable with. Sometimes that means coming to session with a specific problem or difficulty and sometimes that looks like exploring what comes up that day. Overall, my aim as a counsellor is to support folks and help them navigate their experiences, including any barriers, struggles, and/or achievements.



Janine

Janine Binanitan (she/her) is a first-generation immigrant from the Philippines, a woman of colour and a settler on the traditional, ancestral, and unceded territories of the Katzie, Kwantlen, Semiahoo, Kwikwetlem, Qayqayt, and Tsawwassen Nations. As an able-bodied, cis, and middle-class woman, Janine acknowledges the points of privileges and oppression attached and experienced within the intersections of her identities and social locations that inform and shape her practice.

Janine is drawn into taking her master's degree in counselling after working in education and settlement sector for over five years. Meeting and working with incredible individuals with diverse lived experiences from across the globe inspired Janine to continuously find ways to fill the gaps within the systems and make space for the voices that are often marginalized. She is passionate about community building and strengthening individuals' capacities for growth. Janine sees the need for an equitable and inclusive practice that not only acknowledges but celebrates the lived experiences of many beautiful people who now call so-called Canada as their home.

Janine centers her counselling practice in kindness, joy, and humanizing the therapeutic space. She sees opportunities working with folks as a privilege and like herself, she acknowledges that life and experiences that come with it are a continuous process of being and becoming and it is worthy of holding a safe and courageous space to explore.