

SERVICES

We provide psychotherapy, assessment, consultation, trauma response, and educational services.

RESOURCES:

Clinical psychologists, psychotherapists, psychometrists; family, child and youth clinicians; couple, individual and marriage clinicians; addiction counsellors;

WHEN SHOULD I CALL?

Personal, family, workplace planning and life issues are integral parts of our lives as we move through the 21st Century. Our resources offer counselling, consultation and education to foster understanding, growth, and resolution of issues of the heart, the home, and the workplace.

OFFICE HOURS

Monday to Friday 9:00 a.m. – 7:00 p.m.

If you wish to call outside of these hours, please leave a message or email. We will contact you as soon as possible.

Appointments are available on a flexible schedule, including Saturday and Sunday, as arranged between you and your clinician.

PSYCHOTHERAPY

- individual, couple and family counselling
- child and youth counselling
- child development counselling
- aging family members
- anger management
- sexual assault trauma
- trauma/critical incident response
- post traumatic stress disorder

- work-related issues
- stress and anxiety management

- alcohol/drug/gambling assessments and counselling
- addiction-related trauma
- relapse prevention
- youth and addictions

- parenting plans
- blended family issues and concerns
- custody and access assessments
- coping with divorce and separation
- conflict resolution

FACILITATES THE FOLLOWING

- psychological and vocational assessments
- psychological diagnostics
- learning and education assessments

THE COST FACTOR

- If your place of work has an **EFAP** (Employee / Family Assistance Program), there is **no cost** to you or your family.
- If your organization does not have an EFAP, please call and inquire about our cost. Our Intake will be pleased to assist you.
- We honour other EAP's such as Health Canada, Ceridian, Aspiria, and insurance companies that provide psychological services. All calls are welcomed and will remain confidential.

WHAT TO EXPECT WHEN I CALL

When you call, you will be asked for some basic information. Based on the information you provide, an appointment with a professional counsellor will be scheduled for you.

PROFESSIONAL RESOURCES

All professional resource persons have post-graduate degrees and/or specialized training in their field of expertise. Please feel free to inquire about the education, expertise and experience of the professionals.

CONFIDENTIALITY

We understand and are sensitive to your right to privacy and confidentiality. To ensure *your* right to confidential services, information cannot be given or shared with anyone **without your informed, voluntary, and written consent**. Please feel free to discuss our confidentiality process and procedures with your clinician.

We have a legal and professional obligation to report to the appropriate authorities only in cases where individuals are at risk to themselves or others (e.g. where there is a suspicion of child abuse, or as required by law).

EVALUATION

Your experience of our services and suggestions you may have for further constructive development of our services are important to us. All services are evaluated regularly to ensure the highest quality of professional services.

Resources to foster personal, family, corporate and community development.

WORKSHOPS AND SEMINARS

- Understanding and Managing Stress
- Coping in a Changing Environment
- Team Building
- Conflict Resolution
- Balancing Our Lives
- Wellness in the Workplace
- Boundary Issues
- Limits of Confidentiality

- Youth and Addictions: Drugs and Alcohol
- Addictions in the Workplace
- Relapse Prevention

- Survivors of incest, sexual abuse
- Post Traumatic Stress Disorder
- Intergenerational Trauma

- Coping with Separation and Divorce: Adults, Children and Youth
- Single Parenting: Children, Teens
- Custody and Access Assessments
- Blending Families
- Co-parenting

- Ages and Stages: Child Development
- Positive Discipline
- Development of Attachment: Parent/Child

- Understanding and Managing Anger
- Effective Communication
- Trauma Response



PSYCHOTHERAPY
ASSESSMENT &
EDUCATIONAL SERVICES

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