

Your Journey to Healing



Feeling anxious, stressed, or stuck in life?

Talk with a registered social worker and psychotherapist about anxiety, depression, stress, trauma, grief, addictions, relationships, or other life challenges.



Flexible virtual counselling

One-to-one sessions by secure video or phone from home, a health centre, or another private space. Flexible times including evenings and weekends.



NIHB coverage for Indigenous clients

If you are First Nations or Inuit, counselling may be covered through the NIHB Program.



Build skills and resilience

Learn coping strategies, manage emotions, improve relationships, and navigate life changes. Support is tailored to your goals and experiences.



Easy to get started

Scan the QR code to schedule your first session, or ask a nurse, primary care provider, probation officer, or another trusted worker to help you connect.

