**Our Community Resources**

June 2019

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**Introduction**

The biopsychosocial (BPS) perspective is an all-encompassing approach to health which considers how the interaction between biological, psychological and sociological factors contribute to one’s overall health and wellness. This unified scientific framework is a holistic approach to mental health which places an emphasis on prevention and health promotion.

The following booklet will serve as an essential reference to the BPS resources in the communities we will serve.

Child 🡪 Adolescent 🡪 Adult 🡪 Senior



Topics include:

* ADHD
* Anxiety Disorders/Stress Management
* Bullying, Self-harm, Suicide Prevention
* Mood Disorders (Depression, Post-partum depression, Bi-Polar disorder)
* Substance abuse/addiction
* Dementia/Alzheimer’s



**West Kelowna, British Colombia**

By: Christina Fenske

The following is a variety of resources available in the City of West Kelowna, British Columbia. West Kelowna according to our cities’ website <https://www.westkelownacity.ca/en/our-community/about-west-kelowna.aspx> has an estimated population of 34, 883 (BC Stats, 2018) residents. It is considered the fourth largest city by population in the Okanagan and continues to increase in population according to Stats Canada, (2018).

It’s a beautiful city to live in that serves more than 52,000 people (BC Stats, 218), with an array of activities to do, providing arenas, an indoor pool, parks and recreations programs to its inclusive community with a small-town feel. Come visit West Kelowna today!

**ADHD**

**HealthLink BC**

HealthLink BC is a provincial health line for residents of BC to contact via phone or web 24 hours a day, 7 days a week, and will help callers to make wise health decisions or act to improve their health.

**Referral:** No

**Fee:** None

**Master’s Level Practicum**: No

*Contact information:*

Call [**8-1-1**](tel:8-1-1) toll-free in B.C., or for the deaf and hard of hearing, call [**7-1-1**](tel:7-1-1).

You can speak with a health service navigator, who can also connect you with a nurse, nutritionist

Phone: 811

Website: <https://www.healthlinkbc.ca/health-topics/hw166083#hw166083-HealthTools>

**CMHA (Canadian Mental Health Association) – Confident Parents: Thriving Kids**

Thriving Kids has two program streams to help parents support children aged 3-12 to manage either anxiety or behaviour challenges. The program helps parents to develop skills and strategies to support their children to manage anxiety or behaviour challenges, through a series of online videos (for anxiety) or workbooks (for behavioural problems) and activities, supported by coaching sessions by phone. Coaching sessions can be scheduled during day, evening and weekend hours.

**Referral:** No

**Fee:** none

**Master’s Level Practicum:** No

*Contact information:*

Phone: 1.855.871.8445

Website: [https://cptka.inputhealth.com/#](https://cptka.inputhealth.com/) and <https://cmha.bc.ca/documents/attention-deficithyperactivity-disorder-in-children-and-youth/>

**Centre for ADHD Awareness, Canada (CADDAC) – Online Resource**

A website offering detailed information on ADHD for adolescents and parents directly or indirectly affected by the disorder. The site also is closely linked to the CADDAC’s social media platform, providing a social support network for those affected by ADHD.

**Referral:** No

**Fee:** No

**Master’s Level Practicum:** No

*Contact Information:*

7800 Kennedy Road, Suite 303A Markham ON L3R 2C7

Phone: 1.416.637.8584

Website: <https://caddac.ca/adhd/>

**BC Interior ADHD Clinic – “Making ADHD Work 4 U” (Inside Out Seminars)**

A seminar series which provides a thorough, yet easy to understand explanation of ADHD. It will equip participants of all ages with the ability to develop ADHD tools and strategies that they can use to pursue success, while avoiding their ADHD pitfalls.

**Referral:** No

**Fee:** $150.00

**Master’s Level Practicum:** No

*Contact information:*

Kelowna, BC

Phone: 777.214.8886

Website: https://bcinterioradhdclinic.com/coach/adhdinsideout/presentations/w4u.html

**ANXIETY/STRESS MANAGEMENT**

**Anxiety BC**

Works to increase awareness about anxiety disorders, promote education, and increase access to evidence-based resources and treatments. Promotes understanding about anxiety and anxiety disorders through general information sessions, professional seminars and workshops. Some of the key media Anxiety BC uses to spread awareness:

* STRIDES Newsletter which highlights activities, personal stories and features a specific anxiety disorder in each issue.
* YouTube videos and actively promoting dialogue and exchange information on anxiety and anxiety disorders via their Facebook page.
* Mindshift app which helps youth and young adults manage anxiety, using step-by-step strategies.

**Referral:**  No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

409 Granville St, Unit 311, Vancouver, BC V6C 1T2, Kelowna, BC V1Y 6N9

Phone: 1.604.620.0744

Website: [www.anxietybc.com/](http://www.anxietybc.com/)

**Stepping Stones Counselling Group**

Provides child, youth, and adult counselling, Somatic Experiencing, NMT, workshops, and therapy groups. Offers Autism services that include counselling, support plans, Autism therapy groups, Autism resources, and parent support.

**Referral:**  No

**Fee:** varies

**Master’s Level Practicum:** Yes

*Contact information:*

1893 Ethel Street, Kelowna, BC V1Y 2Z3

Phone: 250.763.7414

Website: [www.steppingstonesokanagan.ca](http://www.steppingstonesokanagan.ca/)

**BC Partners for Mental Health and Addictions Information**

Offers resources and referral services for mental health and addiction issues.  
Provides online information on topics including screening self-tests, mental well-being, depression and anxiety, alcohol and other drugs, schizophrenia and psychosis, eating disorders, and supporting a loved one.

**Referral:**  No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

1130 West Pender St, #905 Vancouver, BC V6E 4A4

Phone: 310.6789

Website: [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca/)

**Connect Counselling & Therapy Society**

Offers 6-8 session group for children aged 5-12 years who have experienced their parents' separation or divorce. Topics include: feelings, loss and change, loyalty and “being in the middle”, hopes and wishes and self-esteem. The sessions provide kids with a chance to use art, games, discussion, and other activities to explore the changes in their lives.

**Referral:** No

**Fee:** By sliding scale

**Master’s Level Practicum:** Yes

Contact *information:*

347 Leon Ave, #204, Kelowna, BC V1Y 8C7

Phone: 250.860.3181

Website: [www.connectcounsellingsociety.ca](http://www.connectcounsellingsociety.ca/)

**BULLYING/SELF-HARM/SUICIDE PREVENTION**

**Bullying Canada**

Offers a toll-free, 24/7 information line to help and support everyone involved in bullying - the victim, perpetrator, bystander, parents, school staff and the community.

**Referral:**  No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

c/o BullyingCanada Inc. 471 Smythe St, Fredericton, NB E3B 9M1

Phone: 1.877.352.4497

Website: [www.bullyingcanada.ca/](http://www.bullyingcanada.ca/)

**Youth Against Violence Line**

Offers a safe, confidential and anonymous way for youth to report crime or violent incidents, or to talk through problems such as bullying, gangs, sexual exploitation, dating violence, harassment, intimidation, substance misuse, hate crimes and discrimination with a supportive person   
Parents, teachers, caregivers, service providers and others can also call for information about youth-related resources.

**Referral:**  No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

Phone: 1.800.680.4264

Website: [www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com/)

**Crisis Intervention and Suicide Prevention Centre of BC**

Provides a safe, respectful place for youth and young adults to access information about different issues and provides help and support to deal with them.

Supports a 24-hour distress line, as well as email support (responds within two business days).

Live online one-to-one chat available 12:00pm - 1:00am every day in BC and the Yukon.

Also provides topic-specific information and resources about various youth-related issues

**Referral:**  No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

Phone: 1.866.661.3311

Website: [www.youthinbc.com](http://www.youthinbc.com/)

**Okanagan Suicide Awareness Society**

Educates the public about suicide awareness and survivor support.

Establishes and supports community programs for those who have lost loved ones to suicide.

Cooperates with other organizations having the same or similar objectives as those of this Society.   
Operates a private, online Facebook Support Group and the in-person Suicide Bereavement Support Group.

**Referral:**  No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

Phone: 250.300.7990

Website: [www.suicideawareness.ca/](http://www.suicideawareness.ca/)

**MOOD DISORDERS**

**Canadian Mental Health Association Kelowna**

They provide support for families and individuals through programs that promote positive mental health and support recovery, while championing the elimination of barriers that can prevent people from thriving.

**Referral:** No

**Fee:** No

**Master’s Level Practicum:** Yes

*Contact information:*

Address: 504 Sutherland Ave Kelowna, BC V1Y 5X1

Phone: 250.861.3644

Website: <https://cmhakelowna.com/>

**BC Schizophrenia Society**

Mental Health Individual and Family Support

Provides support, resources and education for families and friends of individuals living with schizophrenia and other major mental illnesses.   
Offers an extensive selection of topics on mental illness to the public free of charge through the Iris Lending Library.   
Office staff are available for informal support and information for those with family members and friends who have a mental illness.    
Offers the Strengthening Families Together Education Course in spring and fall.   
Provides Partnership Public Education Presentations on mental illnesses to high schools, universities, and other community groups.

**Referral:** No

**Fee:** No

**Master’s Level Practicum:** Yes

*Contact information:*

203-347 Leon Avenue, Kelowna, BC V1Y 8C7

Phone: 250.868.3119

Website: [www.bcsskelowna.org](http://www.bcsskelowna.org/)

**Okanagan Mental Health Services**

Operates five comfortable and safe assisted living homes that support the independence of residents. Daily support provided by qualified caring individuals and free social activities are offered. Also provides short-term, intensive rehabilitative support in a ten-bed residence. All homes are Registered Assisted Living Homes with the Province of British Columbia.

**Referral**: Required through the Kelowna Mental Health Center, 250.868.7788

**Fee:** No

**Master’s Level Practicum:** Yes

*Contact information:*

1369 Bernard Avenue, Kelowna, BC V1Y 6R5, Kelowna, BC V1Y 8C7

Phone: 250.717.3007

Website: [www.okanaganmentalhealth.com](http://www.okanaganmentalhealth.com/)

**ARC Programs Ltd.**

Family Treatment Program

Provides an outreach community based mental health counselling service designed to support children/youth and their families to build their capacity to manage complex mental health issues that are affecting individual and family functioning. Services are delivered in collaboration with the MCFD Child and Youth Mental Health teams, Psychiatry, and other community support services identified by the family, are offered in the communities of the North, Central, and South Okanagan. Offers intensive in-home family and individual counselling to support Parent Capacity, Emotional Stability, Family Coping Strategies, Interpersonal/Life Skills, and Natural/Community Support

**Referral:**  All referrals come from the clinicians at Child and Youth Mental Health (MCFD) offices in Kelowna, Penticton, and Vernon, and are for children/youth who have a CYMH clinician. Upon receipt of a referral, the family is contacted to arrange an initial meeting to discuss the program and answer any questions

**Fee:** No

**Master’s Level Practicum:** Yes

*Contact information:*

513 Bernard Avenue, Kelowna, BC V1Y 6N9

Phone: 250.763.2977

Website: [www.arcprograms.com](http://www.arcprograms.com/)

**ADDICTIONS/ SUBSTANCE ABUSE**

**Interior Health**

Alcohol and Drug Services

Provides community-based alcohol and drug treatment and prevention services for youth and adults from prevention to intensive treatment.   
Provides harm reduction and abstinence-based counselling services.

Offers counselling for both mental health and substance use.

Individual and group services available.

Referrals to residential treatment.

Offers support to family members affected by substance use.

**Referral:** Call office.

**Fee:** No

**Master’s Level Practicum:** Yes

*Contact information:*

Kelowna Central Health Centre at 505 Doyle Ave, Kelowna, BC V1Y 0C5

Phone: 250.469.7070 ext. 13554

Website: [www.interiorhealth.ca](http://www.interiorhealth.ca/)

**Interior Health**

Mental Health Services and Substance Use, Friends and Family Education and Support Group

Offers an education and support group for persons affected by another's substance use.

Combines a short educational session followed by a group discussion and support.

Covers the Science of Addiction, Triggers, Cravings and Withdrawal, The Stages of Change and Communication, Boundaries and Self-Care topics on a rotating basis. Offers support to family members affected by substance use.

**Referral:** Pre-registration is required by calling 250.868.7788. Please register early to ensure your seat as space is limited. Please check in at 1st or 2nd floor reception for meeting room number.

**Fee:** No

**Master’s Level Practicum:** Yes

*Contact information:*

Kelowna Central Health Centre at 505 Doyle Ave, Kelowna, BC V1Y 0C5

Phone: 250.868.7788

Website: [www.interiorhealth.ca](http://www.interiorhealth.ca/)

**SMART Recovery**

**West Kelowna**

Offers a non-12 step program that uses a Rational Emotive.

Cognitive Behavioural Therapy (RE/CBT) approach to help people better understand the origins of their harmful addictive behaviours such as drinking, drugging, gambling, smoking, compulsive sexual behaviour, self-harm, etc., so they may find a way out of these life damaging addictions.

Dedicated to providing individuals who continually harm themselves as well as those around them with tools and techniques to help with their recovery when 12-step and other programs didn't work.

**Referral:** Call office or Drop-in

**Fee:** No

**Master’s Level Practicum:** No

Contact *information:*

Westbank Lions Community Centre, 2466 Main St, West Kelowna

Phone: 250.575.1623

Website: [smartrecoverybc.com/](http://smartrecoverybc.com/)

**Freedom’s Door**

Offers a three-phase, faith-based, 12-step residential program for men recovering from alcohol and/or drug addiction. Operates five homes that can house up to 50 participants.

**Referral:** Yes

**Fee:** Program

**Master’s Level Practicum:** Yes

*Contact information:*

1279 Centennial Cres, Kelowna, BC V1Y 6K3  
  Phone: 250.717.0472

Website: [www.freedomsdoorkelowna.com/](http://www.freedomsdoorkelowna.com/)

**DEMENTIA/ALZHEIMERS**

**Alzheimer Society of BC**

Alleviates the personal and social consequences of Alzheimer’s disease and other dementias. The society promotes research and leads the search for a cure. It also provides a province-wide, toll-free Dementia Helpline

**Referral**: No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

828 8th Ave W, Suite 300, Vancouver, BC V5Z 1E2

Phone: 1.604.681.6530

Website: [www.alzheimerbc.org](http://www.alzheimerbc.org/)

**Alzheimer Society of BC, North & Central Okanagan**

Caregiver Support Group and Early Stage Support Group

Offers support groups geared at strengthening the coping abilities of people in the early stages of dementia and active family caregivers through sharing common experiences, learning about dementia, its progression and the impact it may have on individuals and families, learning practical coping strategies, encouraging early planning, and supporting individuals to actively engage in protecting and maintaining their physical and emotional health.

**Referral:** Must be an active caregiver for someone with dementia or a person in the early stages of dementia

**Fee:** No

**Master’s Level Practicum:** Yes

*Contact information:*

1664 Richter St, Suite 307, Kelowna, BC V1Y 8N3

Phone: 250.860.0305

Website: [www.alzheimerbc.org](http://www.alzheimerbc.org/)

**Alzheimer Society of BC**

First Link Dementia Helpline

Provides information and support for anyone with questions about dementia, including people with dementia, their caregivers, family and friends, professionals, and the general public.  Assists individuals in building the confidence to maintain quality of life when facing dementia.

**Referral:** Must be referred by GP, or health care worker

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

1664 Richter St, Suite 307, Kelowna, BC V1Y 8N3

Phone: 1.800.936.6033 (All calls are confidential)

Website: [www.alzheimerbc.org](http://www.alzheimerbc.org/)

**Seniors First BC**

Online Resource for Alzheimer’s Clients to Prevent Abuse

Seniors First BC is a community-based, non-profit organization incorporated as a society in 1994 as the BC Coalition to Eliminate Abuse of Seniors.

**Referral:** No

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

#150-900 Howe Street, Vancouver, BC V6Z 2M4

Phone: 1.604.688.1927

Website: <http://seniorsfirstbc.ca/contact-us/>

Total of 24 resources



NORTH SHORE, VANCOUVER

By: Lesley Steane

The following is a collection of mental health resources in the North Shore region (Greater Vancouver), British Columbia. The North Shore includes the District of West Vancouver, City of North Vancouver, District of North Vancouver and the North Shore Mountains.

\*Student Practice Education placement with Vancouver Coastal Health contact: [placements@vch.ca](mailto:placements@vch.ca) more information can be found at http://www.vch.ca/for-health-professionals/education/student-practice-education

**ADHD**

**Adult ADHD Clinic – Vancouver Coastal Health Hope Centre**

Management of ADHD in young adults aged 19 to 35 years living in the region. Specific services include Assessment and diagnosis, education, short-term treatment, skill development and ongoing monitoring, collaborative approach so medical management is in collaboration with family physician

**Fee**: No

**Referral**: family physician

Master’s Level Practicum**:** Potential opportunities through Vancouver Coastal Health

*Contact Information:*

1337, St Andrews Avenue, North Vancouver, BC V7L 3L4

604-984-5000

Link: http://www.vch.ca/Locations-Services/result?res\_id=1379

**ADHD Centre for Treatment Services**

Private ADHD treatment for children, teens, adults, couples and families including Executive Function (EF) counselling (Group & individual), Demystification Workshops for Adolescents and Youth Adults, Parent Groups, general counselling for ADHD and consultation RCCs RNs.

Additional Information: Registered Clinical Counsellor and Registered Nurse

**Fee**: $40.00 to $450.00 pending service

**Referral:** accepted from families, physicians, agencies and other professionals. Extended health care coverage for medical referrals. Psychologist, Speech and Language Pathologists, Counsellors & Behavioral Consultants

**Master’s Level Practicum**: No

*Contact Information:*

110-901 West 3rd North Vancouver, BC V7P 3P9

604-998-3264

Link: [info@adhdcentre.ca](mailto:info@adhdcentre.ca)

**ABLE Development Clinic Inc.**

Private multidisciplinary clinic providing assessment, treatment and consultation for children and youth experiencing difficulties with Attention, Behavior, Learning and Emotion (learning disabilities, ADHD, intellectual disabilities, disruptive behavior and autism spectrum disorder

**Fee**: pending service provided

**Referral:** Accepted from families, physicians, agencies and other professionals. Extended health care coverage for medical referrals. Psychologist, Speech and Language Pathologists, Counsellors & Behavioral Consultants

**Master’s Level Practicum:** Possibly

*Contact Information:*

110-585 16th Street, West Vancouver, BC V7V 3R8

604-922-3450

Link: <http://www.ableclinic.ca>

**North Shore Naturopathic Clinic**

Private naturopathic clinic offering programs including ADHD support, holistic approach to anxiety and depression, LoRETA neurofeedback and qEEG

**Fee**: pending service provided

**Referral:** self-referral accepted

**Master’s Level Practicum**: Yes

*Contact Information:*

156 West 3rd Street, North Vancouver, BC V7M 1E8

Link: <http://www.northshorenaturopathicclinic.ca/naturopathic-medicine/>

**ANXIETY/STRESS MANAGEMENT**

**Brief Counseling Service Canadian Mental Health Association North and West Vancouver**

Service provides up to 12 sessions of individual counselling for mild to moderate mental health problems.

Additional information: Wait times may be two months.

**Fee**: $25.00/session for intern counsellors, $50.00 for Registered Clinical Counsellors

**Referral**: Available by self- referral

Master’s Level Practicum**:** Yes

*Contact information:*

Maria Watson, Canadian Mental Health Association 604-987-6959 [northshore@cmha.bc.ca](mailto:northshore@cmha.bc.ca)

Link: https://northwestvancouver.cmha.bc.ca/programs-services/counselling/

**STEPS Youth Program – Canadian Mental Health Association**

Weekly support for young people ages 13-18 & 19-20 years dealing with depression and anxiety by building wellness through social and recreational activities and exercise.

Additional Information: Program runs from September to June, program split into two cohorts.

**Fee**: No

**Referral**: Required, dialogue with health care practitioner encouraged

**Master’s Level Practicum:** Yes

*Contact information:*

[Claire.ramsfield@cmha.bc.ca](mailto:Claire.ramsfield@cmha.bc.ca)

STEPS programs available at various locations on the North Shore

Link: <https://northwestvancouver.cmha.bc.ca/programs-services/steps-youth-program/>

**Healthy Minds | Healthy Campuses HM|HC co-led by CMHA BC and Centre for Addictions Research of BC**  Health promotion initiative promoting campus mental health and reducing risky substance use of post-secondary students, faculty and staff via collaborative learning opportunities ex. webinars, online platform, peer support programs.

Additional information: Annual health Summit, volunteer opportunities available

**Fee**: No

**Referral**: NA

Master’s Level Practicum**:** Possibly

*Contact Information:*

[mj.moore@cmha.bc.ca](mailto:mj.moore@cmha.bc.ca),

Link: <https://healthycampuses.ca/about-us/>

volunteer link: <https://northwestvancouver.cmha.bc.ca/volunteer/>

**North Shore Stress and Anxiety Clinic**

Private practice offering assessment, consultation and therapy services across the lifespan, broad expertise including stress, anxiety, mood, behavior, learning and attention. Includes: psychoeducational assessments/specialized medical-legal & disability assessments).

200.00 per 50-minute treatment, not covered by MSP (Provincial Medical Services Plan) coverage often provided by extended health benefits plans.

Additional Information: They do not accept referrals for clients with psychotic disorders, personality disorders, primary substance problems, primary eating disorders and severe bipolar disorder.

**Fee:** Yes

**Referral**: Family physician

Master’s Level Practicum**:** No

*Contact Information:*

Suite #330 -145 Chadwick Court, North Vancouver, BC, V7M3K1

604-985-3939

Link: <http://www.nssac.ca/index.html>

**Family Preservation Programs – Hollyburn Family Services**

Offers a continuum of services including family counselling, therapeutic interventions, family violence interventions, parent training/education. Services also include FASD support, parent-teen mediation. Additional Information: Service is for North Shore families with children under the age of 19

**Fee**: sliding scale pending service

**Referral**: required pending services required

**Master’s Level Practicum:** Possibly

*Contact Information:*

104-267 West Esplanade, North Vancouver, BC V7M 1A5

604-987-8211

Link: <https://services.hollyburn.ca/family-preservation-services>

**BounceBack – Canadian Mental Health Association British Columbia**

Preventative skill-building program for youth 15+ and adults dealing with low mood, mild to moderate depression, anxiety and stress. CBT based program delivered online, via video series or telephone coaching.

Additional Information: BounceBack Coaching & BounceBack Today Video offered in multiple languages

**Fee**: No

**Referral:** required only for the online program

**Master’s Level Practicum**: Possibly

*Contact Information:*

[bounceback@cmha.bc.ca](mailto:bounceback@cmha.bc.ca)

Link: <https://bouncebackbc.ca>

**BULLYING/SELF-HARM/SUICIDE PREVENTION**

**Family Service of the North Shore**

Non-for-profit community-based agency providing education and counselling services for individuals, couples, families and youth. Ex. support groups, gender diversity support, bullying prevention, school stress.

Additional information: Services provided in multiple languages.

Fee: Free and reduced rate fees

Referral: Self-referrals accepted

**Master’s Level Practicum:** Yes

*Contact Information:*

Suite 203-1111 Lonsdale Ave. North Vancouver BC V7M 2H4

Roxanne Gresham [gresham@familyservices.bc.ca](mailto:gresham@familyservices.bc.ca)

604-988-5281

Link: http://www.familyservices.bc.ca

Full list of programs: http://www.familyservices.bc.ca/programs-a-services/full-service-listing

**Kids Help Phone**

Phone line, Live Chat and text, 24/7 support, professional counselling English and French.

**Fee**: No

**Referral**: No

**Master’s Level Practicum:** No

*Contact Information:*

1-800-668-6868

Link: <https://kidshelpphone.ca/who-we-are/>

Additional Information: Volunteer opportunities available

**The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre)**

Non-profit volunteer organization, providing distress phone services for youth, adults, and seniors.

Additional Information: Interpretation service available, possible volunteer opportunities

**Fee:** No

**Referral**: No

Master’s Level Practicum**:** No

*Contact Information:*

1-800-SUICIDE (BC-wide)

Senior Distress line 604-872-1234

YouthinBC.com – online service for youth

CrisisCentreChat.ca – online service for adults

https://crisiscentre.wufoo.com/forms/mn3qfr215ns94t/

Link: <https://crisiscentre.bc.ca/volunteer/volunteer-youth-educator/>

**Prevention Information Line – WorkSafeBC**

Support for workers who have witnessed or experienced bullying/harassment in the workplace where their employer has not taken reasonable steps to address incident.

Additional information:   
HealthConnection Clinic – Service for NS residents who do not have a regular family physician – referral option operated by Vancouver Coastal Health link: <http://www.vch.ca/Locations-Services/result?res_id=1055>

**Fee**: No

**Referral:** No

**Master’s Level Practicum**: No

*Contact Information:*

PO Box 5350 Stn. Terminal, Vancouver, BC, V6B 5L5

First line of support – HealthlinkBC 24 hours 1-866-889-4700

Link: <https://www.worksafebc.com/en/health-safety/hazards-exposures/bullying-harassment>

**MOOD DISORDERS**

**North Shore Adult Community Psychiatric Services – Hope Centre – Vancouver Coastal Health**

Wide variety of services for adults including inpatient, outpatient and in the home services. Community Mental Health team support, Geriatric psychiatry outreach support (65 years and older) and emergency mental health services

**Fee**: No

**Referral:** Family physician

**Master’s Level Practicum:** Practicum opportunities potentially available through Vancouver Coastal Health

*Contact Information:*

1337, St Andrews Avenue, North Vancouver, BC V7L 3L4

604-984-5000

Link: <http://www.vch.ca/Locations-Services/result?res_id=342>

**Kelty Dennehy Mental Health Resources Centre - Canadian Mental Health Association North and West Vancouver Branch**

Educational opportunities, support and problem solving provided *by* people with lived experience of mental illness ex. assistance with navigating mental health system, events, support groups

**Fee**: No

**Referral**: No

**Master’s Level Practicum:** No

*Contact Information:*

1337 St Andrews Avenue, North Vancouver, BC

604-984-5000 ex. 5190

Link: <https://northwestvancouver.cmha.bc.ca/programs-services/the-kelty-dennehy-mental-health-resource-centre/>

**Child and Adolescent Program (CAP) – Foundry North Shore – Vancouver Coastal Health**

Office and community-based services, parent groups, after school groups and outreach & social skills programming for adolescents ages 12-24 years

**Fee**: No

**Referral**: Self-referral followed by intake meeting

Master’s Level Practicum**:** Practicum opportunities potentially available through Vancouver Coastal Health

*Contact Information:*

211 West 1st Street, North Vancouver, BC, V7M 1C9, 604-984-5060

Link: <https://foundrybc.ca/>

**Pacific Post-Partum Society**

Non-profit organization offering programs supporting mothers in the perinatal and post-partum period. Programs include: telephone and text support, weekly support groups and support for partners.

Additional Information: Volunteer opportunities available contact: georgie@postpartum.org

**Fee**: Free

**Referral**: requested by health care professional for weekly support group

**Master’s Level Practicum:** No

*Contact Information:*

200-7342 Winston, Burnaby, BC

Link: [www.postpartum.org](http://www.postpartum.org)

**ADDICTIONS/ SUBSTANCE ABUSE**

**Carlie Youth Concurrent Disorders Centre - Vancouver Coastal Health**

Provides supports for youth 13-18 years who are experiencing combined mental health and substance use concerns. The team consists of psychiatrists, a psychologist, occupational therapist, nurses, youth care counsellors, social workers, concurrent disorders therapist and teacher

**Fee**: No

**Referral**: Required from health care professional

**Master’s Level Practicum:** Practicum opportunities potentially available through Vancouver Coastal Health

*Contact Information:*

1337 St Andrews Avenue, 3rd Floor, North Vancouver, BC V7L 3L4

604-984-5004

Link: <http://www.vch.ca/Locations-Services/result?res_id=1311>

**Youth Concurrent Disorders Program (FACES)**

**Vancouver Coast Health Family and Community Enhancement Services**

Provides counselling and treatment options for youth ages 5-19 years with both substance use and mental health issues

**Fee**: No

**Referral:** required from health care professional

**Master’s Level Practicum:** Practicum opportunities potentially available through Vancouver Coastal Health

*Contact Information:*

152 East 15th Street, North Vancouver, BC V7L 2R

604-984-3795

Link: http://www.vch.ca/locations-services/result?res\_id=635

**Stepping Stones Concurrent Disorders Service, Vancouver Coastal Health**

Accessible access to treatment for adults (19 years and above) experiencing problematic substance use or concurrent mental health and substance use issues. Includes: weekly treatment groups, trauma symptoms, referrals to residential treatment facilities, outpatient withdraw management support, Individual and family therapy, Opiate Replacement Therapy, Day programs

**Fee:** No

**Referral:** Self-referral, physician or health professional referral accepted

**Master’s Level Practicum:** Practicum opportunities potentially available through Vancouver Coastal Health

*Contact Information:*

145 West 17th Street, North Vancouver, BC V7M 3G4

604-982-5616

Link: <http://www.vch.ca/Locations-Services/result?res_id=993>

**Turning Point Recovery Society – North Shore Women’s & North Shore Men’s**

Non-profit residential addictions support, program is typically 3-5 months and for men or women 19 and older

**Fee**: No

**Referrals**: Yes

**Master’s Level Practicum:** No

*Contact Information:*

North Shore Women’s 604-971-0111

North Shore Men’s 604-988-4317

Link: <https://www.turningpointrecovery.com/index.htm>

**North Shore Youth Safe House – Vancouver Coastal Health**

Multi-component resource for youth ages 12-18 years, immediate emergency accommodation & support services as well as longer term support. Resources include drug and alcohol assessment, on-going and after-care support, referrals for other required services including mental health

**Fee**: No

**Referral** : self-referrals accepted, also accept referrals from health professionals

**Master’s Level Practicum:** Practicum opportunities potentially available through Vancouver Coastal Health

*Contact information:*

[paulbutler@hollyburn.ca](mailto:paulbutler@hollyburn.ca)

Link: <https://nsyouth.ca/services/north-shore-youth-safe-house-hollyburn-family-services/>

**DEMENTIA/ALZHEIMERS**

**Older Adult Mental Health Program (OAMHT) – Vancouver Coastal Health**

Specialized services for adults 65 years and older with mental illness, substance use, dementia, behavior issues related to dementia and physical and functions decline.

Additional Information: Adults under the age of 65 with dementia may be considered on an individual basis

**Fee:** No

Referral: required from the community and facilities are accepted with family physician’s approval

**Master’s Level Practicum:** Practicum opportunities potentially available through Vancouver Coastal Health

*Contact Information:*

145 West 17th Street, North Vancouver, BC, V7M 3G4

604-982-5600

Link: <http://www.vch.ca/Locations-Services/result?res_id=1061>

**The First Link – Dementia Helpline, Alzheimer Society of British Columbia**  Province-wide service for people with dementia, caregivers, family and friends, aims to build confidence to maintain quality of life when facing dementia.

Additional Information: Volunteer opportunities available

**Fee:** No

**Referral**: No

**Master’s Level Practicum:** No

*Contact Information:*

1-800-936-6033

Link: <https://alzheimer.ca/en/bc/We-can-help/Resources>

**Alzheimer Resource Centre – Alzheimer Society of British Columbia**

Family caregiver support groups, early stage support groups, tele support groups, Bulletin issued bi-monthly includes event calendar

**Fee**: No

**Referral**: No

**Master’s Level Practicum:** No

*Contact Information:*

212-1200 Lynn Valley Road, North Vancouver, BC V7J 2A2

604-984-8348/604-984-8347

Link: https://alzheimer.ca/en/bc/We-can-help/Regional-Resource-Centres/Vancouver-Coastal#northvan [info.northshore@alzheimerbc.org](mailto:info.northshore@alzheimerbc.org)

**Minds in Motion - Silver Harbor Centre**

Fitness and social program (45-minute fitness program) for people experiencing early symptoms of Alzheimer’s disease or a friend, family member or care partner.

**Fee:** No

**Referral**: No

**Master’s Level Practicum:** No

*Contact Information:*

144 East 22nd Street, North Vancouver

Link: <https://alzheimer.ca/en/bc/We-can-help/Minds-in-Motion>

**Better Brains – Therapy for our aging minds**

Provides in home occupational therapy and dementia consultation. Treatment plan created while working with existing caregivers and health professionals.

**Fee:** Yes pending service

**Referral**: Self-referral accepted

**Master’s Level Practicum:** No

*Contact Information:*

Deb Chmelauskas

604-551-7307

[inquirires@betterbrains.ca](mailto:inquirires@betterbrains.ca)

Link: <https://betterbrains.ca>

**Tyze – Alzheimer Society of British Columbia**

Software to create private online space for caregivers to share information including updates, appointments, share documents and information

Fee: No

Referral: No

**Master’s Level Practicum:** No

*Contact Information:*

Link: https://alzheimer.ca/en/bc/We-can-help/Resources/Tyze-online-tool-for-caregivers

Additional Information: Contact - lkelly@alzheimerbc.org

Total resources: 29



Rankin Inlet, Nunavut

By: Jennica Alhda Barcial

Rankin Inlet is a small Indigenous community, with a population of 2,842 (Stats Canada, 2016), located on the Northwestern Hudson Bay in Nunavut, Canada. There are no roads connecting Southern Canada to Rankin Inlet; one must travel by plane to enter the community. Hence, resources are very limited and costly. Some BPS resources listed are located in Winnipeg as it is our Southern Hub or the neighboring community of Baker Lake.

**ADHD**

**Ongomizwiin Institute for Health and Healing – Inuit Health Branch**

**University of Manitoba- Speech Language Pathologist**

Speech Language Pathology services being provided as a sole charge clinician for the entire life span (birth to death, including school aged). Treatment plans vary on the individual but may include goals such as executive functioning, social skills, hyperactivity and impulsivity.

**Fee:** The University of Manitoba receives funding in partnership with the Government of Nunavut and the University. This is viewed as publicly funded and free to clients.

**Referral:** This includes receiving referrals from: self/caregiver, health and education. Referrals can come from health practitioners (community health nurse, physician), self- referral or referrals by guardians (pediatrics) and education are all accepted.

**Master’s Level Practicum:** The university does provide practicum opportunities through an accredited university. It also offers summer student placements.

*Contact Information:*

Tapariit building

Bag 76

Rankin Inlet, Nunavut

X0c 0g0, 867-645-8255

**Maani Ulujuk Illinniarvik**

**Highschool Guidance Counsellor**

The guidance counsellor offers general counselling for high school students, career/post-secondary school planning and support for students with difficulties such as ADHD. The counsellor works with the individual to implement strategies that can help improve their academic careers, modification of behaviours, and relationships with other students and teachers.

**Fee:** No. The guidance counsellor is restricted to high school students only.

**Referral:** A referral is not needed.

**Master’s Level Practicum:** The high school may provide practicum opportunities if the next hiree has supervisor credentials.

*Contact Information:*

Sivulliq Ave

Rankin Inlet, Nunavut

X0C 0G0

867-645-2761

**Social and Emotional Adolescent therapy group (Winnipeg Resource)**

Social-emotional classes for high school aged youth. Participants are given the tools for effective communication skills, coping and tolerance, decision-making skills and additional social-emotional tools that help them make good choices, avoid pitfalls such as peer pressure and substance abuse, and prepare for the journey of adulthood.

Age: 14-19

Issues: ADHD, Anger Management, Behavioural Issues

Types of therapy: Compassion Focused

**Fee:** $60-$100

**Referral:** The social and emotional child and adolescent groups do not require a referral from a physician. Many participants are self-referrals from families a well as local agencies.

**Master’s Level Practicum:** Currently the group is not accepting students as the practice is fairy small.

*Contact information:*

Ben Capili (204) 819-4225

Therapeutic Alliance

6 Roslyn Road

Winnipeg, Manitoba R3L

**Red Ladder, Optimized Learning (Winnipeg Resource)**

Red Ladder Optimized Learning is an independent practice psychology centre in Winnipeg, Manitoba. They provide accessible, comprehensive, useful evaluation and treatment services. Depending upon the nature of the problem affecting a person and their family, there are different interventions worth consideration. Individual counseling or coaching, psychotherapy, family therapy or parent training, or group-based treatment may be helpful.

**Fee:** Total fees will range from approximately $1,600 to $3,000. However, total fees for an evaluation are most commonly around $2000.

A very general breakdown of assessment fees follows:

* Intake interviews Approximately 1.0 hour
* Testing (Cognitive, Academic Achievement, Executive, Emotional) 4.0 to 8.5 hours
* Collateral Interviews Up to 1.0 hour
* Scoring and Interpretation 1.0 to 2.0 hours
* Feedback 1.0 hours
* Writing a report 2.0 to 4.0 hours

**Referral**: When appropriate, Red Ladder, Optimized learning will consult with schools, workplaces, or government bodies about the client’s needs, and may suggest referrals to other professionals, including medical doctors, occupational therapists, reading clinicians, speech and language clinicians, audiologists, optometrists, and tutors if necessary.

**Master’s Level Practicum:** No

*Contact information:*

Anderson Adkins and Associates  
633 - 1445 Portage Avenue  
Winnipeg, Manitoba  
R3G 3P4 Canada  
Phone [(204) 885-3276 (88-LEARN)](tel:2048853276)  
Fax (204) 489-1748  
[Email: info@redladder.ca](mailto:info@redladder.ca)

Link: <http://redladder.ca>

**ANXIETY/STRESS MANAGEMENT**

**Child & Youth Outreach Worker**

The Child & Youth Outreach worker assess clients and their situations and determines interventions accordingly. They are responsible for producing effective and timely case management supports around at-risk children. Case management will have a significant impact on the quality of life of children and their families. The Rankin Inlet (RI) Child & Youth Outreach Worker puts together a youth mentorship program during the summer on Tuesdays and Wednesdays 5:00-7:00 pm where high school students are paired with groups of adolescent children and participate in activities that enhance mental well-being.

**Fee:** No

**Referral:** Not required, but children’s parents need to sign permission forms for the mentorship program.

**Master’s Level Practicum:** No

*Contact information*

Sheila Schweder

867-645-2171 ext 1540

Taparrit Building

Bag 930

Rankin Inlet, Nunavut

X0c 0g0

**Pulaarvik Kablu Friendship Centre- Counselling Services**

When working with clients who have presenting problems of anxiety, the Coordinator/Counsellor creates a treatment plan that primarily focus on Cognitive Behaviour Therapy principles. She identifies as an integrative counsellor and likes to include trauma focused interventions such as breathing techniques, meditation and relaxation interventions.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** Yes

*Contact information*

Mary Fredlund

867-645-3785

Sharpe Building

PO BOX 429

Rankin Inlet, Nunavut

XOC 0G0

**Northern Counselling & Therapeutic Services (NCTS)**

**Funded and requested by Pulaarvik Kablu Friendship Centre**

NCTS counsellors provide professional counselling and psychological services for individuals, couples, families groups and youth. NCTS counsellors use a client centered approach and utilize a variety of appropriate clinical approaches. Pulaarvik Kablu Friendship Centre invites counsellors to work in Rankin for a 2-3 week period every 2-3 months. Counselling is available for Anxiety/life and work stress.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** No

*Contact information*

PO BOX 762

Iqaluit, Nunavut

X0A 0H0 - 800-346-1589

inquiries@northerncounselling.net

<https://www.northerncounselling.ca/index.php/services/counselling>

**Riverbend Counselling & Wellness (Winnipeg Resource)**

**(E-Counselling)**

Matthew Thomas is an independent therapist providing E-counselling (google hangouts, skype, facetime, whatsapp). He provides marriage and family therapy, and psychotherapy for mental health challenges such as anxiety disorder.

**Fee:** $100/hour

**Referral:** Not required

**Master’s Level Practicum:** Yes

*Contact information*

Matthew Thomas

9-1110 Henderson Hwy.

Winnipeg, Manitoba

Ph: 204-334-4801

<http://www.riverbendcounselling.ca/index.htm>

**BULLYING/SELF-HARM/SUICIDE PREVENTION**

**Kamatsiaqtut Help line**

A telephone counseling and contact service for people in crisis. The name Kamatsiaqtut is the [Inuktitut](http://en.wikipedia.org/wiki/Inuktitut) language name used by [Inuit](http://en.wikipedia.org/wiki/Inuit) people; it means “thoughtful people who care." Since becoming operational on 15 January 1990, the Help Line has operated 365 days a year. calling area also includes northern Quebec and other remote areas of [Canada](http://en.wikipedia.org/wiki/Canada).

**Fee:** No

**Referral:** No

**Master’s Level Practicum:** No

*Contact information*

(867) 979-3333 or (800) 265-3333

**Applied Intervention Skills Training “ASIST” workshops**

**Funded by Embrace Life council**

Embrace life council works with LivingWorks to deliver the Nunavut ASIST course in different communities in Nunavut. ASIST is a two-day suicide intervention program that enhances a caregiver’s abilities to assist a person at risk to keep safe-for-now. Focusing upon the role of ASIST caregivers in a suicide-safer community, the goal of ASIST is to train caregivers who are willing, ready and able to provide life-assisting, suicide first aid.

**Fee:** If a community is interested to hold ASIST workshops in their area, they can contact Embrace Life council, and they will pay for all costs of the workshop, and fly two trainers to the community

**Referral:** No

**Master’s Level Practicum:** No

*Contact information:*

P.O. Box 2259  
Iqaluit, Nunavut  
X0A 0H0

(1-867-975-3233 ext. 226

[embracelife@innusiq.com](mailto:embracelife@innusiq.com)

website: <http://inuusiq.com/resources/suicide/skills-training/>

**Live for Life organization**

A community led organization with volunteers that dedicate their time to organize and implement an activity every month to spread suicide awareness. Some activities include Suicide Awareness walks and Poster contests. The organization is led mainly by high school students who came together and created the organization after losing many loved ones by suicide. Their goal is to create suicide awareness and eliminate the stigma by talking about the issue in support groups.

**Fee:** No

**Referral:** No

**Master’s Level Practicum:** No

*Contact information:*

Nicole Ymana

[Nicole-ymana@hotmail.com](mailto:Nicole-ymana@hotmail.com)

(204) 979-0850

**Pulaarvik Kablu Friendship Centre**

**Mental Health Crisis Team**

The Crisis response team offers emotional and cultural support for communities in the Kivalliq Region. A team is sent to the community after a critical incident (suicide, sudden death, homicide, accidental death).

**Fee:** No

**Referral:** No

**Master’s Level Practicum:** No

*Contact information*

Diana Salguero - Mental Health Crisis Team Coordinator

103-23 Aivilik Street

PO BOX 429

Rankin Inlet, NU

X0C 0G0

867-645-4878

**MOOD DISORDERS**

**Pulaarvik Kablu Friendship Centre**

**Cultural Support program**

The cultural support team provides support for former residential school students and their family members with culturally safe support services. Residential school survivors may deal with mental health issues such as depression, PTSD, and trauma. The team offers weekly traditional activities for elders, youth and community members which include fishing, sewing projects, and trips out on the land. They also travel to other Kivalliq communities in need of support or emergencies.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** No

*Contact information*

Maria Kasaluak- Cultural Support Worker

867-645-4878

103-23 Aivilik Street

PO BOX 429

Rankin Inlet, NU

X0C 0G0

**Department of Health in Mental Health & Addictions**

**Mental Health Consultant**

The Mental Health Consultant offers services not limited to but including, assessments (suicide risk assessments, RCMP cell assessments), referrals, counselling (depression, anxiety, trauma, PTSD) and safety planning.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** Department of Health in Mental Health and Addictions accepts summer students occasionally.

*Contact information*

1-867-645-2171

Taparrit Building

Bag 930

Rankin Inlet, Nunavut, X0c 0g0

**Pulaarvik Kablu Friendship Centre- Counselling Services**

The type of treatment will depend on the type of depression the client has. For example, if client displays long-term feelings of hopelessness and a “wish that death would come”, medication may be required so a referral would be made to Mental Health. The counsellor uses Emotional Focus therapy for presenting problems, Cognitive Behavioural Therapy to address core beliefs and Narrative Therapy to reframe the client’s story when dealing with clients that are depressed.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** No

*Contact Information:*

Mary Fredlund

867-645-3785

Sharpe Building

PO BOX 429

Rankin Inlet, Nunavut

XOC 0G0

**Kivalliq Counselling and Support Services (Baker Lake Resource)**

**Resolution Health Support Worker**

The Resolution Health Support worker offers one on one, group or family counselling. She also supports families that are dealing with mental health issues such as depression, trauma, PTSD, grief. She puts together residential school survivors’ gatherings and female sewing groups for the community as outreach programs.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** No

*Contact information*

Barbara Beveridge

2nd Road 7Cress,

P.O. Box 373

Baker Lake, Nunavut

1-867-793-2097

[RHSW2@qiniq.com](mailto:RHSW2@qiniq.com)

**Thrive Counselling (Winnipeg Resource)**

Thrive Counselling offers award-winning therapy and life coaching to assist in creating a strong relationship and a happy life. There is no waiting list and they are available to help immediately. Evening and weekend appointments at no extra charge. They provide counselling for individuals, couples, children and families for all kinds of challenges including depression and life transitions.

**Fee:** $80/hour

**Referral:** No

**Master’s Level Practicum:** Currently no but the clinical director is looking into providing practicum opportunities in the future.

*Contact information*

Sandra Scott- Clinical Director

(204)774-4184

200-254 Edmonton Street

Winnipeg, Manitoba

R3C 3Y4

sandra@thrivewinnipeg.com

<http://www.thrivewinnipeg.com>

**ADDICTIONS/ SUBSTANCE ABUSE**

**Overcomers Addictions/Counselling Program**

The program offers faith-based addictions counselling, as well as counselling for couples, or others struggling with life issues. Program is open to anyone. The group meets on Tuesday evenings by appointment only. Other session times available upon request.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** No

*Contact information:*

Pastor Nathan Jones

109-52 Nunavut St.

Rankin Inlet, Nunavut

X0C 0G0

867- 645-4560

**Pulaarvik Kablu Friendship Centre**

**Addictions program**

One to one counselling for individuals who identify with addictions/substance abuse, and the family members of the individual with the addiction.

**Fee:** No

**Referral:** It is not required. However, the addictions program does accept referrals from other agencies and self referrals.

**Master’s Level Practicum:** No

*Contact information:*

Elena Kataluk – Addictions worker

103-23 Aivilik Street

PO BOX 429

Rankin Inlet, NU

X0C 0G0

**Alcoholics Anonymous (unregistered society)**

This is a community run program with interested members who meet Tuesdays and Fridays at 5:30 or 7:00 pm for 1 hour and follow the A.A 12 step program. Meetings include opening and closing prayers, and readings from A.A approved literature. The group is open to all genders.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** No

*Contact information*

Pulaarvik Kablu Friendship Centre Office

867-645-2600

Rankin Inlet, NU

X0C 0G0

**Klinic Community Health Drop-In Counselling (Winnipeg Resource)**

Klinic offers drop in counselling services for anyone experiencing issues such as addictions: alcohol use, drugs or gambling. The drop-in counselling services are available on a first come, first seen basis. No appointment necessary. Services are for individual adults, teens aged 13+, couples and families. Hours: Monday, Friday, Saturday noon-4 pm, Tuesday and Thursday noon- 7 pm.

**Fee:** No

**Referral:** Self-referral and specialist referrals are accepted.

**Master’s Level Practicum:** No

*Contact information*

870 Portage Avenue

Winnipeg, Manitoba R3G 0P1

Ph: 204-784-4090

klinic@klinic.mb.ca

<http://klinic.mb.ca/in-person-counselling/klinic-drop-in-counselling/>

**DEMENTIA/ALZHEIMERS**

**Regional Clinical Dietitian**

Patients may seek help from a dietitian specialist as dementia could be related to declined bodily functions and affect someone’s ability to maintain enough food intake.

**Fee:** No; service is included in Nunavut health care

**Referral:** Referrals from a Doctor or other service providers are welcome but are not necessary. Self-referrals are also accepted. However, a referral from healthcare providers will be prioritized by urgency of condition.

**Master’s Level Practicum:** Summer student placements available

*Contact information:*

Mengxue Ada Wang RD

867-645-8300

**Department of Health in Mental Health & Additions**

**Mental Health Consultant**

The Mental Health Consultant will collaborate with the staff at the Health Centre (nurses/doctors) to create a treatment plan. This may include referring the client to a clinic/hospital down South.

**Fee:** No

**Referral:** Referrals or walk in appointments are accepted.

**Master’s Level Practicum:** Department of Health in Mental Health and Addictions accepts summer students occasionally.

*Contact information:*

1-867-645-2171

Taparrit Building

Bag 930

Rankin Inlet, Nunavut

X0c 0g0

**Care Partner Support Groups (Winnipeg Resource)**

The Support Group Meetings offer the opportunity for caregivers/family members to meet and share information about their experience of caring for a person with Alzheimer’s disease or dementia. Groups offer a supportive and confidential environment in which participants obtain knowledge and education regarding the nature and progression of the disease, treatments, and community resources. The support group will help participants feel less isolated and maintain positive self-esteem and well-being.

**Fee:** No

**Referral:** No

**Master’s Level Practicum:** No

*Contact information:*

Downtown Alzheimer Society office

10 - 120 Donald St.

4th Wednesday of each month

10:00 am - 11:30 am

[alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)

204-943-6622 or 1-800-378-6699

<https://www.google.com/search?q=dementia+counselling+services+winnipeg&oq=dementia+counselling+services+winnipeg&aqs=chrome..69i57l2j69i61l2j69i59j69i60.4670j0j4&sourceid=chrome&ie=UTF-8>

**Alzheimer Society Manitoba Alzheimer (Winnipeg Resource)**

Supportive Counselling Help line

The Dementia Helpline is a service that provides support and information for anyone with questions about dementia. The helpline aids individuals in building the confidence to maintain quality of life when facing dementia. A staff or volunteer member can provide information and support about:

* Understanding Alzheimer’s disease and other dementias
* Getting a diagnosis
* The progression of Alzheimer’s disease and other dementias
* Personal planning for the future
* Maintaining independence
* Providing care and support
* Resources in your community – including support groups
* Upcoming education workshops

**Fee:** No

**Referral:** A referral is not needed.

**Master’s Level Practicum:** No

*Contact information:*

Toll free 1-800-378-6699

[alzmb@alzheimer.mn.ca](mailto:alzmb@alzheimer.mn.ca)

<https://alzheimer.mb.ca/we-can-help/programs-and-services/supportive-counseling/>

**Total of 24 resources**



Saskatoon, Saskatchewan

By: Katharine Jensen

Saskatoon is the largest city in Saskatchewan and is located in the central region of the province along the South Saskatchewan River. It is considered the cultural and economic hub of central Saskatchewan since it was founded in 1882. It is often referred to as the “Bridge City” with its seven individual river crossings.

**ADHD**

**Child & Youth Mental Health Services**

Saskatchewan Health Authority, Youth Program Intake

Other programs available:

Understanding Children’s ADHD: Parent Education Session in Saskatoon Health Region

**Referral:** No. Complete intake interview and suitable program is chosen.

**Fee:** None, covered through the Health Region/health card

**Master’s Level Practicum:** No

*Contact information:*

Phone: (306) 655-7777

Website link: <https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Documents/Pamphlets/Understanding%20Childrens%20ADHD%20group%20pamphlet.pdf>

**LDAS Saskatoon (Learning Disabilities Association of Saskatoon)**

Promoting the education, employment, wellness and human rights of those with learning disabilities and ADHD. Specializing in ADHD children and youth programs in Saskatoon. Other Programs available: Lego program (may be a fee- depends on age of child) Neurofeedback program $70/session, ADHD coaching.

**Referral:** No. No membership required to participate in programs.

**Fee:** Some fees associated with various programs; conducted by Registered Psychologist so some expenses may qualify for health insurance reimbursement.

**Master’s Level Practicum:** No

*Contact Information:*

Phone: (306) 652-4114

Website link: <https://www.ldas.org/>

**ANXIETY/STRESS MANAGEMENT**

**Taming Worry (**Anxiety in Children)

CFS Saskatoon, a Canadian Mental Health Association, non-profit organization.

Taming Worry is an 8-week group designed to support children as they explore their feelings of fear, anxiety, and worry in a supportive environment. Through the exploration of their feelings, the children learn skills and strategies to cope with their emotions in an encouraging setting with their peers. A supportive and educational parent group is held at the same time in another room.

**Referral:** No

**Fee:** $185.00. Some Employee Assistance Programs (EAP) will cover the fees for this group.

**Master’s Level Practicum:** No

Other Programs at CFS: Community programs, Counselling services and Early learning services.

*Contact information:*

Phone: (306) 244-7773

Saskatoon Community Service Village  
506 25th Street East  
Saskatoon, SK

Website link: <https://www.cfssaskatoon.sk.ca/services/programs-for-kids-and-teens/taming-worry/>

**The Life Skills Program (Adolescent)**

By Canadian Mental Health Association (CMHA)

Life Skills is a program that provides opportunities for students to participate in the community. These activities may include work assessments with a business, volunteer opportunities, education, or recreational activities.

**Referral:** Yes

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

Phone: 306-384-9333

1301 Avenue P North, Saskatoon, SK S7L 2X1  
E-mail:[info@cmhasaskatoon.ca](mailto:info@cmhasaskatoon.ca)

Website Link: <https://saskatoon.cmha.ca/wp-content/uploads/2016/03/L.S.-brochure.pdf>

**White Buffalo Youth Lodge (**Adolescent Aboriginal support)

The mission and vision of White Buffalo Youth Lodge (WBYL) is dedicated to improve the quality of life and health for children, youth, young adults and their families in the inner city through integrated, holistic support services.

**Referral:** No

**Fee:** None

**Master’s Level Practicum:** No

*Contact information:*

Phone: (306) 653-7676

602 20th Street West, Saskatoon, SK    S7M 0X7

Website: <https://www.sktc.sk.ca/programs-services/family-community-services/community-supports/white-buffalo-youth-lodge/>

**BULLYING/SELF-HARM/SUICIDE PREVENTION**

**Rainbow Coffee LGBT Youth Support Group**

OUT Saskatoon

A safe space and good times are big aspects of our queer youth group that runs every Wednesday from 4:30pm until 9:00pm for LGBTQ2S youth and their allies ages 14-19 and features a free supper. Rainbow Coffee is a city-wide network of queer youth who are looking for community, friendship, and solidarity. Provides refuge and resources for bullying in youth.

**Fee:** No  
**Referral:** No

**Master’s Level Practicum:** No

Phone: (306) 665-1224

Website Link: <https://www.outsaskatoon.ca/youth>

Program times: Every Wednesday from 4:30-9pm ages 14-19

*Contact information:*

youth@outsaskatoon.ca

Other programs available: Rainbow Proud Younger Youth (ages 10-14), Trans Umbrella Foundation Youth Group (ages 10 and under), Gender Revolution and many special events.

Location: 320 21 St W, Saskatoon, SK S7M 0W3

**ADDICTIONS/ SUBSTANCE ABUSE**

**Mental Health and Addictions Services, Community Addiction Service**

Saskatchewan Health Authority

Serving individuals and family members 18 years or older who struggle with substance use (including tobacco), gambling, and/or mental health concerns.Other Programs offered: Adult Substance Use/Abuse Program, Adult Family Program, Concurrent Disorders Program, Problem Gambling Treatment Programs, Methadone Assisted Recovery Program (MARS) and more.

**Referral**: Yes

**Fee:** No

**Master’s Level Practicum:** No

*Contact information:*

Phone: (306) 655-7777

Location: Suite 156 Sturdy Stone Building  
122-3rd Ave. North  
Saskatoon, SK.  S7K 2H6

Website link: <https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/CommunityAddictionServices.aspx>

**Calder Centre**

Saskatchewan Health Authority

A 4-week residential program in a 32 Bed Inpatient Program, open 24 hours a day. Offers flexibility in length of stay based on the individual's needs. The program offers individualized treatment plans, counselling and education on substance abuse and much more.

**Referral**: Yes

**Fee:** Free with referral and Saskatchewan Health Card

**Master’s Level Practicum:** No

*Contact information:*

Phone: (306) 655-7777

2003 Arlington Avenue, Saskatoon, SK S7J 2H6

Website link: <https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/ResidentialTreatment-Adult-CalderCentre.aspx>

**Sobriety Home**

Drug Rehab & Alcohol Addiction Treatment at Sobriety Home offers a private, secure, tranquil residential rehab with personalized, individual treatment. Aftercare Program located in Saskatoon to aide in recovery. The main treatment center is located in Ottawa or Nova Scotia.

**Referral:** No

**Fee:** $399/day, 30-day program (Aftercare Program in Saskatoon, included in the price)

**Master’s Level Practicum:** No

*Contact information:*

Phone: 1-877-777-4386

Email: [info@sobriety.ca](mailto:info@sobriety.ca)

Website link: <https://www.sobriety.ca/drug-addiction-saskatoon-saskatchewan.htm>

**MOOD DISORDERS**

**Mother’s Empowering Mothers**

Saskatoon’s Postpartum Support Group

A local Non-Profit Organization that started in 2017 by a collective of postpartum professionals, passionate about decreasing the rates of postpartum depression and perinatal mood disorder in mothers.

**Referral:** No

**Fee:** By donation only

**Master’s Level Practicum:** No

*Contact information:*

Email: [mothersempoweringmothers@shaw.ca](mailto:mothersempoweringmothers@shaw.ca)

Phone: (306) 491-4382

Website link: <https://www.memsupportgroup.com/>

**The Saskatoon Postpartum Anxiety and Depression Support Group**

Saskatchewan Health Authority

The Postpartum Anxiety and Depression Support Program is a community wellness program provided by the Saskatchewan Health Authority with support from Saskatoon Community Clinic.

**Referral:** No

**Fee:** None, covered through the Health Region/health card

**Master’s Level Practicum:** No

*Contact information:*

Phone: (306) 655-7777

Website link: <https://www.saskatoonhealthregion.ca/locations_services/Services/Postpartum-Anxiety/Pages/Group-Support.aspx>

**Family Services Saskatoon**

This group that is a combination of psycho-educational information, group activities, and exercises to complete on your own. Topics include an introduction to anxiety & depression and the effects it has in the body and the brain, how to manage symptoms, assertiveness skills, and more.

Other Programs: Invisible Scars: Exploring Emotional, Verbal and Psychological Abuse (Intimate Partner Violence), Merging Families, Calming the Volcano Within, When Anger Gets In The Way of Parenting and much more.

**Referral:** No

**Fee:** $125

**Master’s Level Practicum:** No

*Contact information:*

102, 506 – 25th Street East  
Saskatoon, Saskatchewan S7K 4A7

[info@familyservice.sk.ca](mailto:info@familyservice.sk.ca)

Phone: 306-244-0127

Website link: <https://familyservice.sk.ca/programs/>

**DEMENTIA/ALZHEIMERS**

**The Dementia Friends program**

The Alzheimer Society of Saskatchewan

The province’s leading non-profit providing information, support services and education for people affected by dementia. dedicated to improving the lives of those affected by Alzheimer’s disease and related dementia. Other Saskatoon programs: Early Stage Support Groups (306-773-2683), Caregiver Support Group and Coffee Clubs in various locations across the province.

**Referral**: No

**Fee:** By donation only

**Master’s Level Practicum:** No

*Contact information:*

Phone: 1-800-263-3367

301 - 2550 12th Avenue Regina S4P 3X1

Website link: <http://www.dementiafriendlysaskatchewan.ca/>

#### **Saskatoon Community Day Programs**

**Century Club**

Saskatoon Council on Aging

The Saskatchewan Century Club is an association of seniors who have reached the age of 90 years and are determined to continue living in as full and active a style as possible to the age of 100 and beyond.  This type of life-style includes a variety of aspects to the term “active”, such as: Physical, Mental, Social, Spiritual and Creative.

**Referral**: No

**Fee**: No

**Master’s Level Practicum:** Maybe, dependent on program director

*Contact information:*

Phone: (306) 652-2255

Website link: <https://skseniorsmechanism.ca/resources-programs/century-club/>

**Rainbow 50 Plus**

Weekly drop-in program for seniors. Includes a one-hour exercise program conducted by trained “Forever In Motion” volunteers, lunch prepared on site, and program either informational/educational or entertainment. Program –Tuesdays 11 a.m. to 2 p.m.

**Referral:** No

**Fee:** Donation of $2.00

**Master’s Level Practicum:** Maybe, dependent on program director

*Contact information:*

Phone: (306) 664-8724

St. Thomas Wesley United Church 808 20th Street West

Website link: <https://sk.211.ca/service/13923051_14503285/rainbow_50_plus>

**Quick References:**

Mobile Crisis Tel. (306) 933-6200 (24 hours)

Problem Gambling Help Line Tel. 1-800-306-6789 (24 hours)

Sask. Health Line Tel. 811

Smoker’s Helpline Tel. 1-877-513-5333

Salvation Army Tel. (306) 244-6280 (24 hours)

YMCA Tel. (306) 244-2844 (24 hours)

Alcoholics Anonymous (AA) Tel. (306) 665-6727

Narcotics Anonymous (NA) Tel. (306) 652-5216

Al-Anon Family Groups Tel. (306) 665-3838

Total resources: 15

**Meet the Team!**

 

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