

**NEWS RELEASE
FOR IMMEDIATE RELEASE**

Nexen donates \$35,000 to Calgary Counselling Centre to support economically disadvantaged Calgarians.

CALGARY, March 7, 2018 – Calgary Counselling Centre is pleased today to announce a \$35,000 investment from Nexen Energy to support economically disadvantaged and vulnerable Calgarians through access to counselling services.

In 2017, Calgary Counselling Centre provided over 34,000 counselling sessions and saw 7,119 clients – with 61% of those clients requiring subsidized counselling support.

Nexen’s generous investment will help provide subsidized counselling to those who might not otherwise be able to afford counselling.

“We know that cost is a key consideration when Calgarians consider registering for counselling,” said Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. “We are grateful to Nexen for this meaningful contribution. With their support, we can focus our efforts on what we do best, which is getting the best results in the industry for our clients.”

Calgary Counselling Centre is committed to providing counselling, barrier-free, to everyone who needs support for their mental health and emotional wellbeing. The Centre operates on a sliding fee scale with no waitlist, ensuring that residents of Calgary and surrounding areas have access to timely and affordable counselling services.

“We are proud to assist organizations that provide access to resources and opportunities that empower individuals who need a hand up,” says Brian Humphreys, Vice President, External Relations. “That is why we continue to support the Calgary Counselling Centre’s critical work in our community.”

About Nexen:

Nexen is an upstream oil and gas company responsibly developing resources in some of the world’s most significant basins in Canada, the United States, the UK North Sea, Ireland, South America and West Africa. As a wholly-owned subsidiary of CNOOC Limited, Nexen is strategically focused on three businesses: conventional oil and gas, oil sands and shale gas / oil.

About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, the Centre offers counselling to all age groups in a variety of areas including depression, children’s programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

For more information or to arrange an interview, please contact:

Luiza Campos, Director Marketing and Communications
Calgary Counselling Centre
P. 403.863.4486
E. Luiza.campos@calgarycounselling.com

Kyle Glennie, Team Lead, Communications
Nexen Energy
P: 403.699.5089
E: Kyle.Glennie@nexencnoocld.com