

Participating Counselling Service Provider List

Information listed on this document is provided by the Counselling Service Provider. If you want more information about a counselling service provider's counselling services, please contact them directly.

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AltShiftZen Holistic Counselling Therapy

Provider Name: Michele Paull

Phone: 825-808-0626 or text 587-507-0599 **Email:** michele@altshiftzen.ca

Website: www.altshiftzen.ca

Hours of Operation: 7 Days a week, Days or Evenings, to fit your Schedule

Populations Served: Youth, Adults, Seniors: Individuals, Couples, Groups

Areas of Concern: Individuals struggling with life changes, anxiety and depression, questioning values and choices, lowered self-esteem, relationship dissatisfaction, and chronic pain management. Specialized in Virtual Therapy.

Bethany Mills Psychological Services

Provider Name: Bethany Mills

Phone: 587-394-5025

Email: bethanymills.ps@gmail.com

Website: bethanymillspychology.ca

Hours of Operation: Tuesday – Friday 9 – 4 PM

Populations Served: Children, Youth, Adults & Seniors: Individual & Family

Areas of Concern: Anxiety, Attachment, Depression, Emotional Regulation, Executive Functioning, Grief & Loss, Parenting Support, Parenting Coordination in Separation and Divorce, Play Based Supports, Stress Management, Self-Esteem, and Trauma Processing & Support.

Black Rock Counselling

Provider Name: Nicole Jackson

Phone: 403-635 8102

Email: nicole@blackrockcounselling.ca

Website: www.blackrockcounselling.ca

Hours of Operation:

Populations Served: Youth, Adults: Individual, Couples, Groups

Areas of Concern: Anxiety, Depression, Trauma, Life Transitions, Relationship Conflict, Parenting, Grief & Bereavement, Emotional Regulation, Addictions, Family Violence

Blue Rein Ranch Counselling & Animal Assisted Therapy

Provider Name: Marvin Vandenhoek

Phone: 403-894-7302

Email: info@bluereinranch.ca

Hours of Operation: Mon, Wed & Fri 9 – 6 PM & Thurs 9 – 11 AM

Areas of Concern: Acceptance and Commitment Therapy and Cognitive Behavioural Therapy.

Chinook Counselling Centre

Provider Name: Tanzi Hoover

Phone: 403-394-6528

Email: chinookcounselling@gmail.com

Website: www.chinookcounselling.com

Hours of Operation: Flexible Hours (evening and weekends available)

Populations Served: Adults, Adolescents, Children

Areas of Concern: Depression, Anxiety, Stress, Trauma, Emotional Dysregulation, Animal Assisted Therapy

Connected Counselling & Psychological Services

Provider Name: Amy Marco

Phone: 403-942 6886

Email: connectedcounsellingab@gmail.com

Website: www.connectedalberta.com

Hours of Operation: Mon to Fri 9 – 4 PM

Populations Served: Adults, Seniors: Individuals, Groups

Areas of Concern: Mental Health, Trauma, Gender and Sexuality, Fatphobia, Structural Oppressions (racism, homo/transphobia, ableism, sexism)

Provider Name: Serena Visser

Phone: 403-942 6886

Email: connectedcounsellingab@gmail.com

Website: www.connectedalberta.com

Hours of Operation: Mon to Fri 9 – 4 PM

Populations Served: Adults, Seniors: Individuals, Groups

Areas of Concern: Mental Health, Trauma, Gender and Sexuality, Fatphobia, Structural Oppressions (racism, homo/transphobia, ableism, sexism)

Crossroads Counselling Centre

Phone: 403-327-7080

Email: info@crossroadscounselling.ca

Website: www.crossroadscounselling.ca

Hours of Operation: Mon & Fri 10 – 5 PM, Tues, Wed & Thurs 1 – 8 PM

Family Centre

Family Centre contracts counsellors to provide counselling services. Contact for more information on subsidized counselling services. Also home of the Family Resource Network

Phone: 403-320-4232 Ext: 204

Website: www.famcentre.ca

Hours of Operation: Mon to Fri 8:30 – 4:30 PM

Populations Served: Children (7 & Up), Youth, Adults: Individual, Couples, Families

Family Ties Association

Counsellors: Chelsie Grenier, Amy Davis, Rebecca Smith, Caitlin Slavens, Mandy DeCecco-Kolebaba, Brody Gordon, Michelle Uilly, & Sabina Ross

Phone: 403-320-8888

Email: counselling@familyties.ca

Website: www.familyties.ca

Hours of Operation: Mon to Fri 8:30 – 4:30 PM

Populations Served: Children, Youth, Adults: Individual, Families

Areas of Concern: Anxiety, Depression, Relationship, Family, Stress, Career Guidance, Emotional Regulation etc.

Kevin Oishi Counselling

Provider Name: Kevin Oishi

Phone: 587-800-5288

Email: koishicounselling@gmail.com

Website: [Psychology Today Profile](#)

Hours of Operation: Tues-Fri, 9:00 am to 4:00 pm, Thurs 7 – 9 pm. Sat mornings possible.

Populations Served: Adults & Seniors: Individual

Areas of Concern: Addiction, Depression, Stress, Anxiety, Self-Esteem, Life Transitions, Relationships, Anger Management, Grief & Domestic Violence.

Kimberley Kiefuik

Provider Name: Kimberley Kiefuik

Phone: 403-308-0901

Email: kkiefuikpsychologist@gmail.com

Hours of Operation: Wed & Fri 10:00am-4:30pm, Thurs 11:00am-6:00pm

Populations Served: 11 yrs and up

Areas of Concern: Anxiety, Trauma, PTSD, Mood Disorders, Personality Disorders, Substance Use Disorders, Work/Life Stressors and Transitions

Leanna Santangelo

Provider Name: Leanna Santangelo

Phone: 403-894-9875

Email: leanna.coreelements@gmail.com

Website: <https://leannasantangelo.wixsite.com/fillyourcup>

Hours of Operation: Tuesday - Friday varying hours between 9am to 5pm

Populations Served: Individuals ages 14+

Areas of Concern: Individuals experiencing anxiety, looking to improve their performance in life, career or sport, having a difficult time with life or relationship transitions, or looking to level-up their life.

Lethbridge Counselling Services

Provider Name: Cora McDougall-Price

Phone: 403-942-0452

Website: www.counsellinglethbridge.ca

Hours of Operation: Mon to Sat 8 – 9 PM

Provider Name: Sasha Mourits

Phone: 403-942-0452 or 403-536-4080

Email: sasha@counsellinglethbridge.com

Website: www.counsellinglethbridge.ca

Hours of Operation: Mon to Sat 8 – 9 PM

Populations Served: Youth, Adults: Individuals, Couples

Areas of Concern: Trauma, Addiction, Gender Dysphoria, Sexuality, Identity, Anxiety, Depression, Interpersonal Conflict, Domestic Violence

Provider Name: Sherrie Nickel

Phone: 403-942-0452

Email: sherrie@counsellinglethbridge.ca

Website: www.counsellinglethbridge.ca

Hours of Operation: Mon mornings, Wed, Fri, some flexibility with virtual sessions

Populations Served: Children, Youth, Adults: Individuals

Areas of Concern: Trauma-Informed, Person-Centered, ADHD, Anxiety, Depression, Relationships, EMDR-Certified

Lethbridge Family Services

Counsellors: Ariel Burke, Devin Ahlgren, Elaine Davie, Jonathan Roque, Kelsey Ronne, Maya Ichikawa, Rana Kamel, Cyndi Starzyk-Frey

Phone: 403-327-5724

Email: counsellingintake@lfsfamily.ca

Website: www.lfsfamily.ca (client counselling application on website)

Hours of Operation: Mon, Thurs & Fri 8:30am – 4:30pm, Tues & Wed 8:30am - 8:00pm

Populations Served: Children, Youth, Adults & Seniors: Individual, Couples, Families

Areas of Concern: Trauma, Family Violence, Sexual Violence, Grief & Loss, Suicide, Gender Issues, Sexual Orientation Issues, Child/Adult Abuse, Neglect, Family of Origin Issues

Lethbridge Therapy Centre

Provider Name: Dalayna Taverner

Phone: 403-394-9549 Ext: 107

Email: dalayna@lethbridgetherapycentre.com

Website: www.lethbridgetherapycentre.com

Hours of Operation: Tues 5 – 7 PM, Fri 3 – 8 PM

Areas of Concern: Mental Health, Anxiety, Depression, Conflict or Grief & Loss.

Provider Name: Melanie Smith

Website: www.lethbridgetherapycentre.com

Melissa Habetler

Provider Name: Melissa Habetler

Phone: 825-254-5631

Email: melissahabetlercounselling@gmail.com

Website: [Melissa Habetler, Counsellor, Lethbridge, AB, T1K | Psychology Today](#)

Hours of Operation: Mon-Thurs 12 – 3 PM, Wed Evenings, Fri 8:30 – 6 PM

Populations Served: Pre-Teens, Teens & Adult: Individual

Areas of Concern: Trauma, Attachment, Communication, Boundary setting, Self-Care, Anxiety, Emotional Regulation strategies, Stress Management, Life transitions and/or Spiritual Journey

Nicole St. Michel – Counselling & Wellness

Provider Name: Nicole St. Michel

Phone: 403-826-2637

Email: nicolestmichel@yahoo.com

Website: [Nicole St. Michel, Counsellor, Calgary, AB, T2G | Psychology Today](#)

Hours of Operation: Monday - Friday (9am - 4pm, 6pm- 8pm), Saturday (9am - 12pm)

Populations Served: Adult: Individual, Couples, Groups

Areas of Concern: Trauma, Anxiety, Relationships, Life Transitions, Grief & Somatic Therapy

Quiet Healing Counselling and Yoga

Provider Name: Heather Rowland

Phone: 587-691-4466

Email: quiethealing1@gmail.com

Website: www.quiethealingcounselling.ca

Hours of Operation: Tues to Fri 9 – 5 PM

Populations Served: Adults: Individual

Areas of Concern: Various forms of Trauma and Systemic Violence

Rebecca Smith Psychological Services

Provider Name: Rebecca Smith

Phone: 403-795-3551

Email: rgspservices@gmail.com

Website: [Rebecca Smith, Psychologist | Psychology Today](#)

Hours of Operation: Wed, Thurs & Fri 8 AM – 7 PM

Populations Served: Children, Youth & Adults: Individual

Areas of Concern: Trauma, Emotional Regulation, Anxiety, Depression, Grief & Loss, Life Transitions, Attachment, Self- Worth & Relationships

Roberta Smallbones

Provider Name: Roberta Smallbones

Phone: 403-894-1710

Email: robertasmallbones.counselling@gmail.com

Website: [Roberta Registered Provisional Psychologist, Lethbridge, AB, T1J | Psychology Today](#)

Hours of Operation: Mon & Wed 5 – 8 PM, Fri 3 – 6 PM

Populations Served: Adults: Individuals

Areas of Concern: Grief & Loss, Anxiety, PTSD, Domestic Violence, Self-Esteem Couples Conflict

Shore Psychological Services

Provider Name: Kayla Shore

Phone: 403-360-6381

Email: kayla@shorepsych.ca

Website: www.shorepsych.ca

Hours of Operation: Mon to Sat 12 – 8 PM

Populations Served: Children, Youth, Adults: Individual, Families, Couples

Areas of Concern: Anxiety, Attachment, Boundaries, Career, Communication, Depression, Frustration tolerance, Anger, Gender, Identity, Self-Awareness, Life Transitions, Relationships, Self-Esteem, Stress & School Based Issues

True Balance Counselling

Counsellor: Sandy Witdouck

Phone: 403-327-2333

Email: truebalancecounselling@gmail.com

Website: www.truebalancecounselling.ca

Hours of Operation: Mon to Fri 8 – 10 PM, Saturday 8 – 6 PM

Populations Served: Children, Youth, Adults: Individual, Couples, Families, Groups

Areas of Concern: Anxiety, Depression, Relationships, OCD, Parenting, Stress, Trauma & Assessment

Untethered Heart Counselling

Provider Name: Cindy Rendall

Phone: 403-320-4232 Ext: 217

Email: cindy.rendall@counsellor.com

Website: www.untetheredheart.ca

Hours of Operation: Mon, Thurs & Fri, Some Evenings Available

Populations Served: Adults: Individual, Couples & Family

Areas of Concern: Life Transitions, Separation & Divorce, Co-Parenting, Relationship Issues, Personal Growth, Stress

Vita Counselling

Provider Name: Callista Chasse, MSW, RSW

Email: callista@vitacounselling.ca

Website: www.vitacounselling.ca

Hours of Operation: Variable (Tues daytime, Wed daytime and evening, Thurs daytime)

Populations Served: Adults: Individual, Couples

Areas of Concern: Stress Management, Life Transitions, Relationships, Interpersonal Communication, Sexuality Concerns, Grief and Loss, General Well-Being and Mental Health Concerns