

Counselling Resources

<p>art can heal</p> <ul style="list-style-type: none"> • Art therapy as a gentle method for healing, wellness and self-discovery • Specialized in treatment of trauma, depression, grief and loss for women and young women • Individual and group therapy; workshops <p>CONTACT: Jean Tait, Professional Art Therapist, (CATA, AATA) PHONE: 780-916-6615 EMAIL: jean@artcanheal.ca WEBSITE: www.artcanheal.ca</p>	<p>Alberta Health Services (AHS) Addiction and Mental Health</p> <ul style="list-style-type: none"> • Intake Monday to Friday (8:30 - 4:30 pm) - scheduled appointments and drop in • Information, Prevention and Counselling Services • Intensive Day program and Residential Stabilization Treatment program referrals <p>ADDRESS: 4405 SouthPark Dr., Stony Plain, AB T7Z-2M7 PHONE: 780-963-8098 or 780-968-3267 FAX: 780-968-6465 WEBSITE: www.albertahealthservices.ca</p>
<p>Child and Adolescent Mental Health Community Programs (Spruce Grove)</p> <ul style="list-style-type: none"> • Provides a range of publicly funded mental health services and support for children and youth 5 – 17 years of age – and their families, who require mental health assessment and treatment • Crisis Line 780-427-4491 offers immediate crisis support to children/adolescents up to age 17 and their care providers. Provides support to their professionals in the community in the child serving sector <p>ADDRESS: 140, Stan Woloshyn Building, 205 Diamond Ave., Spruce Grove PO Box 3520, Spruce Grove, AB T7X-3A8 PHONE: 780-342-1370 FAX: 780-962-7566 WEBSITE: www.albertahealthservices.ca</p>	<p>Crisis Support Centre</p> <p>Helps people cope with crisis situations by phone, in person and online • 24 Hour Distress Line: 780-482-HELP (4357). Seniors' Abuse Helpline: 780-454-8888. Call if you are a senior experiencing abuse or if you suspect a senior you know is being abused • Suicide Grief Support Services: 780-482-0198. Receive individual, family or group support when grieving a loss to suicide • Suicide Caregiver Support: 780-482-0198. Provides information, techniques and support for individuals caring for a person at risk for suicide. Live Crisis Chat: www.CrisisSupportCentre.com. Chat one on- one with a Support Team member online</p> <p>ADDRESS: 400, 10025 - 106 St., Edmonton, AB T5J-1G4 PHONE: 780-482-0198 FAX: 780-488-1495 EMAIL: admin@thesupportnetwork.com WEBSITE: www.CrisisSupportCentre.com</p>
<p>Enhanced Horizons Community Outreach/Home Visits</p> <ul style="list-style-type: none"> • Counselling/Coaching, help to adapt to losses or create change to obtain new goals • Cognitive restructuring work, daily living skills, rebuilding work to create change • Person Centered approach to focus on work plans/sessions <p>ADDRESS: PO Box 5142, Spruce Grove AB T7X-3A3 PHONE: 780-962-5777 FAX: 780-962-3800 EMAIL: enhancedhorizons@shaw.ca</p>	<p>Family Care Psychology Inc.</p> <ul style="list-style-type: none"> • Counselling and assessment services: children, adolescents, adults, couples, families • Autism assessments (ADOS-II) Academic/Behavioral/Cognitive Assessments <p>ADDRESS: Suite 203, 4911 - 50 St., Stony Plain, AB T7Z-1T3 PHONE: 780-963-7451 FAX: 780-963-7257 EMAIL: reception@familycarepsychology.com WEBSITE: www.familycarepsychology.com</p>
<p>Highlander Counselling and Mediation</p> <ul style="list-style-type: none"> • Individual, couple and family counselling • Play therapy • Addictions programs including sex addiction • Hypnosis as an adjunct to therapy • Grief and loss programs • Designated capacity assessor under the Guardianship and Trusteeship Act <p>ADDRESS: 4-300 King St., Spruce Grove, AB T7X-2C6 PHONE: 780-903-3961 EMAIL: mcewen@highlander-counselling.com WEBSITE: www.highlander-counselling.com</p>	<p>Immanuel Healing Centre</p> <ul style="list-style-type: none"> • Christian counselling service • Anger management • Personal counselling • Couples counselling <p>ADDRESS: 52401 Rge. Rd. 13 MAIL TO: Box 2965, Stony Plain, AB T7Z-1Y4 PHONE: 780-963-4048 EMAIL: office@ilcr.ca WEBSITE: www.ilcr.ca</p>

<p>Insight Psychological Services</p> <ul style="list-style-type: none"> • Individual, couple and family therapy • Comprehensive range of psychological assessments <p>ADDRESS: 204, 505 Queen St., Spruce Grove PHONE: 780-962-3310 WEBSITE: www.insightpsychological.ca</p>	<p>Julie Morrison - Registered Psychologist, B.Sc Nursing</p> <ul style="list-style-type: none"> • Counselling and Psychotherapy for individuals, couples, and family groups • Teens (15+), adults and seniors • Depression, anxiety, addictions / ACOA, childhood trauma, domestic violence/anger, relationships, bereavement, life transitions, stress and burnout, sexual identity, self-esteem/ issues related to childhood <p>ADDRESS: 103, 5013 - 48 St., Stony Plain, AB PHONE: 780-920-6951 EMAIL: morrisonjulie3@gmail.com</p>
<p>Mental Health Clinic - Stony Plain</p> <ul style="list-style-type: none"> • Crisis intervention including urgent services • Assessment for individuals experiencing significant functional problems related to mental health issues • Short-term and longer term treatment for people with severe or persistent mental disorders or moderate to severe emotional distress • Services for adults only <p>ADDRESS: 4405 South Park Dr., Stony Plain, AB PHONE: 780-963-6151</p>	<p>Native Counselling Services of Alberta - Aboriginal Parent Link Centre</p> <ul style="list-style-type: none"> • Early Childhood development • Parent education, family support • Toy and book lending library <p>ADDRESS: 5413 - 51 St., Stony Plain, AB T7Z-1Y2 (PERC Building) PHONE: 780-963-8756 EMAIL: tracy-shannacappo@ncsa.ca WEBSITE: www.ncsa.ca</p>
<p>Parkland Turning Points Society</p> <ul style="list-style-type: none"> • Specializing in counselling programs for men or women affected by family violence • Breaking the Silence presentations to community groups <p>ADDRESS: 4912 - 51 Ave., Stony Plain MAIL TO: Box 2795, Stony Plain, AB T7Z-1Y3 PHONE: 780-963-8774 FAX: 780-968-3006 EMAIL: ptps1@telus.net WEBSITE: www.ptps.ca</p>	<p>Ryan Counselling Inc.</p> <ul style="list-style-type: none"> • Counselling from a Christian perspective • Individual, family, marriage/couple counselling • Addiction/Substance abuse counselling <p>ADDRESS: 49 Boulder Blvd., Stony Plain, AB T7Z-1V62 PHONE: 587-985-2039 EMAIL: ryancounselling@gmail.com</p>
<p>Sexual Assault Centre of Edmonton</p> <ul style="list-style-type: none"> • 24-hour sexual assault crisis line • Individual/group counselling for all genders over 3 years old • Public education for schools/community groups • Specialized services for diverse populations <p>ADDRESS: 205, 14964 - 121A Ave., Edmonton, AB T5V-1A3 CRISIS LINE: 780-423-4121 PHONE: 780-423-4102 FAX: 780-421-8734 EMAIL: info@sace.ab.ca WEBSITE: www.sace.ab.ca</p>	<p>a sacred journey – psychological services inc.</p> <ul style="list-style-type: none"> • Counselling for all ages and most psychological issues • Individual, couples and family. • Registered provider for First Nations and Inuit Health Benefits. <p>ADDRESS: #232, 220 Century Rd., Spruce Grove, AB T7X-3X7 PHONE: 780-960-1616 FAX: 780-960-1773 EMAIL: reception@asjpsychological.com WEBSITE: www.asjpsychological.com</p>

<p>Spruce Grove Family and Community Support Services (FCSS)</p> <ul style="list-style-type: none"> • Professional, confidential counselling services to eligible individuals and families. Sliding fee scale <p>ADDRESS: 105, 505 Queen St., Spruce Grove, AB T7X-2V2 PHONE: 780-962-7618 CONTACT: Voirrey Manning, Administrative Assistant EMAIL: fcss@sprucegrove.org</p>	<p>Stepping Stones Counselling</p> <ul style="list-style-type: none"> • Counselling for adults, children, families, and couples • Play therapy • EMDR therapy for anxiety, post-traumatic stress and more <p>ADDRESS: 106, 323 McLeod Ave., Spruce Grove, AB T7X-0J6 PHONE: 780-643-7224 EMAIL: caral@ualberta.ca WEBSITE: stepping-stones-counselling.com</p>
<p>Stony Plain Family and Community Support Services (FCSS)</p> <ul style="list-style-type: none"> • Counselling services, provided by a certified therapist to assist individuals, couples and families. Subsidised program, call to determine eligibility • Mediation services to assist families and individuals in resolving conflict. Subsidy available • Call to arrange a confidential appointment <p>ADDRESS: 4905 - 51 Ave., Stony Plain, AB T7Z-1Y1 PHONE: 780-963-8583 FAX: 780-963-1951 EMAIL: pfcss@stonyplain.com WEBSITE: www.stonyplain.com/fcss</p>	<p>YWCA Edmonton</p> <ul style="list-style-type: none"> • Counselling: individual, couple and family, play therapy, marital and family therapy • Support Group: family violence, anger management, divorce and separation <p>ADDRESS: #400, 10080 Jasper Ave., Edmonton, AB T5J-1V9 PHONE: 780-423-9922 ext 222 EMAIL: counselling.services@YWCAofedmonton.org WEBSITE: www.ywcaofedmonton.org</p>
<p>Yellowhead Family and Community Support Services (FCSS)</p> <ul style="list-style-type: none"> • Professional, confidential counselling services to eligible individuals and families. Sliding fee scale <p>ADDRESS: 5304 Rge Rd 92A, Wildwood AB PHONE: 780-325-3782 toll free 1-800-814-3935 WEBSITE: www.yellowheadcounty.ab.ca</p>	<p>For more resources and services go to: http://www.stonyplain.com/Town-Hall/Departments/Family-and-Community-Support-Services-FCSS-/Resources-and-Links.htm</p>