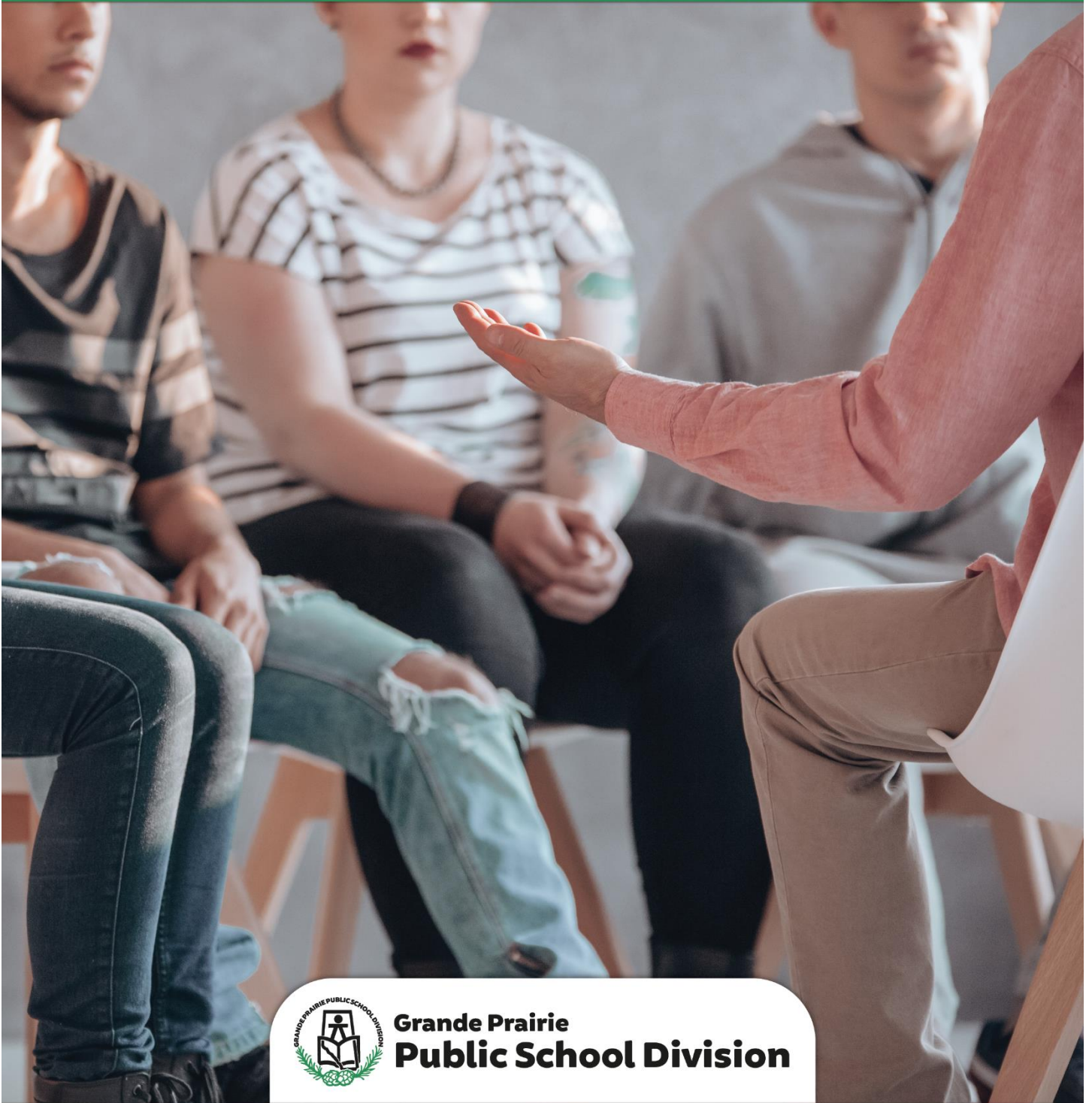


# Community Resource Guide



 **Grande Prairie  
Public School Division**

Every student succeeds!

   GPPSD2357



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Please Note: This brochure is for informational purposes only and is not an indication of endorsement by the Grande Prairie Public School Division. This is not an exhaustive list.

## Therapy & Counselling Services

Frequently asked questions:

- Do you offer sliding scale services? Sliding scale means that fees are adjusted based on the client's income.
- Do you direct bill to my health insurance?
- Do you offer virtual services?
- Do you offer free meet and greet sessions to see if we are a good fit?

Notes:

- If you pay out of pocket, ask for a receipt, and claim as a medical expense during income tax.
- Check with your employer to see if you have access to a wellness fund, employee assistance program, or other programs that might help pay for counselling.
- If you have Treaty status or family history with residential school, connect with Non-Insured Health Benefit (NIHB) to explore if you are eligible for free services. Many therapists can direct bill NIHB.
- Many therapists have a profile on the website Psychology Today. This may be a helpful resource to find a therapist who is the right fit for you or your child. [www.psychologytoday.com/ca/therapists/ab/grande-prairie](http://www.psychologytoday.com/ca/therapists/ab/grande-prairie)

## Therapy & Counselling Services: Free or Sliding Scale

Provider	Ages	Contact Information	Note
<b>AHS Children &amp; Youth Addiction &amp; Mental Health</b> <i>Multiple Therapists</i>	6 years+	780-538-5162 <a href="mailto:AHS.GPAMH-ChildAdmin@albertahealthservices.ca">AHS.GPAMH-ChildAdmin@albertahealthservices.ca</a>	Free. Walk-in sessions Monday to Friday 8:30AM - 3:30PM.
<b>Kickstand Connect</b> <i>Multiple Therapists</i>	12 years+	<a href="http://www.mykickstand.ca">www.mykickstand.ca</a>	Free. Virtual sessions only.
<b>Burden Bearers</b> <i>Multiple Therapists</i>	4 years+	780-539-5225 <a href="mailto:info@burdenbearersgp.com">info@burdenbearersgp.com</a>	Sliding scale.
<b>Catholic Family Services</b> <i>Multiple Therapists</i>	6 years+	780-532-9381 <a href="mailto:admin@cfsgp.ca">admin@cfsgp.ca</a>	Sliding Scale.
<b>EaseCare</b> <i>Multiple Providers</i>	5 years+	<a href="http://www.easecare.ca">www.easecare.ca</a>	Online only. Free Physician and Psychiatry visits. Therapy with a counselor is fee for service.

## Therapy & Counselling Services: Fee for Service

Provider	Ages	Contact Information
<b>Counselling Now</b> <i>Trish Smith &amp; Jeremy Smith</i>	All Ages	780-814-0445 <a href="mailto:trishsmith@counsellingnow.ca">trishsmith@counsellingnow.ca</a>
<b>Botten Psychological</b> <i>Multiple Therapists</i>	3 years+	780-538-0609 <a href="mailto:bottenpsyc@telus.net">bottenpsyc@telus.net</a>
<b>Sandplay: Therapy for Children</b> <i>Margot Lambert</i>	3 years+	780-831-5595 <a href="mailto:lambertmargot@hotmail.com">lambertmargot@hotmail.com</a>
<b>Bear Creek Counselling and Psychology</b> <i>Multiple Therapists</i>	5 years+	780-513-6333 <a href="mailto:reception@bearcreekcounselling.ca">reception@bearcreekcounselling.ca</a>

<b>Kristi the Counsellor</b> <i>Kristi Roy</i>	5 years+	587-210-8298 <a href="mailto:kristithecounsellor@gmail.com">kristithecounsellor@gmail.com</a>
<b>Paramount Psychological &amp; Counselling</b> <i>Multiple Therapists</i>	5 years+	789-532-4944 <a href="mailto:admin@paramountpsychology.com">admin@paramountpsychology.com</a>
<b>Northwest Wellness Centre</b> <i>Carla Eckstrom &amp; Charlene Eckstrom</i>	5 years+	780-532-5520
<b>Achieve Psychological</b> <i>Multiple Therapists</i>	5 years+	587-392-5077 <a href="mailto:Admin@achievepsychological.com">Admin@achievepsychological.com</a>
<b>Expressive Sandplay Counselling</b> <i>Lori Stewart</i>	6 years+	780-512-1093 <a href="mailto:Lori.espcounselling@gmail.com">Lori.espcounselling@gmail.com</a>
<b>Levesque Counselling Inc.</b> <i>Jillian Levesque</i>	6 years+	780-876-7844
<b>Solutions Psychological Services</b> <i>Dr. Shirley Karseboom</i>	6 years+	780-512-8812 <a href="mailto:spservices@telusplanet.net">spservices@telusplanet.net</a>
<b>Reconnect Counselling</b> <i>Shawna Bohnke</i>	8 years+	780-402-5721 <a href="mailto:Shauna@reconnectcounselling.net">Shauna@reconnectcounselling.net</a>
<b>Beyond Therapy Counselling &amp; Holistic Services</b> <i>Andrea Salway</i>	8 years+	780-814-8812 <a href="mailto:Info@beyond-therapy.ca">Info@beyond-therapy.ca</a>
<b>ARCH Psychological</b> <i>Multiple Therapists</i>	10 years+	7808-428-9223 <a href="mailto:Arch@archpsychological.com">Arch@archpsychological.com</a>
<b>Soul Psychology</b> <i>Sara Bawol &amp; Taylor Isley</i>	10 years+	780-933-7719 <a href="mailto:Soulpsychology.gp@gmail.com">Soulpsychology.gp@gmail.com</a>
<b>Leap Wellness &amp; Counselling</b> <i>Jennifer Aldred</i>	10 years+	780-978-1039 <a href="mailto:j.leapwellness@gmail.com">j.leapwellness@gmail.com</a>
<b>U R Plentiful</b> <i>Tanya Cochrane</i>	10 years+	825-250-0431 <a href="mailto:Urplentifultherapy@gmail.com">Urplentifultherapy@gmail.com</a>
<b>Unsworth Psychological</b> <i>Amanda Unsworth</i>	12 years+	780-380-7173 <a href="mailto:Amanda.the.therapist@gmail.com">Amanda.the.therapist@gmail.com</a>
<b>Theragen Counselling &amp; Consulting</b> <i>Johnathan Hudson Fortune</i>	13 years+	587-802-3654 <a href="mailto:Info@theragen.ca">Info@theragen.ca</a>
<b>Highland Psychology</b> <i>Sarah Ward</i>	13 years+	780-228-7557 <a href="mailto:Sarah@highlandpsychology.ca">Sarah@highlandpsychology.ca</a>
<b>Journey Therapy Services</b> <i>Pam Dueck</i>	13 years+	587-850-0639 <a href="mailto:Journeytherapyservices@gmail.com">Journeytherapyservices@gmail.com</a>
<b>Lotus Therapeutic Services</b> <i>Jenn Griffiths</i>	14 years+	780-933-3914 <a href="mailto:Jenn@lotustherapueticservices.ca">Jenn@lotustherapueticservices.ca</a>
<b>Saara Bain Counselling Services</b> <i>Saara Bain</i>	16 years+	780-518-7133 <a href="mailto:Saara@sbaincounsellingservices.ca">Saara@sbaincounsellingservices.ca</a>

## Addiction & Mental Health: Adult

Provider	Contact Information
<b>Addiction &amp; Mental Health – Adult &amp; Youth</b>	780-833-4323, 1-888-594-0211
<b>Integrated Crisis Access Team (ICAT)</b>	587-259-5513
<b>Northern Addiction Centre</b>	780-538-5210
<b>Rising Above</b>	780-533-3025

## Mental Health & Support Groups: Free

Note: Groups run at various times throughout the year.

Provider	Contact Information
<b>Alcoholics Anonymous Groups</b>	780-532-1772 <a href="http://www.grandeprairieaa.com">www.grandeprairieaa.com</a>
<b>Alzheimer Society</b> <ul style="list-style-type: none"> <li>Care Partner Support group</li> </ul>	780-882-8770
<b>Family Education Society</b> Adult Groups <ul style="list-style-type: none"> <li>Adult FASD Skills &amp; Support Group</li> <li>FASD Education &amp; Support Group</li> <li>Dad's Events</li> <li>Circle of Security Program</li> <li>Love and Logic Program</li> </ul> Child & Youth Groups <ul style="list-style-type: none"> <li>Sibling Support Group</li> <li>Girls Matter! Group</li> <li>Boys Matter Too!! Group</li> <li>Empathy Project Group</li> <li>Rainbows Grief Groups</li> <li>FASD Youth Group</li> </ul>	780-830-0920 <a href="http://www.familyeducationsociety.org">www.familyeducationsociety.org</a>
<b>Grande Prairie Centre For Newcomers</b> <ul style="list-style-type: none"> <li>English Conversation Club</li> </ul>	780-538-4452 <a href="http://www.gpcn.ca">www.gpcn.ca</a>
<b>Grande Prairie Public Library</b> <ul style="list-style-type: none"> <li>Social opportunities for children, youth, &amp; adults.</li> </ul>	780-532-3580 <a href="http://www.gppl.ca">www.gppl.ca</a>
<b>John Howard Society</b> <ul style="list-style-type: none"> <li>N'Compass Youth Program (Anger management group)</li> </ul>	780-532-0373
<b>Kickstand Connect</b> <ul style="list-style-type: none"> <li>Peer support groups for youth &amp; caregivers.</li> </ul>	<a href="http://www.mykickstand.ca">www.mykickstand.ca</a>
<b>PACE Centre</b> <ul style="list-style-type: none"> <li>Caring Dads Program</li> <li>Women's Support Group</li> </ul>	780-539-6692 <a href="http://www.pacecentre.com">www.pacecentre.com</a>
<b>Peace Area Narcotics Anonymous</b>	1-877-463-3537 <a href="http://www.peaceareana.com">www.peaceareana.com</a>
<b>Primary Care Network</b> Adult Groups <ul style="list-style-type: none"> <li>Anxiety to Calm</li> <li>Craving Change</li> </ul> Youth Groups <ul style="list-style-type: none"> <li>Anxiety to Calm for Youth</li> </ul>	780-539-9204 <a href="http://www.grandeprairiepcn.com">www.grandeprairiepcn.com</a>
<b>Recovery College</b> <ul style="list-style-type: none"> <li>Adult Mental Health Support Group</li> <li>Various online sessions about mental health and substance use</li> </ul>	780-402-4532 <a href="http://www.recoverycollegegrandeprairie.ca">www.recoverycollegegrandeprairie.ca</a>

<b>Resource Centre for Suicide Prevention</b> Adult Groups <ul style="list-style-type: none"> <li>• Family &amp; System Support Group</li> <li>• Men’s Talk</li> <li>• Men’s Support Group</li> <li>• Suicide Loss Support Group</li> <li>• Skills for Safer Living</li> </ul> Child & Youth <ul style="list-style-type: none"> <li>• Skills for Safer Living</li> <li>• Youth Support Group</li> <li>• Pheonix Group (1 day program– Grades 4-6)</li> <li>• Gryphon Group (1 day program – Grades 7-12)</li> </ul>	780-539-6680 <a href="http://www.sp-rc.ca">www.sp-rc.ca</a>
<b>Youth on the Rise</b> <ul style="list-style-type: none"> <li>• Events and peer support opportunities for youth.</li> </ul>	780-518-1309 Find on Facebook or Instagram: Youth on The Rise GP

## Psychological & Educational Assessments

Provider	Contact Information
<b>ARCH Psychological Services</b> <i>Multiple Providers</i>	780-428-9223 <a href="mailto:Arch@archpsychological.com">Arch@archpsychological.com</a>
<b>Achieve Psychological Services</b> <i>Kim Schellenberg</i>	780-841-4169 <a href="mailto:Achievepsychological@gmail.com">Achievepsychological@gmail.com</a>
<b>Botten Psychological Services</b> <i>Cathleen Botten</i>	780-518-0609
<b>Peace Psychological Services</b> <i>Jessica Gauthier</i>	780-605-0369 <a href="mailto:jessica.b.gauthier@gmail.com">jessica.b.gauthier@gmail.com</a>
<b>PMH Psychological Services</b> <i>Patti Hagarty</i>	587-299-9687 <a href="mailto:pmhpsych@me.ca">pmhpsych@me.ca</a>
<b>Solutions Psychological Services</b> <i>Dr. Shirley Karseboom</i>	780-512-8812 <a href="mailto:spservices@telus.net">spservices@telus.net</a>
<b>Syndicated Psychological Services</b> <i>Michele McKinnon</i> <i>Tara Lux</i>	780-539-9134 <a href="mailto:Michele@syndicatedindustries.com">Michele@syndicatedindustries.com</a> 780-832-1634 <a href="mailto:luxpsychology@outlook.com">luxpsychology@outlook.com</a>
<b>Unsworth Psychological Services</b> <i>Amanda Unsworth</i>	780-380-7173 <a href="mailto:amanda.the.therapist@gmail.com">amanda.the.therapist@gmail.com</a>

## Parenting Support & Resources

Provider	Contact Information
<b>Aboriginal Head Start Program</b>	780-532-5771 <a href="http://www.gpfriendshipcentre.org/aboriginal-head-start">www.gpfriendshipcentre.org/aboriginal-head-start</a>
<b>Babies Best Start</b>	780-533-2347 <a href="http://www.gpfriendshipcentre.org/babiesbeststart">www.gpfriendshipcentre.org/babiesbeststart</a>
<b>Big Brothers &amp; Big Sisters</b>	780-532-0620 <a href="https://gp.bigbrothersbigsisters.ca">https://gp.bigbrothersbigsisters.ca</a>
<b>Centre for Young Parents</b>	780-538-3854 <a href="http://www.centreforyoungparents.com">www.centreforyoungparents.com</a>

Cool Aid Society	780-357-9354 <a href="http://www.coolaidsociety.ca">www.coolaidsociety.ca</a>
Family Education Society	780-830-0920 <a href="http://www.familyeducationsociety.org">www.familyeducationsociety.org</a>
FASD Family Support Program	780-830-0920 <a href="http://www.familyeducationsociety.org/fasd">www.familyeducationsociety.org/fasd</a>
Healthy Families	780-830-0920 <a href="http://www.familyeducationsociety.org/healthyfamilies">www.familyeducationsociety.org/healthyfamilies</a>
Metis Local 1990	780-538-9333 Find on Facebook: MNA Metis Local 1990 Grande Prairie
North Region Children's Services	780-538-5102
Northwest Peace FASD Network (Society)	780-533-5461 <a href="http://www.nwfasdnetwork.com">www.nwfasdnetwork.com</a>
Wahkomiwew Program (Native Counselling Services of Alberta)	780-532-9359 <a href="http://www.ncsa.ca">www.ncsa.ca</a>
YMCA Grande Prairie	780-539-9622 <a href="http://www.ymcanab.ca">www.ymcanab.ca</a>

## Assistance

Provider	Contact Information
24-Hour Emergency Income Support	1-866-644-5135
Assured Income for the Severely Handicapped (AISH)	780-833-4399 <a href="http://www.alberta.ca/aish">www.alberta.ca/aish</a>
Alberta Supports	780-538-6241 <a href="http://www.alberta.ca/alberta-supports">www.alberta.ca/alberta-supports</a>
Family Support for Children with Disabilities (FSCD)	780-538-5115 <a href="http://www.alberta.ca/fscd">www.alberta.ca/fscd</a>
Jumpstart (Extra funding for kids' sports)	<a href="https://jumpstart.canadiantire.ca/">https://jumpstart.canadiantire.ca/</a>
Kev's Kids (Extra funding for medical equipment & expenses)	780-897-8203 Find on Facebook: Kev's Kids
KidSport (Extra funding for kids' sport registration)	<a href="http://www.kidsportcanada.ca/alberta/grande-prairie/">www.kidsportcanada.ca/alberta/grande-prairie/</a>
Money Mentors (Credit Counselling)	1-888-294-0076 <a href="http://www.moneymentors.ca">www.moneymentors.ca</a>
Persons With Developmental Disabilities (PDD) Program	780-538-5115 <a href="http://www.alberta.ca/persons-with-developmental-disabilities-pdd">www.alberta.ca/persons-with-developmental-disabilities-pdd</a>
R Work Group (Employment Agency)	780-539-1072 <a href="http://www.rwgcommunity.com">www.rwgcommunity.com</a>

## Housing Support

Provider	Contact Information
Centrepoint Facilitation – Housing Access Program	780-518-4833 <a href="http://www.mycenterpoint.ca">www.mycenterpoint.ca</a>
Grande Spirit	780-532-2905 <a href="http://www.grandespirit.org">www.grandespirit.org</a>



<b>Kiwewin Program</b>	587-297-9500 <a href="http://www.gpfriendshipcentre.org/kiwewinhousinglosssupport">www.gpfriendshipcentre.org/kiwewinhousinglosssupport</a>
<b>Odyssey House</b>	780-532-2672 <a href="http://www.odysseyhouse.ca">www.odysseyhouse.ca</a>
<b>Sunrise House – Youth Emergency Shelter</b>	780-539-3287 <a href="http://www.sunrisehouse.ca">www.sunrisehouse.ca</a>
<b>Wapiti House</b>	780-539-6777 <a href="http://www.wapitihouse.ca">www.wapitihouse.ca</a>

## Other Community Supports

<b>Provider</b>	<b>Contact Information</b>
<b>211 Resource Connection</b>	211 <a href="http://www.ab.211.ca">www.ab.211.ca</a>
<b>Canadian Mental Health Association</b>	780-539-6660, 780-814-2349 <a href="http://www.gpcmha.ca">www.gpcmha.ca</a>
<b>Friendship Centre</b>	780-539-7514, 780-532-5722 <a href="http://www.gpfriendshipcentre.org">www.gpfriendshipcentre.org</a>
<b>Gay &amp; Lesbian Association of the Peace</b>	780-518-5880 <a href="http://www.galap.ca">www.galap.ca</a>
<b>Grande Prairie Centre for Newcomers</b>	780-538-4452 <a href="http://www.gpcn.ca">www.gpcn.ca</a>
<b>Grande Prairie &amp; District Grief Support Association</b>	780-876-0101 <a href="http://www.gpgriefsupport.com">www.gpgriefsupport.com</a>
<b>Grande Prairie Northreach</b>	780-538-3388 <a href="http://www.northreach.ca">www.northreach.ca</a>
<b>Health Link</b>	811
<b>John Howard Society</b>	780-532-0373
<b>PACE Centre</b>	780-539-6692 <a href="http://www.pacecentre.com">www.pacecentre.com</a>
<b>Resource Centre for Suicide Prevention</b>	780-539-6680 <a href="http://www.sp-rc.ca">www.sp-rc.ca</a>
<b>YMCA Grande Prairie</b>	780-539-9622 <a href="http://www.ymcanab.ca">www.ymcanab.ca</a>
<b>Youth on the Rise</b>	780-518-1309 Find on Facebook or Instagram: Youth on The Rise GP