

HEAL Your Life Through Therapeutic Counselling

We offer counselling and consulting in the areas of mental health, including:

- γ Family violence
- γ Victims and perpetrators of sexual abuse
- γ Stress management
- γ Depression
- γ Anxiety
- γ Sleep Problems
- γ Motivation
- γ Parenting
- γ Communication
- γ Conflict resolution
- γ Personality Attractions
- γ Changing thoughts & actions
- γ Suicidal Ideation



**Office Hours:
Monday- Friday
8:30AM-5:00PM**

**Some evening & weekend
appointments available by request.**

**Located cross from the
Lakeland Library**

**Phone or Text: 306-480-6651
To schedule an appointment.**

Holistic Counselling & Consulting



**Phone or Text: 306-480-6651
To schedule an appointment.**

**Located At:
1391 101st St Street
North Battleford
In the Basement of
Migneault Law Office**

Across from the Lakeland Library

Helping Everyone at Life (H.E.A.L) Holistic Counselling

This is a privately owned holistic counselling and consulting practice. This is a therapy based practice which requires clients to work through issues and examine their past, present and future reality. The model used in this program is eclectic but therapist driven meaning we believe if you are coming for help you need someone to guide you through a healing practice.

You Can Be At Peace

Peace and resolve take work . If you want to let go of your past, and live in the now, this counselling practice is for you.

What You Need To Know

- γ Everything discussed in this program is confidential.
- γ There is a sliding fee for service based on your income
- γ Sessions are paid for a the time of service.
- γ We work with many insurance providers to cover fees.
- γ No charge for first counselling session.



We believe total wellness comes from balancing the mind, body, emotions, & spirit.

