

Heartland Counselling Services



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We help individuals who struggle with

- **Anxiety & depression**
- **Trauma**
- **Addictions**
- **Couples and Family Therapy**
- **Emotional difficulties**
- **Loss, grief and life transitions**
- **Personal Growth & Development**
- **Gender and Sexuality**
- **Self-harm and suicidal ideation**

Our Goal

When helping individuals who are trying to overcome struggles in their life, we will join them on their journey. Giving them the tools and empowering them to set and reach their own personal goals.

What to expect

After contact, your therapist will schedule and complete an intake assessment to understand your current needs. The results of this assessment will be shared with you and a treatment plan will be developed including goals for therapy, and the interventions that may be used to help you reach your goals. Throughout the therapy you are invited to share any questions or concerns with the goal of discourse being a collaborative process.