

DILICO ANISHNABEK FAMILY CARE



CONTACT INFORMATION: 807 623 8511

OFFERS A WALK-IN COUNSELLING CLINIC

ALSO OFFERING ADULT MENTAL HEALTH SERVICES FOR ANISHNABEK ADULTS 18+ LOCATION: 17 COURT ST S.

THUNDER BAY COUNSELLING CENTRE



CONTACT INFORMATION: 807 684 1880

OFFERS A WALK-IN/TALK IN COUNSELLING CLINIC ON A FIRST COME, FIRST SERVE BASIS

OFFERING PSYCHOTHERAPY & COUNSELLING SERVICES FOR A COST OF \$125/HR - PLEASE CHECK WITH YOUR INSURANCE PROVIDER FOR COVERAGE DETAILS

ONTARIO NATIVE WOMEN'S ASSOCIATION (ONWA)



CONTACT INFORMATION: 807 623 3442

SUPPORT FOR INDIGENOUS WOMEN

COMMUNITY MEMBERS MAY COMPLETE THE INTAKE PROCSS TO TAKE PART IN TRADITIONAL HEALING WORKSHOPS THAT CAN SUPPORT GRIEF.

TALK4HEALING



CONTACT INFORMATION: 807 855 554 4325

OFFERS TALK, TEXT OR CHAT FOR INDIGENOUS WOMEN ALL ACROSS CANADA OFFERING 24/7 SUPPORT

FORT WILLIAM FAMILY HEALTH TEAM



CONTACT INFORMATION: 807 626 1233

OFFERS GRIEF COUNSELLING AVAILABLE THROUGH REFERRAL FOR PATIENTS OF THE FORT WILLIAM CLINIC

ST. JOSEPH'S HOSPITAL



CONTACT INFORMATION: 807 343 2431

GRIEF COUNSELLING AND SPIRITUAL CARE AVAILABLE TO ST. JOSEPH'S HOSPITAL FAMILY MEMBERS AND STAFF

OFFERING A MENTAL HEALTH OUTPATIENT PROGRAM (MHOP) PROVIDING COUNSELLING, DBT, PSYCHIATRIC CONSULTATION, PSYCHOLOGICAL ASSESSMENT SERVICES, AND SPECIALIZED SERVICES FOR OUTPATIENTS

THUNDER BAY REGIONAL HEALTH SCIENCES CENTER (TBRHSC)



CONTACT INFORMATION: 807 684 6236

OFFERING SPIRITUAL CARE AND PSYCHOTHERAPY SERVICES AS PART OF THEIR ADULT MENTAL HEALTH PROGRAM

INPATIENT SERVICES FOR SERIOUS AND/OR ACCUTE MENTAL ILLNESS FOR INDIVIDUALS THAT ARE MEDICALLY STABLE (NO LIFE-THREATENING OR SERIOUS PHYSICAL INJURY)

LUTHERAN COMMUNITY CARE CENTER



CONTACT INFORMATION: 807 345 6062

OFFERS A VARIETY OF COMMUNITY SUPPORTS FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES INCLUDING:

**DEVELOPMENTAL SERVICES
STREET REACH MINISTRIES
TENANT SUPPORT PROGRAM
SOCIAL SERVICES
SERVICE COORDINATION & PLANNING
PASTORAL CARE**

AND LUTHERAN FAITH BASED SERVICES

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)



CONTACT INFORMATION: 807 345 5564 (OFFICE)

THROUGH THE NEW FOUNDATIONS PROGRAM PROVIDES: EMPLOYMENT, EDUCATION, SOCIAL ACTIVITIES, HOUSING SUPPORT, ADVOCACY AND BRIEF CASE MANAGEMENT

SUPPORT IN FACILITATING COMMUNITY MENTAL HEALTH LINKS, PROVIDING A LIST OF HELPFUL WEBSITES & RESOURCES FOR HELP AND SUPPORT.

CRISIS SUPPORT LINE: 807 346 8282

OFFERS SUPPORT TO INDIVIDUALS IN CRISIS OR EXPERIENCING A MENTAL HEALTH CRISIS, 24/7, 365

WELLNESS TOGETHER CANADA: GRIEF COACHING



CONTACT INFORMATION: 1 866 585 0445

**AVAILABLE 24/7 VIA TELEPHONE TO SPEAK WITH A COUNSELLOR
PROVIDING ONE TO ONE SESSIONS WITH A PROFESSIONAL AT NO COST
SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE ON A FIRST COME, FIRST SERVE BASIS**

**NAN HOPE
NISHNAWBE ASKI MENTAL HEALTH &
ADDICTIONS SUPPORT ACCESS PROGRAM**

NAN HOPE

Nishnawbe Aski Mental Health and Addictions Support Access Program

CONTACT INFORMATION: 1 844 626 4673

**WELLNESS NAVIGATORS & ON-CALL
CONSELLORS PROVIDING SUPPORT FOR
INDIVIDUALS IN A NAN COMMUNITY**

**PHONE, TEXT OR CHAT DAILY FROM 8:00 AM –
12:00 AM ET**

**AM CONSULTING SERVICES
GRIEF RECOVERY SPECIALIST**



**CONTACT INFORMATION: 807 633 577
ALEXAMCKINNON@TBAYTEL.NET**

**ALEXA MCKINNON IS A CERTIFIED GRIEF
RECOVERY SPECIALIST THROUGH THE GRIEF
RECOVERY INSTITUTE PROVIDING INDIVIDUAL,
VIRTUAL AND GROUP PROGRAMMING AT COST.**

***PLEASE INQUIRE DIRECTLY WITH AM
CONSULTING SERVICES ABOUT THEIR SERVICE
FEE.**

JACINDA FIRTH PSYCHOTHERAPY



**CONTACT INFORMATION: 807 620 6493
JACINDAFIRTH@HOTMAIL.COM**

**OFFERING AT COST PSYCHOTHERAPY SERVICES
INCLUDING:
COGNITIVE BEHAVIOUR THERAPY (CBT)
MOTIVATIONAL INTERVIEWING/STRENGTHS
BASED
DIALECTICAL BEHAVIOURAL INTERVENTION (DBT)
EMOTIONALLY FOCUSED THERAPY (EFT)
EYE MOVEMENT DESENSITIZATION AND
REPROCESSING (EMDR)
HYPNOTHERAPY (C.HYP)
EMOTIONALLY FOCUSED KETAMIN ASSISTED
PSYCHOTHERAPY**

***PLEASE INQUIRE DIRECTLY WITH JACINDA
FIRTH PSYCHOTHERAPY ABOUT THEIR SERVICE
FEE.**

KELLY MENTAL HEALTH (KMH)



**CONTACT INFORMATION: 807 767 3888
INFO@KELLYMENTALHEALTH.COM**

**KMH OFFERS COUNSELLING, WORKSHOPS,
SEMINARS & GROUP DEBRIEFING
COUNSELLING FOR: DEPRESSION, ANXIETY,
STRESS, TRAUMA, GRIEF, ABUSE, FAMILY
VIOELNCE, RELATIONSHIPS, VIOLENCE, ASSAULT
AND MANY OTHER ISSUES.
PROVIDING COGNITIVE BEHAVIOURAL THERAPY
(CBT), FAMILY THERAPY, COUPLES THERAPY
AND EMDR THERAPY.**

***PLEASE INQUIRE DIRECTLY WITH KELLY
MENTAL HEALTH ABOUT THEIR SERVICE FEE.**

NORTHWIND COUNSELLING SERVICES



**CONTACT INFORMATION: 807 622 5790
COUNSELLING@NORTHWINDFM.ORG**

**SUPPORTING INDIVIDUAL, COUPLES, FAMILIES
AND INDGIENOUS COMMUNITIES THROUGH
COUNSELLING. PEOPLE OF ALL CULTURES ARE
WELCOME.**

**PROVIDING SUPPORT FOR MARRIAGE & FAMILY
CONCENRS, ABUSE AND NEGLECT, TRAUMA
AND PTSD, EATING DISORDERS, ADDICTIONS,
GRIEF AND CRISIS, DEPRESSION AND ANXIETY,
MENTAL AND SPIRITUAL HEALTH.**

***PLEASE INQUIRE DIRECTLY WITH NORTHWIND
COUNSELLING SERVICES ABOUT THEIR SERVICE
FEE.**

SULLIVAN + ASSOCIATES CLINICAL PSYCHOLOGY



**CONTACT INFORMATION: 807 768 0660
OR 768 0888
ADMIN@DRSULLIVAN.CA**

**OFFERING PSYCHOTHERAPY & COUNSELLING
SERVICES FOR CHILDREN AND ADULTS
ASSESSMENTS & DIAGNOSIS**

***PLEASE INQUIRE DIRECTLY WITH SULLIVAN +
ASSOCIATES ABOUT THEIR SERVICE FEE.**

CREATIVE COUNSELLING



**CONTACT INFORMATION: 807 626 0345
CARRIE@CREATIVECOUNSELLINGTHUNDERBAY.CA**

**OFFERING EXPRESSIVE ARTS THERAPY
CHILDREN'S COUNSELLING
ADULT COUNSELLING
EMDR FOR CHILDREN AND ADULTS**

***PLEASE INQUIRE DIRECTLY WITH CREATIVE
COUNSELLING ABOUT THEIR SERVICE FEE.**

**AUTUMNWOOD COUNSELLING
HEATHER WITILUK, PSYCHOTHERAPIST**



**CONTACT INFORMATION: 807 628 7975
HEATHER@AUTUMNWOODCOUNSELLING.COM**

**SUPPORT FOR INFERTILITY, MISCARRIAGE,
POSTPARTUM, ANXIETY, DEPRESSION & STRESS
PALLIATIVE CARE SERVICES, HEALTH-RELATED
ANXIETY, CHRONIC PAIN/ILLNESS, GREIF & LOSS
SELF-ESTEEM, PTSD**

**OFFERING CHILDREN'S COUNSELLING & ADULT
COUNSELLING
HYPNOTHERAPY & HYPNOSIS
IN HOME PALLIATIVE CARE SERVICES
GROUP WORKSHOPS**

***PLEASE INQUIRE DIRECTLY WITH
AUTUMNWOOD COUNSELLING ABOUT THEIR
SERVICE FEE.**

PIVOT COUNSELLING
ROCHELLE LEE



CONTACT INFORMATION: 1 519 567 3631
ROCHELLE@PIVOTCC.CA

OFFERING SHORT AND LONG-TERM THERAPY
SUPPORT THROUGH EMDR, EXPRESSIVE ARTS,
EMOTION-FOCUSED FAMILY THERAPY

SUPPORT FOR FAMILY ESTRANGEMENT,
SEXUALITY/GENER, DEPRESSION & MOOD
DISORDERS, EMOTIONAL REGULATION,
ANXIETY, TRAUMA, GRIEF AND LOSS INCLUDING
AMBIGUOUS GRIEF, SEPERATION & DIVORCE,
BEHAVIOURS AND ANGER MANAGEMENT

***PLEASE INQUIRE DIRECTLY WITH PIVOT
CONSULTING & COACHING ABOUT THEIR
SERVICE FEE.**

KINDFUL PSYCHOLOGY SERVICES



CONTACT INFORMATION: 807 623 3607
INFO@KINDFULPSYCH.COM

OFFERING THERAPY SERVICES, MINDFULNESS &
SELF-COMPASSION THERAPY GROUPS, AND
WORKPLACE WORKSHOPS.

***PLEASE INQUIRE DIRECTLY WITH KINDFUL
PSYCHOLOGY SERVICES AND THEIR SERVICE
PROVIDERS ABOUT THEIR SERVICE FEE.**

MYGRIEF.CA – ONLINE MODULES



A CONFIDENTIAL AND FREE RESOURCE ONLINE
TO HELP UNDERSTAND AND MOVE THROUGH
GRIEF USING MODULES.

OFFERING A GRIEF SERIES, RELATIONSHIP
SERIES, PREGNANCY AND INFANT LOSS SERIES,
AND OTHER NEW MODULES.

OFFERED THROUGH:



PLEASE INQUIRE WITH EACH ORGANIZATION DIRECTLY AS THEIR SERVICES AND HOURS MAY CHANGE.
THIS IS NOT INTENDED TO BE AN ALL-ENCOMPASSING LIST OF ALL SERVICE PROVIDERS - PLEASE
CONTACT HOSPICE NORTHWEST IF THERE ARE ANY RESOURCES NOT LISTED.