

Children & Youth Mental Health Therapists Grande Prairie & Area

OUTSIDE GRANDE PRAIRIE (RURAL)

Name	Location	Ages	Contact Info
AHS Children's Addiction & Mental Health <i>Multiple therapists</i>	Multiple sites – contact to inquire	6 years +	780-538-5162 AHS.GPAMH-ChildAdmin@albertahealth services.ca
Burden Bearers Counselling	Beaverlodge (Wednesday)	10 years +	780-539-5225 info@burdenbearersgp.com
Greenview Counselling <i>Cynthia Fiddler Morgan</i>	Valleyview	7 years +	780-524-5022 cynthia.morgan@greenviewcounselling.com
Hope Restored Counselling <i>Donna Scott</i>	Fairview	12 years +	780-876-4673 counsellor@hoperestoredcounselling.ca
Inner Pathways Counselling <i>Annette Erickson</i>	Donnelly, Peace River	Call to discuss	780-837-6064 annette@innerpathways.ca
Choosing Change Counselling Services <i>Charis Nepinak</i>	Grimshaw	11 years +	780-527-5566 Charis@ChoosingChangeCounselling.ca

Equine-Assisted Therapy (horses) Choosing Change Counselling Services <i>Charis Nepinak</i>	Grimshaw	11 years +	780-527-5566 Charis@ChoosingChangeCounselling.ca
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AHS Children's Addiction & Mental Health <i>Multiple therapists</i>	Multiple sites – contact to inquire	6 years +	780-538-5162 AHS.GPAMH-ChildAdmin@albertahealthservices.ca
Expressive Sandplay Counselling <i>Lori Stewart</i>	Grande Prairie	6 years +	780-512-1093 lori.espcounselling@gmail.com
Kristi the Counsellor <i>Kristi Roy</i>	Grande Prairie	5 years +	587-210-8298 kristithecounsellor@gmail.com
Unsworth Psychological <i>Amanda Unsworth</i>	Grande Prairie	12 years +	780-380-7173 amanda.the.therapist@gmail.com
Sandplay: Therapy for Children <i>Margot Lambert</i>	Grande Prairie	3 years +	780-831-5595 lambertmargot@hotmail.com
Solutions Psychological Services <i>Dr. Shirley Karseboom</i>	Grande Prairie	6 years +	780-512-8812 spservices@telus.net
Journey Therapy Services <i>Pam Dueck</i>	Grande Prairie	13 years +	587- 850-0639; 780-402-4698 journeytherapyservices@gmail.com
S Bain Counselling <i>Saara Bain</i>	Grande Prairie	16 years +	780-518-7133 saara@sbaincounselling.com
Counselling Now <i>Trish Smith, Jeremy Smith</i>	Grande Prairie	"all ages"	780-814-0445 trish@counsellingnow.ca
Theragen Counselling & Consulting	Grande Prairie	Johnathan 13 years +	Johnathon 587-802-3654; info@theragen.ca

<i>Johnathon Hudson Fortune, Brenden Bozlovitch</i>		Brenden 6 years +	Brenden 780-380-1181; brenden@theragen.ca
Paramount Psychology & Counselling <i>Multiple therapists</i>	Grande Prairie	5 years +	780 532 4944 admin@paramountpsychology.com
Botten Psychological <i>Cathleen Botten, Ashley Driedger</i>	Grande Prairie	3 years +	780-538-0609 bottenpsyc@telus.net bottenpsyc_ashley@telus.net
Lalonde Counselling <i>Nicole Lalonde</i>	Grande Prairie	13 years +	825-345-7370 lalondecounselling@gmail.com
Catholic Family Services <i>Multiple therapists</i>	Grande Prairie	6 years +	780-532-9381 admin@cfsgp.ca
Soul Psychology <i>Sara Bawol, Taylor Isley</i>	Grande Prairie	10 years +	780-933-7719 soulpsychology.gp@gmail.com
Reconnect Counselling <i>Shawna Bohnke</i>	Grande Prairie	8 years +	780-402-5721 Shauna@reconnectcounselling.net
Leap Wellness & Counselling <i>Jennifer Aldred, Danielle O Connell</i>	Grande Prairie	10 years +	780-978-1039 j.leapwellness@gmail.com
Bear Creek Counselling & Psychology <i>Multiple therapists</i>	Grande Prairie	5 years +	780-513-6333 reception@bearcreekcounselling.ca
Highland Psychology <i>Sarah Ward</i>	Grande Prairie	13 years +	780-228-7557 Sarah@highlandpsychology.ca
Unbridled - Youth Animal Assisted Mental Health <i>Sarah Ward</i>	Grande Prairie	"Children and teens"	Group and individual sessions 780-538-3211 www.pards.ca
Thrive Counselling <i>Kari Robertson</i>	Grande Prairie	14 years +	780-831-6036 thrivegp@telus.net
BEyond Therapy Counselling & Holistic Services	Grande Prairie	8 years +	780-814-8812 info@beyond-therapy.ca

<i>Andrea Salway</i>			
ARCH Psychological <i>Multiple therapists</i>	Grande Prairie	10 years +	780-428-9223 arch@archpsychological.com
Northwest Wellness Centre <i>Carla Eckstrom, Charlene Eckstrom</i>	Grande Prairie	5 years +	780-532-5520
U R Plentiful <i>Multiple Therapists</i>	Grande Prairie	10 years +	780-689-7695 Info@urplentifultherapy.ca
Ideal Insight Psychological Services <i>Kalli Charbonneau</i>	Grande Prairie	4 years +	780-933-3075 kalli@idealinsight.ca
Achieve Psychological <i>Andrea Bergen, Kim Schellenberg, Amanda Chandler, Jacinda Grabas, Daylan Driedger</i>	Grande Prairie	5 years +	587-392-5077 admin@achievepsychological.com
Levesque Counselling Inc. <i>Jillian Levesque</i>	Grande Prairie	5 years +	780-876-7844 Jillian@levesquecounselling.ca
MMB Counselling & Consulting <i>Multiple Therapists</i>	Grande Prairie	3 years +	780-505-2590
Calming Energy Counselling <i>Adele Burke</i>	Grande Prairie	4 years +	587-202-9588 calmingenergygp@gmail.com
Lotus Therapeutic Services <i>Jenn Griffiths</i>	Grande Prairie	14 years +	780-933-3914 jenn@lotustherapeuticservices.ca
STILL. Therapeutic Pathways <i>Kimberly Wagner</i>	Grande Prairie	12 years +	780-505-2055 still.pathways@gmail.com
TMBtherapy <i>Toni Malmquist-Batt</i>	Grande Prairie	8 years +	780-897-3465 Tmbtherapy3@gmail.com
KMH Therapy <i>Kendra Siggelkow</i>	Grande Prairie	14 years +	780-933-7240 kendra@kmhtherapy.ca

Safe Psychology <i>Katrina Rodacker</i>	Grande Prairie	8 years +	Katrinap.msc@gmail.com
Rhonda Surowaniec	Grande Prairie	10 years +	780-832-3504 Suro6@icloud.com
YOUR Counselling <i>Jordan Burness</i>	Virtual – Alberta	7 years +	403-984-1574 Jburness@yourcounselling.ca
Krystal Zhang	Grande Prairie	5 years +	780-897-2422 krystalcounselling@gmail.com
Keep’N it Real Solutions <i>Malissa Veroni</i>	Grande Prairie	3 years +	877-540-9870 Info@keepnitrealsolutions.ca
Calvary Counselling <i>Dave Allen</i>	Grande Prairie	14 years +	780-831-8184 dave@calvarycounselling.com
Indigenous Counselling Centre <i>Shauna Livesey</i> <i>Tina Owens</i> <i>Ako Ngu</i> <i>Beatrice Harris</i> <i>Travis Letendre</i>	Grande Prairie	“All ages”	780-876-GROW (4769) admin@ihlcounselling.com
Burden Bearers Counselling <i>Eric Lee</i> <i>Samantha Lee</i> <i>Shelby Marcoccia</i> <i>Emilee</i> <i>Provencher</i> <i>Pat Stuka</i>	Grande Prairie	10 years +	780-539-5225 info@burdenbearersgp.com
Interactive Counselling <i>Holly Andres</i> <i>Leanne Aspen</i> <i>Angela Dougall</i> <i>Cristin</i> <i>Napeechee</i> <i>Hervege Ngweyin</i>	Grande Prairie	“Youth” + Contact to inquire	780-512-8462 info@interactivecounselling.ca
Awaken Counselling & Holistic Services <i>Megan Mahoney</i>	Grande Prairie	13 years +	587-209-5233 info@awakencounsellingandholisticservices.ca
Moving Forward Counselling Services <i>Ashley Mercer</i>	Grande Prairie	12+ years	780-830-8820 movingforwardcounsellinggp@gmail.com

OTHER

- This is not an exhaustive list.
- Although a location is listed, many therapists offer virtual sessions within the province.
- Common questions therapists are asked:
 - *Do you have an area of specialization or passion?*
 - *Do you have a therapy animal available for session?*
 - *Do you get clinical supervision?*
 - *Do you offer sliding scale services? Can you direct bill my health insurance?*
 - *Do you offer a free consultation to see if we are a good fit?*
- If you pay out of pocket, claim receipt as an income tax medical expense
- If you have Treaty Status, or family history with residential school, connect with Non-Insured Health Benefits to explore if eligible for free services. Many therapists can direct bill NIHB.
- Ask your employer if you have access to a wellness fund or employee assistance program for coverage.

Created by Mental Health Therapists at Grande Prairie Catholic School District. Updated June 11/24