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**Office Hours: Mon & Fri 8 am - 4 pm; Tue 8 am - Noon, & 3 - 6:30 pm;
 Wed 8:30 am- 6 pm; Thu 8 am - 12 noon**
NSBEP#: R0421

AREAS OF PRACTICE

Anger Management	Grief / Loss / Bereavement
Anxiety	Habit Change
Autism Spectrum Disorder	Personal Growth / Wellness
Behaviour Problems	Pain Management
Caregiver Stress	Self Esteem
Conflict Resolution	Stress Management
Disabilities: Physical / Developmental	Trauma / PTSD
Depression / Loneliness	Workplace Issues: Stress / Burnout / Career

TREATMENT APPROACH

POPULATION

Cognitive Behaviour Therapy	Child <5
Behaviour Management	Adult >25
Pivotal Response Treatment	
TEACCH	

ASSESSMENT SERVICES

OTHER

Behavioural /Emotional	Insurance	Workshops
Career / Vocational	Pain: Chronic / Acute	Consultations
Disabilities:	Psychoeducational	
Developmental	PTSD	

PROFILE

Trained in Pivotal Response Training including parent training - the Provincial EIBI approach; TEACCH, and Low Arousal Approaches to Managing Challenging behaviours.

Offers multidisciplinary treatment options for treating chronic pain, acute pain, depression, anxiety disorders, and stress.

Available to consult with organizations regarding person centred planning for children and adults with intellectual disabilities and developmental disorders.

Four locations - Glace Bay, Sydney (2 locations), and North Sydney.