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**Office Hours: Monday - Thursday, 9 am - 4 pm**  
**NSBEP#: R0350**

<b>AREAS OF PRACTICE</b>
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<b>Abuse:</b> Emotional / Physical / Sexual Adoption issues Anger Management Anxiety Assertiveness / Social Skills Attachment Issues	Attentional Problems/ADHD Behaviour Problems Blended /Step Family Issues <b>Dealing with Disabilities:</b> Developmental Learning	Depression Family of Origin Issues Grief / Loss / Bereavement Obsessive-Compulsive Disorder Parenting Issues Phobias / Fears / Panic
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<b>TREATMENT APPROACH</b>	<b>POPULATION</b>
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Cognitive-Behavioural  
 Solution-Focused  
 Play Therapy (CBPT)

Child <5  
 Child 5-12  
 Adolescent 12-15  
 Adolescent 16-18  
 Family

<b>ASSESSMENT SERVICES</b>	<b>OTHER</b>
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ADHD  
 Adult ADHD  
 Behavioural / Emotional  
**Disabilities:**  
 Developmental  
 Learning

Intelligence / Cognitive  
 Psychoeducational

Consultations

<b>PROFILE</b>
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Provided services are primarily for children, teens and families. Increasing understanding, providing support and developing coping skills are often the focus of services. Sessions are collaborative and involve working towards solutions.

Adult services are specifically for psycho-educational, developmental and ADHD assessments. Parenting support is also available for adults (behavior management and consultation).