

## Counselling or Therapy Resource List

### Finding a counsellor:

- Ask your doctor for a referral to a qualified counsellor
- See the Yellow Pages under Counsellors
- Contact these professional organizations:

Psychological Association of Manitoba  
487-0784

Manitoba Institute of Registered Social Workers  
888-9477

College of Registered Psychiatric Nurses of Manitoba  
888-4841

- Your employer may have an Employee Assistance Plan (EAP) that provides free confidential counselling
- Check if your private medical insurance plan covers professional counselling
- Or call one of the agencies listed below

### Low-cost or No-cost Professional Counselling:

The Canadian Mental Health Association Mindfulness Program, Rehabilitation and Recovery Service  
930 Portage Ave. – 982-6100

Aulneau Renewal Centre  
228 Hamel Ave. – 987-7090

Aurora Family Therapy Center (U of W)  
515 Portage Ave. – 786-9251

New Directions Family Therapy Program  
400-419 Portage Ave. – 786-7051 ext. 5269

Jewish Child & Family Services  
C200-123 Doncaster St. – 477-7430

New Directions Parenting Centre  
301-321 McDermot Ave. – 956-6560

EVOLVE (Klinik)  
870 Portage Ave. – 784-4208  
(specializes in domestic abuse issues)

Fort Garry Women's Resource Centre  
1150 Waverley Street – 477-1123

Hope Centre Health Care  
240 Powers Street – 589-8354

Klinik Community Health Centre  
870 Portage Ave. – 784-4090  
Counselling Intake – 784-4059  
After Suicide Grief group – 784-4055

Men's Resource Centre  
115 Pulford St. – 415-6797 ext. 250

Ma MaWi Wi Chi Itata Centre  
94 McGregor Street – 925-6816

Mount Carmel Clinic  
886 Main Street – 582-2311

Nor'West Co-op Community Health  
785 Keewatin St. – 938-5900

North End Women's Centre  
394 Selkirk Ave. – 589-7347

Pluri-Elles  
570 Des Meurons Street – 233-1735

Psychological Service Centre  
University of Manitoba – 474-9222

Family Dynamics  
4<sup>th</sup> Floor, Portage Place – 947-1401

The Laurel Centre  
104 Roslyn Road – 783-5460

Women's Health Clinic  
3<sup>rd</sup> Floor, 419 Graham – 947-1517

Youville Centre  
33 Marion Street – 233-0262  
6-845 Dakota Street – 255-4840

Immigrant Women's Counselling Services  
200-323 Portage Ave. – 940-2172

**Peer Support Services:**

Seneca House – 231-0217  
(Support house for people with mental health issues)  
Seneca Support Line – 942-9276  
(available 7:00pm – 11:00pm daily)

**Drop-in Counselling (Call for Drop in Hours):**

Klinik Community Drop-in Counselling Service  
784-4067  
545 Broadway  
845 Regent Ave. W. (Access Transcona)

Rainbow Resource Centre (For LGBTQ\* Persons)  
170 Scott St. – 474-0212

Men's Resource Centre  
115 Pulford St. – 415-6797 ext. 250

**Crisis Services:**

Crisis Response Centre – 817 Bannatyne (24 hour crisis services, on a walk-in basis)

Adolescent Mobile Crisis Unit – 949-4777  
Adult Mobile Crisis Unit – 940-1781

Klinik Community Health Centre  
24-Hour Crisis Line – 786-8686  
Sexual Assault – 786-8631

Child and Family Services – 944-4200  
After Hours – 944-4050

**Addiction Services:**

AFM – Men's Program – 944-6200  
AFM – River House (Women's Program) – 944-6229  
AFM – Christie House (Family Program) – 944-6229

Salvation Army – Anchorage Program  
946-9401

Alcoholics Anonymous – 942-0126  
Dual Recovery Anonymous – 989-4194  
Narcotics Anonymous – 981-1730  
Al-Anon (Families) – 943-6051

Behavioural Health Foundation  
St. Norbert, MB – 269-3430

Native Addiction Council  
Pritchard House – 586-8396

Main Street Project  
Detox – 982-8221  
Mainstay – 982-8221

**AIDS & HIV Services:**

Health Sciences Centre  
HIV Clinic – 787-2287

Nine Circles Community Health Centre  
705 Broadway – 940-6000  
Clinic – 940-6001

Kali Shiva AIDS Service – 783-8565  
(Women's Drop-in & Support Services)

CATIE – 1-800-263-1638  
(Canadian AIDS Treatment Information Exchange)



**Meditation-Based Cognitive Behavior Therapy Education Classes**

**Purpose:** Cognitive Behavior Therapy (CBT) is recommended to be the first line treatment for most mental disorders. However, many people do not have access to CBT due to long waiting lists. There are increasing number of self-help CBT options (books, websites, online interactive programs). People are more likely to use self-help programs with limited therapist guidance.

Therefore, we have developed CBT Education Classes to: 1) learn the basic principles of CBT, 2) learn the self-help CBT resources, 3) get a "head start" on CBT.

**Who is likely to benefit from these classes?** Any patient with a current diagnosis of a Common mental disorder (mood, anxiety, substance use disorder) is eligible for these classes.

**Who is unlikely to benefit from these classes?** People with high suicidality currently, active psychosis, cognitive impairment (dementia, head injury), and those who have had extensive cognitive behavior therapy previously.

**What to expect in the classes?** There will be a maximum number of 30 people in each class. Patients can bring one family member or friend to the classes. The classes will include both information and experiential learning. Homework will also be assigned weekly. The four classes will semi-structured and cover the following material:

1. Cognitive Therapy I. Meditation, Healthy living, Thought records.
2. Cognitive Therapy II. Meditation, Thought Records, Problem Solving.
3. Behavior Therapy I. Meditation, Goal Setting, Basics of Exposure Therapy.
4. Behavior Therapy II. Meditation, Goal Setting, Writing Exposure story.

**When?** Each class will be 90 min long on a weekly basis. There will be four classes that will be repeated each month. Once the patient has gone through the screening process they can attend as many classes as they want over a six-month period. We encourage participants to attend a minimum for 4 classes.

**Where?**

The sessions will take place at the PsychHealth Centre (Room PX-236).

Referrals for the classes can be sent to: Dr. Jitender Sareen (phone: (204)787-7078; Fax: (204)787-4879).

**Self-Help Resources:**

Resource Guide: [www.wrha.mb.ca/prog/mentalhealth/files/CMHAGuide-Ed17-2013\\_WEB.pdf](http://www.wrha.mb.ca/prog/mentalhealth/files/CMHAGuide-Ed17-2013_WEB.pdf)

Interactive websites: [www.anxietybc.com](http://www.anxietybc.com) [www.adaa.org](http://www.adaa.org)

Free Mobile App for smartphones: *MINDSHIFT*



**Table of Cognitive Behavior Therapy Services at HSC (February 9, 2015).**

| Type of Service  | Number of spots per week                    | Waiting time | Future goal   | Comments   |
|--|---|--------------|---|--|
| CBT Screening visit (30 min)   | 10  | 1-2 weeks    | We are building capacity to have 30 screening spots per week  | Screenings are conducted by Allied Health, Medical Learners under the supervision of Psychiatrists |
| Four session once a week M-CBT classes   | One class per week (30 spots). Four classes | 2-3 weeks.   | We aim to have two classes running on a weekly basis          | Sareen and Sala lead these classes with a team of staff.   |
| <b>If patients complete 4 M-CBT classes, they will be eligible for smaller group CBT sessions with a maximum of 8 patients per group</b> |   |              |   |  |
| Mixed Anxiety CBT Groups (8 sessions).   | 2 separate groups running weekly            | 8-12 weeks   | We aim to have four of these groups running on a weekly basis | Sareen and Sala lead/supervise residents and Allied Health staff in conducting these groups        |
| CBT Depression groups (8-12 sessions)  | 2 separate groups running weekly            | 24 weeks.    | We will consider based on need                                | Morier, and Skakum lead/supervise residents and Allied health Staff in conducting these groups     |
| Obsessive Compulsive Disorder (8-12 sessions)  | Two groups per year                         | 3-6 months   | No change   | Sareen and Sala lead/supervise residents and Allied Health staff in conducting these groups        |