



Explore Wellness Inc.

Clinical Mental Health Assessment, Counselling with holistic  
focus on Overall Wellness

# Our Core Values

Respect for Human Dignity

Integrity

Collaborative Partnerships

Respect Autonomy

Responsible Caring

Confidentiality/Trust

Respect Diversity

Maintain Competence and Expertise



Explore Wellness Inc.

# Our Approach

Client and Family Centred Practice

Holistic and Collaborative Care

Strength Based Empowerment

Excellent Communication with Networks of Care i.e. Specialists, Primary Care Practitioners, Counsellors and Allied Professionals in real time

Current Evidence Informed Practice

Less Bureaucracy, yet complete clinical documentation

Provide care when it is needed. Guaranteed contact with client within 48 hours



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## What do we offer

Mental Health Biopsychosocial Assessment

Mental Health Treatment Recommendation consistent with Diagnostic Impression

Report of our Clinical Findings and Treatment Plan

Wellness Assessment for all clients depending on their individual needs

In-person and/or virtual counselling for clients/families and care givers

Group Therapy

Provide care when it is needed. Guaranteed contact with client within 48 hours



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# Therapies offered

Solution Focus Therapy

Interpersonal Therapy

Eye Movement Desensitization and Reprocessing (EMDR) Therapy

Relationship and Family Counselling

Motivational Interviewing

Cognitive Behavioural Therapy

Dialectical Behavioural Therapy



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# Who do we serve/Age Group

Children from 6 years of age

Adolescents

Young Adults

Adults

Older Adults (No upper age limit)

Families and Care Giver

Employers seeking to promote wellness in workplaces



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# Conditions we Treat

Anger Issues

Attention Deficit & Hyperactivity Disorder (ADHD) in Children, Adolescents, Young Adults and Adults

Anxiety (GAD, Phobias, OCD, PTSD)

Depression

Emotional Dysregulation

Mild to Moderate Psychosis

Early stages of Dementia

Suicide Ideation

Thoughts of Self-Harm or Hurting Others

Weight Management through CBT



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## Conditions that we don't Treat

Advance Stages of Dementia

Conduct Disorder

Florid Psychotic Phase

Primary Substance Use

Forensic Clients



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# What can you expect from Explore Wellness

Client contact within 48 hours of receiving a Referral

All assessment conducted within 72 hours of receiving a Referral

Client treatment commencement within a week

Communication with Referring Source with client's consent

Referral coordination to other relevant resources with client's consent

Assessment/Treatment report to referring source within a week with client's consent

Offer of a Holistic Wellness Assessment within 1-2 weeks of commencing the treatment

Discharge summary to the referring source upon completion of treatment.



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# Our Wellness Package

Comprehensive Biopsychosocial Assessment

Nurse Assessment

Physiotherapy Assessment from our affiliated partners

Referral to Primary Care Practitioners and Specialists for any emerging needs

Vital Signs observation/management

Weight Loss management through Dietary Assessment and CBT



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## Explore Wellness Team

Registered Clinical Counsellors

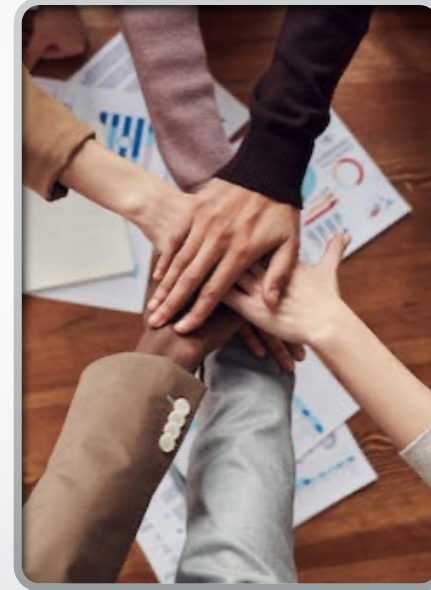
Registered Psychiatric Nurse

Registered Social Worker

Psychiatrist

Physiotherapist

Dietician



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## How to refer to Explore Wellness

Call us on #1877-748-0825

Email: [sunita.explorewellness@gmail.com](mailto:sunita.explorewellness@gmail.com)

Text: 604-557-8370 (Please start your message with letters **EW Referral**)

Online referral link via: [explorewellness.ca](http://explorewellness.ca)



Explore Wellness Inc.

# Explore Wellness Head Office

Explore Wellness Inc.

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