

Our Core Values

Respect for Human Dignity

Integrity

Collaborative Partnerships

Respect Autonomy

Responsible Caring

Confidentiality/Trust

Respect Diversity

Maintain Competence and

Expertise



How to Refer to Us

Call us on #1877-748-0825

Email:

sunita.explorewellness@gmail.com

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

Online referral link via:

explorewellness.ca

Contact Us

Unit 2-2168 McCallum Road,
Abbotsford, B.C.
V2S 6R6

Phone: 1877-748-0825
Email: sunita.explorewellness@gmail.com
Web: explorewellness.ca



Holistic Approach to Wellness



Who Do We Serve

Children from 6 years of age

Adolescents

Young Adults

Adults

Older Adults (No upper age limit)

Families and Caregivers

Employers seeking to promote wellness in workplaces

All services are available in English, Punjabi and Hindi

What Conditions Do 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

Explore Wellness Team

Registered Clinical Counsellors, Social Workers, Psychiatric Nurse, Physiotherapist, Psychiatrist, Dietician

Our Pledge

Client contact within 48 hours of receiving a referral

All assessments conducted within 72 hours of receiving a referral

Client treatment commencement within a week

Communication with the referring source with client's consent

Referral coordination to other relevant resources with client's consent

Assessment/treatment report to the 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.

