

Therapists

Ian 'Tay' Landry, MA MSW RSW Clinical Therapist & Clinical Manager

Mr. Landry is a Registered Social Worker with Private Practice designation and a Sociologist. He has certifications in counselling, suicide intervention, critical incident stress management, crisis intervention, addiction counselling, sexuality counselling, FASD and community development. He has experience in the areas of mental health, trauma support, loss and bereavement, addiction assessment and treatment (including dual-diagnosis), and pervasive development disorder / cognitive delay. His focus is on resolving individual, family or group issues utilizing a trauma informed, anti-oppressive, strength-based, solution-focused framework of practice. Mr. Landry works to assist individuals, groups, families and communities maximize empowerment, resilience and environmental mastery in order to make positive changes in their lives

Kimberley E. MacLean, BA MSW RSW Clinical Therapist

Ms. MacLean is a Registered Social Worker with Private Practice designation. She is a feminist, social activist, researcher, and advocate and has been involved in community development for over 20 years. Her efforts have focused primarily on services for individual, family or group issues as they pertain to recovery from trauma, intimate partner violence, mental illness or addictions. She works from a trauma informed, feminist, structural, anti-oppressive framework in order to help the people she works with become empowered to make positive changes in their lives.

Contact

Office:

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Website:

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Therapists:

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Allies



Sweetgrass & Sage Counselling and Assessment Services

Clinical Services



Services

The clinicians at Sweetgrass and Sage Counselling and Assessment Services can offer their skills and experiences to assist individuals, families, groups and communities facilitate **Healing, Growing Changing and Learning**

Healing

Individual:

- General Counselling
- Childhood Trauma / Abuse Recovery
- Intimate Partner Abuse / Family Violence
- Trauma / Crisis Intervention
- Critical Incident Defusing & Debriefing
- Substance Abuse / Addiction Recovery
- Post-Traumatic Stress Recovery
- Suicide Intervention
- Self-Harm Recovery
- Loss, Grief & Bereavement Counselling
- Depression Recovery
- Stress & Anxiety Recovery
- Family / Parenting
- Body Image / Disordered Eating
- Sexuality Counselling
- Parenting
- Coping with Chronic Illness / Disability
- Communication Skills / Assertiveness
- Separation, Divorce & Blended Family
- Work / Career Transition
- Fetal Alcohol Spectrum Disorder
- Developmental / Intellectual Disability

Services (cont.)

Groups:

- Healthy Relationships
- Anger Management
- Grief Recovery
- Women's H.E.A.R.T.S.

Growing

- Community Development
- Community Organizing
- Community Mobilization

Changing

- Advocacy
- Activism
- Strategic Planning
- Group Facilitation
- Case Management

Learning

- Qualitative Research
- Quantitative Research
- Participatory Action Research
- Workshops

Payment

Services are covered by most private insurance plans however, direct billing is not available. We also provides services through most major employee assistance plans; Health Canada First Nations and Inuit Health Branch, Non-Insured Health Benefits (NIHB) - Mental Health Counselling (MHC) Benefit and Indian Residential Schools - Resolution Health Support Program (IRS RHSP); Nova Scotian Department of Community Services Policy 75 programs; and the Nova Scotia Department of Justice Victim Services - Criminal Injuries Counselling Program.

Cash, cheque, Visa, MasterCard and Interact payments are also accepted.

Sliding scale fees can be negotiated

