

No Cost Counselling Support *in Salmon Arm*

In partnership with CMHA Shuswap-Revelstoke, through their Ride Don't Hide fundraiser, we are excited to offer **completely funded 6-session** packages to people aged 18-30 years.

Ride Don't Hide is a national movement focused on raising funds, lifting up our community, and helping break the stigma around mental health. Conversations that once felt hard are becoming louder, more open, and more human, and every pedal stroke is part of that change.



Taylor Ormiston
Clinical Counsellor



**Canadian Mental
Health Association**
Shuswap-Revelstoke
Mental health for all

our Goal **to create accessible, low-barrier mental health support
for young people navigating their mental health**

Two Pathways for Support

1. Clinical Counselling to support mental health. May focus on grief, addictive and self-destructive behaviours, trauma and/or PTSD, or other areas that feel stuck.

May include traditional talk-therapy approaches, equine-assisted therapy, and/or EMDR

2. Counselling and Equine-Assisted Learning combo: A coordinated care model involving both a counsellor and an equine-assisted learning coach.

Sessions focus on building real-life skills through experience, reflection, and guided support for emotional regulation, self concept, relational skills, negative beliefs, and stress.

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