

# introducing



## Behavioral Health Consultant:

Trish Rasmussen, MPCC-Provisional



## No Charge Counselling for All Ages

- 50 min sessions available 2 days per week on Tuesday and Thursday
- For children, youth, families, adults, seniors and couples
- Available in-person or virtually, by appointment
- Located at the Alix and Area Community Resource Centre
- Serving those who reside in Alix and area including, Bashaw, Buffalo Lake Estates, Donalds, Doreenlee, Edberg, Ferintosh, Meeting Creek, Mirror, Pelican Point and Tees

Offering an integrative approach to therapy, distinctly tailored to fit your needs and address your issues or concerns, including:

- ~ Stress management
  - ~ Anxiety
  - ~ Depression
  - ~ Grief and loss
  - ~ Trauma
- ~ Marriage counselling
- ~ Developing coping strategies
  - ~ Improving communication skills
  - ~ Empowerment
- ~ Learning how to make healthier choices
- ~ Fresh insights on your life
- ~ Help to increase sleep time
  - ~ Career enhancement
  - ~ Self-esteem issues



## How to book?

Connect with our  
Resource Navigator  
for a referral, 403-396-3369.

Bay 1, 5008 50 Ave, Alix, AB