

SELF-CARE Matters

Contact us for assistance or service provider directly to book and for more information on fees.

Available at Alix and Area Community Resource Centre



Healthy Minds Online– Available to Book in Alix
Contact Trish Ramussen– Registered Professional Counsellor
Free Mental Health Counselling for All Ages. Offers an integrative approach to therapy, distinctly tailored to fit your needs and address your issues or concerns. In-person, 50 min sessions for children, youth, families, adults and couples. Email direct to book: trish@healthymindsonline.ca

Stettler Medi-Aesthetics– Available to Book in Alix (Alternating Wednesday)
Contact Alicia Kneeland-Teasdale/ Lori McKay– Aesthetic Services
Providing many aesthetic services including footcare and pedicure– soak, shape, clipping, filing, nail care and polish. 403-743-0500
Book online and select “ALIX SERVICE”: <https://www.stettlermedicalaesthetics.com>



PrairieLand Psychology– Available to Book in Alix (Wednesday)
Contact Jessica Harvey– Registered Provisional Psychologist
Primary modalities used are Acceptance and Commitment Therapy, Existential Therapy, Solution-Focused and Emotion-Focused. For adults, kids, teens, couples, families. Services billable to health insurance. 780-691-7962 Book online: prairielandpsychology.janeapp.com

Tooth Travellers– Available to Book in Alix (Wednesday)
Contact Victoria Pritchard, RDH . Mobile dental hygiene clinic, provided to you by Registered Dental Hygienists. We offer you a complete oral health care experience through a unique system of convenience and accessibility. Direct billing to health insurance. Call/ Text: 403-783-1365 or Email: victoria@toothtravelers.ca



Henna Rose Massage and Aesthetics– In Alix Weekly (Monday, Thursday and alternating Fridays)
Book with Melissa Perez or Sydnee Marcinek– Registered Massage Therapists
Services include massage, reiki, cupping and foot reflexology.
Billable to health insurance. 403-789-0111
Book online: <https://hennarose.com/>



Moon Child Wellness & Energy Healing– Available to Book in Alix (Friday)
Contact Erin Weinzierl– Energy Healer. EFT/TFT Tapping, Quantum Hypnosis and Usui Reiki. 403-740-0460 Book online: <https://www.moonchildwellnesshealing.ca>



Foot Care by Kaitlin– In Alix Monthly (Tuesday)
Contact Kaitlin Nielsen/ Cheryl Saunders– Foot Care Nursing
Advance nursing foot care, basic maintenance and hand/foot reflexology.
Diabetic and high-risk care, personalized foot assessment and care plan.
Book in home and clinic. 587-377-6099 <https://footcarebykaitlin.ca/>

Organized Chaos Life Coaching– Available to Book in Alix
Contact Nicole Gunderson– Here to help you navigate this chaotic thing we call life.
403-594-0624 ngunderson12@gmail.com



Counsellor: Tina Larkin– Available to Book in Alix
Contact Tina Larkin, MSW, RSW, CCTP . Supporting rural. In-person or virtual counselling for adults and teens. Sliding Fee Scale. Call to schedule a FREE, 15 min phone consultation. 403-860-1179 tina.larkin.counselling@gmail.com

Bashaw Medical Clinic
Now OPEN and accepting patients from ALL of our regional postal codes!
780-372-3740 bashawprimarycarehub@gmail.com



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