

2021-2022 Private Practice Directory

COMPLETE LISTING

includes:

*Adult Services, Children
Services & Return-To-Work/
Ergonomic Services*

7 - 120 Maryland Street
Winnipeg, MB R3G 1L1

Ph: (204) 957-1214

Toll-free in MB: (866) 957-1214

Fax: (204) 775-2340

Email: msot@msot.mb.ca



Manitoba Society of Occupational Therapists

www.msot.mb.ca

The listings of occupational therapy practices in this directory are not necessarily endorsed by MSOT. Statements, claims & opinions made by occupational therapy private practice providers are those of the author or advertiser & do not necessarily reflect the views of MSOT members & Board members. The information contained in the Directories is subject to change without notice.



PRIVATE PRACTICE DIRECTORY 2021-2022


COMPLETE LISTING

(including Adult, Children & Return to Work/Ergonomic Services)

How Can I Access Occupational Therapy?

1. Anyone can see a private practice OT!
2. You may see an OT without insurance or a doctor's prescription.
3. Most private practice OTs accept self-referrals, or referrals from family, school, or other health professionals. Contact the individual company regarding their referral process.

How do I find an Occupational Therapist?

1. Read through the directory and search for a private practice OT that fits your needs (businesses listed in alphabetical order).
2. Press "Ctrl + F" and type the issue or support you are seeking help for. A box will appear on the top right corner. Type your search term and then use the arrows (up or down) to scroll through the document and find OTs that provide service for that area.
3. Open "Bookmark" icon (). Click on the Bookmark link to go directly to that page.
4. Need more help? Contact the MSOT office for additional support (msot@msot.mb.ca or 204-957-1214, ext. 21).
5. Please reach out to the individual OT companies with any specific questions about the services provided.

Will my extended health benefits cover the costs of private Occupational Therapy?

1. Find out if your extended health benefits plan includes coverage for Occupational Therapy. If OT is not covered ... ASK FOR IT!! (Sample letter templates at: <http://www.msot.mb.ca/finding-ot-services/>).
2. Ask your doctor for a prescription if your private insurance requires one.

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MANITOBA OCCUPATIONAL THERAPY PRIVATE PROVIDERS 2021-22

Apex Therapy Services

Russel Dyck, O.T. Reg. (MB)
russel@apextherapyservices.ca
PH: 204-415-3973
www.apextherapyservices.ca

Approaching Function

Carrie Houston Smith, O.T. Reg. (MB)
approachingfunction@icloud.com
PH: 204-990-3609

B.A. Kowalski Group

Barbara Kowalski, O.T. Reg. (MB)
PH: 204-885-1297

Block Building Therapies

Nicole Beauchesne, O.T. Reg. (MB)
info@blockbuidling.ca
PH: 204-231-0785
www.blockbuilding.ca

Blooming Abilities

Heidi Garcia, O.T. Reg. (MB)
bloomingabilities@gmail.com
PH: 204-999-6951
www.bloomingabilities.com

Choice Children's Multi-Rehabilitation Services

Leslie Assor, O.T. Reg. (MB)
leslieassor@outlook.com
PH: 204-339-0138

Concussion Care Community Clinic

Nicole Beauchesne, O.T. Reg. (MB)
nicole@concussion-care.ca
PH: 204-415-0785
www.concussion-care.ca

Discoveries in Therapy

Rosanne Papadopoulos, O.T. Reg. (MB)
rosanne@discoveriesintherapy.com
PH: 204-254-3146
www.discoveriesintherapy.com

Emerge Therapy Services

Megan Land McCarthy, O.T. Reg. (MB)
milandmccarthy@gmail.com
PH: 204-293-7043
www.emergetherapyservices.com

Evolve Occupational Therapy Services

Charlene Mathison, O.T. Reg. (MB)
charlenemathison@evolveOT.com
PH: 204-838-2429
www.evolveOT.com

Kinex Therapy

Shannon Bazilewich, O.T. Reg. (MB)
info@kinextherapy.ca
PH: 204-999-3960
www.kinextherapy.ca

Maximize Human Capabilities

Lorraine Mischuk, OT Reg (MB)
info@maxot.ca
PH: 204-452-8705
www.maxot.ca

On The Spectrum Therapy

Tamara Rogers, O.T. Reg. (MB)
onthespectrumtherapy@gmail.com
PH: 204-415-7656

Optimize Occupational Therapy Services

Julie Bell, O.T. Reg. (MB)
julie.optimizeot@shaw.ca
PH: 204-471-0861
www.optimizeot.ca

Personal Best Therapy

Gail McMillan-Law, O.T. Reg. (MB)
personalbesttherapy@shaw.ca
PH: 204-781-6450

Prairie Crocus Therapy

Linda Harrison, O.T. Reg. (MB)
linda@prairiecrocustherapy.com
PH: 204-808-8604
www.prairiecrocustherapy.com

Proactive Rehabilitation & Therapy

David Chochinov, O.T. Reg. (MB)
proactivetherapymb@gmail.com
PH: 204-229-7334
www.proactivetherapymb.com

Stable Connections

Sarah Michelle-Senecal, OT Reg (MB)
Info@stableconnections.ca
PH: 204-806-1618
www.stableconnections.ca

MANITOBA OCCUPATIONAL THERAPY PRIVATE PROVIDERS 2021-22

Enabling Access Inc.

Marnie Courage, O.T. Reg. (MB)

info@enablingaccess.ca

PH: 204-475-0433

www.enablingaccess.ca

Therapy First

Corinna Klassen, O.T. Reg. (MB)

ot@therapyfirst.ca

PH: 204-612-0399

www.therapyfirst.ca

Work-Able Solutions

Elaine Huzel, O.T. Reg. (MB)

info@workablesolutions.ca

PH: 204-338-0601

www.workablesolutions.ca

APEX THERAPY SERVICES

Phone: (204) 415-3973

Fax: (204) 221-8847

Russel Dyck, O.T. Reg. (MB)
P.O. Box 61026, R.P.O. Grant Park
Winnipeg, MB R3M 3X8

Email: russel@apextherapyservices.ca
Website: www.apextherapyservices.ca

Services Provided:

Assessment:

- **Job Demands Analysis/Ergonomics**
- **Mental Health Assessment**
- Personal Care Assessment (PCA)
- Covid-19 Recovery Assessment
- Accessibility Assessment
- Home Safety Assessment Cognitive Assessment
- Mobility Assessment
- Permanent Impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Workplace Assessment
- Ergonomic Assessment
- Return to Work Assessment
- Functional Capacity Evaluations (FCE)
- Functional Abilities Assessment (FAE)
- Workplace Risk/Job Hazard Assessment

Treatment & Intervention:

- **Return to Work Programs**
- Covid-19 energy conservation/ adaptive aides
- Individual treatment
- Barrier-free consultation
- Disability management
- Health education / Injury prevention
- Concussion care
- Self-management skills
- Relaxation strategies
- Workshops
- Psychosocial rehabilitation/therapy
- Repetitive strain injury splinting
- Community reintegration
- Exposure therapy
- Equipment prescription/provision
- Employee disability management
- Workplace accommodation

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English

APPROACHING FUNCTION OCCUPATIONAL THERAPY

Carrie Houston Smith, O.T. Reg. (MB)
P.O. Box 61053, R.P.O. Grant Park
Winnipeg, MB R3M 3X8

Phone: (204) 990-3609

Fax: (204) 487-0282

Email: approachingfunction@icloud.com

Summary of Practice:

Approaching Function is a private occupational therapy company that provides assessment and consultation services to individuals in their home, community or work environments. We work with clients to enable independence and to maximize function and productivity.

Services Provided:

Assessment:

- Functional Home/Safety Assessment
- Ergonomic Assessment
- Return to Work Assessment
- Personal Care Assessment (PCA)
- Accessibility
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Permanent Impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Workplace Assessment
- Job Demands Analysis
- Percentage of Duties Assessment
- Workplace Risk/Job Hazard Assessment

Treatment & Intervention:

- Health education / injury prevention
- Relaxation strategies
- Education
- Equipment prescription/provision
- Employee early intervention
- Workplace accommodation
- Return to work programming

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba (with the exception of Northern Manitoba)

Languages: English

B.A. KOWALSKI GROUP

Barbara Kowalski, O.T. Reg. (MB)
2533 Portage Avenue
P.O. Box 54004, Winnipeg, MB R3J 0L5

Phone: (204) 885-1297
Fax: (204) 885-1297
Email: bakowalski@mymts.net

Summary of Practice:

B.A. Kowalski Group Occupational Therapy & Rehabilitation Consultants provide assessment, intervention and consultation. The practice focuses on two main areas: 1) Disability management and the full spectrum of return-to-work services, including ergonomic assessments; and 2) Functional home evaluations that analyze the environment and the individual's physical and cognitive capacity. B.A. Kowalski Group has extensive experience with the elderly population, providing aging in place recommendations for adaptive equipment, specialized technology, falls prevention and home safety.

Services Provided:

Assessment:

- Ergonomic Assessment
- Functional Home/Safety Assessment (Certified Aging in Place provider)
- Accessibility
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Self-care Assessment
- ADL/IADL Assessment
- Worksite Assessment
- Return to work Assessment

Treatment & Intervention:

- Disability management
- Individual treatment
- Health education / injury prevention
- Resource / systems coordination
- Equipment prescription/provision
- Employee early intervention
- Workplace accommodation
- Return to work programming

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Surrounding Area

Languages: English, Polish

BLOCK BUILDING THERAPIES

Nicole Beauchesne, O.T. Reg. (MB)
830 St. Mary's Rd.
Winnipeg, MB R2M 3P4

Phone: (204) 231-0785
Fax: (204) 231-4442
Email: info@blockbuilding.ca
Website: www.blockbuilding.ca

Summary of Practice: Assessment, therapy and consultation for children and adults.

Services Provided:

For Children:

Assessment:

- Pediatric assessments
- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment Medical Legal / Future Cost of Care

Treatment & Intervention:

- Universal design / barrier free design
- Aquatic movement therapy
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Concussion care/management
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Scar management
- Anger management
- Coping strategies
- Mindfulness
- Sleep consultation and coaching

For Adults:

Assessment:

- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Permanent Impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Independent Living Skills
- Workplace Assessment
- Job Demands Analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Concussion care
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Psychosocial rehabilitation/therapy
- Scar management
- Upper extremity rehab
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Equipment prescription/provision
- Return to work programming
- Workplace accommodation

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg, Rural Manitoba & Out of Province

Languages: English, French, German

BLOOMING ABILITIES

Heidi Garcia, O.T. Reg. (MB)
P.O. Box 105 Corydon
Winnipeg, MB R3M 3S3

Phone: (204) 999-6951
Fax: Please call for fax number
Email: bloomingabilities@gmail.com
Website: www.bloomingabilities.com

Summary of Practice: Blooming Abilities is a private pediatric Occupational Therapy practice that helps children “blossom to their full potential” by working with children to grow and develop skills which are challenging for them – helping children master skills, achieve independence, gain confidence, and be successful in all they want or need to do. We are a family-centered practice, identifying goals with the family and also supporting families to better understand, assist and encourage their child. Interventions may be provided individually or in a small group setting to enable children to learn together. Please contact for in-services or workshops for your preschool, daycare or team.

Services Provided:

Assessment:

- **Sensory processing / Self-regulation**
- **Fine motor skills**
- Coordination / Motor skills
- Body Awareness / Core Strength
- Visual Motor Skills
- Self-care
- Printing
- Executive function skills

Treatment & Intervention:

- **Printing / Handwriting**
- Individual treatment
- Group treatment
- Return to school planning
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Concussion care/management
- Rhythmic Movement (Reflex integration)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Coping strategies
- Mindfulness
- Self-care (dressing skills, hygiene, sleep)
- Organization skills
- Motor planning & coordination

Client Age Range: Preschool & School Age Children

Area Served: Winnipeg & Surrounding Area; Please contact re: service for areas in rural MB

Languages: English

CHOICE CHILDREN'S MULTI-REHABILITATION SERVICES

Leslie Assor, O.T. Reg. (MB)
1345 Pembina Highway
Winnipeg, MB R3T 2B6

Phone: (204) 339-0138
Email: leslieassor@outlook.com

Summary of Practice: Comprehensive assessment, direct intervention and/or consultation. Services may be provided in the home, Occupational Therapy clinic or a community-based site; individually or small groups depending on client needs. Occupational Therapy clinic provides direct therapy in a safe, child-friendly and sensory rich treatment environment. Services are directed towards promoting children's development, learning and emotional well-being at home, school and/or other community settings. Treatment is family centered where therapists and families become partners in identifying priorities and collaborating to best meet their child's needs. Therapist is Sensory Integration Certified with advanced training in assessment and treatment of sensory processing disorders. In response to Covid-19, telehealth services are also available.

Services Provided:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing/ Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Play Skills
- Feeding / Oral Motor
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Anxiety/OCD
- Social, Emotional & Behavioural challenges

Treatment & Intervention:

- Individual treatment
- Group treatment
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation /
- How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Relationship Development Program (RDI)
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education and/or Workshops
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching
- Sensory Integration Therapy

Client Age Range: Preschool & School Age Children

Languages: English, American Sign Language

Area Served: Winnipeg & Surrounding Area

CONCUSSION CARE COMMUNITY CLINIC

Nicole Beauchesne, O.T. Reg. (MB)
830 St. Mary's Rd.
Winnipeg, MB R2M 3P4

Phone: (204) 231-0785
Fax: (204) 231-4442
Email: info@concussion-care.ca
Website: www.concussion-care.ca

Summary of Practice:

Concussion Care Community Clinic offers individualized assessments and evaluations to children and adults who have been diagnosed with a concussion or mild brain injury.

Services Provided:

For Children & Adults:

Treatment & Intervention:

- Concussion care/management, including Pacing & planning strategies
- Self-management skills
- Relaxation strategies
- Education & Access to Resources
- Coping strategies
- Mindfulness

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba, Out of Province

Languages: English, French

DISCOVERIES IN THERAPY

Rosanne Papadopoulos, O.T. Reg. (MB), (owner)
468 Academy Road
Winnipeg, MB R3N 0C7

Phone: (204) 254-3146

Fax: (204) 253-6105

Email: rosanne@discoveriesintherapy.com

Website: www.discoveriesintherapy.com

Summary of Practice: Discoveries in Therapy is a business that focuses on traditional and unique (to Manitoba) occupational therapy strategies and practices. Traditional approaches include fine motor, sensory processing and social/emotional strategies. Unique strategies include relationship-based therapies for parents and their children (RDI), listening therapies (Integrated Listening Systems and Safe and Sound Protocol), primitive reflex integration (Rhythmic Movement Training), (picky eaters and problem feeders), Balance Auditory Visual Exercises (Bal-a-vis X), and Astronaut Training for Kids for those with sensory or learning challenges. We aim to help our clients make “discoveries” about themselves!

Services Provided:

For Children:

Assessment:

- Sensory processing
- Coordination / Motor skills
- Body Awareness / Core Strength
- Self-regulation / Co-regulation
- Attention
- Learning
- Visual Processing Skills
- Self-care
- Play Skills
- Fine motor skills
- Environmental Assessment
- Activities of Daily Living
- Primitive and postural reflexes
- Relationship skills

Treatment & Intervention:

- Safe and Sound Protocol developed by Dr. S. Porges
- Individual treatment
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation
- Social thinking
- Executive function skills
- Relationship Development Program (RDI)
- Integrated Listening Systems (ILS)
- Rhythmic Movement (Reflex Integration)
- IRLN Screening
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Mindfulness

For Adults:

Assessment:

- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Sensory Processing
- Primitive and Postural Reflexes
- Self-regulation

Treatment & Intervention:

- Individual treatment
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Support for parents of special needs children or adults
- Anger management
- Coping strategies
- Mindfulness
- Integrated Listening Systems
- Rhythmic Movement Training & Reflex Integration
- Relationship Development Intervention (for parents)
- Sensory Processing
- Workshops

Client Age Range: Preschool, School Age Children, & Adults

Area Served: Winnipeg & Rural Manitoba (excluding Northern Manitoba), Out of Province

Languages: English, French

EMERGE THERAPY SERVICES

Megan Land McCarthy, O.T. Reg. (MB), SEP
191 Kingsway Ave.
Winnipeg, MB R3M 0G4

Phone: (204) 293-7043

Email: mlandmccarthy@gmail.com

Website: www.emergetherapyservices.com

Summary of Practice:

Therapy provided for children, adolescents and families in a variety of environments. Treatment is guided by attachment and sensory based theories and utilizes the family to help identify goals, strengths and facilitate growth. Megan's interests and passion include working therapeutically with children and adolescents who have experienced trauma, are struggling with mental health issues such as anxiety, ODD, OCD, ASD or ADD/ADHD as well as Neuro-developmental and sensory processing disorders. Intervention can be provided in a consultative manner, individually or group. Therapist has specialized training in areas of Attachment and Trauma. Megan is also a service provider for CFS agencies.

Services Provided:

For Children:

Assessment:

- Sensory Processing/Self-regulation
- Coordination/Motor skills Assessment
- Body Awareness/Core Strength Assessment
- Attention Assessment
- Assessment of Play Skills
- Fine Motor Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Goal Attaining Scaling

Treatment & Intervention:

- Trauma
- Attachment
- Individual treatment
- Group treatment
- Return to school planning
- Printing/Handwriting
- Self-regulation/Zones of regulation/How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skills development
- Cognitive Behaviour Therapy (CBT)
- Relaxation strategies
- Education
- Counselling
- Anger management
- Coping strategies
- Sleep consultation and coaching

For Adults:

Assessment:

- Mental Health Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling

Treatment & Intervention:

- Individual treatment
- Group treatment
- Health education / injury prevention
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Surrounding Area

Languages: English

ENABLING ACCESS INC.

Marnie Courage, O.T. Reg. (MB)
1431 Corydon Ave.
Winnipeg, MB R2N 0J2

Phone: (204) 475-0433
Fax: (204) 475-4011

Email: marnie@enablingaccess.ca
Website: www.enablingaccess.ca

Summary of Practice: We are your ability and inclusion specialists! For more than 16 years we have been providing services in the areas of adult occupational therapy, specializing in mental health treatment, cognitive work conditioning, and conducting mobility and functional assessments. We are experts in Home Modification Assessments and Accessible Housing consultation both locally and on a national level. For workplaces, we specialize in ergonomics, mental health, disability accommodation and workplace accessibility through our multidisciplinary accessibility auditing, consultation and training, helping to create inclusive workplaces for all. If you are looking for medical-legal experts and certified Life Care Planners, we conduct Cost of Future Care Assessments, and provide expert opinion for personal injury cases. We aim to make tangible improvements in people's lives, based on our fundamental belief in every person's right to safely experience their daily activities, homes, workplaces and community to the fullest extent possible.

Assessment:

- **Home Modification Assessments and Aging in Place Consultation**
- **Mental Health Assessment**
- Personal Care Assessment (PCA)
- Accessibility
- Functional Home/Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Affective / Emotional Assessment

Treatment & Intervention:

- **Workplace Health and Inclusion**
- **Mental Health Treatment**
- Individual treatment
- Group treatment
- Universal design/barrier-free design
- Disability management
- Health education/injury prevention
- Resource/systems coordination
- Equipment prescription / provision
- Early Intervention Program for Concussion
- Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Psychosocial rehabilitation/therapy
- Employee early intervention

Assessment (con't)

- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Workplace Assessment
- Job Demands Analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Functional Abilities Assessment (FAE)
- Workplace Risk / Job Hazard Assessment
- Cognitive Job Demands Analysis
- BrainFX 360 Cognitive Assessments
- Cognitive Functional Capacity Evaluations
- Physical Functional Capacity Evaluations
- Vehicle Accessibility Assessments
- Post-offer Employment Testing
- Industrial Ergonomics
- Mild Brain Injury/Concussion WorkConditic

Treatment (con't)

- Workplace accommodation
- Repetitive strain injury splinting
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Return to work programming
- Hospital Discharge Planning
- Brain Injury/Concussion Work Conditioning
- Accessible Home Building Consultation
- Psychological Health and Safety Audits and Training
- Computer Access Assessments
- Ergonomic Design Consultation
- Build Environment Accessibility Auditing, Website Accessibility Auditing and Accessibility Policy Consultation
- Ergonomics Training
- Disability Management and Employee Accommodation Tr
- MSI Prevention Training

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Northwestern Ontario

Languages: English

EVOLVE OCCUPATIONAL THERAPY SERVICES

Charlene Mathison, O.T. Reg. (MB)
Box 956
Lenore, MB R0M 1E0

Phone: (204) 838-2429
Fax: (204) 838-2431
Email: charlenemathison@evolveot.com

Summary of Practice: Home-based occupational therapy assessment, intervention & consultative services.

Services Provided:

For Adults:

Assessment:

- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Workplace risk / Job Hazard Assessment

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Self-management skills
- Education
- Workshops
- Equipment prescription/provision
- Return to work programming
- Workplace Accommodation

Client Age Range: Pre School, School Age Children, Adults & Seniors

Area Served: Prairie Mountain Health

Languages: English

KINEX THERAPY

Shannon Bazilewich, O.T. Reg. (MB), BA, MOT

Phone: (204) 999-3960

Fax: (204) 272-5650

Email: info@kinextherapy.ca

Website: www.kinextherapy.ca

Summary of Practice: Kinex Therapy provides occupational therapy services for children, adolescents, adults and older adults aimed at improving function, maximizing independence, and preventing injuries. Kinex Therapy also provides medical legal consultation, functional abilities evaluations and workplace services to assist in reducing the frequency, duration, time loss, and related disability of physical or mental health concerns.

Services Provided:

For Children:

Assessment:

- **Medical Legal / Future Cost of Care**
- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Visual Motor Skills
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Environmental Assessment
- ADL/IADL
- Independent Living Skills

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Early Intervention Program for Concussion
- Concussion care/management
- Relaxation strategies
- Education
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy

For Adults:

Assessment:

- **Functional Capacity Evaluation (FCE)**
- **Ergonomic Assessment**
- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Permanent impairment Assessment (i.e. scarring, range of motion)

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Education

For Adults:

Assessment:

- Mobility Assessment
- Mental Health Assessment
- Self-care Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Workplace Assessment
- Job Demands Analysis
- Percentage of Duties Assessment
- Return to Work Assessment
- Workplace risk / Job Hazard Assessment

Treatment & Intervention:

- Workshops
- Psychosocial rehabilitation/therapy
- Counselling – individual, couples, family
- Community reintegration
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Fall prevention
- Equipment prescription/provision
- Return to work programming
- Employee early intervention
- Workplace accommodation

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Kenora, ON

Languages: English

MAXIMIZE HUMAN CAPABILITIES - MHC

Lorraine Mischuk, O.T. Reg. (MB) and Associates
P.O. Box 28081 RPO North Kildonan
Winnipeg, MB R2G 4E9

Phone: (204) 453-8705
Fax: (204) 453-8706
Email: info@maxot.ca
Website: www.maxot.ca

Summary of Practice: Whole Person Integrated Approach for assessment and treatment related to mental health, physical health, brain health, spiritual health, return to work/stay at work, community living, living with chronic conditions (e.g. Covid-19).

Services Provided:

Assessment:

- **Functional Capacity Evaluation (FCE)**
- **Cognitive Assessment**
- Personal Care Assessment (PCA)
- Accessibility
- Functional Home/Safety Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Permanent impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Medical Legal
- Affective / Emotional Assessment
- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Workplace Assessment
- Job Demands Analysis (Physical, Cognitive, Psychosocial)
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to Work Assessment
- Workplace Risk/Job Hazard Assessment
- Cost of Future Care/Life Care Plans

Treatment & Intervention:

- **Psychosocial Rehabilitation/therapy**
- Individual treatment
- Universal design/ barrier-free design
- Health education / injury prevention
- Resource/systems coordination
- Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Repetitive strain injury splinting
- Splinting
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy
- Medical case consultation
- Barrier free design
- Equipment prescription/provision
- Return to work programming
- Employee early intervention
- Workplace accommodation

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Surrounding Area, Southern Health Region, Interlake Eastern Region

Languages: English, Ukrainian, Portuguese and Spanish

ON THE SPECTRUM THERAPY SERVICES

Tamara Rogers, MSc., BMR (OT), O.T. Reg. (MB)
297 St. Mary's Road, 2nd floor
Winnipeg, MB R2H 1J5

Phone: (204) 415-7656

E-mail: onthespectrumtherapy@gmail.com

Summary of Practice: On The Spectrum Therapy offers a wide range of therapeutic and educational services to support individuals over 16 years of age, couples, families and communities living with mental health difficulties. Consultation, assessment and treatment are available for those experiencing impairments related to Autism Spectrum Disorder, ADHD, Depression, Anxiety, OCD, Tourette Disorder, Parent-child relational difficulties, and Psychoses. Educational workshops are provided across Manitoba for school divisions and First Nations Communities. Services are also provided to Veterans Affairs Canada.

Services Provided:

For Adults:

Assessment

- **Assessment of young/older adults with Autism Spectrum Disorder**
- Sensory processing / Self-regulation
- Attention
- Self-care Assessment
- Executive Functioning
- Environmental Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Motivation
- Functional Communication
- Accessibility
- Functional Home / Safety
- Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Social and Relationship Skills

Treatment & Intervention:

- **Parenting children with neurodevelopmental disorder**
- **Challenging behaviors, Anxiety & Depression**
- Individual treatment
- Return to school planning
- Self-regulation/Emotional Regulation
- Social thinking
- Executive function skills
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies/Mindfulness/Coping Skills
- Sexuality education
- Sleep consultation and coaching
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Cognitive Behaviour Therapy (CBT)
- Community Integration
- Self-Awareness/Self Esteem
- Building Resilience
- Psychosocial Rehabilitation/Therapy

Client Age Range: Young Adults, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English, French

OPTIMIZE OCCUPATIONAL THERAPY SERVICES

Julie Bell, O.T. Reg. (MB)
963 Henderson Highway
P.O. Box 35031, Winnipeg, MB R2K 2M0

Phone: (204) 471-0861
Fax: (204) 283-8405
Email: julie.optimizeot@shaw.ca
Website: www.optimizeot.ca

Summary of Practice: Optimize Occupational Therapy Services is a Manitoba wide company, with Occupational Therapists living in regions throughout Manitoba, as well as travelling to all regions in the province. Optimize has specialists in ergonomics, wheelchair and seating, home and safety assessments, program development, lift and transfer specialists, Jordan Principal programming, and many more. Optimize is able to complete educational sessions to individuals or organizations on various topics relevant to home, work, or personal care home settings, and works with various funding sources to help provide a comprehensive service for Manitobans.

Services Provided:

Assessment:

- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, ROM)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Transfers
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)

Treatment & Intervention:

- Individual treatment
- Health education / injury prevention
- Self-management skills
- Relaxation strategies
- Education
- Mindfulness
- Equipment prescription/provision
- Return to work programming
- Workplace Accommodation
- Education Sessions

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Out of Province

Languages: English, French, Filipino

PERSONAL BEST THERAPY

Gail McMillan-Law, O.T. Reg. (MB)
27 Florian Place
Winnipeg, MB R2N 3S2

Phone: (204) 781-6450
Fax: (204) 255-8295
Email: personalbesttherapy@shaw.ca

Summary of Practice: Personal Best Therapy provides high quality, comprehensive occupational therapy services (assessment, treatment, consultation) to pediatric and adult clients in his/her home or a community environment. Our occupational therapists are highly experienced with a background in both acute care settings as well as private therapy. The goal of Personal Best Therapy is to assist clients to attain the highest level of function appropriate to the age of the client. The caregiver/family plays an integral role in the therapy process with the pediatric population, therefore, Personal Best Therapy works collaboratively with the client, his/her family, multidisciplinary team, school personnel, etc., to help each client achieve his/her goals

Services Provided:

For Children:

Assessment:

- **Specialized in Pediatrics - all areas**
- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Play Skills
- Feeding / Oral Motor
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL

For Adults:

Assessment:

- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment

Treatment & Intervention:

- **Upper extremity rehabilitation**
- Individual treatment
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How
- Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Scar management
- Coping strategies

Treatment & Intervention:

- **Upper extremity rehabilitation**
- Individual treatment
- Health education / injury prevention
- Relaxation strategies
- Repetitive strain injury splinting

For Adults:

Assessment:

- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (i.e. scarring, ROM)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Job Demands Analysis
- Ergonomic Assessment

Treatment & Intervention:

- Splinting
- Scar management
- Community reintegration
- Equipment prescription/provision

Client Age Range: Preschool, School Age Children, & Adults

Area Served: Winnipeg & Rural Manitoba

Languages: English, American Sign Language (ASL) Levels 1-6 and ASL Intensive completed but writer is not fluent in ASL.

PRAIRIE CROCUS THERAPY

Linda Harrison, O.T. Reg. (MB)
P.O. Box 39081 Inkster Park
Winnipeg, MB R2X 3B3

Phone: (204) 808-8604

Fax: (204) 202-7934

Email: linda@prairiecrocustherapy.com

Website: www.prairiecrocustherapy.com

Summary of Practice: Prairie Crocus Therapy provides mental health occupational therapy services and mental health training courses such as Mental Health First Aid. We provided individualized, action-oriented therapy to help adults engage in meaningful lives. We are skilled at assessing and working with children on the skills needed for education, whether that occurs at home or in school.

Services Provided:

For Adults:

Assessment:

- **Mental Health Assessment**
- Cognitive Assessment
- Functional Assessment
- Affective/Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Return to work Assessment

Treatment & Intervention:

- **Telehealth - Mental Health**
- **Mental Health Workshops/training – Mental Health First Aid**
- Individual treatment
- Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Psychosocial rehabilitation/therapy
- Employee Early Intervention
- Workplace Accommodation
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Behavioural activation
- Motivational interviewing
- Return to work programming

For Children:

Assessment

- Coordination /Motor Skills Assessment
- Body awareness/Core Strength Assessment
- Self-regulation/Sensory Processing
- Attention Assessment
- Learning Assessment
- Visual Motor Assessment
- Self-care Assessment
- Assessment of Play Skills
- Fine motor Assessment
- Printing Assessment
- Environmental Assessment
- ADL / IADL Assessment
- Independent Living Skills

For Children:

Treatment

- Individual treatment
- Equipment prescription / provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of Regulation / How Does Your Engine Run
- Social Thinking
- Executive function skills
- Fine motor skill development
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education
- Anger Management
- Coping Strategies
- Mindfulness
- Exposure Therapy

Client Age Range: Preschool & School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English

PROACTIVE REHABILITATION & THERAPY

David Chochinov, O.T. Reg. (MB)
1805 – 55 Nassau St. North
Winnipeg, MB R3L 2G8

Phone: (204) 299-7334
Fax: (204) 582-2173
Email: proactivetherapymb@gmail.com
Website: proactivetherapymb.com

Summary of Practice: We offer exceptional holistic occupational therapy in a discrete professional setting to meet your needs. Services are available for improvement of mental health, employment, schooling, parenting, fitness, nutrition, pain and/or chronic illness. We aim to deliver the best evidence-based therapies and results for individuals of all ages spanning infancy to older adult. If you are seeking a knowledgeable experienced therapist with a comprehensive approach, we are the right fit for you!

Services Provided:

For Children:

Assessment:

- Sensory processing / Self-regulation
- Learning
- Visual Motor Skills
- Fine & Gross Motor Skills
- Printing
- Seating / Wheelchair / Equipment
- ADL/IADL
- Independent Living Skills
- Reading
- Developmental
- IQ/giftedness
- Parent Child relationship
- School Learning Strategies

Treatment & Intervention

- Mental Health Counselling (all ages)
- Aquatic movement therapy
- Printing / Handwriting
- Social & emotional interpersonal skills
- Executive function skills
- Fine motor skill development
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Anger management
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching

For Adults:

Assessment:

- Functional Home / Safety
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Self-care Assessment
- Affective / Emotional Assessment
- Post-Offer / Pre-employment Testing
- Independent Living Skills
- Personality Assessment
- Worksite Assessment

Treatment & Intervention

- Counselling – individual, couples, family
- Career planning & vocational services
- Group treatment
- Schizophrenia/ delusion disorder recovery
- Disability management
- Early Intervention Program for Concussion; Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Workshops
- Psychosocial rehabilitation / therapy

Assessment (con't):

- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Impact of Psychological Trauma
- Job demands analysis
- Vision/perception

Treatment & Intervention (con't)

- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Return to work programming
- Equipment prescription / provision
- Employee Early Intervention
- Workplace Accommodation
- Trauma Therapy

Client Age Range: Preschool & School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English & French

STABLE CONNECTIONS

Sarah Michelle-Senécal, O.T. Reg. (MB)
Oakbank, MB

Phone: (204) 806-1618
Email: info@stableconnections.ca
Website: www.stableconnections.ca

Summary of Practice: At Stable Connections, we do things a little differently! Since 2019, we have approached therapy through movement and play. We have used activities that are interesting and engaging to each individual client. Our exceptional indoor and outdoor therapy spaces—located in Oakbank, MB allow for limitless opportunities. Our dedicated and caring occupational therapist uses specialized treatment tools including: animal assisted occupational therapy, DIR Floortime, hippotherapy, rhythmic movement training, Low Arousal approach, nature based therapy, and so much more. Sarah Michelle-Senécal is the only occupational therapist in Canada to be Hippotherapy certified by the American Hippotherapy Certification Board. This makes her program at Stable Connections a leader in the use of hippotherapy in occupational therapy treatment.

Services Provided:

For Children:

Assessment:

- Coordination/Motor Skills
- Body Awareness/Core Strength
- Self-Regulation/Sensory Processing
- Visual Motor Assessment
- Self-Care Assessment
- Assessment of Play Skills
- Feeding/Oral Motor
- Fine Motor
- ADL/IADL Assessment
- Independent Living Skills

Treatment & Intervention

- Individual Treatment
- Group Treatment
- Equine Therapy (Hippotherapy)
- Return to School Planning
- Self-Regulation/Zones of Regulation/How Does your Engine Run
- Social Thinking
- Executive Function Skills
- Fine Motor Skill Development
- Rhythmic Movement
- Dialectic Behaviour Therapy (DBT)
- Relaxation Strategies
- Education
- Workshops
- Counselling
- Anger Management
- Coping Strategies
- Mindfulness

For Adults:

Assessment:

- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Self-care Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Independent Living Skills

For Adults:

Treatment/Intervention:

- Individual Treatment
- Group treatment
- Health education/injury prevention
- Dialectic Behaviour Therapy (DBT)
- Relaxation Strategies
- Education
- Workshops
- Psychosocial rehabilitation/therapy
- Counselling
- Anger Management
- Coping Strategies
- Mindfulness

Client Age Range: Preschool & School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English & French

THErapy FIRST

Corinna Klassen, O.T. Reg. (MB)
P.O. Box 28017
Winnipeg, MB R2G 4E9

Phone: (204) 612-0399
Fax: (204) 669-7114
E-mail: ot@therapyfirst.ca
Website: www.therapyfirst.ca

Summary of Practice: Therapy First provides community based rehabilitation and assessment and intervention within the client's home and community to enable maximal independence and safety. Therapy first has special interests in spinal cord community rehabilitation, wheelchair seating and mobility, skin/wound/pressure management, home accessibility/safety assessments, assistive technology, upper extremity rehabilitation, chronic pain management and mental health and addictions. Therapy First hosts educational workshops related to seating and mobility.

Services Provided:

For Adults:

Assessment:

- **Seating, Wheelchair & Equipment Assessment**
- **Functional Home / Safety Assessment**
- Personal Care Assessment (PCA)
- Accessibility
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent Impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Seating/Wheelchair Fitting & Evaluation
- Pressure Sore Assessments
- Transfer Assessments
- Comprehensive mental health assessment available for adults living with longstanding or new onset mental health concerns

Treatment & Intervention:

- **Spinal cord community rehabilitation**
- Individual treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Equipment prescription / provision
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops – Prairie Seating Workshop & Trade Show
- Psychosocial rehabilitation / therapy
- Counselling – individual, couples, family
- Upper extremity rehab
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Barrier free design
- SAEBO Orthosis & Treatment Program
- Mobility Training
- 24 Hour Postural Care

Treatment & Intervention (con't):

- Pressure Sore Prevention & Management
- Transfer Training
- Resource/systems coordination particularly as it relates to the navigation of adult mental health systems and associated resources.

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English

WORK-ABLE SOLUTIONS

Elaine Huzel, O.T. Reg. (MB)
P.O. Box 38033
Winnipeg, MB R2E 1H3

Phone: (204) 338-0601
Fax: (204) 334-8898
E-mail: info@workablesolutions.ca
Website: www.workablesolutions.ca

Summary of Practice:

Since 1998, Work-Able Solutions has been dedicated to enhancing health & ability in the workplace and in the daily lives of our clients. We deliver flexible & accessible services that recognize and celebrate the uniqueness of each individual and organization. We have a team of occupational therapists with clinical expertise in ergonomics, injury prevention and wellness training, workplace accommodation, return to work, mental health recovery, cognitive rehabilitation, and helping those who live with complex health conditions maintain independence and safety at home. We will match you with a therapist who can best meet your needs. Known for our creative solutions & exceptional results, we ensure the needs of our clients are met, and expectations are exceeded. We are a company that strives to live by our core values, while providing *solutions for living and working well*.

Services Provided:

Assessment:

- **Functional Home / Safety Assessment**
- **Ergonomics & Workplace Accommodation Assessment**
- Cognitive Assessment
- Mental Health Assessment
- Personal Care Assessment (PCA)
- Functional Assessment
- Mobility Assessment
- Ergonomic Assessment
- Permanent Impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Job Demands Analysis
- Percentage of Duties Assessment

Treatment & Intervention:

- **Cognitive & Mental Health Recovery**
- Individual treatment
- Group treatment
- Health education / injury prevention
- Early Intervention Program for Concussion
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education and Workshops
- Psychosocial rehabilitation /therapy
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Equipment prescription/provision
- Return to work programming
- Employee Early Intervention
- Workplace Accommodation

Assessment (con't):

- Return to Work Assessment
- Functional Capacity Evaluation (FCE)
- Workplace Risk/Job Hazard Assessment
- Cognitive and Psychological Job Demands Analysis
- Workplace Accommodation Assessment

Treatment & Intervention (con't):

- Mental Health Early Intervention and Attendance Support
- Ergonomics and Body Mechanics Training
- Health & Wellness Workshops
- Ergonomics & Accommodation Policy Development

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English