



**2021 - 2022**

**Private  
Practice  
Directory**

**Services  
for  
Children**

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**Manitoba Society of Occupational Therapists**

[www.msot.mb.ca](http://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

## CHILDREN'S SERVICES LISTINGS

### 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](mailto: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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# BLOCK BUILDING THERAPIES

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**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

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**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

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**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

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Website: [www.concussion-care.ca](http://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

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Website: [www.discoveriesintherapy.com](http://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)
- IRLLEN 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

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## 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

# KINEX THERAPY

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

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**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

## PERSONAL BEST THERAPY

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

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Email: [personalbesttherapy@shaw.ca](mailto: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

<b>Client Age Range:</b>	Preschool, School Age Children, & Adults
<b>Area Served:</b>	Winnipeg & Rural Manitoba
<b>Languages:</b>	English, American Sign Language (ASL) Levels 1-6 and ASL Intensive completed but writer is not fluent in ASL.

# PRAIRIE CROCUS THERAPY

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**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

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Website: [proactivetherapymb.com](http://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

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Website: [www.stableconnections.ca](http://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