



Life After Grief & Loss

Finding Your Way Through Change

Free Counselling Program for those who have experienced recent or historical grief & loss

If you are an adult living in our geographical service area and have experienced grief and loss in your life that is causing impact to your well-being, this counselling program may help you. We offer 5-6 individual counselling sessions free of charge to provide coping skills, a safe place to explore difficult thoughts and emotions, and strategies for managing the individual change process following grief and loss.

These sessions are provided by one of our Master's of Arts in Counselling Psychology Students as they complete their 9 month internship with our agency. All cases are reviewed by the Clinical Supervisor or Clinical Manager for quality care, service, and treatment.

Whether you have experienced a recent loss or a historical loss, this program is available for anyone to register. Please note that there are only a certain number of spots and participants will be chosen on a "first come, first serve basis" as well as on applicability for the program. Please use the link or QR code for more information on the program and to register. You can also call the office and book a time to speak with Natalie (Counsellor) if you have any questions.

Virtual Video, Phone, and In-person (Bonnyville & St. Paul) available

Service Area: Bonnyville, Cold Lake, St. Paul, Lac La Biche, Athabasca, Slave Lake and surrounding rural communities, Nations and Settlements

Grief & Loss Counselling Program
Registration Form



Hope & Healing Happens

Toll Free: 1-866-300-4325