

Q and A

Q. I am an individual who would like to receive counselling. Would I be able to receive counselling in Hanna?

A. Many individual counselling needs revolve around relationships with others. Please call to discuss your circumstances.

Q. How often do you offer counselling in Hanna?

A. I offer services in Hanna 2 - 3 times per week in order to provide consistency in the counselling process.

Q. How can I get more information on receiving counselling in Hanna?

A. You may contact me at 403-334-9599 or bowens@anchorpsych.ca to ask questions or to make an appointment.

"I was nervous to make the initial phone call to our counsellor, but after the first session I felt hopeful that our family could make it through this difficult time"

Our goal is to provide counselling services to enhance the lives of families, couples, and individuals in the Hanna area.

About The Counsellor

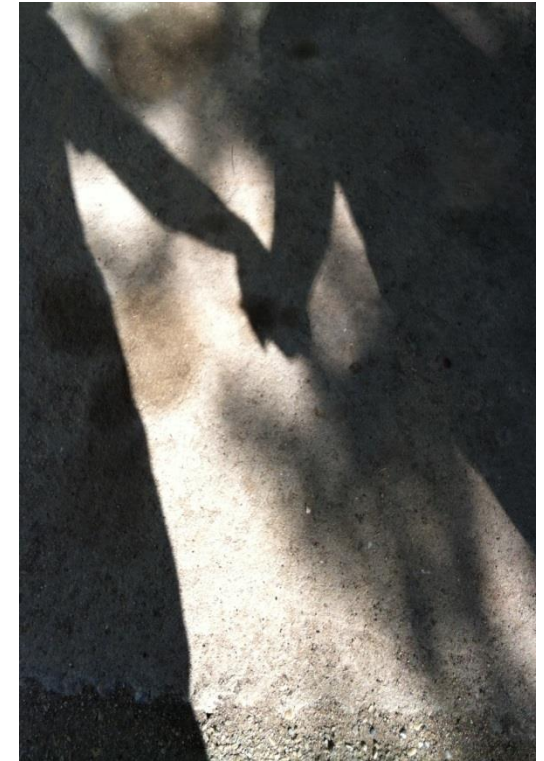


Brittany Owens

Brittany has a Master's Degree in Counselling Psychology, and is a Registered Provisional Psychologist. Brittany feels passionate about bringing counselling services to individuals, couples, and families in rural areas who may not otherwise be able to access therapy.

Working from an integrated therapeutic approach stemming from Attachment Theory, Brittany employs methods including mindfulness, cognitive behavioural therapy, and solution-focused therapy.

Creating an environment where clients feel safe and supported in expressing themselves is central in Brittany's approach.



*Hanna Family and
Marriage Therapy
Program*

What is the Hanna Family and Marriage Therapy Program?

The Hanna Family and Marriage Program offers relationship and family counselling through Anchor Psychology Inc. provider Brittany Owens.

The program is made possible through the leadership of Hanna Agricultural Society and Hanna Family and Community Support Services (FCSS), Special Areas, Family Resource Worker Program and Hanna Learning Centre. Subsidies are available for those who meet eligibility requirements. Eligibility will be determined by your income, and will be assessed by the counsellor.

Services are provided in the upper level of the Hanna Provincial Building in the Learning Centre

What can I anticipate during counselling?

I can Anticipate:

- To be treated in a respectful way
- To talk in a safe place
- Conversations to be kept confidential
- To receive support, insight, and help with my situation
- To learn, grow, and change
- To feel and express my emotions
- The counsellor to have consistent and healthy boundaries

This list is not all inclusive.

(as adapted from Amongst Ourselves, Alderman).

How to make an appointment:

- Call
- Email

Brittany Owens
Registered Provisional Psychologist
403-334-9599
bowens@anchorpsych.ca

“I thought we were headed for divorce, but with the help of our counsellor we are making our marriage work.”

How will I benefit from counselling?

Likely, I could...

- work more effectively through relationship conflicts
- become empowered through self-discovery
- learn what constitutes a healthy relationship
- learn how to cope with the transitions of life (empty nest, marriage, retirement).
- become more self-aware
- empower myself to make healthy choices for myself and for my family

Charitable Donations are gratefully accepted. Your generous contribution can be mailed to:

Hanna Agricultural Society
Box 1664 Hanna, Alberta T0J 1P0
Charitable receipts will be issued for all donations