

## FREQUENTLY ASKED QUESTIONS

**Q. Can I access individual counselling through the Hanna Family and Marriage Therapy Program?**

**A.** Many individual concerns revolve around our relationships with others. The program provides services to individuals, couples, and families. Please call to discuss your circumstances.

**Q. How do I know if I qualify for a subsidy with the program?**

**A.** Subsidy amount is based on household income. Subsidy eligibility can be determined at the initial consultation with either service provider.

**Q. What can I anticipate during counselling?**

- A safe environment
- Sessions lasting approximately 50 minutes
- To be treated in a respectful manner
- A counsellor with consistent and healthy boundaries
- Encouragement to learn and grow
- To receive support, insight, and help with my situation
- An understanding toward my rights to confidentiality

## PROGRAM BENEFITS

Some examples of areas that might be addressed in therapy include:

- Working more effectively through relationship conflicts
- A better understanding of my thoughts and feelings
- Becoming empowered through self-discovery
- Learning to cope with transitions of life (e.g., empty nest, marriage, divorce, retirement, etc.)
- Becoming more self-aware
- Improved listening and communication skills
- Increased self-esteem
- Finding balance
- Addressing parenting strategies
- Exploring how history is playing a role in current functioning
- Developing skills to cope with stressful situations



# HANNA FAMILY AND MARRIAGE THERAPY PROGRAM

**Our goal is to provide individual, couples, and family counselling for Hanna and area.**

## WHAT IS HFMTTP?

### What is the Hanna Family & Marriage Therapy Program?

The goal of the program is to improve access to individual, couples, and family counselling to residents of Hanna, Special Areas, and surrounding communities.

The Hanna Family and Marriage Therapy Program is made possible through the leadership of:

- Hanna Agricultural Society
- Town of Hanna Family and Community Support Services (FCSS)
- Special Areas Board
- Starland Regional Family and Community Support Services (FCSS)
- Family Resource Program
- Hanna Learning Centre
- Anchor Psychology
- Rapid Access Counselling

Subsidies are available to those who meet eligibility requirements.

***Charitable donations are gratefully accepted.***

Your generous contributions can be mailed to:

**Hanna Agricultural Society  
Box 1664, Hanna AB, T0J 1P0**

*Charitable receipts will be issued for all donations.*

## ABOUT OUR SERVICE PROVIDERS

### Anchor Psychology Inc. Brittany Owens



Brittany Owens is a Registered Psychologist who feels passionate about bringing counselling services to individuals, couples, and families in rural areas who may not otherwise be able to access therapy.

Brittany works from an integrated therapeutic approach and employs methods from Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Gottman, and EMDR. She recognizes value in offering care from a trauma-informed perspective.

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

### ***Anchor Psychology Inc.\****

Brittany Owens, R. Psych

Phone: (403) 334-9599

Email: [bowens@anchorpsych.ca](mailto:bowens@anchorpsych.ca)

*\* In person service provided in Hanna by  
Anchor Psychology at the  
Provincial Building.*

## ABOUT OUR SERVICE PROVIDERS

### Rapid Access Counselling *Change. One conversation at a time*

With Rapid Access Counselling, you can have a supportive, change-focused conversation from anywhere in Alberta. Reach out as an individual, couple, or family. This single session counselling service is designed to have appointments every week and can support crisis stabilization or offering tangible next steps with an ongoing challenge.

Appointments are available Monday to Friday by secure video or phone.

**READY WHEN  
YOU ARE, ALBERTA.**

Rapid Access Counselling is an Alberta-wide program delivered by Catholic Family Service of Calgary.

**[www.cfs-ab.org](http://www.cfs-ab.org)**

For details and booking:  
call: 1.877.244.2360  
or email [intake@cfs-ab.org](mailto:intake@cfs-ab.org)

***Online or Phone Service***