

**COMMUNITY COUNSELLING CONNECTIONS
COUNSELLORS AVAILABLE IN KAMLOOPS INCLUDE:**

Chuck Montalbetti, B.Sc., M.Ed. (Counselling Psychology)
Registered Clinical Counsellor



Chuck has 30 plus years of counselling experience working with children, youth, families, and agencies in the education system. He has extensive experience working in the areas of parent/child conflict, childhood disorders, inter-personal relationships, grief/loss issues, anxiety, depression and trauma. Chuck is passionate about empowering clients to find strength and balance in resolving issues in their lives.

Marcia Williamson, B.A., M.Ed., (Counselling Psychology)
Registered Clinical Counsellor

Marcia has over 30 years experience working in the social services sector. Her interests and expertise include: dealing with marital and relationship issues; depression, anxiety and self-esteem; anger management; grief and loss and family issues. Marcy also has extensive experience working with adults, couples and families in the areas of drug and alcohol misuse, abuse and trauma. Marcy is passionate about assisting clients in the areas of personal growth and life enhancing change



Debbie Thom, B.S.W., M.S.W., R.S.W.
Registered Social Worker



Debbie has been in the counselling profession for over 14 years and has been employed with a variety of social service agencies. She has experience working with adolescents, families, couples, individuals, career and employment counselling, as well as, crisis counselling. Her current practice includes trauma and recovery counselling; personal growth and visioning; family conflict resolution and couples counselling.

For other affiliated counsellors please contact our office:
Office (250) 374-3388 or
Toll Free 1-877-374-7457

HEALTHY LIVING WORKSHOPS

Workshops are approximately 50 minutes and are offered on an as requested basis

STRESS AWARENESS/MANAGEMENT

This workshop will focus on providing information on stress and how it can affect us both mentally and physically. It will examine factors that may be creating stress for you in your workplace and will provide strategies and techniques for stress management.

GOOD HEALTH THROUGH GOOD NUTRITION

Come and learn about how the effects of good nutrition can assist in impacting weight loss and combating stress. Learn strategies to improve your energy level, mental alertness and physical performance.

TRANSITION, CHANGE AND EMOTIONAL MANAGEMENT

Change is a constant in our lives and in our work. This workshop will focus not just on change, but also on the process of transition. Learn self care strategies to assist you in coping with emotional reactions to change.

ISSUE MANAGEMENT

Learn effective strategies to resolve problems before they create conflict in the workplace. Focus is on realizing viable solutions and effective issue management prevention.

GRIEF AND LOSS

All losses produce emotional pain or unhappiness commonly known as grief. Grief is a normal, natural, internal reaction to any loss. This workshop focuses on grief as a healthy process. It is never too late to grieve, regardless of how long ago the loss occurred.

More workshops and information are available at:

www.counsellingconnections.ca



**Community
Counselling
Connections**

*ACCESS THE BROADEST RANGE OF
EXPERIENCED, PROFESSIONALLY EDUCATED
AND CERTIFIED COUNSELLORS IN
YOUR COMMUNITY AND REGION*

**COMMUNITY
COUNSELLING
CONNECTIONS**

*Our counsellors are caring, collaborative
professionals who respect client
confidentiality and are experienced in a wide
range of personal, family and work related
issues including:*

- **STRESS**
- **ANGER**
- **RELATIONSHIPS**
- **GRIEF AND LOSS**
- **PARENTING**
- **FINANCES**
- **DEPRESSION AND ANXIETY**
- **SELF-ESTEEM**
- **ADDICTIONS**
- **WORKPLACE ISSUES**
- **TRAUMA MANAGEMENT**
- **HEALTH ISSUES**

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or

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COMMUNITY COUNSELLING CONNECTIONS

COMPANY PROFILE

Community Counselling Connections is a division of Scriver Consultants Ltd., which has been providing professional Counselling & Human Resource Services since 1984.

Our Community Counselling Connections Program (CCC) is a wide spectrum counselling service, often referred to as an Employee and Family Assistance Program. A number of certified counsellors (Master's Degree Minimum) trained in short-term solution focused therapy, provide options and choices for employees and their respective family members in dealing with their wellness and life balance issues.

Partnering with Registered Clinical Counsellors and counsellors registered with the Canadian Counselling Association, is our unique way to give clients:

- ☑ a wide spectrum of counsellor choices
- ☑ access to professionals with years of experience/expertise
- ☑ access to counsellors province wide
- ☑ public (client) protection via their professional associations code of conduct and ethical practice standards

OUR MISSION STATEMENT

Our primary mission is to assist individuals and families to better understand their unique issues/concerns/problems and involve them directly in a quality process that will result in a positive lifestyle change. We believe that healthy, happy and balanced individuals are more likely to make positive contributions in the workplace.

We also subscribe to the philosophy that individuals should have access to a wide spectrum of community counsellor choices and expertise to assist them in dealing with their unique issues.

HOW THE COMMUNITY COUNSELLING CONNECTIONS EFAP WORKS

- Appointments are scheduled **within 24 hours** of contact. In the case of emergencies, clients are given the highest priority and will be accommodated as quickly as possible.
- Appointments are easily accessible by contacting the Community Counselling Connections office at 374-3388 or (toll free at 1-877-374-7457), or by emailing at info@counsellingconnections.ca
- All client contact and information is kept strictly confidential and may only be released with the client's written consent.

QUALITY OF SERVICE

- Registered Clinical Counsellors, Canadian Certified Counsellors and/or equivalent Master Degree Level professionals within your community have been contracted to provide a high level of quality service.
- Short-term solution focused therapy is implemented and referrals to Community Agencies are made when deemed necessary.
- Client satisfaction surveys and quality of counsellor service is monitored on a regular basis.

BENEFITS OF SERVICE

- Access to a wide choice of community counsellors (male and female) is available to employees and/or their immediate family members.
- A wide range of counsellor experience and expertise may be accessed by clients.
- Counselling appointments can be made by telephone through the Community Counselling Connections office, email or directly with the qualified community counsellors who have agreed to participate in the Community Counselling Connections program.
- Quality of service is continually monitored for your protection.
- A province wide network of Registered Clinical Counsellors or Canadian Certified Counsellors may be accessed by employees as necessary.

COMMUNITY COUNSELLING CONNECTIONS

COUNSELLORS AVAILABLE IN KAMLOOPS INCLUDE:

Greg Scriver, B.Ed., M.Ed. (Counselling Psychology),
Registered Clinical Counsellor



Greg has more than 20 years experience working in the counselling profession. Greg's main counselling focus' include: relationship; stress/anxiety; depression; self esteem; financial; child behavior; conflict resolution; workplace and individual meditation; critical incident stress debriefing (CISD) and post traumatic stress disorder (PTSD). Greg also has specialized training in dealing with problem gambling issues/concerns.

David Darwin, B.A., M.Ed. (Counselling Psychology)
Registered Clinical Counsellor

David has more than 10 years experience in the mental health and counselling profession. He has worked in diverse settings with adults, couples, children and youth from many cultures. David's particular focus is in dealing with anxiety and depression; marital and relationship difficulties; stress and anger management; trauma and PTSD; parenting and grief work.



Lynn Burrows, B.A., M.Ed. (Counselling Psychology)
Registered Clinical Counsellor



Lynn has been in the field of counselling for over 17 years in the Kamloops community. She does counselling in a variety of areas which include working with families, teens and children individually or in small groups. Her primary focus is in the area of relationships, grief/loss, mood disorders. She also has expertise in working with children of separation and divorce.