



MOOSE JAW COUNSELLING AND PSYCHOLOGY

SERVICES

*Community
Resources*

COUNSELLING / PSYCHOLOGY SERVICES

Aspire Wellness

About: Aspire Wellness is run by Debbie MacDonald M.Ed. R. Psych (APE) #744 and offers consulting, counselling, and cognitive, achievement, and behavioural assessments.

Contact Information: 306-630-4214 or debbiemacdonald02@gmail.com

Beacon Counselling

About: Beacon Counselling offers individual, couple, and family counselling.

Contact Information: 306-692-9737 or email Marilee Suurkivi: suurkivim@sasktel.net

David J. Graham Banman Counselling

About: David J. Graham Banman offers counselling in Moose Jaw.

Contact Information: 306-630-8333 or email David: djgb@shaw.ca

Family Hope Counselling and Training Centre Inc.

About: Counselling and behaviour support for children, adolescents, and adults.

Contact Information: 306-694-4673 or email: admin@familyhope.ca

Grief Support Groups

Contact Information: 306-693-4644

Moose Jaw Christian Counselling Centre

About: The Moose Jaw Christian Counselling Centre is an independent, Biblically-based counselling service providing a range of services in response to individual and institutional needs through a community support base.

Contact Information: 306-692-5500 or email: mjccc@shaw.ca

Moose Jaw Services

Counselling and Psychology

Moose Jaw Family Services Inc

About: Moose Jaw Family Services provides a range of services from individual counselling for children, youth, adults. Groups services are also provided.

Contact Information: 306-694-8133 or email: contact@mjfamilyservices.ca

Moose Jaw Psychology Services

About: Psychological assessments and therapy for children, adolescents, and adults. **Contact Information:** 306-313-5686 or email: admin@moosejawpsychology.ca

Moose Jaw Transition House

About: Moose Jaw Transition House offers a variety of services:

24-Hour Crisis Line: 306-693-6511 or text 306-631-0962

- **Children's Program:** Individual crisis counselling for children ages 5 to 12 exposed to violence.
- **Community Outreach Program:** Individual, short-term educational sessions, and group work within the community, schools, and workplaces for ages 13+.
- **Residential Services:** Services and shelter for women and their dependent children.
- **Shelter Support and Follow-Up Program:** Shelter support and follow-up program provides ongoing contact with women both during and after their stay at the shelter.

Contact Information: 306-693-6848 or email Joanna Woods: panna.w@mj-transitionhouse.com

Online Therapy Unit

About: Online Therapy Unit offers adults free online Cognitive Behaviour Therapy for a number of mental health concerns. Online Cognitive Behaviour Therapy involves reviewing educational material online with the support of a therapist or a guide. The approach is found to be effective and is a convenient way to receive care.

Contact Information: 306-337-3331 or email: online.therapy.user@uregina.ca

Professional Family Consultants

About: Counselling and mental health services.

Contact Information: 306-692-9202

Moose Jaw Services

Counselling and Psychology

Resolve Renew Counselling and Consulting

About: Susan Risula is a professional counsellor and psychotherapist with BSW, MSW, RSW, SEP (Somatic Experiencing Practitioner), specializing in teaching skills to reduce the symptoms of stress & trauma most affecting adults, adolescents & families.

Contact Information: 306-631-6139

A Positive Approach Wellness Counselling (rural services)

About: A Positive Approach Wellness Counselling - Nikki Tiffen

Contact Information: apacounselling@gmail.com

Lenea Okraincee (rural services)

About: Lenea offers counselling to children, individuals, families, and couples seeking support. She provides services in Moose Jaw and surrounding southern communities.

Contact Information: 306-266-4993 or email: lokraincee@sasktel.net

Prairie Counselling and Mediation Services (rural services)

About: Prairie Counselling and Mediation Services in Gravelbourg and Assiniboia

Contact Information: prairiecounsellingmediation@gmail.com

Crisis Counselling Lines

General Crisis Counselling

[Canadian Human Trafficking Hotline](#)

24/7 Hours

[1-833-900-1010](tel:1-833-900-1010)

[\(Canada\) First Nations and Inuit Hope for Wellness Help Line](#)

24/7 Hours

[1-855-242-3310](tel:1-855-242-3310)

[\(Canada\) Indian Residential School Crisis Line](#)

24/7 Hours

[1-866-925-4419](tel:1-866-925-4419)

[\(Canada\) Trans Lifeline – Support for Transgender people](#)

[1-877-330-6366](tel:1-877-330-6366)

Moose Jaw Services

Counselling and Psychology

(Canada) Veterans Crisis Help Line

24/7 Hours

[1-800-268-7708](tel:1-800-268-7708)

(Central Saskatchewan) West Central Crisis and Family Support Centre

Monday – Friday 9:00 am – 12:00 pm, 1:00 – 5:00 pm

After Hours: [306-933-6200](tel:306-933-6200)

[306-463-6655](tel:306-463-6655)

(North Saskatchewan) Northeast Crisis Line

24/7 Hours

[1-800-611-6349](tel:1-800-611-6349)

(North Saskatchewan) Piwapan Women’s Centre – Crisis Line

24/7 Hours

[306-425-4090](tel:306-425-4090)

Prince Albert Mobile Crisis Unit

Monday – Friday 4:00 pm – 8:00 am

Saturday & Sunday – 24 hours

[306-764-1011](tel:306-764-1011)

Regina Mobile Crisis Services – Crisis Line

24/7 Hours

[306-525-5333](tel:306-525-5333)

Saskatchewan Farm Stress Line

24/7 Hours

[1-800-667-4442](tel:1-800-667-4442)

Saskatoon Mobile Crisis

24/7 Hours

[306-933-6200](tel:306-933-6200)

