

Counselling Services 2020

Kincardine

Lighthouse Fellowship Baptist Church (Pastor Steve Gordon)	519.396.3338	www.lighthousefellowshipbaptist.ca	Biblical counselling open to everyone (individual, marriage, etc.)
Daphne Williams - MSW, RSW, Registered Psychotherapist	519.396.8866	djwilliams@bmts.com	Individual, marriage and family therapy (with expertise in ADHD as it relates to adults.) Incest and PTSD
Sarah Martyn - BSW, MSW, RSW	1.833.273.6031	penatangorewellness@gmail.com www.penangorewellness.com	Individuals, family & children, art therapy
Kayli Hall Elwood - BA, OATR, Registered Psychotherapist	1.833.273.6031	penatangorewellness@gmail.com www.penangorewellness.com	Individuals, family & children, art therapy
Bethany McCulloch - BSW, MSW, RSW	1.833.273.6031	penatangorewellness@gmail.com www.penangorewellness.com	Individuals, family & children, art therapy
Dr. Nancy Malloy - Clinical Psychologist	519.396.8222	drnmalloy@gmail.com	Children & Adolescents only - learning disorders, ADHD, anxiety/mood
Natalie Nowkawalk - MSW, RSW	226.930.0073	natalie.positiveliving@gmail.com	Individual, couples and family
Amy Alton - BSW, RSW	519.357.7482	www.amyaltoncounselling.com	Individual, Family & Couple Counselling
Jennifer Rapley - MSW, RSW	519.386.2578	www.mentalhealthmama.ca	Individual, CBT, EMDR

Port Elgin

Catharine Crawford - Registered Psychotherapist	519.386.2310	www.mapleshores.ca	Trauma therapy and EMDR, DBT skills. Mindfulness based psychotherapy. Self compassion therapy
Dr. Kim Wands - Clinical Psychologist	519.706.1705	drkwands@gmail.com	Cognitive difficulties, ADHD, anxiety disorders, depression, trauma and learning disorders
Kent Shelley - Life Matters Psychotherapist	519.389.0871	kent.lifematterscounselling@gmail.com www.lifematterscounselling.com	Adults, couple, families, etc

Walkerton

Sandra(Sandy) Sidla - Registered Psychotherapist	519.374.4921	sandra.s.sidla@gmail.com	Addiction, mood disorders, trauma and PTSD
Lesley Holm - MSW, RSW	1.855.776.1805		Depression, anxiety, coping skills

Goderich

Dr Fields & Associates	519.524.8072	www.drfield.ca	Individual, couples and assessments
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Mitchell

Susan Hrovat - RSW, Psychotherapist	519.348.9858	salimar@sympatico.ca www.susanhrovat.com	EMDR, coping, trauma
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Listowel

Huron Perth Centre	519.291.1088 ex.4221	http://www.hpcentre.on.ca/	Children, youth & families
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Hanover

Ruth Linnen - Registered Psychotherapist	519.364.7919	www.ruthlinnen.com	Trauma, PTSD, family conflict, relative issues
Erin Gibb - Registered Psychotherapist	1.866.488.2143 ex.2	innatehealthhanover.ca	Trauma, PTSD, stress and anxiety
Julia Rushlow - Registered Psychotherapist	226.230.3433	www.justjulia.ca	Therapeutic play, art, sand. Trauma, addictions, cyberbullying, PTSD.
Jennifer Brunner - RSW	833.218.9417		Trauma, PTSD, Anxiety, Coping Skills
Aspire Counselling Services	519.506.4896	info@aspire-counselling.ca	
CMHA Grey Bruce Mental Health & Addiction	519.364.7788		

Southampton

Robin J Dewhurst - MA, Th(SCP), RP	519.379.0999	earthangelinyou@yahoo.com	
CMHA Grey Bruce Mental Health & Addiction Services	519.797.2880		

Clinton

Huron Perth Centre	519.482.3931 ex.3221	http://www.hpcentre.on.ca/	Children, youth & families
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Markdale

CMHA Grey Bruce Mental Health & Addiction	519.986.3030	https://greybruce.cmha.ca/	
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Warton

CMHA Grey Bruce Mental Health & Addiction	519.534.4388	https://greybruce.cmha.ca/	
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Meaford

Lucy Marlin - Registered Psychotherapist	226.662.7777	www.liveinlightcounsellingservices.com	Youth, and adolescent -retirement transition, trauma, relationship, grief, sleep, sexuality
Kathy Lloyd - Registered Psychotherapist	519.377.0744	kathylloyd counselling@gmail.com	Trauma, Roots of Addiction, Anxiety, Depression, Grief/Loss, Stress Management, Life Changes, Individual and Couples Therapy, EMDR, Mindfulness, Person Centered, Authentic Movement, Attachment, Body Based, Ancient Wisdom Teachings

Owen Sound

John Van Steyn - BSW, MSW	519.379.3737	www.vansteyncounselling.ca	Individual, relationship, CBT
Lorna Grant - MSW, RSW	519.377.7062	www.lornagrants.ca	Trauma, PTSD, depression
Trish Meekins - MSW, RSW	519.376.8628	nikaanaganaa@gmail.com	Nikaanaganaa Counselling & Learning Centre - Trauma, anxiety, depression, domestic violence, couples counselling
Michelle Harrison - MA, CCC, Registered Psychotherapist	519.800.6416	mhpsychotherapy@gmail.com	1 day per week
Dr. Karen Baker - Clinical Psychologist	519.889.3445	karenbaker.psychologist@gmail.com	Assessment and consultation only
Kathy Lloyd - Registered Psychotherapist	519.377.0744	kathylloyd counselling@gmail.com	Trauma, Roots of Addiction, Anxiety, Depression, Grief/Loss, Stress Management, Life Changes, Individual and Couples Therapy, EMDR, Mindfulness, Person Centered, Authentic Movement, Attachment, Body Based, Ancient Wisdom Teachings
Lara Longo - MSW, RSW	519.377.7016	lalalongocounselling@gmail.com lalalongocounselling.com	Trauma, Roots of Addiction, Anxiety, Depression, Grief/Loss, Stress Management, Life Changes, Individual and Couples Therapy, EMDR, Compassionate Inquiry, Mindfulness, Art Therapy, Yoga, Attachment, Body Based, Ancient Wisdom Teachings.
Katie Simpson - MSW, RSW		www.georgianwaterscounselling.ca	Individual, family counselling specializing in EMDR
Andrea Croft - MSW, RSW	519.372.8532	www.georgianwaterscounselling.ca	Individual, family counselling specializing in EMDR
Shannon Reinelt - MSW, RSW	519.375.5579	www.georgianwaterscounselling.ca	Individual, family counselling specializing in EMDR
Nancy McCaskill - MSW, RSW	519.378.5972	nmaccaskill@gmail.com	Individual, family counselling specializing in EMDR
Rachelle Smith - MSW, RSW	519.387.7447	rachelle2smith@gmail.com	Individuals, couples and families
Sue Watters MacPherson - MA, RP	519.477.2648	swattersmacpherson@rogers.com	Individuals, couples and families
Michelle Ann Scobie - MSW, RSW	519.379.5597		Individuals, couples and families
Richard Hargest	226.668.2713		
CMHA Grey Bruce Mental Health & Addiction Services	519.371.8850	https://greybruce.cmha.ca/	

Crisis Intervention Team	1.888.525.0552	www.mhagb.ca	Ask for a Crisis Worker (available daytime hours)
Mental Health Crisis Line of Grey & Bruce	1.877.470.5200	www.mhagb.ca	24 hours a day, 7 days a week
Kids Help Phone	1.800.668.6868	kidshelpphone.ca	24/7 counselling by phone or online
Keystone - Child, Youth & Family Services	1.800.567.2384	www.keystonebrucegrey.org	Individual, family, groups and 7 bed co-ed residence program
Wes for Youth Online	1.855.577.3737	www.wesforyouthonline.ca	24/7 counselling by phone or online
Bruce Shoreline Community Mental Health Team	1.877.888.5855	www.cmhagb.org	Counselling for moderate to severe mental illness; group or individual
Victim Services Bruce Grey Perth	1.866.376.9852	www.vsbgp.com	Support and assistance to victims of crime and tragic circumstance
Women's House Serving Bruce & Grey	1.800.265.3026	whsbg.on.ca	Outreach counsellors - child witness, sexual assault and family
Kincardine Family Health Team	519.396.2700	ckennedy@bakfht.ca	Counselling for moderate to severe mental illness. Adults only