

Atlantic Counselling Services Inc.

Individual, Couple and Family Therapy

Atlantic Counselling strives to assist people whose psychological, social and/or physical functioning have been negatively affected through addictions, mental health issues, trauma or relationship difficulties.

This professional practice offers a quiet, inviting atmosphere where clients can feel free to discuss their issues in a respectful, sensitive and confidential environment. We make every attempt to ensure and maintain a client's privacy and client feedback is continually welcomed. There is a strong focus on helping a client identify his/her strengths and inner resources in order to reach their therapy goals (e.g., improved communication, partner reconnection, stress reduction, developing healthy strategies to gain personal control and balance).

Counselling support offered in the following areas

- Alcohol & Drug Dependency
- Gambling Addiction
- Adult Survivor of Childhood Abuse
- Post Traumatic Stress Disorder
- Crisis Intervention
- Relationship Difficulties
- Anger Management
- Critical Incident Debriefing
- Low Self-Esteem
- Depression
- Anxiety and Panic Disorders
- Trauma and Abuse Issues
- Suicidal Ideations
- Grief and Loss
- Workplace-Related Issues
- Parenting Challenges
- Life Transitions
- Women's Issues

Goal

To strive for clinical excellence by providing timely intervention in a warm and welcoming atmosphere.

Coverage Options

Insurance, Employee Assistance Programs, Self-Referrals

Hours of Operation

Monday – Friday 8:30 – 5:30
(Evening/weekend appointments available)
24 hour cancellation notice required to avoid fee charge



48 St. Thomas Lane
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www.atlanticcounselling.com



*Though no one can go back and make a brand new start,
anyone can start from now and make a brand new ending.*

~ Carl Bard



The Daley Center



A BEACON OF HOPE
UPON LIFE'S ROCKY SHORES

HOPE

BALANCE

COURAGE

PATIENCE

STRENGTH

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SERVICES INC.

THE DALEY CENTER

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