



## At Blue Rose, our skilled counselors are trained in a range of modalities to support you and your family through life's challenges.

We provide client-centered, culturally sensitive services and encourage you to bring all aspects of the medicine wheel into your sessions.

While we primarily focus on mental health, we also address the physical, spiritual, and emotional aspects of your life. We believe that achieving a balanced life requires attention to all these areas.

*Play, Learn & Grow Together!*



 [blurosecfw.ca](https://blurosecfw.ca)

 1-306-205-8600

 [blurosecfw@gmail.com](mailto:blurosecfw@gmail.com)

 3501 Dewdney Ave., Regina, SK

## As a children's trauma therapist I work with individuals from ages 3 to 103.

My playroom helps children communicate through play, as they express themselves better this way than through language.

I also offer EMDR therapy (Eye Movement Desensitization and Reprocessing) to help all ages overcome barriers preventing the brain from healing and integrating traumatic memories.

I direct bill insurance whenever possible, and for those with a status number who qualify for NIHB (Non-Insured Health Benefits), my services are fully paid for by NIHB, so the client does not have to pay out of pocket.



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