

Why Consider Counselling?

People seek counselling for many different reasons. Some enter therapy because they have identified specific goals or issues that they wish to work on while others are seeking help to understand how to move forward after a major life event.

You do not have to wait until you have a “serious problem” or feel like you can no longer cope to start seeing a professional counsellor. In fact, it is much better to take a proactive approach to your own wellbeing and seek out help before things get out of control. A counsellor can collaborate with you to bring about the meaningful change that you desire and help you to move on from your current difficulties much more quickly than you can do on your own.



The Counselling and Wellness Centre at MDABC
Suite 480-789 West Pender St.
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Learn To Improve Your
MOOD and Live a More
BALANCED Life



The Counselling and Wellness Centre at MDABC

The Counselling and Wellness Centre at MDABC exists to inspire and support people who wish to cultivate a calm mind, a resilient spirit, and a renewed sense of wellbeing. No matter what is troubling you, our compassionate, highly-trained counselors and educators are here to work with you to find solutions and bring meaningful change to your own life.

As a non-profit agency, we are pleased to offer affordable wellness services including:

individual counselling , couples counselling
family counselling, structured group therapy,
psychoeducational assessments, and
neuropsychological assessments



MOOD DISORDERS ASSOCIATION
OF BRITISH COLUMBIA

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Participating in counselling/therapy can have many benefits including:

- Increased feelings of wellbeing
- Healthier relationships
- A renewed sense of purpose and direction
- Increased self-respect and self-confidence
- Resolution of conflicts
- Awareness of wellness strategies which help to strengthen emotional fitness and resilience



Our Wellness Team

All of our counsellors are highly experienced and committed to their own professional development. Our Certified counsellors have a minimum of a Master's Degree in Clinical Counselling and they are all Registered Clinical Counsellors (RCC) or Certified Canadian Counsellors (CCC). Our intern counsellors are graduate-level psychology counselling interns from Adler University.

Our counsellors use many different types of therapies in their practice. They have training in Cognitive Behavioural Therapy (CBT), Process-orientated therapy, Solution Focused therapy (SFT), Positive Psychology and Mindfulness-based approaches.

Some of our counsellors use other therapies such as EMDR, Attachment-Based Therapy, and Art Therapy. Please enquire with our office staff if you would like to book an appointment with a counsellor trained in one of these areas.



Get Started Today!

To book an appointment or to register for a therapy group, go to www.mdabc.net and select the Wellness Centre from the options at the top of the page. Complete an intake form for either counselling or group therapy services and press submit. Once we receive your intake form, our office staff will contact you to book you an appointment or to register you in a course.

For all other enquiries, please call our office at 604.873.0103 or email us at info@mdabc.net

Donate

If you would like to help others to change their lives with group therapy, please make a donation at

<http://www.mdabc.net/donate>

and select Group Therapy bursaries for low income clients.

All donations over **\$20.00** will be issued a tax deductible receipt

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