



Living Well Psychologists Now Available for Counselling Calgary Alberta Residents

January 18, 2019

January 18, 2019 - PRESSADVANTAGE -

A Calgary, Alberta wellness and counselling center is pleased to announce that they now have more psychologists available to serve their clients than ever before. The name of this counselling center is called Living Well Counselling Services Inc. Their Living Well Psychologists are now available to help their patrons with a wide variety of mental health and other counselling needs.

Jennifer Dawn Watts, a spokesperson for the company and certified counselor herself, goes over a little bit more about what their wellness and counselling center hopes to accomplish with those whose mental health needs they serve. She says, "We like to think of our wellness center as a well-rounded mental health facility. An example of that is the fact that we have more than just registered psychologists on staff. We also have provisional registered psychologists, certified counselling specialists and registered social workers on staff. All of them have had many hours of classwork and on the job training to become proficient at their particular mental health specialty. Each type of counselor also belongs to a governing body that oversees how they go about doing their jobs. This diversity helps much because our clients don't just come here to get things off of their mind that has been weighing on them. For example, we have people that want to clear their heads and learn to think in a positive way that will help them in business and other clients that know that having good

mental health is important to having good physical health too. The total range of mental health coverage we offer makes us a sort of "one-stop shopping center" for anyone's mental health concerns.

They offer several different types of counselling services at Living Well Counselling Calgary. Some of the counselling services they offer will even surprise their customers that they are available. That's because the counselling services they offer go well beyond just the usual cognitive behavioral therapies. They also include such services as couples counselling, addiction counselling and living well counselling to improve both physical and mental health. There are even counsellors on their staff that are trained to be more sensitive to the specific needs of their Christian, Muslim and other faith-based clients.

Jennifer explained why they offer so many different types of counselling services. She says, "Just like no two people always have the same physical ailments bothering them, the same can be said for what may be weighing a person down mentally. For some, it might be something like a self-esteem problem and for others, they may be seeking help to beat a drug addiction. By having people on staff that are specialized in certain areas we can better focus on specific areas of our client's mental health needs. It stands to reason that the more diverse our counselling staff is, the better we can serve the majority of the mental health needs of those in the Calgary, Alberta area."

If a person goes to their website they can read more about the many different counselling services they offer. They can also get details on such things as the titles of the counselors they have and the rates associated with each counselor's services. There is even a button on the main page a person can click on that will let them book an appointment right online.

Jennifer also pointed out that appointments with most of their psychologists are covered under most medical plans and an appointment with a social worker or regular counselor may or may not be. An individual should check this out with their coverage provider before scheduling an appointment. A person must also keep in mind that their prices are not always set in stone. They also offer a limited amount of sliding scale uncovered appointment costs that are based on individual financial need.

Even their Calgary location was chosen based on its mental health enhancement. Jennifer says, "Our service area was chosen because of the peaceful and serene beauty in the area. Being outside near our offices is very therapeutic in itself. We are not far from the Pearce Estate Park and we are also located in-between the beautiful Calgary zoo and the Inglewood Wildwoods. It's all in keeping with our living well philosophy."

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For more information about Living Well Counselling Services Inc., contact the company here: [Living Well Counselling Services Inc.Jennifer Dawn Watts4036957511intake@livingwellcounselling.ca](mailto:LivingWellCounsellingServicesInc.JenniferDawnWatts4036957511intake@livingwellcounselling.ca)

Living Well Counselling Services Inc.

Living Well was created with certain values in mind. We want to help you connect with a Psychologist or Counsellor that is effective in their areas of strength and also one that is welcoming, non-judgemental & easy to work with.

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