



North Vancouver Counselling Centre Launches Google My Business Listing

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Parallel Wellness North Vancouver Counselling, based in North Vancouver, British Columbia, has announced that they have recently launched a new Google My Business (GMB) map listing. The North Vancouver Counselling Parallel Wellness Google Map Listing indicates the location of the business on the map and offers basic information regarding the business, including customer reviews. The business is composed of a team of holistic counselling therapists.

Meredith MacKenzie, a registered clinical counsellor at Parallel Wellness North Vancouver Counselling, says, "We are happy to announce that we have recently launched our new Google My Business listing. Hopefully, it will make it much easier for people to find us and benefit from our services. We are a team of holistically-minded, counselling therapists and we share the perspective that all clients have the ability to live healthy and fulfilling lives, but sometimes need the help of a professional to realize their true potential."

Meredith adds, "We work closely with our clients, in parallel as they work towards their individual goals, becoming their best selves. We work collaboratively with clients and allied health professionals - nutritionists, medical practitioners, and alternative health practitioners - to support clients addressing their well-being from

a holistic approach.?

With the Google My Business listing, people who are interested can discover more about Parallel Wellness North Vancouver Counselling on Google. They offer individual therapy, couples therapy, and family therapy.

The Google Maps listing also allows clients to leave reviews regarding the services. For instance, a previous client has left a five star review on the Google Maps page for Parallel Wellness North Vancouver Counselling. Lisa C. gave them a five star rating and said, "Christine at Parallel Wellness is welcoming, kind and easy to talk to. She has taught me many valuable tools and it has helped me immensely to be able to talk with her regularly and have the support of a professional.?"

Individualized therapy sessions are available for children, youth, and adults. They offer 50 and 80-minute sessions to provide counselling on various issues, such as stress, anxiety, depression, divorce, and eating disorders.

Meanwhile, the couples therapy sessions, lasting for 50 minutes or 80 minutes, are designed for all stages of relationships. With these therapy sessions couples are able to develop greater connectedness while learning the skills to better communicate with each other. The goal is to have happy, resilient and healthy relationships.

The family therapy sessions provide family members the opportunity to eliminate the division that has existed between them and reconnect. These are also available in 50 and 80-minute sessions.

The areas of practice of Meredith MacKenzie include anxiety disorders, eating disorders, depression and mood disorders, divorce/separation, life transitions/adjustments, parenting education, couples counselling, emotional dysregulation, and family difficulties. She uses various approaches including attachment-based therapy, mindfulness-based cognitive therapy, dialectical behavioural therapy, mindfulness approaches, emotionally-focused therapy, Gottman method for couples, and FBT for childhood eating disorders.

Meanwhile, Christine Skwarok is also a registered clinical counsellor and serves as clinical traumatologist. Her areas of practice include anxiety disorders, stress management, trauma, depression and mood disorders, families of special needs children, goal setting and motivation, life transitions, and relationship issues. Her approaches include acceptance and commitment therapy (ACT), mindfulness-based cognitive therapy, solution-focused brief therapy, tri-phasic model of trauma, motivational interviewing, resiliency training, Gottman method, and The Incredible Years parenting program.

Sarah Boyle is also a registered counsellor and her areas of practice include eating disorders, anxiety disorders, depression and mood disorders, life transitions/adjustments, grief, emotional dysregulation,

couples counselling, adolescent and adult counselling, and life skills training. Her approaches include attachment-based therapy, mindfulness-based cognitive therapy, dialectical behavioural therapy, solution-focused therapy, emotionally-focused therapy, acceptance therapy, mindfulness and somatic therapy, and self-compassion therapy.

Ashley Greensmyth is another registered clinical counsellor. Her areas of practice include anxiety disorders, depression and mood disorders, identity exploration, relationship issues, couple counselling, life transitions, and goal setting and motivation. Her approaches include Adlerian therapy, nonviolent communication, mindfulness-based cognitive therapy, mindfulness approaches, Gottman method, and emotion-focused therapy.

People who need more information about the counselling therapy services or would like to book an appointment can visit the Parallel Wellness North Vancouver website or contact them by phone or by email.

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For more information about Parallel Wellness North Vancouver Counselling, contact the company here: Parallel Wellness North Vancouver Counselling Meredith MacKenzie (778) 990-5491 meredith@parallelwellness.ca 224 West Esplanade Fifth Floor, North Vancouver, BC V7M 1A4

Parallel Wellness North Vancouver Counselling

Parallel Wellness North Vancouver Counselling is a passionate team of holistically-minded, counselling therapists helping clients realize their true potential by supporting them through their own goals towards living a healthy and fulfilling life.

Website: <https://www.parallelwellness.ca/north-vancouver-counselling/>

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