ProMentality Performance & Wellness

We are located in Abbotsford, Surrey, Sun Peaks, and virtually worldwide and provide barrierfree mental health and wellness supports for all.







Barrier Free

· no referral needed, walk-ins welcome

No Wait Lists

will connect within 48 hours – usually day of

No Red Tape, Filling Gaps

we see a need we do our best to fill it

Autonomy

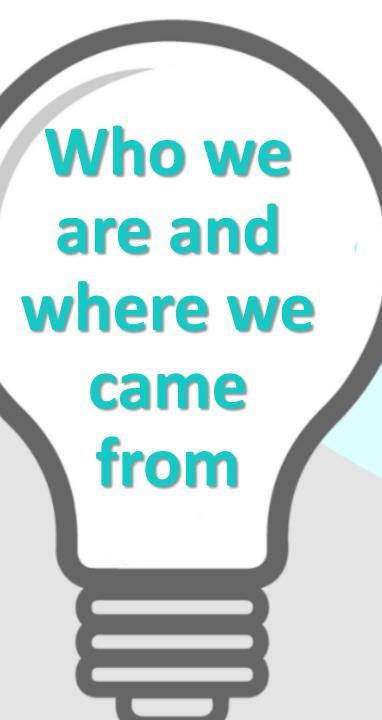
 limit the time between designing ways to fill gaps and doing it, don't have to follow parameters that are not client centered

Need in our schools

- school counsellors case loads
- Mental health challenges during and post pandemic

Giving Back

also client centered





- Witnessed and worked with amazing agencies
- Barriers, long wait lists, red tape
- Pandemic hit -> lost internships -> increase in need of mental health services





- Barrier free who you are, what you can afford, etc.
- Exceptional quality of care
- Educate on the therapeutic relationship and Feedback informed therapy and that the client is in the driver's seat
- Mental health and wellness supports





- Min. 400 hours supervised practice, weekly supervision
- High standards for acceptance and maintaining internship
- Experience
- Supervised practice
- Accessibility of supervisors

Exceptional team members often join us as paid team members after Graduation



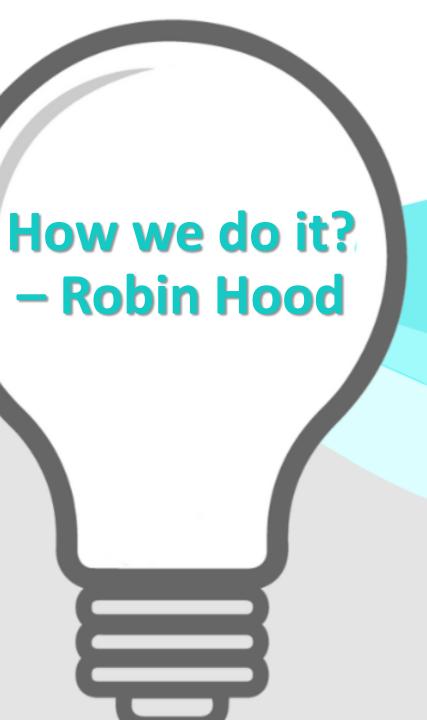


- Free phone consult
- Drop-in/walk-ins
- In-person, virtual, phone, text, email, walk/hike and talk
- Counselling brief solution-focused, CBT, DBT, EMDR, Rogerian, etc.
- Mental Performance Consulting (MPC)
 - with a Certified Canadian Sports Psychology Association Member (CSPA) or Intern
- Career Counselling
 - with a Certified Career Development Practitioner (CCDP)
- Nutrition Coaching
 - With Certified Precision Nutrition Coaches
- Wellness Coaching
- Parental Coaching
- Groups





- Over \$100,000 in services donated last year
- Since September of 2020 we have provided over 1000 counselling sessions to our local high school students
 - Started off with about 7 sessions per month in the beginning and are up to over 40 counselling sessions each month in the schools alone





- Full fee for service for Registered Counsellors, Registered Social Workers, and Mental Performance Consulting
 - Referrals welcome :-)
- Donations welcome
 - Bottle depot

Contact Us:

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