

Our Professional Team Includes:

Director of Community Wellness

Linda Amoah

Addictions Counsellors

Brandon Noskey

Jonah Letendre

Suicide Interventionist

Deborah Thunder

Indian Residential School Support Worker

Coreen Houle /Cecile Cardinal

Mental Wellness Crisis Team Coordinator

Love Cardinal

Community Wellness Manager

Charlene Gambler

Social Worker

Alvina Yellowknee

Receptionist

Jasmine Gambler

Services are Free and Confidential:

Counselling Support

Delivery of Programs On & Off-Reserve

Organize Community Events

Cultural & Land Based Activities

Youth Initiatives & Support Groups

Organize Presentations & Workshops

Suicide Prevention



**Bigstone
Community Wellness**

Monday to Friday
8:00am – 8:00pm

Phone: 780-891-3777
Toll Free: 1-877-767-7060
Fax: 780-891-2015

Website: www.bigstonehealth.ca

**Bigstone
Community Wellness**



**Community
Counselling
Services**

Break the chains of
depression, stress,
addiction, and other
life struggles
Your path to recovery
and a more fulfilling
life
With Bigstone Health
have someone on your
side

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Who is counselling for?

Everyone! We all struggle in different ways and it can be extremely helpful to talk to someone about it. We are more than happy to meet with you, your husband or wife, your kids, your friends or family, or anyone else that you know needs help.

What happens in Counselling?

In counselling, you are guided to explore your difficulties, concerns, and struggles in order to develop more satisfying and resourceful ways of living.



Restore your life and bring balance to yourself and your family

How can counselling help me?

- Explore your emotions, thoughts and behaviours
- Plan and achieve your goals
- Improve your relationships
- Break the chains of addictions
- Gain healing from depression
- Reduce the stress in your life
- Learn new and positive habits
- Become more aware of yourself, your values, your culture and your motivations
- Develop a sense of well-being
- Build new skills that create lasting life changes

How often do I have to come in?

Your timing is our timing; you can receive counselling on your own timeline and at your own pace. Just let us know what works for you. We are open Monday to Friday from 8:00am to 8:00pm



Our Vision

To revive, strengthen, and protect members' treaty rights to health by enhancing the quality of life for members and others living in the Bigstone Traditional lands.

Our Mission

To provide professional guidance by supporting people in their journey to achieve balance in physical, emotional, spiritual, and mental wellbeing.