

Abolitionist Trauma Recovery Workers

**A list for mental and physical
health workers that specialize in
healing-centered recovery from
trauma and believe in the
abolition of policing services**

For more information and
to be added to the list, contact:
Chance@Spenceneighbourhood.org
(204) 451-2455

**CENTRAL
NEIGHBOURHOODS**
Centennial • West Alexander • Central Park



Mental Health

CINDY FOSTER, B.A HONS (PSYCHOLOGY), (SHE/HER)

Counselling sessions by zoom/telephone

Price/Coverage: Free 15 minute consultation, limited subsidized sessions available, contact for more information.

Email: hspcounsellingwpg@gmail.com

Information about the worker: *"I am welcoming clients for private counselling sessions through zoom or by telephone at this time. I have graduated with a double Honours Degree in Psychology & Political Studies, and am working toward obtaining my Master of Education in Counselling Psychology. I have nearly ten years of experience in the mental health and social services field, two of which specifically as an Addictions Counsellor. I work through an intersectional feminist & anti-oppression lens, and align with abolitionist work. I identify as a Highly Sensitive Person (HSP), and encourage potential HSP clients to contact me for sessions. Please visit hsperson.com to discover what being an HSP means, and to find out if you also belong to our community. You do not have to be an HSP to work with me. Please contact me to set up an initial 15 minute consultation to see if my services are the right fit for you."*

MX. TARA SHEPPARD-LUANGKHOT, MMFT (MASTER OF MARRIAGE AND FAMILY THERAPY (SHE/HER OR HE/HIM)

Video sessions only

Price/Coverage: Sliding scale \$60-120 through e-transfer, coverage through victim services and some insurance providers.

Phone: 204-880-3285

Email: tara.sheppard@mts.net

Website: www.tarasheppard.com

Information about the worker: *Pro -BIPOC mental health provider. Works with individuals, couples, families and work groups with specialized training in trauma therapy, conflict resolution, mediation.*

Mental Health

LYDIA HAMEL, MSW/RSW (SHE/HER)

Private Practice

Price/Coverage: \$20/HR (Sliding scale available)

Ph: 416.986.3975

Email: lydiahamel@gmail.com

Website: www.willowtreewpg.ca

Information about the worker: *Lydia provides trauma responsive, sex positive and pleasure affirming therapy from a harm reduction and anti-oppressive/intersectional lens. Lydia has over ten years of community experience; from working as an Outreach Worker and facilitating sexual health workshops in Montreal, to contributing to research on barriers to health and social care for womxn living with HIV in the Downtown Eastside of Vancouver. Lydia values lived experience and acknowledges that you are the expert in your own life. She works with clients collaboratively, in a way that is caring, non-pathologizing and non-judgmental. Lydia's intention is to provide individuals and partners a brave space to challenge undesirable thoughts and emotions while moving toward becoming "unstuck". Her aim is to facilitate difficult or uncomfortable conversations in order to restore self-worth, confidence and peace. She believes that by rejecting and unlearning oppressive ways of thinking about ourselves, our sexuality, our gender and our relationships, we can move toward accessing empowerment, connection and healing in our lives.*

Physical Health

LEXI VAN DYCK, HERBALIST (THEY/THEM)

Puddlewitch Apothecary: online/phone consultations, herbs and medicines delivered if needed

Price/Coverage: Sliding scale and no-cost options available.

Phone: 204-232-8206 (text or call)

Email: puddlewitchapothecary@gmail.com

Website: www.instagram.com/puddlewitchapothecary

Information about the worker: *"I am a white queer non-binary herbalist committed to a fat-positive, anti-ableist, and anti-colonial herbal practice. I am happy to offer herbs for emotional healing and grief, for the health of the physical body, and for spiritual practice. I don't grow or wildcraft sacred herbs of Indigenous nations, but am happy to help source them for Indigenous folks. I focus on safe, simple herbs, and offer prepared medicines, fresh or dried herbs, and plant starts to grow your own in season."*

MONIQUE LAPLANTE , RMT.

Registered massage therapist in Winnipeg, please contact for more information.

Price/Coverage: \$85/HR, 2SLGBTQIA* sliding scale \$35-85/HR

Phone: 204-229-0115

Email: hello@monquielaplante.com