

WINNIPEG, MANITOBA

BIPOC

MENTAL HEALTH WORKER LIST

WINNIPEG RESOURCE FOR BLACK,
INDIGENOUS, AND PERSONS OF COLOUR
IDENTIFYING COUNSELLORS, THERAPISTS,
AND MENTAL HEALTH WORKERS

January 2021

**WANT TO BE
ADDED?**

CONTACT CENTRAL NEIGHBOURHOODS DIRECTOR
DIRECTOR@CNWPG.ORG

***List updated the 1st of every month**



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Preface

The BIPOC Mental Health Worker list started over the counter at local Winnipeg bakery "Eadha Bread" between Tamika Krush and Chance Dupuis. Tamika was seeking a list of Black, Indigenous, and People of Colour (BIPOC) identifying mental health workers that were low-barrier access.

Without Tamika, this list would not exist.

The first "BIPOC Mental Health Worker List" was launched March 1, 2020 by Central Neighbourhoods Winnipeg's Community Well-being Coordinator Chance Dupuis. The list is updated the 1st of every month and features mental health workers of different races, ethnicities, and mental health professions. This list is open source and free use.

It was born from community and will always belong to community. Thank you Tamika for entrusting us with starting this project.

**KYLA BERNARDO, M.ED, C.C.C. (CANADIAN
CERTIFIED COUNSELLOR), (SHE/HER)**

Price/Coverage: Fee for service, please visit website

Ph: 431.531.7122

Email: Purposefulcounselling@gmail.com

Website: www.purposefulcounselling.ca/

BEN CAPILI, MSW, RSW (THEY/THEM)

Liminal Space Therapy

Price/Coverage: \$150/hr, Blue Cross service provider; receipts
available for all health benefits providers

Ph: 204.799.3806

Email: ben@liminalspacetherapy.com

Website: www.liminalspacetherapy.com/

JOSIAH MUTUA, MA, (HE/HIM)

Pearls Counselling and Therapy

Price/Coverage: First session (60 minutes) is free!

Students: \$55.00, Adolescents: \$55.00, Adults: \$75.00

Ph: 204.995.2735

Email: info@pearls-counselling.com

Website: www.pearls-counselling.com

DANIEL CHIU, MMFT (HE/HIM)

Individual, Couple, and Family Therapy

Price: \$90 per 1 hour session; price is also negotiable

Ph: 204.294.0639

Email: Danwkchiu@gmail.com

REECE MALONE, DHS, MPH, CSE-S, CST (HE/HIM/SYA)

Sexuality Consultants and Support Services Manitoba, Inc.

Sex Therapist / Clinical Sexologist

Price: \$130/hr (individual), \$145/hr (relationship), Healthplan through HR Arete or Chamber of Commerce

Ph: 204.471.8771

Email: info@reecemalone.com

Website: www.reecemalone.com/

MATHEW THOMAS, RP (HE/HIM)

Riverbend Counselling & Wellness

Price: \$ 90/hr for Individual therapy, family therapy \$ 125/hr

Ph: 204.334.4801

Email: matt@riverbendcounselling.ca

Website: www.riverbendcounselling.ca/mthomas.html

SEIJIRO TSUCHI, M.ED, CCC, CLINICAL COUNSELLOR (HE/HIM)

Seijiro Tsuchi Clinical Counsellor

Price: \$100/hr, Most Insurance Plans accepted

Ph: 204.612.8614

Email: seijiro4@yahoo.com

Website: www.sejirotsuchi.ca

NADIAH SIDIK, MMFT STUDENT (SHE/HER)

Youville Community Health Centre

Price: Subsidized

Ph: 204.255.4840 ext. 122

Email: nsidik@youville.ca

Website: https://www.youville.ca/health-centre/counselling

SHAMIN BROWN, RSW (SHE/HER)

North End Women's Center; Outreach Counsellor;
Specializing in sex trafficking survivor support and recovery
Price: Free for female and non-binary identifying individuals
Ph: 204.589.7347
Email: shaminb@newcentre.org
Website: www.newcentre.org/

SHAMIN BROWN, RSW (SHE/HER)

Shamin Brown Consulting; Consultant, Practitioner, and Co-Founder of the Rising Butterfly Model for Working With Youth Who Have Experienced Sexual Exploitation; Specializing in sex trafficking survivor counselling, support and recovery (youth and adults), offer consultation on creating survivor friendly spaces and building relationship with youth who have been sexually exploited, offer spoken word poetry performances on topic of recovery from sex trafficking
Price: Dependent on service, starts at \$65/hour
Ph: 204.226.7656
Email: shaminbrownconsulting@gmail.com
Website: www.shaminbrownconsulting.org/

SOPHIA ALI, BA, BSW, RSW, MBA (SHE/HER)

Aulneau Renewal Centre
Offers counselling in Urdu, Hindi and Punjabi
Price: Sliding scale option, most insurance taken, EIA accepted
Ph: 204.987.8881
Email: sophia.ali@aulneau.com
Website: www.aulneau.com/

KITANA DEGEN, BSC, PEER SUPPORT COORDINATOR (SHE/HER)

Anxiety Disorders Association of Manitoba, facilitates peer support groups (both for people living with anxiety and family & friends), individualized peer support, and public education

Price: Free with exception of "Cognitive Behaviour Programs" for Social Anxiety and Panic Disorders which are income dependent and sliding scale for 10-weeks.

Ph: 204.925.0606

Email: peersupport@adam.mb.ca

Website: www.adam.mb.ca/

BARRY FONTAINE MSW, RSW (HE/HIM)

Indigenous Counselling & Education Services (ICE Services)

Price: Indigenous Counselling - sliding scale, Non-Insured Health Benefits (NHIB) Program can be accessed for this program through Indigenous Services Canada.

Ph: 204.999.1625

Email: info@indigenoucounselling.ca

Website: www.indigenoucounselling.ca

BELAL ZI, PRE-LICENSED PROFESSIONAL, MA. (HE/HIM)

Dr. Michael Ellery and Associates, Psychotherapy services

Price: \$170/Session, ask your insurance provider for coverage.

E-mail: DrElleryOffice@gmail.com

Ph: 431.531.5284

Website: www.drellery.com

GABRIELA FONESCA, BA. MA, APC. (SHE/HER)

Jewish Child and Family Services, Counselling Services.

Newcomer accessible. You do not have to identify as Jewish to access services.

Price: Sliding scale dependent on income

Ph: 204.477.7430

Email: g.fonseca.counselling@gmail.com

Website: www.jcfswinnipeg.org/

DR. NATASHA M. ALI, C. PSYCH. (REGISTERED PSYCHOLOGIST). (SHE/HER)

University of Manitoba & Private Practice

Price: At University of Manitoba, free & accessible only to University of Manitoba students; at private practice, \$190/hr (insurance accepted), sliding scale available.

Ph: 204.296.9904

Email: natashaali80@gmail.com

DR. PETER MAKADI, CPCA, DMIN (HE/HIM)

Truth For Life Counselling

Price: \$80 - \$100 per session, sliding scale available

Ph: 204.599.9532

E-mail: Mary-Ann@ImproveYourLifeNow.ca

Website: www.improveyourlifenow.caruggling

SANDAKALA SAMARAKONE (SANDA), PSY HON., CCPA. (SHE/HER)

Thrive Community Circles

Price: Subsidized (\$25 no show fee)

Ph: 204.772.9091

E-mail: sandakalasararakone@thrivewinnipeg.com

Website: www.thrivecommunitysupportcircle.com

CAREY SINCLAIR, BA, REIKI MASTER (SHE/HER)

Knowledge Keeper/Reiki Master at Jonah Counselling & Wellbeing

Price: Sliding scale provided

Ph: 204.998.0843

E-mail: sinclaircarey@hotmail.com

Website: www.jonahconsulting.ca/

NEDU EJECKAM, BA, BSW (HE/HIM)

Klinik Community Health

Price: Subsidized

Ph: Klinik Intake: 204-784-4059 Same-Day Phone Sessions: 204-784-4090

E-mail: nejeckam@klinik.mb.ca

Website: <http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>

LESLIE HACKETT, MMFT (SHE/HER)

Independent Practice, 111 Marion Street.

Price/Coverage: \$100/HR (limited sliding scale sessions available)

Ph: 204.815.8095

Email: lesliehackettmft@gmail.com

Website: <http://www.lesliehackettmft.com/>

JACQUELINE HAYES, BSW, RSW (SHE/HER)

Rise Above Your Norm, group workshops for youth, mothers with BPD, and mixed racial youth starting September 2020

Price: \$200/10 week group (payment plans available)

Ph: 204.590.5652

E-mail: r.a.y.n@outlook.com

AYA EL-ALAWI, O.T. REG. (MB) (SHE/HER)

Aulneau Renewal Centre

Price: Subsidized and sliding scale is available

Ph: 204.987.7090

E-mail: ayaelalawi@aulneau.com

Website: <https://aulneau.com/>

NADIA MACKINNON, O.T. REG. (MB) (SHE/HER)

Middle Path Therapy Winnipeg

Teen and Early adult therapy services

Price/Coverage: \$110/intake or individual therapy session.

Adolescent DBT informed skills group \$125 per session.

Ph: 204.815.5815 (Ext. 4)

Email: nadia@middlepathwpg.com

Website: www.middlepathwpg.com

DOUG AMOUZOUVI, B.SC. B.N. RN (HE/HIM)

Udynamics Therapeutic Wellness Center

Price/Coverage: \$90-\$130/hour (sliding scale available)

Ph: 204.899.0393

Email: info@udynamics.ca

Website: <http://udynamics.ca/>

SUSAN WENZEL, MA (SHE/HER)

Relationship and Certified Sex Therapist

Price/Coverage: \$130/Individual therapy, \$150/hr couples therapy

Ph: 204.770.5381

Email: susan@susanwenzel.ca

Website: <http://www.susanwenzel.ca/>

AFOLABI OYEGBILE, MSW (HE/HIM)

Aplus Therapy Services

Action therapy, suicide prevention, and mental health treatment.

Price/Coverage: \$60/Individual (price negotiable)

Ph: 204.296.7534

Email: afolabioyegbile@yahoo.co.uk

DELIA JOSEPH, CERTIFIED LIFE COACH & MEDIATOR (SHE/HER)

Improveology

Life coach: guidance, support, and accountability for mental health

Price/Coverage: Sliding scale available

True Self Program: Contact for details

Email: DELIA@IMPROVEOLOGYLC.COM

Website: <https://www.joinimproveology.com/>

JACINTH GLASGOW, BA MFFT CCC (SHE/HER)

Thrive Counselling

Price/Coverage: \$80.95/Individual (contact for subsidies)

Ph: 204.774.4184

Email: sandra@thrivewinnipeg.com

Website: <http://www.thrivewinnipeg.com/jacinth-glasgow.html>

HEATHER O'NEALE, MSW, RSW (SHE/HER)

Private Practice

Price/Coverage: \$100/HR \$150/1.5 HRS. Limited sliding scale available

Ph: 204.510.6338

Email: heather.oneale@gmail.com

Website: www.heatheroneale.com and www.mylifeupgrade.ca

JENEEN DEDERICK, MSW CANDIDATE, BSW, RSW (SHE/HER)

Lunelight Therapy

Prevention/Intervention therapy services for girls and young women in care that are facing the dilemma of sexual exploitation

Price: \$120/session

Ph: 204.698.6730

Email: lunelighttherapy@gmail.com

DR. LINDSAY WOODS, C. PSYCH (SHE/HER)

New Directions

Clinical Psychology for individuals and families (areas of practice: trauma, anxiety, depression, self-harm, self-regulation, mindfulness, self-esteem)

Price/Coverage: \$195/session, services covered through FNIHB for Indigenous individuals, contact for insurance coverage.

Ph: 204.230.4983

Email: lindsay.woods@newdirections.mb.ca

Website: <https://www.psychologytoday.com/ca/therapists/lindsay-woods-winnipeg-mb/323232>

BOLAJI AKINYELE-AKANBI, BA (HONS), MSW, PHD CANDIDATE, CLINICAL THERAPIST (SHE/HER)

Peace Wholeness Centre

Price: Call for more information, insurance accepted.

Email: Peacewc1@gmail.com

Ph: 431.305.7478

Website: <https://www.peacewholenesscentre.com/>

SANGEETA KOTHARI, COUNSELLOR, MSW, RSW (SHE/HER)

Brave Canvas Art Therapy

Price/Coverage: \$80-100/HR, Blue cross-service provider, Sliding scale available.

Ph: 431.336.7743

Email: pinky453@gmail.com

ARTHUR WELDON, OCCUPATIONAL THERAPIST (HE/HIM)

Proactive Rehabilitation and Therapy

Price/Coverage: Sliding Scale, \$90-\$120 per hour, insurance coverage taken.

Email: arthurjweldon@gmail.com

Website: <https://www.proactivetherapymb.com/>

ALLISON PARK, MFT (SHE/HER)

Park Therapy and Consulting

Price/Coverage: 90\$/HR Individual Therapy, 95\$/HR Couple Therapy, 100\$/HR Family Therapy (sliding scale available)

Ph: 204.993.0170 (text or call)

Email: allison.parktherapy@gmail.com

Website: <https://parktherapyandconsulting.ca>

EUGENIA LEHMANN, R.S.W., B.S.W., M.S.W. (SHE/HER)

Eugenia Lehmann Counselling Services

Price/Coverage: \$120/HR (sliding scale available). Service Provider via Victims of Crime Program, First Nations and Inuit Health Branch, Manitoba Public Insurance, Winnipeg Child and Family Services. Services covered by most private health insurance policies.

Ph: 204.887.4572

Email: info@eugenialehmann.ca

Website: www.eugenialehmann.ca

NADINE MCLEOD, MSW RSW (SHE/HER)

Good Life Therapy

Price/Coverage: \$80/55 Minutes Psychotherapy, see website for more information on services and prices.

Ph: 204.227.8317

Email: nadine@goodlifetherapy.net

Website: <https://goodlifetherapy.net/>

WA-SAY HEALING CENTRE

Counselling offered by Indigenous Resolution Health Support Workers (RHSW) for survivors and families who are dealing with inter-generational impacts of colonialism. To learn more about the Indian Residential Schools Resolution Health Support Program, please visit:

<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

Price: Subsidized

Email: julie@wa-say.com

Ph: 204.774.6484

Website: <http://wa-say.com/>