



# KOOTENAY WOMEN'S COUNSELLING & WELLNESS

TALKING HELPS HEAL

## **Teachers! Did you know that you now have coverage for counselling with Registered Clinical Counsellors and Canadian Certified Counsellors through your Pacific Blue Cross benefits?**

At Kootenay Women's Counselling & Wellness, we offer counselling in-person (in Cranbrook) and online (from wherever you are located) for women and those who identify as women in the Kootenays. We have a team of 3 counsellors, each with different areas of specialty so you can find the best fit for you. Some of the areas we work with include anxiety, depression, chronic pain, self-esteem & confidence, trauma, eating disorders, perinatal care, birth trauma, family of origin issues, navigating relationships, gender issues, sexuality & intimacy, parenting, grief & loss, aging, and more.



Christina McDonaugh  
Registered Clinical Counsellor (RCC)



Marie Delmaire  
Canadian Certified Counsellor (CCC)



Emily Popoff  
Registered Clinical Counsellor (RCC)

Visit <https://www.kootenaywomenscounselling.com/book-a-session> for more information on our team and to easily **self-book** an appointment that is convenient with your busy schedule. You don't need a referral.

You can also text or call 778-687-4122 if you'd like to book an appointment or want a call back or email [info@kootenaywomenscounselling.com](mailto:info@kootenaywomenscounselling.com).