

Mental Health Practitioners Huron-Perth and Surrounding Area
Updated Fall 2023

Huron County

Name	Contact Information	Community	Age of Focus	Services
Moonstone Counselling: Sheri MacLaren (RP - EMDR)	<p align="center"> http://moonstonecounselling.ca/about moonstonecounselling@gmail.com 519-440-2824 </p>	<p align="center">Clinton</p>	<p align="center"> Children, Adolescents, and Adults </p>	<p align="center"> Anxiety Behaviours Depression Parenting Concerns Trauma Recovery </p>
Leduc Counselling Services: Cory Leduc (Registered Mental Health Counsellor)	<p align="center"> https://centraleastontario.cioc.ca/record/PER0090 leduccounselling@hotmail.com 519-441-3707 </p>	<p align="center">Clinton</p>	<p align="center"> Adolescents and Adults </p>	<p align="center"> Anxiety Depression Relationships </p>
Aspire Youth: Ryan McLeod (MSW)	<p align="center"> https://www.aspireyouth.ca/ ryanmcleodplaytherapy@gmail.com 416-417-7098 </p>	<p align="center"> Goderich & Online </p>	<p align="center"> Children, Adolescents, Family, and Siblings </p>	<p align="center"> Anxiety Attachment Trauma Behaviours Adoption Addiction Grief and Loss Depression Parent-Teen Conflict </p>
Paul Wong (RP)	<p align="center"> https://www.pauljwong.ca/ pjwong.30@gmail.com 519-313-0716 </p>	<p align="center">Bylth & Online</p>	<p align="center"> Adults and Couples </p>	<p align="center"> Anger Management Anxiety Depression Grief and Loss Men's Issues Relationship Issues Trauma </p>

<p>The Clarity Group (RP, MSW)</p>	<p>http://www.claritypsych.ca/ admin@claritypsych.ca 519-612-3314</p>	<p>Goderich</p>	<p>Children, Adolescents and Adults</p>	<p>Accident/Disability Treatment Anger Management Anxiety Chronic Pain Depression Grief and Aging Identity and Gender Diversity Support ODSP Assessment Sleep Issues Substance Use</p>
<p>Dr. Roseanne Field and Associates (Psychologist)</p>	<p>https://drfield.ca/ karen@drfield.ca 519-524-8072</p>	<p>Goderich</p>	<p>Children, Adolescents and Adults</p>	<p>Assessments (cognitive, psychoeducational, personality, behaviour) Individual Therapy Psychological counselling</p>
<p>Patty Hills (MSW – EMDR Certified)</p>	<p>https://www.pattyhillrsw.com/ PattyHillsRSW@gmail.com 519-357-8615</p>	<p>Gorrie</p>	<p>Adolescents (12+) and Adults (can provide younger than 12 if appropriate)</p>	<p>Anxiety Attachment Depression Trauma Parent Coaching Performance PTSD</p>
<p>Studio Therapy: Shiva Saleh (RP + Expressive Art Therapist)</p>	<p>https://www.studiotherapy.ca/#home 548-483-6371</p>	<p>Goderich</p>	<p>Adults</p>	<p>Anxiety Depression Stress</p>
<p>Wendy Dell Counseling (RP)</p>	<p>https://www.psychologytoday.com/ca/therapists/wendy-dell-counseling-goderich-on/1130058 226-210-9735</p>	<p>Goderich</p>	<p>Children, Adolescent, and Family</p>	<p>Behavioural Issues Education and Learning Disabilities School Issues</p>
<p>Amber Riehl (MSW)</p>	<p>https://www.psychologytoday.com/ca/therapists/amber-riehl-goderich-on/1066624 226-455-9482</p>	<p>Goderich & Online</p>	<p>Adolescents and Adults</p>	<p>Anxiety Communication Dis/ability Grief and loss Neurodiversity</p>

				Self-Compassion and Acceptance
Kate Jasper Psychotherapy	https://katejasperpsychotherapy.square.site/contact katejasper.rp@gmail.com 226-455-1498	Goderich & Online	Adults and Couples	Marital and Premarital Relationship Issues
Julie May Boyd (MSW)	juliemayboyd.msw@gmail.com 519-955-4771 Instagram: @growingwithjulieb	Bayfield & Online	Adults and Couples	Anxiety Depression Grief PTSD Relationships Trauma
Jaleena Marisa Rose Goldsworthy (BSW)	https://marisarosewellness.my.canva.site/ marisarosewellness@gmail.com 519-661-7355	Clinton & Online	Adults	Addiction Anxiety Pregnancy Prenatal Postpartum
Kimberly Aube (MSW)	https://www.psychologytoday.com/ca/therapists/kimberly-aube-seaforth-on/866037 226- 243-0702	Online Only (Seaforth)	Adults and Couples	Anxiety Depression Marital and Premarital
Laura Plume (MSW)	https://www.psychologytoday.com/ca/therapists/laura-plume-clinton-on/1021228 226-779-0514	Clinton & Online	Adolescents and Adults	Anxiety Depression Relationship Concerns Situational Stress
HopeWell Counselling: Hannah Uyl (MSW)	https://livehopewell.ca/ livehopewell@gmail.com 226-222-9545	Blyth & Online	Children, Adults, and Families	Anxiety Depression Self-Harm Life Challenges + Transitions Suicidal Ideation Pre-natal + Post-partum Marital Issues Spousal Support for Addiction

				Parenting consultations
Karen Skinner (MSW)	https://www.psychologytoday.com/ca/therapists/karen-skinner-zurich-on/1176779	Zurich (available online only)	Adolescents and Adults	Anxiety Coping Skills Depression Eating Disorders Grief Intellectual Disability LGBTQ+ Life Transitions Pregnancy, prenatal, postpartum Self-Esteem Sleep Stress Weight Loss
Kelly Campbell (RP)	https://kelly-campbell-counselling.business.site/#details kellycampbellcounselling@gmail.com 519-525-6492	Goderich & Online	All Ages	Anxiety Depression Domestic Violence EMDR Sexual Assault Trauma
Amanda MacDonald (RP)	http://amandamacdonaldcounselling.com/ 519-955-6073	Clinton	Unknown	Unknown

Perth County

Name	Contact Information	Community	Age of Focus	Services
<p>The Space Within: Jennifer Arthur Katie Booker Meredith Brown Anna Dalton Carmen Grant Stephanie Lappano Rhona Heft Jennifer Jennings Linda Mackay Brent Cairn Pleasance Lindsay Rafuse Caroline Rosta Karen Slater Joe White Lisa Wilvert Jennifer Zylstra (RP, MSW)</p>	<p>https://www.thespacewithin.ca/ info@thespacewithin.ca 519-275-2187</p>	<p>Stratford</p>	<p>Various ages (dependent on practitioner)</p>	<p>Various concerns (dependent on practitioner)</p> <p>Anxiety Depression Coping with illness Eating disorders Low self-esteem Motivation Parenting Relationship issues Sleep Substance use Trauma Work related stress</p>
<p>RGA – Psychological and Counselling Services: 40+ therapists (RP, MSW)</p>	<p>https://www.rgapsych.com/ info@rgapsych.com 519-273-2522</p>	<p>Stratford</p>	<p>Various ages (dependent on practitioner)</p>	<p>Various concerns (wide range) (dependent on practitioner)</p>
<p>New Horizons</p>	<p>https://www.newhorizonsrehab.com/</p>	<p>Listowel</p>	<p>Various ages</p>	<p>Speech-language concerns Trauma associated with brain injury or spinal cord injury</p>
<p>Stone Silo (RP, MSW)</p>	<p>https://www.stonesilo.ca/ 519-208-0544</p>	<p>Listowel</p>	<p>Various ages, including couples</p>	<p>ADHD Addiction Anxiety Anger Management Depression Career Concerns Chronic Health Grief Fertility</p>

				Substance use Stress Self-Esteem Trauma
Within Counselling Services: Alicia Mizzi (MSW)	https://aws-portal.owlpractice.ca/withincounsellingservices/booking withincounselling@gmail.com 548-489-0416	Stratford	Adolescents and Adults	Anger Management Anxiety Pregnancy Prenatal Postpartum
SoulScape Services: Amanda Bolger Julia Biamonte Anita Knight Maggie Karakehayova Shaun Mazzocco Rashmi Kumar Reem Rahim Desree Jensen Andrea Fennell Marie Bonin Arielle Devaux (RP, MSW)	https://www.soulscapecservices.com/mentalhealthprofessionals admin@soulscapecservices.com 1-866-711-7685	Stratford & Online	Various ages (couples, family, individual)	Various concerns includes: nutrition counselling, shamanic healing, professional coaching
Sherri Dowsett, Family Counselling Services (RP, RSW)	https://sherridowsett.com/ sherridowsett@icloud.com 226-605-6429	Stratford & Online	Adolescents and Adults	Anxiety Depression PTSD Relationships Separation/Divorce Work-life Balance
Reclaim & Rise Counselling (RP, MSW)	https://www.reclaimandrise.ca/ info@reclaimandrise.ca 226-366-9948	Stratford & Online	Children 6+, Preteen, Adolescent, and Adults	Anxiety PTSD Marital and Premarital Trauma
Compass Counselling and Mediation Services (RP, MSW)	https://compasscounsellingandmediation.ca/ 519-949-1129	Stratford & Online	Adults	Anxiety Coping Skills Depression

<p>Stephanie Moffit (MSW)</p>	<p>https://stephaniemoffit.com/ stephanielynnmoffit@gmail.com 519-933-2407</p>	<p>Stratford & Online</p>	<p>Adolescents Adults, and Families</p>	<p>Anxiety Stress Self-esteem</p>
<p>Christa Mercey (RP – Qualifying)</p>	<p>https://www.psychologytoday.com/ca/therapists/christa-mercey-stratford-on/1166392 christamercey@hotmail.com 519-801-7401</p>	<p>Stratford (Online Only)</p>	<p>Adults</p>	<p>Anxiety Depression Self-Esteem Sleep Stress Trauma and PTSD Women’s issues – intimate partner violence</p>
<p>Erica Beuermann (BSW)</p>	<p>https://www.psychologytoday.com/ca/therapists/erica-beuermann-stratford-on/1036701 e.beuermann@gmail.com</p>	<p>Dublin & Online</p>	<p>Children, Adolescents, and Adults</p>	<p>Anxiety Coping Skills Depression Grief Impulse Control Disorders Mood Disorders OCD School Issues Self-Esteem Stress Suicidal Ideation Thinking Disorders Trauma and PTSD Women’s Issues</p>
<p>Dan Coburn (MSW)</p>	<p>https://dancoburncounselling.com/ dan@dancoburncounselling.com (226) 774-3578</p>	<p>Stratford & Online</p>	<p>Couples, Families</p>	<p>Anxiety Anger Depression Couples and Relationships Family Dynamics Grief Self-Esteem Shame</p>

Grey County

Name	Contact Information	Community	Age of Focus	Services
Certified Professional Counselling Centre: Ruth Linnen (RP)	http://www.ruthlinnen.com/ ruthlinnen0920@gmail.com 855-935-4455	Hanover & Online	Adolescents and Adults	Family Conflict PTSD Relationship Issues Trauma
The Clarity Clinic: 13+ Therapists (RP, MSW)	https://clarityclinic.ca/ admin@clarityclinic.ca 226-230-3433	Hanover & Online	Children, Adolescents and Adults	Various concerns
Klaasje Prins Psychotherapy (RP)	https://www.klaasjeprins.com/ klaasje@klaasjeprins.com 226-702-2925	Hanover	Adults	Anxiety Life Stress Obsessive Thinking
At Home Counselling (RP)	https://www.athomecounselling.ca/ Cynthia@athomecounselling.ca 226-401-8649	Flesherton & Online	Adults	Anxiety Borderline Personality Obsessive- Compulsive Disorder DBT Skills Group
Claire Salisbury (RP)	https://www.psychologytoday.com/ca/therapists/claire-salisbury-london-on/281497	Flesherton (Only offering online at this time)	Children 6+, Adolescents, and Adults	Anxiety LGBTQ+ Issues Gender Identity and Expression Support to Family

Bruce County

Name	Contact Information	Community	Age of Focus	Services
<p>Hilltop Healing: Josee McMahon (MSW)</p>	<p>https://www.psychologytoday.com/ca/therapists/hilltop-healing-formosa-on/983149</p> <p>226-407-6155</p>	<p>Formosa & Online</p>	<p>Children (6+), Adolescents, and Adults (Individuals, Couples, Family)</p>	<p>Mood Disorders PTSD Relationship Issues Trauma</p>
<p>Stepping Stones Family Therapy: Megan Cohoon (RP/ Marriage and Family Therapist)</p>	<p>http://steppingstonesft.ca/</p> <p>sstones@hushmail.com</p> <p>519-955-0269</p>	<p>Kincardine</p>	<p>All ages (Individuals, Couples, Family)</p>	<p>Anxiety Depression Loneliness Grief and Loss Chronic pain Parenting Substance use Sexual violence/abuse Relationship issues Family issues</p>
<p>Natalie Nowkawalk (MSW, EMDR certified)</p>	<p>natalie.positiveliving@gmail.com</p> <p>226-930-0073</p>	<p>Kincardine</p>	<p>Adults</p>	<p>Abuse/Neglect Birth Trauma and Pregnancy Loss Grief and Loss Family Issues Moral Injury Spirituality Stress Survivor's Guilt Trauma</p>
<p>Penetangore Wellness (RP, MSW)</p>	<p>https://www.penetangorewellness.info/</p> <p>penetangorewellness@gmail.com</p> <p>1-833-273-6031</p>	<p>Kincardine</p>	<p>All ages</p>	<p>Adoption and Attachment Divorce and Separation Dementia and head injury Eating disorders Grief and loss Indigenous Substance use Learning and Development PTSD</p>

<p>Amy Alton Counselling (BSW + Couple and Family Therapy Certificate)</p>	<p>https://www.amyaltoncounselling.com/ amylynnalton@hotmail.com 519-357-7482</p>	<p>Kincardine</p>	<p>(Individual, Couple, Family)</p>	<p>Abuse Addictions Anger Management Anxiety Bullying Divorce Depression Grief Self-esteem Stress</p>
<p>Grace Counselling: Carolyn Wadell (RP – Christian Counselling)</p>	<p>https://www.gracecounselling.com/ info@gracecounselling.com 519-368-4277</p>	<p>Kincardine & Online</p>	<p>Adults</p>	<p>Christian Counselling: Coping Communication Stress Relationships</p>
<p>Mental Health Mama: Jennifer Rapley (MSW)</p>	<p>https://mentalhealthmama.ca/ jrapley@mentalhealthmama.ca 519-386-2578</p>	<p>Kincardine & Online</p>	<p>Adults</p>	<p>Anxiety Depression Grief Stress Self-Esteem Trauma</p>
<p>Mental Health Counselling Services (RP)</p>	<p>andreasnider.ca andreasnider@gmail.com 519-994-3948</p>	<p>Kincardine (Mondays) & Online (Tuesday – Friday)</p>	<p>Adults</p>	<p>Anxiety, Depression Grief Life transitions Prenatal Pregnancy & Post-Partum Trauma & PTSD, Sexual health and wellness</p>

Other Counties

Name	Contact Information	Community	Age of Focus	Services
<p>Brenda Atkin (RP, BSW)</p>	<p>https://brendaatkin.com/ brendaatkin@hushmail.com 226-602-8700</p>	<p>Harriston (Only online at this time)</p>	<p>Adults</p>	<p>Adult ADHD Anxiety Adverse Childhood Events Grief and Loss Insomnia Problematic Shame and Guilt Substance Use</p>
<p>Young Solutions Counselling: Paul Young (MSW)</p>	<p>https://www.youngsolutions.ca/ paul@youngsolutions.ca 519-505-2550</p>	<p>Mount Forest & Online</p>	<p>Children 6+, Adolescent, Adults (Couples, Families)</p>	<p>Children Parenting Stress</p>
<p>Heal Therapy & Consultation: Kerri Claussen (MSW)</p>	<p>https://www.healththerapyconsultation.com/ healththerapyandconsultation@outlook.com 519-504-5759</p>	<p>Palmerston & Online</p>	<p>Children 3+ and Adolescent</p>	<p>Anxiety Depression Grief and Loss Emotional Regulation Phobias, OCD Separation and Divorce Trauma</p>
<p>Kourtney Richardson (RP Qualifying)</p>	<p>https://www.mcdchiro.ca/ kourtney@mcdchiro.ca 519-510-5555</p>	<p>Harriston & Online</p>	<p>Children (Grief and Trauma Only) Adolescent and Adults</p>	<p>Anxiety Depression Grief and Bereavement Life Challenges Relationship Breakdown Trauma</p>
<p>Dalton & Associates</p>	<p>http://www.daltonassociates.ca/find-a-therapist/</p>	<p>Various locations (Belgrave, Goderich, Listowel, Hanover, Kincardine) & Online</p>	<p>Various ages</p>	<p>Various concerns</p>

