

ONTARIO CONFERENCE OF THE SEVENTH-DAY ADVENTIST CHURCH

# *Counselling Resources*

FAMILIES, KIDS, TEENS, WOMEN & MEN

UPDATED DECEMBER 2022



# Financial Subsidy

A 50% subsidy for the first three sessions is available for men, women, kids, teens & families in the community or church. If you'd like to access the subsidy, take a look at the following info:

- Let the chosen therapist know you'd like to access the Counselling Initiative subsidy (available with the therapists on pages 4-14).
- You will only be billed for your portion of the therapy session, the balance will be sent to our office to be paid.
- There are no names on the invoices, just client numbers or letters, so you remain anonymous.
- If additional sessions or subsidy are needed, please let us know.
  - [FamilyLife@AdventistOntario.org](mailto:FamilyLife@AdventistOntario.org)

*Do you need a Christian Counsellor  
for you or someone you care about?*

Here are some helpful tips to get started

*Consider asking the counsellor:*

- What are your counselling specialty areas?
- What is your counselling/therapeutic approach?
- What methods do you use to understand people's problems?
- How do you help them grow and change through counselling?  
Please describe the process.
- What books have most influenced your approach to counseling?
- How does your faith affect your view and practice of counselling?
- What role does Scripture and prayer play in your counselling approach?
- What is your educational and professional background?

*Dr. Jackie Dell*

**Clinical Therapist, PhD, RSW**

**(647) 905-7403**

**dr.dell.consulting@gmail.com**

**www.DrJackieDell.com**



### **Cost Per Session**

**\$150 - \$210**

Pay through ACH Bank

Transfer, Mastercard, or VISA

### **Specialty Areas**

- Family Conflict
- Child or Adolescent
- School Issues

### **Location**

Brampton, Ontario

\*Online therapy available

### **Types of Therapy Practiced**

- Christian Counselling
- Clinical Supervision & Licensed Supervisor
- Cognitive Behavioural (CBT)
- Compassion Focused
- Culturally Sensitive
- Family/Marital
- Family Systems
- Multicultural
- Narrative
- Person - Centered
- Solution Focused Brief (SFBT)
- Strength-Based
- Trauma Focused

# Nyasha Smith-Ruddock

**Clinical Social Work &  
Therapist, BSW, MSW, RSW**

**(855) 999-7414**

**hopeandhealing@live.ca**



## **Cost Per Session**

**Individuals \$150**

**Couples \$175**

Pay through ACH Bank

Transfer/Cash

## **Location**

173 Brock Street

Suite 105

Whitby, Ontario

\*Online therapy available

## **Specialty Areas**

- Relationship Issues
- Grief
- Child or Adolescent

## **Types of Therapy Practiced**

- Cognitive Behavioural (CBT)
- Eclectic
- Family/Marital
- Solution Focused Brief (SFBT)

## **Misc. Information**

- Accepted Insurance Plans: ComPsych, Great-West Life, Green Shield Canada GSC

*Marvin Arthur*

**Clinical Registered  
Social Worker  
Psychotherapist**

**(289) 813-7640**

**marvin@arthurcounselling.ca**

**www.ArthurCounselling.ca**



## **Cost Per Session**

**\$180 - \$250**

Pay through Cash/Wire

## **Specialty Areas**

- Anxiety
- Coping Skills
- Depression

## **Location**

603 Argus Road

Suite 209

Oakville, Ontario

\*Online therapy available

## **Types of Therapy Practiced**

- Attachment-based
- Cognitive Behavioural (CBT)
- Culturally Sensitive
- Dialectical (DBT)
- Emotionally Focused
- Family/Marital
- Family Systems
- Interpersonal
- Mindfulness-Based (MBCT)
- Multicultural
- Narrative
- Positive Psychology
- Solution Focused Brief (SFBT)
- Strength-Based
- Trauma Focused

*Isabel Thorman*

**Registered**

**Psychotherapist, MA, RP**

**(647) 493-8092**

**isthorman@meristemcounselling.ca**



## **Cost Per Session**

**\$140 - \$160**

Pay through ACH Bank

Transfer, Cash, or Cheque

## **Location**

603 Argus Road

Suite 209

Oakville, Ontario

\*Online therapy available

## **Specialty Areas**

- Marital & Premarital
- Anxiety
- Depression

## **Types of Therapy Practiced**

- Attachment-based
- Christian Counselling
- Cognitive Behavioural (CBT)
- Dialectical (DBT)
- Eclectic
- Emotionally Focused
- Family/Marital
- Family Systems
- Gottman Method
- Motivational Interviewing
- Narrative
- Person-Centered
- Positive Psychology
- Reality Therapy

# Cintia Garcia Block

**Counsellor, MA**

**(855) 252-3571**

**[cintiagblock@gmail.com](mailto:cintiagblock@gmail.com)**

**[www.manotickcounselling.com](http://www.manotickcounselling.com)**



## Cost Per Session

**\$130+**

Pay through cash or cheque

## Issues

- Anger Management
- Anxiety & Depression
- Behavioural Issues
- Coping Skills
- Divorce
- Emotional Disturbance
- Family Conflict
- Grief
- Infidelity
- Marital & Premarital
- Parenting
- Pregnancy, Prenatal, Postpartum
- Racial Identity
- Relationship Issues
- Self Esteem
- Spirituality
- Trauma & PTSD

## Location

1139 Mill Street

Manotick, Ontario

\*Online therapy available

## Types of Therapy Practiced

- Attachment-Based
- Cognitive Behavioural (CBT)
- Culturally Sensitive
- Family/Marital
- Family Systems
- Integrative
- Narrative
- Psychodynamic
- Relational
- Solution Focused Brief (SFBT)

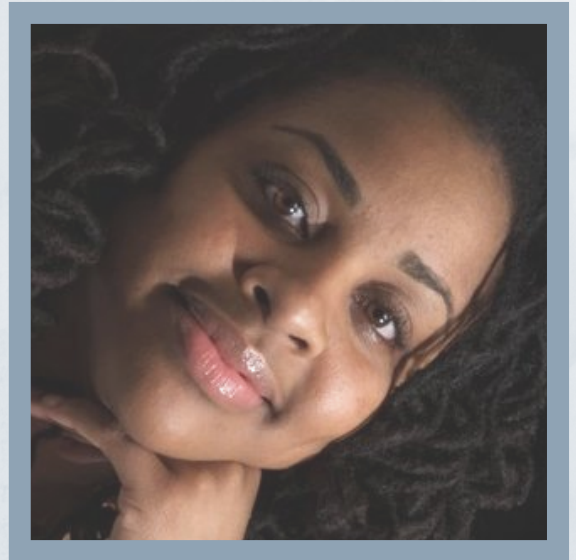


*Dr. Shereen McFarlane*

**Registered Psychotherapist  
PhD, RP, RMFT**

**(289) 274-2365**

**breathe2breathe@gmail.com**



## **Cost Per Session**

**\$130 for individuals**

**\$150 for couples**

Pay through Cash, Cheque,  
Mastercard, PayPal, or VISA

## **Location**

\*Online therapy available

## **Issues**

- Anxiety
- Depression
- Divorce
- Domestic Abuse
- Domestic Violence
- Family Conflict
- Grief
- Infidelity
- Marital and Premarital
- Peer Relationships
- Relationship Issues
- Self-Esteem
- Women's Issues

## **Types of Therapy Practiced**

- Cognitive Behavioural (CBT)
- Family/Marital
- Family Systems
- Gottman Method

*Ruth Baah-Gyebi*

**Registered**

**Psychotherapist, M.Sc, RP**

**(289) 804-3067**

**rutheelpizocounselling.com**

**www.elpizocounselling.com**



### **Cost Per Session**

**\$180 - \$270 +HST**

Pay through ACH Bank

Transfer, Cash, Mastercard,  
or VISA

### **Location**

2430 Lucknow Drive

Mississauga, Ontario

\*Online therapy available

### **Specialty Areas**

- Trauma and PTSD
- Borderline Personality
- Domestic Abuse

### **Types of Therapy Practiced**

- Art Therapy
- Christian Counselling
- Clinical Supervision and Licensed Supervisors
- Coaching
- Cognitive Behavioural (CBT)
- Culturally Sensitive
- Dialectical (DBT)
- Eclectic
- Emotionally Focused
- Family/Marital & Family Systems
- Gottman Method
- Integrative
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Multicultural
- Narrative
- Parent-Child Interaction (PCIT)
- Person-Centered
- Play Therapy
- Rapid Resolution Therapy
- Rational Emotive Behaviour (REBT)
- Solution Focused Brief (SFBT)
- Structural Family Therapy
- Trauma Focused

*Dr. Evelyn Bent-Ratray*

**Clinical Social Work,  
Therapist, MSW, RSW, PhD**

**(226) 400-2097**

**ratraycounselling@yahoo.ca**

**www.ratraycounselling.com**



## **Cost Per Session**

Pay through ACH Bank  
Transfer, American Express,  
Cash, Mastercard, Visa

## **Location**

Location #1  
141 King Street East  
Stoney Creek, ON L8G 1L5

Location #2  
172 Dalhousie St.  
Brantford, ON N3T 2J7

\*Online therapy available

## **Types of Therapy Practiced**

- Attachment-based
- Cognitive Behavioural (CBT)
- Culturally Sensitive
- Dialectical (DBT)
- Emotionally Focused
- Existential
- Family/Marital
- Family Systems
- Gottman Method
- Integrative
- Mindfulness-Based (MBCT)
- Motivational Interviewing
- Play Therapy
- Relational
- Solution Focused Brief (SFBT)
- Trauma Focused

## **Specialty Areas**

- Marital and Premarital
- Relationship Issues
- Thinking Disorders

*Jennifer Cassimy*

**Renew Your Strength  
Counselling & Consulting**

**(416) 543-0117**

**[jcassimy@rysc.ca](mailto:jcassimy@rysc.ca)**



**Cost Per Session**

**\$130 - \$160**

**Location**

\*Online therapy available

**Specialty Areas**

- Grief and loss
- Anxiety
- Stress
- Self-esteem
- Relationships

**Types of Therapy Practiced**

- Cognitive behavioural therapy, CBT
- Solution Focussed Brief Therapy
- Narrative and Eclectic Interventions

# Dr. Joan Rogers

***D. Min. RP. BCPC. BCCC.  
Registered Psychotherapist (CPRO)  
Board Certified Clinical Chaplain &  
Pastoral Counsellor (CPSP)***

**416-274-6299**

**drjoanrogers@gmail.com**



## **Cost Per Session**

**\$120/hour**

## **Location**

\*Online therapy available

## **Specialty Areas**

- Depression
- Stress & Anxiety
- Addictions and compulsions
- Grief loss or bereavement
- Distress & Suicidal Ideations
- Anger & Conflicts
- Family counselling
- Parenting issues
- Pre & post-marital
- Infidelity & divorce
- Sexual or other relational issues
- Financial, career choice or change

## **Types of Therapy Practiced**

- Attachment-Based
- Cognitive Behavioral (CBT)
- Dialectical Behavioral
- Emotionally - Focused
- Family/Marital
- Family Systems
- Narrative
- Psychodynamic/Psychotherapy
- Person-Centered
- Solution Based
- Trauma-Informed

My therapeutic style is centered around respect and empathy. My aim is to help you alleviate your pain and become more aware of your feelings and patterns of relating to yourself, your family and others. Drawing from psychodynamic and family system theories, I use an integrative approach to understand your life values, beliefs, experiences and how they have led to your feeling unhappy, lost, or confused, and ultimately to seeking therapy. I believe God has placed in each person a natural desire to grow, and that is what therapy with me is all about.... a journey of personal growth. At Clinical Professional Center for Supervision and Psychotherapy, engagement is its heart-centered work that is embedded in Christ and cutting edge science as Transformation is our expertise and your mental wellbeing our passion.

*Samantha R. Campbell*

**MACP, BA**

**Registered Psychotherapist (RPQ)  
Educational Assistant & Author**

**647-560-9984**

**cmcs.therapist@gmail.com**

**www.samanthacampbell.org**



## **Cost Per Session**

**\$130 +/-hour**

**Cash, ACH Bank Transfers, PayPal,  
Mastercard, or Visa**

## **Location**

\*Online therapy available

## **Specialty Areas**

- Trauma and PTSD
- School Issues
- Transitioning Immigration Counselling
- Stress and Anxiety
- Depression
- Distress and Suicidal Ideations

## **Types of Therapy Practiced**

- Mindfulness Based
- Person Centered
- Solution Focused Brief Therapy (SFBT)
- Trauma Focused (CPT for PTSD)
- Rapid Resolution Therapy (RRT)
- Dialectical Behavioural Therapy (DBT)
- Cognitive Behavioural Therapy (CBT)

# Floyd Spence

**Registered  
Psychotherapist,  
ICF Certified Life &  
Executive Coach**

**(647) 957-9607**

**info@floydspence.com**



## **Cost Per Session**

**\$200 +HST individual**

**\$225 +HST couples**

Pay through ACH Bank

Transfer, Cash, Cheque,

Mastercard, PayPal, Visa or

Wire

## **Location**

4915 Bathurst Street

Suite 221

Toronto, Ontario

\*Online therapy available

## **Types of Therapy Practiced**

- Coaching
- Cognitive Behavioural (CBT)
- Existential
- Positive Psychology

## **Specialty Areas**

- Life Coaching
- Sports Performance
- Sex Therapy

## **Misc. Information**

- Accepts most insurance plans

# Additional Resources

**Ministry Care-Line** (for employed Teachers, Pastors, Staff & Spouses/Kids of the Ontario Conference of the Seventh-day Adventist Church)

Kettering Health Network

Tel: 1-855-205-3380

[www.ministrycare.org](http://www.ministrycare.org)

## **Kurt Cao (Retired Therapist)**

Kurt Cao Counselling & Consulting

Oshawa, Ontario

Tel: 905-260-0121

Email: [kurtcaocounselling@gmail.com](mailto:kurtcaocounselling@gmail.com)

## **Women's Multicultural Resource & Counseling Centre**

Tel: 905-427-7849

[www.wmrccdurham.org](http://www.wmrccdurham.org)

## **Focus on the Family Canada**

[www.focusonthefamily.ca](http://www.focusonthefamily.ca)

## **Tyndale Counselling Services**

[www.tyndale.ca/counselling/counsellors](http://www.tyndale.ca/counselling/counsellors)

Note: This listing is maintained by the Ontario Conference of the Seventh-day Adventist Church from information supplied by the counsellors listed. The Ontario Conference of the Seventh-day Adventist Church neither verifies nor guarantees the accuracy of the information given. Listing in the directory does not imply any recommendation of any individual or any warranty, expressed or implied, of the professional or competence of a listed counsellor.