



# Anam Cara Counselling

We are approved Non-Insured Health Benefit Providers (NIHB).

We offer psychotherapy and counselling services.

Our services are available online and over the phone.



## Who do we see?

- Indigenous people in Canada who are interested in counselling and psychotherapy
- Individuals, Relationships, Groups

## We can support you with:

- Grief/loss
- Healing the impact of residential and day school experiences for survivors and their families
- Intergenerational trauma
- The deep trauma roots of addiction
- Childhood abuse
- Managing feelings



### Kathy Lloyd M.Ed, RP

- Registered Psychotherapist with the CRPO
- Over 40 years experience providing counselling and psychotherapy
- Decades Experience working alongside First Nation community as a student, counsellor and psychotherapist
- Trauma therapy, including EMDR and relationship counselling



### Lara Longo MSW, RSW

- Psychotherapist, Registered Social Worker with the OCSWSSW
- 17 years experience providing counselling and psychotherapy
- 14 years experience working alongside Indigenous community as a counsellor, psychotherapist and helper
- Trauma therapy, including EMDR, art therapy, mindfulness and yoga

If you are interested in working together, contact us. We will apply for NIHB funding for your therapy.

Website: <https://anamcaracounselling.com>

Email: [info@anamcaracounselling.com](mailto:info@anamcaracounselling.com)

Phone/Text: (519) 377 0744 (Kathy)

Phone/Text: (519) 377 7016 (Lara)