

A safe place to Learn, Heal and Change



Our team of therapists offer counselling to individuals, couples, children, youth and families.

We can help with:

- * Anxiety & stress
- * Relationship difficulties
- * Family conflicts
- * Self-esteem issues
- * Social isolation
- * Abuse, trauma & PTSD
- * Grief, separation & loss
- * Life transitions
- * Mental health issues
- * Depression, suicidal thoughts



"My therapist truly cared and helped me draw from my own deeper resources. A great deal of healing happened to me".

We now offer video, phone and in-person counselling services.

Interpersonal problems can be a catalyst to seeking counselling. For others it stems from feelings of alienation and isolation or simply lack of healthy relationships.



"We worked through so many difficult things gracefully today that I feel as though I had a warm shower until I was clean."

Therapy is offered on a sliding scale, which means the amount you pay aligns with your income. Typically, you will receive a phone call within 2 business days from our intake worker who will match you with the therapist who can best help you.

Integrity Counselling

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A community program of:



Charitable Registration:

10753 4802 RR0001



United Way
Alberta Capital Region