

RESET Recovery Program



The RESET program integrates individual therapy with skills based groups to assist individuals struggling with traumatic stress and/or injury to return to healthy functioning.

Facilitated by:

Kara Gushuliak, R. Psych

Tessa Lawlor, M.A.

Program Details

Stress, Mood, and Persistent Pain Regulation Group

Dates: Tuesdays, February 16, 2021 to May 25, 2021.

Times: 12:30 pm – 3:00 pm

Cost: \$2,250 (\$60 per hour)

May be covered by extended health care or Section B. Counselling is a separate cost and will be scheduled around group teaching.

Location: To follow the most recent COVID-19 gathering restrictions, sessions will be held online. This is subject to change and may include rotating in-person and online sessions.

Email reception@kellscounselling.ca or call
780.430.4769 for more information and to register.

