

****Please note that this is a list of health supports that has been supplied by the Coaches Don't Play community. These individuals and businesses are in no way endorsed by Coach P personally. This list is not sponsored. These supports come recommended by listeners for listeners.**

Mental Health and Wellness is very important to the Coaches Don't Play Community. The podcast is a fun outlet for many, however if you need professional help and guidance you are encouraged to find the support that suits your needs. Not every resource listed will work for you- however we hope that you find the support that does!

Recommended professional	Name of business (underlined titles hyperlink to site)	Contact info
	<u>Healingincolour</u> - Has a directory of BIPOC therapists on their site	Contact through their website. This is a volunteer run organization so expect delayed responses.
	<u>South Asian Therapists</u> - Find a therapist near you	
Simren Jhuty Snanna Virk	<u>Stride Psychology</u> - Services in English, Punjabi, and Hindi	Phone: (403) 768-2208 Fax: (587) 387-7208
		The Ampersand 144 - 4 Ave SW, 16th Floor, Calgary, AB, T2P 3N4
		Email: simren@stridepsychology.ca
Cielcia Hatch	<u>Hatch Counseling</u> - 110/60 min session - 155/90 min session (couples) - Reduced rates may apply - Specializes in	Text/Phone: 403-444-6490

	trauma	Address: 25th Floor, 500 - 4th Ave SW
		Email: cielia@hatchcounselling.com
Dr Shannon Towson	<u>Smart Clinic</u> - Addiction counseling - Free Food Fridays	Phone; (403) 769-0111
		1116 Centre Street N, Calgary
		info@smartc.ca
Baljinder Sull	<u>Sull Psychology Services</u>	(855) 356-7172
		#204, 100 Rainbow Road, Chestermere, AB
Meena Bola Singh	<u>Strength Counseling Services</u> - 165/hr - Cost effective options available - Offer sliding scale pricing	Phone: 1 (866) 295-0551
		9704 27 Ave NW, Edmonton, AB T6N 1B2
		info@strengthcounselling.ca
	<u>Soch Mental Health</u> - South Asain Mental Health - Changing how the community thinks about mental health	info@sochmentalhealth.com
Simran Sekhon	<u>SitWithSim</u> - On instagram - Virtual counseling available - Free 15 min consult - 140+ per session	(249) 490-5899
		Unit 303, 19978 72 ave, Langley BC

Maya Bhogal	<u>Maya Bhogal</u> - Private, online, and group sessions - Free consultations	Contact through site
Sukhneet Bains	<u>Connectivity Counseling</u>	604-300-2633 2276 Clearbrook Rd #201, Abbotsford, BC V2T 2X5 office@connectivitycounseling.com
Jas Hundal	<u>Jas Hundal</u> - 15 years of experience - Free 15 min consultation	(778) 767-2189 Abbotsford
Gurjeet Bara	<u>Tamarack Medical Center and Edmonton Institute of Counseling</u> - Male Counselor - Free consultation call	(780)244-2873 (780) 670-8843 2373 Maple Rd NW, Edmonton, AB T6T 0Y3 gurjeet@counsellinginstitute.ca
Satnam Kaur	<u>Conscious Sisterhood</u> - 197/60 min	Contact through site
	<u>Punjabi Community Health Services</u> - Various support groups - Free counseling services	587-999-9312 #2104, 3961-52 Avenue NE, Calgary Email: info@pchscalgary.com
Paramvir Boparai	<u>Atlas Counseling</u> - Male counselor - Free 15 min consultation	604 722 1819 Unit 201 - 7110 120 Street Surrey, BC

	- 120/50 min session	V3W 3M8
		parmvir@atlas counselling.com
	<u>Janjua Counseling</u>	
Kristina Hayer	<u>Hayer Wellness</u> - Free consultation - Sliding Scale rates	hayer.kristina@gmail.com
	<u>DiverseCity</u> - Specialized counseling for immigrants - English classes (free) - Services for seniors and youth	604-597-0205
		13455 76 Avenue Surrey, BC, V3W 2W3
		info@dcrs.ca
Hayley Hykawy	<u>Calgary Therapy Services</u> - Free 15 min consultation	587-801-0321
		1819 4th St SW, Calgary AB
	<u>Northeast Addiction and Mental Health Center for Holistic Recovery</u> - Covered under AHS (no charge)	(587) 777-4722
		Franklin Atrium Suite #215 N, 3015 5 Ave NE, Calgary, AB T2A 6T8
		info@namrecovery.com
Rubina Kaur Garcha	<u>Rubina Kaur Garcha</u> - Sliding Scale	(604) 649-5494
		Info@Asherwellnessgroup.com Asherwellnessgroup.com
	<u>Moving Forward Family Services</u> - Free short term - Affordable long term	(778) 321-3054
		103 - 12827 76 Ave, Surrey, BC V3W 1E6

Rita Grin	<u>RKMG Group</u> - 160/ 50 min	250-508-4778
		rita@rkmggroup.com
Mind Over Mood Book	<u>Website</u> <u>About Cognitive Behaviour Therapy</u>	
BounceBack BC	<u>Bounce Back</u> - Free skill building Program - Online or over the phone with a coach	1-866-639-0522
		bounceback@cmha.bc.ca
Kimi Randhawa-Bir	<u>Klarity By K</u> - Podcast - Virtual	Apply at website
Marina Louis	<u>Midtown Toronto Counseling</u>	Call: 647 210 7650
		marina@midtowntoronto cc.com
Esha Shokar	<u>Wellness Talks</u> - Free 15 min consultation - Virtual Sessions Only	(778) 879-8255
		Surrey
	<u>Better Help</u>	990 Villa Street, Mountain View, CA 94041
		contact@betterhelp.com
Rami Nijjar	<u>Resilience Psychotherapy</u> - Couples therapy - Sex therapy - family/individual Therapy	778-322-0952
		828 736 Granville Street Vancouver, BC, Canada V6Z 1G3 1205 rue de Maisonneuve O Montreal, QC, Canada H3A 1N6

		dr.rami.nijjar@gmail.com
	<u>We Rise Therapy and Wellness</u> - Focus on South Asian and Minority Women	973-370-2290
		238 RARITAN AVE HIGHLAND PARK, NJ 08904
	<u>Community Connect YYC</u> - Rapid access (connect with someone within 3 days) - Free counseling - Services in lots of languages	Connect through website
Gurpreet Nahal, MA, RCC, CCC	<u>Profile</u> - Holistic approach - CBT - EMDR - Narrative Therapy - Free 15 min Consultation - Individual/couple/family therapy - 150/session - Does take insurance	(778) 288-2007
		gurpreet@sondercounselling.ca
		19978 72 Avenue Unit 303 Langley, BC V2Y (587) 705-0958 20230 Fraser Highway Langley, BC V3A (604) 532-5340
Kurina RPC-c, CPCA	<u>Healing Hearts Therapy Services</u>	(604) 594-7884
		8425 120 St #207, Delta, BC V4C 6R2
Kiran Dhaliwal	<u>Inner Connections</u> - Specializes in pregnancy, adolescent, and women's issues	(825) 445-2708
		St Albert, Alberta