



Bee Well Counselling is the right counsellor for you. Heather offers affordable and accessible services to everyone.

Bee Well can help bring out the resiliency in you. With the right help you can conquer your fears and overcome your struggles.

Contact Heather today. It's as simple as picking up the phone or sending a quick email.

Don't wait. Let Bee Well Counselling help you soar.



## Beewell Counselling & Equine Assisted Counselling

 Brooks, Alberta & Surrounding Area

 1-403-376-0882

 beewellcounselling@gmail.com

 www.beewellcounselling.com

 Like us on Facebook!



# Bee Well

Counselling & Equine Assisted Counselling



It is said that Bumble Bees should not be able to fly because their wings are too small to carry their bodies; however, no one ever told the Bumble Bees this. As we know Bumble Bees can fly.

It is Heather's goal to find this resiliency and confidence in all of us. Bee Well Counselling brings out the resiliency in you. With the right help you can conquer your fears and overcome your struggles.

Let Heather help you fly again. Bee Well offers convenient, affordable, and private counselling services.





# HELPING PEOPLE LIVE A BETTER LIFE!



## PRIVATE COUNSELLING

Bee Well Counselling is affordable and accessible to everyone. Heather's experience in counselling can assist you in overcoming your difficult situations. She will help you become a stronger person.



## EQUINE ASSISTED COUNSELLING

Horses will change your life! Individual, couples, family and group workshops. Contact Bee Well to schedule your equine assisted session. Equine Assisted Counselling is a professional experiential therapy that works.



## SPEAKING ENGAGEMENTS

Counselling, coaching, workshops, seminars, and keynote speaking engagements. Heather can help motivate an entire organization, foster a culture of growth in your team, or wrap up a conference on a high note.

## COUNSELLING SERVICES

- ✓ **TRAUMA:** Your story matters. BeeWell listens compassionately and without judgement to help you through your trauma.
- ✓ **POST TRAUMATIC STRESS:** Bee Well helps clients heal from their unresolved Post Traumatic Stress. You can live a better life.
- ✓ **MINDFULNESS:** Being aware and experiencing each moment with acceptance and non-judgment leads to improved well being and happiness.
- ✓ **STRESS & ANXIETY:** Heather can help treat any difficulties experienced as a result of coping with high levels of stress and anxiety.
- ✓ **DEPRESSION:** Counselling can help you explore underlying causes of your depression and help you recognized emotional triggers.
- ✓ **ADDICTION:** BeeWell provides addiction counselling and continuing care for all addiction issues. Contact us today to discuss treatment.
- ✓ **BULLYING:** A person who experiences bullying may find it helpful to seek support from a compassionate counsellor.
- ✓ **GRIEF:** Grief counselling aims to help people cope with grief and mourning following an event that trigger feelings of grief.
- ✓ **FAMILY:** Family therapy is a type of counselling that helps family members improve communication and resolve conflicts.
- ✓ **DECISION MAKING:** Making good decisions comes with practice and the courage to take calculated risks. BeeWell can help!
- ✓ **CONFLICT RESOLUTION:** The art of conflict management can be the key to personal and professional growth. Learn how to grow.
- ✓ **MORE:** BeeWell is here to help. Contact us to discuss your counselling needs. We can develop a plan to help you move forward.



## EQUINE ASSISTED THERAPY

Individual, couples, family and group workshops. Contact Bee Well today!

New service being offered in the area. Equine Assisted Counselling is a professional experiential therapy that works. This approach to counselling is a team approach sharing the learning experience with a qualified mental health professional, horses and the client. It is advantageous in empowering clients to explore their situations, make connections and find their own solutions to their problems or questions through the horse's natural instincts and mirroring ability.

Clients report that they are able to change and grow more effectively and quickly than through traditional counselling approaches. Equine assisted counselling has been helpful for many problems ranging from addictions, depression, anxiety, post traumatic stress disorder as well as couples and family counselling. Also Equine Assisted Counselling is helpful for building self esteem, building resiliency, team building and more.

Bee Well Counselling and Equine Assisted Counselling is offering individual, couple, family counselling as well as group workshops. To learn more information or to schedule a session, please call Bee Well Counselling at 403-376-0882.



### CONNECT

Improving you quality of life through equine based activities. Horses will change your life.



### RETURN TO NATURE

Promoting balance through a connection with nature. These gentle giants can help improve self-esteem and confidence.



### RANGE OF TREATMENT

Experiential learning approach promoting development of life skills through equine-assisted activities.

## ABOUT HEATHER

Heather McClelland is a registered Social Worker with the Alberta College of Social Workers and a qualified Recreation Therapist. She has a Masters Degree in Social Work with a specialty in clinical practice.

Her knowledge, skills, experience, and credentials as a therapist span across many different areas. Her Masters Degree in Social Work was completed at the University of Calgary. Along with her education, she has over 20 years experience working in the field of human services.

Heather would love to meet you online or in person at her Brooks, Alberta office. She will walk with you on your journey to successfully realizing your goals!

## WHY WORK HEATHER?

- ✓ I have been impressed with the way she quietly handles difficult situations. I have often asked her for both professional and personal advice, in which she has always been able to give me some clear direction and strategies. Male - 39 years old
- ✓ Wow that was fun, not at all what I expected. So much better. The horses, the country, outdoors, and Heather! What a wonderful combination. I did things I didn't think I could do and I achieved them. I feel wonderful. I would highly recommend this. Equine Therapy Patient
- ✓ I found therapeutic horse counselling to be very relaxing. I left with a new and positive frame of mind and a better understanding of my thoughts, feelings and my reactions to situations. I would highly recommend Heather and her horse therapy. The whole experience enlightened me. I would highly recommend her, you will be glad you went. Well worth the drive. Equine Therapy Patient

