

COUNSELLING SERVICES

*Creating positive change
in your worldview.*





SOLUTION-FOCUSED BRIEF THERAPY

Mario Fafard, BA, BEd, MA

Mario Fafard is a Canadian Certified Counsellor with degrees in arts, education, and counselling, specializing in supporting sexual assault survivors, marginalized groups, adolescents, adults, 2SLGBTQIA+ individuals, and men. He helps clients facing stress, trauma, addiction, depression, anxiety, and relationship issues by focusing on their perceptions and inner strengths.

Mario uses a variety of therapeutic approaches, including EMDR, ACT, Narrative Therapy, Existential Logotherapy, CBT, and Solution-Focused Brief Therapy. He believes every person has a unique purpose and that personal growth becomes possible with compassionate guidance.

All inquiries are confidential



Cold Lake and District FCSS is pleased to be able to offer this service to our community due to a one-time pilot program grant from Imperial.

Contact Cold Lake & District FCSS
Ph: 780-594-4495 or email: fcss@coldlake.com