Solution Focused Brief Therapy

Solution Focused Brief Therapy is a goal directed collaboration between the client and the therapist. Therapy focuses on creating solutions that will meet the client's present day goals, allowing the sessions to focus on improving the past.

This program currently services children, youth, adults, and couples.

All inquiries are confidential

fcss
Cold Lake & District
Family and Community
Support Services

Contact Us

For more information or for an application for this service, please contact:

Cold Lake & District FCSS
5220 54 Street, Cold Lake, AB
Ph: 780-594-4495
Fax: 780-594-1157
Email: fcss@coldlake.com
www.coldlake.com

24/7 Helplines

Kids Helpline: 1-800-668-6868
Mental Health Helpline: 1-877-303-2642
Suicide Crisis Helpline: 9-8-8

Imperial

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.

Create positive change in your worldview.

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Cold Lake & District
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COUNSELLING SERVICES

COUNSELLING *Services*

Heather Breed

RSW, MSW, BSW, BA

Heather Breed (RSW, MSW, BSW, BA) is a master level Social Worker. She has several years of experience providing counselling in high crisis environments to individuals and families who have been struggling for a long time with complicated mental health concerns. Heather provides individual and family counselling to adults, youth, and children who have mood related worries or are working to recover from a traumatic event. She has a specific interest in working with children and youth who live with emotional and behavioral challenges.

Heather uses strategies from the following therapeutic modalities: Eye Movement Desensitization Reprocessing (EMDR), Cognitive Behavioural Therapy (CBT), Dialectical Behavioral Therapy (DBT), Solution-focused Therapy (SFT), and Play Therapy. Clients have shared that they appreciate that when they meet with Heather, they have the option of a talk therapy, such as CBT, or a non-talk therapy, such as EMDR.

She works to provide a welcoming and respectful space for everyone. In this environment, you will build upon existing strengths and develop the skills and confidence to challenge your difficult thoughts and emotions and create long-term change.

Mario Fafard

BA, BED, MA

Mario Fafard, BA, BEd, MA is a Canadian Certified Counsellor. He has worked primarily with sexual assault survivors, the marginalized, adolescents, adults, LGBTQ+ and males. Mario believes that individuals suffering from stress, trauma, addiction, depression, anxiety, overwhelm and relationship issues can find relief by examining their perceptions of problems and finding purpose within themselves.

Mario draws helping techniques from Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT), Narrative Therapy, Existential Logotherapy, Cognitive Behavioral Therapy (CBT) and Solution Focused Brief Therapy (SFBT) among other modalities.

Mario believes that everyone has a unique purpose and something to offer humanity. The path of discovery and potential is not only rewarding but inevitable for anyone who searches for life's meaning with the help of a compassionate counsellor.

Sarah Lupul

BSW, MSW, RSW

Sarah Lupul, BSW, MSW, RSW is a registered Social Worker practicing clinically registered with Alberta College of Social Work. She has worked as a therapist for 10 years. She has supported military members for the last 5 years.

Sarah specializes in trauma and couples therapy. She works with adults experiencing relationship distress, intimacy challenges, recovery from infidelity, understanding mental health within the relationship and recovery from addictions. Sarah also supports individuals struggling with ongoing stress, anxiety, depression, grief, personal development and more.

Sarah practices with evidence based modalities such as Gottman, EMDR, Cognitive Behavioural Therapy, Acceptance and Commitment Therapy. Sarah believes in working with client strengths and building a trusting rapport with her clients. She practices with a holistic framework understanding that her clients are more than the struggles they present in therapy. Sarah will build on strengths, aid in healing and acceptance with skill based interventions to help her clients believe they are capable of thriving within their lives.