



AFFORDABLE COUNSELLING SERVICES

RATES STARTING AT \$5 PER SESSION.

**INSIGHT COUNSELLING & THERAPY CENTRE
WILL BE AVAILABLE TO SUNRISE CLIENTS
TO OFFER AFFORDABLE COUNSELLING
SERVICES TO THOSE IN NEED.**

**APPOINTMENTS ARE AVAILABLE VIA PHONE AND VIDEO
CONFERENCE ON TUESDAY AND WEDNESDAY BETWEEN 9AM
AND 5PM**

**FOR MORE INFORMATION, OR TO BOOK AN APPOINTMENT,
PLEASE CONTACT SUNRISE ON (403) 204-8280 OR
CONTACT JESSA AT JESSA@INSIGHTCENTRE.ORG**

Jessa is a Masters of Counselling student at City University of Seattle, who is able to provide counselling services to assist with many different life situations or problems, providing a safe space for individuals to explore their emotions, and empower them to overcome personal obstacles.