

RESOURCE GUIDE:

British Columbia



HEALING SPACES

A close-up photograph of green leaves on a branch, with a soft, out-of-focus background of more greenery. The leaves are vibrant green and have a clear vein structure. A white rectangular box is overlaid on the right side of the image, containing text and a large quotation mark.

“

COURAGE DOESN'T ALWAYS ROAR.
SOMETIMES COURAGE IS THE LITTLE
VOICE AT THE END OF THE DAY
THAT SAYS
"I'LL TRY AGAIN TOMORROW".

MARY ANN RACHMACHER

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Healing Spaces Founder, Kelsey Grimm

About Kelsey Grimm

Hello, my name is Kelsey!

I am the Founder of Kelsey the Counsellor, a counselling influencer brand dedicated to creating a community of mental health resources, and Healing Spaces, a clinical counselling practice based in British Columbia. I strongly believe in the power of the human spirit, the ability to overcome obstacles, and that the phoenix rises from the ashes.

I have witnessed brave people willing to face challenges, willing to learn, and willing to change. I believe my role is to support each person who wishes to grow, grow – who wishes to heal, heal – and who wishes to learn, learn. I support each person uniquely, and together we will face your current life challenges and move through them towards a brighter and better tomorrow.

xo Kelsey

About Healing Spaces



Healing Spaces Office in Kamloops, British Columbia

Healing Spaces provides a warm and welcoming place with our main focus on supporting you move towards the life you dream for yourself! We focus on counselling support for anxiety, depression, grief, trauma, chronic pain, and chronic illness.

We offer counselling to children, youth, adults, couples, parents and families in person in Kamloops , British Columbia and virtually all over British Columbia.

Our team of counsellors are well trained and experienced in multiple areas of counselling with different specialties. We offer in person and virtual counselling options, which allows our team to support you from the comfort and safety of your own home.

Community Mental Health: Support

BC First Responders

Website connecting first responders to resources and education that promotes the importance of caring for one's mental health. Inventory of resources Self-assessment tools and self-care tools.

[Bcfirstrespondersmentalhealth.com](https://bcfirstrespondersmentalhealth.com)

info@bcfirstrespondersmentalhealth.com

Canadian Mental Health Association

Offers support to those struggling with Mental Health. Has a number of programs for adults and youth. Over 330 locations nationally.

<https://cmha.ca/>

Check- in

Online mental health self-assessment tool that directs users to relevant resources and information. Not a clinical test. Service is available in English, French, Farsi, Punjabi, and Chinese. Serves BC.

cmhabc.force.com/MentalHealthCheckIn

Pain BC

Pain BC is a collaborative non-profit organization made up of people in pain, health care providers, and leaders from universities, government, business, and the non-profit sector. We aim to improve the lives of people in pain through education, empowerment, and innovation.

www.painbc.ca

First Nations Health Authority: Support for Indigenous Peoples

Provides clients with access to free counselling services from a qualified mental health provider virtually and in person.

[1-855-550-5454](tel:1-855-550-5454)

www.fnha.ca/benefits/mental-health

Community Mental Health: Support

Here to Help

Connect with seven non-profit organizations including: Anxiety Canada, BC Schizophrenia Society, Canadian Mental Health Association BC Division, Canadian Institute for Substance Use Research, FamilySmart, Jessie's Legacy Eating Disorders Awareness and Prevention, and Mood Disorders Association of British Columbia.

www.heretohelp.bc.ca

Kelty Mental Health Resource Centre

Connects families to navigate the mental health system and access to peer supports, resource library and tools

<https://keltymentalhealth.ca/>

VAST: Support for Refugees

A toll-free support line connecting refugees to supports including mental and primary health professionals, settlement workers, and social service providers. Provides information, referrals, and case consultation. Service providers can call about assessment for vulnerability, individual and group counselling, and working with interpreters.

604-588-3071

1-866-393-3133

vast-vancouver.ca/our-services

Care Navigator (toll-free 24-hour) 1-866-585-0445

Counsellors for those under 30 (24-hour) 1-888-668-6810

Free virtual short-term counselling bccovidtherapists@gmail.com

Ca.portal.gs

Community Mental Health: Support

Muslim and non-Muslims

Phone and text helpline hours are from 12 noon to 12 midnight, seven days a week. Also offers up to six free therapy sessions also available by video conferencing from 10 am to 9 pm Monday to Friday in Arabic, English, French, and Urdu. Also hosts events at schools, mosques, and local community centres to educate the general public on mental health. Nonprofit society, registered charity.

Helpline (phone and text) 1-866-NASEEHA (1-866-627-3342)

www.naseeha.org

info@naseeha.org

Youth Crisis line

Text WELLNESS to 686868 for children and youth

Community Mental Health: Training

ASIST

A two-day skill-building workshop that prepares participants to provide suicide first aid interventions for people at risk and to connect them to community supports and resources.

www.cmha.bc.ca/suicide-awareness-training-workshops

Mental Health First Aid

A 10 hour training to better understand signs and symptoms of mental health difficulties and how to offer support and connect to resources.

www.healingspaces.center

safeTalk (suicide awareness training)

A half-day training to help identify when someone might be struggling with suicidal ideation and how to connect them to resources.

www.cmha.bc.ca/suicide-awareness-training-workshops

Sanyas Indigenous Cultural Safety Online Training

An online training that outlines the history and current treatment of Indigenous peoples. It's focus is to help reduce racism and increase understanding for the Indigenous community within Canada.

<https://sanyas.ca>

Courses

Confident Parents (with children ages 3 – 12 with anxiety)

Free family-focused coaching service. Program includes short educational online videos supported by weekly telephone coaching sessions, to build parents' skills in supporting their children. Referral required from a family doctor, paediatrician, or Ministry of Children and Family Development (MCFD) mental health clinician.

604-688-3234

Toll-free: 1-800-555-8222

www.confidentparentsbc.ca

Bounce Back: (Adults & Youth over 15 years with depression)

A free skill-building program helps adults and youth ages 15 and up manage low mood, mild to moderate depression, anxiety, stress, or worry. Referral required from a doctor, psychiatrist, nurse practitioner, or secondary school counsellor. Some self-referral accepted if the applicant is connected to a primary care provider.

1-877-688-3270

www.bouncebackbc.ca

Fear to Courage

A 5 week self-paced course to support you to interact with your fear, overcome your anxiety and move closer towards the life you dream! You walk away with a better understanding of what fear takes over, how to respond and how to no longer let fear run your life! This is a trauma informed workshop. You will also get a workbook and a resource booklet!

www.healingspaces.center

Living Life to the Full

An interactive eight-week mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills based on the principles of cognitive-behavioural therapy (CBT). Each session includes booklets and handouts that support the skills learned. Sessions by trained facilitators are offered in English and French through Canadian Mental Health Association branches or through partner organizations; see website for locations. Participants can also purchase the course booklet and work through it on their own; available in English, French, Mandarin, and Cantonese.

www.livinglifetothefull.ca

Courses with Healing Spaces

Fear to Courage

A 5 week self-paced course to support you to interact with your fear, overcome your anxiety and move closer towards the life you dream! You walk away with a better understanding of what fear takes over, how to respond and how to no longer let fear run your life! This is a trauma informed workshop. You will also get a workbook and a resource booklet!

www.healingspaces.center

Check out our latest list of courses at www.healingspaces.center

Mindfulness Downloads

Dr. Ron Seigal

www.mindfulness-solution.com/DownloadMeditations.html

UCLA Centre for Mindfulness

www.uclahealth.org/marc/mindful-meditations

Practice – Mindfulness Body Scan Meditation: An episode on counselor Deandra Dey's podcast 'I Have My Reasons'

open.spotify.com/episode/0rDQ1m8CcUowj7BgSfUhgY

Activity

What's up

An amazing free app that uses Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself.

MoodKit

This app uses the foundation of Cognitive Behavioural Therapy (CBT) and provides users with over 200 different mood improvement activities. Developed by two clinical psychologists, MoodKit helps you learn how to change how you think, and develop self-awareness and healthy attitudes. The journal feature is a great way to practice self-care by reflecting on the day, noting any distressing thoughts, and documenting how you overcame them.

Self-Pause

A very supportive app that will help you change your negative thinking patterns by helping you to create positive affirmations.

For a full list of apps we have reviewed check out: (scroll to the bottom)
<https://www.healingspaces.center/resources>

Resources



Playlist



Book/Article



App



Video



Podcast



What is Narcissism

Kelsey the Counsellor

<https://www.youtube.com/watch?v=AAj-gcWTGKc>



What is Gaslighting

Kelsey the Counsellor

<https://www.youtube.com/watch?v=szZtHxHNpuw>



A Narcissist as my Teacher

Kelsey the Counsellor

<https://www.youtube.com/watch?v=wu2SGBVMTCQ>



NarcissistTrauma Recovery Podcast

Trust me - check it out!

<https://podcasts.apple.com/gb/podcast/the-narcissistic-trauma-recovery-podcast/id1527479270>



Lindsay Gibson

Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents

https://www.google.ca/books/edition/Adult_Children_of_Emotionally_Immature_P/cZpGCQAAQBAJ?hl=en&gbpv=1&printsec=frontcover



THANK YOU

Feel free to reach out if you have any questions! I am looking forward to chatting with you!



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www.facebook.com/healingspaces.center



www.instagram.com/healingspaces.center



www.youtube.com/channel/UCptyZFA-nwt3hUyGKSwKWHg/



www.tiktok.com/@healingspaces.center



778-860-3120



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