Wellness – Questions & Answers

**Wellness Counselling**

Confidential and professional counselling services are available for TTC citizens and their families. The Health Team recognizes the importance of communal therapy, and can arrange counselling sessions which involve Elders, family members or the community at large.

Counsellors have extensive experience in a variety of areas including relationships, workplace communication, anxiety, depression, addictions, grief, loss, and play-based therapy for children. Specialized counselling sessions in other areas or psychological assessments can be arranged as requested.

How to Arrange a Confidential Counselling Session Contact the Wellness Counsellor at 867-390-2532 ext. 365.

**Child Assessments and Therapies**

Through the Health and Social Development Department’s partnership with the Yukon Child Development Centre (CDC), child assessment and therapy sessions can be arranged in Teslin.

Therapies available through the CDC include Development Therapy, Occupational Therapy, and Speech Language Therapy. Assessments involve play-based techniques, and help to create the next educational steps for your child.

More Information

See the Yukon Child Development Centre for information on the services available.

Contact the ELCC Manager at 867-390-2532 ext 369, or the Family Caseworker at 867-390-2532 ext 384.