

From the Editor's Desk

Spring is here. If you are like me, you have been struggling with the weather. It is natural to feel drained and tired when the sky is dark. It is at this point where you might want to talk to someone. Feelings of sadness and depression can be alleviated through coming and working with one of our many excellent counsellors.

You might also be feeling sore or tense. Having one of our massage therapists reduce some of these feelings is an excellent way of springing forward into the new season. Helping you eliminate those aches and pains that you have been carrying through the winter months is exactly what our therapist are trained to do.

The next thing you might want to address is your diet. If you are like me, you sometimes don't eat the best during the darkness of winter. Break out of old habits! Reach out to us here at the Collective and contact one of our nutritionists to help you get back on track with optimal wellness in your diet.

Lastly, it might be time to address sleep habits at this time too. You may have been sleeping too little or too much. Providing a natural solution to your sleep habits is something that we can help you with here at the Collective.

It is all about the total wellness picture. Let us guide you towards living a better, healthier life that will bring happiness and fulfillment in a short period of time.

- Michael Zibauer

Michael Zibauer is a long-time counsellor at the Collective.



What's Up Around the Office

There are two new Crossroads team members to welcome, Mya Basra and Melissa White!

Mya is taking on the role at the front desk working alongside Leanne, the office manager. Mya will help with answering the phones and working in administration to ensure smooth operation of the front office.

Shoutout to Erin Mckay who is a part of the Crossroads team as the in-house registered massage therapist. This is a great option for clients who are looking for this therapy and have coverage. With her conveniently located, it is also an excellent option for staff.

Lisa is hosting a special needs presentation "Following a family with Special Needs Children from Birth to Adulthood". Filled with valuable information for those individuals working with kids and also for families who are on the journey.

Finally, our office would like to welcome all the new onboarding interns and associates coming to work at the Collective. Working with an intern is a low-cost option for those needing counselling but are operating on a budget.

What's New

At the Collective, we are pleased to welcome Melissa White to the team. She is a professional medium and teacher.

“Holistic wellness means finding balance in all areas of life to create perfect symbiosis between yourself and the world, cultivating harmony from within extending it towards everything we touch, physically, emotionally, intellectually, and spiritually. Part of life’s journey means exploring our spiritual self, and Melissa will guide you through this process.

Melissa can help you communicate and reconcile unanswered questions from your departed loved ones in Spirit, support you to connect with and develop your intuitive and spiritual self or offer you the confidence and guidance you need to step forward in your life with clarity and purpose. Melissa offers individual services, group service, and will be offering workshops, to book or learn more please go to crossroadscollective.ca.

Making Connections with the Beyond

Colleen: Can you describe your specific gifting? Spiritual, psychic, intuitive or some eclectic fusion?

Melissa: Labelling is sometimes limiting. Mediumship tends to be the reason people seek me out but you cannot underestimate the psychic ability. At times people need inspiration, reassurance, direction in career, relationships, or life path. I think there are some misconceptions about how it manifests itself. I realized my abilities initially through a near death experience and pursued developing my skills throughout many years, a series of traumatic events, and found myself attending a world class school alongside deeply respected mediums with reputable notoriety. I was encouraged and mentored and I value this deeply, this is part of why I presently offer this service myself.

Colleen: I recently read an article in the NY Times that claimed that mediumship is the new form of wellness, do you agree? Why or why not?

Melissa: I agree but it is unique to each individual. For some people, it is life changing. I cannot say it’s for

everybody, but for some they may discover a missing part of their puzzle. With the correct timing and readiness it can be a tremendous catalyst for change. Most people want to strengthen their intuition and their connection to themselves, their own soul and the spiritual realm. Walking this path can be healing.

Colleen: Is connecting within the spiritual realm a two way street? Can people who specialize in this gifting be contacted via spirits to communicate with the living?

Melissa: In my experience, the relationship I have with Spirit is one of mutual respect and friendship/partnership. As you develop your intuition, like any skill, you need to take rest and breaks to recharge, and this means developing personal boundaries if needed.

Colleen: If I was considering a career in mediumship, what would you ask me?

Melissa: What compels you? What part of mediumship most resonates with you? Mediumship has unlimited potential and growth, fear should not hold you back from developing yourself in this capacity. If you are open to deeply looking within and you understand the importance of the personal development that dove tails this craft you will find immensely satisfied with this path. Many develop their intuition, not necessarily to provide readings professionally but to strengthen themselves, and there is always value in finding and exploring deeper personal connection.

Colleen Vantol is a counsellor at the Collective who works alongside Melissa. Both can be reached by through the Collective website at CrossroadsCollective.ca

Other Stuff in the Works

With the relaxation of COVID restrictions groups are coming back to the Collective.

Anger Management Level 1 is running right now. Look for future dates for the next cycle of the group and Anger Management Level 2.

DBT Level 1 is coming Wednesdays, May 11 and will run for four weeks on Wednesdays to June 1. If you are interested in signing up talk to the front desk.