



# CONNECTIONS

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## KELOWNA IS OPEN!

### From the Editor's Desk

From month to month, I feel like I am repeating myself, but truly exciting things are happening at the Collective. We are proud after much work and sweat to announce that our Kelowna office is open for business!

Our associates and interns are ready to offer the cutting edge of service to our clients in the Langley and Kelowna area as well as online to the entire province. Below is a map of our location in Kelowna on 146 Grey Road.

- Michael Zibauer

### A word from the Clinical Director

We are excited to have a location in the Okanagan to provide our services to Kelowna and the surrounding communities. We will work hard to create services that fit with the needs of the people and communities we serve. And, we look forward to growing and providing for the Okanagan!

- Marianne Cottingham

### And, from the Director of Business Management

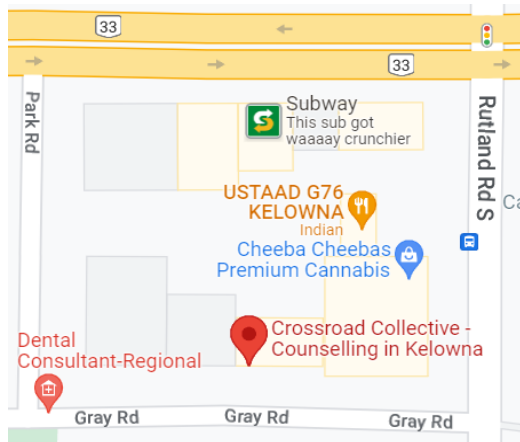
We are very excited to introduce so many new services across our two locations – 2023 is going to be the year we bring even more services, therapists, workshops, and groups to our Crossroads Community.

Whether your looking for a relaxing Yoga class, going to try Reiki, or meet our energy healers and hypnotherapists, we are excited for you to try our new services and let us know what you think.

We are also very pleased to re-introduce in person groups and are excited to open our spaces up for our free in person book clubs in Langley and Kelowna. We are also launching an on-line grief group next month.

As the business manager, I personally am so impressed with the contribution of our team who have all jumped in to make these new programs happen and our goal is to offer resources that are in line with our business model which is helping people heal based on our Crossroads four pillars: physical, mental, emotional, and spiritual health.

We also are pleased to be able to offer many of these service at no cost. We believe that giving back to our community with our free or low cost counselling services helps everyone in our community access services and never have their financial situation affect the care we can offer them at our clinic. I look forward to hearing from you and your feedback once you have tried out one of our new programs. - Lisa Moore



## March Updates

At Crossroads we are always striving to develop and reach new heights. This is why we are so invested in creating policies that will help our clinicians excel and deliver high-quality services to our participants. With this spirit in mind, we are rolling out the Brief Treatment Plan to ensure superior service and quality. This tool helps clinicians organize their theoretical orientation and detail their intervention techniques.

Our staff also invests in themselves and are encouraged to take continuing education programs. There was an emotion regulation and skill development course on March 16 this month. In addition, there was also an ADHD webinar that helps continue to build an understanding of neurodiversity and how to be familiarized with the best practices available.

Next, we would like to welcome Ritika! Our new Vinyasa and relaxation (Yin) instructor. She offers a psychosomatic approach that supports individuals to connect their body and mind through movement and breath work. Classes will begin Monday at 8 pm and Tuesdays at 9:30 am.

We are also going to be starting a weekly grief group that will be delivered virtually starting April 3<sup>rd</sup> at 7:00pm to 8:30pm. This group won't have any cost associated with it. Our hope is to remove any kind of financial barriers to our community. This group is being run by our junior associate Jeanne and our bright intern Alex. Alex and Jeanne have created a through curriculum to process emotions and develop tools to cope with loss. If you know someone in your caseload that may benefit from this kind of work, refer them as soon as possible!

- Andres Beltran

## Kelowna In-depth!

As we open up our second site in the Okanagan we wanted to let you know all about the range of services we have to offer. At Crossroads, we believe that we can help you reach a healthy state and achieve well-being across your mental, social, physical, and spiritual well-being.

Supporting your mental health can be done in many ways. That is why there is no one-size fits all when it comes to therapy. We have a wide range of clinicians, each with a unique angle and theoretical orientation. We can help match your needs with a complimentary set of expertise.

We can also serve as a hub for your physical wellbeing. We offer two different fitness instructors and a dietician to nourish your physical well-being. We also can connect you with our sleep consultants and massage therapists to help with recovery and feel more rested.

We are also looking to create community through new services. Group work like our book club and Yoga are just the start of things to come. Our para-medical team consists of hypnotherapy, reiki, breath work, and energy healing to support your spiritual well-being.

Children also can access behavioral consultants and who specialize in various diagnoses like Autism, ADHD, ODD, OCD to name a few. We also offer unique approaches like music therapy and play therapy.

You don't have to deal with this alone, reach out to our office and let's explore how we may be able to support you in whatever life has thrown at you.

- Andres Beltran

# **An Introduction to Two Complementary Health Approaches Offered at Crossroads Collective**

## **Reiki**

Originating in Japan, Reiki is a meditative practice that helps promote overall mental and physical health. This treatment encourages relaxation, reduces stress and anxiety, and releases chronic and emotional pain through the use of gentle touch.

When energy gets stuck it creates physical imbalances which can include physical discomforts like headaches, seizures, unexplained pain, hormonal disfunction, and fatigue as well as emotional imbalances such as moodiness, anger, and fear. This meditative practice aims to remove energy blockage, creating a natural flow that fosters self-healing, enabling the body to speed up recovery and reduce other symptoms of illness.

Reiki has been used in conjunction to treat anxiety, depression, cancer, and a variety of other ailments.

We offer Reiki both in-person and online at our Kelowna and Langley locations.

- Amanda Morazain

*At Crossroads Collective we recognize that each individual is unique. We aim to offer a variety of therapies that can be used by themselves or in conjunction with each other for our clients to enhance their treatment and reach their full potential.*

- Amanda Morazain

## **Hypnotherapy**

Hypnotherapy uses visualization and imagery to allow a person to enter a state of extreme relaxation, making them open to create significant changes in their lives.

This type of therapy can be used to treat a variety of issues including trauma, addictions, anxiety, confidence, and anything that includes creating behavioural or psychological change. Using hypnotherapy, a client can unravel motivations and intentions that may be happening on an unconscious level and ultimately gain insight into how to create transformation.

Hypnotherapy creates a space where people can heighten their focus and concentration while opening them up to suggestions revolving around behavioural changes.

We offer hypnotherapy both in-person and online at our Kelowna and Langley locations.

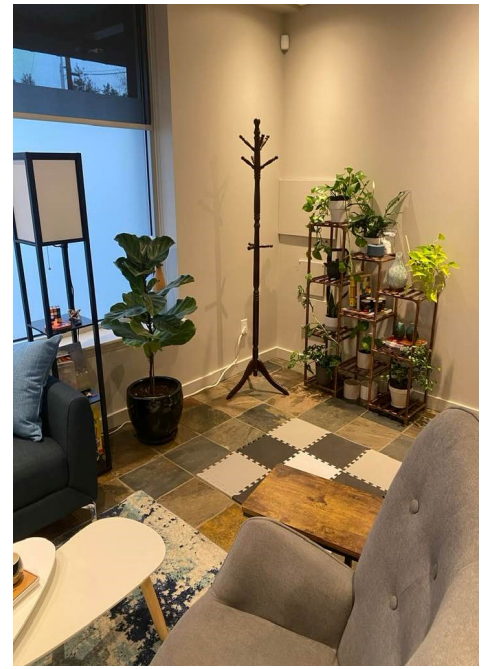
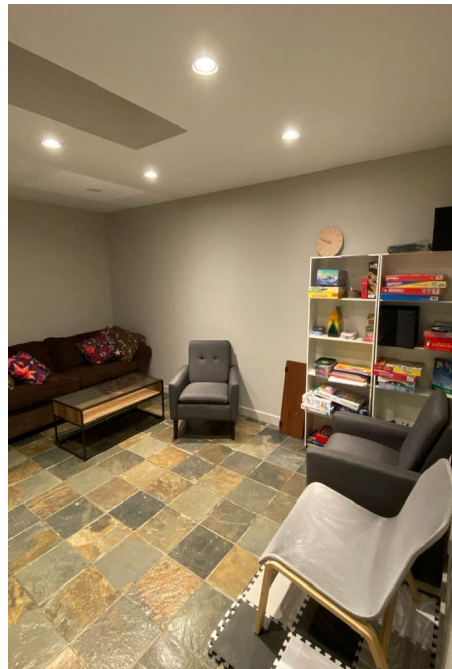
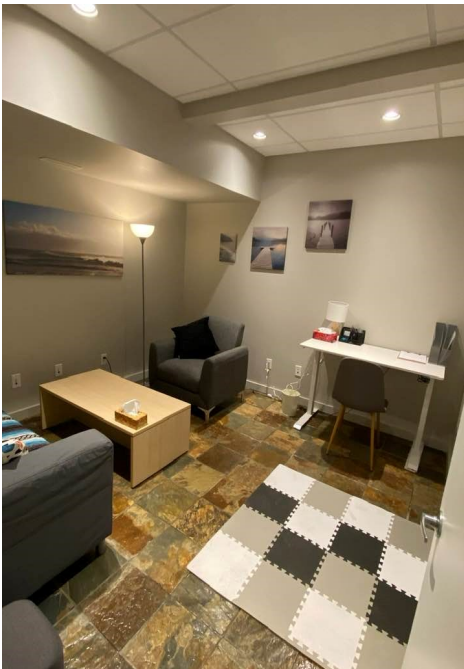
- Amanda Morazain

## **A Special Offer to Staff, Clients, and Friends and Family of Staff and Clients**

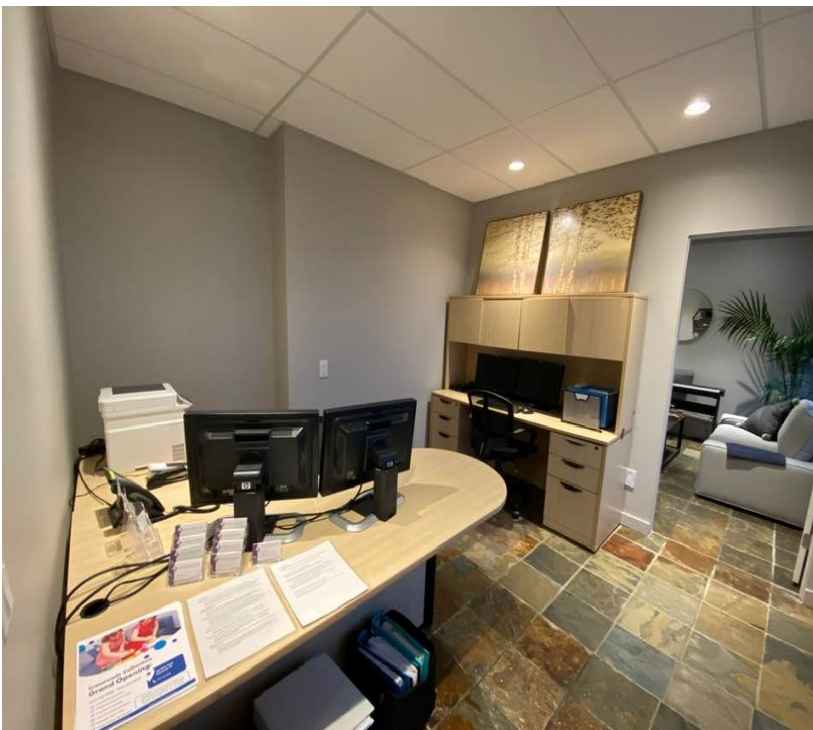
Crossroads is giving away a 5 card punch pass to try out our yoga classes for free. Please call the client or pop by the front desk to receive your free punch pass. This is for staff, clients, and/or friends and family of clients or staff. For more information information call 604 532 5340 or email [info@crossroadscollective.ca](mailto:info@crossroadscollective.ca)



# Kelowna in Photos









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