





# BEAVER LAKE COUNSELLING

## Counselling Services

### Marriage, family, and individual counselling for First Nations.

Our signature counselling program is ten days long and located at Beaver Lake Camp.

Referrals are accepted from clergy, mental health workers, bands, and individuals. Beaver Lake Counselling offers a safe and supportive environment where families and individuals are invited to process personal and relational concerns such as:

- Loss and Grief
- Trauma
- Abuse and Abuse Recovery
- Depression and Anxiety
- Parenting
- Marriage and Family Concerns
- Mental and Spiritual Health

### The Focus:

- Deal with root issues
- Rebuild and stabilize the family/individual
- Equip and empower to continue the healing journey within their own community

### The Process:

- Psycho-educational seminars
- Therapy
- Journaling/counselling assignments
- Childcare
- Life-skills
- Family fun time
- Recreation
- Social interaction with staff

### E-therapy

- Secure, encrypted web-based platform to connect from a distance

## Self-Help Resources

Books, DVDs, audio CDs, and pamphlets are available.



## Counselling Staff

Our counsellors have many years of experience working with First Nations, as well as professional training (MA or Diploma in Biblical Counselling).



## GENERAL INFORMATION

### Dates

- Available September-May
- See website for counselling program dates

### Counselling Fees

- See website for fees

Meals, lodging, childcare, and crafts are included in the counselling fee.

### Location

Site 306 Box 5 RR3,  
315 Hoey Road  
Dryden, ON P8N 3G2

Beaver Lake Camp is located north of Dryden, Ontario

- By GMC dealership, take 601 N for 9.5 km
- Turn right on Hoey Road
- Beaver Lake Camp is 1.3 km on the left