



Alderville Health and Social Services is pleased to announce counselling sessions are being offered to all band members. Adam Spencer is a registered Psychotherapist who will be providing counselling out of the Hilltop location. He specializes in marriage and relationship counselling, working with youth and all individual counselling needs. Adam's specialty is relational psychotherapy, helping couples and individuals in finding their natural mental balance. He believes there is hope for everyone and that our mental health and well being comes down to balance and being centered. Adam wants to help individuals and couples get back on track while finding the root cause of peoples struggles and provide you with self awareness.

Adam will help with relationship issues, anxiety, grief, addiction, anger management, coping skills, depression, divorce, domestic abuse, family conflict, gambling, life coaching, men's issues, pregnancy/postpartum, self harm, trauma and PTSD, etc.

**Please contact Alex McPhee at the Health Center to set up a session with Adam.** These sessions are one hour in length, typically people will meet with Adam for 4-6 sessions or on a case by case basis. These are entirely free to band members and a great opportunity to enhance your life.

Cancellation policy in effect, must show up for your sessions unless 48 hour's notice is given.