



Hello, my name is Alex McPhee I am excited to be in a new role here at the Health Center and soon to be working out of the Hilltop location. I am the Healthy Lifestyles Outreach Worker. For me the meaning of a healthy lifestyle encompasses many components, from healthy relationships, spiritual health, mental health and physical health. All of which I am passionate about.

I will be providing referrals to the counselling services provided at the hilltop. Please contact me with any questions or referral requests. This is a great opportunity to utilize a very professional counsellor about a wide variety of issues and gain useful life coping skills. I truly believe everyone can benefit from counselling services and I am excited to see this opportunity become accessible to the community.

Soon I will be hosting a youth drop in program at the hilltop. Youth will be able to attend the hilltop after school for activities. If youth are curious about post secondary school program options or career paths these are topics, I enjoy exploring. In addition, I am a certified personal trainer and I am excited to introduce everyone to the hilltop gym! I will be assisting with Youth Group, watch for updates. I look forward to meeting everyone!