



FNHA Mental Health Provider List

Listed below are the names and contacts of counselors within the Secwepemc Territory through FNHA who are here and ready to support our nation members during these stressful times. Contact a counselor of your choice so that they can connect with you by phone, or online.

| SERVICE PROVIDER | TELEPHONE | EMAIL | LOCATION |
|------------------|--------------|----------------------------------------------------------------------------|----------|
| Karen Lara | 250-299-8543 | info@antarescounselling.com | Kamloops |
| Tracy Davison | 250-320-3407 | finefeathercounselling@gmail.com | Kamloops |
| Nicole Befurt | 250-319-8596 | nbefurt@gmail.com | Kamloops |
| Jeff Conners | 250-819-0316 | jeffreydavidconners@gmail.com | Kamloops |
| Shannon Ritchie | 250-819-1902 | sritchie@rbpinterior.com | Kamloops |
| Robert Dolson | 250-319-0101 | rdolson@rbpinterior.com | Kamloops |
| Kalie McIntosh | 250-574-1426 | kmcintosh@rbpinterior.com | Kamloops |
| Shelley Bonnah | 250-819-1898 | sbonnah@rbpinterior.com | Kamloops |
| Wade Alexander | 778-472-0388 | Focusing-with-wade@shaw.ca | Kamloops |
| Corrinna Douglas | 250-299-4197 | corrinna@cordiscovery.ca | Kamloops |
| Erle Jaeger | 778-281-1287 | Ejaeger4@gmail.com | Kamloops |
| Elyssa Krutop | 250-571-6953 | ekrutop@alignedcounselling.com | Kamloops |
| Cole Levitt | 778-220-1410 | clevitt@alignedcounselling.com | Kamloops |
| Urszula Zawadzka | 250-377-5433 | uzawadzke@alignedcounselling.com | Kamloops |
| Dave Freeze | 250-318-1099 | dave@riplerockconsulting.com | Kamloops |
| Robin Collins | 778-257-1150 | robin@collinscounselling.ca | Kamloops |
| Matt McLean | 250-320-0846 | mattmcleancounselling@gmail.com | Kamloops |



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|-------------------------|----------------------------------------|------------------------------------------------------------------------------|---------------|
| Bobbie Rasmussen-Merz | 250-879-2244 | bobbie@artandpossibility.com | Kamloops |
| Gina Carnegie | 250-879-0234 | gina@charmcountselling.ca | Kamloops |
| Sharon Todd | 250-320-8615 | Stodd66@telus.net | Kamloops |
| Shelley Blair | 250-819-1685 | shelleyblair@live.ca | Kamloops |
| Magdalena Tornyai | 250-315-8432 | magditorsnyai@gmail.com | Kamloops |
| Nicole Tourangeau | 250-981-2960 | Nicole.tourangeau@alumni.unbc.ca | Kamloops |
| Mark Moody | 250-899-5278 | markmjmoody@gmail.com | Kamloops |
| Rachael Pasemko | 250-318-0652 | rachael@lighthousetherapy.info | Kamloops |
| Patrick McDonald | 778-257-7801 | Mcd9396@telus.net | Kamloops |
| Sandip Sadhra | 778-257-0480 | ssadhra7@gmail.com | Kamloops |
| Ricardo Pickering | 250-842-8552 | dickiepickering@gmail.com | Cache Creek |
| Kendra Rogers-Calabrese | 250-398-6378 / Or text 250-398-0438 | Wellnest213@telus.net | Williams Lake |
| Jennifer Hanson | 604-866-6585 | opencirclecounselling@gmail.com | Williams Lake |
| Carrie McNeely | 250-819-0268 | Dragonflycounselling.ca | Kamloops |
| Narinder Serown | 250-682-1074 | Nserown1@gmail.com | Kamloops |
| Mary Widmer | 250-554-4747 | mary@candcresources.com | Kamloops |
| Jolene Lindsey | 250-554-4747 | jolene@candcresources.com | Kamloops |
| Jillian Shepard | 250-554-4747 | jillian@candcresources.com | Kamloops |
| Jennifer Dustin | 250-554-4747 | jennifer@candcresources.com | Kamloops |
| Adele Huculak | 250-554-4747 | adele@candcresources.com | Kamloops |