



Community Connections Newsletter

IMPORTANT DATES

HIGHLIGHTS

SERVICES

ABOUT US



Coastal Health brings together healthcare professionals dedicated to community wellness. Our team includes counsellors, psychologists, social workers, occupational therapists, speech-language therapist, as well as students completing their practicum hours. Together, we to provide high-quality services that are anti-oppressive, gender and sexuality affirming, trauma-informed, accessible, culturally-informed, and innovative.

Important Dates

- **January 26: Bell let's Talk**
- **January 27: International Holocaust Remembrance Day**
- **ADHD Parent Series group registration now open!**
- **Gender Affirming Voice & Communication group begins in February-Registration opens soon**

Highlights: Giving Back



Taking care of your mental health is an investment. We understand that access to services is uneven, which is why Coastal Health and it's Associates are committed to including sliding scale or pro-bono services in our practice. In 2022 alone, we have donated **\$35,000** in pro-bono services!



Our Services

Online or in-person appointments

- **NEW! SPEECH-LANGUAGE PATHOLOGY**
- **INDIVIDUAL, RELATIONSHIP, AND FAMILY COUNSELLING AND PSYCHOTHERAPY**
- **ADULT ADHD ASSESSMENTS**
- **SURGICAL READINESS ASSESSMENTS**
- **ART THERAPY**
- **GROUP THERAPY**
- **PROFESSIONAL AND STUDENT SUPERVISION**
- **TRAINING**
- **PROFESSIONAL DEVELOPMENT**
- **STAY TUNED FOR COMPREHENSIVE OCCUPATIONAL THERAPY SERVICES UPDATE!**

Upcoming groups:

- Our ADHD House[®] Parent Series 1-4
- Gender Affirming Voice & Communication

To find our more information on any of our services or to register for a group visit us at www.coastalhealthnl.ca or email: contact@coastalhealthnl.ca

About Us



FIONA TREND-CUNNINGHAM

While Fall marked the end of Fiona's student placement, we were excited as she began her next chapter at Coastal Health as a CCC! Fiona is an integral team member. Her drive and thirst for knowledge has been a major catalyst in the development of new collaborative services. Fiona has openings for couple, family, and individual services.

TERRY CAMPBELL

Terry began his practice this fall at Coastal Health. He is a registered speech-language pathologist whose clinical interests include transgender and gender affirming voice services, voice disorders, swallowing disorders/dysphagia, aphasia, Parkinson's disease, motor speech disorders, fluency/stuttering, and dementia. He has certification in SPEAK OUT!®, a vocal training program for people with Parkinson's.



QUINN MORRIS



Quinn began her placement with us this fall! Quinn is doctoral-level clinical psychology student from Memorial University of Newfoundland. She has worked with adults experiencing a range of challenges including depression, anxiety, trauma, relationships, self-harm, ADHD, sleep, and life transitions. Her approach to clinical practice is collaborative, humanistic, identity-affirming, and strengths-based.

KAYLA COLLIER

Kayla completed her internship in Accounting and Payroll Administration this fall. We are happy to announce that she will stay connected after graduating. Her new company, Tiger's Eye Accounting, will provide bookkeeping and executive support for Coastal Health. Kayla is very passionate about supporting the 2SLGBTQIA+ community, and, after growing up in rural Newfoundland, is very familiar with the struggles and barriers faced when dealing with gender identity, sexuality, and mental health. Kayla is proud to identify as Transgender and aims to create safer and more diverse workspaces within the province



Our ADHD House[®] is an initiative for ADHD specific services. In addition to providing counselling and psychotherapy services, Our ADHD House[®] is a hub for resource material to help folks with ADHD and their supporters. We offer training sessions, workplace or school programming, and groups designed by professionals with ADHD and/or have been providing services to folks with ADHD for many years. Our Parent Series 1-4 has an open registration. Our next offering will start soon.

