

ProMentality Performance & Wellness

We are located in Abbotsford, Surrey, Sun Peaks, and virtually worldwide and provide barrier-free mental health and wellness supports for all.





Our why:

- **Barrier Free**
 - no referral needed, walk-ins welcome
- **No Wait Lists**
 - will connect within 48 hours – usually day of
- **No Red Tape, Filling Gaps**
 - we see a need we do our best to fill it
- **Autonomy**
 - limit the time between designing ways to fill gaps and doing it, don't have to follow parameters that are not client centered
- **Need in our schools**
 - school counsellors case loads
 - Mental health challenges during and post pandemic
- **Giving Back**
 - also client centered



Who we are and where we came from

- Witnessed and worked with amazing agencies
- Barriers, long wait lists, red tape
- Pandemic hit -> lost internships -> increase in need of mental health services



What we do

- Barrier free – who you are, what you can afford, etc.
- Exceptional quality of care
- Educate on the therapeutic relationship and Feedback informed therapy and that the client is in the driver's seat
- Mental health and wellness supports

Internship Program

- Min. 400 hours supervised practice, weekly supervision
 - High standards for acceptance and maintaining internship
 - Experience
 - Supervised practice
 - Accessibility of supervisors
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- Exceptional team members often join us as paid team members after Graduation

Offerings

- Free phone consult
- Drop-in/walk-ins
- In-person, virtual, phone, text, email, walk/hike and talk
- Counselling – brief solution-focused, CBT, DBT, EMDR, Rogerian, etc.
- Mental Performance Consulting (MPC)
 - with a Certified Canadian Sports Psychology Association Member (CSPA) or Intern
- Career Counselling
 - with a Certified Career Development Practitioner (CCDP)
- Nutrition Coaching
 - With Certified Precision Nutrition Coaches
- Wellness Coaching
- Parental Coaching
- Groups

Giving back

- **Over \$100,000 in services donated last year**
- **Since September of 2020 we have provided over 1000 counselling sessions to our local high school students**
 - **Started off with about 7 sessions per month in the beginning and are up to over 40 counselling sessions each month in the schools alone**



How we do it? – Robin Hood

- **Full fee for service for Registered Counsellors, Registered Social Workers, and Mental Performance Consulting**
 - Referrals welcome :-)
- **Donations welcome**
 - Bottle depot

Contact Us:

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Fire away!