

January 2025 Newsletter

We would like to wish everyone a happy new year after what has been described by almost everyone as a very busy holiday season. We also wanted a chance to communicate some changes that are coming to the practice over the next few months and promote some opportunities for wellness.

Increased fee per session as of March 1, 2025

In order to cover the increased cost of operations, Stoney Creek Counselling will be introducing a small fee increase starting March 1, 2025. The cost of a regular 50 minute session will be increasing from \$120 to **\$125**. If you have an alternative arrangement with your therapist (i.e. different session length or different rate) please speak directly with them to determine any changes.

We continue to grow

In the next few months we will be welcoming another associate to the practice, **Fiona Koopal**. She is a registered social worker specializing in supporting children and youth as well as adults. *Here is her introduction:*

I am excited to be part of the Stoney Creek Counselling team, where I am dedicated to working with individuals to help them achieve their personal goals. With 20 years of experience in supporting children, youth, individuals, and families. I bring a wealth of knowledge and compassion to my practice.

I hold a Bachelor of Arts in Child and Youth Work and a Masters of Social Work, which have provided me with a solid foundation to offer a variety of therapeutic approaches tailored to each client's needs.

I believe in the power of kindness and joy and I am committed to creating a supportive, welcoming environment where clients can grow. I encourage others to find fulfillment in both the big and small moments of life, as I believe this is key to living life to the fullest.

Fiona

Check out our website

In the spring of 2024 Stoney Creek Counselling launched a new website complete with a number of online resources and tips. If you haven't had a chance to check it out, please feel free.

www.stoneycreekcounselling.com

Mental Health Crisis Resources

As mental health and mental illness has become more talked about, the need to have accessible and available support 24/7 has become more recognized. Although the Barrett Centre in Hamilton and COAST continue to operate a local crisis line as discussed with everyone at the first intake appointment, there are now several other options available if needed.

9-8-8 Suicide Crisis Helpline - call or text 9-8-8 24/7

Kids Help Phone - call or text - 1-800-863-6868

Connex Ontario Helpline - free and confidential health services information 1-866-531-2600

Parking

In order to continue to be good neighbors, we have had to become much more conscious of the parking situation with our fellow business owners. Stoney Creek Counselling has access to the two spots immediately in front of our window. However, if these spots are taken please kindly park across the road at the recreation centre and / or arena.

Other opportunities for wellness in our local community

La Sana Yoga - local warm / hot yoga studio in downtown Stoney Creek offering a variety of classes as well as specialized workshops including meditation and sound journeys, yoga nidra, and a Mindful Women's Circle. Check out their website at www.lasanayoga.com

The Bruce Trail - The Iroquoia Section of the Bruce Trail (the oldest Canadian footpath extending from Niagara-on-the-Lake to Tobemory) winds through the heart of Stoney Creek tucked between the mountain brow and the downtown. Check out the local bruce trail club at <https://iroquoia.on.ca> for hiking information, organized group hikes and special events, and information about conservation efforts.

Mindfulness Hamilton - local organization offering free community meditations, affordable learning opportunities and access to mindfulness resources. Take a look at their website www.mindfulnesshamilton.ca

T'is the Season

Monday, January 20, 2025 (aka Blue Monday) has been deemed the most depressing day of the year. All kidding aside, this time of year can be extremely difficult for many people. To learn more Seasonal Affective Disorder check out the information at www.cmha.ca/news/winter-blues-101

We would like to thank all of you for the privilege of continuing to work together.

Sincerely: Candice, Vicki, Victoria, and Fiona

"You don't have to see the whole staircase, just take the first step." Martin Luther King