

# *Dr. Hayley* **NorWest Co-OP COMMUNITY HEALTH NorWest Youth Hub**

# *Chartrand, C. Psych*

**clinical psychologist**

*Now accepting new clients for therapy on Mondays.*

*She will provide evidence-based **therapeutic** interventions to youth with mental health concerns including:*

addiction

mood disorders (e.g.,  
major depressive disorder)

attention deficit/hyperactivity  
disorder

obsessive compulsive  
disorder

thoughts of suicide

trauma

anxiety (e.g., social anxiety  
disorder, generalized anxiety  
disorder)

interpersonal difficulties

behaviour problems

adjustment disorders

self-harm

*She will use evidence-based interventions such as:*

*Dialectical  
Behaviour  
Therapy (DBT)*

*Cognitive  
Behaviour  
Therapy (CBT)*

*Acceptance and  
Commitment  
Therapy (ACT)*

*Dr. Chartrand can also work with youths' parents to help youth reach their goals should they like parental involvement in their therapy.*

***call 204-221-9800 to book an appointment***