



MOMENTUM COUNSELLING

Momentum Counselling is a non-profit, registered charity that was founded in 2012 to address the need for accessible, affordable mental health counselling. We support clients who are unable to access counselling because of long wait lists or financial barriers. We are led by a team of passionate mental health advocates who collaborate to provide Solution Focused Therapy and support through our drop-in groups.

All of our drop-in group sessions are virtual with the exception of Anchor Men's group on Thursday evenings that is in-person at our clinic. Topics vary but you can expect us to talk about coping with relationship breakdown, anger, stress, anxiety, depression, trauma, addiction, identity, grief, and healthy relationships. You can share as much or as little as you want, everyone is given the opportunity to speak.

www.momentumcounselling.org | info@momentumcounselling.org

780.757.0900 | #132, 6325 Gateway Blvd.

WINTER 2024 SUPPORT GROUPS

Anxiety & Depression Series

Wednesday Afternoons Virtual

Jan 10-Feb 14, 2024

12-2pm

Anchor Men's Group

Tuesday Evenings - Virtual

6:30-8:30pm

Thursday Evenings - In-Person

6:30-8:30pm

Grief & Loss Group

Thursday Afternoons - Virtual

Jan 18-Feb 22, 2024

4-6pm



COST: FREE



Women's Wellness Group

Tuesday Evenings - Virtual

Biweekly Starting Jan 9, 2024

6-8pm

Emotion Regulation Workshop

Sunday- Virtual

March 24 2024

10am-3pm

Emotion Regulation Series

Friday Afternoons - Virtual

Jan 5-Feb 9, 2024

12-2pm

Healthy Living with Bipolar

Monday Afternoons-Virtual

Jan 8-Feb 26, 2024

3-4:30 pm

Register: www.momentumcounselling.org
info@momentumcounselling.org | 780.757.0900

THANKS TO OUR FUNDERS: ALBERTA HEALTH | WELLNESS NETWORK | LIVING HOPE -CITY OF EDMONTON