

WINNIPEG, MANITOBA

BIPOCC

MENTAL HEALTH WORKER LIST

WINNIPEG'S FREE RESOURCE FOR BLACK,
INDIGENOUS, AND PERSON OF COLOUR
IDENTIFYING COUNSELLORS, THERAPISTS,
AND MENTAL HEALTH WORKERS

MARCH 2022

WANT TO BE
ADDED?

CONTACT CHANCE AT CDUPUIS@NINECIRCLES.CA
FOR QUESTIONS OR TO REGISTER

LIST UPDATED 1ST OF EVERY MONTH

PREFACE

The "BIPOC Mental Health Worker List" started over the counter at the local bakery "Eadah Bread" between Tamika Krush and Chance Dupuis in December of 2019. Tamika was seeking a list of Black, Indigenous, and People of Colour (BIPOC) identifying mental health workers that were low-barrier access. The acronym "BIPOC" was chosen to ensure that this list was easily identifiable for community members.

Without Tamika, this list would not exist.

The first "BIPOC Mental Health Worker List" was launched March 1, 2020 by Central Neighbourhoods Winnipeg former Community Well-Being Coordinator Chance Dupuis. The list is updated the 1st of every month and features mental health workers of different races, ethnicities, and mental health professions. This list is open source and free use.

It was born from community and will always belong to community. Thank you Tamika for entrusting us with this project.

HOW TO USE:

The "BIPOC Mental Health Worker List" is a free resource that contains self-identified Black, Indigenous, and/or People of Colour mental health workers. **They are individuals with different lived experiences and mental health qualifications.** Each mental health worker is unique in what they bring to their profession and what they offer clients, we encourage you to investigate and interview!

Use this list as a starting point in your mental health journey. The individuals who have registered for this list have Psychology Today profiles, websites, and social media links so you may learn more about them and see if they are a right fit for you.

Ask questions: "What kind of therapy do you offer?", "What can I expect during our time together?", "What is your stance on ____?" are some examples. Interview your mental health worker before setting up a treatment plan to make sure you feel heard and respected by your provider.

Good luck on your journey!

KYLA BERNARDO (SHE/HER), M.ED, C.C.C

Purposeful Counselling

Price: Sliding scale available. FREE 20-30 minute initial consultation provided. Does not direct bill.

Ph: 1204-396-5040

E-mail: PurposefulCounselling@gmail.com

Website: www.purposefulcounselling.ca

BEN CAPILI (THEY/THEM), MSW, RSW

Liminal Space Therapy

Price: \$150/HR, Blue Cross accepted.

Ph: 1204-799-3806

E-mail: Ben@Liminalspacetherapy.com

Website: www.LiminalSpaceTherapy.com

JOSIAH MUTUA (HE/HIM), MA

Pearls Counselling and Therapy

Price: First session free, \$55/HR for students and adolescence, adults \$75/HR

Ph: 1204-995-2735

E-mail: info@pearls-counselling.com

Website: www.pearls-counselling.com

REECE MALONE (HE/HIM/SYA), DHS, MPH,CSE-S. CST

Sexuality Consultants and Support Services Manitoba
Inc.

Price: \$130/HR individual, \$145 relationship, contact for
insurance accepted

Ph: 1204-471-8771

E-mail: info@reecemalone.com

Website: www.reecemalone.com

MATHEW THOMAS (HE/HIM), RP

Riverbend Counselling & Wellness

Price: \$90/HR individual, \$125 family

Ph: 1204-334-4801

E-mail: matt@riverbendcounselling.ca

Website: www.riverbendcounselling.ca/mthomas.html

NADIAH SIDIK (SHE/HER), MMFT

Youville Centre Dakota

Price: Free (up to 12 sessions)

Ph: 1204-255-4840 Ext. 122

E-mail: nsidik@youville.ca

Website: www.youville.ca

MIMI (SHAMIN) BROWN (SHE/HER)

Udynamics or Shamin Brown Consulting

Price: \$100/HR for life & health coaching, \$130/HR for adult/youth counselling. Insurance accepted for counselling services.

Ph: 1204-899-0393

E-mail: Shaminbrownconsulting@gmail.com

Website: www.ShaminBrownConsulting.org

SOPHIA ALI (SHE/HER), BSW, RSW, MBA

Aulneau Renewal Centre (counselling offered in Urdu, Hindi, Punjabi, and English)

Price: Sliding scale, most insurance and EIA accepted

Ph: 1204-987-8881

E-mail: Sophia.Ali@aulneau.com

Website: www.Aulneau.com

DANIEL CHIU (HE/HIM), MMFT

Private practice, individual and couples therapy

Price: \$90/HR; sliding scale available, contact insurance provider for coverage.

Ph: 1204-294-0639 (text or call)

E-mail: DanWkchiu@gmail.com

KITANA DEGEN (SHE/HER), BSC.

Peer Support Coordinator for Anxiety Disorders Association of Manitoba. Facilitates peer groups, individual peer support, and education

Price: Free, contact for group rates

Ph: 1204-925-0606

E-mail: peersupport@adam.MB.ca

Website: www.ADAM.MB.ca

BARRY FONTAINE (HE/HIM), RSW, MSW

Indigenous Counselling & Education Services

Price: Indigenous counselling is sliding scale, NHIB program accepted through Indigenous Services Canada

Ph: 1204-999-1625

E-mail: info@IndigenousCounselling.ca

Website: www.IndigenousCounselling.ca

WINIFRED VUGAMPORE (SHE/HER) MCDS, MSW, RSW

Mount Carmel Clinic

Price: Subsidized for newcomers in the catchment area

Ph: 1204-589-9429

E-mail: wvugampore@mountcarmel.ca

Website: www.mountcarmel.ca

GABRIELA FONSECA (SHE/HER), BA. MA, APC

Gabriela Fonseca Counselling

Price: \$90/HR, sliding scale available.

E-mail: g.fonseca.counselling@gmail.com

Website: www.gabrielafonsecacounselling.com

DR. NATASHA ALI (SHE/HER), C.PSYCH

University of Manitoba & Private Practice

Price: Free at University of Manitoba for students, \$190/HR private practice (insurance accepted and sliding scale available)

Ph: [1204-296-9904](tel:12042969904)

E-mail: NatashaAli80@gmail.com

Website: <https://umanitoba.ca/student-supports/counselling-resources-students>

DR. PETER MAKADI (HE/HIM), CPCA, DMIN

Truth for Life Counselling

Price: \$80-\$100/session, sliding scale available

Ph: [1204-599-9532](tel:12045999532)

E-mail: Mary-Ann@Improveyourlifeforlife.ca

Website: www.ImproveYourLifeNow.ca

CAREY SINCLAIR (SHE/HER), REIKI MASTER AND ART THERAPY (STUDENT)

Jonah Counselling & Wellbeing

Price: Sliding scale provided.

Ph: 1204-998-0843

E-mail: SinclairCarey@hotmail.com

Website: www.JonahConsulting.ca

LESLIE HACKETT (SHE/HER), MMFT

Private practice for individuals and couples

Price: Sliding scale available, and if insurance is available: \$110+GST/session.

Ph: 1204-815-8095

E-mail: lesliehackettmft@gmail.com

Website: www.lesliehackettmft.com

JACQUELINE HAYES (SHE/HER), BSW, RSW

Rise Above Your Norm: Group workshops for youth, mothers with BPD, and racialized youth.

Price: \$200/10 week groups (payment plans available)

Ph: 1204-590-5652

E-mail: R.A.Y.N@outlook.com

AYA EL-ALAWI (SHE/HER), O.T REG. (MB)

Aulneau Renewal Centre

Price: Subsidized and sliding scale available

Ph: 1204-987-7090

E-mail: Ayaelalawi@aulneau.com

Website: www.Aulneau.com

NADIA MACKINNON (SHE/HER), O.T REG. (MB)

Middle Path Therapy Winnipeg, teen and early adult therapy services.

Price: \$110/session, adolescent DBT skills group
\$125/session

Ph: 1204-815-5815 (Ext. 4)

E-mail: Nadia@Middlepathwpg.com

Website: www.Middlepathwpg.com

DOUG AMOUZOUVI (HE/HIM), BSC. B.N. RN.

UDynamics Therapeutic Wellness Centre

Price: \$130/HR, sliding scale available.

Ph: 1204-770-7792

E-mail: Info@UDynamics.ca

Website: www.Udynamics.ca

SUSAN WENZEL (SHE/HER), MA.

Private Practice, Relationship and Certified Sex Therapist

Price: \$130/HR Individual, \$150/HR Relationship

Ph: 1204-770-5381

E-mail: Susan@SusanWenzel.ca

Website: www.susanwenzel.ca

AFOLABI OYEGBILE (HE/HIM), MSW, RSW

APlus Therapy Services, specializing in CBT.

Price: \$60/HR Individual (sliding scale available)

Ph: 1204-296-7534

E-mail: afolabioyegbile@yahoo.co.uk

Website:

<https://www.psychologytoday.com/ca/therapists/a-plus-therapy-services--winnipeg-mb/846507>

JACINTH GLASGOW (SHE/HER), BA MFFT CCC

Thrive Counselling

Price: \$80.95/HR individual (subsidies available)

Ph: 1204-774-4184

E-mail: Sandra@ThriveWinnipeg.com

Website: www.ThriveWinnipeg.com/jacinth-glasgow.html

HEATHER O'NEALE (SHE/HER), MSW, RSW

Private Practice

Price: \$100/HR or \$150/1.5 HR, Sliding scale available

Ph: 1204-510-6338

E-mail: Heather.ONeale@gmail.com

Website: Www.HeatherONeale.com

JENEEN DEDERICK (SHE/HER), MSW, BSW, RSW.

Lunelight Therapy, Indigenous Women-Led Services

Price: \$120/Session, coverage under NHIB.

Ph: 1204-698-6730

E-mail: LunaLightTherapy@gmail.com

Website: https://www.facebook.com/people/Lunalight-Therapy/

DR. LINDSAY WOODS (SHE/HER), C. PSYCH

New Directions *Waitlist*

Price: \$195/Session, coverage through FNIHB, contact for list of insurances accepted.

Ph: 1204-230-4983

E-mail: Lindsay.Woods@newdirections.mb.ca

Website: https://newdirections.mb.ca/dt_team/lindsay-woods/

**BOLAJI AKINYELE-AKANBI (SHE/HER),
HONS. MSW., PHD CANDIDATE, CLINICAL
THERAPY**

Peace Wholeness Centre

Price: Contact for information, insurance accepted.

Ph: 1431-305-7478

E-mail: Peacewcl@gmail.com

Website: Http://peacewholenesscentre.com

**SANGEETA KOTHARI (SHE/HER),
COUNSELLOR, MSW, RSW**

Brave Canvas Art Therapy

Price: \$80-\$100/HR, Sliding scale available, Blue Cross
accepted.

Ph: 1431-336-7743

E-mail: pink453@gmail.com

ARTHUR WELDON (HE/HIM), O.T

Proactive Rehabilitation Centre

Price: \$90-\$120/HR, sliding scale available and insurance
accepted.

E-mail: ArthurJWeldon@gmail.com

Website: http://proactivetherapymb.com

ALLISON PARK (SHE/HER), MFT

Park Therapy and Consulting

Price: \$90/HR individual, \$95/couples, \$100/family, sliding scale available.

Ph: 1204-993-0170 (text or call)

E-mail: allison.parktherapy@gmail.com

Website: http://parktherapyandconsulting.ca

EUGENIA LEHMANN (SHE/HER), RSW, BSW, MSW.

Eugenia Lehmann Counselling Services

Price: \$130/HR, service provider via Victims of Crime Program, FNIHB, MPI, and CFS services. Most insurances accepted, sliding scale available.

Ph: 1204-887-4572

E-mail: info@eugenialehmann.ca

Website: www.eugenialehmann.ca

NADINE MCLEOD (SHE/HER), RSW, MSW

Good Life Therapy

Price: \$80/HR Psychotherapy, see website for more information

Ph: 1204-227-8317

E-mail: Nadine@Goodlifetherapy.net

Website: http://Goodlifetherapy.net

GISELLE BERNARDO (SHE/HER), CSW

Udynamics Therapeutic Wellness

Price: \$136.50/Individual, \$157.50/Family, sliding scale available.

Ph: 1204-899-0393

E-mail: giselle@udynamics.ca

Website:

<https://www.psychologytoday.com/ca/therapists/giselle-bernardo-winnipeg-mb/784485>

SEIJIRO TSUCHI (HE/HIM), CSW

Private Practice

Price: \$110/HR, most insurances accepted, sliding scale available.

Ph: 1204-612-8614

E-mail: seijiro4@yahoo.com

Website: <https://www.sejirotsuchi.ca>

JEANNETTE BODNAR (SHE/HER), MMFT

Page One Counselling

Price: \$125/HR, insurance accepted

Ph: 1204-881-7574

E-mail: jeannettebodnar@gmail.com

Website: www.pageonecounselling.ca

CHANTAL CARRIERE-KHAN (SHE/HER), BSW, RSW

Positive Perspectives, counselling in French and English

Price: \$135/HR, most insurances accepted, sliding scale available.

E-mail: positivechantal@gmail.com

Website:

<https://www.positiveperspectives204.com/chantal-khan>

RANJODH 'RONI' DHALIWAL (HE/HIM), BSW, MSW, RSW

THR Therapy, Private Practice out of Safe Harbour Therapy

Price: \$115-\$100/HR, insurance accepted.

Ph: [1204-817-8671](tel:1204-817-8671)

E-mail: THRtherapy@yahoo.com

Website: www.safeharbourtherapy.com

WAI MEI KWOK (SHE/HER), MMFT

Wai Mei Therapy

Price: \$100/HR, sliding scale available

Ph: [1204-813-7046](tel:1204-813-7046)

E-mail: waimeitherapy@gmail.com

LIEZEL AMBALINA (SHE/HER), MSW, RSW

Gfit Wellness

Price: \$90/HR

Ph: 1204-997-0960

E-mail: liezelmsw@gmail.com

Website: <https://www.gfitwellness.ca/team/liezel-ambalina>

GRACE ODUPITAN (SHE/HER), BSW, RSW

Grace Wellness Centre & partner with Udynamics

Therapeutic Wellness Center

Price: \$90-\$110/HR, insurance accepted, sliding scale available

Ph: 1431-305-7580

E-mail: Gracewellness@gracelikerain.ca

Website:

<https://www.psychologytoday.com/ca/therapists/grace-odupitan-udynamics-therapeutic-wellness-ctr-winnipeg-mb/825200>

FLORENCE GRAY (SHE/HER) BSW, RSW

Mount Carmel Clinic

Price: Subsidized for community catchment area

Ph: 1204-589-9473

E-mail: fgray@mountcarmel.ca

Website: www.mountcarmel.ca

RECENE VALGARDSON (SHE/HER) BSW, RSW

Positive Perspectives

Price: \$135/HR, Registered with FNIHB, sliding scale available

E-mail: recenevalgardson@gmail.com

IG: [@Recenevalgardson.wpg](https://www.instagram.com/Recenevalgardson.wpg)

Website: www.Positiveperspectives204.com

CARO IBRAHIM (HE/HIM) MPS SCP, CRPO, CCPA

Just Healing Psychotherapy (English and Arabic)

Price: All fees are sliding scale, limited appointment slots for "pay what you can" for those who identify as BIPOC and 2SLGBTQ+ and those under the IFHP

Ph: [1204-809-5785](tel:12048095785)

E-mail: caro.ibrahim@justhealing.ca

Website: www.justhealing.ca

JANE KAMABU (SHE/HER) MSW, RSW

I am Strong Therapy & Consulting, services offered in English, Kiswahili and Kikuyu

Price: \$120/HR and Free up to 22 sessions for individuals under Treaty Status

Ph: [1204-330-7132](tel:12043307132)

E-mail: jwkamabu17@gmail.com

Website: www.iamstrongtherapy.ca