



# **B I P O C**

## **MENTAL HEALTH WORKER LIST**

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

# **2022**

## **WANT TO BE ADDED?**

**HAVE QUESTIONS OR WOULD LIKE TO REGISTER  
YOUR SERVICES? CONTACT CHANCE AT:**

**[CDUPUIS@NINECIRCLES.CA](mailto:CDUPUIS@NINECIRCLES.CA)**



# 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](tel:1204-396-5040)

E-mail: [PurposefulCounselling@gmail.com](mailto:PurposefulCounselling@gmail.com)

Website: [www.purposefulcounselling.ca](http://www.purposefulcounselling.ca)

## **BEN CAPILI (THEY/THEM), MSW, RSW**

Liminal Space Therapy

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

Ph: [1204-799-3806](tel:1204-799-3806)

E-mail: [Ben@Liminalspacetherapy.com](mailto:Ben@Liminalspacetherapy.com)

Website: [www.LiminalSpaceTherapy.com](http://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](tel:1204-995-2735)

E-mail: [info@pearls-counselling.com](mailto:info@pearls-counselling.com)

Website: [www.pearls-counselling.com](http://www.pearls-counselling.com)

## **MATHEW THOMAS (HE/HIM), RP**

Riverbend Counselling & Wellness

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

Ph: [1204-334-4801](tel:1204-334-4801)

E-mail: [matt@riverbendcounselling.ca](mailto:matt@riverbendcounselling.ca)

Website: [www.riverbendcounselling.ca/mthomas.html](http://www.riverbendcounselling.ca/mthomas.html)

## **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

## **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\_

## **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

## **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

## **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

## **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.gabrielafonseca.counselling.com

## **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

## **BARRY FONTAINE (HE/HIM), RSW, MSW**

Indigenous Counselling & Education Services

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

Ph: 1204-999-1625

E-mail: info@IndigenousCounselling.ca

Website: www.IndigenousCounselling.ca

## **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

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

E-mail: Mary-Ann@Improveyourlifenow.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

## **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



**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

**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.**

Lunalight 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/](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: Peacewc1@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

**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

## **ALLISON PARK (SHE/HER), MFT**

Park Therapy and Consulting

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

Ph: [1204-993-0170](tel:1204-993-0170) (text or call)

E-mail: [allison.parktherapy@gmail.com](mailto: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](tel:1204-887-4572)

E-mail: [info@eugenialehmann.ca](mailto:info@eugenialehmann.ca)

Website: [www.eugenialehmann.ca](http://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](tel:1204-227-8317)

E-mail: [Nadine@Goodlifetherapy.net](mailto:Nadine@Goodlifetherapy.net)

Website: <http://Goodlifetherapy.net>

## **TORI MYSKIW (SHE/HER) M.ED., CCC**

Counselling Psychology Therapist

Price: \$140/50 Mins, Blue Cross Provider Number.

E-mail: [lumatherapy.ca@gmail.com](mailto:lumatherapy.ca@gmail.com)

IG: [@luma.therapy](https://www.instagram.com/luma.therapy)

Website: [www.lumatherapy.ca](http://www.lumatherapy.ca)

## **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>

## **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>

## **WAI MEI KWOK (SHE/HER), MMFT**

Wai Mei Therapy

Price: \$100/HR, sliding scale available

Ph: 1204-813-7046

E-mail: waimeitherapy@gmail.com

**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](mailto: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](mailto:THRtherapy@yahoo.com)

Website: [www.safeharbourtherapy.com](http://www.safeharbourtherapy.com)

**RECENE VALGARDSON (SHE/HER) BSW,  
RSW**

Positive Perspectives

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

E-mail: [recenevalgardson@gmail.com](mailto:recenevalgardson@gmail.com)

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

Website: [www.Positiveperspectives204.com](http://www.Positiveperspectives204.com)

## **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

## **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

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

E-mail: jwkamabu17@gmail.com

Website: www.iamstrongtherapy.ca

## **HANI ATAAN (HE/HIM) A. (MMFT-C.C.C.)**

Self Therapy Space. Consulting, training, and action planning additionally available.

Price: \$125/HR individual, \$145/HR couple & family.

Free for Indigenous youth under 18. Sliding scale available

Ph: 204-979-0969 (call/text)

E-mail: selftherapyspace@gmail.com

## **DANIELLE PEEBLES (SHE/HER), MSW, RSW, MSW-IK (INDIGENOUS KNOWLEDGES)**

Jonah Counselling, Independent counsellor/consultant- working only Fridays.

Price: \$120/HR, contact for sliding scale, FNIHB/NIHB accepted.

Ph: 204-797-4480

E-mail: drpeebles03@gmail.com