

Transformation Through Therapy

relationship and helped to identify alternative responses.

Ultimately though it was the individual counselling I received from a highly skilled therapist that set everything in motion.



I was encouraged to look at life as it 'could be' rather than continue to immerse myself in the seeming hopelessness of the day to day struggle I had endured for almost 30 years! With a step by step approach, we were able to plan a practical course of action which I embarked upon with conviction. I knew I had to stick to that plan and not falter, or perhaps not have the strength to make this attempt again.

In retrospect before discovering Connect Counselling & Therapy, the task seemed insurmountable,

and I confess at times, looked so bleak that I was considering the 'ultimate' escape. I have no doubt, that they provided the life raft I needed in an increasingly turbulent current.

I am happy and independent today, living a stress free, creative and purposeful life.

I will be eternally grateful to Connect Counselling & Therapy for saving my life.

As I write this I'm filled with deep gratitude and a new found joy, in the tranquil comfort of my new home. I credit this transformative development to Connect Counselling (formerly "The Kelowna Family Centre"), where I was skillfully guided in the direction of this happy pursuit.

The 'Finding Our Voices' group empowered me to do precisely that, and experiencing the support and encouragement of others in abusive situations motivated me to make the often difficult but necessary changes I needed to bring this about. Other groups offered and provided insight into behavioural patterns I had developed for coping within an unhealthy

Connect Counselling & Therapy Society

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Counselling for the Community

For over 30 years Connect Counselling & Therapy has been addressing the complex and inclusive needs of individuals and families in our community.

Our services to women, children, youth, men, families, seniors and couples addresses areas such as anxiety, depression, family transition, grief, intimate partner violence, trauma, parenting and so much more!

Most of our services are provided free of charge.



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