



Edmonton South Office
Suite 507, 8215 112th street
College Plaza
Edmonton, Alberta

Lihchin Tan, M.A.C.P, CCC (Telephonic/video/In-person)

Hours:

Mon: 13:00 pm- 8:00 pm
Tue: 13:00 pm- 8:00 pm
Thu: 8:30 am- 3:30 pm
Fri: 8:30 am- 3:30 pm

Lihchin holds a Master of Social Science degree in Counselling and Psychotherapy and is a Canadian Certified Counsellor and Registered Clinical Counsellor. She has worked extensively with youths and their families, adults, and couples over the last 10 years. In addition, Lihchin worked as a crisis counsellor for over 8 years, attending to people who were suicidal and victims of domestic violence. She also served as clinical supervisor to new crisis counsellors. As a trainer, she has conducted many workshops for youths and young adults in topics ranging from self-awareness, relationship management, adjustment, etc.

Lihchin's emphatic and gentle demeanor helps clients feel safe in sharing about their complex and often overwhelming difficulties. Having worked with clients across the many intersections of identity, including ethnicity and gender, Lihchin adopts a culturally informed practice and strives to understand each individual in their unique cultural environment. Lihchin believes strongly in empowering clients so that they can resolve difficulties on their terms. By creating a safe space in which clients are guided to focus on their thought-process and emotions, she helps clients better understand themselves so as to make decisions that enable living more authentic and congruent lives.

Lihchin adopts an integrative approach in her clinical practice, combining client-centered, cognitive-behavioral, and emotion-focused philosophies. She has helped many clients live a full life whilst managing mental health challenges, grief and loss, and other social-emotional difficulties. Lihchin is also trained in family mediation, child-inclusive mediation and counselling, and has helped many couples (and their young children) work through divorce whilst prioritizing the best interests of their children. Lihchin provides counselling services in English and Mandarin.'



Brenda Peters , BA, BSW, RSW, MEd, CCC (In-person)

Hours:

Tue : 8:30 am- 4:00 pm

Tue: 8:30 am- 4:00 pm

Thu: 12:00 pm -7:30 pm

Fri: 9:00 am- 5:00 pm

Brenda is a Registered Social Worker and Certified Clinical Counsellor with over 15 years of clinical experience working with adults. She has extensive experience in the areas of attachment, anxiety, depression, trauma, stress, parenting, relationship support and grief.

She has completed training and has certifications in grief, attachment, body image and obesity and trauma. She is passionate about working with adults who are struggling with transition and change ie. grief, loss, job loss, career change, loneliness, retirement, empty nest, relationship separation or divorce, chronic pain and health conditions, relocation and aging.

She utilizes a number of modalities in my work including; narrative, solution – focused, emotionally focused (EFT) trauma informed, attachment, Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) and Eye Movement Desensitization and Reprocessing (EMDR). I also have education in the areas of substance use and codependency.

She is currently working on enhancing her competency in the areas of Trauma and Attachment, Palliative, Hospice and End of Life, Grief Certification, Body Acceptance and Natural Processing Theory. Most of all, she approaches her work with Clients with compassion, empathy, understanding and respect.



Darlene Brink BA, MA (In-Person)

Hours:

Tue : 10:00 am - 6:00 pm

Wed: 10:00 am - 6:00 pm

Thu : 10:00 am - 6:00 pm

Darlene Brink , BA , MA , professional counselling journey began after a MA in Counselling from Providence Seminary in Otterburne, Manitoba. She was stretched as a person and a developing professional. These years proved to be some of the toughest in her life but would prove to be valuable as a therapist.

Her first experience post master's was hands on developing curriculum and counseling students in 2003. She loved this opportunity to be on the other side of the learning experience.

The next deep dive was into mental health as a case worker and then as a supervisor at a mental health residential facility. This initiated her experience into lifelong struggles young adults face due to their diagnoses.

After working with women in an addictions centre, it became clear to her that this combination left a lasting impression on her.

For the next fifteen years, she worked in the Employee Assistance Field with individuals, families, and couples. Even though each story was distinct, there was always the need to be valued and accepted.

She uses the following treatment approaches to guide her practice: Cognitive Behavioral (CBT), Couples Therapy (Level 2 Gottman), Solution Focused Brief Treatment and a variety of somatic coping skills.



Hannah Barrington, Master of Counselling (In-Person)

Hours:

Mon : 8:00 am - 10:00 am

Tue : 8:00 am - 3:00 pm

Hannah Barrington, Master of Counselling. As a dedicated psychotherapist specializing in children and teens, Hannah is devoted to supporting the mental health and emotional well-being of young people. With over two decades of experience building capacity as a clinical counsellor and registered nurse, she brings a compassionate and research-grounded approach to her practice.

Hannah holds a Bachelor of Science in Nursing and a Master of Counselling which equip her with the knowledge and skills to address a wide range of psychological issues. Her practice is centered on creating a safe and nurturing environment where children and teens feel heard, understood, and empowered.

Hannah has expertise in working with neurodivergent children and adolescents. She specializes in treating anxiety, depression, ADHD, trauma, and behavioural disorders, drawing on therapeutic techniques including cognitive behavioural therapy, dialectical behaviour therapy, solution-focused therapy, and play therapy. Her mission is to help young people build resilience, develop healthy coping strategies, and achieve their fullest potential in life.

Belinda Leighton, MED, MSc, PhD, (Telephonic/video)

Hours:

Mon: 11:30 am- 6:00 pm

Tue: 11:30 am- 6:00 pm

Wed: 11:30 am- 6:00 pm

Thu : 9:00 am- 4:00 pm

Dr. Belinda Leighton, M.Ed., M.Sc., PhD, is passionate about helping her clients to develop resilience throughout the lifespan. She holds a PhD in Health Psychology and focused her research on resilient aging. She also has a Master of Science from Loma Linda University in Couple and Family Therapy, a Master of Education from McGill University in Adult Education and is uniquely trained as a clinical / counselling, industrial /organizational and health psychologist. Dr. Leighton is also an associate professor at City University and teaches Family Systems, Couples, Grief and Group Therapy to master's level counselling students.



Scott Coleman, MAPPC, CCC, (Telephonic/video)

Hours:

Mon: 9:00 am – 4:30 pm
Tues: 9:00 am – 4:30 pm
Wed: 9:00 am – 4:30 pm
Thu: 9:00am – 4:30 pm
Fri: 8:00 am – 3:30 pm
Sat: 8:00 am – 1:30 pm

Scott Coleman has a master's degree in pastoral counseling from St. Andrew's College in Saskatoon (federated college with the University of Saskatchewan), an undergraduate degree in psychology from Concordia University College of Alberta, training in Somatic Experiencing, sensorimotor therapy (techniques for working with trauma and other emotional regulation issues), and mindfulness training. He has worked in the human services industry since 1998 in the fields of counseling, education and social work. Scott has contributed to Canadian Teacher Magazine on various issues. Scott specializes in working with anxiety, stress management, trauma, substance abuse issues, children and adolescents, neurodiverse populations, and families.

Kingsley Oriuwa, BSW, MSW, MPA, RSW (Telephonic/video)

Hours:

Mon: 6:00 pm – 9:00 pm
Wed: 6:00 pm – 9:00 pm
Thurs: 6:00 pm – 9:00 pm
Sat: 9:00 am – 4:00 pm

Kingsley obtained a Master's degree in Social Work (MSW) at Washington University in St. Louis, Missouri after obtaining a Diploma and Bachelor's degree in social work at University of Calabar, Nigeria. Kingsley also obtained a Master's in Public Administration at the Johnson Shoyama Graduate School of Public Policy, University of Saskatchewan. Kingsley worked with a non-profit organization in Washington DC as a Clinical Case Manager and a Clinical Social Worker at Saskatchewan Health Authority. Kingsley is currently working full-time at Alberta Health Services as a Mental Health and Addiction Therapist. Over the past 10 years, Kingsley has worked as a therapist addressing issues such as anxiety, depression, anger management, interpersonal problems, self-esteem, OCD, PTSD, ADHD, suicide, self-harming, sleeping, childhood/adolescent behavioral issues, and parenting. As a Mental Health and Addiction Therapist, Kingsley uses various types of therapeutic approaches, such as solution focused, cognitive behavioral therapy, trauma focused cognitive behavioral therapy, functional family therapy, motivational interviewing approaches and family coping resources. He is member in good standing with the Alberta College of Social Work and Saskatchewan Association of Social Workers.



Mary Fahmy, MA, RSW, CCC (Telephonic)

Hours:

Mon: 8:30 am – 3:00 pm
Thu: 8:30 am – 3:00 pm

Mary Fahmy obtained her BA in Psychology from the University in Cairo, Egypt and her Master's degree in counseling from the University in Washington. She is a member of the Canadian Counseling Association as well as a Registered Social Worker and a member of the Psychologist Association of Alberta. A few areas Mary specializes in include marital/relationship issues, parenting, depression, anxiety, self-esteem, multicultural issues as well as anger, stress and stress management. Mary speaks Arabic and English.

Tania Bryan, MACP, CCC, CCPA (Telephonic/video)

Hours:

Tue: 1:00 pm- 5:30 pm
Fri: 10:00 am- 3:00 pm

Tania Bryan is a quiet but approachable therapist. She believes deeply in the capacity of all people to change and grow out of even the most difficult life circumstances. She brings to Homewood her training in education, social work and counselling and over 20 years of experience. She holds a Master's degree in Counselling Psychology and is a registered C.C.C. member of CCPA.

Tania is respectful and sensitive to diversity issues and engage all clients to openly share their personal and historical stories of strengths and struggles."

Wendy Hunter BSW , MSW (Telephonic/video)

Hours:

Tue : 9:00 am - 2:00 pm
Wed: 9:00 am - 2:00 pm
Thu : 9:00 am - 2:00 pm

Wendy Hunter, MSW, RSW, is passionate about being an effective listener to support clients dealing with emotional regulation such as anxiety and depression, stress management, communication concerns, and addressing trauma and addiction issues. She graduated from the University of Calgary with a Masters in Social Work in 2014. She utilizes multiple therapeutic approaches, but mainly uses dialectical behavioural therapy, cognitive behaviour therapy along with life skills such as effective communication in her practice.



Mary Nyachieo BSW , MSW (Telephonic/video)

Hours:

Mon : 4:00 pm - 7:00 pm
Tue : 4:00 pm - 7:00 pm
Wed: 4:00 pm - 7:00 pm
Thu : 4:00 pm - 7:00 pm
Sat : 9:00 am - 12:00 pm

Mary Nyachieo has BSW/MSW from Delaware State University, Delaware USA, currently registered with ACSW Alberta and SASW Saskatchewan. She has experience working in the Social Services and Medical settings. She strongly believe in listening, understanding and validating my clientele's concerns. she is adept at equipping and educating people in ways that help them to make a true positive change in areas of need.

She has had the opportunity to meet and work with people from all different walks of life; ethnicity, cultures, heritages, languages, beliefs and values.

she connects easily with clients, which makes them feel supported as they work through their struggles. she applies various modalities during counseling, but mostly Solution-focused and Strength Based. she loves to see her clients experience freedom and healing as quickly and effectively as possible.

she deals with Personal Issues, Family/marital relationship, Crisis Intervention, Psychological issues, Social and work related, and Other Issues – Sickness, Grief, Spiritual Problems, and Spiritual Growth and Culture Identity

In addition, she is a trained Trainer in Compassion Fatigue from TREND, Ontario, which focuses on professional and individuals that are facing physical and emotional exhaustion. This method introduces strategies for integrating self-care, mindfulness activities and how to manage conflict in high stress workplaces.

Registered member of Alberta College of Social Workers and Saskatchewan College of Social Workers



Beena Naqvi , BSW , MSW (Telephonic)

Hours:

Tue : 10:00 am - 5:00 pm
Thu : 10:00 am - 5:00 pm
Fri : 10:00 am - 5:00 pm

Beena works with adolescents, adults, couples, and families. My work experience includes working as a Counsellor and a Mental Health Therapist in private practice, corporate setting, government, hospital, school board, and with community agencies. I have worked as a Social Work Consultant with a school board, as a Mental Health Therapist with the Child and Family Psychiatry Unit and Children and Adult Crisis Teams (AHS), in the areas of addiction and mental health, in business and community settings, and supervised Social Work students for the University of Alberta Faculty of Medicine and Dentistry and MacEwen University. My practice uses Solution Focused, Cognitive Behavioral (CBT), Structuralist, and Narrative Approaches. I have specialized training and a certificate in addictions studies. I also have several years of experience in crisis response and management.

External Provider Locations & Number of Providers in the Area

Edmonton - 44 Providers
Grande Prairie- 10 Providers
Sherwood Park – 11 Providers
St Albert – 7 Providers
Leduc – 2 Providers
Bonnyville- 1 Provider
Camrose - 6 Providers
Morinville- 3 Providers
Valleyview- 1 Provider
Whitecourt- 1 Providers
Whitehorse – 11 Providers
Yellowknife – 3 Providers
Fort McMurray – 6 Providers
Athabasca - 2 Providers
Cold Lake - 4 Providers
Lacombe - 3 Provider
St. Paul – 2 Providers
Hinton – 2 Providers
Lloydminster – 4 Providers
High Level – 2 Providers

PLEASE NOTE: The above information, including specific counselors and their hours of availability, is subject to change.

In addition, EAP services are available nationally and internationally.
For the complete current information please call the Homewood Health EAP at 780-428-7587.