



LAURA STRONG MSW, RSW
Clinical Social Worker

Highlights

- Experienced Mental Health therapist with over a decade experience in the mental health and addiction field, providing advanced clinical therapy to moms, teens and adults.
- Clinical Social Worker with the Mental Health and Addictions program, Eastern Health, providing out-patient individual, couple and family therapy as well as group facilitation and development.
- Providing private counselling for the past 10 years through Employee Family Assistance Program (EFAP), private insurance and private pay.

Areas of Speciality

- **Maternal Mental Health and Wellness** (pre/post partum depression, anxiety, rage), transition and preparation for parenthood/ motherhood;
- **Perinatal loss and grief;**
- **Generalized and social anxiety;**
- **Depression;**
- **Self-esteem/Self-worth;**
- **Addiction; and**
- **Adjustment/preparation for parenthood/motherhood.**

Specialized Training

- Maternal Mental Health Certificate;

- Certified Bringing Baby Home Facilitator (Gottman Institute);
- Dialectical Behavioural Therapy Level 1 and 2;
- Emotion Focused Family Therapy;
- Cognitive Behavioural Therapy;
- Mindfulness Based Cognitive Behavioural Therapy;
- Solution Focused Therapy; and
- Motivation Enhancement and Relapse Prevention.

Session Format

- In-person, skype, telephone and e-counselling

Cost

- Covered by most insurance companies, private pay and EAP services

Contact

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