



**FNHA Mental Health Provider List**

Listed below are the names and contacts of counselors within the Secwepemc Territory through FNHA who are here and ready to support our nation members during these stressful times. Contact a counselor of your choice so that they can connect with you by phone, or online.

SERVICE PROVIDER	TELEPHONE	EMAIL	LOCATION
Karen Lara	250-299-8543	info@antarescounselling.com	Kamloops
Tracy Davison	250-320-3407	finefeathercounselling@gmail.com	Kamloops
Nicole Befurt	250-319-8596	<a href="mailto:nbefurt@gmail.com">nbefurt@gmail.com</a>	Kamloops
Jeff Conners	250-819-0316	jeffreydavidconners@gmail.com	Kamloops
Shannon Ritchie	250-819-1902	<a href="mailto:sritchie@rbpinterior.com">sritchie@rbpinterior.com</a>	Kamloops
Robert Dolson	250-319-0101	rdolson@rbpinterior.com	Kamloops
Kalie McIntosh	250-574-1426	<a href="mailto:kmcintosh@rbpinterior.com">kmcintosh@rbpinterior.com</a>	Kamloops
Shelley Bonnah	250-819-1898	<a href="mailto:sbonnah@rbpinterior.com">sbonnah@rbpinterior.com</a>	Kamloops
Wade Alexander	778-472-0388	<a href="mailto:Focusing-with-wade@shaw.ca">Focusing-with-wade@shaw.ca</a>	Kamloops
Corrinna Douglas	250-299-4197	corrinna@cordiscovery.ca	Kamloops
Erle Jaeger	778-281-1287	Ejaeger4@gmail.com	Kamloops
Elyssa Krutop	250-571-6953	ekrutop@alignedcounselling.com	Kamloops
Cole Levitt	778-220-1410	clevitt@alignedcounselling.com	Kamloops
Urszula Zawadzka	250-377-5433	uzawadzke@alignedcounselling.com	Kamloops
Dave Freeze	250-318-1099	dave@riplerockconsulting.com	Kamloops
Robin Collins	778-257-1150	robin@collinscounselling.ca	Kamloops
Matt McLean	250-320-0846	mattmcleancounselling@gmail.com	Kamloops



Bobbie Rasmussen-Merz	250-879-2244	bobbie@artandpossibility.com	Kamloops
Gina Carnegie	250-879-0234	gina@charmcountselling.ca	Kamloops
Sharon Todd	250-320-8615	Stodd66@telus.net	Kamloops
Shelley Blair	250-819-1685	shelleyblair@live.ca	Kamloops
Magdalena Tornyai	250-315-8432	magditornyai@gmail.com	Kamloops
Nicole Tourangeau	250-981-2960	Nicole.tourangeau@alumni.unbc.ca	Kamloops
Mark Moody	250-899-5278	markmjmoody@gmail.com	Kamloops
Rachael Pasemko	250-318-0652	rachael@lighthousetherapy.info	Kamloops
Patrick McDonald	778-257-7801	Mcd9396@telus.net	Kamloops
Sandip Sadhra	778-257-0480	ssadhra7@gmail.com	Kamloops
Ricardo Pickering	250-842-8552	dickiepickering@gmail.com	Cache Creek
Kendra Rogers-Calabrese	250-398-6378 / Or text 250-398-0438	Wellnest213@telus.net	Williams Lake
Jennifer Hanson	604-866-6585	opencirclecounselling@gmail.com	Williams Lake
Carrie McNeely	250-819-0268	Dragonflycounselling.ca	Kamloops
Narinder Serown	250-682-1074	<a href="mailto:Nserown1@gmail.com">Nserown1@gmail.com</a>	Kamloops
Mary Widmer	250-554-4747	<a href="mailto:mary@candcresources.com">mary@candcresources.com</a>	Kamloops
Jolene Lindsey	250-554-4747	<a href="mailto:jolene@candcresources.com">jolene@candcresources.com</a>	Kamloops
Jillian Shepard	250-554-4747	<a href="mailto:jillian@candcresources.com">jillian@candcresources.com</a>	Kamloops
Jennifer Dustin	250-554-4747	<a href="mailto:jennifer@candcresources.com">jennifer@candcresources.com</a>	Kamloops
Adele Huculak	250-554-4747	<a href="mailto:adele@candcresources.com">adele@candcresources.com</a>	Kamloops