

How we think and feel is intricately connected to our behaviour and physical health. When not managed well, mental health issues can worsen or increase the risk of multiple chronic conditions. Our mental health team supports mental wellbeing and helps build a successful path to improved wellness.

### Managing Stress & Building Resilience

Chronic stress can worsen or increase the risk of obesity, heart disease, Alzheimer's disease, diabetes, depression, anxiety, gastrointestinal problems, headaches, and asthma. We offer Cognitive Behavioural Therapy and other strategies to help build stress-management skills. Our team can help to build resilience and skills to adapt to significant sources of stress.

### Strategies for Success

We help clients reflect on and understand how thoughts and emotions can get in the way of successfully managing situations and challenges in life. Strategies and solutions for making positive changes are discussed.

### Disability Management

We work with case managers to offer group and individual support for clients and injured workers who are having difficulty coping following injury, accident or diagnosis of illness.

### Our Mental Health Team (Onsite and virtual appointments are available)



**Kamara Tayo-Jones**  
MSW, RSW, BA.Sc

- Behaviour Change
- Cognitive Behavioural Therapy (CBT)
- Disability Management
- Individual/Group Therapies

- Pain Management
- Stress Management & Building Resilience
- Weight Loss Clinic



**Cheryl Swanson**  
Psychology Associate

- Behaviour Change
- Cognitive Behavioural Therapy (CBT)
- Disability Management

- Individual/Group Therapies
- Stress Management & Building Resilience

Contact [rehabclinic@wellnessinstitute.ca](mailto:rehabclinic@wellnessinstitute.ca) or **204-632-3910** for more information.