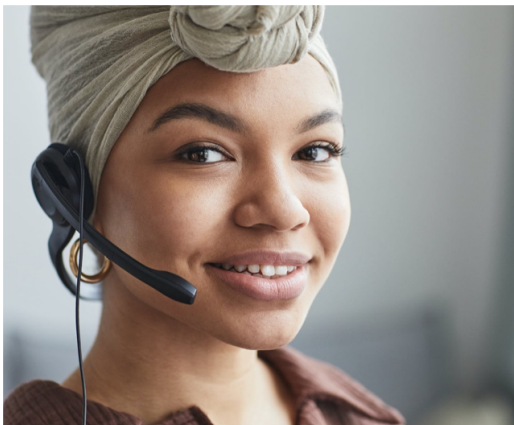


# NIHB Approved Mental Health & Addictions Counsellor



Contact the  
Counsellor

Office: 780-607-2811

Email

[contact@bestoptioncare.com](mailto:contact@bestoptioncare.com)

Here to support your wellbeing. **FREE** counselling for Indigenous clients across Northwest Territories and other parts of the country. Flexible evening and weekend sessions available for your convenience.

- Post Traumatic Stress Disorder
- Depression
- Anxiety
- Intergenerational Trauma
- Coaching
- Life skills development
- Goal setting



**Costa Ndlovu MScHP, BScN,  
Diploma Leadership & Coaching**

**BOOK YOUR  
FREE DISCOVERY  
CALL TODAY**

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Email:  
[contact@bestoptioncare.com](mailto:contact@bestoptioncare.com)

Northwest Territories,  
Alberta, Ontario &  
UK

Registered Psychiatric Nurse, Addictions Counsellor & Health Promotion practitioner with over 15 years experience. Provides trauma responsive counselling grounded in cultural responsiveness. Extensive experience in Mental Health & addictions counselling.

Also offering Mental Health coaching, supporting you to create your goals and develop a plan and pathway to achieving your desired goals.



Best Option Health Services

## The **KEY** program



A safe home is the **KEY** to stability. People experiencing mental illnesses and addiction challenges are disproportionately affected by homelessness. Responsive housing is key.

### Introducing the **KEY** program.



A home is more than just accommodation. A home is a safe space, where one would thrive and realize their full potential. In Maslow's hierarchy of needs, housing is one of the fundamental needs and rights for human existence. We have emerged to respond to transitional and supported living needs. We have refurbished modern and functional housing units that are designed with the different client's needs.

**24/7 support access**

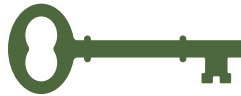
What does  
K.E.Y stand for?



**Knowledge Empowerment & YOU**



What does the K.E.Y  
program offer?



### **Knowledge-**

Providing information to clients about their mental health and social circumstances is very important. Knowledge is power and when one is knowledgeable, they have a better chance of making informed decisions about their health. Our in-house Counsellors and Psychologist facilitate individualized sessions and jointly create care plans with our clients.

### **Empowerment**

When a person is helped, they are likely to seek more help, but if they are empowered and supported, they are likely to identify solutions for challenges they face.

### **YOU**

We believe that our clients are not passive recipients of care, but they should be active participants. Our service offer puts the client at the centre of everything we do.