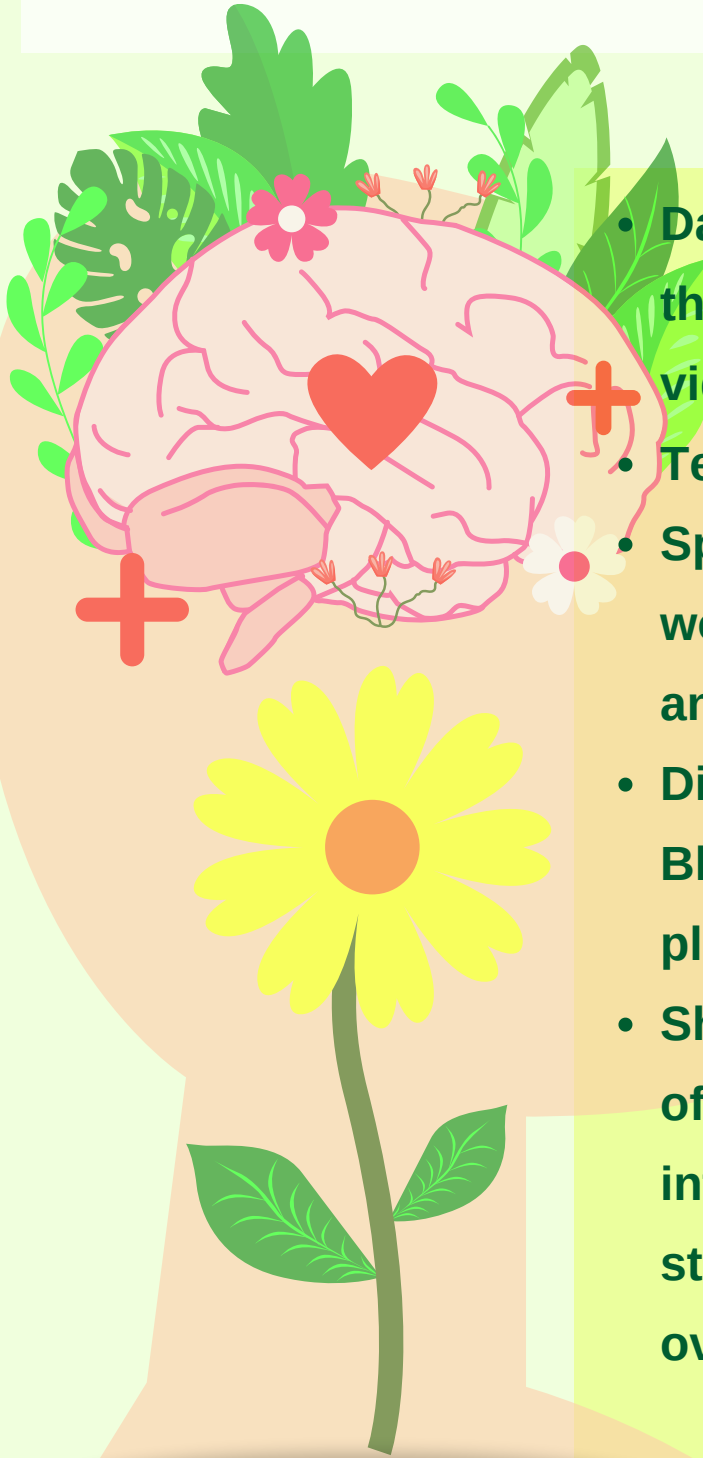


THE THERAPY SERVICES WITH DARCI



- Darcie offers personalized individual therapy in - person and via Webex video
- Teens, adults and seniors
- Special interest in anxiety, depression, women's health, enhancing self -worth and developing self - compassion.
- Direct billing to Bluecross, Medavie Bluecross and Greenshield insurance plans
- She is also a certified yoga instructor offering restorative yoga practice to intimate groups for those experiencing stress, anxiety, or feeling overwhelmed.

\$140 / 50 min session
*sliding scale option available

call 204-254-4257 to book