

Payment

Accepted payment methods include e-transfer or credit card (Visa or Mastercard only). If e-transfer is the preferred payment method, a credit card is still required to be kept on file. If e-payment is not received within 48 hours of your appointment, the fee will be put through on your credit card.

Please be aware that our services are not covered by the Medical Service Plan (MSP).

Receipts will be issued to clients electronically. These receipts may be submitted to insurer for reimbursement. Please contact your insurer to find out the terms and conditions of your annual extended health plan coverage.

Hours of Operation

Individual appointments are available Monday through Sunday, including some evenings, depending on the availability of the individual clinician.

Appointments can be made directly with an individual clinician. You may view availability of some of our clinicians using our online booking page <https://wisemindcentre.janeapp.com/>.

Please check our website for our current adult and adolescent groups meeting information.

Cancellation Policy

A minimum of 24 hours is required to cancel an individual session without charge. If a session starts late it will end at the originally scheduled time with the same fee arrangement as for a full session.

Please note there is a *no-cancellation policy for group sessions*. This means that participants will be charged for missed sessions even with advance notice. However, participants will not be charged for further sessions if they give 24 hours notice to withdraw from the group. Participants could withdraw from group at any time.

CONTACT US

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Website: www.wisemindcentre.com
Online Booking page:
<https://wisemindcentre.janeapp.com/>

Online Referral Form:
<http://wisemindcentre.com/electronic-referral-form/>

Wise Mind Centre

**Compassionate delivery of
psychological treatments that work**



**WISE MIND
CENTRE**

Clinical Services

We provide evidence-based treatments such as cognitive behavior therapy, dialectical behavior therapy, and mindfulness-based treatments. Services are delivered in three modalities:

Individual Therapy

Group Therapy

Online Therapy

We provide treatments for a number of psychological concerns including (but not limited to) the following:

- Anxiety disorders
- Depressive disorders
- Obsessive-compulsive disorder
- Stress from significant life challenges (divorce, personal injury or illness, etc.)
- Stress (e.g., from work, school, personal relations)
- Anger problems
- Parenting difficulties
- Emotion regulation difficulties
- Borderline Personality Disorder
- Trauma/Post-traumatic Stress Disorder
- Self harm
- Suicide ideations
- Interpersonal difficulties

Online Therapy/ Telehealth

We are pleased to offer individual therapy, group therapy, and clinical consultations through the use of live video conferencing through the use of a secure, high speed online platform. We aim to:

- Deliver quality services to individuals living in distant communities within BC;
- Reduce client burdens associated with travelling to our office for treatment; and
- Provide services for existing clients who have to travel out of province on a temporary basis and opt to not miss their therapy sessions

Please check with your insurer to see if they would cover services delivered virtually.

Individual Therapy

We offer individual therapy for **adults** and **adolescents** where we:

- Work with clients to develop specific treatment goals
- Conduct in-depth assessments of our clients' experience
- Provide tailor-made treatments to meet individual needs
- Help clients gain insights to their problems and find solutions to change the thoughts, feelings, and behaviors they want to change

Group Therapy

Wise Mind Centre offers dialectical behaviour therapy (DBT) skills groups for adults and adolescents. Current meeting times for our groups are as follow:

Adults DBT skills groups:

- Tuesdays 4:30-6:30pm
- Thursdays 4:30-6:30pm
- Fridays 9:30-11:30am

Multi-family adolescent skills group:

- Wednesdays 4:30-6:00pm
- Wednesdays 5:30-7pm

Please visit our website for more information.

