



FOR IMMEDIATE RELEASE

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**STG LA RONGE BRANCH IS NOW OFFERING PRIVATE COUNSELLING,
PSYCHOTHERAPY, AND PSYCHOLOGICAL ASSESSMENT.**

LA RONGE, SASKATCHEWAN, February 2, 2023 – STG Health Services Inc. (STG La Ronge Branch) is excited to announce the expansion of its services to include private individual counselling, psychotherapy, and psychological assessment for children, youth, and adults in Northern Saskatchewan.

Counselling and psychotherapy can help individuals manage personal and emotional difficulties including emotional regulation, stress, anxiety, depression, ADHD, and more. “Our team of qualified and experienced professionals is dedicated to helping individuals improve their mental health and well-being,” stated Dr. Chris de Feijter, Managing Partner of STG Health Services Inc.

STG La Ronge Branch is proud to offer specialized evidence-based programs such as “SPACE Treatment,” designed to help parents manage challenging behaviours in children, and the “Cool Kids®” program, designed to treat childhood anxiety. In addition, structured and continuing support for adolescents and adults with borderline personality disorder (BPD) are provided through both individual and group counselling using Dialectical Behaviour Therapy (DBT).

STG La Ronge Branch also offers psychological assessments for ADHD (adults and children), learning disabilities, and other challenges. These assessments can help individuals understand the nature and extent of their strengths and difficulties and can provide valuable information for developing and implementing effective treatment plans.

According to Dr. de Feijter, “a diagnosis is important in understanding and treating mental health challenges, but it is not the final step. Personalized and culturally responsive treatment is essential to help individuals manage their symptoms, reduce distress, and improve everyday functioning.”

For years, Northerners had to travel south to access private counselling, psychotherapy, and psychology services, adding travel and financial stress to already complex situations. “Many of these services can be offered in a secure online clinic environment,” said Dr. de Feijter.

STG is committed to providing the highest quality of care to our clients. “We understand that



mental health services within the northern context are essential for a satisfying and fulfilling life, and we are excited to offer these services to clients in Northern Saskatchewan.”

STG La Ronge Branch is now accepting new clients for individual and group counselling, psychotherapy, and psychological assessment. To schedule an appointment, please visit our website at <https://larongecounselling.com> or call STG at (306) 518-8701.

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