



# Counselling Program for Public Safety personnel Debongshi Chakma



He is interested in helping individuals struggling with anxiety, depression, trauma, PTSD and mental health-related issues and providing them with tools and techniques to understand the art of conscious and healthy living. As part of my unique spiritual training, I offer holistically-integrated psychotherapy from a non-judgmental perspective. Please get in touch with me for details on getting my help for low to no-cost rates!!

Debongshi is a trained Spiritual Counsellor, Registered Psychotherapist, and Meditation Teacher with over 30 years of experience in the field. He has worked with diverse populations, including adults, adolescents, couples, and families, and has provided individual and group counselling.

He studied psychology and emotional intelligence (EI) project management (PM), earned a B.A. (Hons) degree in Buddhist studies, and studied Master of Arts in Counselling Psychology at Yorkville University. Debongshi is a member of the Canadian Counselling and Psychotherapy Association (CCPA), a Registered Psychotherapist, qualifying from the College of Registered Psychotherapists of Ontario (CRPO), and a qualified member of the Ontario Society of Registered Psychotherapists (OSRP). He aims to support and empower people throughout their healing process and make a change in their lives. Debongshi also wants to further his therapeutic skills and deepen his ability to support clients in their healing journey.

To book an appointment with Debongshi, please go to:  
[https://journeytowellnesscounsellingservices.janeapp.com/#/staff\\_member/2](https://journeytowellnesscounsellingservices.janeapp.com/#/staff_member/2)  
Let us know if you would like to join our meditation sessions

#### OSI-CAN Target Demographic

The target demographic of OSI-CAN are but not limited to: Former and serving members of the Canadian Armed Forces, Allied Armed Forces, the Royal Canadian Mounted Police and Frontline Protectors--- Municipal Police Services, CN Police Services, Emergency Medical Services, Fire Protection Services, Wildland Firefighters and Hospital Trauma personnel, Nurses, Healthcare Workers, Crown Prosecutors, Social Workers, Animal Control Officers, Coroners, Indigenous Emergency Management, Victim Services Personnel, Emergency Communications Specialist, Crisis Management Workers (such as Mobile Crisis, etc), Corrections Officers, "Volunteer" First Responders, Conservation Officers, Tow Truck drivers, and private sector First Responders. Persons who in the performance of their jobs are exposed to criminal acts of Trauma. We also provide supports to the spouses and significant others of those exposed to such trauma. This demographic was chosen due to the commonality of experiences they share through the service they provide to the country and community. We have a special interest and support volunteer first responders as they may not have proper access to support.



Mobile Crisis: call 306-757-0127  
Crisis/Suicide Hotline 24/7: 1-833-456-4566  
Or Consult <https://sk211.ca/> to find other help lines  
if you would like an OSI-CAN support group or a spouse of OSI group in your community, contact Julius Brown at 306-552-3801 or 1-888-495-6068

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