## **🌿 Welcome to Serenity Wellness**

### **Supporting Mental Wellness & Recovery in Alberta and Saskatchewan**

Hello and welcome. I'm Dolapo, a dedicated mental health and addictions professional offering **virtual counselling and support services** for individuals and families in **Alberta and Saskatchewan**.

With a strong belief that healing is possible for everyone, my practice is grounded in **compassion, confidentiality, and connection**. Whether you're navigating anxiety, depression, trauma, or substance use challenges, you're not alone. I am here to support you on your journey to wellness.

### **🧠 About Me**

I am a [bachelor and Masters level Registered Social Worker (RSW) in Alberta and Saskatchewan with over five years of experience working in mental health and addictions. My practice is trauma-informed, person-centered, and culturally sensitive.

**Areas of Expertise:**

* Anxiety, stress & burnout
* Depression & mood disorders
* Substance use & addictions
* Trauma & PTSD
* Grief & loss
* Identity issues and difficult family dynamics
* Family and relationship issues
* Social issues—racism, sexism, classism, and more

### **💻 Virtual Services**

I offer **secure, confidential online sessions** using a user-friendly platform. Whether you're in a city, rural area, or remote location, accessing support is easier than ever.

**Services Offered:**

* Individual counselling
* Addiction recovery support
* Family and couples counselling
* Psychoeducation and relapse prevention
* Referrals and case coordination

### **📍 Who I Serve**

My services are open to **youth (16+), adults, and families** living in **Alberta and Saskatchewan**. I welcome clients from all backgrounds, including Indigenous, LGBTQ2S+, and immigrant communities.

### **❤️ Why Work With Me**

I bring warmth, professionalism, and lived empathy to every session. I believe in:

* Building trust and therapeutic alliance
* Empowering you to take control of your mental health
* Creating a safe, non-judgmental space for healing

### **📅 Book a Free Consultation**

Choosing a counsellor is an important decision. I offer a **free 15-minute consultation** so we can see if we’re a good fit.

➡️ [Book Now Button]

Or email me at: serenitywellnesscentre@outlook.com  
Phone: 639-994-4608

### **🔒 Confidential. Secure. Licensed.**

Your privacy is my priority. All services are delivered in compliance with Canadian privacy laws and professional ethical standards.