

PSAANS supported Clinical Social Work (Currently English Only)

Kimberley Brennan, MSW, RSW

Kimberley has been a practicing clinical social worker for 25 years. As a clinician, she understands the importance of self-care during times of uncertainty. During this time of unpredictability relating COVID 19 Virus, the PSAANS is supporting you by offering this confidential, short-term clinical service. Kimberley can assist you in identifying coping strategies to address stress and worries, explore ideas for structuring your daily routine and suggest possible additional supports available to you and your family either online or in your community.

Disclaimer: This service is not intended to handle emergency or crisis situations. If you are experiencing an emergency or are in crisis please contact 911 or go to your nearest emergency department. If you are in need of immediate emotional support, please contact the Mental Health Mobile Crisis Team at 1-888-429-8167.

This clinical service will be offered through a confidential e-service teleconference on Mondays and Tuesdays of each week.

To schedule a private, individual appointment please visit: kimberleybrennan.noustalk.com