



Meet Our Providers



Valerie Taylor – Mental Health Therapist

Strengths-Based | Flexible | LGBTQ+ Affirming | Real Talk

Hi there! My name is Valerie (she/her). I have been practising as a Mental Health Therapist since 2014. I identify as a member of the 2SLGBTQ+ community and love working with others in this group. I'm a Certified Counsellor and Registered Nurse, with experience in mental health, chronic illness, sexual health, and substance use.

Feeling stuck? My style of therapy builds on your strengths, focusing on solving whatever matters most to you right now. You choose how you want therapy to look. We can talk about serious things, or we can be playful and embrace our weirdness in learning who you are and what you want.



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Noreen Sibanda – Registered Provisional Psychologist

Trauma-Informed | Culturally Aware | Anti-Oppressive | Empowering

Hi, I'm Noreen! I create a safe, affirming space where you can relax, let go of what you've been carrying, and work together toward healing. My person-centred approach considers your unique experiences, cultural background, and worldview. I use a variety of therapeutic techniques—including CBT, EMDR, DBT, and narrative therapy—to tailor our work to your needs.

With over 10 years of experience, I support people navigating anxiety, depression, self-esteem, identity, and life transitions. I work from an anti-oppressive, trauma-informed lens and identify as a Black feminist therapist. My goal is to help you reconnect with your inner strength and move forward with clarity and confidence.



Meet Our Providers



Sunday Komolafe – Registered Provisional Psychologist

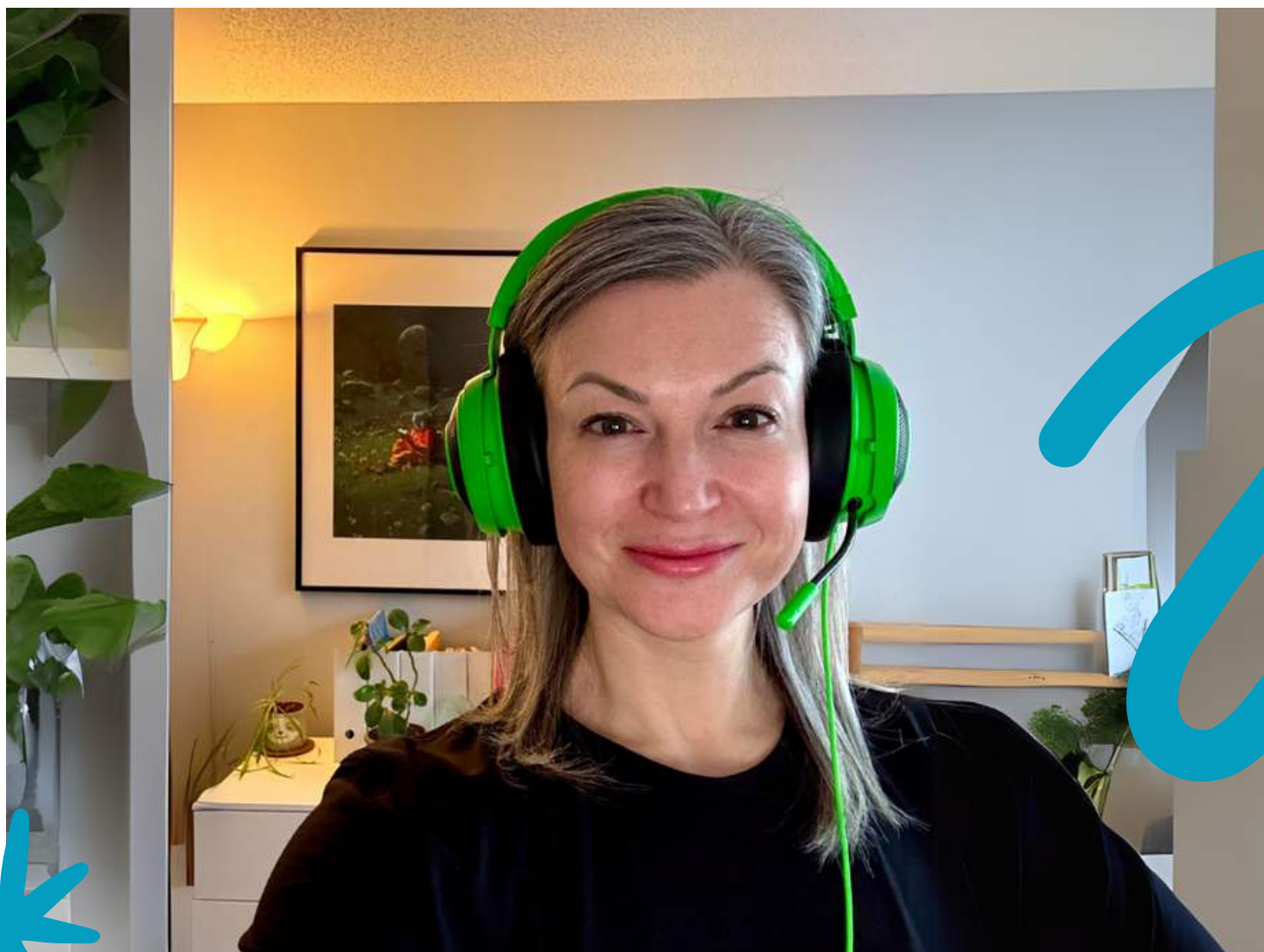
Addictions Recovery | Coping Strategies | Family Support

Hello, I'm Sunday. Prior to joining Kickstand, I have been working full-time at Alberta Health Services in youth addictions for 2 years. I enjoy working with young people and families who have diverse needs. I will bring a compassionate, understanding, and friendly demeanor to my work with you as I help you to see your positive qualities, strengths, and exceptional abilities.

It is my goal to support you in core areas that enhance your self-development and self-understanding. I view these areas as one of the many paths to navigate, explore, and manage unique life experiences and challenges. I will assist you to realize your capacity to find solutions, coping skills, and strategies and access your inner strengths. I love playing soccer, traveling, listening, and playing musical instruments, dancing, and entertainment of all kinds. I enjoy hanging out with family members, friends, and colleagues. In addition, I like to go for long walks in nature, watch movies with my family and play table tennis.



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Petrina Calder – Occupational Therapist

Non-Judgmental | Mental Health | Gamer-Friendly | Client-Centered

Hello! My name is Petrina and I'm a cis-gendered white woman who has more than a few silver-hairs in her head. I'm a registered Occupational Therapist and I love my work! Getting to be of service to others - by being there in the dark times, providing support and encouragement, listening more than I talk, and giving advice only when it's asked for - gives my life a sense of purpose and meaning.

If you're looking for a non-judgemental therapist who knows a few things about mental health, and who will partner with you as the expert in your own life, then we would probably be a good fit. Also, if you're a gamer, we will definitely be a good fit; think of me as a reliable NPC, who can give you some hints for the more challenging quests in your life.



Meet Our Providers



Gina Slocuk – Canadian Certified Counsellor

Empathetic | Humorous | Solution-Focused | Mindful | Strength-Based

Hi, I'm Gina. The world can be filled with so many good things, but also, we can find ourselves struggling with the hard parts of life. Talking with a therapist can help you discover where you want to go, and how to cope with change that might feel scary. I have worked closely with a diverse population who experience mental health issues, personal challenges, life transitions and some who are simply looking for a new direction or hope. Along with my professional experience I also bring my humour, empathy, and genuine nature to each session.

I have been working in the mental health field for over fifteen years, with the last ten as a Counselling Therapist. I approach therapy by using a variety of techniques and therapies, including: Solution-Focused, Mindfulness, CBT, and Strength Based modes. In my personal time I strive to balance my love of video games, looking for the perfect cup of coffee and watching all the birds takes over my backyard every year.



Meet Our Providers



Lucia Onyeakazi Registered Provisional Psychologist

Addiction Recovery | Trauma-Informed | Cognitive Behavioural Therapy

I'm Lucia! I'm passionate about helping clients improve their emotional and psychological wellbeing while navigating life challenges. I've worked with children, adolescents, adults, and senior citizens as well as people from different racial and cultural backgrounds that have experienced various life situations such as, but not limited to, Anxiety, Domestic Violence, Depression, Trauma, Addiction, Mandated Clients, Self Esteem, and Grief and Loss.

I'm trained in a range of treatment approaches which includes EMDR, Cognitive Behaviour Therapy, Emotion Focused Therapy, Dialectical Behaviour Therapy, TEAM-CBT with Dr. David Burns, which helps mywork with clients' challenging situations. I love watching movies, cooking, and spending time with my family.



Meet Our Providers



Chantelle Leclair – Registered Social Worker

Trauma-Informed Practice | Family Support | Self-Discovery

Hi, I'm Chantelle! I believe that everyone has the power to create change in their lives and I am grateful to help support people on their journeys. I have a specialization in Trauma Informed Practice. I can be found spending my spare time exploring the river valley with my puppy, lost on the recipe side of TikTok or hanging with my family and friends.



Meet Our Providers



Lysylle Del Rosario – Canadian Certified Counsellor

Immigrant Support | Trauma-Informed | Expressive Arts Therapy

Hi, I'm Lysylle. I have worked in various settings with children, students, trauma survivors, seniors, immigrants and refugees. As an immigrant myself, I am a strong advocate for people from diverse cultures, backgrounds and ethnicities. I use narrative, attachment, strength-based, and client-centered therapies with expressive arts. My goal is to meet clients where they are at, honor their experiences, and journey with them towards their full potential.



Meet Our Providers



Manju Ann Antony – Registered Social Worker

Strength-Based Counseling | Cultural Sensitivity | DBT | CBT

Hi, I am Manju . ‘Passion’ is the word I use to describe my job. I believe in a strength-based model of counseling where every individual gets to enjoy a special experience of themselves from a compassionate lens . I believe in your story and in the importance of creating a safe space for you to share your story.

Cultural sensitivity is my area of interest and being an individual of color, I bring forth lived experiences and a higher level of understanding of your uniqueness. I support individuals by using different approaches that draw on ideas such as Mindfulness, Acceptance and Commitment Therapy, Dialectical Behavioral Therapy, Solution focused Approach, Cognitive Behavioral Therapy and EMDR. I speak and work in English, Malayalam and Hindi.