

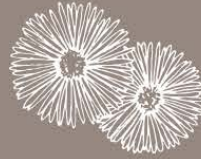


ABOUT US

At Own My Canvas Psychotherapy and Wellness Inc., we understand that addressing trauma-related challenges is an essential aspect of fostering a healthy and productive work environment. That's why we specialize in providing comprehensive trauma education and support services tailored to meet the unique needs of your organization.

NOTABLE ACHIEVEMENTS TO SHARE

From promotional recording initiatives to facilitating onsite group support services, we have worked with small and large organizations striving to create resilience in their member communities and workplaces.



WELLNESS AT-WORK

CONTACT US

WWW.OWNMYCANVAS.COM
INFO@OWNMYCANVAS.COM
226-455-9250

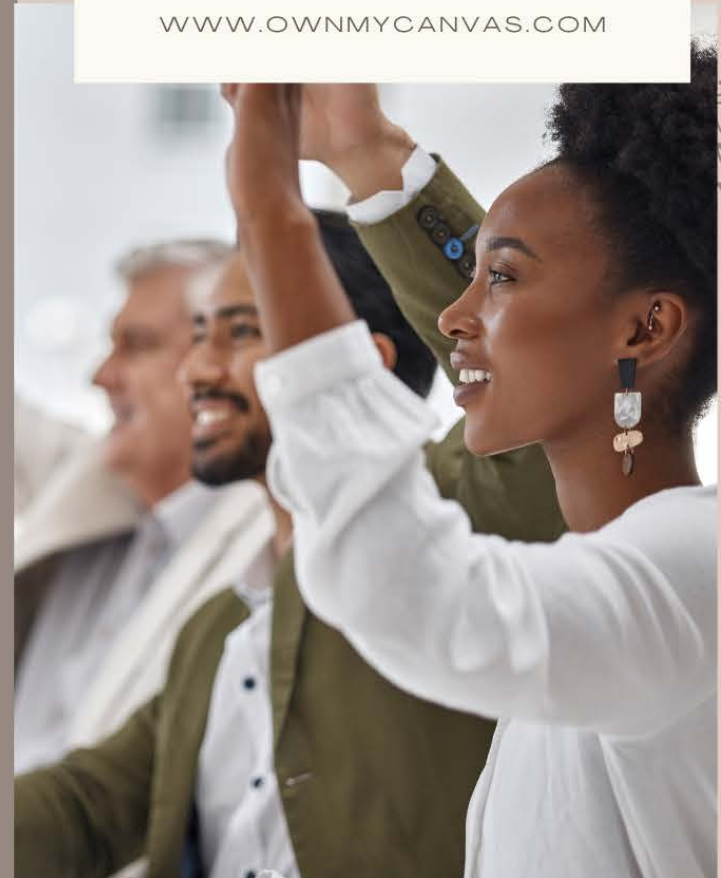


Own My Canvas
PSYCHOTHERAPY AND WELLNESS INC.

WELLNESS ADVISORY SERVICES



WWW.OWNMYCANVAS.COM



our commitment

- **Expertise:** Our team of regulated health professionals specialize in trauma education and support within a corporate context, ensuring that you receive the highest quality guidance.
- **Tailored Solutions:** We understand that every organization is unique. We work closely with you to develop customized strategies that address your specific challenges and goals.
- **Empowerment:** We empower both individuals and organizations to create a more compassionate, inclusive, and resilient workplace culture.

our services

TRAUMA EDUCATION

Designed to educate your employees and leadership teams about trauma, its effects, and its prevalence in the workplace.

TRAUMA-INFORMED WORKPLACE PRACTICES

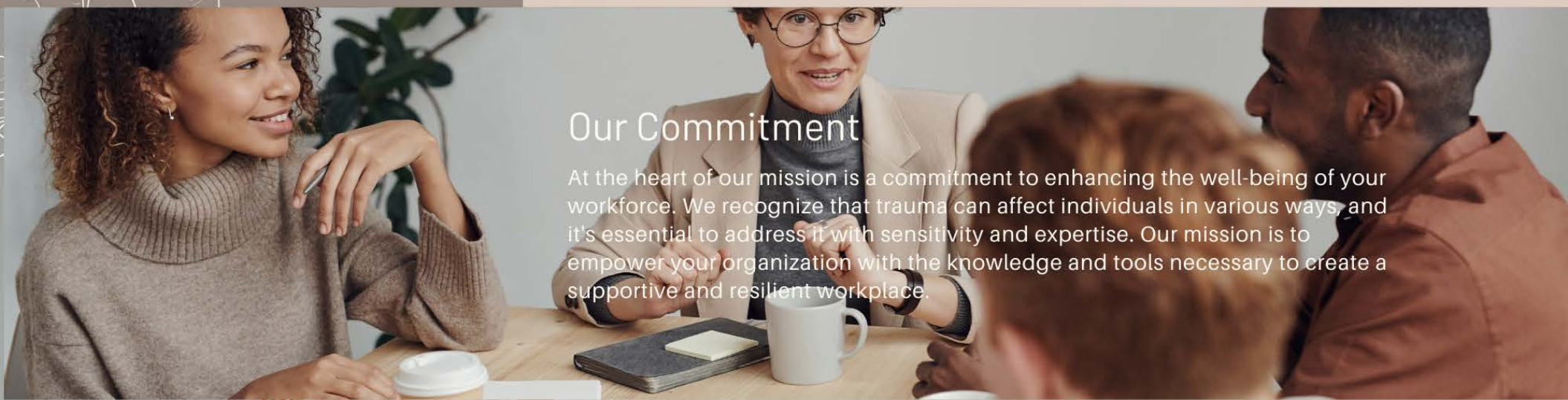
We help you implement trauma-informed policies and practices for creating a safe and supportive environment for employees who have experienced trauma

INDIVIDUAL & GROUP SUPPORT

Confidential counselling and support services for employees who have experienced trauma

WORKSHOP AND SEMINARS

Interactive, immersive sessions promote awareness, understanding, and self-care among your employees



Our Commitment

At the heart of our mission is a commitment to enhancing the well-being of your workforce. We recognize that trauma can affect individuals in various ways, and it's essential to address it with sensitivity and expertise. Our mission is to empower your organization with the knowledge and tools necessary to create a supportive and resilient workplace.