

NIHB Approved Mental Health & Addictions Counsellor



Contact the
Counsellor

Office: 780-607-2811

Email

contact@bestoptioncare.com

Here to support your wellbeing. **FREE** counselling for Indigenous clients across Northwest Territories and other parts of the country. Flexible evening and weekend sessions available for your convenience.

- Post Traumatic Stress Disorder
- Depression
- Anxiety
- Intergenerational Trauma
- Coaching
- Life skills development
- Goal setting



Costa Ndlovu MScHP, BScN, Diploma Leadership & Coaching

BOOK YOUR
FREE DISCOVERY
CALL TODAY

Office: 780 607 2811

Email:
contact@bestoptioncare.com

Northwest Territories,
Alberta, Ontario &
UK

Registered Psychiatric Nurse, Addictions Counsellor & Health Promotion practitioner with over 15 years experience. Provides trauma responsive counselling grounded in cultural responsiveness. Extensive experience in Mental Health & addictions counselling.

Also offering Mental Health coaching, supporting you to create your goals and develop a plan and pathway to achieving your desired goals.



Best Option Health Services

The **KEY** program



A safe home is the **KEY** to stability. People experiencing mental illnesses and addiction challenges are disproportionately affected by homelessness. Responsive housing is key.

Introducing the **KEY** program.



A home is more than just accommodation. A home is a safe space, where one would thrive and realize their full potential. In Maslow's hierarchy of needs, housing is one of the fundamental needs and rights for human existence. We have emerged to respond to transitional and supported living needs. We have refurbished modern and functional housing units that are designed with the different client's needs.

24/7 support access

What does
K.E.Y stand for?



Knowledge Empowerment & YOU



What does the K.E.Y
program offer?



Knowledge-

Providing information to clients about their mental health and social circumstances is very important. Knowledge is power and when one is knowledgeable, they have a better chance of making informed decisions about their health. Our in-house Counsellors and Psychologist facilitate individualized sessions and jointly create care plans with our clients.

Empowerment

When a person is helped, they are likely to seek more help, but if they are empowered and supported, they are likely to identify solutions for challenges they face.

YOU

We believe that our clients are not passive recipients of care, but they should be active participants. Our service offer puts the client at the centre of everything we do.