




Volunteer & Foster Psychological Resources



The Pause4Change team understands that rescue work isn't always easy—alongside the joy and fulfillment often comes deep heartache. While we're always here to answer questions and offer support, we know that sometimes additional help is needed. This resource document includes therapists who specialize in areas such as animal rescue, pet loss, grief, and trauma.

 On the following pages, this pawprint signifies a therapist who may offer lower fees or a sliding scale.

Resources are organized by the provider's location within the city. Providers listed under *Virtual* offer services exclusively online or are based outside the Calgary area.

If we can help you in any way, please let us know!

Southpointe Veterinary Hospital Pet Loss Resources
www.southpointepethospital.ca/euthanasia/pet-loss-support

VCA Pet Loss Counselling & Grief Support Resources
vcacanada.com/western/departments/pet-loss-counselling

Support Groups

[Healing Hearts Support Group](#)

[Association for Pet Loss and Bereavement](#)

[Kali's Wish](#)

24/7 Resources

Distress Centre

Phone, Text & Online Chat

211 Alberta

Phone, Text & Online Chat

988 Alberta

Phone, Text & Online Chat

9-1-1 in the event of an emergency

Central Calgary

Agape Counselling & Social Work Centre (Norman Jin Shyr Wang)

www.agape-csw.one

Experience in working with clients who have lost a pet.

Choice Point Psychological Services (Abbey Pinder)

www.choicepointpsychological.ca

Specializes in working with grief and loss.

Holos Psychological Services (Brenda Goodbody)

www.holospsychservices.com/

Extensive animal experience, works with grief and loss, and is connected with veterinary clinics to support their clients after a pet loss.

Ponak Psychology (Davita Lindsay)

www.ponakpsychology.com/davita

Personal and professional experience; a number of clients in the veterinary field, as well as fosters and pet parents navigating loss.

Strawberry Moon

www.strawberrymooncounselling.com/

Exceptional experience in pet loss support.

The Psychology Group (Loren Horn)

www.thepsychologygroup.ca

Experience in animal rescue.

Vivid Psychology (Jeff Kubik)

[Psychology Today Website](#)

Experience in grief and loss.

Rania Hannawayya

<https://calendly.com/rania-whitelilycounselling>

Experience in grief and loss.

NW Calgary

Birch Haven Therapy

www.birchhaventherapy.ca

Experience working with pet owners and veterinary students.

Kate MacDonald Psychology

www.kmppsychology.ca

Cat foster, has lost foster cats and personal pets.

SW Calgary

Lark and Raven Wellness 

www.larkandravenwellness.com

Specializes in working with grief, trauma, and life transitions.

NE Calgary

Grit Psychology (Theresa Breen)

<https://gritpsychology.com/practitioner/theresa-breen>

Experience in grief and loss.. Also has Airdrie options.

SE Calgary

Virtuous Circle Counselling (Jennifer McIsaac) 

www.vccounselling.janeapp.com

Animal rescue volunteer, both fostering and as an on-site caregiver, with experience with personal pet loss.

South/East of Calgary

Via Counselling (Langdon) 

www.viacounselling.ca

Long-time cat and dog foster who has lost several personal pets.

Nourish Wellness (Leaine Deschamps) (Dalemead)

www.nourish-wellness.ca

Experience in working with clients who have lost a pet.

Illumination Therapeutic Services (Elizabeth) (Okotoks) 

www.illuminationtherapeuticservices.com

Experience working with those in the veterinary field, experience working with pet loss, has experienced the loss of a foster.

Active Balance Health (Alison Varga) (Okotoks) 

www.activebalancehealth.ca

Specializes in grief and loss, including pet loss.

Virtual

Celeste Ferguson Counselling


[Psychology Today Website](#)

Cool Counselling 

www.coolcounselling.ca

Healthy Mind Centres (Velma Rae) 

Email: velma@healthmindcentres.ca

Horizon Counselling Service (Dr. Terilyn Pott & Andrea Fong) 


www.horizoncounsellingservice.com

Specialize in working with grief.

Illuminated Path Counselling

www.illuminatedpathcounselling.com

Experience working with pet loss as well as traumatic loss of all types.

Onyx Counselling (Jessica Va Der Aa) 

www.onyxtherapy.ca

Experience in working with clients who have lost a pet.

OVB Psychology (Oana Vonu-Boriceanu) 

www.ovbpsychology.com

Experience in working with clients who have lost a pet.

TD Psychological Services 

www.tdpsychologicalservices.com/