



You are created to live a life of inner wholeness and peace. That is why our services are designed to help you do so much more than manage symptoms and cope with life.

OUR VALUES:

- Relationship
- Respect
- Compassion
- Autonomy and Choice
- Partnership
- Integrity

Our team is available to serve your whole person - mind, emotions, body, and spirit. It is our privilege to hold the space for you to share your story, process, heal, learn new skills, and live a connected and authentic life!



bypeacefulwaters.ca

Financial Help

By Peaceful Waters works in partnership with New Life Charity to provide financial help to qualifying clients.



Restoring Hope. Finding Peace.

By Peaceful Waters (main office)
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Waterloo, ON N2V 1Z7

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info@bypeacefulwaters.ca

  bypeacefulwaters.ca

Learn more about our additional partner locations across Ontario on our website.



Restoring Hope. Finding Peace.



**Therapy and Counselling
Services for the Whole Person**

IN PERSON • ONLINE • PHONE

bypeacefulwaters.ca



What We Do

By Peaceful Waters provides professional Christian therapy and comprehensive services that bring healing and wholeness to your emotions, mind, body, and spirit. We offer safe, caring and practical support as you move toward a life of joy and peace.

Who We Are

We are a team of qualified therapists, mediators, spiritual directors, and coaches who combine our Christian faith with our professional training, clinical experience and ongoing supervision. With this foundation, we are able to offer unparalleled care to clients of all backgrounds and faiths.

We are people too. We have walked our own journeys of mental, emotional and relational healing. That is why you will receive compassionate care and will be affirmed and empowered to make change.



Who We Serve

- Our services are for individuals, couples, families, and kids.
- We serve clients in person, online or by phone.
- We welcome people of all faiths and backgrounds.
- Our services are often covered under health insurance or benefits.

Therapy isn't just for people in crisis or a last resort. Instead, it is a safe space where you can discuss your concerns and seek wisdom for various situations that arise in life.

Our Services

THERAPY

Addresses concerns like depression, anxiety, trauma, grief, self-esteem, addiction, stress, relationships, sexual concerns, and more.

Therapies include talk, EMDR, art, play, music, and prayer counselling.

GROUPS

Adult Groups: DBT Skills, Art Therapy, Parenting Workshops, Circle of Security

Children's Groups: Emoticon (Emotional Regulation for kids 7-10) I Am Worthy (self-esteem for teen girls)

MEDIATION

Mediating disputes in divorce, corporate/business, family, elder care, school, church.

Vocational Assessments and Rehabilitation for those returning to the workplace after absence or injury.

Child Centred Divorce Services (CCDS): Financial and Parenting Plan Mediation, Voice of the Child, Section 30 Assessments, Email Moderator, Therapeutic Parenting Time, Rebuilding Relationships Program

SUPPORTIVE SERVICES

Parenting Coaching: Receive insight for parenting that leaves both you and your child feeling respected.

Life Coaching: Uncover and pursue your dreams and goals to live a healthy and purposeful life.

Nutritional Counselling: Balance your hormones to renew and re-energize your body and mind.

Spiritual Direction: Attune to the presence of the Lord and His divine work in your life.

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