

I'M BACK!

Spruce Health Wellness



PRIVATE PRACTICE ANNOUNCEMENT

After taking a break from my private practice, I am back!

The last couple of years have been a rollercoaster ride for me (in a good way). I got married, had a baby and have been busy raising my little guy. He is now 18 months and full of energy. He has taught me some valuable life lessons and I have grown exponentially both mentally and emotionally. However, amidst all these incredible changes, it is time to pursue my passion and return to counselling. So here I am, back at what I love doing the most (well after being a mom, of course).

During my time away from practice, I had the opportunity to study and expand my knowledge in relationship counselling and career coaching. I began a specialized training course in relationships and marriage counselling offered by the Gottman Institute and completed levels 1 and 2. I now have more tools to facilitate couples in building a strong and healthy relationship. If you, or anyone you know, can benefit from my support in nurturing their relationship, please feel free to contact me.

Lastly, I want to thank all my amazing clients for checking in during my time away. It is your trust in me that continues to motivate me.

My practice is now open and I am currently accepting clients on Wednesdays and Fridays between 10am-4pm. My office is located at Qi Integrated Health on West 7th Avenue in Vancouver. Please visit my website **<https://sprucehealth.ca>** for more information.

To book an appointment, please email me at **info@sprucehealth.ca** or contact Qi Integrated health office at 604-742-8383.

Careena Sharma, Registered Clinical Counsellor
Spruce Health & Wellness