

Sandra F. Cragg, MSW, RSW

COUNSELLING

Individual, Couples & Family

'Let me help you'

250.498.3335

Sandra Cragg is a registered nurse who worked in a crisis clinic for 15 years prior to going back to school to get her Bachelor of Arts with a double major in psychology and sociology while continuing to work full time. She then pursued her Masters in Social Work from Wilfred Laurier University. Sandra's entire professional life has been devoted to helping people find their way; she firmly believes that clients come to her carrying the answers to their problems but that they just don't know how to sort through all the noise to hear their own good advice. That's where her years of expertise and listening skills come in. Sandra understands the importance of complete confidentiality and she is completely committed to guiding her clients to a life of reduced stress, a sense of well-being and improved relationships at home and at work. *Insurance or Employment Assistance Programs are available.*

- Is this the year you discover what you deserve?
- Do you want to wake up excited and ready for the day?
- Is it time to make changes?
- Are you confident you can make the right choices?

CONTACT SANDRA TODAY FOR YOUR
CONFIDENTIAL CONSULTATION

250.498.3335

Email: sandracragghelps@yahoo.ca

'Life offers choices....choose the right one for you'

There is ALWAYS an alternative.