

Reaching out for help is not always an easy step. People of all ages may need help in coping with their personal problems.

**Do you struggle with self-esteem, depression, stress and anxiety, addictions, or anger?**

**Relationship problems or loss and family conflicts are common areas of concern.**

*I offer a warm, safe and non-judgmental environment for my clients that face educational struggles, social or relational issues and fear or anxiety. Change can happen and finding hope often starts with help.*

Masters Degree in Counselling (Acadia University)  
Member of the Canadian Counselling and Psychotherapy Association (CCPA) [www.ccpa-accp.ca](http://www.ccpa-accp.ca)  
Registered Counselling Therapist-Candidate with the Nova Scotia College of Counselling Therapists (NSCCT) [www.nscct.ca](http://www.nscct.ca)  
Accredited Music Therapist – Canadian Association for Music Therapy (CAMT) [www.musictherapy.ca](http://www.musictherapy.ca)  
Member of the Atlantic Association for Music Therapy (AAMT) [www.atlanticmusictherapy.ca](http://www.atlanticmusictherapy.ca)



**SOUND CONNECTIONS  
THERAPY SERVICES**

**If you are asking any of these questions, perhaps a counsellor can help.**

How do I control my anxiety?

Do I have to feel so alone?

Why am I so angry all the time?

How do I get the kind of life I want?

Why am I so unhappy?

How do I make the people I love understand me?

I want to make a change in my life, but how?

Why do I keep hurting myself?

What do I want to do with my life?

What am I doing here?

How can I handle all the stress in my life?

Can I control my life or is something or someone else controlling me?

## Contact

For more information, call or leave a confidential voicemail with Brenda Johnson at (902) 692-1662. Please indicate if you would like me to leave a message. Appointments can also be arranged by email at [soundconnections@eastlink.ca](mailto:soundconnections@eastlink.ca)

Brenda Johnson  
MEd Counselling, CCC, RCT-C, MTA, BMT

Offering over 25 years of experience with children and youth.

Specific experience working clients with severe learning disabilities, complex physical and mental health needs and/or challenging behaviours. Specialization with autism and brain injury support. Experience working with youth at risk, specifically within addictions and crisis environments, providing support to young offenders toward prevention (self-harming, anger management, anxiety, depression, eating disorders) while promoting positive change and increased self-esteem.

