

OUR MISSION

SOS serves families and individuals of The Regional Municipality of Wood Buffalo, providing a holistic approach in overcoming crisis and trauma enabling them to re-establish positive relationships and a sense of connectedness within the community.

REACH US

contact us at anytime



(780) 743-8605
Fax: (780) 791-0702



<https://www.someothersolutions.ca/>



24/7 CRISIS LINE:
(780) 743-4357 (HELP)



SOME OTHER SOLUTIONS

Health and Wellness
Department

8:30 am - 4:30 pm
8706 Franklin Ave #202A
Fort McMurray, AB
T9H 2J6

Services we offer:

- Trauma Counselling
- Grief and Loss Support
- Group Support
- Crisis Support
- Individual Counselling
- Family Counselling
- Couples Counselling
- Counselling for Substance Use

Specialized techniques:

- Emotion Focused Therapy
- CBT
- Solution Focused
- Narrative Focused
- EMDR

Don't see what you are looking for on this list?

Contact us for information.

Since 1986, Some Other Solutions has been supporting the Fort McMurray community and surrounding areas in preventing crisis and building resilience.

Some Other Solutions' Health and Wellness department aims to provide support and acts as a resource for Fort McMurray and all of the surrounding communities. Within this department, we have a team of well versed clinical counsellors that have specialized skills to help fit your needs.

We encourage an all-inclusive, safe and welcoming space for all. At Some Other Solutions, we can connect you with resources in addition to the services we provide, that can support you on your journey. Let us know how we can best assist you. We are here to help!

