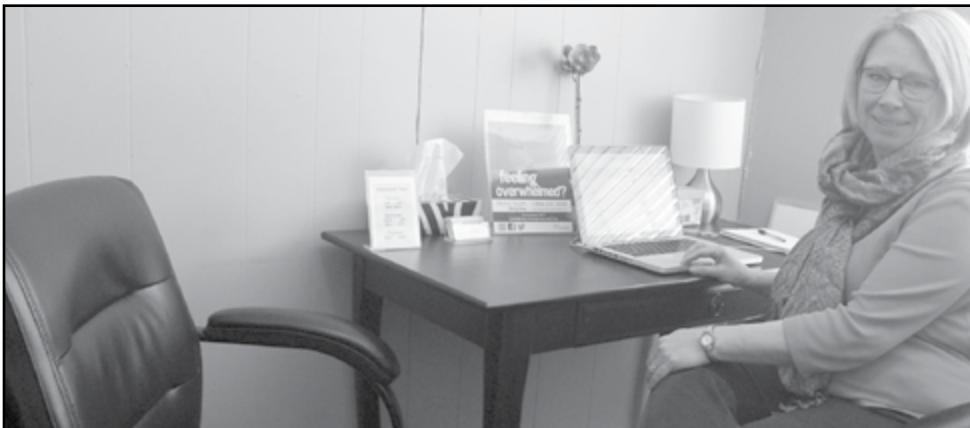


# Independent Shorts

- The Hike For Hospice fundraiser, put on by the committee organizing a Stratford Perth Residential Hospice, takes place in St Marys on Sunday, May 1, from 1:00 pm to 4:00 pm on the Riverview Walkway starting at the tennis courts.
- Also at the tennis courts, on Saturday, May 14 beginning at 9:00 am, the St. Marys Social Tennis Club is holding its second annual Rusty Spring Mixed Doubles Recreational Tennis Tournament. Adult players of all skill levels are welcome to play in the double-elimination tournament. Participants may enter as a team or as a single player to be matched up with a partner at random. Registration is \$20, including snacks and a barbecue lunch. Prizes and bragging rights are up for grabs for top teams. Registration deadline is Tuesday, May 10. Tennis balls provided. Proceeds benefit the St. Marys Tennis Courts. Email [stmarysocialtennisclub@gmail.com](mailto:stmarysocialtennisclub@gmail.com) to register, and pay cash or cheque (made out to St. Marys Social Tennis Club) the day of the event.
- The Boston Bruins fan site CausewayCrowd.com gave former St. Marys Lincoln and current star with the Providence Bruins of the AHL Seth Griffith an "A+" grade for his work this season on the Bruins' farm team. Griffith played in 57 games this season for Providence, scoring 24 goals and 53 assists for 77 points. The 23-year-old winger from Wallaceburg was second in points in the AHL this season, three points behind Chris Bourque who played in 15 more games.
- The air handling unit for St. Marys DCVI large gym will be replaced thanks to a Ministry of Education facility grant. The existing air unit is 50 years old and requires continual repairs to keep it operational. The new air handling system will be more efficient and improve air quality in the gym. Avon Maitland District School Board accepted the tender from Stratford Metal Products Ltd. for the mechanical upgrades for \$135,058.73.

# Business of the Week

## Stonetown Chiropractor and Wellness Centre counsellor Bonnie Adams



St. Marys has a new counsellor. Bonnie Adams has recently joined the team of health practitioners at Stonetown Chiropractor and Wellness Centre, located at 19 Water Street South. She holds a Master's degree in Psychotherapy, is certified with the Canadian Counselling and Psychotherapy Association, and has years of counselling experience in various settings.

"Before I received my degree, I talked to many people who shared things they were going through or had gone through that made coping difficult," she said. "Countless were suffering in silence, and some for many years. That is when I decided to go back to school to get a counselling degree. I wanted to assist people in their journey to well being."

Adams has experience in counselling individuals, couples and families on topics including, but not limited to: depression, anxiety, relationship or parenting issues, difficulty with work or job loss, trouble recovering from a past event, communication problems, sleep difficulties, assistance making a difficult decision and other life challenges. In 2011, the Mood Disorders Society of Canada estimated that 5-12 percent of men and 10-25 percent of women will experience a major depressive episode within their lifetime. Although many of these people will take medication to help with their symptoms, current studies show that combining the pharmaceutical approach with counselling will improve

the overall quality of life as well as reduce the depressive symptoms.

She welcomes all ages, including teens, that may be going through a difficult time in their life.

"Teens often find themselves caught between the two worlds of childhood and adulthood," she said. "To add to their stress is peer pressure, as well as the world of social media."

Seniors are also presented with many issues such as grief, caregiver burnout, and memory challenges, which may be helped through counselling, Adams said.

Adams is pleased that mental health is starting to be more honestly talked about and understood than ever before, due in part to the openness and vulnerability of people such as athletes, actors and musicians. This is "allowing people of all ages to seek out professional help for their well being," she said. According to Statistics Canada, in 2013, 11.6 percent of Canadians aged 18 years or older (about three million people) reported that they had a mood and/or anxiety disorder. Yet, many still have a vague understanding of what receiving counselling entails.

"When you come to visit a counsellor, you can expect a session lasting around an hour or less," she said. "You will want to build a trust with your counsellor where you feel comfortable to explore issues in a confidential setting." Counselling intervention can range from short-term counselling to

long-term therapy and can be done on a one-on-one basis or a group setting. The number of sessions will be decided between the client and the counsellor and will be focused on the client or group's needs.

Those seeking counselling may range from a young office worker wanting talk to someone about her feelings of career dissatisfaction, to a couple trying to get their marriage back on track, or someone looking for tools in dealing with anxiety or depression.

"Sometimes a client may just want to share something they have been carrying around a long time," she said. "Talking to a counsellor is a great avenue for seeking help and starting to feel better. You will not see a couch in my office, but I do have a pretty comfy chair."

Adams says her first goal is to help her clients feel as comfortable as possible and she encourages them to ask questions as they work

toward positive change on their journey to well being.

A good counsellor will keep current with developments in theory and research related to the field of mental health expertise, she said. Adams provides her clients with a caring and confidential place to work toward each client's goals. She is trained in several counselling modalities that allow her to offer clients an individualized supportive environment. "Often our well meaning loved ones may not understand what we are experiencing," she said. "They may say, 'it's just a phase' or 'you just need to try harder'." Adams' approach validates each person as to what they are feeling and experiencing. While a counsellor does not tell someone what to do, they may assist the client in taking different perspective and offer new strategies to deal with situations, encouraging the client to take an active role in the process.

Clients that come to Adams or any of the practitioners at Stonetown Chiropractic and Wellness Centre can expect complete confidentiality and discretion. May 2-8 is the Canadian Mental Health Association's Mental Health Week.

Adams' hours are 1:00 pm to 8:00 pm Tuesdays, 11:00 am to 5:00 pm Wednesdays, and 9:00 am to 12:00 pm Thursdays.

For more information or to book an appointment call 226-661-0130 or email [info@stonetownchiro.com](mailto:info@stonetownchiro.com).

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