

# Psychotherapy & Mental Health Support



Offering in - person, phone &  
Virtual sessions  
for all budgets thanks to  
community partnerships &  
Flexible Fees

## Contact:



[www.galiawellness.ca](http://www.galiawellness.ca)



[facebook.com/GaliaWellness  
Services](https://facebook.com/GaliaWellnessServices)



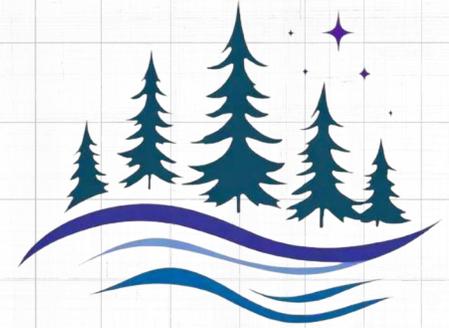
(431) 830 - 4545 in Manitoba  
(888)664 - 6458 toll free



**Accessible. Affordable.  
Mental Health Care for  
Manitobans**

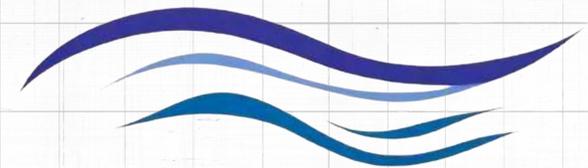


ACCREDITED  
BUSINESS



# Galia Wellness Services

Psychotherapy and Wellness  
for Northern Manitoba





**Caroline NJ Winship, M.Couns., CCC**  
Founder & Lead Psychotherapist

Guiding healing journeys with heart  
and expertise in the North.

As a registered Psychotherapist, Certified Canadian  
Counsellor (CCC) and lifelong Northerner, Caroline  
brings a genuine understanding of the strengths and  
challenges faced by individuals and families in  
Northern and rural communities.

In 2025, Caroline founded Galia Wellness Services  
to improve access to affordable  
mental health care in Northern Manitoba.

Individual, Couples & Families

In person, phone and virtual support

All ages, from toddlers to elders

All abilities and diagnoses

Helping you find the right mental  
health support



### Pathway to Care



Navigational Call &  
Video Sessions



Find a therapist that fits



Referrals &  
Advocacy Support

## About Us

Galia Wellness Services provides  
accessible, trauma-informed  
counselling and wellness support  
to Children, Youth , Adults and  
families in Northern Manitoba.  
Our work focuses on creating safe,  
respectful spaces for healing  
while honouring community,  
culture, and lived experience.

- Serving Northern and remote communities
- Phone, Virtual and community-based support
- Trauma-informed and culturally respectful care