

Psychotherapy & Mental Health Support



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

Contact:



www.galiawellness.ca



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



(431) 830 - 4545 in Manitoba

(888)664 - 6458 toll free



NOW OPEN!
Thompson location
Room 202, 3 Station Road
North Centre Mall



**Accessible. Affordable.
Mental Health Care for
Northern 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,
Canadian Certified 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

