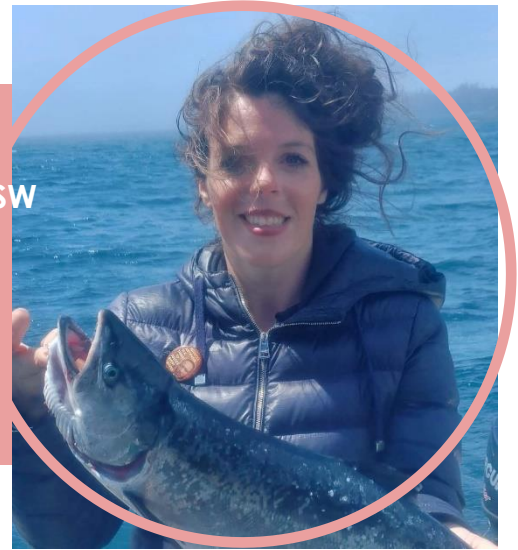




Cathy Komjathy, MSW, RSW

Adult counsellor

Central Region NTC



Services I can offer to your Family & Community include:

One To One

- Short term counselling for adults including areas related to trauma, grief and loss, family and relationships, stress and anxiety coping and other life stressors.
- Crisis support counselling (healthy coping, grounding techniques and emotional support).
- Advocacy, support and connection to community resources.
- Assistance with treatment referrals/paperwork.

Groups

- Traumatic Loss Support Group
- Women's Support Group
- Psychoeducational Wellness groups (spiritual, mental, emotional and physical health)

Communities Served:

★Tla-O-Qui-Aht- Opitsaht, Ty Histanis & Esowista weekly

★Toquaht- In Macoah every other Wednesday

★Hesquiaht- In Hot Springs Cove every other Thursday

***Note-I am available virtually on weeks I am not in the respective communities.*

Contact Info: Cathy Komjathy
Phone: 250-726-6601 (call or text)
Email: cathy.komjathy@nuuchahnulth.org

Training Experience

- Masters In Social Work with clinical focus
- Registered Social Worker with BC College of Social Workers
- Bachelors of Arts in Psychology
- Traumatic Loss Support Group Facilitator
- Trauma Informed practice and training
- Crisis Intervention & Management training
- ASIST (Applied Suicide Intervention Skills Training) certified

