

# CLOVERDALE COUNSELLING CENTRE INVITES YOU INSIDE

Cloverdale B.C, June 2021: Sit down and stay awhile, everyone is welcome. This is the essence of Soul Matters Counselling, located on 176th Street in the Dale Building in the community of Cloverdale. Seeking to offer an affordable counselling alternative for people needing support, Soul Matters Counselling was launched in 2013 by Elsje Hannah M.A, CCC-S, RCC and Jillian Hart M.A, CCC, RCC. Hannah and Hart felt that private practice rates are often unattainable and government funded programs are oversaturated. Soul Matters Counselling has been a solution for eight years and counting.

Hannah recently expanded her private practice, Healing Place Counselling ([healingplacecounselling.ca](http://healingplacecounselling.ca)), from Salt Spring Island to Cloverdale, which simultaneously provided space for Soul Matters to also further its community outreach.

Hannah and Hart have specialized experience with senior issues: grief, chronic pain and illness management, caregiver stress, end of life, cancer care and spiritual questions. Their unique not-for-profit model is powered by interning clinicians completing their degrees at recognized universities. Hannah and Hart have made a conscious effort to work with interns focusing in and seeking to develop their experience with senior issues. Each intern is paired with an established clinician to provide support and guidance.

"This is a place where emotional needs are met," says Hannah. "Sometimes for the first time. We chose this location intentionally for accessibility and centrality. Counselling should be available to everyone."

Velvet sofas are pulled together in the front room and plants soak up the sunshine streaming through the floor to ceiling windows. Behind the sitting area



*Elsje Hannah, co-founder of Soul Matters Counselling with two therapy pets, Rosie and Alfie*

is a coffee and tea bar adjacent to the lending library and—yes—more sofas for sitting. Down the hall is a crafting space, with two looms for weaving and vibrant rolls of yarn for tactile crafting pleasure. Perhaps, the most enticing place to sit for a while is within the repurposed walk-in bank vault. An altar, candles, bench and soft music willingly lends itself for reflection, meditation and thoughtful prayer.

Therapy dogs, Alfie and Rosie, are also in attendance, providing an encouraging tail wag in exchange for a nice scratch and pat; one more reason to pull up a chair and stay awhile.

Elsje, Jillian and their interning clinicians can be reached at 250-221-2015 or via their website [www.soulmatters.ca](http://www.soulmatters.ca)

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