

Leanne Missal

wellnessworkerleanne@gmail.com 780.886.2624

Available in person from 4pm-10pm 2 days a week

Flexible hours on alternating weekends

New schedule coming in July 2023

Per Hour Pricing

In Home Service

\$25

- Creating/ Maintaining Routine(s)
- Life Skills Building
- Basic Home Skills
- Making Appointments
- Meal prep & Planning
- Wellbeing Support

External Service*

\$30

- Life Skills Building
- Fulfilling Appointment(s)
- Shopping / Grocery
- Companion
- Wellbeing Support

*External Service consists of any listed service outside of the home, requires additional travel and/or use of personal vehicle.

Life Skills

- Problem solving
- Critical thinking
- Communication
- Decision-making
- Creative thinking
- Interpersonal relationships
- Self awareness
- Coping with stress

Basic Home Skills

- Cooking.
- Laundry.
- Washing dishes.
- Sweeping, mopping, and vacuuming.
- Dusting.
- Cleaning surfaces.
- Cleaning bathrooms.
- Cleaning mirrors and windows.

Wellbeing Support

- Nutrition
- Exercise
- Relaxation
- Sleep

Establish healthy habits to strengthen your mind and body.

Routines & Schedules

- Morning Routine
- Breakfast / Lunch Prep
- Calendar Management
- Daily Routine
- Sleep Hygiene
- Alarm / Prompt Setting

Qualifications & Employment History

- Addictions & Community Service Worker College Diploma
- NVC
- First Aid AED/CPR
- Mental Health First Aid
- Triple P Parenting. Standard & Teen
- ASIST Training
- Trauma Informed Care
- Anxiety Workshops
- 4th R Healthy Relationships Program
- Sharing Circle Training
- Money Mentors Budgeting Workshop
- Family Centre Managing Anger Workshop
- De-Escalation Techniques

PDD Family Managed Plan (22yr Old Male) (Current)

-Autism, Tourettes, Anxiety Disorder and ADHD

Educational Assistant (Junior High School 12-15 yr) (Current)

-12 yr old Girl, Non verbal, Limited mobility, Physically Disabled

-Behavioural Class grade 7 & 8

Respite for PDD (14yr old Male / 18yr Old Female)

-ODD, ADHD, ADD, OCD, Intense Trauma, PTSD, Tics, Possible FAS.

Youth & Family Support Worker (BGC- 5 years of Employment)

-Family and individual counselling ages 6+, Case Management, Community Service, Parent / Family programs & Workshops, In School Program Facilitation, collaboration with Community Partners, Wellness Hub for Youth Drop in Services.