

hi!

I'm Coleen! In a very real way, the SASPCN saved my life. I have a lifelong struggle with weight management, and emotional eating has plagued my life as an unhealthy response to stress and anxiety.



All about Coleen...

Age: 65

Referring Doc: Dr. Kus & Dr. Lefebvre

Programs: Nutrition & Mental Health

Classes: Health Basics, Craving Changes, Achieve and Stress

Clinicians: Maricris & Christine

Patient Success Story

What led you to the SASPCN?

Four years ago, my doctor sent me to the PCN to take a health management class and I haven't looked back since. I knew I needed ongoing support to help develop and maintain healthy eating choices and that's just what I received. The components of mindfulness, exercise and nutrition comprehensively provide information, strategies and support that work for me.

What did you take away from your experiences with the SASPCN?

The SASPCN with its useful courses and well informed and compassionate professionals have given me helpful information, effective coping strategies and suggestions for living a healthier life - physically and mentally. Most importantly, they have given me courage and hope - courage to believe I can do this and hope that I can choose daily to live a healthy life.

What challenges do you currently face?

My biggest challenge is continuing to be faithful in making daily healthy choices; but I have become resilient because of the support I receive from the PCN.

What advice do you have for others?

Take the courses! Get to know your family doctor. Have an open mind!

The PCN Mental Health team helps with habits, behaviours, stress, worry, or emotional concerns about life problems that interfere with your overall health.