



Evergreen Oasis
Counselling & Consulting Inc.

My name is Nicole Erb. I am the Owner and Founder of Evergreen Oasis Counselling & Consulting. I feel honoured to say that I was born and raised in Treaty 6 Territory and Homeland of the Metis people. As a youth, I met with a counselor to help me work through some struggles I was dealing with at the time. Having that support was exactly what I required to successfully work through the challenges I was experiencing. It was at the age of 16 I knew I wanted to become a social worker and help others. I graduated high school in 2010 and moved to the big city of Saskatoon. I started at the University of Saskatchewan, however, life got in the way, and I dropped out. I was accepted into Sask Polytech and received my Youth Care Certificate. I reapplied to university after being successful at Sask Polytech, and in 2012 I was accepted into the First Nations University of Canada. I convoked with my Indigenous Social Work Degree in 2015.

My work experience:

While attending university, I worked at a group home where I supported individuals that were deaf and blind. I also worked at the Lighthouse Supporting Living Shelter where I supported individuals with drug and alcohol dependencies and homelessness.

My major practicum prior to convocation was at White Buffalo Youth Inhalant Treatment Centre. From there, I was hired as a Program Support worker and worked my way up to Clinical Supervisor. I was able to revise the holistic treatment program as well develop a Crisis Team. My job was to support young women ages 12-17 that suffered with drugs, alcohol, and inhalant misuse. As well, I worked extensively with young women that battled with mental health, suicidal ideologies, and self harming tendencies. As part of the crisis team I helped develop, we would support Northern communities by providing community programming, community development and counselling to individuals that required additional support.

Prior to opening Evergreen Oasis, I was employed with the Government of Saskatchewan - Community Living Service Delivery, Ministry of Social Services. I gained a lot of experience and knowledge working as a Community Services Worker in both Melfort and Prince Albert supporting individuals from Child and Family Programs into CLSD. I also supported individuals that had extensive mental health concerns, self harm/suicide tendencies and individuals requiring day to day support. Furthermore, I was promoted to the Coordinator for the Northern Saskatchewan position. I worked alongside community-based organizations and with individuals receiving Self Directed Funding.

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My goal has always been to open my own counselling practice and I feel very honoured and grateful that I can now welcome others to visit Evergreen Oasis Counselling & Consulting. My area of knowledge is working with individuals 12 years old and older who are struggling with mental health, addictions, and suicide/self harm tendencies. I also support individuals with intellectual disabilities. I utilize, but am not limited to a person-centred approach, trauma informed care, cognitive behavioural theory, strength-based theory, and harm reduction model. I want to ensure the individuals I am supporting have a voice and oversee their treatment plan. I will also be an advocate when individuals feel they do not have a voice.



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Another part of Evergreen Oasis is supporting communities when needed. Being in Northern Saskatchewan and supporting northern communities is an important part of my practice. I can provide consultation, programming, workshops/presentations and can assist in community development.

Evergreen Oasis will continue to grow, and I am excited to be able to open a service for people who might need extra supports. Life is not always easy and sometimes we need that extra support.

If you or someone you know is requiring supports, please reach out. We provide in-person services and virtual services. Also, if you require more information or have additional questions feel free to call me or send me an email. You can reach me at:

PH: 306.714.7679

Email: nicole.erb@evergreenoasis.ca

Evergreen Oasis has been approved to direct bill for some of the insurance companies. I am also approved through Non-Insured Health Benefits and Victims Compensation.

I am registered as a Social Worker through the Saskatchewan Association of Social Work.

All referral packages can be sent to my email. If you do not have access to email, please call me and we can discuss another route.

Thanks!

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