



## **Rheanne Campbell**

MSW, RSW

**Social Worker**

Rheanne is a Registered Social Worker, obtaining her Masters Degree from the University of Windsor. Rheanne has vast experience working in primary care and community-based settings.

Rheanne has over 5 years' experience supporting various demographics, addressing subjects such as lifestyle balance; workplace stress; post-secondary stress; relationship issues; self-esteem; depression and anxiety.

Rheanne works from a strength-based approach, using mindfulness, solution-focused therapy and CBT to guide clients in achieving their goals. She is passionate about helping individuals reach complete health wellness, placing emphasis on both physical and mental health.

Rheanne is compassionate with her approach and strives to empower clients to improve confidence, resilience and self-determination.

