

OUR MANDATE

To inspire hope and contribute to the safety and wellbeing of all ages, cultures, communities, and professions concerned and/or effected by psychological harassment - bullying.



WORKPLACE BULLYING TREATMENT & MANAGEMENT



Linda R. Crockett MSW, RSW
Founder of ABRC offers consultations, information, guidance, support, advocacy, coaching, and brief/long term clinical interventions.

We work with employers and employees impacted by workplace bullying and harassment.

We offer a call line for questions, guidance, and referrals.

We offer training, presentations, facilitate group discussions, customized workshops, lobbying for change, and more.

All voices must be heard for long term sustainable change to occur.

- Building Awareness
- Prevention and Intervention
- Recovery and support for those harmed by bullying or harassment
- Rehabilitation and support for those identified for destructive behaviours
- Restoration of the workplace culture

ABRC & Associates offer Workplaces Resources

- Investigations and Training
- Policy and Procedures Renew
- HR Specialists
- Clinical Therapists
- Assistance for HR, OHS, Unions, Insurance Companies, Medical Teams, Mental Health Teams, and more.

780-965-7480
www.abrc.ca

ABRC is partnering with The Canadian Anti-Bullying Association (CABA)

- Canada wide workplace professional resources
- Education, prevention, intervention, and recovery
- Investigations, HR Specialists, Clinical Therapists, Researchers, Coaches, Facilitators, and more
- Assists Employers, Employees, HR, OHS, Unions, Medical & Mental Health teams, Insurance Companies and others

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// ON FACEBOOK, LINKEDIN & PSYCHOLOGY TODAY

ALBERTA BULLYING
RESEARCH, RESOURCES & RECOVERY CENTRE INC.

Our Voices Will Be Heard



RECOVERY

RESEARCH

RESOURCES

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WHO WE ARE:

Our group of professionals include psychologists, social workers, teachers, nurses, holistic practitioners, counsellors and conflict resolution specialists. We have united to inform, support and provide services to individuals and groups that wish to be proactive, not only reactive, to workplace bullying. We will support your needs for more information, support and recovery. Our objective is to create changes that increase safety and emotional well-being in all environments.

Help us help you bring an end to bullying. You are not alone.

Bullying affects all ages, cultures, communities, and professions. This is a world-wide phenomenon.

Call 780-965-7480 to make an appointment.



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// CUSTOM-DESIGNED PSYCHO-EDUCATIONAL WORKSHOPS:

- Helping those effected, or involved, with psychological harassment.
- Providing options, prevention, protection, and strategies.
- Navigating complicated government systems.
- Dealing with job loss, isolation, STD/LTD, DTA & RTW.
- Dealing with anxiety (in schools, at work, or other).
- Increasing self-confidence, self-insight, self empowerment
- Learning healthy boundaries, strengthening assertiveness



// COUNSELLING:

- Specialized counseling for those effected by bullying (short/long term).
- Rehabilitation Coaching/Counselling for those acting out.
- ABRC and Associates are available throughout Canada. Services can be accessed in person, or via phone, skype, and other sources.

// PSYCHO-EDUCATIONAL SUPPORT GROUPS:

- Adult targets of workplace bullying, in recovery
- Group session 2 hrs., every two weeks
- Edmonton and Calgary locations
- Dates/Locations TBA

RESOURCES



- Online access to resources via abrc.ca
- Consultations, coaching and counselling (brief/long term)
- Work place investigations, policy assessments
- Presentations, workshops, training
- Self-care, variety of healing modalities

RESEARCH



- Information is sought from peer-reviewed publications.
- Innovation is key. We attend world-wide conferences in order to share the Centre's information with practitioners and the academic community.
- Research will be used to determine best practices adopted by ABRC.

RECOVERY



- Is unique to each individual's experience, style, needs, and pace.
- Involves support, safety, sharing, learning, and confidentiality.
- Allows a client to experience community and not isolation.
- Is a process that requires effort from the client.
- Is a personal process, changes are optional. On occasion referrals are deemed mandatory. ABRC provides a supportive process offering benefits to all clients.
- Is finding your personal voice, hope, power, and strength.

// WWW.ABRC.CA

- Our website offers a variety of valuable resources: information, stories, free downloads, videos, and more.
- Find specialized professional services tailored to meet your needs.
- Ask our Dear Addie columnist questions anonymously about situations and learn new strategies (Question & Answer format).