

How We End the Cycle



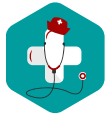
Psychotherapy

Tackle any mental health challenge with evidence-based care.



Hypnotherapy

Rewire your mind for peace and strength. May include aromatherapy and crystal anchoring for those interested in deeper holistic practices.



Nursing-Led Care

Each individualized care plan is led by a Registered Nurse and developed in collaboration with physicians and other healthcare professionals to ensure comprehensive, evidence-based support.



RN Seated Relaxation Touch

Release tension and restore balance with holistic touch therapy.

Finally! integrative medical care that's shaping the future

Your Lifeline to a New Life

Mindful Odyssey is your lifeline to end the cycle of mental health struggles and start your life anew.

Led by Stephanie McNarland, RN Psychotherapist, we blend Western healthcare with holistic practices to support you through despair, anxiety, depression, trauma, and more.

Our psychotherapy, hypnotherapy, Touchcare, and nursing-led care offer personalized care when you need it most.

We're here with evidence-based solutions and soul-nurturing techniques to break free from any mental challenge. We mean business—your mental health is worth fighting for.



Insurance Receipts available



RN assessments with referrals to specialists



Free downloadable worksheets from mindfulodyssey.ca



RN Psychotherapist + Hypnotherapy
Pioneering Whole Healing

NURSING-LED MENTAL HEALTH & WELLNESS CARE

We believe in Individualized support that bridges the gap between physical and mental health.



Get Help Now at mindfulodyssey.ca

Why Mindful Odyssey?

Unique RN-Integration:

As a Registered Nurse, Mindful Odyssey blends medical nursing expertise with therapy, including a base nursing assessment (vital signs and health evaluation). RN add on- in every session to address how physical factors—like medications, hormones, or nutrient levels—influence mental well-being. This optional deeper RN integration (e.g., reviewing labs or medical history) bridges gaps in traditional therapy by coordinating with clients' doctors for comprehensive care.

Holistic Mind-Body-Spirit Approach:

Sessions with psychotherapy with somatic techniques, or hypnotherapy for subconscious healing (targeting anxiety, phobias, pain, addiction, and more), and even past life regression or upcoming Life Between Lives Hypnosis for spiritual exploration and emotional release. This whole-person recovery model goes beyond talk therapy to foster deeper healing.

Pioneering Holistic Grief Care:

Mindful Odyssey is one of fewer than 15 global pioneers redefining healing, offering a specialized service that tackles both emotional and physical dimensions through culturally sensitive, evidence-informed methods. Join us!

Cultural Roots and Personalization:

Drawing from Métis wisdom, the practice emphasizes compassionate, tailored care in a nurturing environment, with personalized plans and insurance receipts where applicable—making it accessible and inclusive for diverse clients.

Contact Information



Location

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Email

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Join the movement! Together we are truly pioneering that bridge between the physical and mental health worlds in a way that's rare and game-changing.



Scan QR code

Find us easily with our interactive location map.

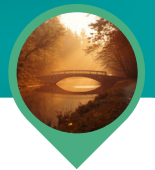
Patient Testimonials



Brian Sheldon



"I was dealing with a lot and I needed help, with the guide and expertise of Stephanie I was able to get out of a dark place."



Brittany Lynn



"Mindful Odyssey ended my cycle of pain and gave me my life back."

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