

## Workplace and Retirement Counselling Service



**Mary Kronenwald**

B.A. Economics, M.A. Psychology

Quality of life in retirement or pre-retirement work years is more important than ever for health and happiness. Loss of family or friends, money worries or low mood can be obstacles to wellbeing and take away from a vibrant lifestyle.

### *What I do*

I offer emotional support, a listening ear and assistance navigating the volatile financial world we are in. When needed, I can work with you to resolve emotional problems in an open and down to earth approach using my skills in solutions-focused therapy. Telephone support is also offered.

### *Background*

About my background; I have been a lecturer in workplace psychology, teaching units in retirement issues at the University of Winnipeg. My lecturing experience includes teaching psychology at James Watt and Anniesland College in the U.K.

My experience includes many years of giving telephone support to clients with mental health issues at the Distress Centre in Toronto and social services. I have received training in solutions-focused therapy at University of Toronto. As well, I am a published researcher in the area of financial abuse of the elderly.

If you'd like help with any of the issues mentioned above, please do not hesitate to contact me at

- Telephone: (416) 206 5233
- Email: [kronenwaldmary@gmail.com](mailto:kronenwaldmary@gmail.com)

Have a great day!

***Mary***

Member of UKC