



## **Jillian Canada**

MS, NCC

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Jillian is passionate about working with individuals across the lifespan as they navigate challenges such as anxiety, depression, identity development, and difficult life transitions. Her purpose is to help her clients find fulfillment and feel authentic in their daily lives. She uses person-centered talk therapy and varying techniques such as cognitive behavioral therapy, dialectical behavioral therapy, and acceptance & commitment therapy to help her clients feel empowered to make meaningful changes. She believes through creating a trusting relationship based on respect and compassion for others, her clients can grow and reach their goals.

Jillian has a Master of Science degree in Clinical Mental Health Counseling from the University of North Georgia and received her Bachelor of Science degree in Psychology from the University of Georgia. She is a Nationally Certified Counselor and licensed as an Associate Professional Counselor with the state of Georgia. She is currently practicing under the supervision of Shawna Jackson, LPC, CPCS. In her free time, she loves hanging out with her family and pets, enjoying the outdoors, going to new coffee shops, and attending barre classes.

Jillian has been a professional counselor with LRJ Foundation since October 2022.