

ABOUT

Taylor Adams, Program Counsellor

Q1. How did you come to work for the Centre?

A1. I have an Addiction Counselling Diploma and have been working as such for a little over two years. I have learned a lot on my journey prior coming to Our House, during my schooling process I spent my summers employed at a co-ed residential treatment center, to which I was offered a full-time position after graduation. I have always had an interest in the helping profession and working within recovery holds a special place in my heart.

Q2. When you want to unwind, what's your preferred relaxation method?

A2. When I am not working my preferred self-care is relaxing with some good music as well as cooking for my friends and family

Q3. What's something that most people don't know about you?

A3. I am a Halloween lover! Horror movies and haunted houses are my favourite things! October is my busiest month.