



Aila Reynoldson

Name: Aila

Areas Served: Calgary (Centre, NW, SW)

Can Support In: Trauma (both childhood and adult); gender-based and domestic violence; issues with family as an adult-child; grief and loss; attachment-based trauma and distress; neurodiversity; music and art performance; mood (e.g. depression, anxiety); chronic illness; alcohol use; cannabis use; and cigarette smoking. No disclosure of diagnosis necessary!

Languages Spoken: English, French (Québécois)

Availability: Most days, 9am to 9pm. Flexible in emergencies.

Contact Info: rmhdaila@gmail.com | 1-587-224-5526

General Description:

Creating a strong rapport based on non-judgement, empathy, and trust will help my clients get the best from me! In my service, I am diverse gender and diverse sexuality affirming, while being sex positive and alternative relationship style positive. I am body-neutral as opposed to body positive. If requested, I can help with problem solving and practical concerns, while remaining present and making space for big feelings. What are your needs? How can I help?

What inspired you to become an RMHD?

20+ years of lived experience navigating the Canadian “healthcare” system. Supporting friends and family through the struggles of life. I’ve always been that go-to person that others feel safe to lean on. I find providing comfort, support, education, and advocacy truly nourishing and fulfilling. Developing a practice of community care and advocacy is an important personal goal!

What values impact you as a RMHD?

Informed by intersectional-feminism, critical disability theory, and social reproduction theory. I value social justice in many forms. Housing First, BLM, De-Fund, Land-Back, De-Criminalize Sex-Work, and other social movements are important to me. Courage, authenticity, safety, openness, inclusivity, autonomy, harm-reduction, respect, kindness, self-reflection, and cultural humility are also strong values.

If you could change anything about the mental health system, what would it be?

How much time you got? Lol! I believe mental health needs to be treated the same as physical health i.e. you choose your own doctors, treatments, and have the same kind of flexibility and autonomy while not being punished in any way!

What are some other interesting things about you?

I’m a trained musician. I own and operate a small business. I love vintage fashion and indoor gardening! I have a very sassy cat and a sweet, loving 30Lb dog.

Wanna go for a walk? :D