

Stephanie Dawson

Beyond the Bridge



Stephanie Dawson is a co-founder and co-owner of Beyond the Bridge Therapy Center, where she and her business partner, Katie, strive to cultivate a safe and inclusive environment for their clients to move through their therapeutic journeys. Stephanie is Mi'kmaq, from Summerside in Prince Edward Island, where she lives with her two sons, her daughter, and her husband. Her drive to start the business came from her deep-rooted desire to help others and to be of service. Stephanie's connection to her Indigenous communities comes through her father; her father always taught her the importance of education and of connecting with her culture.

Stephanie is surrounded and supported by many family members and friends who have not only pushed her to reach her goals but have helped her to achieve the successes that she's experiencing today. Stephanie primarily provides talk therapy and especially likes to work with youth. She provides her clients with a safe space where they feel they are acknowledged and heard.

Stephanie's identification of the ableism, sexism, and racism that can occur in small towns has pushed her to create a space that is open and welcoming to everybody and anybody. Having a child with physical disabilities herself, she and her business partner have worked to ensure that their centre is as accessible as possible for all. Her own office has extra large doors to accommodate those using mobility aids such as wheelchairs, and it does not have stairs. It is important for her that she provides a space where not only everybody feels welcomed but also feels like they can be as independent as they want to be.

Stephanie is continually working to learn more about her community and culture and is very interested in learning how to bring more cultural aspects into her work as a therapist when needed.