



**RICHMOND HEIGHTS**  
HEALTH CARE

At the Richmond Heights Psychological Services, our psychologist and therapists recognize that therapy and counselling isn't just for diagnosed mental health conditions. Embracing a proactive approach can avert many potential challenges. Most of our clients, both children and adults, attend psychotherapy not due of specific diagnoses but to process unresolved feelings, navigate life more effectively, and improve their emotional health. Our therapists are here to support you or your child, one session at a time.



# PSYCHOLOGICAL THERAPY TRANSFORMATIVE COUNSELING FOR CHILDREN AND ADULTS



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