



PSYCHOTHERAPY FOR ADULTS, COUPLES & FAMILIES



RICHMOND HEIGHTS
HEALTH CARE

While there are many reasons why an adult might choose to seek therapy, the primary benefit experienced by patients is universal: The presence of an objective but empathetic professional who offers supportive one-on-one interaction, providing both insight and acceptance. This helps to relieve the sense of loneliness and shame which often accompanies emotional and psychological issues, and from there, healing can begin.

WE OFFER THERAPY FOR THE FOLLOWING ISSUES:

- Individual therapy and counselling
- Couple and marriage counselling
- Family therapy



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