



RICHMOND HEIGHTS
HEALTH CARE



Amy Kaur

Ed.D Counsellor/ Mental Health Therapist

COUNSELLING PSYCHOTHERAPY & REIKI THERAPY

ABOUT

Specializes in Cognitive, Behavioral Therapy, Narrative Therapy, Solution Focused, Brief Therapy, Positive & Spiritual Psychology.

The benefits of counseling may include increased self-acceptance and self-esteem, learning how to express and manage negative emotions effectively, alleviating mental illness symptoms, and improved problem-solving skills.

Contact Us



905-883-6067

437-987-2906

365-440-2273



richmondheightshealthcare@gmail.com



10520 Yonge Street,
Richmond Hill, ON, L4C 3C7

