



MANTRA
PSYCHOTHERAPY

Here for you, wherever you are.



Our Therapists



Our Focus

- ◆ LGBTQ+ issues
- ◆ Anxiety
- ◆ Depression
- ◆ Relationship issues
- ◆ Self-esteem
- ◆ Neurodivergence
- ◆ Grief
- ◆ Trauma

Our Approach

Our clinicians are trained in the modalities of:

- ◆ CBT
- ◆ DBT
- ◆ ACT
- ◆ SFBT
- ◆ Narrative Therapy
- ◆ Gestalt Therapy
- ◆ IFS
- ◆ Attachment-based Therapy

Contact Us

✉ info@mantrapsychotherapy.ca

☎ T: (647) 598-1994 | F: (437) 529-3121

🌐 www.mantrapsychotherapy.ca

*Self-referrals welcome, but referrals can also be made by fax.

Our Services

- 👤 Individual Therapy
- 👥 Couples Therapy

About Us

Mantra Psychotherapy has been operating and serving LGBTQ2IA+ clients across Ontario since 2022. We have had success with many clients and have recently taken on a number of additional therapists to expand our service to those who need it.

Why Us?



Online Sessions Across ON



Therapist Matching Available



Evening & Weekend Availability



Covered by Insurance

