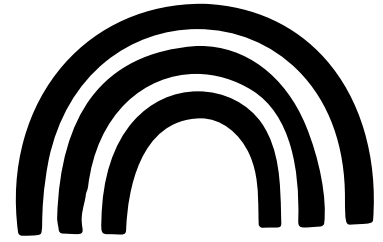




MANTRA

PSYCHOTHERAPY



— Here for you, wherever you are

What We Offer

- 👤 Individual Therapy
- 👥 Couples Therapy

Our Focus

- ◆ LGBTQ2IA+ issues
- ◆ Relationship issues
- ◆ Neurodivergence
- ◆ Self-esteem
- ◆ Emotion regulation
- ◆ Trauma
- ◆ Anxiety
- ◆ Depression
- ◆ Grief

Our Approach

Our team is trained in the modalities of:

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

Contact Us

- ✉ info@mantrapsychotherapy.ca
- 📞 T: (647) 598-1994 | F: (437) 529-3121
- 🌐 mantrapsychotherapy.ca

About Us

Since 2022, Mantra Psychotherapy has been providing affirming care to the LGBTQ2IA+ community across Ontario. Our team is deeply committed to creating a space where clients never have to explain their identity, so that treatment can focus entirely on their growth and wellbeing.

Our clinical team consists of **Registered Psychotherapists** and **Registered Social Workers**.

Benefits to Patients

- 📱 Online appointments across Ontario
- 👥 Therapist matching available
- ✅ Covered by insurance
- 📅 Evening & weekend availability
- 🔄 No wait list

How to Refer & Downloadable Flyer

- ⬇ Download our distributable flyer at: www.mantrapsychotherapy.ca/flyer
- ✔ Self-referrals are welcome, but referrals can also be faxed to (437) 529-3121

