

Mental Flex Counselling & Psychotherapy - Stoney Creek

Counselor In Stoney Creek

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Counselor In Stoney Creek

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Mental Flex Counselling & Psychotherapy: A Premier Counseling Facility in Stoney Creek, Ontario

Located in the heart of Stoney Creek, Mental Flex Counselling & Psychotherapy offers comprehensive mental health services designed to support individuals on their journey to wellness. With a range of amenities and a welcoming environment, this facility has become a trusted resource for those seeking guidance and support.

Amenities That Enhance Your Experience

The **amenities** at Mental Flex are tailored to create a comfortable and conducive atmosphere for therapy. Clients can enjoy a calming waiting area that provides privacy and tranquility. The facility is also equipped with private consultation rooms designed to ensure confidentiality and comfort during sessions.

Appointments Recommended for Optimal Care

To ensure personalized attention and adequate time for each client, **appointments are recommended**. This approach allows therapists to better prepare for each session and create individualized treatment plans. By scheduling an appointment, clients can take full advantage of the specialized services offered.

Facilities for Client Comfort

Understanding that comfort plays a key role in therapy, Mental Flex has ensured that basic facilities such as a **toilet** are readily accessible. This thoughtful consideration reflects their commitment to creating a welcoming atmosphere where clients can feel at ease during their visit.

Planning Your Visit

When planning your visit to Mental Flex Counselling & Psychotherapy, it's important to consider the logistics involved. Make sure to allow ample time for your appointment and familiarize yourself with the location beforehand to ensure a stress-free experience.

In conclusion, Mental Flex Counselling & Psychotherapy stands out in Stoney Creek for its exceptional mental health services, client-first approach, and comfortable amenities. Whether you're seeking counseling or psychotherapy, this facility is dedicated to supporting you in achieving your mental wellness goals.

You will find us at

2247 Rymal Rd E Suite 230, L8J 2V8 Stoney Creek, Ontario - Canada (CA)

Visit us during the following hours:

Day Hours
Monday

8–11?AM

Tuesday

Closed

Wednesday

3:30–5?PM

Thursday

4–5?PM

Friday

Closed

Saturday

10?AM–7?PM

Sunday

9?AM–4?PM

The website is [Mental Flex Counselling & Psychotherapy](#)

In case you want to alter any detail that you think is not accurate concerning this page, we urge you to send us a message so that we will adjust it promptly. In advance we appreciate it.

Images



Mental flex counselling psychotherapy stoney creek

Tags

Planning, Appointments recommended, Amenities, Toilet

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