

Catharsis Counseling & Psychotherapy - Ottawa

Mental Health Service In Ottawa



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Mental Health Service In Ottawa

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Mental Health Services at Catharsis Counseling & Psychotherapy

Catharsis Counseling & Psychotherapy, located in Ottawa, Ontario, is dedicated to providing comprehensive mental health services tailored to the diverse needs of its clients. With a commitment to creating a supportive environment, they are particularly known for being ****LGBTQ+ friendly**** and offering a ****transgender safe space****, ensuring that all individuals feel welcome and respected.

Facility Amenities

The center is equipped with essential ****amenities**** that enhance the therapeutic experience. Clients can expect clean and accessible facilities, including a ****toilet**** for convenience during appointments. The welcoming atmosphere is designed to put individuals at ease as they embark on their healing journey.

Appointment Planning

It is highly recommended to pre-book your sessions with Catharsis. The therapists are often in high demand, and planning in advance ensures you secure a spot that fits your schedule. Clients have expressed concern about last-minute appointment cancellations, highlighting the importance of clear communication regarding ****appointments****. In some cases, individuals reported feeling frustrated due to a lack of notification regarding balance issues before their scheduled sessions.

Client Experiences

Many clients have shared their positive experiences with therapists like Nereah Felix and Karoline Achille. They have been praised for their empathetic approach and ability to help clients navigate personal challenges. One client mentioned, "Nereah's gentle approach encourages you to calm down, feel your feelings, and work through them." Such feedback reflects the caring environment cultivated at Catharsis. However, not all reviews were without critique. Some clients expressed disappointment over communication lapses. For example, one individual stated that her request to end couples therapy was met with silence from her therapist. This feedback underscores the necessity of effective communication in building a strong client-therapist relationship.

Final Thoughts

Overall, Catharsis Counseling & Psychotherapy offers valuable services for those in need of mental health support in Ottawa. With a focus on inclusivity and a range of therapeutic approaches, clients are encouraged to reach out and take the step toward healing. Whether seeking help for personal struggles, family dynamics, or other mental health challenges, individuals can find a supportive community at Catharsis.

The business is situated at

1518 Scott St, K1Y 2N5 Ottawa, Ontario - Canada (CA)

The contact line of this **Mental health service** is +1613-316-6099
And if you want to send a WhatsApp, you can do so at +1613-316-6099

Our public attention hours are:

Day Hours
Monday
10?AM–9?PM
Tuesday
10?AM–9?PM
Wednesday
10?AM–9?PM
Thursday
10?AM–9?PM
Friday
9?AM–5?PM
Saturday
Closed
Sunday
10?AM–9?PM

The website is [Catharsis Counseling & Psychotherapy](#)

If you require to change any detail that you think is not precise related to this page, please send us a message and we will adjust it quickly. Thank you in advance thanks for your cooperation.

Images



Catharsis counseling psychotherapy ottawa

Tags

LGBTQ+ friendly, Toilet, Crowd, Amenities, Appointments recommended, Planning,

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