

A Little Zen - Counselling and Psychotherapy - Uxbridge

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A Little Zen - Counselling and Psychotherapy - Uxbridge

Mental Health Service: A Little Zen - Counselling and Psychotherapy

A Little Zen is a prominent mental health service located in Uxbridge, Ontario, dedicated to providing high-quality counselling and psychotherapy. The establishment is proud to identify as **women-owned**, reflecting its commitment to empowering women within the community.

Planning Your Visit

When planning your visit to A Little Zen, it's important to note that appointments are recommended. This ensures that you receive personalized attention and care tailored to your specific needs. The scheduling process is straightforward, and the staff is always ready to assist you in finding a convenient time.

Accessibility Features

A Little Zen prioritizes accessibility for all its clients. The facility boasts a **wheelchair-accessible car park**, making it easy for individuals with mobility challenges to visit. Additionally, the premises are designed to be accessible throughout, ensuring that everyone can benefit from their mental health services.

Amenities to Enhance Your Experience

From the business's amenities to its inviting atmosphere, A Little Zen aims to provide a comfortable environment for all clients. The thoughtfully designed space helps to create a tranquil setting that is conducive to healing and growth.

Restroom Facilities

Moreover, A Little Zen includes **toilet facilities** within its premises, further enhancing the overall experience for clients. These amenities contribute to a welcoming environment where individuals can feel at ease during their visits.

Conclusion

In summary, A Little Zen - Counselling and Psychotherapy stands out as a vital mental health service in Uxbridge, Ontario. With its emphasis on accessibility, women-owned leadership, and thoughtful planning, it provides an invaluable resource for those seeking mental health support. Make sure to schedule your appointment and take advantage of the welcoming amenities available at this remarkable establishment.

Our establishment is located at

Unit 306A, 2 Campbell Dr, L9P 0A3 Uxbridge, Ontario - Canada (CA)

The contact phone of this **Mental health service** is +1905-904-0398
And if you want to send a WhatsApp, you can do so at +1905-904-0398

We are open during the following hours:

Day Hours
Monday
10?AM–8?PM
Tuesday
9?AM–7?PM
Wednesday
9?AM–7?PM
Thursday
9?AM–7?PM
Friday
Closed
Saturday
9?AM–1?PM
Sunday
Closed

The website is [A Little Zen - Counselling and Psychotherapy](#)

If necessary to modify any element that you feel is not precise regarding this page, please forward a message so we can we will handle it as soon as possible. Thanks beforehand thank you very much.

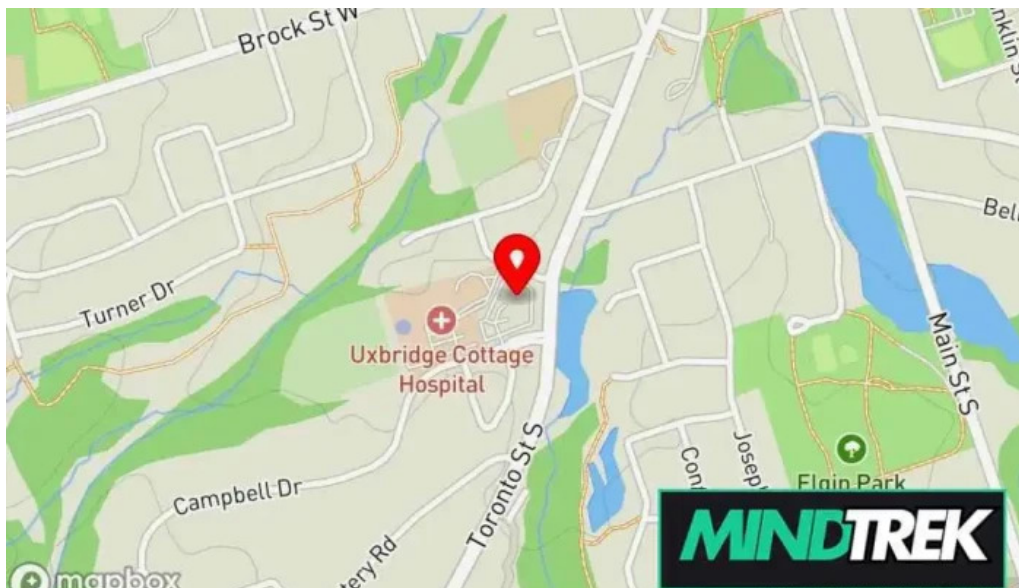
Images



A little zen counselling and psychotherapy uxbridge



A little zen counselling and psychotherapy street view 360deg



A little zen counselling and psychotherapy map



A little zen counselling and psychotherapy by owner



A little zen counselling and psychotherapy all

Tags

Appointments recommended, From the business, Accessibility, Amenities, Wheelchair-accessible car park, Toilet, Identifies as women-owned, Planning

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community health centre
consultant
corporate office
counselor
crisis center
dentist
doctor
education center
emdr psychotherapist
equestrian facility
family counselor
family service center
fitness center
health counselor
health spa

holistic medicine practitioner
home health care service
hotel
laser hair removal service
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mental health clinic
mental health service
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