

The Mindfulness Clinic - Toronto

Psychologist In Toronto



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Welcome to The Mindfulness Clinic: A Safe and Supportive Space in Toronto

The Mindfulness Clinic, located in Toronto, Ontario, is dedicated to providing high-quality psychological services in a ****crowd****-friendly environment. Committed to being a ****transgender safe space****, the clinic ensures that all individuals, regardless of gender identity or sexual orientation, feel welcome and supported.

Amenities for Everyone

The clinic prides itself on its accessibility, offering a **wheelchair-accessible entrance**, **wheelchair-accessible car park**, and a **wheelchair-accessible toilet** to cater to clients with mobility challenges. Additionally, the clinic provides **language assistance** to ensure effective communication with all patients.

LGBTQ+ Friendly Environment

As an **LGBTQ+ friendly** establishment, the clinic understands the unique challenges faced by the community. They strive to create an inclusive atmosphere where everyone can receive the support they need.

Service Options and Planning

Appointments are recommended to ensure that clients receive timely support. With various **service options**, The Mindfulness Clinic accommodates different therapeutic needs. While some individuals have expressed concerns about the availability of therapists at times, many have acknowledged the dedication and responsiveness of staff in addressing these issues.

Client Experiences

Reviews from clients highlight the clinic's strengths and areas for improvement. One client noted, "I signed up for the social anxiety group though haven't started the program yet. I've had a great experience thus far - staff have been responsive, flexible with scheduling, and very kindly offered to send the results of an assessment they paid for to my other psychologist." This demonstrates the clinic's commitment to patient care. However, not all experiences have been positive. Another client raised concerns about therapist preparedness and session quality, stating, "My therapist seems to be rushing from one appointment to another... I am thinking I should have notes for all our sessions." Such feedback emphasizes the need for continuous improvement within the clinic.

Thought Leadership and Community Engagement

Dr. Paul Kelly, a key figure at The Mindfulness Clinic, has conducted workshops and presentations on mindfulness and mental health, receiving accolades for his knowledgeable and engaging approach. Clients have remarked on the value of his talks, which blend scientific research with practical mindfulness techniques. For example, one attendee stated, "He gave a great talk about mental health... with a nice balance of being informative and using humour."

Conclusion

While The Mindfulness Clinic continues to adapt and respond to client feedback, it remains a vital resource for many seeking mental health support in Toronto. With comprehensive amenities, a welcoming environment, and a

commitment to inclusivity, the clinic strives to serve all individuals effectively. Whether you're looking to participate in group therapy or seeking one-on-one counseling, The Mindfulness Clinic aims to be a supportive space on your journey toward mental well-being.

We are situated in

425 University Ave Suite 801, M5G 1T6 Toronto, Ontario - Canada (CA)

The contact phone of this **Psychologist** is +1416-847-7118

And if you want to send a WhatsApp, you can do so at +1416-847-7118

Our opening hours are:

Day	Hours
Monday	Closed
Tuesday	9?AM–5?PM
Wednesday	9?AM–5?PM
Thursday	9?AM–5?PM
Friday	9?AM–5?PM
Saturday	9?AM–4?PM
Sunday	Closed

The website is The Mindfulness Clinic

If necessary to alter any element that you feel is not accurate about this page, we urge you to deliver a message so that we will adjust it at the earliest convenience. With anticipation thanks.

Images



The mindfulness clinic toronto

Tags

Crowd, Language assistance, Appointments recommended, Toilet, Amenities, LGBTQ+ friendly, Service options, Transgender safe space, Wheelchair-accessible car park, Accessibility, Planning, Wheelchair-accessible toilet, Wheelchair-accessible entrance

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