

Feelings First Counselling & Wellness - Alliston

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Feelings First Counselling & Wellness - Alliston

Feelings First Counselling & Wellness: A Sanctuary for Healing in Alliston, Ontario

If you're seeking compassionate and professional mental health support, **Feelings First Counselling & Wellness** in Alliston, Ontario, stands out as a remarkable choice. This women-owned clinic emphasizes accessibility and warmth, ensuring that everyone feels welcome.

Accessibility Features for All Clients

Feelings First is designed to be inclusive, featuring a **wheelchair-accessible car park** and convenient **wheelchair-accessible seating**. The availability of a **wheelchair-accessible toilet** ensures that all visitors can navigate the space comfortably, making it a truly welcoming environment.

A Warm and Welcoming Atmosphere

The clinic is noted for its calming ambiance, providing a safe space for clients to explore their feelings and experiences. Many clients express appreciation for the **amenities** offered, which contribute to the overall comfort and ease of therapy sessions.

Expert Therapists Who Care

Kristen, one of the primary therapists, is celebrated for her dedication and genuine compassion. Her clients describe her as **empathetic** and **client-centered**, establishing a strong rapport that fosters growth and healing. Whether you are an individual or a couple, Kristen provides a neutral and committed support system, ensuring each client feels understood.

Client-Centered Approach

At Feelings First, therapy is tailored to meet individual needs. Clients appreciate the flexibility offered by the therapists, allowing for personalized approaches that resonate with their unique situations. This adaptability makes the clinic an excellent option for anyone considering starting or switching their therapy journey.

Testimonials from Satisfied Clients

The positive feedback from clients highlights the exceptional service at Feelings First. Many express feelings of comfort and safety in the therapeutic space that Kristen and her team have created. One client even mentioned that "Kristen goes the extra mile for her clients," reflecting her commitment to providing an inclusive and non-judgmental atmosphere.

Why Choose Feelings First Counselling & Wellness?

If you're looking for a therapist who combines professionalism with heartfelt care, **Feelings First Counselling & Wellness** is the ideal destination. With accessible facilities, skilled therapists, and a welcoming environment, your journey toward healing can begin here.

For those ready to take the next step, consider reaching out to Kristen and her team. You won't regret making this choice for your mental health and wellness.

You can reach us at

180 Parsons Rd Unit 30-34, Room 12, L9R 1E8 Alliston, Ontario - Canada (CA)

The contact phone of the mentioned **Psychotherapist** is +1705-315-9745

And if you want to send a WhatsApp, you can do so at +1705-315-9745

Visit us during the following hours:

Day Hours
Monday
11?AM–7?PM
Tuesday
8?AM–7?PM
Wednesday
9?AM–7?PM
Thursday
11?AM–4:30?PM
Friday
Closed
Saturday
Closed
Sunday
11?AM–7?PM

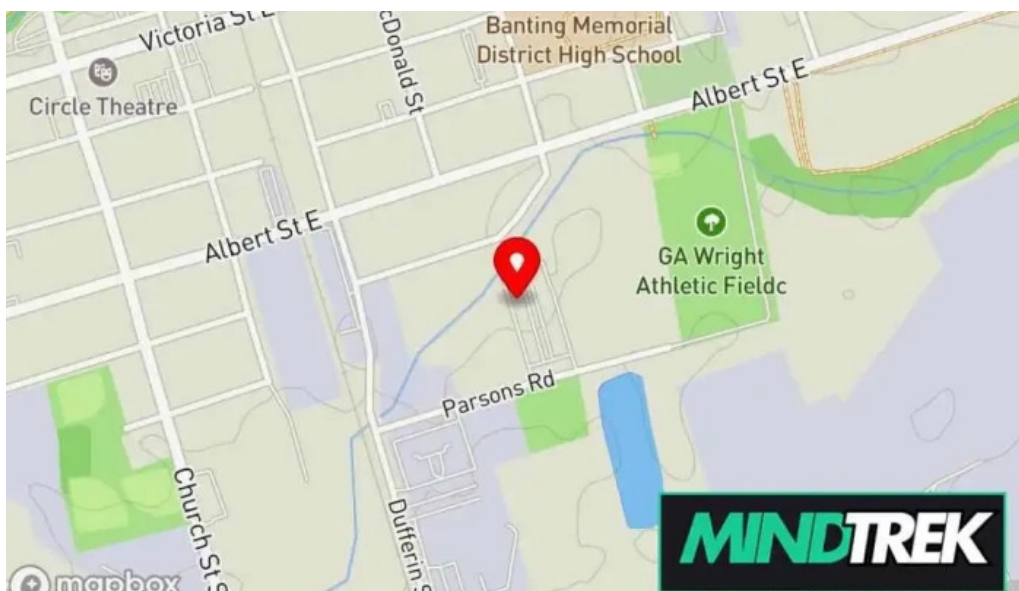
The website is Feelings First Counselling & Wellness

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Tags

Wheelchair-accessible seating, Wheelchair-accessible toilet, Wheelchair-accessible car park, Amenities, From the business, Toilet, Accessibility, Identifies as women-owned

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