

Sandra L. Norris - Mind-Body Health Centre - Cobourg

Psychotherapist In Cobourg



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Psychotherapist In Cobourg

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Discovering the Mind-Body Health Centre: Psychotherapist Sandra L. Norris in Cobourg, Ontario

At the heart of Cobourg, Ontario, the ****Mind-Body Health Centre**** offers a serene and welcoming environment for those seeking mental health support. Led by the esteemed ****Psychotherapist Sandra L. Norris****, this centre emphasizes the importance of accessibility and comfort for all clients.

Accessibility Features

One of the standout aspects of the Mind-Body Health Centre is its commitment to **accessibility**. The facility boasts a **wheelchair-accessible car park**, making it easier for individuals with mobility challenges to visit. This thoughtful planning ensures that everyone can access vital mental health services without unnecessary barriers.

Amenities for Comfort

The centre is equipped with essential **amenities** to enhance the client experience. From comfortable seating in waiting areas to quiet therapy rooms, the atmosphere promotes relaxation and healing. Furthermore, there are adequate **toilet** facilities designed to be accessible for all users.

Booking Your Visit

For those looking to schedule a session, **appointments are recommended** to ensure personalized and timely support. Sandra L. Norris and her team prioritize each client's unique needs, providing tailored therapeutic approaches within a supportive setting.

Conclusion

With its focus on accessibility, comprehensive amenities, and skilled psychotherapy, the Mind-Body Health Centre is a prime destination for individuals in Cobourg, Ontario, seeking mental wellness. Visit today and take the first step toward a healthier mind and body.

We are found at

672 Burnham St, K9A 4X4 Cobourg, Ontario - Canada (CA)

The phone number of the respective **Psychotherapist** is +1289-252-1965
And if you want to send a WhatsApp, you can do so at +1289-252-1965

Our service hours are:

Day Hours
Monday
8:30?AM–7?PM
Tuesday
8:30?AM–5:30?PM
Wednesday
8:30?AM–12?PM
Thursday
Closed

Friday
8:30?AM-7?PM
Saturday
8:30?AM-7?PM
Sunday
8:30?AM-7?PM

The website is [Sandra L. Norris - Mind-Body Health Centre](#)

In case you want to change any information that you believe is not precise regarding this portal, we kindly request forward a message so that we will adjust it at the earliest convenience. In advance thanks for your cooperation.

Images



Sandra I norris mind body health centre cobourg

Tags

Toilet, Amenities, Planning, Wheelchair-accessible car park, Appointments recommended, Accessibility

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