

## Jessica White - Collingwood

Psychotherapist In Collingwood

☐ I'm not a robot



Published on: 16/05/25	Hits: 210
Comments: 0	See comments
Votes: 21	Score: 5

[https://www.mindtrek.ca/psychotherapist/collingwood/jessica-white-collingwood\\_303357.php](https://www.mindtrek.ca/psychotherapist/collingwood/jessica-white-collingwood_303357.php)



### *Psychotherapist In Collingwood*

### *Jessica White - Collingwood*

#### **Meet Psychotherapist Jessica White: Your Guide to Healthier Sleep**

Jessica White, a professional psychotherapist located in Collingwood, Ontario, identifies as a women-owned business dedicated to helping families navigate the often-tumultuous waters of sleep challenges. Her practice not only offers expert advice but is also committed to ensuring accessibility for all clients.

#### **Accessibility Features for Comfort and Convenience**

At Jessica's office, you will find several **\*\*accessibility amenities\*\*** designed to make your visit as comfortable as possible: - **\*\*Wheelchair-accessible seating\*\***

ensures that every client can participate fully in their sessions. - A \*\*wheelchair-accessible toilet\*\* and \*\*wheelchair-accessible car park\*\* are available, reflecting her commitment to inclusivity. Appointments are recommended to ensure you receive personalized attention tailored to your needs.

## **The Impact of Jessica's Expertise**

Parents who have sought Jessica's guidance report transformative changes in their children's sleep patterns. Here are some testimonials highlighting her impact: - One parent shared, "With Jessica's help, our baby transitioned from being held for naps to sleeping independently in her crib. We are forever grateful for her support!" - Another stated, "Before working with Jessica, our daughter would wake several times a night. Implementing her customized plan made a significant difference—now she sleeps through the night!" Her approach is not just about sleep training; it encompasses a comprehensive understanding of family dynamics, children's habits, and emotional well-being.

## **Customized Care for Every Family**

Jessica emphasizes the importance of creating individualized plans that respect each family's comfort zones. As one satisfied parent put it, "Jessica listened attentively and crafted a realistic plan that worked for our family. The weekly check-ins kept us accountable." By providing a \*\*customized sleep strategy\*\*, Jessica empowers parents to foster healthy sleep habits in their children. She combines knowledge with empathy, making her guidance relatable and actionable.

## **Support Beyond Sleep Training**

The resources Jessica offers extend beyond simple sleep solutions. Parents have benefitted from her techniques designed to manage stress and cultivate a peaceful environment. One parent noted, "Jessica's mantras and breathing techniques helped us cope better during challenging times, proving invaluable in our parenting journey."

## **Conclusion: Invest in Peaceful Nights with Jessica White**

If you're struggling with sleep issues for yourself or your children, Jessica White's services could be the answer you've been looking for. With \*\*wheelchair-accessible amenities\*\* and a wealth of experience in addressing sleep challenges, you can trust Jessica to provide the support and guidance you need. For more information or to schedule an appointment, reach out to Jessica today and take the first step toward peaceful nights.

**Our business is found at**

126 Hurontario St Unit 201, L9Y 2L8 Collingwood, Ontario - Canada (CA)

The phone number of the respective **Psychotherapist** is +1705-300-2329  
And if you want to send a WhatsApp, you can do so at +1705-300-2329

**We look forward to seeing you at:**

Day Hours  
Monday  
*Closed*  
Tuesday  
*Closed*  
Wednesday  
*Closed*  
Thursday  
*11?AM–5?PM*  
Friday  
*Closed*  
Saturday  
*10?AM–4?PM*  
Sunday  
*12–7?PM*

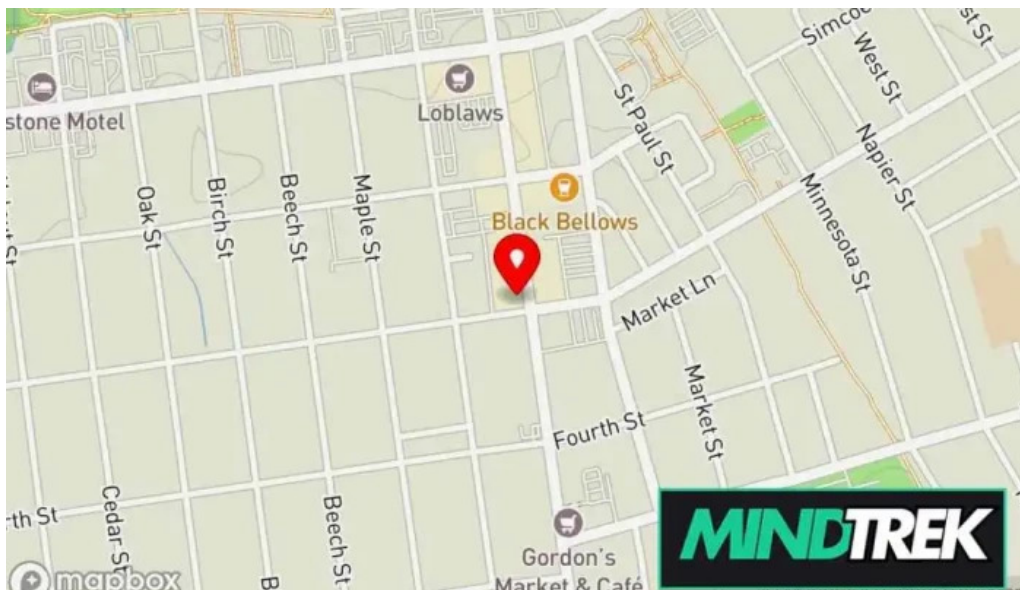
The website is Jessica White

In case you want to modify any detail that you consider is not accurate concerning this web, we urge you to deliver a message so we can we will correct it as soon as possible. With anticipation thanks.

## Images



*Jessica white street view 360deg*



*Jessica white map*



*Jessica white collingwood*



*Jessica white by owner*



*Jessica white all*

## Tags

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

## Related content

---

**5.0 \*** *Melissa White Fitness/Postpartum Coach - Orillia*

---

**4.3 \*** *White Pine Counselling Centre - Greater Sudbury*

---

**5.0 \*** *Vault Mental Health - Whitby*



<b>4.7 *</b>	<i>Vault Mental Health - Barrie</i>
<b>4.9 *</b>	<i>Whole Body and Mind - Ajax</i>
<b>4.7 *</b>	<i>Aurora Speech Clinic - Aurora</i>
<b>3.6 *</b>	<i>Witlox Psychotherapy - Barrie</i>
<b>3.8 *</b>	<i>Myranda Ashley Counselling - Chatham</i>
<b>4.6 *</b>	<i>The Session Space - Newmarket</i>
<b>4.8 *</b>	<i>PhysioHouse Belleville: Physiotherapy, Massage &amp; Acupuncture - Belleville</i>

## Categories

academic department
acupuncture clinic
acupuncturist
addiction treatment center
advertising agency
alternative medicine practitioner
applied behavior analysis therapist
art studio
association / organization
astrologer
bankruptcy service
child care agency
child health care centre
child psychologist
chiropractor
citizen information bureau
community center
community health centre
computer support and services
consultant
corporate office
counselor
crisis center
dentist
doctor
education center

emdr psychotherapist
emergency training
equestrian facility
family counselor
family practice physician
family service center
fitness center
government office
health counselor
health spa
holistic medicine practitioner
home health care service
hotel
hypnotherapy service
laser hair removal service
life coach
local medical services
lymph drainage therapist
marriage or relationship counselor
massage spa
massage therapist
medical center
medical clinic
medical group
medical office
medical spa
mental health clinic
mental health service
naturopathic practitioner
non-profit organization
nutritionist
occupational health service
occupational therapist
optometrist
orthopedic clinic
orthotics & prosthetics service
pain control clinic
pediatric clinic
personal trainer
pharmacy
physical therapist
physical therapy clinic

psychiatrist
psychologist
psychologists
psychopedagogy clinic
psychotherapist
rehabilitation center
reiki therapist
skin care clinic
sleep clinic
social services organization
social worker
spa
specialized clinic
speech pathologist
sports medicine clinic
student career counseling office
support group
wellness center
women's health clinic
yoga studio