

Ancestral Memory Therapy - Hamilton

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Ancestral Memory Therapy - Hamilton

Ancestral Memory Therapy: A Healing Space in Hamilton, Ontario

In the vibrant community of Hamilton, Ontario, **Ancestral Memory Therapy** stands out as a unique therapeutic option that emphasizes the importance of generational trauma and wisdom. Led by skilled **Social Worker and Therapist Melissa**, this practice is not just about mental health; it's about liberation, justice, and deep connections to our roots.

A Welcoming Environment

This space is proudly **LGBTQ+ friendly** and identifies as a **women-owned** business. Melissa's commitment to creating an inclusive atmosphere ensures that everyone feels safe and respected, making it a **transgender safe space**. Clients from diverse backgrounds can find a sanctuary here, where their experiences can be acknowledged and validated.

Service Options Tailored for You

From the business, **Ancestral Memory Therapy** offers various **service options** designed to meet individual needs. Whether you are dealing with generational trauma or seeking ways to soothe your nervous system, Melissa employs a compassionate approach that acknowledges the body's responses to emotional stress. Her expertise extends beyond traditional therapy, incorporating elements that resonate with her clients' cultural and ancestral backgrounds.

Community-Centric Amenities

The practice is equipped with essential **amenities**, including accessible **toilet** facilities for all clients. Language assistance is also available, ensuring that those who may speak different languages can comfortably express their thoughts and feelings during sessions. The warm and inviting atmosphere encourages a sense of belonging, allowing clients to connect not only with Melissa but also with themselves.

What Clients Say

Feedback from clients highlights the impact of Melissa's work. One testimonial states, "Melissa is a gifted and skilled clinician who can hold space for many different experiences." Many have expressed their gratitude for her empathetic approach, which fosters a therapeutic environment conducive to healing. Another client praised Melissa for her insightful presentations about intergenerational strength, noting how "our participants loved the session, and Melissa was a real joy to work with."

In conclusion, if you are in search of a **therapist** who understands the complexities of mental health through the lens of ancestry and culture, look no further than Ancestral Memory Therapy in Hamilton, Ontario. With a welcoming approach and a dedication to justice and liberation, Melissa is ready to support you on your healing journey.

You can come to our business at

21 King St W, L8M 1A8 Hamilton, Ontario - Canada (CA)

The phone number of said **Psychotherapist** is +1647-667-3710
And if you want to send a WhatsApp, you can do so at +1647-667-3710

We are available at these times:

Day	Hours
Monday	Closed
Tuesday	9?AM–5?PM
Wednesday	10?AM–8?PM
Thursday	9?AM–8?PM
Friday	9?AM–8?PM
Saturday	9?AM–5?PM
Sunday	11?AM–4?PM

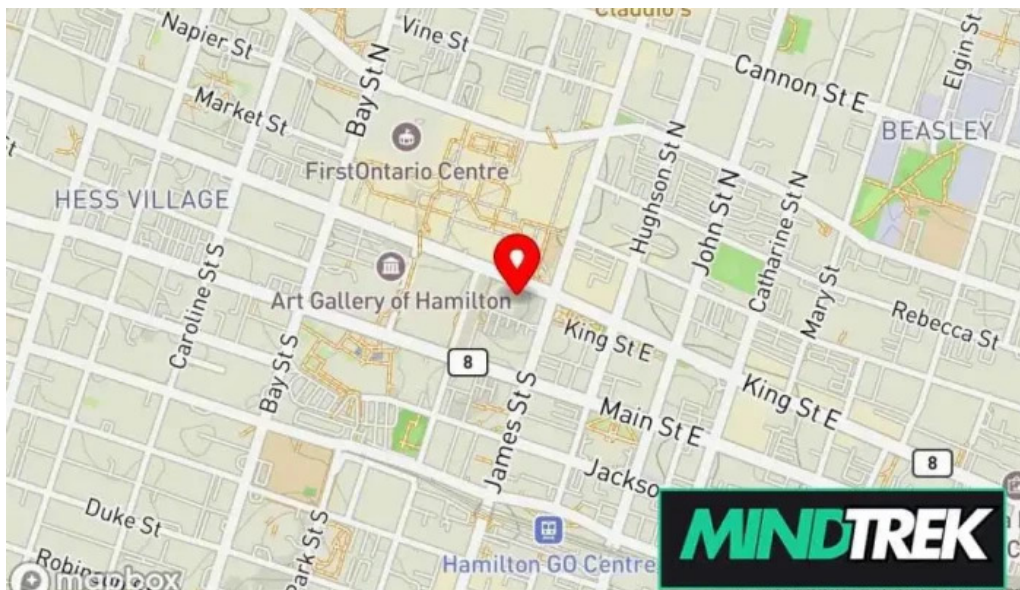
The website is Ancestral Memory Therapy

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Images



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Tags

Transgender safe space, Service options, LGBTQ+ friendly, Language assistance, From the business, Amenities, Toilet, Identifies as women-owned, Crowd

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