

## Vital Minds Psychotherapy - Hamilton

hamilton

I'm not a robot 

Published on: 15/04/25	Hits: 40
Comments: 0	See comments
Votes: 4	Score: 5

[https://www.mindtrek.ca/psychotherapist/hamilton/vital-minds-psychotherapy-hamilton\\_204225.php](https://www.mindtrek.ca/psychotherapist/hamilton/vital-minds-psychotherapy-hamilton_204225.php)



*hamilton*

## *Vital Minds Psychotherapy - Hamilton*

### **Vital Minds Psychotherapy: A Compassionate Approach to Mental Health in Hamilton, Ontario**

In the heart of Hamilton, Ontario, **Vital Minds Psychotherapy** stands out as a beacon of hope and healing. This **women-owned** practice specializes in providing empathetic and personalized therapy services that cater to the unique needs of each client.

### **Accessibility and Amenities**

Vital Minds Psychotherapy is committed to ensuring accessibility for all clients. The facility features a **wheelchair-accessible toilet** and **wheelchair-accessible seating**, making it easier for individuals with mobility challenges to receive the care they need. The **amenities** provided ensure that every client feels comfortable and safe during their visits.

## Appointment and Planning

To experience the transformative services offered at Vital Minds, an **appointment is required**. This allows the therapists to dedicate their full attention to each individual, ensuring a tailored approach to therapy. Clients have shared their experiences, highlighting how this personalized planning has significantly improved their mental health journeys.

## Client Testimonials: Empathy and Insight

The positive impact of Mary, one of the leading therapists at Vital Minds, cannot be overstated. Many clients have expressed their gratitude for her exceptional skills:

"Mary is an incredible therapist. Her empathy and insight have helped me navigate through challenging times. I highly recommend her!" "From the moment I walked into her office, I felt welcomed and at ease. Mary has a calming presence and a great ability to listen and provide sound advice." "If you are looking for a skilled and caring therapist, Mary is the one for you."

## A Transformative Experience

Clients consistently report that the therapy sessions at **Vital Minds Psychotherapy** lead to profound personal growth and understanding. One client stated, "It has truly been a transformative experience for me, and I am beyond grateful." The tools and strategies provided empower individuals to cope with stress and anxiety effectively.

## Conclusion

If you're seeking a compassionate, effective, and professional therapy experience in Hamilton, Ontario, look no further than **Vital Minds Psychotherapy**. With a commitment to accessibility and a deep understanding of individual needs, this practice is poised to make a lasting positive impact on your mental health journey.

## You can find us at

21 King St W 5th Floor, L8P 4W7 Hamilton, Ontario - Canada (CA)

The phone number of said **Psychotherapist** is +1289-556-9444  
And if you want to send a WhatsApp, you can do so at +1289-556-9444

**Our service hours are:**

- Day Hours
- Monday  
*9?AM–5?PM*
- Tuesday  
*9?AM–9?PM*
- Wednesday  
*9?AM–9?PM*
- Thursday  
*9?AM–9?PM*
- Friday  
*9?AM–9?PM*
- Saturday  
*9?AM–9?PM*
- Sunday  
*9?AM–5?PM*

The website is Vital Minds Psychotherapy

If you require to change any data that you feel is incorrect concerning this page, we urge you to send us a message and we will adjust it at the earliest convenience. Thanks beforehand we appreciate it.

**Images**



*Vital minds psychotherapy street view 360deg*



*Vital minds psychotherapy map*



*Vital minds psychotherapy hamilton*





*Vital minds psychotherapy by owner*



*Vital minds psychotherapy all*

## Tags

*Appointment required, Accessibility, Wheelchair-accessible seating, From the business, Amenities, Identifies as women-owned, Wheelchair-accessible toilet, Toilet, Planning*

## Related content

---

**3.8 \*** *Hopeful Minds Psychotherapy - Ajax*

---

**5.0 \*** *Blooming Minds Mental Health - Whitby*

---

**5.0 \*** *Mensah Psychotherapy - Whitby*

---

**5.0 \*** *Crew Psychotherapy and Trauma Services - Whitby*

<b>4.7 *</b>	<i>Sosna Psychotherapy - Ajax</i>
<b>5.0 *</b>	<i>Psychotherapy Works - Ajax</i>
<b>3.7 *</b>	<i>MacDonald Psychotherapy - Ajax</i>
<b>4.1 *</b>	<i>Grace Gta Psychotherapy And Counseling - Pickering</i>
<b>4.1 *</b>	<i>Hope Psychotherapy and consulting - Ajax</i>
<b>5.0 *</b>	<i>Lc Psychotherapy - Whitby</i>

## Categories

acupuncture clinic
acupuncturist
addiction treatment center
art studio
bankruptcy service
child health care centre
child psychologist
chiropractor
community center
community health centre
consultant
corporate office
counselor
dentist
doctor
education center
emdr psychotherapist
equestrian facility
family counselor
family service center
fitness center
health counselor
health spa
holistic medicine practitioner
home health care service
hotel
laser hair removal service
life coach
lymph drainage therapist

marriage or relationship counselor
massage spa
massage therapist
medical clinic
medical spa
mental health clinic
mental health service
naturopathic practitioner
occupational health service
orthopedic clinic
orthotics & prosthetics service
personal trainer
pharmacy
physical therapist
physical therapy clinic
psychiatrist
psychologist
psychologists
psychotherapist
skin care clinic
sleep clinic
social worker
spa
speech pathologist
sports medicine clinic
student career counseling office
support group
wellness center
yoga studio