

Jaagran Wellness Centre - Mississauga

Psychotherapist In Mississauga



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*Psychotherapist In Mississauga**Jaagran Wellness Centre - Mississauga***Jaagran Wellness Centre: A Sanctuary for Mental Health in Mississauga, Ontario**

Jaagran Wellness Centre, located in Mississauga, Ontario, offers a range of ****amenities**** designed to support individuals on their journey to emotional well-being. The centre is home to Atul Kumar Mehra, a psychotherapist known for his empathetic and effective therapy sessions that cater to a variety of mental health needs.

Accessibility and Comfort

The wellness centre is committed to ensuring ****accessibility**** for all clients. It features a ****wheelchair-accessible car park****, making it easy for individuals with mobility challenges to access the services. Inside, the facility is equipped with a ****toilet**** and other amenities that enhance the overall experience, allowing clients to focus entirely on their therapeutic journey.

Service Options and Appointment Requirements

At Jaagran Wellness Centre, ****appointments are required**** to ensure that each client receives the focused attention they need. It is highly recommended to book your sessions in advance. The centre offers various ****service options****, including whole life therapy, which has received rave reviews from clients who have experienced transformation in their mental health.

Planning Your Visit

When planning your visit to Jaagran Wellness Centre, consider that ****language assistance**** is available solely in English, allowing for seamless communication during therapy sessions. Clients often express how vital this communication is to their understanding and progress throughout the therapeutic process.

Client Experiences and Impact

Many clients have shared their positive experiences after working with Atul. For instance, one individual mentioned, ****“I felt like life is beautiful, calm and definitely worth living,”**** after undergoing therapy. Others have noted improvements in anxiety management and emotional stability thanks to his insightful techniques and compassionate approach. Clients frequently emphasize the importance of patience and trust in the therapeutic process. As one review puts it, ****“You have to finish what you have started to get full results of these sessions.”**** This sentiment highlights the transformative journey that therapy at Jaagran Wellness Centre can offer.

Conclusion

Jaagran Wellness Centre is not just a place for therapy; it is a haven for those looking to rebuild their lives and achieve mental clarity. With its accessible facilities, comprehensive service options, and the expertise of Atul Kumar Mehra, it stands as a beacon of hope for anyone seeking to improve their mental health and overall well-being. Whether you are experiencing anxiety, stress, or the effects of past trauma, consider scheduling an appointment to explore the positive changes that are possible with dedicated support.

We are found at

4299 Village Centre Ct #210, L4Z 1S2 Mississauga, Ontario - Canada (CA)

The contact phone of this **Psychotherapist** is +1905-781-8194
And if you want to send a WhatsApp, you can do so at +1905-781-8194

We look forward to seeing you at:

Day	Hours
Monday	10?AM–8?PM
Tuesday	10?AM–8?PM
Wednesday	10?AM–8?PM
Thursday	9?AM–1?PM
Friday	Closed
Saturday	10?AM–8?PM
Sunday	10?AM–8?PM

The website is Jaagran Wellness Centre

In case you want to modify any information that you think is not accurate about this web, please deliver a message so that we will correct it quickly.
Thank you in advance we appreciate it.

Images



Tags

Amenities, Service options, Planning, Appointments recommended, Appointment required, Language assistance, Toilet, Accessibility, Wheelchair-accessible car park

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