

Capital Choice Counselling - Ottawa

Psychotherapist In Ottawa

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https://www.mindtrek.ca/psychotherapist/ottawa/capital-choice-counselling-ottawa_318242.php*Psychotherapist In Ottawa**Capital Choice Counselling - Ottawa***Discovering Capital Choice Counselling: A Hub for Enhanced Mental Wellness**

Capital Choice Counselling, located in Ottawa, Ontario, provides a welcoming environment for individuals seeking therapeutic support. The centre is committed to accessibility and offers several ****amenities**** to ensure that everyone can benefit from their services.

Accessibility Features

One of the notable aspects of Capital Choice Counselling is its focus on

****accessibility****. The centre features ****wheelchair-accessible seating**** and a ****wheelchair-accessible toilet****, making sure that individuals with mobility challenges can navigate the facility comfortably. Furthermore, they provide ****language assistance**** to accommodate diverse linguistic backgrounds, promoting inclusivity within the community.

Service Options and Inclusivity

Capital Choice Counselling offers a variety of ****service options**** tailored to meet different needs. They pride themselves on being an ****LGBTQ+ friendly**** space and a ****transgender safe space****, ensuring all clients feel welcomed and supported. This commitment to creating a safe environment has garnered positive feedback from attendees, highlighting the importance of such spaces in today's society.

Community Engagement and Educational Seminars

In addition to one-on-one therapy sessions, Capital Choice Counselling hosts informative seminars at St. Paul University. These events have received excellent reviews, with attendees praising the speakers for their insightful presentations and engaging discussions. Topics range from online dating to long-term intimate relationships, providing valuable information for those looking to enhance their interpersonal skills. Individuals like David Gilbert, an EFT practitioner, mention how attending these lectures offers ****enriching experiences**** and opportunities for professional development. Many participants have noted that these seminars not only challenge their thinking but also foster meaningful conversations with family and friends.

Recommendations and Client Experiences

The overwhelming sentiment expressed by clients is one of satisfaction. Many recommend making ****appointments**** to ensure a personalized experience tailored to individual needs. Attendees have described their time at Capital Choice Counselling as “worth the investment,” often stating that it’s a better date night alternative compared to traditional dining or movie outings. Clients appreciate the centre's “fantastic web page” and the ease of finding a therapist through their service. Reviews emphasize a positive experience, with one client noting they have been with their therapist for two years, attributing their enduring relationship to the supportive and helpful nature of the counselling services.

Conclusion

Capital Choice Counselling stands out in Ottawa for its dedication to mental wellness, inclusivity, and community engagement. With a range of accessible amenities and thoughtful service options, they strive to create a safe space for everyone. Whether you are seeking personal therapy or looking to deepen your understanding of relationships through their seminars, Capital Choice

Counselling is a vital resource for growth and healing.

You can reach us at

249 Main St, K1S 1C4 Ottawa, Ontario - Canada (CA)

The phone number of the mentioned **Psychotherapist** is +1613-425-4012

And if you want to send a WhatsApp, you can do so at +1613-425-4012

Visit us during the following hours:

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

The website is Capital Choice Counselling

If necessary to update any element that you think is not precise about this web, we urge you to deliver a message so we can we will handle it promptly.
With anticipation thanks for your cooperation.

Images



Capital choice counselling ottawa

Tags

Service options, Transgender safe space, Accessibility, Language assistance, Toilet, Appointments recommended, Planning, Amenities, Wheelchair-accessible toilet, Crowd, LGBTQ+ friendly, Wheelchair-accessible seating

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