

SI Psychotherapy and Wellness - Ottawa

Psychotherapist In Ottawa



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Psychotherapist In Ottawa

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Welcome to SL Psychotherapy and Wellness

Located in the heart of Ottawa, Ontario, **SL Psychotherapy and Wellness** is a beacon of hope for individuals seeking mental health support. This welcoming space emphasizes a holistic approach to mental well-being, ensuring that every client receives the care they need in a comforting environment.

An Inclusive Environment

At SL Psychotherapy and Wellness, the practice **identifies as women-owned**, which enriches the approach to therapy with a perspective that values inclusivity and understanding. The facility is also **LGBTQ+ friendly**, making it a safe haven for individuals across the gender and sexuality spectrum. Additionally, it is recognized as a **transgender safe space**, offering a supportive atmosphere where all clients can express themselves freely.

Planning Your Visit

Appointments are recommended to ensure you have the dedicated time needed for your therapeutic journey. With an emphasis on personalized care, **appointments are required** to prioritize each client's unique needs. It's a reminder that your mental health is paramount and deserves the attention it requires.

A Comfortable Space with Essential Amenities

When you visit SL Psychotherapy and Wellness, you'll find that the facility is equipped with several **amenities** designed for convenience and comfort. Notably, the inclusion of a **toilet** ensures that all visitors can feel at ease during their stay. This attention to detail reflects the overall commitment to creating a welcoming environment for everyone.

Navigating the Crowd

While mental health is universally important, being part of a community that respects individuality is vital. SL Psychotherapy and Wellness stands out by catering to a diverse clientele, providing a refuge from the overwhelming aspects often associated with large crowds. Here, you'll find a tranquil atmosphere that supports focused therapy sessions.

Final Thoughts

Choosing a mental health provider is a significant decision. At **SL Psychotherapy and Wellness**, you are welcomed into a space that prioritizes your well-being, ensuring a safe, inclusive, and personalized experience. Whether you're planning your first visit or returning for ongoing support, rest assured that you will receive care that respects and uplifts your unique identity.

The business is situated at

104 CentrepoinTE Dr Upper Floor, K2G 6B1 Ottawa, Ontario - Canada (CA)

The contact line of the respective **Psychotherapist** is +1613-762-8251

And if you want to send a WhatsApp, you can do so at [+1613-762-8251](https://www.whatsapp.com/business/profile/16137628251)

We are available at these times:

Day	Hours
Monday	8:30?AM–8:30?PM
Tuesday	8:30?AM–7?PM
Wednesday	9?AM–3?PM
Thursday	Closed
Friday	Closed
Saturday	Closed
Sunday	Closed

The website is [SL Psychotherapy and Wellness](https://www.slpsychotherapyandwellness.com)

In case you want to modify any detail that you think is not precise concerning this site, we ask send us a message and we will adjust it at the earliest convenience. Thanks beforehand thank you very much.

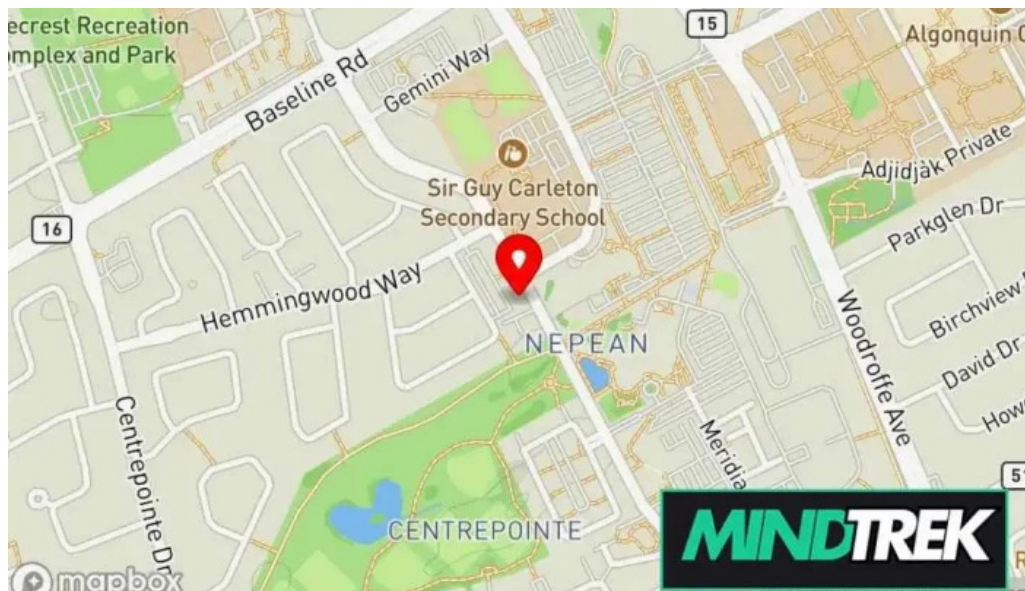
Images



Sl psychotherapy and wellness street view 360deg



SI psychotherapy and wellness ottawa



SI psychotherapy and wellness map



SI psychotherapy and wellness all

Tags

Appointment required, Transgender safe space, Crowd, Amenities, From the business, LGBTQ+ friendly, Planning, Identifies as women-owned, Appointments recommended, Toilet

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3.0 * *Live Inspired Wellness (Formerly Live Inspired Counselling) – Accepting New Clients - Uxbridge*

4.9 * *Innisfil Wellness Centre - Innisfil*

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4.3 * *Water & Stone Psychotherapy - Greater Sudbury*

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