

## The Mindful Loft Betrayal Trauma and Relational Recovery Centre Ontario - Ottawa

Psychotherapist In Ottawa

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### *Psychotherapist In Ottawa*

## *The Mindful Loft Betrayal Trauma and Relational Recovery Centre Ontario - Ottawa*

### **The Mindful Loft: Betrayal Trauma and Relational Recovery Centre in Ottawa, Ontario**

Located in the heart of Ottawa, The Mindful Loft offers a sanctuary for those seeking healing from betrayal trauma and relational issues. With a focus on compassionate therapy, this centre stands out due to its comprehensive

approach and commitment to client well-being.

## **Planning Your Visit**

When planning your visit to The Mindful Loft, it's important to prepare for a transformative experience. Appointments are recommended to ensure you receive personalized attention from the highly skilled therapists available.

## **Amenities for Your Comfort**

The Mindful Loft prides itself on providing a welcoming environment. Clients can expect comfortable amenities designed to make their therapy sessions as soothing as possible. From well-appointed therapy rooms to quiet spaces for reflection, every detail has been considered to enhance your experience.

## **Facilities: Accessibility and Toilets**

Accessibility is a key feature at The Mindful Loft. The facility is equipped with accessible toilets to accommodate all clients comfortably. This attention to detail ensures that everyone can focus on their healing journey without concerns about accessibility.

## **Book Your Appointments Today**

Whether you are dealing with issues related to betrayal, infidelity, or childhood trauma, booking an appointment at The Mindful Loft is the first step toward recovery. Stephanie, one of the therapists, has received high praise for her empathetic nature and insightful guidance. Clients highlight her ability to create a safe space where they can discuss their challenges openly, making her an invaluable resource for those in need.

## **Client Testimonials**

Many clients have shared their positive experiences working with Stephanie. One client noted, "Stephanie genuinely listens and offers insightful perspectives that have helped me better understand and approach my challenges." Such feedback reflects her commitment to fostering a supportive environment where meaningful growth can occur.

In conclusion, if you're in Ottawa and seeking a compassionate therapist who specializes in betrayal trauma and relational recovery, look no further than The Mindful Loft. With its thoughtful planning, warm amenities, and the expertise of therapists like Stephanie, you'll be guided toward hope and strength in your healing journey.

## The address of our establishment is

250B Greenbank Rd Unit #224, K1K 1L1 Ottawa, Ontario - Canada (CA)

The phone number of the mentioned **Psychotherapist** is +1343-801-4229  
And if you want to send a WhatsApp, you can do so at +1343-801-4229

## Our public attention hours are:

Day Hours  
Monday  
9?AM–8?PM  
Tuesday  
9?AM–5?PM  
Wednesday  
9?AM–3?PM  
Thursday  
Closed  
Friday  
9?AM–8?PM  
Saturday  
9?AM–8?PM  
Sunday  
9?AM–8?PM

The website is The Mindful Loft Betrayal Trauma and Relational Recovery Centre Ontario

If you require to alter any information that you believe is not precise related to this site, please forward a message and we will fix it quickly. Thank you in advance thank you very much.

## Images



*The mindful loft betrayal trauma and relational recovery centre ontario ottawa*

## Tags

*Amenities, Planning, Toilet, Appointments recommended*

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**4.3 \*** *Trauma & Grief Institute (tgi) - Ottawa*

**4.6 \*** *Healing Recovery Centre - Newmarket*

**4.2 \*** *Mindful Healing Journey - Ajax*

**4.7 \*** *Trauma Centre - Sharon*

**5.0 \*** *The Mindful Therapy Place - Greater Sudbury*

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**4.9 \*** *Mindful Healing - Brampton*

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child health care centre
child psychologist
chiropractor
citizen information bureau
community center
community health centre
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pharmacy
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psychiatrist
psychologist
psychologists
psychopedagogy clinic
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rehabilitation center
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