

Reflections Counselling and Psychotherapy Services - Whitby

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Reflections Counselling and Psychotherapy Services - Whitby

Discovering Reflections Counselling and Psychotherapy Services in Whitby, Ontario

Reflections Counselling and Psychotherapy Services offers a serene environment for those seeking mental health support. Nestled in the heart of Downtown Whitby, this counseling center is renowned for its compassionate and professional approach.

Accessibility and Amenities

One of the standout features of Reflections Counselling is its commitment to accessibility. The facility boasts a **wheelchair-accessible car park**, ensuring that everyone can benefit from its services without barriers. The thoughtful design extends beyond parking; the center itself is easy to navigate, making it user-friendly for individuals with diverse needs. Moreover, clients have praised the **amenities** available at the location. Many appreciate the calming atmosphere that encourages a sense of tranquility during sessions. Thalia, one of the counselors, exemplifies this supportive environment. She is described as "compassionate" and "gentle," offering an experience that is both welcoming and comforting.

The Experience with Thalia

Client feedback underscores the unique approach taken by Thalia. Rather than dictating how clients should feel or react, she guides them in exploring their own thoughts and emotions. This method allows individuals to make choices aligned with their values and goals, fostering personal growth and autonomy.

Comments highlight Thalia's respectful demeanor and professionalism, making clients feel safe to open up about their challenges. Her ability to ask the right questions without imposing her views creates a collaborative space for healing.

A Space for Everyone

The simplicity and non-distracting design of the counseling space further contribute to a positive experience. Clients find this environment conducive to reflection and exploration of their feelings. The central location of Reflections also means that parking is **plentiful all around**, making it convenient for everyone to access needed support.

Conclusion

If you are considering counseling services in Whitby, Ontario, Reflections Counselling and Psychotherapy Services stands out for its compassionate staff, accessible facilities, and nurturing atmosphere. With a focus on empowering clients through gentle guidance, Thalia and her team are dedicated to helping individuals on their journey to wellness.

We are situated in

303, 101 Mary St W, L1N 2R4 Whitby, Ontario - Canada (CA)

The contact line of the mentioned **Counselor** is +1905-493-4300

And if you want to send a WhatsApp, you can do so at +1905-493-4300

We look forward to seeing you at:

Day Hours
Monday
8?AM–4?PM
Tuesday
8?AM–4?PM
Wednesday
8?AM–4?PM
Thursday
7:30?AM–5:30?PM
Friday
Closed
Saturday
Closed
Sunday
Closed

The website is [Reflections Counselling and Psychotherapy Services](#)

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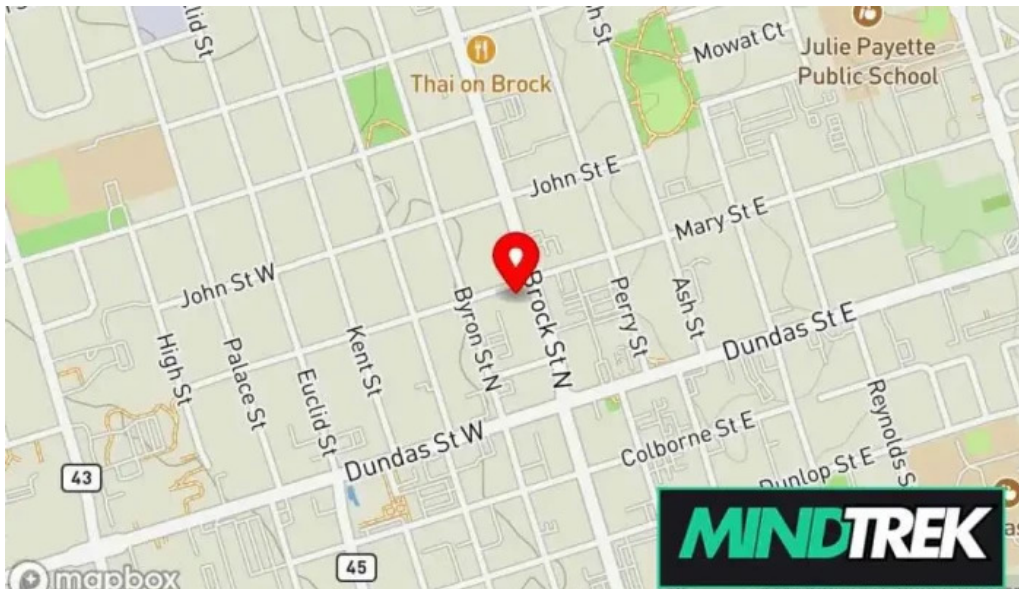
Images



Reflections counselling and psychotherapy services whitby



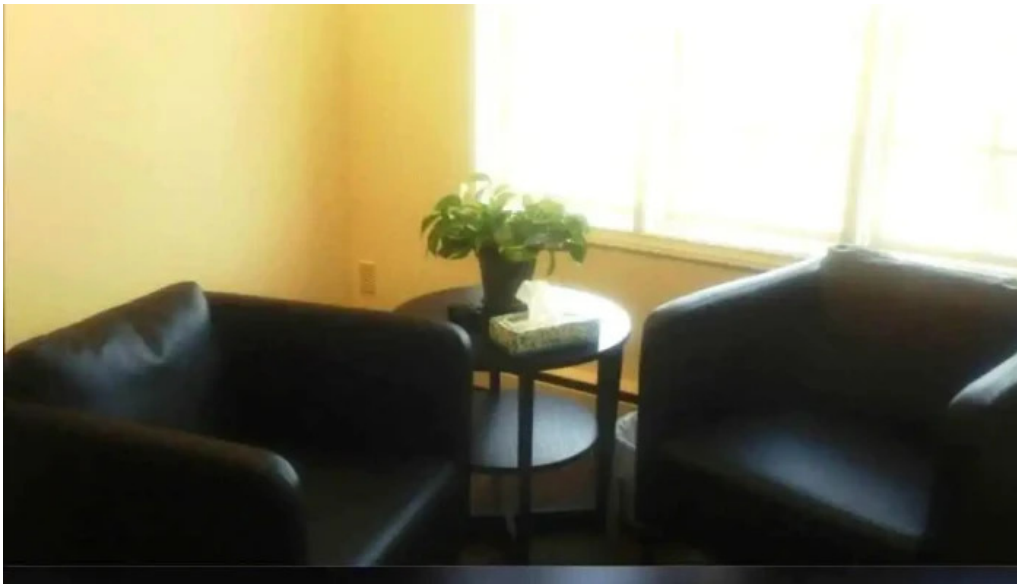
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Reflections counselling and psychotherapy services map



Reflections counselling and psychotherapy services inside



Reflections counselling and psychotherapy services by owner



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Tags

Accessibility, Amenities, Wheelchair-accessible car park, Toilet

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