

## One Peace Therapy - Toronto

Mental Health Clinic In Toronto



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## Mental Health Clinic In Toronto

### One Peace Therapy - Toronto

#### Explore the Healing Journey at One Peace Therapy

One Peace Therapy, located in Toronto, Ontario, is a renowned mental health clinic that provides a wide range of **service options** tailored to meet individual needs. Whether you are seeking therapy for the first time or looking to continue your healing journey, this clinic welcomes everyone with an open heart.

#### From the Business

One Peace Therapy prides itself on offering comprehensive **on-site services** in a warm and inviting environment. The clinic features **wheelchair-accessible**

**seating** and a **wheelchair-accessible entrance**, ensuring that all clients feel included and supported. As an **identifies as women-owned** business, One Peace Therapy fosters a safe space, particularly for women and the **LGBTQ+** community, with dedicated **transgender safe spaces** available.

### **Accessibility and Amenities**

Accessibility is a core value at One Peace Therapy. The clinic offers **language assistance** for clients who may need it, making therapy accessible to a diverse clientele. They recommend that **appointments are made in advance** to ensure a smooth experience, although walk-ins are welcomed where possible. Facilities include a clean **toilet** and comfortable amenities, which contribute to a supportive atmosphere for healing.

### **Community and Support**

Clients often share their experiences with the welcoming **crowd** at One Peace Therapy. Many highlight the team's patience and understanding, stating that they feel heard and valued during their sessions. The clinic emphasizes **planning** personalized approaches to therapy, which fosters a sense of community and connection among clients and therapists alike.

### **Therapeutic Approaches**

Patients frequently mention the clinic's trauma-informed and anti-oppressive approaches in therapy. Clients like one who worked with Cassandra appreciate her ability to create a holistic practice that allows them to explore their truths without judgment. As one client shared, "it felt like I was seen for the first time in a long time."

### **Why Choose One Peace Therapy?**

With numerous testimonials praising their transformative impact, One Peace Therapy stands out as a beacon of hope and healing. As one client noted, "the tools I have gained during my sessions have been a huge help in navigating changes in my life." If you are contemplating starting therapy, One Peace Therapy invites you to join their community. As another client said, "Mental health is overall health itself; if the mental is off, so is the physical. Take care of you!"

### **Get Started Today**

Don't hesitate to embark on your therapy journey. With compassionate staff, a safe and accessible environment, and a commitment to supporting your growth, One Peace Therapy is ready to assist you in becoming your best self. Reach out today to see how they can help facilitate your mental health journey.

### **The location of our business is in**

40 Wynford Dr Suite 100B, M3C 1J5 Toronto, Ontario - Canada (CA)

The phone of the respective **Mental health clinic** is +1416-856-0704  
And if you want to send a WhatsApp, you can do so at +1416-856-0704

### **You can visit us at the following hours:**

Day	Hours
Monday	10?AM–2?PM
Tuesday	9?AM–8?PM
Wednesday	9?AM–8?PM
Thursday	9?AM–8?PM
Friday	9?AM–8?PM
Saturday	9?AM–8?PM
Sunday	10?AM–2?PM

The website is One Peace Therapy

If you wish to change any information that you consider is not accurate about this portal, we kindly request deliver a message so that we will handle it quickly. With anticipation thank you very much.

## **Images**



*One peace therapy toronto*

## Tags

*Wheelchair-accessible entrance, Identifies as women-owned, Amenities, Service options, Appointments recommended, On-site services, Toilet, Transgender safe space, Appointment required, From the business, Language assistance, Crowd, Wheelchair-accessible seating, Accessibility, Planning, LGBTQ+ friendly*

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child health care centre
child psychologist
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fitness center
government office
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health spa
hearing aid store
holistic medicine practitioner
home health care service
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pediatric clinic
personal trainer
pet groomer
pharmacy
physical therapist
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psychologist
psychologists
psychopedagogy clinic
psychotherapist
rehabilitation center
reiki therapist
self defense school
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social services organization
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speech pathologist
sports medicine clinic
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therapists
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wellness center
women's health clinic
yoga instructor
yoga studio