

True Health Therapy - Dundas

Mental Health Service In Dundas

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https://www.mindtrek.ca/mental-health-service/dundas/true-health-therapy-dundas_263606.php*Mental Health Service In Dundas**True Health Therapy - Dundas***True Health Therapy: Your Go-To Mental Health Service in Dundas, Ontario**

Located in the heart of Dundas, Ontario, **True Health Therapy** is dedicated to providing top-tier mental health services tailored to meet individual needs. This facility offers a range of services that prioritize your well-being and comfort.

Appointment Required for Personalized Care

At True Health Therapy, **appointments are required**.

Accessibility and Amenities

The facility is equipped with **gender-neutral toilets** to ensure inclusivity. Accessibility is a priority, with features including a **wheelchair-accessible car park, on-site parking**, and **free parking lots** available for all clients.

On-Site Services for Holistic Healing

True Health Therapy offers various **service options**, combining mental therapy with physical treatments like Fascial Stretching Therapy (FST). Clients have reported significant improvements in mobility, reduction in aches and pains, and enhanced mental wellness.

Why Choose True Health Therapy?

Feedback from clients highlights Allen's dedication, professionalism, and unique approach. Many have praised his ability to create a **warm and welcoming atmosphere**. One client noted, "A session with Allen is so much more than 'just a session'—it is a conversation with a trusted friend."

Planning Your Visit

When planning your visit, rest assured that True Health Therapy has **language assistance** available for those who may need additional support. The spacious and bright studio is not only comfortable but also designed to make every client feel at ease during their sessions.

Free of Charge Street Parking

In addition to on-site parking, **free of charge street parking** is readily available around the facility, making accessibility easier for everyone.

Conclusion: Take the First Step Towards Better Mental Health

Whether you are seeking help for physical discomfort or mental health issues, True Health Therapy provides a comprehensive approach that addresses the root of your challenges. With a focus on individual growth and healing, this center is more than just a treatment facility; it is a place where transformation begins.

If you are considering reaching out, remember that appointments are recommended to ensure personalized care. You won't regret the decision to take the first step towards better mental health!

We are situated in

69 King St E, L9H 1B9 Dundas, Ontario - Canada (CA)

The contact phone of this **Mental health service** is +1647-625-9867

And if you want to send a WhatsApp, you can do so at +1647-625-9867

Our service hours are:

Day	Hours
Monday	Closed
Tuesday	Closed
Wednesday	10?AM–6?PM
Thursday	10?AM–6?PM
Friday	10?AM–6?PM
Saturday	10?AM–6?PM
Sunday	10?AM–5?PM

The website is True Health Therapy

In case you want to change any information that you believe is incorrect about this portal, please send a message and we will fix it quickly. With anticipation we appreciate it.

Images



True health therapy dundas

Tags

Free of charge street parking, Language assistance, Service options, Planning, Free parking lot, On-site parking, On-site services, Appointment required, Toilet, Gender-neutral toilets, Amenities, Appointments recommended, Wheelchair-accessible car park, Accessibility, Parking

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