

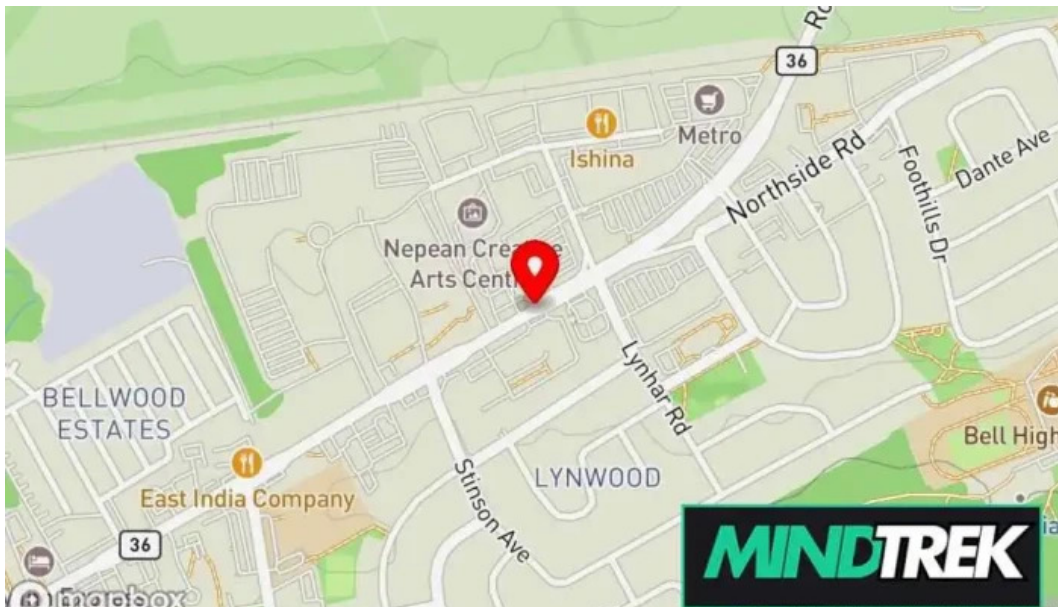
Mindful Map Counselling - Ottawa

ottawa



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https://www.mindtrek.ca/mental-health-service/ottawa/mindful-map-counselling-ottawa_260822.php



ottawa

Mindful Map Counselling - Ottawa

Exploring Mindful Map Counselling in Ottawa, Ontario

When it comes to mental health services, finding the right fit is essential.

Mindful Map Counselling, located in the heart of **Ottawa, Ontario**, offers a holistic approach that many clients find beneficial for their mental well-being.

Facilities and Amenities

One of the key aspects of Mindful Map Counselling is its focus on creating a

comfortable environment. The facility is equipped with modern **amenities** that contribute to a soothing atmosphere, which is crucial for therapeutic settings. Clients often appreciate the clean and welcoming space, ensuring they feel at ease during their visits.

Planning Your Visit

Effective mental health care requires thoughtful **planning**. To make the most of your sessions, consider scheduling appointments in advance. This not only secures your preferred time slot but also helps in establishing a consistent routine. Mindful Map Counselling recommends scheduling your **appointments** ahead of time to maximize the benefits of therapy.

Accessibility and Facilities

Accessibility is a priority at Mindful Map Counselling. The location is designed to be easily reachable, and the facility provides essential **toilet** amenities, making it user-friendly for all clients. Whether you are attending a solo session or bringing a support person, the practical layout ensures everyone can navigate the space comfortably.

Conclusion

In summary, if you are seeking quality mental health services in Ottawa, Mindful Map Counselling stands out for its client-focused approach. With careful **planning** and an emphasis on comfort **amenities**, it is a place where individuals can find support and healing.

We are positioned at

Robertson Rd, K2H 1B9 Ottawa, Ontario - Canada (CA)

The contact line of the respective **Mental health service** is +1289-805-6313

And if you want to send a WhatsApp, you can do so at +1289-805-6313

We are open during the following hours:

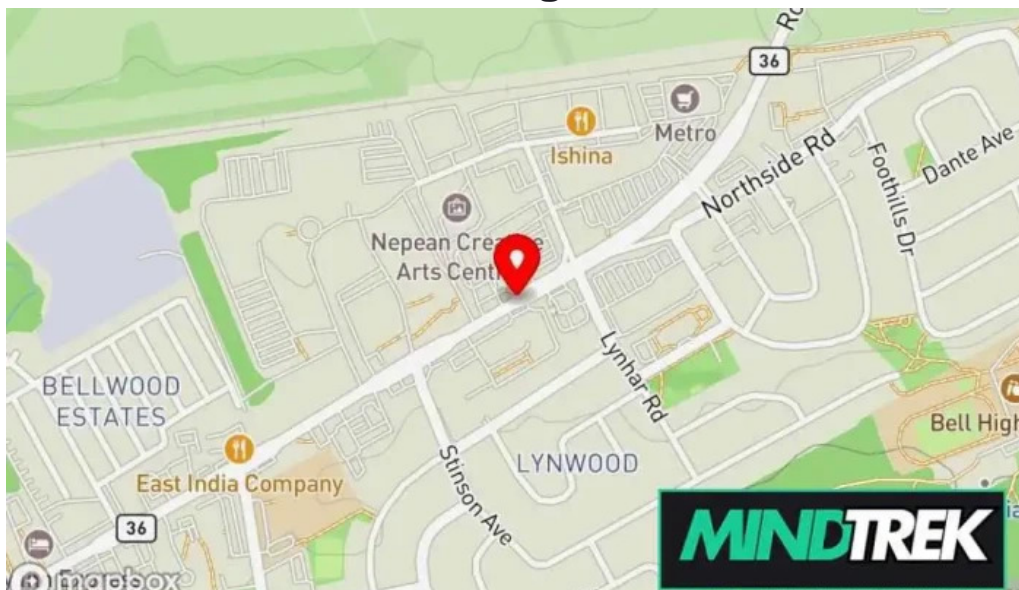
Day Hours
Monday
5–8?PM
Tuesday
9?AM–5?PM

Wednesday
9?AM–2?PM
Thursday
Closed
Friday
5–8?PM
Saturday
9?AM–5?PM
Sunday
5–8?PM

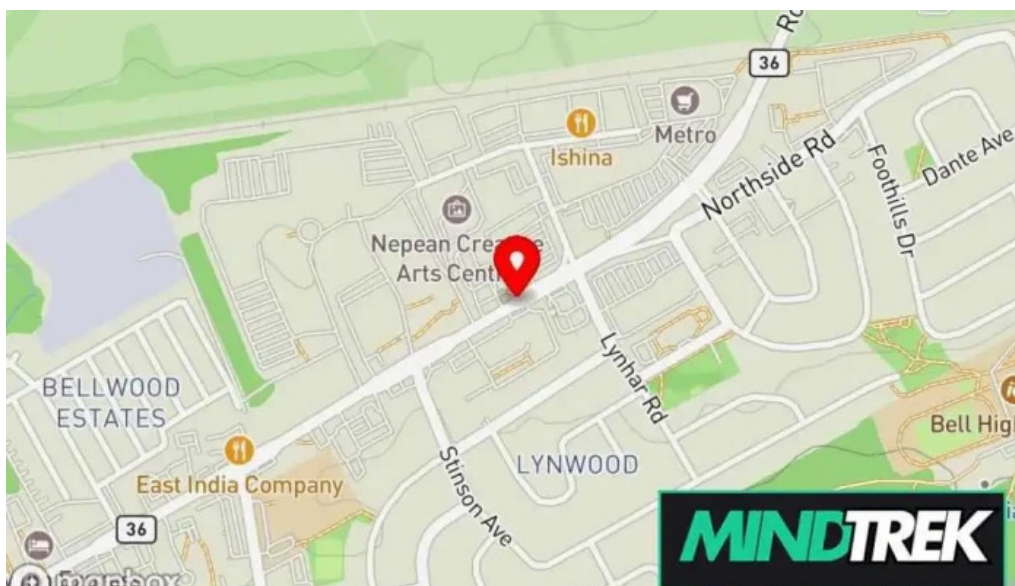
The website is [Mindful Map Counselling](#)

If necessary to adjust any data that you feel is not correct regarding this portal, we ask send a message and we will correct it at the earliest convenience. Thank you in advance we appreciate it.

Images



Mindful map counselling ottawa



Mindful map counselling map

Tags

Toilet, Amenities, Appointments recommended, Planning

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