

## InnerQore Health Psychology and Wellness - Thornhill

Psychologist In Thornhill



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### *Psychologist In Thornhill*

## *InnerQore Health Psychology and Wellness - Thornhill*

### **Welcome to InnerQore Health Psychology and Wellness**

Located in Thornhill, Ontario, **\*\*InnerQore Health Psychology and Wellness\*\*** stands out as a premier destination for psychological support and wellness. With a commitment to inclusivity and accessibility, the clinic provides a welcoming environment for individuals seeking help.

### **Understanding the Crowd and Amenities**

At InnerQore, the atmosphere is often bustling with clients who appreciate the

compassionate care provided by the team of psychologists. The clinic is designed to cater to diverse needs, featuring **gender-neutral toilets** and **wheelchair-accessible entrances**, ensuring comfort for everyone. The facility also boasts **on-site parking**, with both paid and free options available. This thoughtful planning allows clients to focus on their sessions without worrying about parking hassles. Additionally, the **wheelchair-accessible car park** ensures that all visitors can access the property easily.

## **Appointment Policies**

To provide personalized attention, **appointments are recommended**. While it's encouraged to book in advance, the clinic does its best to accommodate walk-ins when possible. For those seeking immediate assistance, an **appointment is required** for initial consultations. Clients have expressed tremendous satisfaction with their experiences at InnerQore. Many have noted how the therapists, including Dr. Jeremy Frank and his team, go above and beyond to meet individual needs.

## **A Safe Space for Everyone**

InnerQore takes pride in being an **LGBTQ+ friendly** and **transgender safe space**. Feedback from clients emphasizes the commitment of staff members to provide a supportive environment where everyone feels valued. Language assistance is also available, ensuring effective communication for all individuals.

## **Client Experiences and Testimonials**

Clients have shared overwhelming positive feedback about their experiences at InnerQore. One client praised Dr. Frank for being a "thoughtful and compassionate clinician," expressing gratitude for the insights and support received during challenging times. Another highlighted the exceptional care provided by therapist Ahmad Sakkijha, noting how the tools learned during therapy helped in managing future struggles. As one client stated, "I never felt you hit a wall with trying to help me," showcasing the dedication of the team in exploring various approaches for recovery. It's clear that the professionals at InnerQore possess not only expertise but also a genuine desire to help their clients thrive.

## **Accessibility and Equity**

InnerQore's commitment to accessibility goes beyond physical accommodations. The clinic ensures **wheelchair-accessible seating** within its waiting areas, creating a comfortable space for everyone. With a focus on equity and inclusivity, InnerQore Health Psychology and Wellness fosters a community where all individuals can seek the support they need free from judgment. In conclusion, if you're in Thornhill, Ontario, and are considering psychological services, **InnerQore Health Psychology and Wellness** is highly

recommended by its clients. With a compassionate team and a commitment to quality care, they are dedicated to helping individuals navigate their mental health journeys effectively.

### **We are based in**

19 Centre St, L4J 1G1 Thornhill, Ontario - Canada (CA)

The contact line of the mentioned **Psychologist** is +1647-725-1919

And if you want to send a WhatsApp, you can do so at +1647-725-1919

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

Day Hours  
Monday

8:30?AM–4?PM

Tuesday

Closed

Wednesday

8:30?AM–8?PM

Thursday

8:30?AM–8?PM

Friday

8:30?AM–9?PM

Saturday

8:30?AM–9?PM

Sunday

8:30?AM–5?PM

The website is InnerQore Health Psychology and Wellness

In case you want to modify any information that you consider is not correct regarding this site, please send a message and we will fix it quickly. Thanks beforehand thank you very much.

## **Images**



*Innerqore health psychology and wellness thornhill*

## Tags

*Parking, Wheelchair-accessible car park, Toilet, Gender-neutral toilets, Appointments recommended, Accessibility, LGBTQ+ friendly, Wheelchair-accessible seating, Free parking lot, On-site parking, Transgender safe space, Service options, Appointment required, Planning, Paid parking lot, Crowd, Wheelchair-accessible entrance, Amenities, Language assistance*

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acupuncture clinic
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astrologer
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child care agency
child health care centre
child psychologist
chiropractor
citizen information bureau
community center
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counselor
crisis center
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doctor
education center
emdr psychotherapist
emergency training
equestrian facility
family counselor
family practice physician
family service center
fitness center
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massage therapist
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medical group
medical office
medical spa
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mental health service
naturopathic practitioner
non-profit organization
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pain control clinic
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physical therapist
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sleep clinic
social services organization
social worker
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