

Cognitive & Interpersonal Therapy Centre - Toronto

Psychologist In Toronto

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Published on: 28/05/25	Hits: 44
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Cognitive & Interpersonal Therapy Centre: A Safe Haven in Toronto

The **Cognitive & Interpersonal Therapy Centre** located in Toronto, Ontario, stands out as a facility that identifies as **women-owned** and is committed to being a **transgender safe space**. This inclusive environment aims to serve the needs of the **LGBTQ+ community**, making it a pivotal resource for individuals seeking mental health support.

Why Choose Cognitive & Interpersonal Therapy Centre?

One of the key features of this therapy centre is its focus on creating a welcoming atmosphere for all clients. It is essential to note that ****appointments are required**** for services, ensuring a structured and personalized experience. While some clients have expressed concerns about treatment modalities, others have praised the professionalism of the staff.

Client Experiences and Recommendations

Feedback from past clients provides valuable insights into the effectiveness of the services offered. One client mentioned, "I'd not recommend this clinic for CBT or any other treatment," pointing to challenges in transparency and clarity when assessing treatment fit. However, others have noted the ****great therapy centre**** aspect, highlighting the professionalism exhibited by the staff. It's important for potential clients to weigh these experiences when planning their visits. ****Appointments are recommended**** to maximize the benefits of available services.

Amenities and On-Site Services

The centre boasts several ****amenities**** designed to enhance the therapy experience. These include comfortable waiting areas and easy accessibility. For those concerned about logistics, the facility includes ****toilet**** facilities, which add to the convenience for clients during their visits.

Final Thoughts

In a bustling city like Toronto, the ****Cognitive & Interpersonal Therapy Centre**** provides a unique environment tailored for individuals from diverse backgrounds. Whether you identify as part of the crowd seeking assistance or need a supportive space as a member of the LGBTQ+ community, this centre aims to meet your needs. As with any therapeutic journey, potential clients are encouraged to consider their preferences and past experiences when deciding on their mental health path.

We are located at

20 Eglinton Ave W #1007, M4R 1K8 Toronto, Ontario - Canada (CA)

The phone number of said **Psychologist** is +1416-570-5050

And if you want to send a WhatsApp, you can do so at +1416-570-5050

Our public attention hours are:

Day Hours
Monday

Closed
Tuesday
8?AM–8?PM
Wednesday
8?AM–8?PM
Thursday
8?AM–8?PM
Friday
8?AM–8?PM
Saturday
8?AM–8?PM
Sunday
Closed

The website is [Cognitive & Interpersonal Therapy Centre](#)

In case you want to modify any data that you feel is not precise regarding this web, we ask send a message so that we will fix it promptly. Thanks beforehand thanks.

Images



Cognitive interpersonal therapy centre toronto

Tags

From the business, Transgender safe space, Crowd, On-site services, Amenities, Service options, Planning, Identifies as women-owned, Appointment required, Toilet, LGBTQ+ friendly, Appointments recommended

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