

J&k Mental Health Therapy & Counselling -Kingston - Kingston

Psychotherapist In Kingston

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Psychotherapist In Kingston

J&k Mental Health Therapy & Counselling -Kingston - Kingston

Discovering J&K Mental Health Therapy & Counselling in Kingston, Ontario

J&K Mental Health Therapy & Counselling, located in Kingston, Ontario, is a beacon of hope for many seeking mental health support. This practice is led by Dr. Kulsoom Malik, who is immensely passionate about helping individuals navigate their mental health challenges.

Accessibility and Amenities for All

One of the standout features of J&K Mental Health is its commitment to accessibility. The clinic offers ****free of charge street parking**** and a ****wheelchair-accessible car park****, ensuring that all individuals can access mental health services without barriers. For those driving to appointments, the ****free parking lot**** provides ample space, making your visit hassle-free.

A Welcoming Environment

The practice prides itself on being a ****transgender safe space**** and ****LGBTQ+ friendly****, fostering an inclusive atmosphere for everyone. This welcoming environment is crucial for clients looking for a supportive space to discuss their mental health concerns. Clients have noted the importance of this aspect, highlighting how it contributes to their overall comfort and openness during sessions.

Professional Care and Community Commitment

Dr. Kulsoom Malik and her dedicated team go above and beyond to ensure exceptional care for their clients. As noted in numerous testimonials, she is described as a ****kind-hearted professional**** who genuinely cares about her patients. Her work in breaking the stigma surrounding mental health, particularly within the South Asian community, is commendable.

Plan Your Visit

While walk-ins are welcome, ****appointments are recommended**** to ensure that each client receives the best possible care and attention. This thoughtful planning is integral to the practice's philosophy, as it allows for more personalized therapy experiences.

The Impact of J&K Mental Health

Many clients have shared their transformative experiences with J&K Mental Health. From helping individuals cope with anxiety and depression to assisting clients in overcoming long-standing fears, Dr. Kulsoom's approach has proven effective. One client expressed how the support they received allowed them to tackle their fear of flying after years of struggle, showcasing the positive impact this clinic has on its community.

Conclusion

J&K Mental Health Therapy & Counselling stands out not only for its ****comprehensive amenities**** and ****accessibility**** but also for its unwavering dedication to providing top-notch mental health support. Whether you identify as part of the LGBTQ+ community or simply seek a caring and professional therapist, J&K is committed to making a difference in your mental health journey. For anyone looking to improve their life and make lasting changes, booking an appointment at J&K Mental Health is undoubtedly a step in the right

direction.

We are positioned at

900 Purdy's Mill Rd, K7M 3M9 Kingston, Ontario - Canada (CA)

The contact line of said **Psychotherapist** is +1613-384-0322

And if you want to send a WhatsApp, you can do so at +1613-384-0322

Our service hours are:

Day Hours
Monday
9:30?AM–8?PM
Tuesday
9:30?AM–8?PM
Wednesday
9:30?AM–8?PM
Thursday
9:30?AM–8?PM
Friday
9:30?AM–8?PM
Saturday
9:30?AM–8?PM
Sunday
9:30?AM–8?PM

The website is J&K Mental Health Therapy & Counselling -Kingston

If you wish to alter any element that you consider is not accurate regarding this site, we ask send us a message so that we will correct it quickly. Thank you in advance thank you very much.

Images



J k mental health therapy counselling kingston kingston

Tags

Wheelchair-accessible car park, Crowd, Parking, Free parking lot, Amenities, Appointments recommended, Appointment required, From the business, Toilet, Free of charge street parking, Identifies as women-owned, Planning, LGBTQ+ friendly, Transgender safe space, On-site parking, Accessibility

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medical group
medical office
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