

Act on Anxiety - Whitby

whitby

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Act on Anxiety - Whitby

Overview of ACT on Anxiety in Whitby, Ontario

ACT on Anxiety, located in Whitby, Ontario, is a prominent psychotherapy center dedicated to helping individuals navigate their fears and anxieties. With a strong focus on accessibility and a warm, empathetic approach, this center ensures that everyone has the opportunity to seek help.

Accessibility Features at ACT on Anxiety

At ACT on Anxiety, inclusivity is a top priority. The facility boasts ****wheelchair-accessible seating****, ensuring that all clients can comfortably

engage in their sessions. Additionally, the center provides a ****wheelchair-accessible car park****, making it easy for clients with mobility challenges to access the facility without hassle.

Amenities for Clients

The amenities at ACT on Anxiety are designed to create a welcoming environment for all clients. One key feature is the ****wheelchair-accessible toilet****, which offers convenience and privacy for those who need it. This commitment to accessibility ensures that every client can feel secure and supported during their visits.

Why Choose Kira at ACT on Anxiety?

Kira, a dedicated psychotherapist at ACT on Anxiety, demonstrates an impressive understanding of psychology. Her warm and empathetic nature creates a safe space where clients can explore their thoughts and emotions without fear of judgment. She specializes in various therapeutic approaches, tailoring her treatment plans to meet each client's unique needs and goals. Clients consistently praise Kira for her dedication to helping others overcome their fears and anxieties. Her expertise combined with the center's accessibility features makes ACT on Anxiety a highly recommended choice for those seeking support.

Conclusion

In summary, ACT on Anxiety in Whitby, Ontario, stands out not only for its exceptional therapy but also for its commitment to accessibility. With Kira leading the way, clients can expect a compassionate and personalized experience tailored to their individual journeys toward healing and understanding.

We are positioned at

173 Brock St N #205, L1N 4H3 Whitby, Ontario - Canada (CA)

The contact line of said **Psychotherapist** is +1647-371-0383

And if you want to send a WhatsApp, you can do so at +1647-371-0383

Our opening hours are:

Day Hours
Monday

10?AM–5?PM

Tuesday

10?AM–5?PM

Wednesday

10?AM–5?PM

Thursday

10?AM–5?PM

Friday

10?AM–3?PM

Saturday

Closed

Sunday

Closed

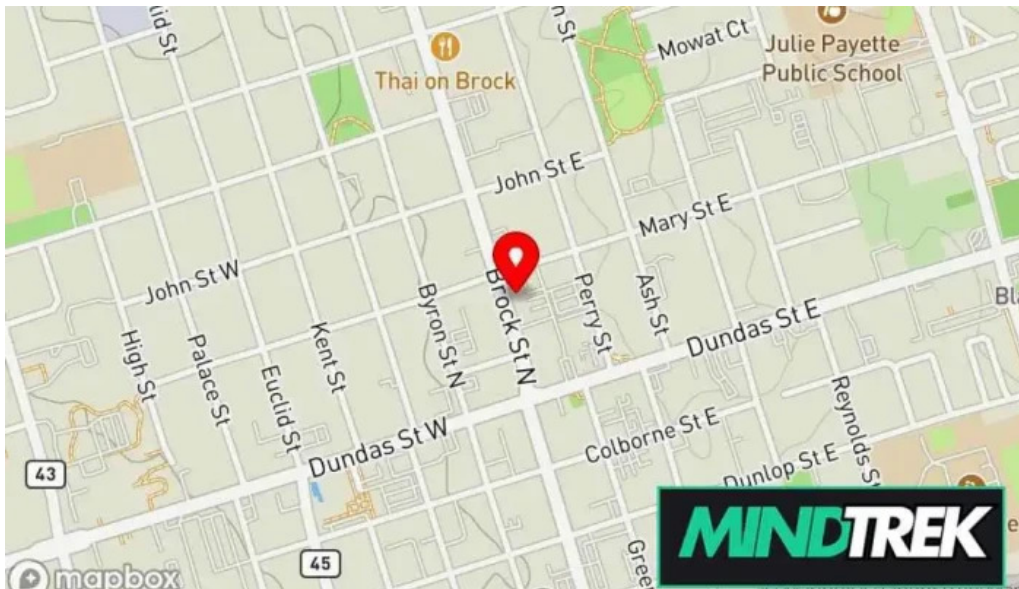
The website is [ACT on Anxiety](#)

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Images



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Act on anxiety map



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Tags

Amenities, Wheelchair-accessible car park, Toilet, Wheelchair-accessible seating, Accessibility, Wheelchair-accessible toilet

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