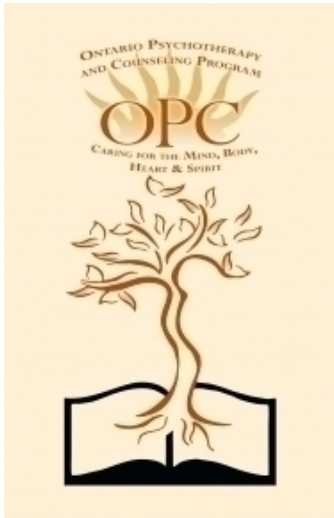


Ontario Psychotherapy and Counseling Network



Ontario
Canada

Phone: 416-920-9355

The Toronto office of the Ontario Psychotherapy and Counseling Referral Network is located downtown in the heart of the Annex, and provides appointments with qualified and caring therapists and counsellors in Toronto and other cities in the Greater Toronto Area, and throughout Ontario. OPC's Psychotherapists and Counsellors come from many different backgrounds and have been trained to help with: depression, anxiety, ocd, work-related stress, post-traumatic stress, parenting and other relationship challenges, ...and other issues unique to your particular situation and life experience. Our therapists practice many different types of psychotherapy and counseling techniques and offer individual therapy and couples counseling, and help for dealing with difficulties unique to same-sex relationships, blended family, transgender challenges, or parenting support. Psychotherapy and counseling with experienced graduates of the Ontario Psychotherapy Training and Counseling Certificate Program can be provided on a sliding scale, and low cost counseling and therapy is offered with senior student therapists of the program. The OPC Training Program typically takes a minimum of five years to complete, and is geared to meeting and exceeding standards established by professional associations of psychotherapists and counselors. The OPC Referral Network is a caring community of professionals -- we understand that finding effective, affordable psychotherapy in

Ontario can be challenging, and we will work with you to find the right psychotherapist for you.

Specialization(s): Individual psychotherapy & counseling, couples therapy, addictions counseling, personal growth, yoga therapy
Rates: Initial consultation free, fees negotiable

[Website](#)

[Email](#)