

ADVANCE HEALTH

Psychotherapy and Psychological Services



FIND HOPE! LIVE BETTER!

You may **struggle** with:

- **Anxiety**
- **Panic attacks**
- **Depression**
- **Insomnia**
- **Trauma**
- **Alcohol/substance use.**
- **Relationship problems**
- **Grief**

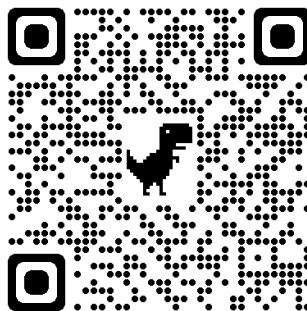
We are Registered Psychotherapists, Social Workers, Clinical Associates, Psychological Associates, and Psychologists.

- We listen to help you move forward
- We provide cognitive (CBT), mindfulness, solution-focused, psychodynamic, meaning centred, and other therapies
- We make it easy to get you started and on your way.

News! Masters **students** provide counselling **at a reduced rate.**

VIDEO THERAPY *

- **Easy** – No Travel! No Waiting Room!
- **Flexible** – Weekend & Evening Options!
- **Effective!**
- Connect **Anywhere!**
Video Therapy + GTA
Limited **in-office.** *



416-849-4776

reception@advancehealth.ca

PSYCHOTHERAPY FOR:

- **Patients** referred by family doctor.
- **WSIB & MVA Injuries.**
- **Employees** and **Students.**
- **Families** (children, parents, couples).