Culturally Safe Psychotherapy for First Nations, Inuit, Métis Peoples

- ✓ Experience a flexible and culturally-safe way to improve wellbeing
- ✓ Work on balance in your life, including your thoughts, emotions, wellbeing and connection to others
- ✓ Available at no cost

Get Started Today:
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Ontario Structured Psychotherapy

Canadian Mental Health Association
Mental health for all