

PSYCHOTHERAPY SERVICES

Engaging and child-centered therapy sessions using evidence-based techniques like Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT).



WHAT WE OFFER:

- ✓ Emotional Literacy
- ✓ Creating routines for mental wellness
- ✓ Body-based self-regulation strategies
- ✓ Environmental support for emotional regulation
- ✓ Family guidance plans to practice at home

Covered by
most
Extended
Health
Benefits



Free 30 min Consultation

\$160 per 45 minute virtual session

For More information or to schedule a session please contact Chantal Lesschaeve
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