

M A R Y

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INDIVIDUAL, COUPLE AND FAMILY THERAPY

I am an experienced counsellor offering Individual Therapy, Couple Therapy and Family Therapy. I also offer counselling related to Cross-Cultural Living.

Individual Therapy: We can deal with the personal issues that prevent you from feeling happy and that separate you from others. Therapy with me is a series of conversations that can address your concerns and help you to change things you don't like about your life.

Couple Therapy: We can address the difficulties that you and your partner have in your ongoing life together. We can deal with the problems that make you feel distant from each other and that get in the way of living together comfortably.

Family Therapy: I support teens and parents in making the difficult transition from being a family with children to being a family of adults. As this happens, teens can begin to take on responsibility and become more genuinely independent. Parents can relax and get back their own lives.

Cross-cultural Living: I work with individuals and families who have moved between cultures or are living with more than one culture at once.

I make daytime, evening and weekend appointment times available as soon as possible for new clients.

My office is located centrally in Toronto on the Danforth, just east of the Don Valley. It is in The Carrot Common, an enclave on the north side of Danforth Avenue and east of Broadview Avenue, between Jackman Avenue and Chester Avenue. Arriving by TTC, my office is a few doors west of Chester Subway Station or four short blocks east of Broadview Subway Station.

To make an appointment, please call me at 416-469-8066.

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