



How to Select the Right Service

Choosing the Right Path

Everyone's journey is different. The following services are tailored to support you—whether you're seeking emotional guidance, greater mindfulness, or a richer sense of purpose.

This guide can help you decide which path may be the best fit for you at this time.

Psychotherapy (CRPO-Regulated)

Psychotherapy offers a safe, confidential space to explore emotional pain, life challenges, and patterns that may no longer be serving you. Grounded in psychological theory, research, and compassionate presence, psychotherapy supports people working through experiences such as anxiety, grief, trauma, relationship difficulties, or self-doubt.

Together, we explore both the roots of distress and pathways toward change and growth, supporting emotional well-being and resilience.

Best for:

When you are experiencing emotional pain, mental health challenges, or patterns you would like to address with the support of a Registered Psychotherapist.

Mindfulness Coaching (Complementary, Non-Clinical)

Mindfulness coaching is a skills-based, supportive process focused on cultivating awareness, focus, and steadiness in daily life. You will learn practical ways to relate to stress, emotions, and uncertainty with greater clarity and compassion.

This work draws from evidence-informed mindfulness practices and may include both formal meditation and informal everyday awareness.

Best for:

When you want to strengthen mindfulness skills, reduce stress, and support greater presence and balance in daily life.



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Spiritual Life Coaching (Complementary, Non-Clinical)

Spiritual life coaching offers a reflective space to explore meaning, purpose, values, and inner alignment in a way that honours your own beliefs and experiences. It is not tied to any religion.

Sessions focus on gentle inquiry, reflection, and personal insight to support clarity, connection, and intentional living.

Best for:

When you are seeking deeper meaning, values-based clarity, or personal growth beyond symptom-focused support.

Feature	Psychotherapy	Mindfulness Coaching	Spiritual Life Coaching
Regulation	Regulated by the College of Registered Psychotherapists of Ontario	Not regulated	Not regulated
Primary focus	Emotional well-being, mental health, and personal change	Awareness, stress reduction, and daily mindfulness	Meaning, values, purpose, and inner alignment
Addresses mental health concerns	Yes	No	No
Evidence base	Psychological theory and research	Evidence-informed mindfulness practices	Reflective and meaning-centred inquiry
Approach	Therapeutic exploration and support	Skills-based coaching	Reflective conversation and inquiry
Best suited for	Emotional distress or mental health challenges	Building mindfulness and coping skills	Exploring purpose and personal meaning