



In 2023...

Healing space Therapy is offering virtual group therapy services. Our programs are geared towards safety, growth, and healing.

Our Groups

Mindfulness *(6 week closed group)*

This group aims to help participants manage stress. Engage in various mindfulness practices, including breath-work, gentle yoga, body scans, sitting and walking meditations.

Trauma Support *(6 week closed group)*

This group is meant to provide participants with space to share their experiences, struggles, and worries. The goal is to cultivate self-led healing through compassionate witnessing of old and new wounds. You will be welcomed and heard.

Additional Information

Format

Mindfulness group runs weekly on Tuesdays 1pm - 2pm or 5pm - 6pm

Relational Processing Group runs weekly on Tuesdays 2:15pm - 3:15pm or
6:15pm - 7:15pm

Eligibility

Adults (18+)

Fees

\$60 per session plus HST

For more information, please email: info@healingspacetherapy.ca

About Us

Emma Stafford-Coyte and Ashley Miller are Masters-level psychotherapists, specializing in trauma and addictions. Together they have over 25 years of experience providing therapy to individuals and groups in various settings - community based organizations, hospitals, government, and in private practice. They have extensive experience working with individuals who have experienced trauma as well as individuals experiencing substance use and mental health struggles.