



(613) 699-0060
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ocpsychotherapycentre.com

Dear Dr. Biondi,

At **Ontario Counselling and Psychotherapy (OCP)**, we are a group of **100+ Registered Psychotherapists** and **Social Workers** providing mental health services across **Ontario** both virtually and in-person in Ottawa, Cornwall, and the GTA.

Our therapists offer **individual, couple, and family psychotherapy** for people of all ages. We have therapists with a variety of backgrounds who provide services in more than **10 languages**, using over **30 different therapeutic modalities**. Our therapists support patients with a wide variety of symptoms and concerns, such as **depression, anxiety, ADHD, trauma, relationships, and chronic illness**. We also offer **sliding scale services** for those with limited funds.

As we hope to support as many people as possible, we are always looking to reach a wider community. We would love to encourage you to share our link, **ocpsychotherapycentre.com**, with your patients. We strive to answer emails sent to **ocp.therapyinfo@gmail.com** within 24 hours.

Please do not hesitate to reach out if you have any questions or concerns. We would love to connect with you to further discuss how, together, we can best support our communities.

Sincerely,

Yoshie Martinez, M.Ed.,
Registered Psychotherapist
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