

Name	Location	Contact	Website	Taking New Patients	Covered Under Benefits	Languages	Specialties
Adlerian Counselling	1729 Bank st, suite 205, satellite office: 401 Athlone ave, suite 201	613-737-5553	www.adleriancentre.com	Yes	Yes	English, French	Has worked with first responders, anxiety/depression, grief/loss, workplace stress, intergenerational dynamics, parenting
Monica Forst	300 March rd, suite 410	613-823-3848	www.choicesinaction.ca	Waitlist	Yes	English	Has worked with first responders, addiction, childhood trauma
Jeff Gulick	376 Churchill dr, suite 205	855-744-9918	www.westboroadddictioncounselling.com	Yes	No	English	Former OPS and OPP, addictions
Capital Choice Counselling	Locations throughout Ottawa, Carleton Place and Perth	613-425-4257	www.capitalchoicecounselling.com	Yes	Yes	English, French, Spanish, Mandarin, Cantonese & Iranian	Has worked with first responders, individual and couple, PTSD, trauma, workplace stress, depression
Parul Shah	2081 Merivale rd, suite 800	613-983-6737	www.embracingempowerment.com	Yes	Yes	English	Lots of experience with first responders, PTSD, anxiety/depression, suicide, bullying,
Robert Groves	29 Bayswater ave	613-792-3210	N/A	Yes	Yes	English	Lots of experience with first responders, complex PTSD

Edward Murray	430 County Road 43 (between Kemptville and Merrickville)	613-794-8124	www.daybreakcounseling.ca	Yes	Yes	English	Former OPP, sees primarily first responders, PTSD, critical incident stress debriefings, anxiety/depression, burnout, addictions, clinical director of First Responders United residential PTSD treatment programs
David Nozick	99 Holland ave, suite 103	613-725-9000 ext 11	www.nozick.ca	Yes	Yes	English	Has worked with first responders, anxiety/depression, trauma, critical incident stress debriefing
Suzanne Cattan	880 Taylor Creek dr	613-616-1507	www.suecattan.ca	Yes	Yes	English, French	Has worked with first responders, PTSD, anxiety/depression, marital and couples
Angelo Caputo	3591 Innes rd	613-261-4401	www.angelocaputo.ca	Waitlist	Yes	English	Works mostly with Canadian Forces and RCMP, anxiety/depression, trauma

Rick Goodwin	1300 Carling ave, suite 209	613-482-9363 ext. 400	www.menandhealing.ca	Yes	Yes	English, French	Men's health issues, child abuse recovery, anger management, emotional integrity, issues of sexuality and sexual expression, individual and group programs
Michelle Presniak	600 Terry Fox rd, suite 202	613-435-3055	www.ottawaneurofeedback.ca	Yes	Yes	English, French	Lots of experience with first responders, stress management, PTSD
Adam Kingsbury	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English	Has worked with first responders, former Olympic coach, high performance, sport, anxiety
Melisa Arias Valenzuela	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English, French, Spanish	Has worked with first responders, eating disorders, body image, perinatal depression, shame, compassion focused therapy
Marie-Eve Martel	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English	Has worked with first responders, chronic pain, BPD, trauma, PTSD, ACT strategies for anxiety, depression and pain, treatment for OC features

Kamala Pilgrim	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English	Has worked with first responders, depression, anxiety, sexual trauma, yoga-based strategies for anxiety
David Hesidence	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English	Has worked with first responders, addictions, trauma, anxiety
Sarah Houser	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English	Has worked with first responders, PTSD, OCD, self-harming, loss, self-compassion for parents, MBCT for depression
Kathryn Palmer	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English	Has worked with first responders, PTSD, couples work, ACT for OCD, social anxiety
Kimberly Sogge	44 Hawthorne ave	613-656-3331	www.ottawariverpsychology.com	Yes	Yes	English	Has worked with first responders, health and performance psychology, mindfulness and compassion strategies, high performers/OC and RO-DBT for OC personality traits
Candice Wishnousky	317 Catherine st	613-983-0242	www.candicewishnousky.com	Yes	Yes	English	Has worked with first responders, anxiety, depression, relations, trauma

Iryna Ivanova	160 Preston st	613-914-6558	www.drivanovapsychology.com	Yes	Yes	English, Romanian, Spanish	Has worked with first responders, PTSD, anxiety/depression, personality disorders
Wyn Fournier	880 Taylor Creek dr, suite 123C	613-371-4325	www.healingemotionstherapy.ca	Yes	Yes	English	Former military, emotionally focused therapy for individuals, couples and families
Caroline Page	1390 Prince of Wales dr, suite 301	613-680-4550	www.revivalottawa.com	Waitlist	Yes	English, French	Lots of experience with first responders, trauma, anxiety/depression, critical incident stress defusing and debriefing
Yoshie Martinez	356 Woodroffe ave, suite 201	613-263-2344	www.ocpsychotherapyentre.com	Yes	Yes	English, French, Spanish	Has worked with first responders, trauma, couples
Julie Clarke	356 Woodroffe ave, suite 201	613-229-3090	www.julieclarketherapy.com	Yes	Yes	English	Some experience with first responders, children 5 years and up, trauma (child and adult), anxiety/depression, grief

Ines Yagi	356 Woodroffe ave, suite 201	613-699-1317	www.ocpsychotherapyentre.com	Yes	Yes	English, French	Has worked with first responders, individual, couple and families aged 8 and over, anger, anxiety/depression, abuse, trauma, men issues, relationships, work and life-related stressors, existential issues
Karin Dudli	100 Craig Henry dr, suite 210	613-325-5238	www.ocpsychotherapyentre.com	Yes	Yes	English	Has worked with first responders, trauma, PTSD, operational stress, addictions
Krista Helman	80 Terrence Matthews cres, 5C	613-325-6243	www.helmancounselling.com	Yes	Yes	English	Has worked with first responders, trauma, anxiety, family/relationship issues,
Jesika Merino	100 Craig Henry dr, suite 210	613-501-8664	www.ocpsychotherapyentre.com	Yes	Yes	English	Has worked with first responders, trauma, PTSD
Janelle Comtois	356 Woodroffe ave, suite 201	613-863-5092	www.ocpsychotherapyentre.com	Yes	Yes	English, French	Anxiety/depression, family and relationship issues, anger issues, substance abuse, high risk behaviours, disordered eating, trauma, abuse

David Smith	100 Louis-Pasteur, #343, University of Ottawa	819-712-3546	N/A	Yes	Yes	English	Some experience with first responders, anxiety/depression, PTSD, working with men
Zara Canteenwalla	1827 Woodward dr, suite 200	613-762-9272	www.ocpsychotherapyentre.com	Yes	Yes	English, French	Has worked with first responders, anxiety/depression, trauma, relationships, parenting, sexual issues, cultural issues, workplace issues
Trudi Walsh	98 Centrepointe dr	613-228-1174 ext. 158	https://www.centrepointepros.com/ottawa/psychology/dr-trudi-walsh/	Waitlist	Yes	English	Has worked with first responders, PTSD, operational/occupational stress
Sandy Botham	300 Terry Fox dr, suite 700	613-435-2729	www.kanatapsychology.com	Waitlist	Yes	English	Has worked with first responders, trauma, addictions
Barbara Wendlowski	300 Terry Fox dr, suite 700	613-435-2729 or 613-979-9471 (cell)	www.kanatapsychology.com	Waitlist	Yes	English	Has worked with first responders, trauma, families impacted by addiction
Lynette Monteiro	595 Montreal rd, suite 301	613-745-5366	www.ottawamindfulnessclinic.com	No	Yes	English	Lots of experience with first responders, former volunteer firefighter, OSI, PTSD

Jan Heney	451 Daly ave, suite 102	613-244-9934	www.drjanheney.com	Yes	Yes	English	Lots of experience with first responders, individual and couple, trauma, depression, anxiety
Jathina Blais	4019 Carling ave, suite 202	343-882-6650	www.reviveyourlifecounseling.com	Yes	Yes	English	Has worked with first responders, individual and couple, trauma, sexual assault/abuse, domestic abuse, anger, anxiety, depression

Ricci & Associates	955 Green Valley cres, suite 105	613-722-3222	https://www.riccipsych.com/	Yes	Yes	English	<p>FEATURED CLINIC</p> <p>WILL PRIORITIZE OFS MEMBER, anxiety, depression, PTSD, chronic pain, adjustment to disability and injury, workplace stress/burnout, relationship issues, family issues, sexuality issues, adjustment to illness/health conditions, sleep disorders, grief/bereavement, adjustment to loss and illness in the elderly, caregiver burnout, traumatic brain injury, dementia, cerebrovascular disease, cognitive impairment related to other neurological and psychiatric</p>
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