

# Open Your Mind

OUR MOTTO

BOOK AN APPOINTMENT

## What we do



### COUNSELLING

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### PSYCHOTHERAPY

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### COGNITIVE BEHAVIOURAL

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### About

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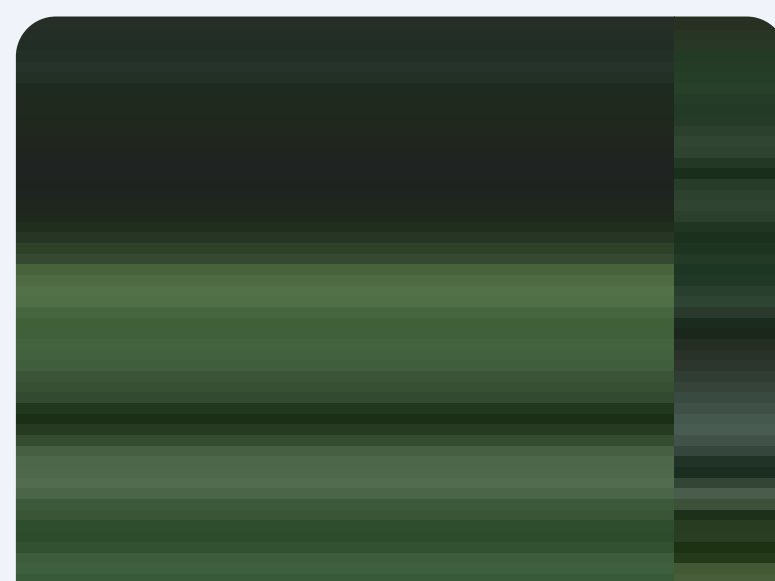
## Our Blog

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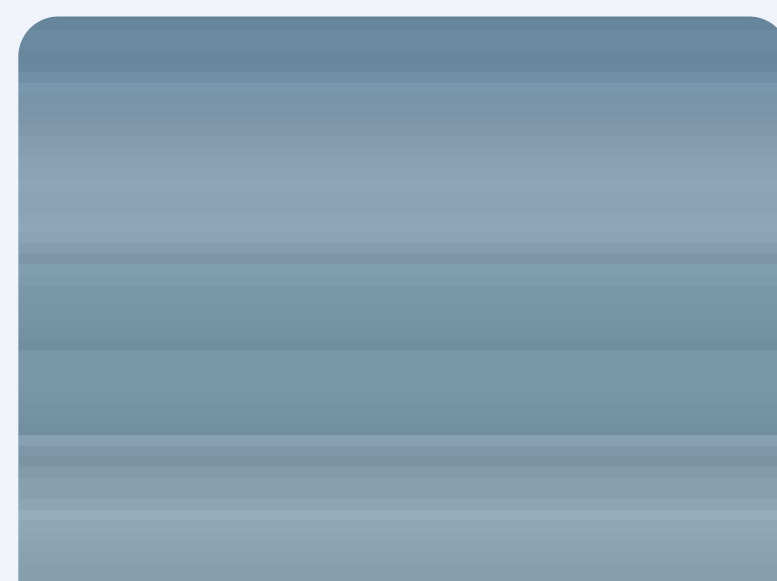
### Understanding PTSD

The Superior Suite with its classic architecture and modern character guarantees every visitor a



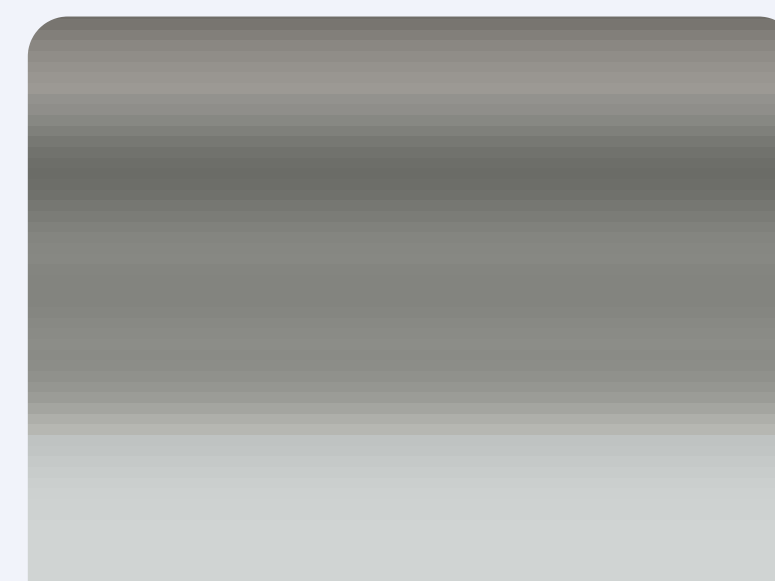
### Why it's okay to argue

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### 10 ways to de-stress

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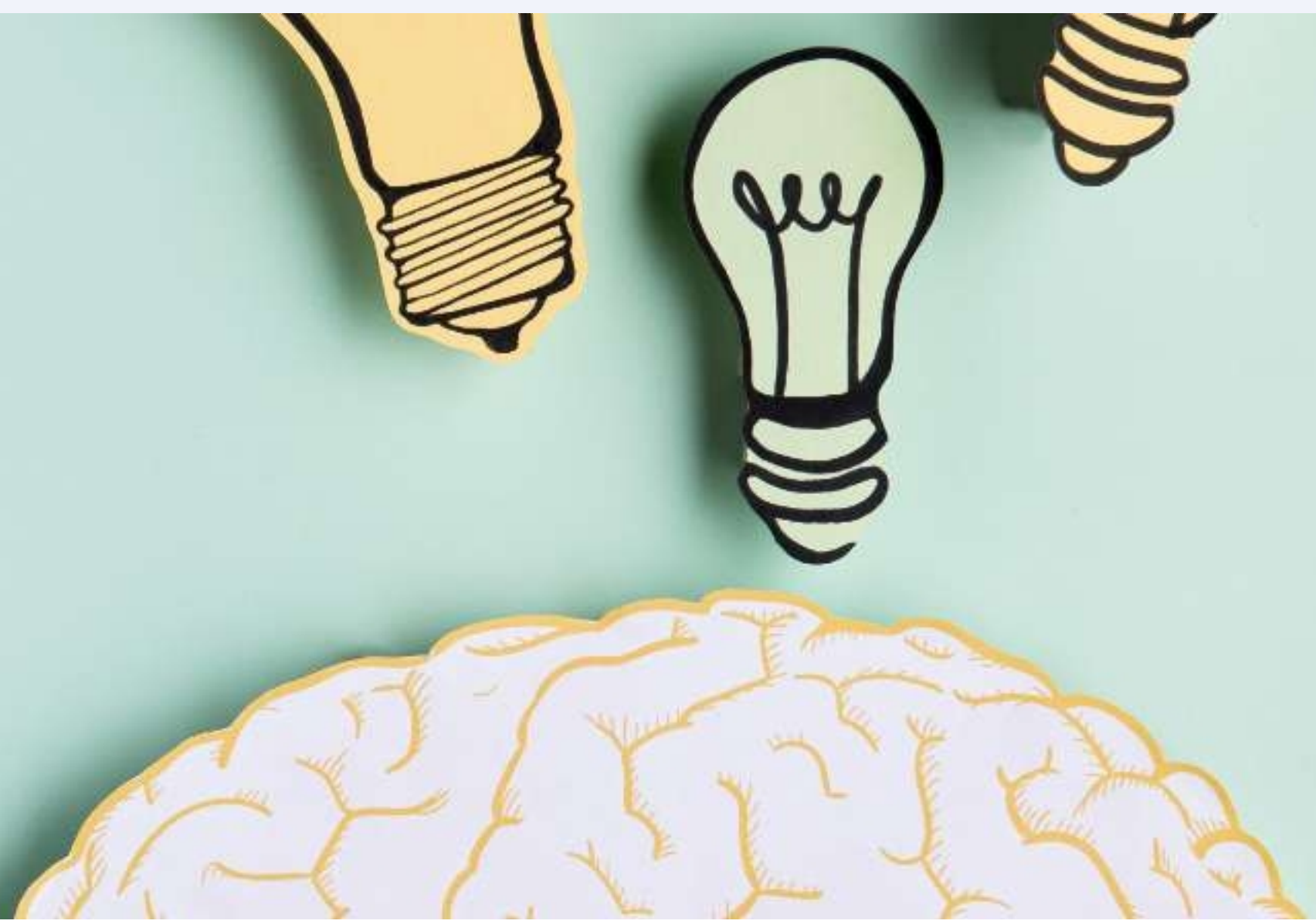
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### OFFICE HOURS

Mon-Fri: 7am-10pm  
Saturday: 8am-10pm

### SERVICES

Counseling  
Psychotherapy  
Cognitive Behavioural



# About

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## Taylor Nicholson

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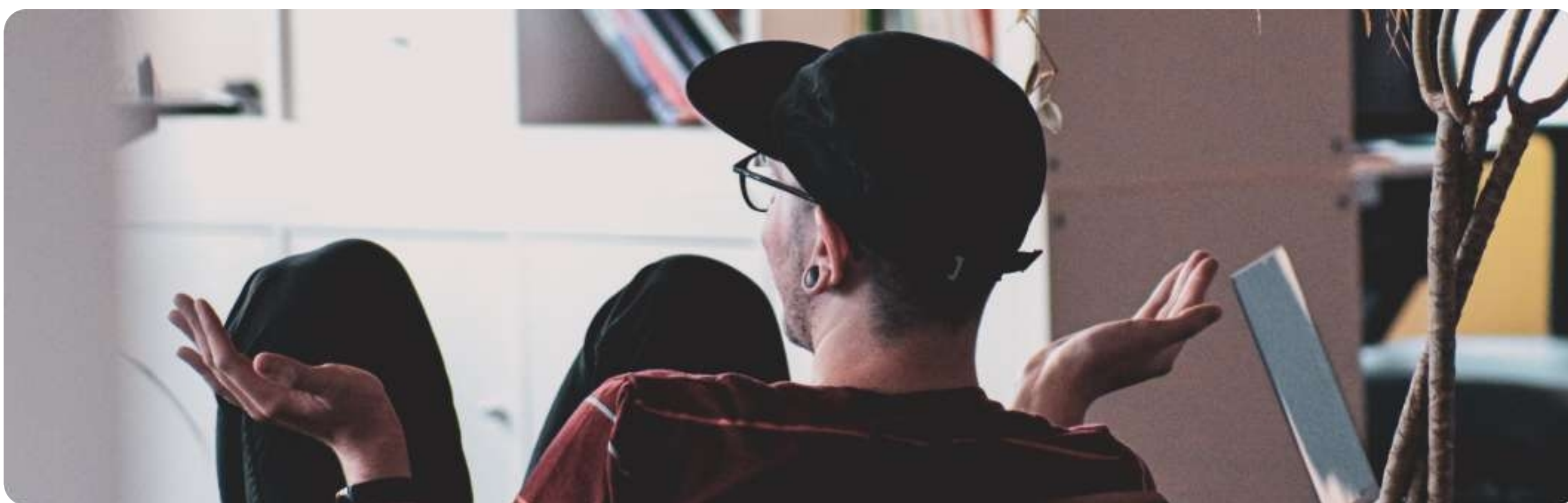


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## PSYCHOTHERAPY

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## Understanding PTSD

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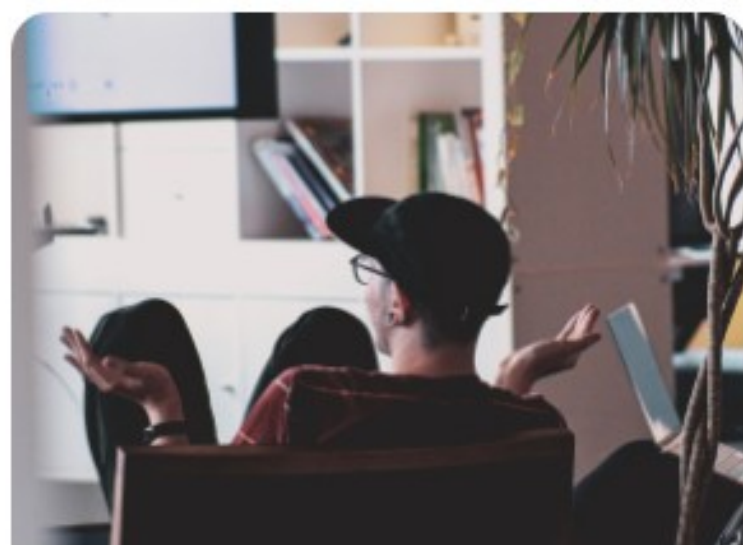
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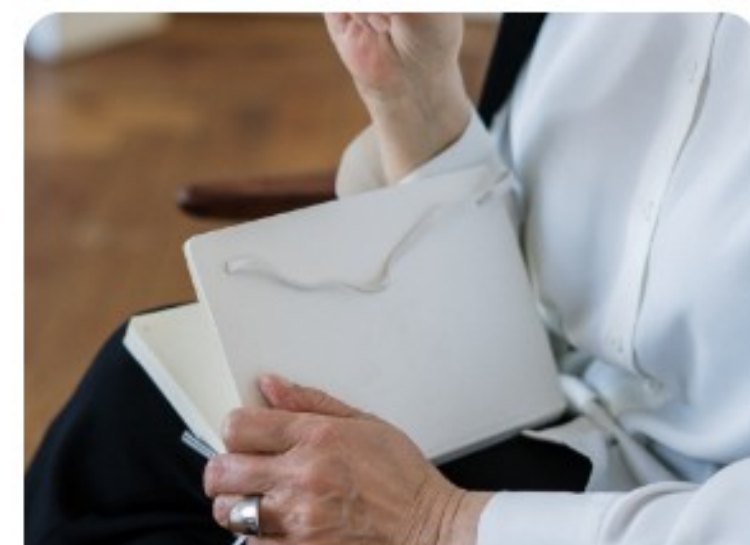
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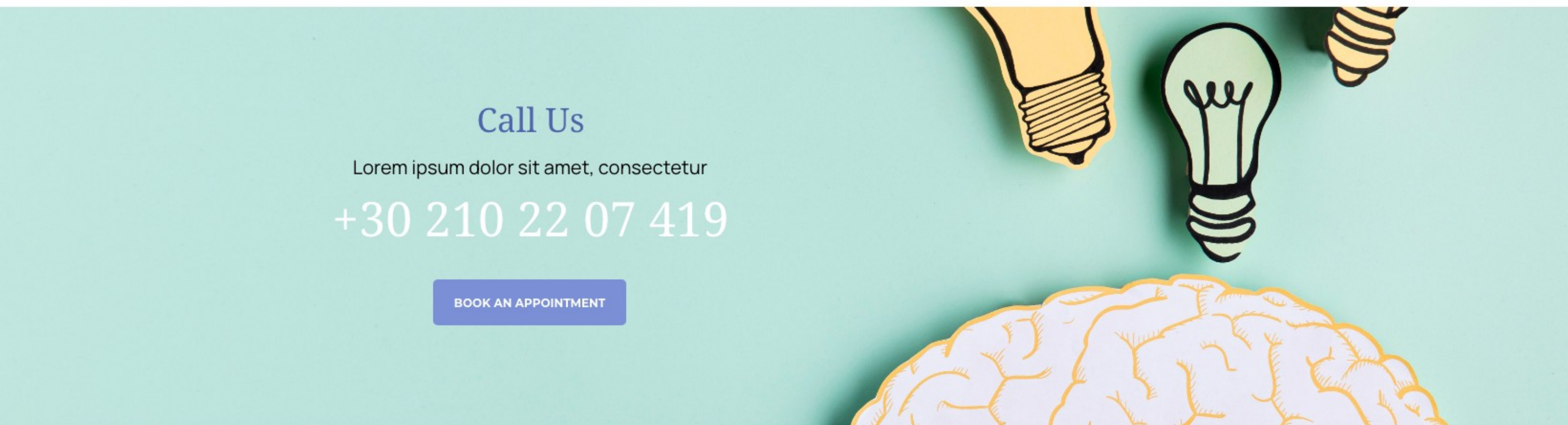
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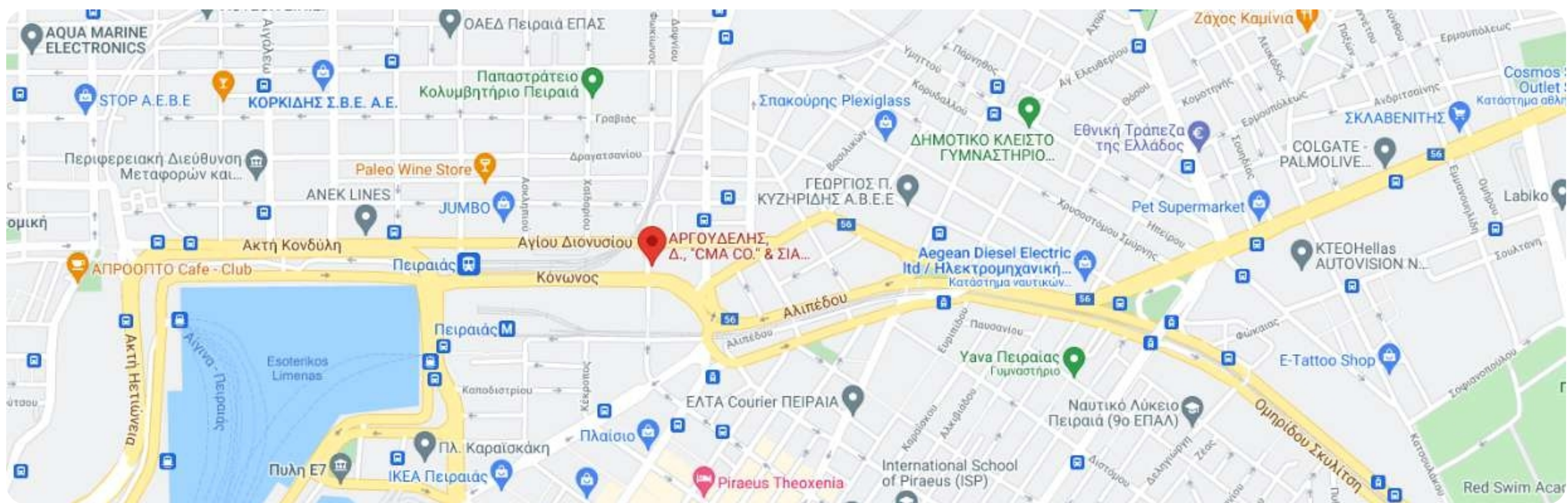
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Your Email

Message

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