



A clear path into psychotherapy

Private psychotherapy online across Ontario and in person in Mississauga

NO FORMAL REFERRAL REQUIRED | FREE 15-MINUTE CONSULTATION

Who we support

Children from age 5, teens, adults, older adults, couples, and families. Care is matched to clinician scope, fit, and current availability.

Common reasons people reach out

Anxiety, trauma and PTSD, depression, ADHD and neurodivergence, emotional regulation, grief and loss, self-esteem, relationship and family concerns, fertility and postpartum adjustment, stress, burnout, cultural identity, immigration, and life transitions.

Languages and formats

English, Farsi/Persian, Hindi, Urdu, Russian, and Ukrainian. Language and in-person availability vary by clinician. Online care is available to clients located in Ontario.

A simple handoff

Share the team page or scan the code below. The prospective client can compare clinicians and book a free consultation directly. A physician's referral note is not needed.

Protect client privacy

For general fit or availability questions, contact the practice without detailed personal health information in ordinary email. Provider communication can be arranged when appropriate and with the client's consent.



Referral information

[anchorbloom.co/
for-referring-professionals](https://anchorbloom.co/for-referring-professionals)

What Anchor & Bloom provides

Scheduled individual, couples, child and teen, and family psychotherapy with CRPO-registered clinicians.

Scope and urgent care

The practice does not provide assessment, diagnosis, medication, emergency response, or walk-in crisis care. For immediate danger, call 911 or go to the nearest emergency department. In Canada, call or text 9-8-8 for suicide crisis support.

Anchor & Bloom Psychotherapy

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Practice information reviewed August 30, 2026

This handout is general information and is not medical advice or confirmation that a particular clinician is an appropriate fit.