

REFRAME PSYCHOLOGY CLINIC

WE OFFER COMPREHENSIVE PSYCHOLOGICAL ASSESSMENT & TREATMENT SERVICES FOR YOUTH, YOUNG ADULTS, & FAMILIES IN THE GREATER TORONTO AREA.



NEED A PSYCHOLOGICAL ASSESSMENT?



IS COMPREHENSION OR MEMORY AN ISSUE?

How We Can Help

WWW.REFRAMEPSYCHOLOGY.CA

At **Reframe Psychology Clinic**, you will find a team of highly supportive, skilled and experienced clinicians. We offer a full range of comprehensive psychological assessment and treatment services for children, adolescents, adults, and families. We hold ourselves to the highest standards of psychological care, incorporating ongoing research evidence into our assessment and treatment practices. We have worked in various settings including hospitals, community agencies, and school boards. Through deep knowledge of anxiety, depression, Cognitive-Behavioral Therapy, and learning, we are committed to helping people develop healthy mindsets and lifelong skills.

PSYCHOLOGICAL ASSESSMENT CAN HELP PROVIDE STRATEGIES ...



BUILDING HEALTHY MIND SETS & LIFE LONG SKILLS

PSYCHOLOGICAL ASSESSMENTS & TREATMENT

Reframe Psychology Clinic

provides **psychological assessment, testing and treatment** for patients of all ages. There are many reasons why an individual would request a psychological assessment at our clinic, including an increase in feelings of sadness, anxiety, or poor self-esteem, difficulty maintaining friendships or relationships, or the suspicion that they may have a **learning disability** or a psychological disorder such as **anxiety, phobias, OCD, selective mutism, ADHD, or depression**. Most psychological assessments include a combination of cognitive ability tests, behavioral assessments, and a closer examination of an individual's emotional concerns and beliefs to help with professional diagnosis and treatment thereafter. In addition to psychology assessments, we also provide learning assessments, psychoeducational testing, and various forms of therapy, including Cognitive-Behavioural Therapy.



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REFRAMEPSYCHOLOGY

#ReframeToReclaim

Our campaign is to help youth and families reclaim their mental health, especially during this pandemic by reframing their thinking:

- Keep a consistent routine
- Stay in the present
- Maintain a regular sleep-wake cycle
- Get up and get dressed
- Be physically active
- Set small goals & work towards them
- Talk about your feelings
- Stay close to friends, while physically apart
- Speak out about racism
- Have family movie nights
- Take an e-class and learn something new
- Eat healthy meals
- Limit your exposure to negative news
- Connect with the outdoors
- Have some me time!

IN THIS ISSUE

CLINIC NEWS

BOOKING ASSESSMENTS

TO BOOK AN ASSESSMENT, CONTACT OUR ADMIN AT:
REFRAME@REFRAMEPSYCHOLOGY
OFFICE: 416-733-2300 FAX: 416-733-2400