

Don Warrington
416-565-8419

As an individual or a couple, no matter what you are struggling with right now, you have the capacity to heal. I specialize in helping individuals and couples, just like you, to successfully sort out their difficult life circumstances and relationships, to mend from hurt, and to restore personal wholeness.

If you are feeling anxious, angry, confused, hurt, ashamed, guilty, frustrated, disheartened, or even numb, if you are in turmoil and feeling overwhelmed, I offer a healing space in which your feelings, no matter how unsettled they may feel, can be safely expressed, and will be clearly heard, supported and respected.

With my unique and caring approach, I will help you discover a natural pathway toward healing that is gentle, effective and truly lasting. I will help you gain true clarity about what is right for you and find the joy, connection and fulfillment that you desire.

This pathway is available to everyone who takes the first step on the journey of healing. I am a careful listener and welcome any questions you might have.

To book an appointment, call 416-565-8419 or email me at donwarrington@cardon.ca today.

Or visit my website: www.psychotherapytoronto.ca.