



Community Partnerships

St. Joseph's Villa

Cherry Tree Counselling has partnered with St. Joseph's Villa, a renowned long-term care home and community outreach center in Dundas, Ontario. We have established an on-site therapy office within the Villa's medical clinic which facilitates to provide accessible and affordable counselling services. Our team of therapists offers in-person counselling sessions to St. Joseph's Villa residents and the broader Hamilton/Halton community. We address a wide range of mental health concerns, ensuring emotional and psychological well-being is prioritized alongside physical care for residents.

Dundas Community Services

Our partnership with Dundas Community Services, an organization supporting the local community for over 50 years, is truly invaluable. Their deep roots and collaborative spirit have allowed us to better understand and serve the unique needs of Dundas residents through tailored mental health services. We are grateful for Dundas Community Services' warm welcome and for the opportunity to combine our efforts toward promoting overall well-being in the community. This partnership exemplifies the positive impact created when local organizations join forces.

The Wild Cherries

The Wild Cherries were born when Cree Lambeck and Heather Hendrie met in a group for therapists that needed support in their practices. Not finding the conventional, capitalist, patriarchal-hustle model of the group supportive, Heather & Cree found each other in the crowd and have been learning from one another, leaning on one another, and growing together as they share their nature-based best practices from the West Coast of Canada to the Great Lakes.

This reciprocal, circular, matriarchal, loving and gentle growth model has been so helpful that Cree & Heather chose to support others in the same way, connecting Heather's True Nature Wilderness Therapy & Cree's Cherry Tree Counselling with this offering of groups, trainings, trailheads, resources, booklists, and a community of support through which we may all cheer each other on, link arms, and rise together.

Post-Abortion Therapy

Alex Latter is a women's health advocate and advocate for reproductive rights. She has volunteered with various groups supporting these goals such as the Sexual Assault Support and Leadership group at York University, Victim Services Toronto, and more.

She started Post-Abortion Therapy as a way for those who have experienced abortion to be able to easily find mental health workers who are equipped to address concerns around abortion that are not CPCs or religious organizations, and who will not judge the choices women have made.

Alex reached out to Cherry Tree Counselling as one of the few clinics that openly says on their site that they support women who are looking for post-abortion therapy. In general, she is looking to specifically work with providers who direct bill to insurance, who can see clients in Ontario, and who are pro-choice and non-judgmental.

Starlight Sleep Design

Charity is a mom to a toddler, an artist, and a business professional with over a decade of experience in financial services. Inspired by her own experience as a new mother and the profound impact that sleep coaching had on her family, she became a certified sleep consultant. Her daughter's improved sleep brought stability to their lives, motivating Charity to help other parents achieve the same.

Utilizing responsive, evidence-based methods tailored to each family's needs, Charity provides custom solutions and data-driven insights to help caregivers and their little ones achieve excellent sleep. She supports families with honesty and encouragement, focusing on their unique challenges, preferences, and goals. Charity guides families through gentle, proven techniques to establish healthy sleep habits, restoring balance and well-being for parents and children alike.

Innerworks Counselling

At our practice, we deeply value our partnership with Innerworks Counselling, a renowned provider of counselling services in London. Their commitment to helping individuals and families thrive aligns seamlessly with our own mission of promoting mental well-being. We are grateful for Innerworks' willingness to share their knowledge and best practices with us. This partnership exemplifies the power of community organizations joining forces to create a stronger network of care and support.

Modo Yoga Hamilton

We are truly grateful for our partnership with Modo Yoga Hamilton. Their dedication to promoting holistic wellness through the practice of yoga aligns seamlessly with our mission of supporting mental health in our community. This partnership exemplifies the positive impact created when local organizations join forces with a shared vision of holistic well-being. Together, we are promoting a lifestyle of balance, self-compassion, and inner strength for the Hamilton community.

Members of Modo Yoga enjoy 15% off our therapist training programs.