

Mindhous Wellness - Antigonish

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Mindhous Wellness - Antigonish

Mindhous Wellness: A Safe Haven for Mental Health Healing in Antigonish, Nova Scotia

At **Mindhous Wellness**, located in the heart of Antigonish, Nova Scotia, the focus is on providing inclusive and accessible mental health services. With a commitment to creating a welcoming atmosphere, Mindhous Wellness offers a range of amenities tailored to meet the needs of all individuals, including those from the LGBTQ+ community.

Accessibility and Amenities

Understanding the importance of accessibility, Mindhous Wellness boasts features such as:

Wheelchair-accessible entrance Wheelchair-accessible seating

Wheelchair-accessible car park Gender-neutral toilets

This commitment ensures that every client can feel safe and comfortable while seeking help. The environment is designed to be a **transgender safe space**, promoting a sense of belonging for everyone who walks through its doors.

Planning Your Visits

To maintain a calm and supportive atmosphere, appointments at Mindhous Wellness are highly recommended. This allows for a focused and personalized experience, minimizing crowd congestion and enhancing the therapeutic process.

Client Testimonials: Transformative Experiences

The impact of Dr. Ashley Spinney and her team is evident through numerous positive testimonials from clients:

"Dr. Ashley Spinney changed my life! I was suffering for decades from PTSD which was escalating in severity. The caring nature of Dr. Spinney made this process very easy. I've gained tools to maintain this new wellbeing and calmness."

This sentiment is echoed by others who describe Dr. Spinney as a **patient, knowledgeable, and effective** therapist. Many clients have highlighted the nurturing and supportive approach of the entire team, stating:

"The team at Mindhous Wellness welcomed me with open arms in a safe, non-judgmental environment."

Conclusion

Mindhous Wellness stands out as a beacon of hope and healing in Antigonish, with a dedicated focus on accessibility, inclusivity, and personalized care.

Whether you are struggling with mental health issues or simply seeking personal growth, this practice provides a calming environment tailored to your needs. Experience the transformative power of therapy at Mindhous Wellness and take the first step towards a better you.

We are situated in

376 Main St, B2G 2C6 Antigonish, Nova Scotia - Canada (CA)

The phone number of the respective **Psychotherapist** is +1902-448-4468

And if you want to send a WhatsApp, you can do so at [+1902-448-4468](https://wa.me/1902-448-4468)

We look forward to seeing you at:

Day Hours

Monday

8:30?AM–5?PM

Tuesday

8:30?AM–5?PM

Wednesday

Closed

Thursday

Closed

Friday

8:30?AM–5?PM

Saturday

8:30?AM–5?PM

Sunday

8:30?AM–5?PM

The website is [Mindhous Wellness](https://www.mindhouswellness.com)

In case you want to change any information that you feel is incorrect related to this page, we ask send a message so that we will fix it promptly. In advance thanks for your cooperation.

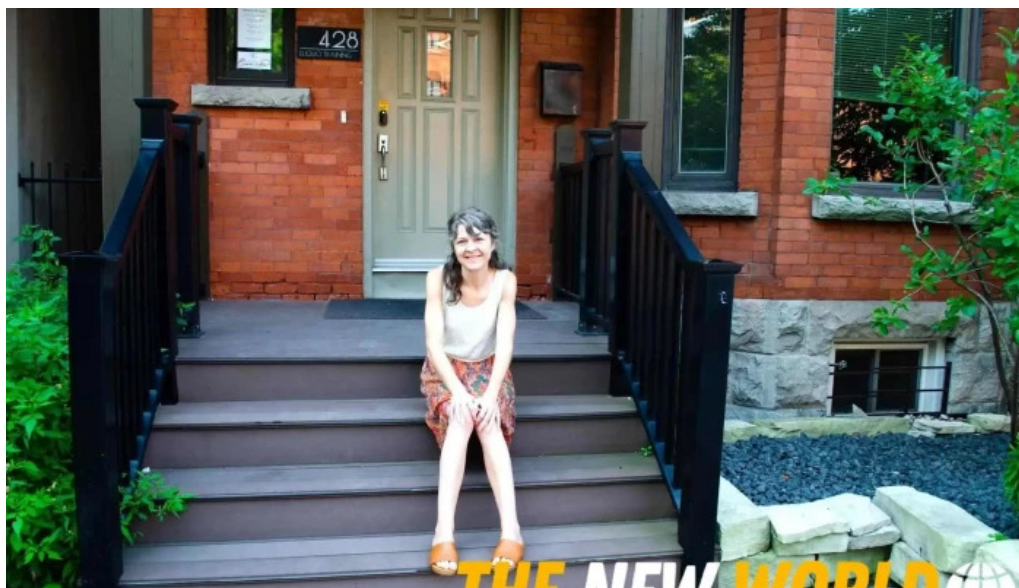
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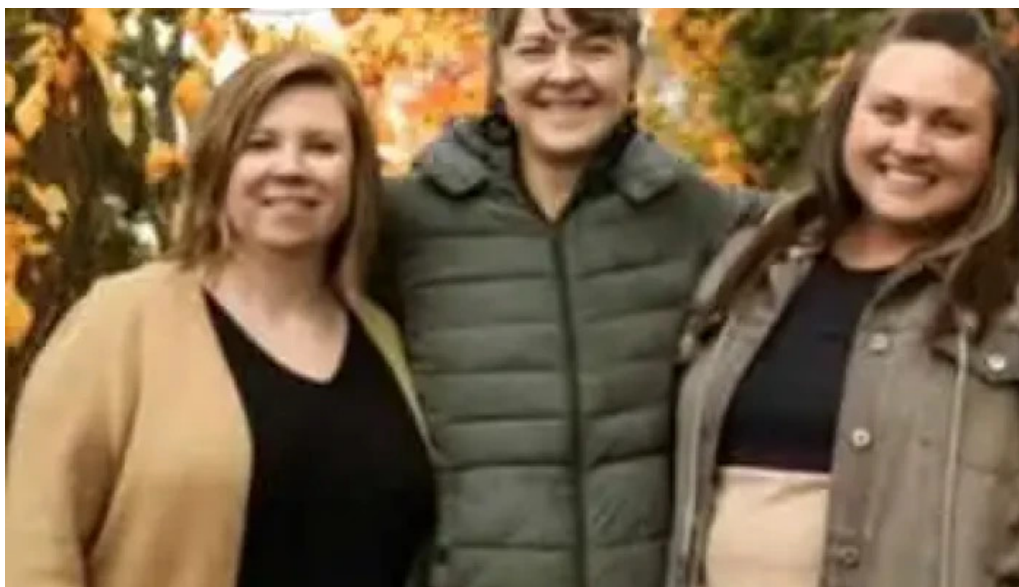
Mindhous wellness street view 360deg



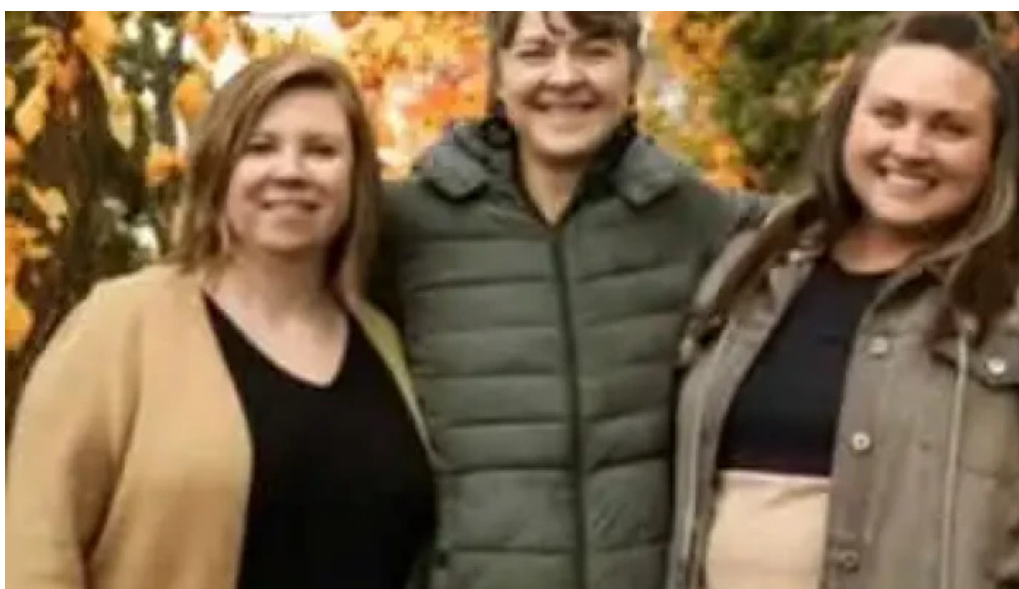
Mindhous wellness map



Mindhous wellness by owner



Mindhous wellness antigonish



Mindhous wellness all

Tags

Toilet, LGBTQ+ friendly, Appointments recommended, Wheelchair-accessible car park, Wheelchair-accessible seating, Transgender safe space, Amenities, Planning, Crowd, Accessibility, Gender-neutral toilets, Wheelchair-accessible entrance

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