



Want to talk to someone about your diabetes who also has diabetes?

My name is Amy. I am a Type One Diabetic and a
Registered Psychotherapist!

Managing diabetes is challenging! If you are feeling burnt out, confused, angry, or overwhelmed, reach out to me. We are on this journey together.

I offer online and in-person individual sessions to those ages 13+ in Ontario (in-person in Belleville).

Not ready for individual sessions but curious about joining a support group? Contact me to sign up for our waitlist!

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