Navigating Identity & Culture
Low Cost South Asian Therapy

Navigating everyday life in Canada while balancing the many aspects of your identity as South Asian can be deeply rewarding, complex, and demanding. If you are looking to manage stress, improve your well-being, or simply want space to reflect and grow, this practice offers culturally attuned and safe support.

Individual Therapy To:

- Explore identity
- Navigate bicultural challenges and manage family expectations
- Safely process your cultural and life experiences
- Feel understood, respected, and heard.

Ready to take the next step? Let's talk.

Rebekah Baheerathen, MA candidate, Therapist-in-Training, is a part of Redbird's South Asian Services Team. She draws on personal experience navigating cultural identity to offer compassionate and culturally-informed care.

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Telehealth Available Across Canada

Low-Cost Virtual Counselling

Redbird THERAPY