

Welcome to Shanti!

Resources

Therapy isn't about fixing you — because you are not broken.

We provide culturally attuned therapy for individuals, couples, families, children, teens, and BIPOC communities.

Our therapists understand how culture, migration, identity, family expectations, trauma, and systemic barriers shape emotional well-being.

We offer compassionate, evidence-based care that honours your lived experience.

Contact Us



(437) 747-0692



intake.shantipsychotherapy@gmail.com



www.shantipsychotherapy.ca

Remember: You're not alone. There are resources within the community to support you. Don't suffer in silence.

- **Good2Talk** (1-866-925-5454) - Free, 24/7 confidential mental health support for postsecondary and high school students in Ontario. Website: www.good2talk.ca
- **Kids Help Phone** - 24/7 support via call, text, or online chat for youth in distress. Text CONNECT to 686868 or visit www.kidshelpphone.ca
- **YMCA Newcomer Services** - Offers youth-focused programs for international and newcomer students. 1 800 223 8024
- **Text HOME** to 686868 (Canada-wide)
- Toronto Distress Centre: (416) 408-HELP or Gerstein Centre at (416) 604-2337
- **Call Telehealth for free** 24 hour, 7 days a week: Toll Free: 1-877-280-8538
- Family Doctor to refer you to OHIP covered services
- **Sheltersafe.ca** - connect women to shelters around their area
- **Assaulted Women's Helpline:** 1-866-863-0511 (toll-free, 24/7, multilingual service available) on your Bell, Rogers, Fido or Telus mobile phone: #7233
- **Ontario 24/7** Community and Social Services Helpline: 211
- Talk4Healing 24/7 Helpline for Indigenous Women: 1-855-554-4325
- Victim 24/7 Support Line: 1-888-579-2888

Remember: Ask your doctor to refer you to OHIP covered resources



Scan for Campus Insurance Options



Leaders in
Culturally
Attuned Therapy



Book a free consultation

Shanti
Psychotherapy



Bias-Free Therapy

Understanding your culture permits us to acknowledge your experiences without judgment.

Embracing Legacies

Addressing trauma through your cultural history helps us filter your experiences without community alienation.

Assessment Accuracy

Cultural familiarity helps us distinguish mental illness symptoms from normal cultural expressions.

Managing Acculturation

Manage the contradictions of adapting to a new culture while maintaining your family and traditional values.

Sustainable Healing

Integrating care with your heritage and traditions will help you draw on familiar strengths for healing and growth.

Gender & Sexual Identity

Tackle traditions that influence the acceptance and expression of your gender and sexual identity.

Our Services

Children & Teen Therapy

Therapy for children and teenagers is designed to support their emotional well-being, build resilience, and enhance their relationships.

BIPOC Mental Health

At Shanti Psychotherapy, we approach this by honouring the rich diversity within all populations. We recognize the unique challenges that come with being a person of color.

Neurodivergence

Our neurodivergence therapy and coaching sessions are designed to be age-appropriate, collaborative, affirming, and tailored for the individual.

Trauma, Abuse & Attachment Wounds

Therapy for trauma, abuse and attachment wounds is a pathway for you to make sense of your suffering. It helps you process painful emotions to heal.

Hypnotherapy

Hypnotherapy is a powerful mind-body approach used in psychotherapy. It helps individuals achieve their goals and create positive changes.

Couples & Family Therapy

A specialized form of counselling where a trained therapist utilizes evidence-based practices to address challenges in relationships.

Therapy for International Students

Therapy for international students includes learning techniques to manage academic pressure, build social connections and develop coping skills.

EMDR & DBR

EMDR (Eye Movement Desensitization and Reprocessing) & Deep Brain Reorienting (DBR) are evidence-based therapies designed to help individuals process trauma.

Our Team

DEEPIKA RASTOGI
MA, REGISTERED
PSYCHOTHERAPIST



NIRUPA THANA
MSW, RSW



KERRY O'MEARA
RP, TRAUMA CERTIFIED



MICHAEL CHU
R.P. (QUALIFYING)



ROHAMA KABEER
REGISTERED PSYCHOTHERAPIST



RASHMI KUMAR
REGISTERED PSYCHOTHERAPIST
(QUALIFYING), HIGH CERTIFIED
HYPNOTHERAPIST



TULSI RADIA
REGISTERED
PSYCHOTHERAPIST



ANGIE AGRAWAL
HOLSTEIN
OWNER, CLINICAL DIRECTOR, MSW,
RSW, EMDR CERTIFIED THERAPIST



AJ WARE
MSW, RSW



IREM KOC
R.P. (QUALIFYING)



SONOMI TANAKA
R.P.



MAHEEN SAYAL
MSW, RSW



MITRA BISSESSAR
MSW, RSW



KARINA KARYS
MSW, RSW



CHERRY WANG
MSW, RSW

