

Julia's approach to therapy is collaborative and focuses on insight, empowerment, and making meaningful changes in life. She offers support in dealing with personal challenges, navigating life transitions, sexuality and gender, creative blocks, improving relationships, and contemporary existential crises. She is bilingual in English and French.

Julia came to her role as a therapist after working as an arts educator and artist for many years. These experiences have given her a deep appreciation of the complexity and diversity of the human experience, a belief in the power of vulnerability and connection, and insight into the unique challenges faced by those who work in creative industries. She believes we all possess inherent wisdom, creativity, and strengths, and that we need each other to survive.

License Status: Therapist practicing under supervision. Supervisor: Tina Marie Del Rosario, LCSW