



Ania Telfer

Counsellor, MC, CCC (she, her)

When words feel difficult or insufficient, creativity can open new pathways. As a Canadian Certified Counsellor and professional artist, I offer therapy that integrates thoughtful conversation with guided creative practices. I work with children, youth, adults, and veterans navigating trauma, anxiety, and life transitions. This trauma informed and holistic approach is grounded in neuroscience and paced according to your comfort, supporting emotional regulation, deeper self understanding, and practical change. No art experience is required.

I support individuals who feel stuck, overwhelmed, or disconnected. By integrating dialogue, creative exploration, and body-based awareness, we work to identify patterns, strengthen emotional regulation, and create meaningful forward movement. Therapy is collaborative, respectful, and tailored to your needs.

If something in these words resonates, that awareness matters. You do not need to have everything figured out to begin. I offer a calm and steady space to explore what you are experiencing and to clarify what comes next, at a pace that feels right for you.