

# Transformation Counselling Unveils Ontario's First Therapist Matching Quiz for Affordable Mental Health Access

*Transformation Counselling offers accessible mental health support for Kitchener-Waterloo, Cambridge, Guelph and the rest of Ontario.*

KITCHENER, ONTARIO, CANADA,  
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EINPresswire.com/ -- [Transformation Counselling](#) is proud to introduce



Ontario's first affordable therapist matching quiz, a groundbreaking tool designed to connect individuals, couples, and families with the right therapist in under 60 seconds. This innovation simplifies access to mental health care, offering personalized and affordable therapy options to residents of Kitchener-Waterloo, Cambridge, and Guelph. Ontarians outside of those service areas can still utilize this tool to match with an online therapist wherever they are in the province.

## A Faster Way to Find Support

[The Therapist Matching Quiz](#) replaces traditional, time-consuming intake processes with a streamlined, user-friendly approach. By pairing clients with therapists based on their unique needs, preferences, and budget, the quiz ensures faster access to specialists in areas like anxiety, trauma, depression, and couples therapy.

"Our goal is to make finding a therapist less overwhelming," says Tyler Ford, Director of Transformation Counselling. "This tool empowers people to start their healing journey without delays."

The clinic's [team of highly trained therapists](#) specializes in evidence-based modalities, including EMDR, CBT, DBT, and more.

## Affordable Therapy Options

To make therapy more accessible, Transformation Counselling offers sessions with supervised student therapists starting at just \$10-\$80 per session. These affordable, high-quality services are available for both individuals and couples. Regular therapy fees at Transformation range

from \$140 to \$195 per session, providing a cost-effective alternative to the average therapy rates in Toronto.

“Our low-cost services are a direct response to Ontario’s mental health crisis,” Ford explains. “We’re removing cost and wait times as a barrier to care.”

#### Flexible, Local Support

Transformation Counselling provides both in-person therapy in Kitchener-Waterloo and online therapy all across Ontario, making it easier for clients to access care. The clinic also specializes in couples therapy, offering tailored solutions using evidence-based therapy techniques to support marriages and couples in achieving happier and healthier relationships.

#### Reducing Wait Times

Long wait times for mental health support are a significant issue in Ontario. Transformation Counselling’s innovative quiz and affordable therapy options tackle this challenge head-on, helping clients find care quickly and effectively.

To take the Therapist Matching Quiz, visit <https://transformationcounselling.com/find-a-therapist-quiz>

Explore the affordable therapy options at <https://transformationcounselling.com/pricing-and-services>

For more details, contact Tyler Ford, Director, at [admin@transformationcounselling.com](mailto:admin@transformationcounselling.com).

Visit: <https://transformationcounselling.com/>

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