



Nicole Da Silva

MSW, RSW

Social Worker

Nicole is a Registered Social Worker, Psychotherapist, who works with children, youth, and adults experiencing a range of mental health and relationship-based challenges. Nicole has a passion for supporting children experiencing anxiety, as well as supporting parents and caregivers to strengthen their ability to manage difficulties with their children and increase a secure parent-child bond. She understands that life can be overwhelming and having support is crucial to making meaningful change. Common concerns Nicole supports individuals with are depression, anxiety, ADD/ADHD, anger management, grief, relationships, stress management, and self-esteem.

Nicole prioritizes creating a strong therapeutic relationship based on trust. She centers the individual's wants and needs in the therapy process, knowing they are the experts of their experiences. She incorporates a trauma-informed approach and draws on several modalities to support those she works with, such as attachment based, mindfulness, cognitive behavioural therapy, emotion-focused therapy, and play-based therapy. Nicole aims to create an environment that is non-judgmental and sincere, exploring together life's challenges and triumphs.

