



Christine Lewington

Registered Psychotherapist

OSP Therapist

Christine Lewington is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO) and completed her Master's in Counselling Psychology at Yorkville University in 2021.

Christine genuinely loves working with people and is passionate about creating an environment where individuals can feel heard, accepted, and empowered. She believes that our human experience is inherently full of stressors and adjustment and therapy can provide a pathway to personal growth and wellness. Well versed in anxiety, depression, self-esteem issues, panic attacks, loss, isolation, self-harm and thoughts of suicide, Christine roots her practice in person-centred, anti-oppressive care and behaviour-based therapies (CBT, ACT, DBT). Ultimately, she is most interested in providing support that is meaningful and relevant to her clients' unique lives. She is optimistic, flexible, and empathetic as an OPS Therapist.

Prior to her work at Carepoint Health, Christine spent many years providing resources and support to individuals from 18 to 65+ years of age with compounding social, physical, and mental health needs. Most recently, she offered one on one counselling and group therapy to post-secondary students.

