



Heidi Cheng

MEd, MA

OSP Therapist

Heidi Cheng is a Registered Psychotherapist (Qualifying) with the College of Registered Psychotherapists of Ontario (CRPO) and is dedicated to promoting mental health and well-being through compassionate care.

Heidi holds master's degrees in both counselling and developmental psychology. Her training spans various evidence-based therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Dialectic Behavioral Therapy (DBT), person-centered therapy, and mindfulness-based strategies.

Heidi has had the privilege of supporting individuals and families through challenges such as anxiety, depression, stress, and life transitions. Her warm, empathetic, and non-judgmental approach fosters a safe space where clients can openly explore their thoughts and feelings while working collaboratively toward their goals.

Heidi and is passionate about helping clients build on their strength and resilience to lead meaningful and fulfilling lives. Fluent in English, Mandarin, and Cantonese, she is committed to delivering culturally sensitive care and looks forward to supporting clients on the journey toward growth and healing.

