



Sarah Cimesa

Registered Psychotherapist

Assessment Clinician, OSP

Sarah is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO). Sarah completed her MA in Counselling Psychology with Yorkville University (2021) and holds a BHA in Psychology from the University of Guelph (2019) with a certificate in Communication Theory.

Sarah approaches clinical treatment with a compassionate and affirming lens and is dedicated to her therapeutic work within the mental health field.

Sarah strives to empower others in their experience of holistic health and wellbeing, and is passionate about supporting individuals within the community to access and engage with healthier ways of navigating life.

