

# Finding Change

Stress and Trauma  
Psychotherapy

**Specializing in trauma, anxiety,  
depression, and stress**

- Evening and weekend availability
- In person, virtual, and phone appointments
- Insurance direct billing available
- Self-referrals accepted
- For ages 18 and up

Jyotica Kumar  
MSW, RSW



Rachel Ginsberg  
MSW, RSW

Languages spoken: Hindi, Punjabi, Urdu, Spanish

Visit our website to book a  
**free** 15 minute consultation!



**findingchangetherapy.ca**

**Health care providers can fax referrals to 289-732-2014**

J. Kumar and R. Ginsberg Social Work Professional Corporation