

Leslie-Ann Valley

MSW, BSW, RSW

Ms. Leslie-Ann Valley is a Social Worker and Psychotherapist who is passionate about supporting individuals and families experiencing crisis.

She provides a safe and nurturing environment for clients to find hope and healing.

Reach Out Today

For a Free 15-minute consultation to learn more about our Therapy services



Our Approach
We believe in a holistic, client-centred approach to therapy that honours your unique story. Rooted in evidence-based practices and guided by compassion, we offer a safe space to process what you experienced, achieve emotional regulation, and connect with your inner strength.

We walk alongside you with therapies that provide trauma-informed care, emotion-focused support, and strength-based approaches, helping to create an empowering path forward toward healing.



Telephone:

(416) 627-7925

Email:

Valleygatecentreforhealing@gmail.com



Welcome to Valleygate
Centre for Healing

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Welcome to ValleyGate Centre for Healing



At Valleygate Centre for Healing, we understand that life's challenges can sometimes feel overwhelming.

Whether you're dealing with grief, anxiety, depression, trauma, a relationship breakdown or simply seeking personal growth, we are here to support you on your journey to healing and wellness.



Psychotherapy Services

Individual Therapy
Family Therapy
Couples Therapy



Specialization in Providing:
Crisis Intervention
Trauma Informed Care
Grief Therapy
Anxiety
Depression



'Peace of mind begins with taking the first step towards your healing

I would be honoured to take that journey with you'



A Sliding Scale is available for individuals without insurance plans

