

## Zahra Ahmed

Welcoming you to a safe and calming space that is free of judgement on your journey to healing and understanding. In today's world we often find ourselves stuck in "go" mode. We put aside our struggles and mental health needs in order to get through the next day, week, month and/or year.

As a Black, Muslim Woman, I have a broad view of the world consisting of who I am as a person, and how my different identities interact with diverse populations and systems. My history is in providing clinical counselling services to youth and their families experiencing struggles with emotion regulation, self-control, parenting difficulties, racial discrimination, and overall mental health struggles.

My passion lies amid working with diverse populations providing client-centered, trauma-informed, and anti-oppressive care by assisting clients navigate through difficult life changes and circumstances. Furthermore, working alongside those experiencing challenges in regard to faith and spirituality.

In order to help my resilient clients, regain control of their lives, unlearn old habits, heal, and recognize that they are the expert in their lives, I utilize multiple modalities and techniques. These include Solution-Focused Therapy, mindfulness practices, cognitive behavioural therapy, and Narrative therapy through a trauma informed lens.

You will always be enough and my job here is to help you navigate through the healing.

