

Dig a Little Deeper, Psychotherapy & Counselling

For immediate release: October 11, 2022

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Dig a Little Deeper, Psychotherapy & Counselling continue to bring new and much needed mental health services to Ontario's individuals and families, with a new, larger Downtown Bolton location.

Caledon, ON: We recently moved into a much larger space, to accommodate our growing team, and the growing range of mental health services and treatments we offer to the community.

The press is invited to attend our **Grand Opening**, being held **Friday October 21, 2022 at 3PM** at 6 Queen St N. Suite 203 in Downtown Bolton. The Mayor of the Town of Caledon, and Town Councilor's are expected to attend, as well as various Associates from Dig a Little Deeper and partners from Caledon Community Services.

Quote from Founder and Owner, Christina Crowe, on new services:

"Wait times for mental health care in Ontario are an ongoing challenge. Our government expects people at their most vulnerable (when we are not well) to navigate our patchwork health care system, and that has always felt unacceptable. Seamless access to true multi-modal, evidenced-based care should be the right of any person in Ontario seeking mental health treatment. We have recently launched an [Integrated Medical Services](#) clinic, led by an independent psychiatric Nurse Practitioner to facilitate seamless and faster access to integrated medical care for our clients. Our Nurse Practitioner offers both in-person (Bolton) and virtual assessments, diagnostic and medical treatments to our community."

Learn more about all of our services on our website, DigALittleDeeper.ca.

Grand Opening

Date: **Friday October 21st, 2022**
Time: **3:00 PM**
Location: **6 Queen St N, Suite 203, Downtown Bolton**

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About Us

[Dig A Little Deeper, Psychotherapy and Counselling \(DALD\)](#) is a modern mental health team of independent health care professionals headquartered in Caledon, ON. DALD was founded in 2015 by psychotherapist Christina Crowe. We are a self-managed team of 17 independent,

modern psychotherapists and counsellors (plus supervised graduate counselling interns)
passionate about supporting the diverse mental health needs of our community.

Dig a Little Deeper offers a wide range of evidenced-based mental health treatments, accessible education and seamless access to services. We partner with local community leaders and programs to support the diverse needs of our community, and we also endeavour to continuously innovate to meet the expressed needs of our communities to the very best of our abilities.

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