

What's NEW

Fulfill your dreams with Kitchen Designers Plus

Although people's lifestyles have changed through the years, one constant still remains...the kitchen is the hub of the home. The style and concepts have evolved, but the gathering place has remained the kitchen. The modern kitchen now consists of open planning, incorporating space for a computer, T.V., and even the family room and bar area. In turn, the style and charm of your kitchen should be properly planned so that your space reflects your own unique charm.

Kitchen Designers Plus is very proud to serve Oakville for their kitchen renovation needs. Kitchen Designers Plus has built a reputation on providing the best service to every customer, time and time again. Therefore, it is no surprise that Kitchen Designers Plus has been rewarded for their dedication to superior customer service and expertise with an unprecedented nine years of consecutive Consumers Choice Award for Business Excellence in Kitchens and Bathrooms. An award based upon surveys and Leger Marketing an arm of the famous Gallup Poll Organization.

Kitchen Designers Plus is also the

exclusive dealer for Aster Cucine, a top of the line Italian kitchen with all the makings of the sleek European stylish design and construction.

Upon entering Kitchen Designers Plus, you will be paired with one of their expert design consultants. Your first consultation appointment will walk you through a world of design options and possibilities. Your designer will go over your lifestyle and goals for your kitchen space based on your floor plan and measurements. You will be assured that your finished project will be a reflection of your lifestyle.

Kitchen Designers Plus offers the expertise and the ability to fulfill your kitchen renovation goals. With cabinetry by , Luxor, Renaissance, Cabico and Aster, Kitchen Designers Plus can achieve a functional, beautiful kitchen of your dreams. Visit Kitchen Designers Plus in person at 609 Ford Drive – Unit #1 in the Ford Village Plaza. Or call for a consultation at 905-337-2229. For a virtual tour of 50 beautiful kitchens and happy customer comments, please go to their website at www.kdplus.ca



WINNERS OF THE CONSUMERS' CHOICE AWARD
FOR BUSINESS EXCELLENCE IN KITCHENS AND
BATHROOMS FOR NINE CONSECUTIVE YEARS (1999 - 2007)



Dedicated to Excellence.



Thank You Oakville

for recognizing our commitment to quality and excellence

OAKVILLE SHOWROOM

609 FORD DR. (AT CORNWALL)

905-337-2229

MISSISSAUGA SHOWROOM

1911 DUNDAS ST. E. MISSISSAUGA

905-602-1911

Visit our Website: www.kdplus.ca

E-mail us at: info@kdplus.ca

Find true happiness with the help of Psychotherapy

Happiness, meaningful relationships, a true and honest connection to our feelings and way of life; all desirable goals to be sure, but we can all attest to the difficulty of attaining them. Sometimes the barriers that life puts in our way may seem insurmountable, but you do not have to face them alone. Oakville's own Samia Malik-Noor – Psychotherapist, believes just this.

A lot of us do not realize that many if not all of the struggles we face in our lives are reflections of past issues. "I believe that a lot of what goes wrong in one's life nowadays is because of the relationships we had growing up. Deficiencies or problems we suffer in the past do not simply disappear. If left unresolved, they will be expressed in our present," explains Samia. "I address these issues in a non-judgmental, safe and collaborative environment."

Trained specifically in Psychotherapy for four years in England at the WPF and then in Canada at the Toronto Institute for Relational Psychotherapy, Samia also has received certifications in Cognitive Behaviour Therapy and Grief Recovery.

A member of the Canadian Association for Psychodynamic Therapy, Samia will also hold membership with the soon-to-be-established College of

Psychotherapists and Registered Mental Health Therapists of Ontario.

Psychotherapy is based on the theory that emotional well-being depends on loosening the negative ties that hold us back from truly fulfilling lives. Ignorance, fear, and denial of what we suffer are hallmarks of a society that all too often tells us to keep quiet and just "deal" with our problems. The route to emotional healing is through feeling understood, accepted and validated, with the knowledge that things can and will change for the better if approached in a safe and supportive manner.

Psychotherapy is beneficial for the treatment of many conditions, including depression, anxiety, stress, eating disorders, trauma, and bereavement. This list is hardly inclusive since the scope of the therapy is unique to each individual, whether you suffer from something specific or just want to get your life back on track.

Samia strongly believes that the relationship between therapist and patient must be comfortable and the right fit, and as such provides an initial consultation session free of charge.

For more information, contact Samia at (905) 616 3758.

**W
O
R
T
H
O
N**

QUALIFIED PSYCHOTHERAPIST

**SAMIA
MALIK-NOOR**
NOW IN OAKVILLE

Psychotherapy can help you deal with depression, anxiety, post-traumatic stress, bereavement, sexual or relationship problems, or ongoing feelings of disconnection, and isolation

905-616-3758

OAKVILLE:

603 Argus Road, Suite 204,
Oakville (Trafalgar and QEW)

TORONTO:

Toronto Healing Arts Centre,
715-717 Bloor Street West, Toronto

smalik_noor@hotmail.com