

## **Disclaimer**

*Last updated: June 2026*

### **Wellness, Not Therapy**

Grounding with Ruth offers wellness-based services including breathwork, meditation, one-on-one sessions, workshops, and online courses. These services are intended for personal growth and general wellbeing and are not a substitute for mental health counselling, psychotherapy, social work services, or medical treatment.

Participation in any Grounding with Ruth service does not create a therapist-client, social worker-client, psychotherapist-client, or other regulated healthcare relationship.

### **Regulated Social Work Practice**

Ruth Hirshberg is a Registered Social Worker (MSW, RSW) in Ontario. Her private counselling practice is a separate, regulated service and is not offered through this website. If you are looking for regulated mental health support, you can find Ruth's counselling practice through Psychology Today or Owl Practice.

### **Results**

The experiences and outcomes shared on this website reflect individual experiences and are not a guarantee of results. Your experience will depend on many factors unique to you.

By participating in Grounding with Ruth services, you acknowledge that you are responsible for your own decisions, actions, wellbeing, and results.

### **Professional Advice**

Nothing on this website constitutes medical, psychological, legal, financial, or professional advice.

If you are experiencing a mental health crisis, have concerns about your safety or the safety of others, or require urgent support, please contact emergency services, a crisis line, or a qualified healthcare professional in your area.

### **Contact**

If you have questions, please email [ruth@groundingwithruth.com](mailto:ruth@groundingwithruth.com).