



Therapeutic Touch®
Networks of Canada
Réseaux Toucher
Thérapeutique du Canada



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Therapeutic Touch® (TT)

A safe, non-invasive, holistic practice that supports wellness; one of the **most** researched complementary modalities.



Research and experience show that TT may assist with:

- promoting deep relaxation,
- reducing stress and anxiety,
- changing the perception of pain,
- assisting the body's natural healing processes,
- supporting the immune system
- providing comfort during distressing circumstances,
- palliative care,
- bringing about a sense of peace and well-being for self, others, and pets

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Contact Information for Therapeutic Touch® in Canada

www.ttnc.ca

Please check the website of your region for more information or to inquire about sessions, classes, and practice groups.

British Columbia Therapeutic Touch
Network Society, BCTTNS
www.bctherapeutictouch.com

Prairie Therapeutic Touch
Network Society, PTTN
www.prairietherapeutictouch.com

Therapeutic Touch Network of Ontario, TTNO
www.therapeutictouchontario.org

Réseau de Toucher Thérapeutique
du Québec, RTTQ
Therapeutic Touch Network of Quebec, TTNQ
www.ttnq.ca

Atlantic Therapeutic Touch Network, ATTN
www.atlanticctn.com

Therapeutic Touch International Association,
TTIA
www.therapeutictouch.org

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