



# Loretta Karikari

Loretta Karikari is an experienced Registered Social Worker and Psychotherapist with a deep commitment to supporting caregivers and individuals navigating the complexities of mental health and emotional well-being. She has worked in various areas of the healthcare system, providing psychosocial support, counseling, and guidance through care transitions.

As a psychotherapist, Loretta is passionate about fostering emotional and mental well-being. With a keen interest in caregivers, she recognizes the unique challenges they face in balancing their own needs with the demands of supporting others and strives to empower them with tools for resilience, self-care, and lasting well-being.