



Loretta Karikari

Loretta Karikari is a Registered Social Worker and Psychotherapist, and the founder and lead therapist of Mind Care Wellness. She has worked across hospital and community-based healthcare settings, including geriatric psychiatry, providing psychosocial support, therapy for psychiatric disorders, and guidance through complex care transitions.

Her clinical interests include caregiver well-being, mental health across the lifespan, aging and brain health.

Loretta brings evidence-based care with a human touch, centering compassion, collaboration, and practical support for individuals and families navigating complex emotional and caregiving journeys.