A person in a blue shirt and black jacket

Description automatically generated**MELISSA KIMBER, PhD, MSW, RSW**  
Melissa Kimber works part-time as a Registered Social Worker & Psychotherapist at Locke Psychotherapy Group, which is a private practice in Hamilton, Ontario. Melissa specializes in the treatment of anxiety, depression, and interpersonal challenges among children and youth. She has a special interest and emphasis in her practice on addressing perfectionism and performance-related anxiety among adolescents, especially high-performance athletes. Melissa has specialized training in cognitive behavioral therapy, motivational interviewing, and emotion-focused family therapy. She is a full-time Assistant Professor and Core Member at the Offord Centre for Child Studies within the Department of Psychiatry and Behavioural Neurosciences at McMaster University.