

Alyssa Bruffel

occupational therapist

Alyssa is a passionate Occupational Therapist who is dedicated to helping children and adults build confidence, develop skills, and achieve goals that are meaningful to them. She takes a strengths-based, neuro-affirming, and person-centred approach to therapy, creating engaging and supportive experiences that celebrate each person's unique strengths, interests, and potential.

Known for her warm and approachable nature, Alyssa values building genuine connections with the children and families she supports. She believes that therapy should be both meaningful and enjoyable, and loves finding creative ways to make learning, skill development, and participation fun.

Her collaborative approach helps her clients feel empowered while supporting their families to feel confident and involved throughout their therapy journey.

Outside of work, Alyssa enjoys building LEGO creations, following the excitement of Formula 1, baking delicious treats, and spending quality time with her family. Her creativity, patience, and enthusiasm shine through in both her personal life and the care she provides every day.

