



EMPOWER·U

Outpatient Services

Outpatient Services offers a safe place for you to begin or continue your journey to well-being. Whether it is virtual or in person – it is a safe, compassionate, and trustworthy space where you can find the support and resources you need to improve your mental well-being. We are committed to providing confidentiality, inclusivity, and evidence-based practices in order to lead you towards healing and personal growth in a positive and empowering manner.

Insurance

We accept most commercial insurances, including:

- Aetna
- Anthem Blue Cross Blue Shield
- Empire Blue Cross Blue Shield
- Horizon Blue Cross Blue Shield
- Optum
- Oscar Health
- Oxford
- UMR
- UnitedHealthcare
- Medicaid

Languages Spoken



Specialties and Expertise

- Addiction
- Anxiety
- Autism
- Codependency
- Coping Skills
- Depression
- Family Conflict
- Grief
- LGBTQ+
- Life Coaching
- Life Transitions
- Men's Issues
- Mood Disorders
- ODD
- Peer Conflict
- Relationship Issues
- Self Esteem
- Stress
- Trauma/PTSD
- Women's Issues

Do these issues align with your needs?
Contact us to begin sessions!