



BEYOND THERAPY & WELLNESS

EMPOWER YOUR MIND, BODY & SPIRIT



Your mental health matters

Schedule your free consultation today!

Feeling stuck or overwhelmed? We're here to support your next step.

We Offer:

- Individual Therapy
- Support for Anxiety, Depression, Grief & Trauma
- Virtual & In-Person Sessions
- Safe, Welcoming Environment
- Personalized, Culturally Responsive Care

Why Clients Choose Us:

- Licensed, experienced therapists
- Calming, comfortable office setting
- Convenient online options
- Trauma-informed and client-centered care

More about us:

- We are In-network with major insurers. Affordable private-pay options available.
- We see children, teens, adults, and couples.
- Specializing in support for life transitions, burnout recovery, postpartum healing, and more.



In-person Sessions



Individual Counseling



Couple's Counseling



Scan now to connect with us, book a session, or explore how we can support your healing journey.