August is National Wellness Month!

National Wellness Month focuses on self-care, managing stress and promoting healthy routines.

WHAT WE OFFER:

- Child Psychotherapy (6-17yo)
- Adult Psychotherapy (18 & older)
- Group Therapy
- Testing & School Admissions Testing

We offer a variety of treatments and strategies in the form of weekly psychotherapy sessions to address various mental health concerns including:

- Trauma Informed
- Cognitive-Behavioral
- Interpersonal
- Meditation/Mindfulness
- Psychodynamic
- Relaxation Training
- Motivational Interviewing
- Person-Centered
What does self-care look like for you?

Self-care means taking time to do the things that help you improve both your physical and mental health.

Self-care can help you manage stress and anxiety, it can help improve your mood, and it can increase your energy!

Even small things, such as brushing your teeth and drinking a glass of water - can have a BIG impact!!