

Now Accepting New Therapy Clients!

Looking for support with anxiety, depression, grief, stress, or life transitions?

*We provide therapeutic services for **children, teens, adults and families** at all levels of care throughout McHenry County and the surrounding region.*

Our compassionate therapists are here for you.

- ✓ **Trauma-Informed, Culturally Responsive Care**
- ✓ **Bilingual Services Available**
- ✓ **Safe, Welcoming and Confidential Environment**

Whether you're going through a hard time or just need someone to talk to, you don't have to do it alone. Let's take the first step together.

Therapy is accessible in-person and via Telehealth.
Call us to schedule your intake appointment.

(815) 759-7073

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