



Our Services

- **INDIVIDUALS**

- A COLLABORATIVE EXPERIENCE IN A SAFE SPACE VIEWING THE CLIENT AS THE EXPERT AND TREATING THEM WITH COMPASSION AND EMPATHY

- **COUPLES**

- A NON-BIASED APPROACH TO SOLVING ISSUES OF COMMUNICATION, DISCONNECTION, AND DISSATISFACTION BETWEEN PARTNERS

- **FAMILIES**

- EACH MEMBER OF THE FAMILY HAS A VOICE AND A ROLE AS AN INDIVIDUAL AND A PART OF THE SYSTEM. THE THERAPIST HONORS THE VALUES AND TRADITIONS OF THE FAMILY WHILE HELPING EACH MEMBER FEEL SEEN AND HEARD

- **KIDS**

- CHILDREN MAY NEED HELP EXPRESSING THEMSELVES, SO WE USE A VARIETY OF SAND TRAY, EXPRESSIVE ARTS, AND PLAY TO HELP US ENTER THEIR WORLDS AND SEE WHAT THEY SEE

- **TWEENS/TEENS**

- THIS POPULATION OFTEN WANTS CHOICE AND AUTONOMY SO WE FOLLOW THEIR LEAD AND DIRECTION AND WORK TO BUILD ON THEIR STRENGTHS



inquire today!