

COUNSELING SERVICES

If you would like to learn more or explore whether professional counseling is right for you, please speak with a staff member or ask at your next appointment.



YOUR MENTAL HEALTH MATTERS

Our team offers confidential counseling tailored to your needs.

**You don't have to navigate this alone.
Support is available.**

WHAT WE OFFER:

- Individual psychotherapy
- Support for anxiety, stress, grief, and mental health concerns
- Pregnancy, postpartum, and parenting-related mental health support
- Couples counseling



JESSICA STEPHENS

MA, LCMHCA

Services offered for active clients only

CALL TODAY TO GET STARTED: 910.227.4041