**OUR THERAPY**



**Depression & Anxiety**

Depression, fear, and anxiety are some of the most common and uncomfortable emotions that we can experience at some point in our lives. Through counseling and treatment, we are able to help you recover motivation, perspective, and joy that you once had in your life.

**Trauma & PTSD**

Many individuals can experience symptoms associated with painful and traumatic circumstances. Anxiety, fear, and hopelessness are a few emotions that can linger post traumatic events. We can help you overcome these symptoms and guide you through the process of grief and healing.

**Relationships**

Relationship counseling can be beneficial to couples who are looking to strengthen their emotional connection, in all stages of their relationship. Therapy sessions are held with both couples and is a supportive place to discuss issues and solutions to better strengthen your relationship.

**OUR OFFICES**

**We have six Florida locations:**

**Bartow, Brandon, New Port Richey, Ocala, Spring Hill and Tampa**

**Call our appointment line to schedule an appointment.**

**1-833-333-3878**