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**Personalized, professional counseling
for life's most challenging transitions.**

SERVICES

Counseling Services provide individualized support and guidance to successfully work through difficult issues over a period of time. My extensive experience with adults gives me a unique ability to assist clients with their challenges including:

- depression
- anxiety and stress
- relationship issues
- alcohol and other substance abuse
- life transitions
- grief and loss
- caregiver stress
- chronic illness
- adjusting to health limitations
- loss of independence
- early memory loss
- driving issues
- relocation
- fears of aging and death