

# elizabeth's go-to's

client referrals/micro therapy

- *child therapy-mary engle*
- *psychiatry-abigail langan*
- *disordered eating-wellness coaching + nutrition therapy*
- *hormone panels-4everyyoung,katy*
- *estate, probate, family law-goodnight law firm*
- *coffee-humble grounds (katy) siphon(houston)*
- *local sneakers-nike (city centre) stockx/goat(online)*
- *self care micro therapy-spa at bella piazza/sweet three*
- *men's substance use recovery-manna house*
- *women's recovery (dv/substance use)-4ever4given*
- *women's recovery(prostitution/incarceration)-the hiding place*
- *brainspotting-krissy white*

