



OUR PHILISOPHY

HOLISTIC WELLNESS

Just Heal Counseling practices Holistic Psychotherapy, an integrative approach focusing on the relationship between mind, body and spirit. In this aspect, we view each person as a whole being. This is an essential first step in providing care and bringing awareness of how emotions, thoughts, physical experiences and spiritual understanding all connect. Our therapists can help individuals provide awareness of these components as they work together in harmony to support healthy daily functioning. This more profound understanding of the whole self can often lend itself to greater self-awareness, self esteem, and self-acceptance.



Contact Us:



(470) 326-5455



1400 Buford Highway
NESuite C1
Sugar Hill, GA 30518



www.justhealcounseling.com



[justhealcounseling](https://www.instagram.com/justhealcounseling)

*Where Counseling
Meets Holistic Wellness*

OUR SERVICES

Individual Therapy
Family Therapy
Group Therapy
Couples Counseling
Clinical Supervision
Life Coaching
Yoga Classes
Nutrition Management

Availability

In Person
Tele-Health

Monday - Thursday; Friday
9 am - 7 pm ; 9 - 4 pm
Saturday and Sunday
By appointment

Most Insurances Accepted
Sliding Scale Offered

Our Specialties

Holistic Wellness
Mindfulness Practices
Behavioral Therapy
Family Therapy
Cognitive Behavioral Therapy
Trauma Informed Therapy
Dialectical Behavioral Therapy
Attachment Based Therapy
Solution Focused Brief Therapy

WELLNESS WORKSHOPS AND TRAININGS

Children's Wellness Program
College Bound Workshops for Teens
Women-N-Wellness Workshop Series
Healing Journey Coaching Program
Wellness for Essential Workers
What Grad School Didn't Teach You Training
Art Expression Group
Finding Your Balance Group
Just Be You: Healing Group for Men of Color
Healing Hearts Group
Parenting Groups and Workshop
Kids Against Bullying Group

Our Mission

To provide a private, non-judgmental, compassionate, and collaborative environment where you can feel safe in exploring both the pleasure and unpleasant parts of life. Clients come from all walks of life searching for meaning, purpose and often struggle trying to find it. Here we practice mindset shifts and lifestyle changes to align you on the path that is the most authentic version of you.

Our Values

- Integrity & Honesty
- Innovation
- Diversity
- Transparency
- Compassion
- Collaboration
- Freedom



Don't Deal, Just Heal