



# Thrivemind

Counseling & wellness, pllc

## WHO WE ARE



Private practice dedicated to providing quality mental health services. We offer a holistic approach to mental health by focusing on overall wellness and not just symptom reduction.

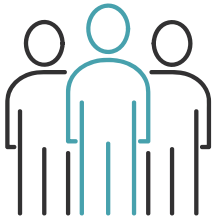
We offer a safe and supportive environment where individuals can heal, grow, and get the support they need to thrive.

- Mental Health diagnostic assessments .
- Mindfulness-Based Psychotherapy.
- Evidence-based treatment: CBT, DBT, ACT, and other modalities.
- Meditation and yoga-based classes and workshops.
- Psychiatric assessment and treatment consultations to providers.

## WHAT WE OFFER



## WHO WE SUPPORT



- Adults
- Couples
- Veterans
- Military family members
- LGBTQ

- Specializations:
- Anxiety
  - Depression
  - Trauma and PTSD
  - Chronic stress
  - Phase of life issues

## INSURANCE ACCEPTED



## HOW TO GET IN TOUCH



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