



Mind • Body • Soul

Wellness Services

KARDIA MIND BODY SOUL believes in empowering others to self awareness and mindfulness through the embodiment of the whole person. We trust people have the ability to live through purpose and meaning to improve their quality of life. Our vision is to empower you to achieve optimal wellness. We are passionate about helping you nourish your mind, body, and soul by creating a safe, authentic, genuine, and caring relationship with you.

Emotional & Behavioral Wellness

- > Individual Therapy
- > Couple/ Marriage Therapy
- > Substance Abuse Counseling
- > Child & Adolescent Therapy
- > Pre-marital Counseling
- > Recreational Therapy
- > ADHD Workshops
- > Parent & Child Workshops
- > ACCI Cognitive Lifeskills Courses

Wellness Workshops

- > Stress Management Trainings
- > Self Care Workshops
- > Interpersonal Wellness Workshops
- > Workplace Wellness
- And Many More

Kardia Kids

- > Parent-Child Inspirational Workshops
- > Kardia Parties
- > Kardia Crafting with a Purpose

Contact us



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Kardia Mind Body Soul

Accepting: Blue Cross Blue Shield



"A Journey Worth Taking"