

FINDING PEACE COUNSELING, LLC

MINDY FALKNER-WANN, LMFT

307.939.2620

BRITTANY CROOKS, LCSW

307.316.2549

PO Box 4102

Cheyenne, Wyoming 82003

Fax Number: 307.316.0773

Welcome to Finding Peace Counseling! We are excited you are taking this important step in your mental health care. We hope you find your time with us worthwhile and productive. The following information is provided to answer any questions you might have regarding what to expect from us, and how we intend to work together with you. **Please read the following information carefully and thoroughly.** Feel free to ask any questions you might have during your initial intake.

MINDY FALKNER: We are all human, therefore we all have problems from time to time. It's in those times of trouble that we sometimes need help. I would be honored to be that person to help in your time of need.

"We don't have to do all of it alone. We were never meant to." by Brene Brown.

I am a Licensed Marriage and Family Therapist in Wyoming. I hold a bachelor's degree in Psychology and a Masters degree in Marriage and Family Counseling. Getting to apply my skills with such a broad variety of people and problems is really where I find purpose. Couples, families, adults, and children are all populations I care deeply about. I use a variety of modalities in my work, such as cognitive behavioral therapy, family systems, play therapy, and even use my therapy dog, Lilly, in my work. She is a Certified Therapy Dog through the Alliance of Therapy Dogs and is also a Good Canine Citizen through AKC. She loves working with others as much as I do, and she helps alleviate anxiety, brightens emotional outlook, provides comfort, increases mental stimulation, and much more! Please let me know if I can help you or your family in your time of need. I look forward to working with you!

BRITTANY CROOKS: Life can be difficult, it can be crazy. Sometimes things hit us when we least expect it, and sometimes it never lets up. Navigating this world is hard. Knowing what to do, who to go to, and where to start can sometimes feel overwhelming. That's where therapy comes in. I love hearing peoples stories, and helping them understand their life, what has sometimes become a very difficult puzzle.

I hold a Bachelor's Degree in Social Work from Weber State University, and a Master's Degree in Social Work from Brigham Young University. With a social work background I get to work with various people and backgrounds. I find joy and fulfillment in being with others through their struggle, and seeing them come out on the other side happy and successful. In my work I use a variety of modalities including play therapy, cognitive behavioral therapy, client centered therapy. With a background in wilderness therapy for teens, I will often use the natural world around us to help those I work with feel calm, and at peace with their world.

Please call, and let us know how we can best serve you and your family. We look forward to hearing from you!