

Mission Statement

Visualize Your Life Family Counseling & Wellness Center, Inc.

Visualize Your Life Family Counseling & Wellness Center, Inc. employs culturally diverse, culturally competent & personable counselors who are licensed with the Board of Behavioral Sciences. Our counselors provide strength-based interventions that are geared to empower our clients to overcome their challenges so they may experience peace, love & happiness, & live life to its fullest potential. The counselors at Visualize Your Life Family Counseling & Wellness Center, Inc. gain personal fulfillment from the services offered to our clients & feel personal joy within when our clients meet their treatment goals. Our approach is based from a holistic perspective. The counselors understand the important role spirituality plays in many individuals' lives and therefore are open to engaging with our clients from a spiritual place to guide the client to move towards a positive change & healing that feels natural to them. The counselors at Visualize Your Life Family Counseling & Wellness Center, Inc. also utilize evidence-based therapeutic techniques to support our clients, & believe it is our responsibility to equip our clients with tools they can use for a lifetime to maintain their personal wellness & independence after our time together has been completed. Visualize Your Life Family Counseling & Wellness Center, Inc. invites BIPOC (Black and Indigenous People of Color) and other interested community members to work with our counselors to heal from the effects of racial trauma or race-based traumatic stress. The counselors maintain their training & continuing education on a consistent basis to stay current on best practices. Our counselors are encouraged to practice personal self-care to help maintain their own mind-body-spiritual wellness.