



Are you feeling anxious, depressed, or isolated?
Is parenthood or marriage not what you expected?
Do you find it difficult to enjoy life like you used to?

At Santosha Wellness, I specialize in helping individuals, couples, and families adjust to life's ever-changing challenges. Find relief from anxiety and depression, improve the quality of your relationships, and learn simple ways to take better care of yourself!

I have special expertise in prenatal/postpartum and couple's counseling, and I also accept clients for general counseling.

- Multiple insurance plans accepted
- Telehealth/online services available
- Postpartum Wellness groups
- Sliding fee scale
- Immediate availability
- Call or visit santosha.llc today!



Kelly Nason, MSW, LCSW

Owner, Therapist

Over 15 years experience

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