



ALLIES
IN
CHANGE

Individual Therapy

We Can Help

*Managing Emotions ♦ Improving Relationships ♦ Building Intimacy
Domestic Abuse ♦ Depression ♦ Anxiety*

Locations

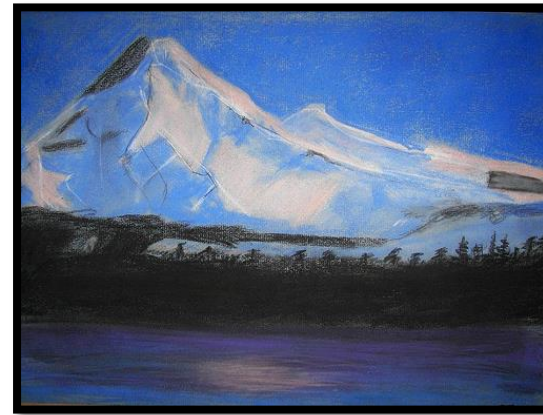
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Suite 209
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About Individual Therapy

We offer individual counseling for men and women for a variety of issues including: managing emotions such as anger, depression, stress, and anxiety. We also help individuals effectively manage personal challenges, build and improve interpersonal relationships with others, cope with significant changes and transitions in life; and identify and address behaviors that can undermine one's happiness, such as addictions.

Therapists

Allies in Change has a variety of diverse and highly experienced therapists available to help individuals with a wide variety of issues.

Graduate Student Counselors

We offer low-cost individual counseling for clients seen by our practicum students. This gives students the opportunity to gain experience working with clients while being supervised by our Clinical Director.

Rates

Our standard rate is \$120 per session, however, we offer reduced sliding scale fees based on income. Contact our office for details.