



Your Resource for Life

What We Help With

- Trauma Focused Therapy
- Anxiety Management Skills
- Boundaries and Self Prioritizing
- Social and Relationship Therapy
- Grief, Depression, Mood Disorders
- Inner Child and Shadow Work

Who We Help

- Adults
- Children (ages 8+)
- Seniors
- Couples/Friends
- Family
- Group

What We Provide

- Virtual Sessions
- Life Coaching
- On Site Partnerships
- Corporate Mental Wellness
- Educational Workshops
- Specialized Group Therapy

How We Support

- Clarity and Collaboration
- Non-Judgmental Space
- Client Centered Goals and Needs
- Custom Tools and Homework
- Personalized Treatment Plans

Payment Forms Accepted:

Insurance - Self Pay - Sliding Scale - EAP Benefits - State Benefit Programs

Schedule with Us Today!
www.AccedenceCounseling.com

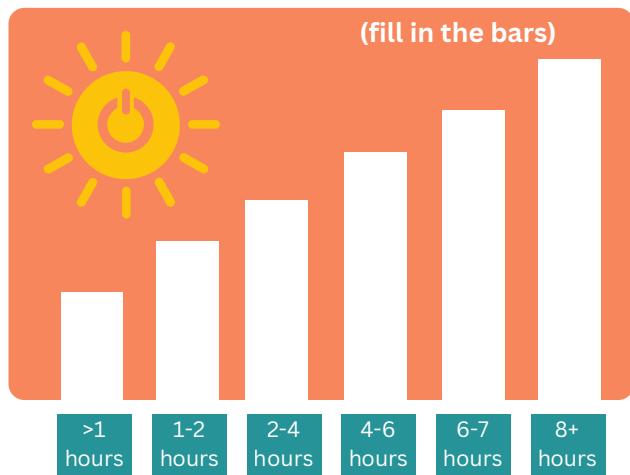


Phone: 214-631-9208

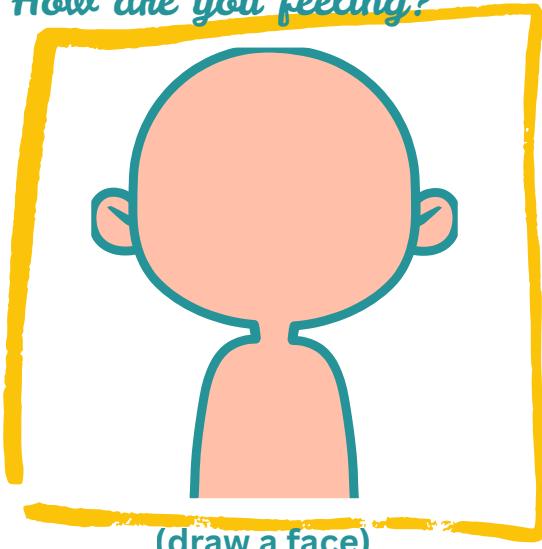
Email: info@accedencecounseling.com

How Are You Today?

How much sleep did you get?



How are you feeling?



What made you smile today?

What's on your to-do list?

1. _____

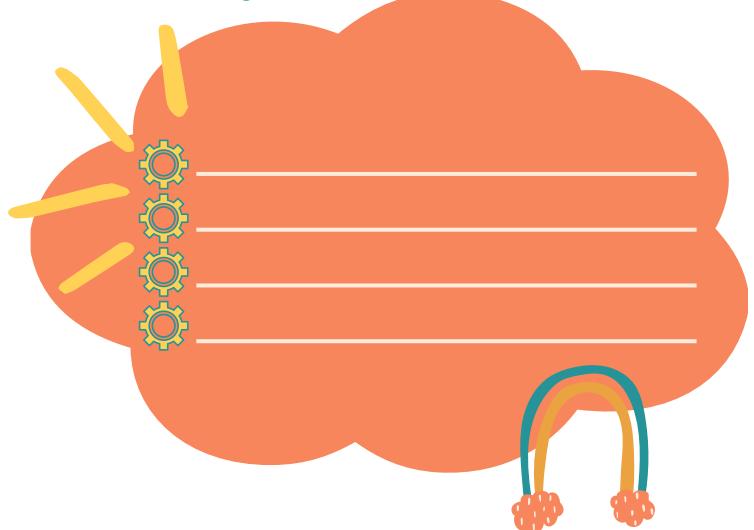
2. _____

3. _____

4. _____

5. _____

What's on your mind?



How Was Your Day Overall?

