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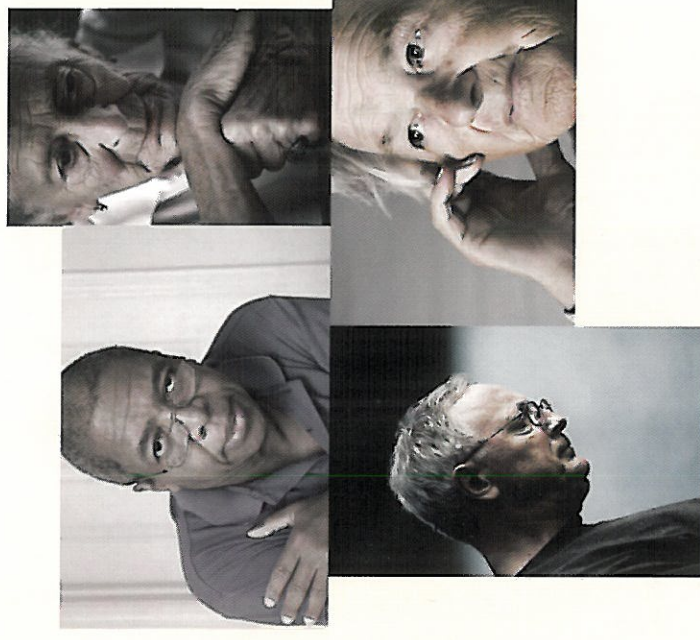
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**Do you need help coping
with feelings of sadness
or anxiety?**



**In-home counseling
can help.**

Mission Statement

We are a group of independent, licensed, clinical social workers who are dedicated to improving the quality of life for elderly and chronically ill adults through in-home counseling.



Counseling Addresses:

- Adjustment to life changes
- Anxiety/Stress
- Depression
- Grief and Loss
- Caregiver Stress
- Loss of Independence
- Early Memory Loss
- Chronic Illness

In-home counseling is covered by Medicare, supplemental insurance and private pay.

Benefits of Counseling

- Encouragement and Emotional Support
- Help with Problem Solving
- Decreased Symptoms of Anxiety and Depression
- Improved Coping Skills
- Increased Motivation

